



HEALTH AND WELLNESS

THE SAINT PAUL'S BAPTIST CHURCH

CARING HEARTS MINISTRY



DEACON KIMBERLY KETTER, RN

**SCREENINGS AVAILABLE DURING BREAKFAST,
BETWEEN SESSIONS AND LUNCH.**

BLOOD PRESSURE

AND

BLOOD GLUCOSE



HEALTH & WELLNESS PAMPHLETS WILL BE AVAILABLE.

ADULT & YOUTH WORKSHOP SCHEDULES

CONTINENTAL BREAKFAST

AND HEALTH & WELLNESS

8:00-8:30 A.M.

DEVOTIONAL PERIOD

8:30-8:50 A.M.

SESSIONS 1A-2A-3A

9:00-10:15 A.M.

SESSIONS 1A-2A-3A

10:30-11:45 A.M.

LUNCH

12:00-12:45 P.M.

SESSIONS 1A-2A-3A

12:50-2:05 P.M.

WRAP-UP

2:15-2:30 P.M.

YOUTH SCHEDULE

SESSIONS 1Y & 2Y—9:00—10:00 A.M.

HEALTH AND WELLNESS—10:05—10:40 A.M.

SESSIONS 1Y & 2Y—10:45—11:45 A.M.

**Deacons' Conference of Richmond and Vicinity
Women's Auxiliary and Youth Department**



2009 ANNUAL CONFERENCE WORKSHOP

THEME:

"LIVING HEALTHY, HAPPY AND HOLY"

JOHN 10:10B

Saturday, September 26, 2009

8:00 a.m.—2:30 p.m.

The Saint Paul's Baptist Church (South Campus)
700 East Belt Boulevard
Richmond, VA 23224

Reverend Dr. Lance D. Watson, Senior Pastor
Reverend John F. Kenney, Associate Pastor
(South Campus)

DEACON TERESA G. H. MASON, PRESIDENT, DEACONS' CONFERENCE
DEACONESS PAULETTE J. CREWE, PRESIDENT, WOMEN'S AUXILIARY
DEACONESS CAROLYN F. DILLARD, PRESIDENT, YOUTH DEPARTMENT

REGISTRATION INFORMATION



Registration Fees:

Adults— \$20.00, Youth—\$5.00

Registration Begins: **June 29, 2009** (monthly meeting night) All registrations will be received between 6:00-7:30 p.m. on June 29th and July 27th at Saint Paul's Baptist Church (South Campus in the Atrium). Youth Workshop Schedule is from 8:00-11:45 a.m. (lunch not included). Youth ages are 9-18 years.

Registration Ends: **September 14, 2009**

Each Workshop Session will be facilitated simultaneously; therefore each participant will have the opportunity to study each topic.

YOUTH WORKSHOP TOPICS & FACILITATORS

SESSION #1Y—"LIVING HEALTHY, HAPPY AND HOLY"

- ◆ Salvation
- ◆ Strength
- ◆ Security

Reverend Otis Lockhart, Fifth Baptist Church

Health and Wellness Ministry

Deacon Kimberly Ketter, RN—Saint Paul's Baptist Church

SESSION #2Y—"LIVING HEALTHY, HAPPY AND HOLY"

- ◆ Stewardship
- ◆ Safety
- ◆ Secure

Minister J. T. Logan, Saint Paul's Baptist Church

ADULT WORKSHOP TOPICS & FACILITATORS

SESSION #1A

"LIVING A HEALTHY LIFE"

- ◆ Feeding on Christ's Word Physically and Spiritually
- ◆ Taking Care of God's Temple
- ◆ An Overall Sense of Balance in Your Life
- ◆ Saying and Doing

Alice Freeman, Nutrition Counselor, C.N.H.P., Healthy Heart Plus

SESSION #2A

"LIVING A HAPPY LIFE"

- ◆ Human Worth ... What Makes You Happy?
- ◆ Contentment in Adversity
- ◆ Coping in These Economic Times
- ◆ Poor But Rich

Reverend Dr. Paige L. Chargois, Saint Paul's Baptist Church

SESSION #3A

"LIVING A HOLY LIFE"

- ◆ What is Holiness?
- ◆ Holiness is What You Long For
- ◆ Holy Thoughts for Quiet Moments
- ◆ Struggling to Be Holy

Reverend Dr. Jerome Ross, Providence Park Baptist Church

DEACONS' CONFERENCE OF RICHMOND AND VICINITY, WOMEN'S AUXILIARY AND YOUTH DEPARTMENT REGISTRATION FORM

DETACH AND RETURN THIS FORM

NAME

ADDRESS

CITY, STATE, ZIP

PHONE

Church Name

Method of Payment

Cash

Check (make checks payable to DCR&V)

DEADLINE: September 14, 2009

Note: August—no Conference meeting.

Questions—call 804-783-8981. Registrations may be mailed to: Deacon Eloise G. Burke, Chairperson, 3700 King & Queen Drive, Richmond, VA 23223