

Women of Wellness WOW Conference
2020

- POSITIONED FOR WELLNESS -

Letting Go of Our Water Pot



She went for something NATURAL and
left with something SPIRITUAL.

September 18-20, 2020

**Delta by Marriott Hotel
500 Stevens Drive
Philadelphia, PA 19113**

John 4:28-29

"The woman then left her water pot, and went her way into the city, and saith to the men, 29 Come, see a man, which told me all things that ever I did: is not this the Christ?"



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May 15, 2019

Welcome to WOW 2020!

Greetings Our WOW Sister:

Before we know it, close to 400 women will converge in the City of Sisterly Affection to raise up praises and celebrate the mighty acts of our Savior. Can you believe it? This unprecedented work in the life of Teaching to Change Lives Incorporated has really blossomed into a movement that is totally orchestrated by the hand of God! We're so excited that you are an integral part of this experience.

Our WOW Conference, the fourth gathering since our inception, was birthed from a true desire to see women of God's kingdom grow into wholeness and wellness. Each year, while in preparation and execution of the conference, the Lord marvels us at His hands at work!!! WOW is designed for us to be better, stronger and wiser in our daily lives. Too often, sisters are overwhelmed with the cares and challenges of life, becoming stifled in their walk with the Father. As the Lord has given us this wellness journey, we pray that you will capitalize on every moment of the conference and all related events leading up to September 2020. Our desire is that you leave from the conference more empowered, equipped and energized to make an impact in your home, church and work places.

In preparation for our September 2020 conference, this letter serves as an introduction to our journey together next year. As you read this letter, we ask that you pay close attention to the details that will be shared leading up to our weekend of wellness, worship and witness!

Periodically, you will receive correspondences from us, in print or electronic copy, providing critical information about the conference. PLEASE read everything in its entirety! Please keep the materials close and use them as references leading up to September 2020. Our goal is to be explicit and detailed in our message sharing.

Leading up to the conference, WOW, under the auspices of Teaching to Change Lives, Incorporated, will host several events for you to participate in. We look forward to seeing your face in the place!

WOW prides itself in women worshipping the Lord together, but also celebrating the achievements of our fellow sisters. Each conference concludes with an evening of celebration when we salute our sisters for their acts of love and service. Begin thinking about who may wish to nominate.

Include the conference in your daily prayers! Lift our speakers, planning team, volunteers and other supporters in your prayer.

Beloved Sister, it will be our joy and honor to serve you at the 2020 WOW Conference. We look forward to the breakthroughs, deliverance, healing and encouragement that will take place. Our entire planning team will be praying for you until the time of our gathering.

In Sisterly Love,

WOW Conference 2020 Leadership

Challenge

2020 IS GOING TO BE THE YEAR OF

GENERAL SESSIONS

Challenge:

OF BEING TRUTHFUL ABOUT WHAT'S IN YOUR WATER POT

John 4:17-18 (NIV)

"I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. 18The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

This general session will help each WOW sister to recognize and acknowledge all the stuff from life's experiences and challenges that is in our waterpot. We will gain spiritual insight about how the Lord can handle and use everything that we face in life. What we will learn, and experience will assist us with practical application that helps us to be "real" about where we have been, what we have been through and where the Lord is taking us. The truth will set us free!

MEDITATION SCRIPTURES

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." ~ John 16:3

"Cast all your anxieties on him because he cares for you." ~ 1 Peter 5:7

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us." ~ Romans 8:18

Challenge:

OF LETTING GO WHAT'S IN YOUR WATER POT

John 4:28 (NIV)

"Then, leaving her water jar, the woman went back to the town and said to the people,"

This general session will help each WOW sister to be authentic and realistic about the importance and requirement of letting go and moving forward.

We will gain spiritual insight about how to relinquish the hold that we have had on the stuff and the hold the stuff had on us.

What we will learn, and experience will assist us with practical application that helps us to move from relinquishing to releasing the stuff so that what was a burden can now be transformed into a blessing. We will no longer fake it until we make it, but now we will face it, so the Lord can fix it and us.

"Fix me Jesus, fix me!"



MEDITATION SCRIPTURES



“Forget the former things; do not dwell on the past. 19 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” Isaiah 43:18-19

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.” James 1:2-4

Challenge:

OF MOVING FORWARD AFTER YOU HAVE LEFT YOUR WATER POT BEHIND

John 4:29 (NIV)

“Then, leaving her water jar, the woman went back to the town and said to the people, 29 “Come, see a man who told me everything I ever did. Could this be the Messiah?”

This general session will help each WOW sister to move beyond being stuck at what's next to living our best Christ driven life. We will gain a better understanding of the what and the who that gets in our way and how it impacts our life. What we will learn, and experience will assist us with growing because of what has happened and assist us to grow beyond our self-imposed limitations. We will let go of the water pot, we will no longer carry around the burdens of our past, we will embrace the responsibilities of our present and move forward into a future of love, hope and faith.



MEDITATION SCRIPTURES



“Trust in the Lord and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the Lord; and he shall give thee he desires of thine heart. Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.” Psalm 37:3-5

“Let your eyes look straight ahead; fix your gaze directly before you”.
Proverbs 4:25

“For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, to give you a future and a hope” Jeremiah 29:11



FRIDAY AND SATURDAY BREAKOUT SESSIONS

Each participant will be able to preselect one breakout session for Friday and one for Saturday. Space is limited so be sure to select your classes early. Complete the enclosed card and mail back to: WOW 2020, Breakout Class Selections, 1613 E Tulpehocken Street, Philadelphia, PA 19138.



FRIDAY SESSIONS



REBUILDING your Christ self-image that embraces who you were meant to be. Areas to be addressed: letting go of insecurities because you don't measure up to your own or others' expectations. Recognizing the strongholds in your life that leaves you feeling hopeless, frustrated, forgotten and broken. How to move forward with embracing God's healing and restoration process. 1 Peter 5:10 (NIV) "And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast." **FROM FRAGILE TO FIERCE (90 spots)**

RECEIVING reassurance that it is ok to B.R.E.A.T.H.E (Believe, Release, Embrace, Accept, Take Action, Heal, Elevate) this session is for women ages 21-39 only. This journey of sharing, caring and connecting will provide a platform for learning and dialogue that results in growth and development.

Believe -you have been set free and made whole.

Release -your self-doubt and low self-esteem.

Embrace - you have been fearfully and wonderfully made.

Accept - that your past doesn't define your future.

Take Action - get unstuck, look up and move forward.

Heal - allow your wounds to be treated so real healing can take place.

Elevate - get positioned for where you are going not where you have been.

Each attendee will receive a copy of the book; B.R.E.A.T.H.E- Empowered to Live A Stress-Free Live- John 16:33 (NIV) "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." **FROM VICTIM TO VICTORIOUS (40 spots)**

RE-EXAMINE how we balance grief and faith. Grief maybe a small word yet the impact is far beyond what can be contained in words. Grief is not merely what is seen on the surface or what could be demonstrated by something superficial. Grief impacts, the mind, body and soul. Grief is real, and it is not just a temporary emotion it is a process and a journey.

Too often within our community of faith our well-intended words of comfort could do more harm than good. Our consoling words of "read the word and pray, you just have to move on with your life, get comfort by knowing they are in a better place, it has been a long time you should be handling it better by now, you just have to have faith" often leaves the person feeling invisible, misunderstood, lost and alone. Areas to be addressed: What are the stages of grief? The facts and myths about the grieving process? Taking care of yourself as you grieve and heal. How to demonstrate love and concern and provide support during the grieving process. Matthew 5:4 "Blessed are those who mourn, for they will be comforted."

FROM HURTING TO HEALING (90 spots)

RELEASING emotional and mental anxiety, tragedy, trauma and trust issues. Areas to be addressed: secrets, shame, unforgiveness, fear, doubt, jealousy, guilt from the past and abandonment issues. Hurt people hurt people. How to release the control of emotions and embrace the assurance of faith. Proverbs 3:5-6 NIV "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight" **FROM PAIN TO PURPOSE (90 spots)**

REPAIRING a lifestyle of bad habits that leads to deterioration and destruction of the temple (body). God wants us living and ministering well. If our health fails, it can overshadow everything else that's going on in our lives. This includes relatively minor health issues such as aches and pains, lethargy and indigestion to major health problems that can threaten our existence. Areas to be addressed: Taking time for our physical health, communication with your doctor, paying attention to warning signs, preventive health care, weight loss surgery (when should it be considered), emotional and mental health care, and Care for Caregivers – I Corinthians 6:19-20 (NIV) Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies. **FROM FATIGUE TO FITNESS (90 spots)**



SATURDAY SESSIONS



RECONNECTING to the process of communicating with God. We often spend so much time overwhelmed by life's circumstances, seeking answers and relief through a way out or a way in. The very thing we need the most we tend to spend the least amount of time with.

We forget just how powerful prayer is. We must remember that we aren't fighting against something imaginary. Our prayers are for fighting against spiritual battles that linger in dark places. Areas to be addressed: Position, Purpose and Power of Prayer. How to be disciplined, intentional and specific with our prayers. How to recognize that prayer has the power to defeat the enemy.

Prayer is our tool to win the battle and it gives us strength and the faith to finish the race victorious.

- Jeremiah 29:12 (NIV) "Then you will call on me and come and pray to me, and I will listen to you."

FROM FRUSTRATED TO FEARLESS (90 SPOTS)

REFOCUSING Removing the debris (spiritual schizophrenia, worried and wounded, the pilot and passenger of pain) from our journey. Areas to be addressed: how to remain whole after experiencing a broken relationship without being left burdened and bitter, recovering from church burn out, responding to spiritual warfare, gaining clarity about how to live a life that is a living example of II Corinthians 5:17 (NIV) "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" **FROM WANDERER TO WARRIOR (90 SPOTS)**

REINVESTING Faith, Finances and Her. Financial abundance does not exist without faith, and faith without application is dead. In a time where women are still fighting for equality of pay, and experiencing an investment gender gap, it is essential that we make informed Spirit led financial decisions. During the Faith, Finance, and Her session you will learn:

- (a) Biblical financial guidance for financial planning
- (b) How to identify financial beliefs that are blocking your blessings.
- (c) Investment diversification
- (d) How to increase your net-worth through your network

Proverbs 13:11 (NIV) "Dishonest money dwindles away, but whoever gathers money little by little makes it grow". **FROM BARREN TO FRUITFUL (90 spots)**

REMEMBERING the importance of having a balanced lifestyle. This session is for women ages 21-39 only. Challenges, Choices, Consequences, Celebrations -Very few people start out with the intention of trying to do everything and trying to be all things to all people yet many of us end up at that very place. Age doesn't prevent this process, sometimes it speeds it up because we tend to think we can do more when we have more energy and stamina. Just saying the word balance is easier than establishing balance in your life. Areas to be addressed: Based on your relationship with the Lord, when and how to say no, using wisdom when making decisions for the right now and the future, identifying what you want, need and desire, being focused, having vision and developing a plan. Philippians 4:8 (NIV) "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things". **FROM OVERWHELMED TO OVERJOYED** – **(40 spots)**

RENEWING the value of Christ centered care. The importance of self-care that is anchored in your relationship with Christ. Paying attention to triggers of over indulgence (eating, spending, working, showing up for everyone except yourself). Areas to be addressed: people pleasing, self-doubt, dealing with rejection, when and how to say no, balancing life without feeling guilty, overcoming negative self-talk. Mark 6:31 (NIV) "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." **FROM CARELESS TO CAREFUL** **(90 spots)**



SISTER TO SISTER CHATS- FRIDAY EVENING

Challenge:

OF MOVING FROM A COMPETITIVE TO A COLLABORATIVE SISTER TO SISTER RELATIONSHIP.

This sister to sister chat will encourage an open and honest (remember what you can hide from each other cannot be hidden from Christ) dialogue about the challenges we face as women when we work against each other instead of with each other. When we spend most of our time competing it diminishes our capacity to compete against the forces of evil. We become distracted, destructive and divisive when we are focused on tearing each other down instead of building each other up.

During the chat you will look at biblical examples of woman who either demonstrated a Christ-centered relationship or controlled by the enemy relationship. For an example of Christ-centered, look at Ruth and Naomi (Ruth 1), Mary and Elizabeth (Luke 1), and the women at the cross and resurrection (Matthew 27-28). Their relationships were collaborative and focused on the King and Kingdom work. For an example of controlled by the enemy behavior look at the relationships between Sarai and Hagar (Genesis 16), Rachel and Leah (Genesis 30), and Euodia and Syntyche (Philippians 4) all unraveled due to jealousy and competition. Each of these examples of competition had disastrous consequences.

Look at Rachel and Leah, they were sisters, both were struggling with real issues. Rachel struggled with infertility and Leah struggled with a loveless marriage. They competed for the attention of Jacob and as a result sank deeper entrenched in their own selfishness. Yet, instead of supporting one another, they opposed one another. In the case of Euodia and Syntyche, two leaders in the Philippian church, their fighting threatened to undermine the entire unity of the church. Consider the repercussions of Sarai's actions toward Hagar.

So, what is the cost of time spent competing, speaking negative about each other, spreading rumors, gossip, needlessly exposing the infirmities of others? Remember to consider why you are doing it, whether it is consistent with the character of Christ, whether it is loving, and whether it will build up the body of believers or divide and conquer in the name of satan. **FROM DIVIDED TO UNITED - (60 spots)**

Challenge:

OF BEING A TITUS II WOMAN WHO LIVES A LIFE THAT RESULTS IN BEING A POSITIVE INFLUENCE
ON YOUNGER WOMEN.

This sister to sister chat is designed for our seasoned and mature WOW sisters. This sister to sister chat will encourage an open and honest (remember what you can hide from each other cannot be hidden from Christ) dialogue about the life challenges and the journey of becoming Titus II women. A Titus II woman is to train younger women in Biblical, simple-to-measure, Spirit-empowered, love-based living. Paul called upon the godly older women of faith of Christ's church, those who had already learned to love their husbands, learned to love their children, and learned to be reverent, godly, modest and wise—and charged them with seeking out and meeting with every younger woman in the church.

An example of this journey is found in the story of Ruth and Naomi which is an example of true loyalty. In addition to loyalty, Ruth exhibited respect, love, friendship, and humility. Ruth's loyalty was followed by the provision of many blessings (see Ruth 4). It is also a reminder that it is not just about what you say it is about how you live. Ruth and Naomi story illustrates the power of mutual commitment, surrender to loving another person and a relationship formed that is a testimony of God's faithfulness.

FROM ISOLATION TO CONNECTION- (60 spots)

Challenge:

OF THE "BAG LADY" SYNDROME.
WELCOME TO BAGGAGE CHECK- YOU ARE LIMITED TO ONE CARRY ON ITEM.

This session is for women ages 21-39 only. This sister to sister chat will encourage an open and honest (remember what you can hide from each other cannot be hidden from Christ) dialogue about stuff we carry that weighs us down and wears us out. How to recognize what is in your life bag, determine what you need to let go of and pack wisely.

Often collecting bags is driven by fear. Fear of losing control, fear of being left out, fear of not having enough, fear of not being successful enough, just an overall fear of not enough. When fear takes over we tend to grab everything because of the "just in case syndrome". The following are some of the things that will be a part of the sister to sister chat.

Transformation process of independent to interdependence.

Becoming an emotionally healthy woman

Difference between being driven by your flesh and being driven by the Spirit

Balancing faith, focus, finances and plans

Learning and growing from disappointments

It is important to understand what and how to pack your life bag. Focus on what is really needed and don't be emotionally led astray by what is wanted. Pack for the occasion, consider the conditions of your surroundings, pack based on where you are going not where you have been.

Bag lady you gone hurt your back, dragging all them bags like that, I guess nobody ever told you all you must hold on to is you. So, pack light. **FROM TOO MUCH TO JUST ENOUGH- (40 spots)**

SISTER TO SISTER CHAT- BALANCED/BLENDED FAMILY.

Every family is a blended family because of two people being joined together. The challenge of being unequally yoked, different levels of spiritual maturity, repairing broken family relationships, how not to give up during times of struggle, developing good communication habits, how to be submissive, surrendered and supportive without losing yourself. How does two families become one? **FROM FRAGMENTED TO FLOURISHING – (60 spots)**



WOW Evening of Elegance Nomination Awards

Saturday, September 19, 2020

Included in your packet of information is a Women of Wellness Awards nomination form. WOW sisters who will be attending the WOW 2020 conference will be eligible to be nominated. The only exempt individuals will be Teaching to Change Lives, Inc board members (Marilyn Blackshear, Christine Davis, Aronissa Harris, Dale Sharpe-Lee and Arlene Upchurch).

Please be sure to consider nominating a sister for this special recognition. It is our prayer that we will encourage and celebrate every WOW sister, the award gives us a special opportunity in the spirit of sisterhood to celebrate a few of our sisters who are making tremendous strides with our wellness journey.

We must have all the nomination forms completed and returned by **June 2020**.

Teaching to Change Lives, Incorporated presents

WOW (WOMEN OF WELLNESS) CONFERENCE 2020

"SISTERS DEVELOPING A COMMUNITY OF WELL SISTERS"

2018 Theme: **"Positioned for Wellness!"**

"LETTING GO OF YOUR WATERPOT"

(John 4:28-29 NIV)

September 18th -20th, 2020

Delta by the Marriott (near the airport)





CONFERENCE AGENDA

Day 1: Friday, September 18, 2020

- 7:45 a.m. – 9:45 a.m. Registration Check In
- 9:30 a.m. – 10:15 a.m. Welcome Praise Reception
- 10:30 a.m. – 12:15 p.m. Opening Session: “*Challenge of Being Truthful About What’s in Your Waterpot*” Scriptural Foundation: John 4:17-18 (NIV)
- 12:30 p.m. - 1:30 p.m. Fellowship Lunch
- 1:45 p.m. – 3:15 p.m. BREAK OUT SESSIONS
- **Rebuilding** your Christ self-image that embraces who you were meant to be.
 - **Receiving** reassurance that it is ok to B.R.E.A.T.H.E (Believe, Release, Embrace, Accept, Take Action, Heal, Elevate) This session is for women ages 21-39 only.
 - **Re-examine** how we balance grief and faith.
 - **Releasing** emotional and mental anxiety, tragedy, trauma and trust issues.
 - **Repairing** a lifestyle of bad habits that leads to deterioration and destruction of the temple (body).
- 3:45 p.m. Hotel Check In
- 5:30 p.m. – 6:30 p.m. Fellowship Dinner
- 7:00 p.m. – 8:30 p.m. SISTER TO SISTER CHATS
- **Challenge** of moving from a competitive to a collaborative sister to sister relationship
 - **Challenge** of being a Titus II woman who lives a life that results in being a positive influence on younger women.
 - **Challenge** of the “Bag Lady” syndrome. Welcome to Baggage Check- you are limited to one carry on item.
 - **Challenge** of a balanced blended family. How two becomes one when it comes to a blended family.
 - **Challenge** of Maintaining a Healthy Marriage

Other Scheduled Activities (Locations Vary)

- 6:00 p.m. - 11:00 p.m. - Pop Up Shopping
- 6:30 p.m. - 11:30 p.m. - Spa Treatments
- 8:45 p.m. - 9:15 p.m. - Zumba
- 9:00 p.m. - 10:00 p.m. - War Prayer Room



CONFERENCE AGENDA

Day 2: Saturday, September 19, 2020

- 5:45 a.m. Walking with Dr. Mitt
- 7:00 a.m. - 8:15 a.m. Breakfast and Fellowship
- 8:30 a.m. - 9:00 a.m. Prayer & Praise
- 9:15 a.m. - 10:45 a.m. Opening Session: *“Challenge of Letting Go What’s in Your Waterpot”* Scriptural Foundation: John 4:28 (NIV)
- 11:15 a.m. - 12:45 p.m. BREAK OUT SESSIONS
- **Reconnecting** to the process of communicating with God.
 - **Refocusing** on removing the debris (spiritual schizophrenia, worried and wounded, the pilot and passenger of pain) from our journey.
 - **Reinvesting** in a lifestyle that is an example of being a good steward of our faith and finances.
 - **Remembering** the importance of having a balanced lifestyle. This session is for women ages 21-39 only.
 - **Renewing** the value of Christ centered care. The importance of self-care that is anchored in your relationship with Christ.
- 1:00 p.m. - 2:00 p.m. Fellowship Lunch
- 2:15 p.m. - 3:45 p.m. Closing general session: *“Challenge of Moving Forward After You Have Left Your Waterpot Behind”* Scriptural Foundation: John 4:29 (NIV)
- 7:00 p.m. - 10:30 p.m. WOW EVENING OF ELEGANCE
AWARDS CELEBRATION
- 5:30 p.m. - 6:45 p.m. Red Carpet Reception
- 7:00 p.m. - 10:30 p.m. Celebration
- Theme: **“No Turning Back”** (Philippians 3:12-14 -MSG)
Our color that evening will be **ROYAL BLUE**. Blue represents both the sky and the sea and is associated with open spaces, freedom, intuition, imagination, expansiveness, inspiration, and sensitivity. Blue also represents meanings of depth, trust, loyalty, sincerity, wisdom, confidence, stability, faith, heaven, and intelligence.



CONFERENCE AGENDA

Day 3: Sunday, September 20, 2020

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|-----------------------|------------------------------|
| 7:00 a.m. - 8:00 a.m. | Breakfast and Fellowship |
| 8:30 a.m. - 9:00 a.m. | Prayer, Praise & Testimonies |
| 9:15 a.m. | Departure |



*a special invitation
for
a special you!*

All are welcome to join us this morning in **WORSHIP** at
Jones Memorial Baptist Church, 20th & Dauphin St, Philadelphia, PA 19132

Dr. Paul R. Lee, Pastor-Teacher

We will be providing a fellowship meal directly after service for all our WOW sisters who are able to join us for morning worship.

www.jonesmemorial.org

www.wowwomenofwellnessconference.com

www.teachingtochange.org | teaching2change@gmail.com