

# The 33rd Annual Gathering of Presbyterian Women in Central Florida Presbytery



Saturday, January 23, 2021

Meeting will be via Zoom

You must pre register for sessions. Deadline is January 20th

Check-in begins: 9:15 a.m.

Gathering begins: 9:30 am - 10:15 am

First session 10:30 - 11:30

Second session 11:35 - 12:35

Closing service 12:40 - 1:00 pm

*Please send in your registration form by January 20th to*  
Sharon Williams 3785 Liberty Hill Drive Clermont, Fl 34711 or by  
email [shwms008@gmail.com](mailto:shwms008@gmail.com)

Name \_\_\_\_\_

Email \_\_\_\_\_ (needed to send zoom link)

Phone \_\_\_\_\_ Church \_\_\_\_\_

Session choices - (choose 2 and we will place you in either session 1 or session 2)

1. \_\_\_\_\_

2. \_\_\_\_\_

## Session Choices Choose 2

1. **The Lifeboat Project** - The Lifeboat Project strives to increase awareness of human trafficking through training; restore hope and dignity to exploited individuals; promote self-sufficiency by providing a safe residence; and furnish assistance for personal development and counseling coordinating with other agencies to enable healing and transition into society. Join Jill Cohen as she shares their ministry in Central Florida
2. **A Talk on Racism** - Recent events reveal that racism is still prevalent in our society. If racial healing is to take place, we must not be afraid of the truth about race in this country – past, present or future. Poet Maya Angelou reminds us that “History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.” Since 2016, Hope Presbyterian Church and Washington Shores Presbyterian Church have gathered for courageous conversations around racism and racial healing through shared worship services, book discussions, field trips, service opportunities, shared spiritual disciplines and social gatherings. Join Erika, Nancy and members from Hope Presbyterian Church at Lake Nona and Washington Shores Presbyterian Church and learn from their experience and reflect on how to work towards becoming agents of change for good in the world. Join Erika Rembert Smith, Nancy Graham Ogne and members of their congregation in this workshop.
3. **Sabbath: Stop, Breathe, Delight** - “There is no way I can take a day off. Our family/business/world would fall apart. It would produce too much anxiety.” Sabbath is so much more than a day off...it is a day of trust, a day of rest and celebration. It is a day to reconnect with all that God created for us to enjoy...a Soul Feast. Self-reflection, discussion and scripture shape a plan for “keeping the Sabbath Holy”. Experience how the sweetness of Sabbath leaves an aroma that lingers throughout the week. Presenter Julie Rogers-Martin is a Christian Educator at Eastminister Presbyterian Church.
4. **What is happening - PW on the Presbytery and Synod level** - This workshop will give you an overview of what PW does on the presbytery and synod levels. Learn about opportunities that are available to you. Our synod moderator Sandra Winslett will lead the workshop and discussion.
5. **Hold on to Your Mental Health during COVID-19** - Join us for an upbeat session with nine tips for managing your mental health during this most difficult time. Presentation will include some magic tricks to put you in the frame of mind that while things look really hard or impossible to handle, they can be done! It is based on Scripture found in 2 Kings 20:5: “...I have heard your prayer and seen your tears. I will heal you.” Effort will be made to include participants in a discussion of their experiences of living through the coronavirus. Q and A will follow. Presented by Dr. Beverly Snyder, who is a member of Maitland Presbyterian Church where she leads a mental health group every Wednesday evening and is an adjunct professor at UCF as well as Professor Emerita from the University of Colorado.