interMISSION Workshop Choices Saturday, May 28 11 a.m.-12:15 p.m. and 2-3:15 p.m.

We Are His Body led by Rev. Michelle Carmichael

How does being a missionary in your own community relate to the ministry of pregnancy care centres? This

workshop aims to provide you with practical tools and guidance to support your community and strengthen relationships. This will offer help to establish a presence within the community with the realization that you are "here for them."

The Uphill Battle of Rwandan Baptists

led by Darrell and Laura Lee Bustin As we "spur one another on toward love and good deeds," come hear about the struggles being faced by the churches



of CBM's Rwandan Baptist partner. How does one "hold unswervingly to the hope we profess" when faced with strong government regulations, a membership battling poverty, and a global

pandemic? Learn what you can do to stand by our Rwandan brothers and sisters in order to "encourage one another."

Sharing Our Faith to Prepare the Next Generation of Spiritual Leaders led by Rev. Joyce Ross

By sharing my faith, I want to help prepare the next



generation to focus and move forward in sharing their faith in the lives of family members and youth leaders. I also want to develop an interest in youth to become missionaries at home and abroad.

More than Nine to Five: Discovering the Kingdom Value of our Work led by Michael Waddell

Canadian Baptist Ministries engages with partners around the world, through Faith+Work initiatives, to discover



opportunities for the integration of Christian faith with work in the world. Explore how paid or unpaid daily work can enhance our spiritual formation, provide opportunities to bring glory to God, and contribute

to the transformation of people and communities. Hear how God is using CBM's Faith+Work initiatives in the Philippines to bring about sustainable transformation.

Mentoring led by Wendy DuBois

Do you desire to leave a legacy that will have eternal



repercussions? Do you have the gifts of discernment and/or encouragement? Perhaps the Holy Spirit wants you to consider becoming a mentor to a younger woman. Let's explore together what mentoring is and is not.

Cultivating Spiritual Friendships led by Cindy MacDonald Come be introduced to how a "Listening Hearts" small group



experience can enrich your personal spiritual life and build deeper connections with sisters in Christ. Grow closer to God while listening to him and one another.

Becoming Allies and Instruments of God: Moving Beyond Racism and Our Prejudices *led by Rev. Cheryl Ann Beals* Being a "good Christian" is not enough! We must actively



move beyond racism and prejudices. How can we become active instruments of God who are allies to others? How do we open ourselves up to God showing us our prejudices and identifying

injustices? How do we allow the Holy Spirit to change our perspectives on ourselves and others? Come explore these topics.

The Gift of Grief (and, Yes, It Really Can Be a Gift!) led by Dr. Dorothy Hunse

We've all been impacted by the pandemic in some way. How are we to respond to it? Are we grieving?



Do we need to grieve? How can we grieve something that has affected us not only in tangible but also intangible ways? We'll explore grief in relation to the pandemic, and consider the gift that grief can be as we seek to not just "get past"

the pandemic, but to live life fully in the midst of it and look forward with hope for the future.

I Will Praise His Name with the Dance: Incorporating **Creative Dance into Your Individual Worship Time** led by Laurie Hopkins

True worship starts within us, as individuals, in our private time with the Lord. Come and discover creative dance as



a unique and beautiful way to bring a fresh depth and to breathe life into your individual times of worship. Great physical mobility, stamina, or experience not required: all ages, stages and

ability levels welcome. Workshop limit: 20.

Quilting See & Sew (Morning Only) led by Diane Miller In this introduction to hand quilting, you will create a beginner-level project plus enjoy a mini "quilt-trunk



show" and quilting tips. Cost: \$3.00 (exact change, please) for supplies and fabric to make a mug mat, to be paid at the workshop. Please bring your own thimble. Punctuality is critical. Workshop limit: 20.

Presidents of ABW Groups and Woman's Missionary **Societies (Afternoon Only)**

led by Rev. Gail Whalen-Dunn, ABW Past President, and Rev. Sylvia Hagerman, ABW Past President

Are you the president of an Atlantic Baptist Women's group or Woman's Missionary Society? We would like to meet



with you and learn about the ABW group/WMS that you lead. Come share stories and learn from each other as we put our thoughts and prayers together to see how we can "grow ABW."