

APRIL 22—24, 2022

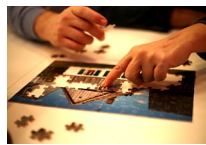
Get Your Princess On! (Theme dinner)



We are all Daughters of the King, so feel free to wear your Tiara and anything else that makes you feel like a Princess.

Put on your favorite royalty attire and prance all the way to our Saturday night theme dinner! Don't really have princess type clothes? Just be creative! Whether you keep it simple or get fancy with extra royalty props, it's all about the fun! (Participation is encouraged, but optional.)

Jigsaw Puzzle Swap



Do you ever sit, relax, breathe easy and puzzle? Everyone is encouraged to bring a new, unopened and unused jigsaw puzzle to share. All types, sizes and levels of difficulty are great. It's totally up to you.

We will announce how the puzzles will be given away on Saturday evening before the evening session. Please bring your puzzles to the tabernacle to be displayed on our "Jigsaw Puzzle Swap Table" before the announcement on Saturday night. Thank you!

Location

[Black Lake Bible Camp and Conference Center](#)

6521 Fairview Rd SW, Olympia WA 98512

Camp website: [blbcolympia.com](#)

NWCWC website to register: [nwchristianwomen.org](#)

From the South: Take I-5 North to Exit 101 (Tumwater Blvd.) Turn left onto Tumwater Blvd. Follow Tumwater Blvd to the roundabout and turn right. Follow to the next roundabout (70th Ave) and turn left. Follow until the road bends right and turns into Kirsop Rd. Turn left onto 66th Ave. Follow road approximately 1 mile and drive directly into camp. (The camp is directly at the corner of 66th Ave and Fairview Rd.)

From the North: Take I-5 South to Exit 101 (Tumwater Blvd). Turn right onto Tumwater Blvd. Follow Tumwater Blvd to the roundabout and turn right. Follow to the next roundabout (70th Ave) and turn left. Follow until the road bends right and turns into Kirsop Rd. Turn left onto 66th Ave. Follow road approximately 1 mile and drive directly into camp. (The camp is directly at the corner of 66th Ave and Fairview Rd.)

NOTE: Registration is in Mt Hood Bldg. (Look for Signs)

Service Project

Our Mission... Dignity for Divas supports women across the Puget Sound transition out of homelessness using a self-care platform that creates pathways to success.



From Desperation to Dignity!

Being homeless is a devastating experience that can erode anyone's self-esteem down to its last desperate shards. For a woman living on the streets, that feeling of hopelessness and helplessness is magnified tenfold. Factor in an increased risk of sexual assault, an inability to attend to personal hygiene needs, and daily survival becoming one's only priority, and it's no wonder that most women in this situation forget they were once secure, confident, and able to take on the world. That's where we come in. Dignity for Divas provides support to women experiencing homelessness that helps them reconnect with her inner diva, with the long-term goal of putting her back in charge of her life.

Donation Needs: "Welcome Home Wish List"

*New and packaged items only please

- | | |
|-------------------------|------------------------------------|
| ◆ Dishwashing Detergent | ◆ White Shower Curtain/Liner/Rings |
| ◆ Liquid Dish Soap | ◆ Bakeware set (basic) |
| ◆ Laundry Soap | ◆ Dish Towels |
| ◆ Bleach | ◆ Oven Mitts |
| ◆ 2 Towels/2 Washcloths | ◆ Household Cleaners |
| ◆ Dish Set (4 count) | ◆ Tupperware set |
| ◆ Pot and Pan Set | ◆ Cookware Utensils |
| ◆ Glassware | |

NWCWC INFO

- 2022 Director - Amanda Hall
- Exec. Director - Lydia Sanders - (360) 402-3365
nwchristianwomen@yahoo.com
- Registration - Wendy Chambers (360) 941-2117
- Online Registration:
www.nwchristianwomen.org or click on the registration button on our Facebook page:
[www.facebook.com](http://www.facebook.com/Northwest-Christian-Womens-Conference)
Northwest Christian Womens Conference

Optional Costs – Amenities and activities are offered by Black Lake Camp and should be scheduled and paid for at the conference. They include Camp Bookstore, Espresso Stand, Archery, Rock Climbing Wall, Massages.

(Note: Free Mini Golf)



northwest christian
women's conference

PO BOX 760, Clearlake, WA 98235



ONLINE
REGISTRATION
AVAILABLE

NWCWC Dates: April 22-24, 2022

Registration Deadline: March 21, 2022

NEW LOCATION
BLACK LAKE BIBLE CAMP
OLYMPIA, WA

APRIL 22—24, 2022



Conference Workshops

Featured Speaker... Ann McMurray



Ann McMurray is a Northwest Christian Woman, who has gone to the Northwest Christian Women's Conference for more years than she'd care to admit. Along the way, she's taught workshops, been the main speaker, and every time experienced spiritual renewal and refreshment. Year after year she has made and renewed cherished and lasting friendships.

Ann is married to her husband of over 40 years, Tad, who serves as an Elder at the Northwest Church in Lynnwood, WA. They are the parents of two adult children, Joel and Lindsay. Through her long-standing collaboration with Dr. Gregory Jantz, founder of The Center for Counseling in Edmonds, Ann has helped author over 20 books on issues such as overcoming depression, eating disorders, childhood abuse, and anxiety, as well as raising children, adolescents and teenagers - all with a strong Biblical component.



Ann enjoys speaking and teaching with humor, as she is the first one to laugh at herself.



"Do not be anxious about anything, but in every situation by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7

1. Parables from the Dandelion

By: Marita Lawrence

A dandelion is one of the toughest plants around; it can survive almost anything. Over time dandelions have come to represent overcoming hardship, happiness and total faithfulness. What would it look like if we lived a dandelion life for God? We will explore the uniqueness of a dandelion, and how we can apply its simple cycle to our Christian walk. We will also create a dandelion art piece to take home.

2. Be Strong and Breathe!

By: Cheryl Woods

Do you need more hours in your day? Are you weighed down by life's worries? Do you want to accomplish more? Do you feel like you don't have time or know how to relax? Learning to rely on God's strength helps to press through life's hardships and accomplish your goals. Learning to breathe and rest in God's presence helps to not feel overwhelmed. In this workshop we will explore His Word together to answer these questions and discover behavior changes that will help along the way. Cheryl will include tips from her 38 years of experience as a Physical Therapist for keeping your body strong and learning the skill of physiological quieting (diaphragmatic breathing).

3. The Practice of Slowing Down Your Anxious Heart Through Bible Journaling and Faith Art

By Debbie Rothrock

Have life's worries, concerns and busyness got you feeling disconnected from God and maybe feeling a little frazzled? This workshop will let you learn and experience hands-on the calming benefits of sitting at your table with your Bible and journal wide open. Bible art journaling is a great way to document your faith moments and prayers while quieting your soul.

4. Rest and Recovery Between the Storms

By: Christine Fairchild

Taking time to rest between hardships is an important task that many overlook. When life's storms are cast your way and finally pass, how do you spend time in the calm? Learn how to rest yourself and recover emotionally between storms with discipline.

5. Anxiety/Depression vs. Faith - Did I Do Something Wrong?

By: Laura Inglis, LICSW

Approximately 1 in 5 adults in America live with a mental illness, with women and young adults experiencing the most symptoms (National Alliance on Mental Illness). Do we blame the person for not praying enough? "If only they'd had more faith, prayed a little harder or longer"; "if only they weren't being punished then they wouldn't be suffering." Let's learn more about what we can do to walk with those who are being stigmatized and ignored.

6. Getting Lost in a Book (and Finding Yourself)

By: Nancy Waner

My name is Nancy and yes, I'm a book-aholic! But I've discovered, given the right choice of books, we can learn so much about ourselves and our relationship with God and the people around us. Come check out some of my favorite books and authors and come prepared to share some of your favorites too!

7. Breathe in the Lord - Live Out His Word

By: Karla McElroy

That sounds good but HOW can we live this way? Be in the Word! Rest in the Lord. Enjoy His creation. Be purposeful with kindness. Be OK with "David moments" of grumbling as long as you end those times the same way he did, with praise. Together, we'll spend time "breathing" in the Word.

8. Identity - Why Is It So Important?

By: Trish Johnston

Coming to believe and live in our God-given identity is a game changer for how we live our lives, in the right here and now, in God's kingdom. Come and discover why this is so important and foundational to our faith, and what it means for your life.

9. Learning to Listen to God

By: Tammy Adams

The rhythm of our breathing - inhale... exhale - is so natural, so automatic. The experience of listening to God can be as natural as our breathing. Let's explore this together. You'll be glad you came - it will be a breath of fresh air!

10. Joy Is Found at the Bottom of the Barrel

By: Sherry Thacker

When we are out of what we need to be joyful, we should look again. There is joy in the bottom of that seemingly empty barrel. We will be looking at Scriptures to help us raise our head to the top of that barrel, and take a much needed breath to carry on for Jesus.

11. You Have to Kneel Before You Can Stand

By: Donna Oiland

Prayer is not an emotional or aesthetic sideline that we, as followers of Jesus, indulge in after our "real" walk is done; it is the connective tissue of our existence. Come and explore with us.

What to Bring

Sleeping Bag & Pillow, Clothing, Toiletries, Hand & Bath Towels, Flashlight, Bible, Pen, Extra Spending Money, Love Offering, Princess Wear, Puzzle to Swap

Special Project: Dignity for Divas Donation Items listed on last page.

Conference Schedule

FRIDAY

2:00 pm Registration
4:00 pm Workshop #1
5:45 pm Dinner
7:00 pm Main Session
8:45 pm Friday Night Fun

SATURDAY

7:30 am Breakfast
8:45 am Main Session
10:45 am Workshop #2
12:30 pm Lunch
1:30 pm Workshop #3
3:00 pm Free Time
5:30 pm Dinner
6:45 pm Main Session
8:45 pm Church Gatherings

SUNDAY

7:30 am Breakfast
8:45 am Workshop #4
10:15 am Main Session
12:30 pm Lunch
1:30 pm Conference concludes

FREE TIME
ACTIVITIES
SATURDAY

Free Time Activity

"Breathe Easy" Painting Class



Led by: Virginia Craig

Breathe easy with this simple, yet beautiful "Ombre Canvas Word Art" class. Pick your colors. (\$5.00 fee)

Sign up at Registration

The NWCWC provides spaces of learning, restoration, renewal and play for women to cultivate a deepening relationship with Christ.