



The First Baptist
Church of Redlands

fbcredlands.org

51 West Olive Avenue • Redlands
909.793.3289



CREATING A SABBATH MIND: A WORKSHOP FOR PARENTS WITH YOUNG CHILDREN



Saturday, April 24, 2010

8:30 A.M.—12:00 P.M. in the Chapel

Children's Program (ages 0-5th grade) with a registration

Registration Fee: \$15 per adult & \$5 per child

Facilitated by Pastoral Counselors

Dr. Christa McNerney & Dr. Jana Boyd



Topics will include but not limited to:

- ▶ Freeing ourselves from the stress of life's millions of inner pulls and outward distractions.
- ▶ Giving ourselves and our loved ones the freedom and space to Connect *Grow & Serve*.
- ▶ Showing how the Christian commitment to personal growth offers a unique opportunity to develop in self awareness.
- ▶ Understanding the connectivity of our relationship with God, with our loved ones, and with our children.
- ▶ Brain dynamics & development of an empathic relationship.
- ▶ Exploring methods of prayer that deepen self awareness.



Place Reservations by Thursday, April 15
with the church office 909.793.3289
or email Hien@fbcredlands.org.



"CREATING A SABBATH MIND" WORKSHOP REGISTRATION

Please fill out & place in the offering plate or bring it to the office.

Name _____ Phone _____

Email _____

Adult Reservations # _____

Children (ages 4-5th grade) # _____

(Please bring children to *Arts & Craft Room*.)

Nursery/Toddlers (ages 0-3) # _____

(Please bring children to the Nursery/Toddler Rooms)

_____ We would like to join others for lunch at Gourmet Pizza

Shophe in Redlands afterwards. Please bring money for lunch.

