

Keynote Speaker



Donna Schumell

Although wealth is more than money, our money beliefs and behaviors help us clarify what we believe about God. Scarcity and abundance in God's kingdom are more about mind-set than circumstances. Where did your money beliefs come from? What do your money behaviors tell you? Scarcity and the "what ifs" in our lives keep us clinging to "promises" of worldly wealth. Abundance releases us, opening our hearts and hands to unleash heavenly hope. Finding the courage to fully share in the joy of God's abundant love and generosity requires that we trust our Provider more than his provision.

Donna Schumell is a highly successful leader in the financial services industry and speaks with a practical, humorous, and heart focused style.

Donna is a member of Our Savior's Lutheran church in Hartland and volunteers with ministries spreading generosity.

www.donnaschumell.com

Special Guest



Offering Hope and Healing for
Victims of Human Trafficking

**Please bring an item to donate from
their wish list:**

- Craft Kits
- Paints
- Drawing Pencils
- Sketchbooks
- Sewing Materials & Supplies
- Oil Pastels
- Yarn & Plastic Knitting/Crochet Needles
- Journals
- Plaster of Paris
- Dream Catcher Kits
- Scrapbook and Stamping supplies
- Friendship Bracelet String

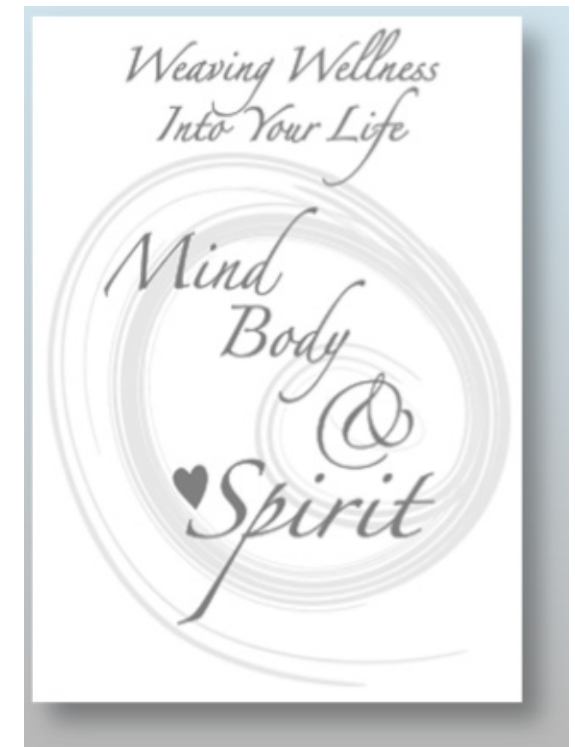
lsswis.org/transitions • 715.855.5350

"And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work."

2 Corinthians 9:8

Women, Be Well!

St. Matthew's
Women's Wellness Day
February 25, 2017



*Blessings...
of the Abundant Life*

Yes!

I'd like to attend St. Matthew's
Women's Wellness Day on
Saturday, February 25, 2017.

Breakout Sessions

Select Two:

A. _____

B. _____

C. _____

Name: _____

Phone: _____

E-mail: _____

Child Care: _____ yes _____ # of children

Cost is \$15.00

Checks payable to "St. Matthew's."

Return this form & fee to church office.

Scholarships are available.

St. Matthew's Ev. Lutheran Church

1615 Wauwatosa Ave.

Wauwatosa, WI 53213

414.774.0441

office@stmattslutheran.org

www.stmattslutheran.org

Breakout Sessions

A. Change Your Thinking to Create the Life You Want

We often think we need more of something in order to feel abundant. Scarcity issues with food can go back to our childhoods...remember "the clean plate club" mentality? Evaluate how scarcity thinking regarding food can permeate life with a negative result. Learn about emotional eating & increase awareness of thinking habits that don't serve you. Explore how to change those habits and create the mindset to achieve the results you DO want!

Dr. Katrina Ubell, is a physician/life coach helping women who emotionally overeat, teaching tools to promote freedom from food desires and urges, often resulting in weight loss.

B. Healing Through the Gateways of Sound

Did you know that sound produces frequencies that can potentially assist in the treatment and healing of many common diseases? Researchers are mapping the frequencies of the human body to create a new Sound Healing medical system. Sound is now being used to assist in the treatment of Autism, ADD, ADHD, PTSD, Drug Rehabilitation, Sleep Disorders, Cancer and more. Be part of a group sound healing experience and learn how sound affects consciousness and opens the gateways to healing on a physical, emotional, and spiritual level.

Sheri Bauer, owner of the Angel Light Center for the Healing Arts & School of Energy Medicine, is a teacher/practitioner of Sound Healing & other Healing Modalities.

C. Soul Care

Do you ever struggle to experience God's love? Is it difficult to love others? Yourself? Engage in a hands-on creative experience using the practice of spiritual formational prayer to promote inner healing. Identify causes of deep wounds, outline the steps to inner wellness, consider barriers to experiencing God's healing, and learn ways to overcome those barriers and embrace God's healing grace.

Lydia Johnson is a Licensed Professional Counselor and Registered Art Therapist, providing Christian counseling and art therapy in her practice, Resting Place, LLC.

Schedule

8:00-8:45 a.m. Registration & Breakfast

8:45-9:00 a.m. Welcome/Devotion

9:00-9:50 a.m. Keynote Address

10:00-11:00 a.m. Breakout Session I

11:00-11:15 a.m. Break

11:15 a.m.-12:15 p.m. Breakout Session II

12:15-1:00 p.m. Lunch and Closing Remarks