

“Sisters in Spirit” are...
Building a strong community of
vibrant Christian women by
reaching, nurturing and discipling
with the good news of
Jesus Christ.

Our Vision

The Women's Ministry at HRBC glorifies God by encouraging and inspiring women to grow spiritually, emotionally, intellectually, and physically; thus equipping them to minister in Christian love through discipleship, missions, and service.

Huguenot Road Baptist Church Women's Ministry

10525 W. Huguenot Rd., Richmond, VA 23235
Telephone: (804) 272-2072
www.hrbcrichmond.org



Cyndi Frame graduated from Olivet Nazarene University in 1984 with a B.S. in Music Education and has been serving Creative Arts Ministries in various churches across the United States for the past 20 years. She currently serves as a Worship Leader for Christian Fellowship Church in Ashburn, VA and also travels as a freelance concert artist. Cyndi and her husband, Troy, have two teenagers, and they are all involved in musical performance on a variety of stages.

Performing at venues from high school concerts to the RCA Dome for a live audience of 25,000 people and web streaming across the globe, Cyndi has experienced a myriad of vocal opportunities. She is also a composer, an arranger and a producer of four custom recordings – including a jazzy Christmas CD - that will appeal to audiences of varied ages and musical tastes. In 2000, her original composition, “We Come to Your Table, Lord” was included in the Time Life Songs 4 Worship series. Her music is now digitally distributed worldwide on the internet.

Her speaking career is newly launched and focuses on “Home Improvement” – Remodeling the Body and the Mind. This topic has evolved from her recent journey to be a balanced, healthy woman and the message is as entertaining as it is encouraging.

Check out her website:

WWW.CYNDIFRAME.COM

Women's Spring Renewal
Weekend – April 4-5

“HOME IMPROVEMENTS: HEART SPA”

Cyndi Frame
Guest Worship Leader/
Concert Artist



Location:

Huguenot Road Baptist Church
10525 W. Huguenot Rd.
Richmond, VA 23235
(804) 272-2072
Cost: \$15.00
(Due with registration)

“Home Improvements: Heart Spa”

April 4-5

Huguenot Road Baptist Church

Cyndi Frame, our special guest leader, will focus on remodeling the body and the mind through her program, “Home Improvement: Remodeling the Body and Mind.” This topic has evolved from her recent journey to be a balanced, healthy woman and the message is as entertaining as it is encouraging. Cyndi will saturate us with encouragement through laughter and music, while she shares her journey. We will offer breakout sessions to supplement the theme of the renewal experience. The schedule for the weekend is as follows:

Friday, April 4:

6:30 p.m. – 7:00 p.m. Registration

7:00 p.m. – 8:15 p.m. **Session I with Cyndi**

8:15 p.m. – 9:00 p.m. Ice Cream Sundaes
Fellowship Time

Saturday, April 5:

8:30 a.m. – 9:15 a.m. Registration &
Continental Breakfast

9:30 a.m. – 10:45 a.m. **Session II with Cyndi**

10:45 a.m. – 11:15 a.m. Small Groups

11:15 a.m. - 11:30 a.m. Break/Transition

11:30 a.m. – 12:15 p.m. Breakout Session I

12:15 p.m. – 12:45 p.m. Lunch

12:45 p.m. - 1:00 p.m. Break/Transition

1:00 p.m. – 1:45 p.m. Breakout Session II

1:45 p.m. - 2:00 p.m. Break/Transition

2:00 p.m. – 3:15 p.m. **Session III with Cyndi
Blessing**

Breakout Sessions Choices

- A. **“Praying in Color”** – This “new prayer form gives God an invitation and a new door to penetrate the locked cells of our hearts and minds.”
- B. **Bath Salts** – Make and take a container of bath salts. Instructions: Relax and unwind after a stressful day by adding to a warm bath...soak!
- C. **A Woman Who Hurts/A God Who Heals** – Pain is a part of life, whether it is the pain of divorce, death, health, or family issues. Experience the reassurance that God will share our sorrows and grief, and ultimately will heal our hurts.
- D. **Stretching the Body – Relieving the Mind** - Learn stretches to relieve stress in the mind and body
- E. **Tidying God’s Temple** – Can I start eating a healthy diet? Learn how to reduce the risk of health related issues by making small changes in your diet over time.
- F. **A Color Café** – Have fun while talking about colors and their effect on our emotions (afternoon breakout session only)
- G. **“All About Organizing”** – Clutter equals stress - plain and simple. Learn tips on how to clear the clutter!
- H. **Feng Shui** – Creating a balanced, comfortable home is one of the best things you can do for your health.
- I. **Makeup for All “Seasons”** – It’s not what you put on - it’s how you do it. Discover ways to apply makeup to look natural.
- J. **Fashion – How to Put it All Together!** – Look good – feel good!

REGISTRATION FORM

(Please print)

Name: _____

Phone: _____

Address: _____

City/Zip: _____

Breakout Session Choices:

(Indicate your 1st, 2nd and 3rd choice)

1st _____

2nd _____

3rd _____

Boxed Lunch Sandwich Choices:

- Turkey Breast
- Baked Ham
- Vegetarian

Attendance:

- Friday and Saturday
- Friday only
- Saturday only

Please include the registration fee of \$15.00 (check made out to HRBC) and mail with this form to:

**Attn.: Cathy Ralcewicz
Huguenot Road Baptist Church
10525 W. Huguenot Rd.
Richmond, VA 23235**

**Registration limited. Register now!
Deadline – March 24, 2008**