



Family Ministries



We shall be running our women's course on:

_____ (Chosen day of week and location)

Come and join us for six weekly sessions with fun activities to help you rest, unwind and discover more about...

Each week we will explore a different theme together and encourage one another to make the most of life!

THE W COURSE | 2

Dates and timings of each session:

_____ - Who Am I?	_____ - Who Loves Me?
_____ - Why Am I Here?	_____ - What Choices Do I Have?
_____ - Where Do I Belong?	_____ - Where Am I Going?

Our aim is to offer you some time where you can totally relax!

There are _____ spaces available.



Contact information

Name: _____

Contact number: _____

Email address: _____



SIGN UP HERE - PLEASE FILL IN, TEAR OFF AND HAND THIS SLIP

TO: _____ TO SECURE YOUR PLACE.

NAME: _____

CONTACT NUMBER: _____

EMAIL ADDRESS: _____

DIETARY REQUESTS (VEGETARIAN, NON-DAIRY, GLUTEN-FREE, NUT-FREE ETC): _____

IF APPLICABLE, DO YOU NEED CHILDCARE SUPPORT DURING THE SESSIONS?

(PLEASE TICK) YES NO



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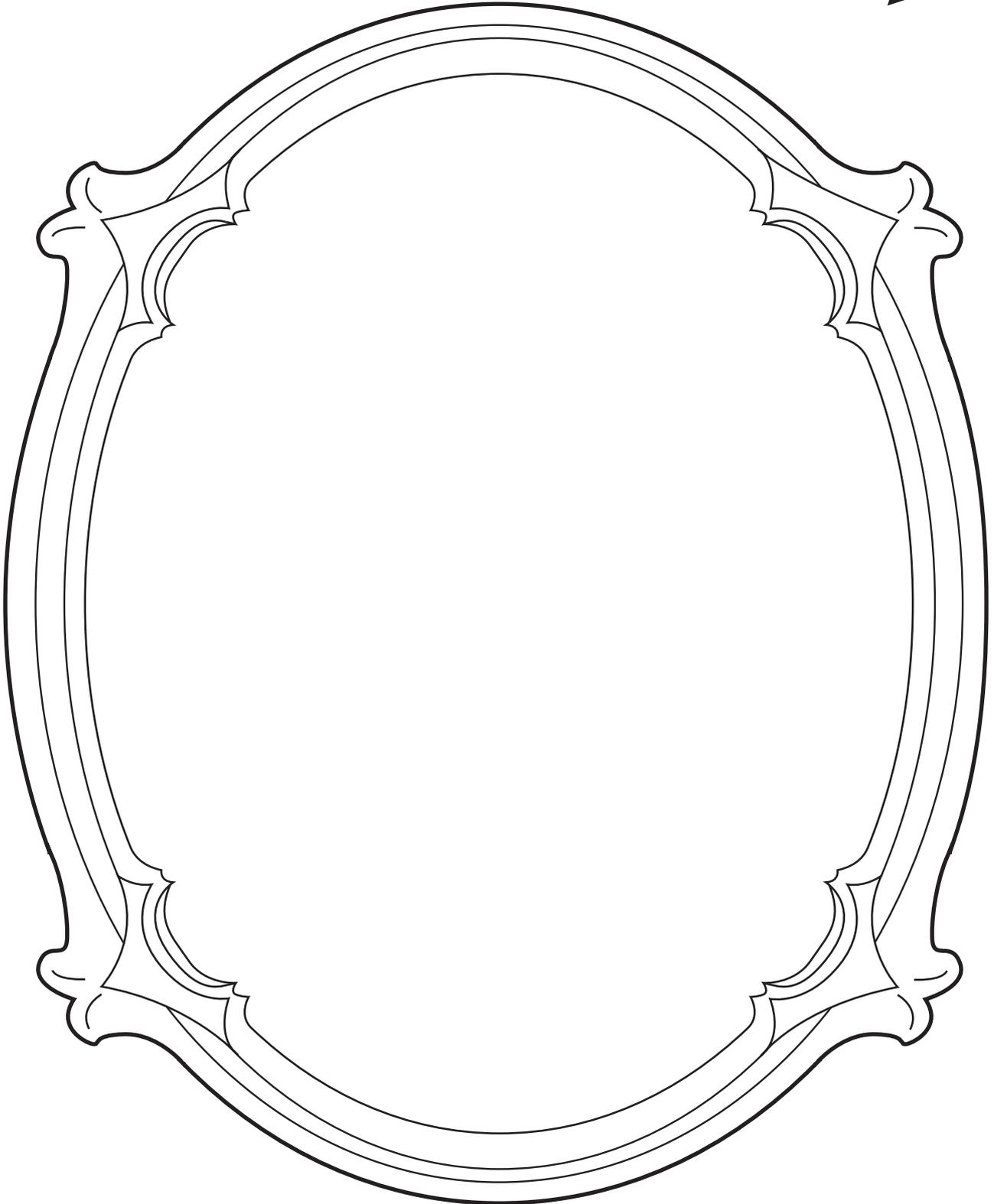
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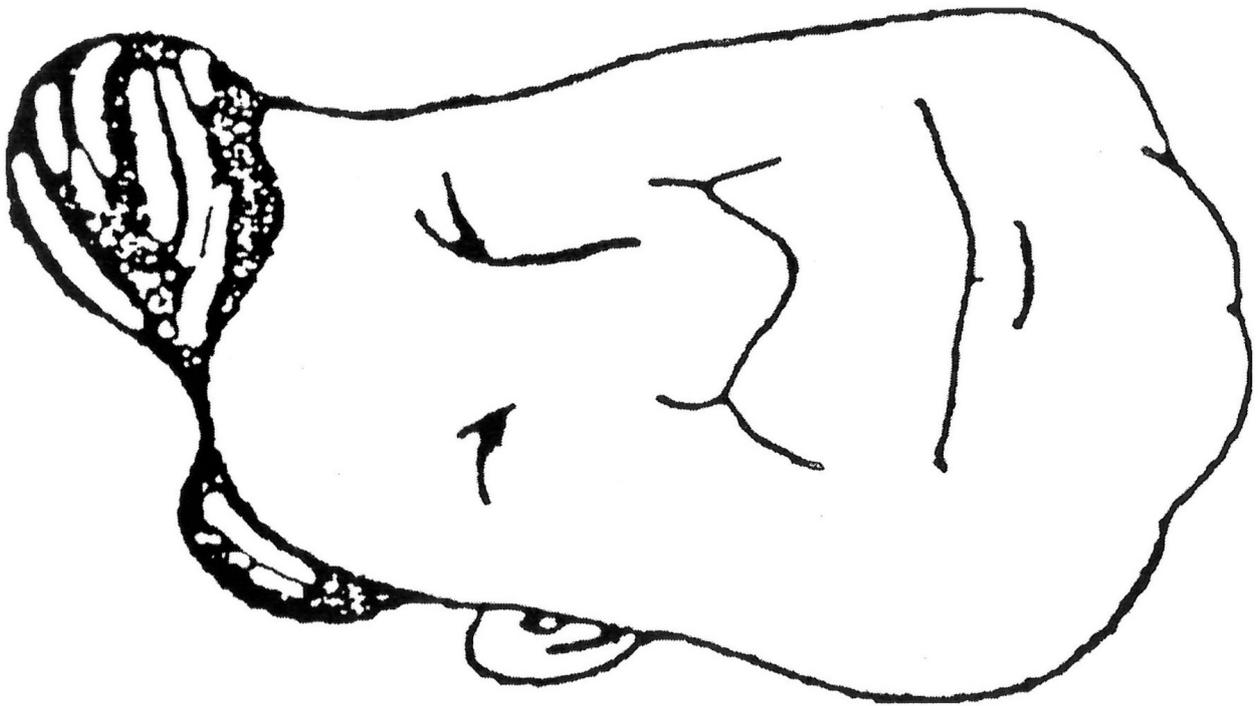
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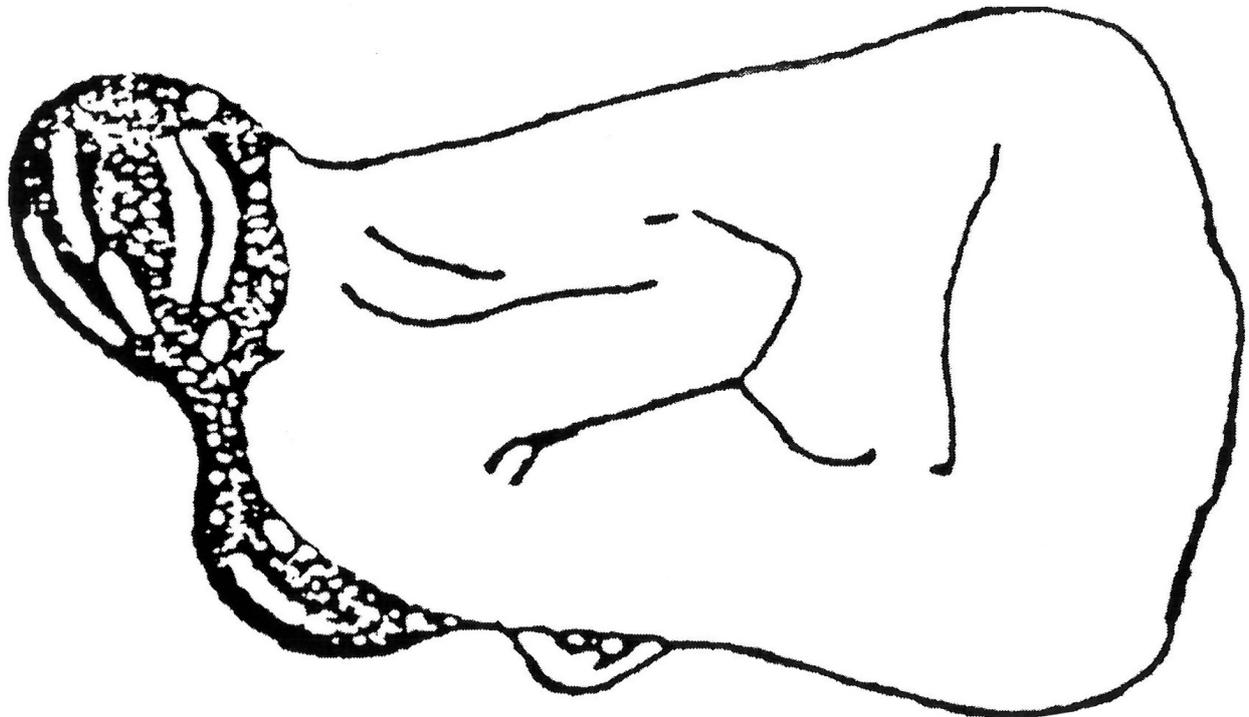
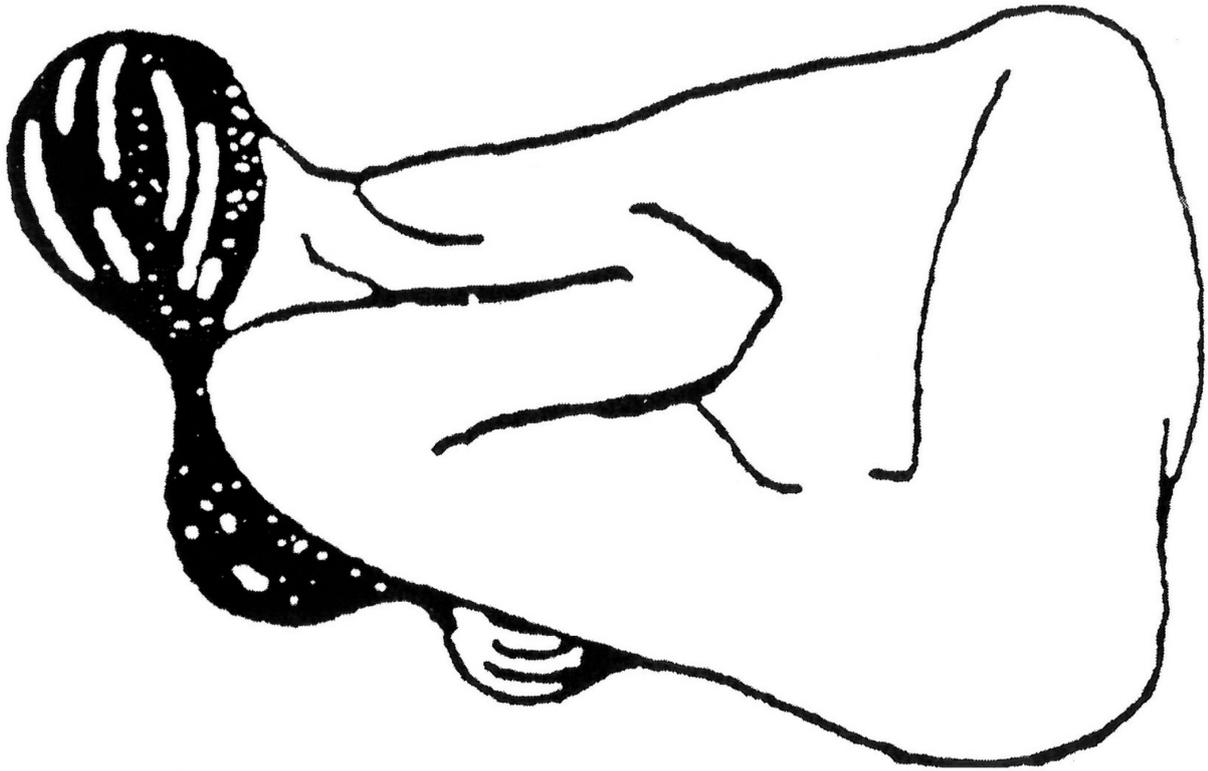
(PLEASE TICK) YES NO

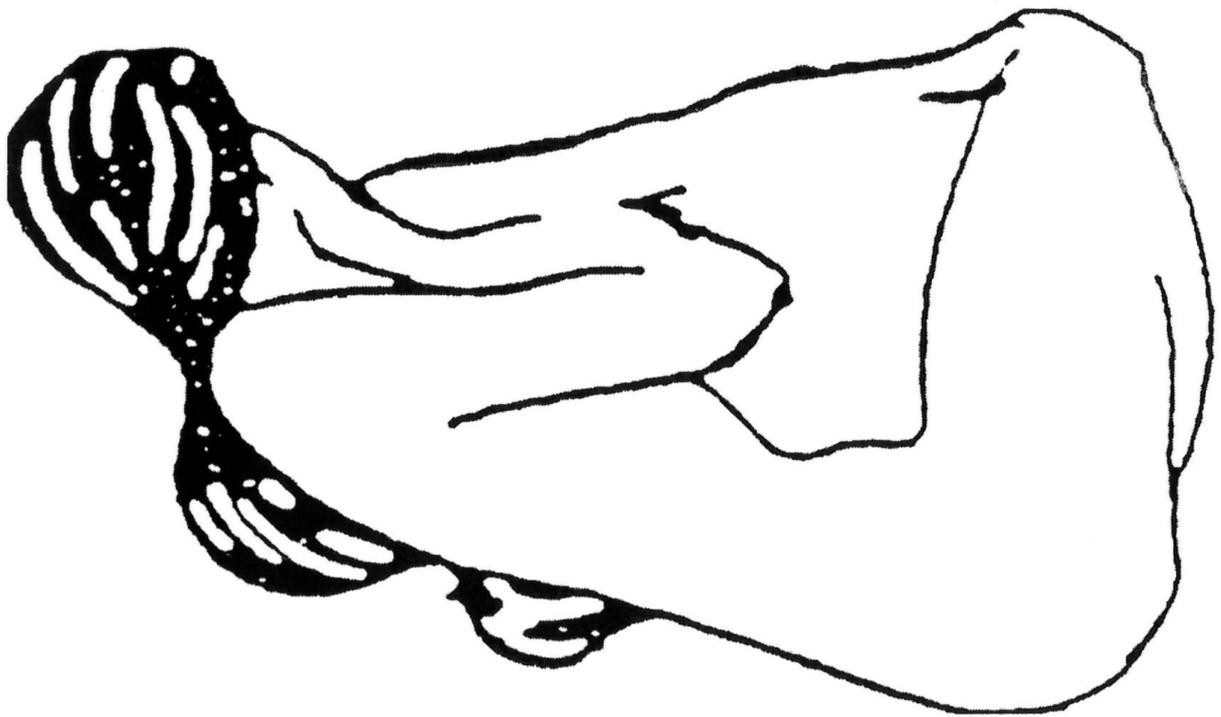
SELF-PORTRAIT











THE WHEEL OF WHOLENESS



THE FATHER'S LOVE LETTER



My Child,

You may not know me, but I know everything about you. Psalm 139:1

I know when you sit down and when you rise up. Psalm 139:2

I am familiar with all your ways. Psalm 139:3

Even the very hairs on your head are numbered. Matthew 10:29-31

For you were made in my image. Genesis 1:27

In me you live and move and have your being. Acts 17:28

For you are my offspring. Acts 17:28

I knew you even before you were conceived. Jeremiah 1:4-5

I chose you when I planned creation. Ephesians 1:11-12

You were not a mistake, for all your days are written in my book. Psalm 139:15-16

I determined the exact time of your birth and where you would live. Acts 17:26

You are fearfully and wonderfully made. Psalm 139:14

I knit you together in your mother's womb. Psalm 139:13

And brought you forth on the day you were born. Psalm 71:6

I have been misrepresented by those who don't know me. John 8:41-44

I am not distant and angry, but am the complete expression of love. 1 John 4:16

And it is my desire to lavish my love on you. 1 John 3:1

Simply because you are my child and I am your Father. 1 John 3:1

I offer you more than your earthly father ever could. Matthew 7:11

For I am the perfect father. Matthew 5:48

Every good gift that you receive comes from my hand. James 1:17

For I am your provider and I meet all your needs. Matthew 6:31-33

My plan for your future has always been filled with hope. Jeremiah 29:11

Because I love you with an everlasting love. Jeremiah 31:3

My thoughts toward you are countless as the sand on the seashore. Psalm 139:17-18

And I rejoice over you with singing. Zephaniah 3:17

I will never stop doing good to you. Jeremiah 32:40

For you are my treasured possession. Exodus 19:5

I desire to establish you with all my heart and all my soul. Jeremiah 32:41

And I want to show you great and marvellous things. Jeremiah 33:3

If you seek me with all your heart, you will find me. Deuteronomy 4:29

Delight in me and I will give you the desires of your heart. Psalm 37:4

For it is I who gave you those desires. Philippians 2:13

I am able to do more for you than you could possibly imagine. Ephesians 3:20

For I am your greatest encourager. 2 Thessalonians 2:16-17

I am also the Father who comforts you in all your troubles. 2 Corinthians 1:3-4

When you are broken-hearted, I am close to you. Psalm 34:18

As a shepherd carries a lamb, I have carried you close to my heart. Isaiah 40:11

One day I will wipe away every tear from your eyes. Revelation 21:3-4

And I'll take away all the pain you have suffered on this earth. Revelation 21:3-4

I am your Father, and I love you even as I love my son, Jesus. John 17:23

For in Jesus, my love for you is revealed. John 17:26

He is the exact representation of my being. Hebrews 1:3

He came to demonstrate that I am for you, not against you. Romans 8:31

And to tell you that I am not counting your sins. 2 Corinthians 5:18-19

Jesus died so that you and I could be reconciled. 2 Corinthians 5:18-19

His death was the ultimate expression of my love for you. 1 John 4:10

I gave up everything I loved that I might gain your love. Romans 8:31-32

If you receive the gift of my son Jesus, you receive me. 1 John 2:23

And nothing will ever separate you from my love again. Romans 8:38-39

Come home and I'll throw the biggest party Heaven has ever seen. Luke 15:7

I have always been Father, and will always be Father. Ephesians 3:14-15

My question is... Will you be my child? John 1:12-13

I am waiting for you. Luke 15:11-32

Love,

Your Dad

Almighty God



DECORATED CANDLES



HOW TO MAKE A CANDLE DECORATED WITH A PATTERN OR IMAGE.

THE PROCESS

1. Measure the tissue paper by wrapping it around the candle and cut to the correct size.
2. If using a printed-out design template, attach the piece of tissue paper over the chosen design using paper clips. Attach the tissue paper to plain paper if not using a printed design template.
3. Draw/trace the design on to the tissue paper using (coloured) felt-tip pens.
4. Once the design is complete, remove the tissue paper from the paper and carefully cut the tissue paper around the design.
5. Place the tissue paper with the design facing outwards on to the candle and wrap both the candle and tissue paper with baking/wax paper. Paper clips can be used to hold the baking/wax paper in place.
6. Plug in the hairdryer and select the highest heat setting to safely blow on to the covered candle for a couple of minutes. Ensure to keep moving the hairdryer over the design area to avoid over-melting the wax.
7. Carefully remove the baking/wax paper to check to see if the tissue paper has fused to the candle. Continue to blow heat over the baking/wax paper re-wrapped around the candle until the transfer is complete.
8. Remove baking/wax paper and let the candle cool down for a few minutes.



THE W COURSE

'PEOPLE BINGO' CARD

Has coloured hair	Can play a musical instrument	Supports a charity (volunteers/donates)	Wears glasses/contact lenses	Can drive a car
Is a phone/social media addict	Exercises every week	Enjoys singing/dancing	Is afraid of spiders	Has at least one brother/sister
Can speak another language	Enjoys doing the gardening	FREE SPACE	Is wearing red	Is single
Has a food allergy	Enjoys hiking/cycling	Regularly goes to a place of worship	Likes eating spicy food	Can't swim
Owns a pet	Has travelled abroad in the last six months	Remembers to recycle	Is left-handed	Enjoys cooking



LIFE PATH



Start off with the day you were born at the beginning/top of the path. Add in key events and dates that have taken place in your life along the path, eg primary/secondary school, graduation, first job, injury/illness, passed driving test, travels, loss of a loved one, wedding, birth of a child and so on, until you reach the end of the path which represents the present day.



'TELL US...'

GAME

When you were a child...

START

Who read to you before bed or heard your prayers?

What were your favourite TV/Radio shows?

What was the house you lived in like?

Which other relative(s) made you feel really special?

When was a time you got caught by your parents doing something bad?

Favourite birthday celebration/party?

Most memorable family holiday?

Favourite game/toy when you were a kid?

Best and worst subjects at school?

Which sport(s) are you best at?

What was your first job?

Most memorable Christmas gift you've ever received and what makes Christmas special for you?

Who was the person you could talk to about your problems growing up?

When you were a teenager...

Was there a teacher who affirmed you and made you feel important?

What happened when you had your first kiss?

If applicable, who was the minister/Sunday school teacher/youth leader who influenced you the most?

What's been your most embarrassing moment?

Was there someone who was encouraging and always believed in you?

Was there someone who felt you could do nothing wrong?

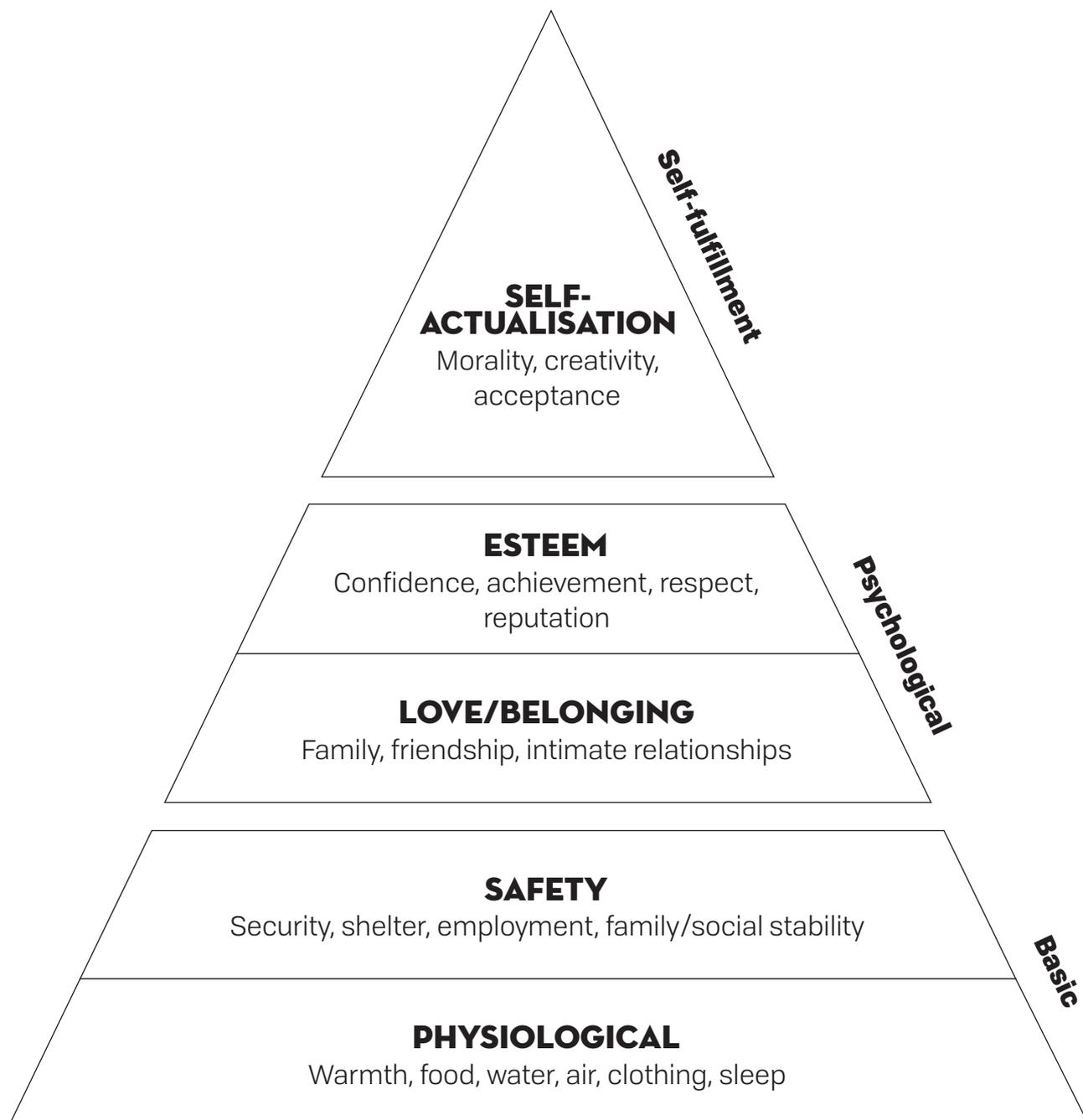
Did you have any role models who greatly influenced you as a teen?

Who was the person you could always count on at any time for anything?

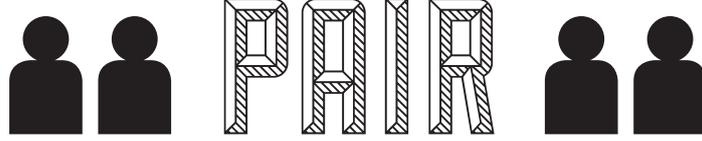
FINISH



MASLOW'S HIERARCHY OF NEEDS



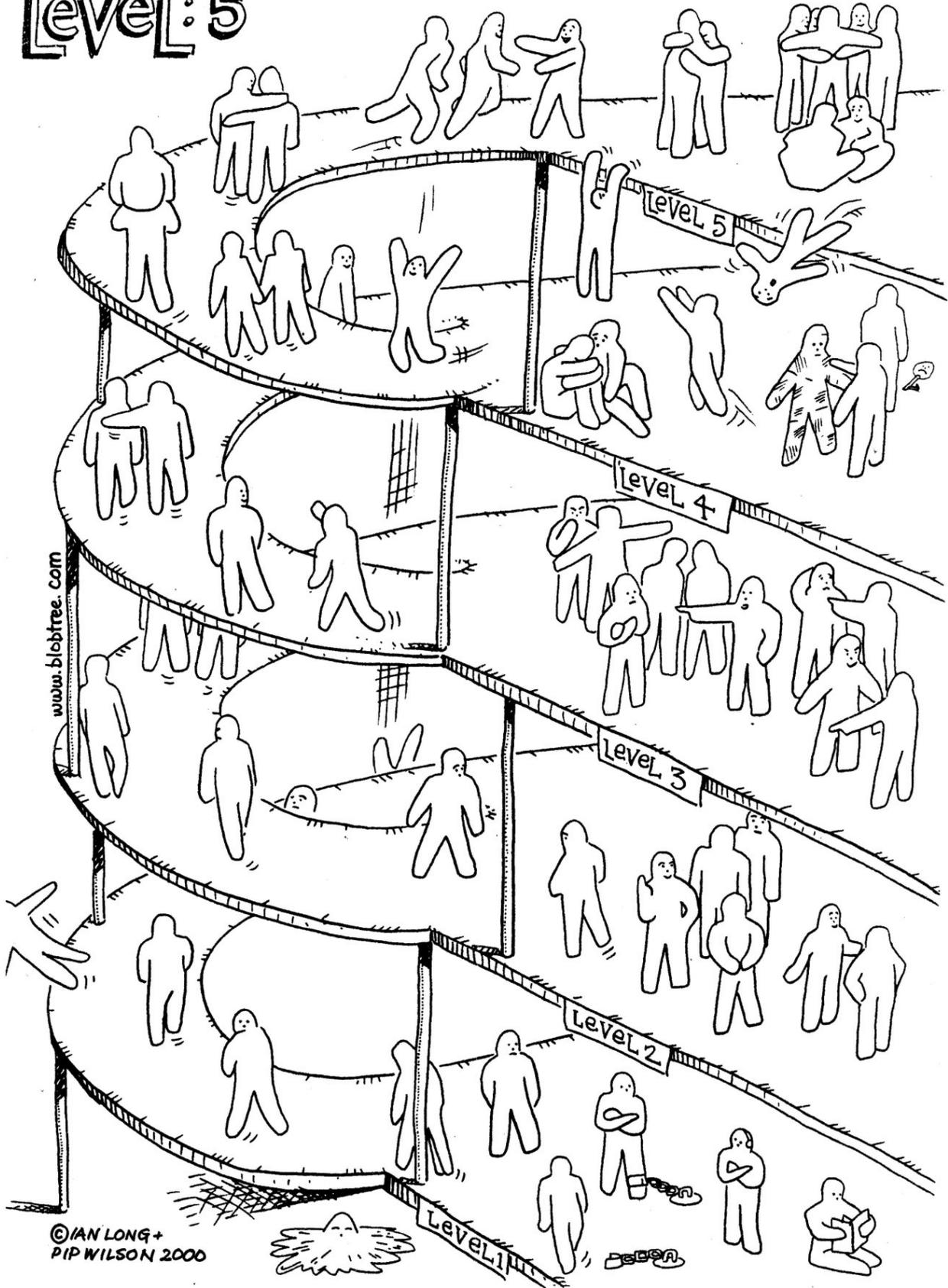
NAME THAT



Tom	Jerry
Romeo	Juliet
Macaroni	Cheese
Mickey	Minnie
Batman	Robin
Beauty	Beast
Salt	Pepper
Han Solo	Chewbacca
Ant	Dec
Fish	Chips
Spongebob	Patrick
Simon	Garfunkel
Barbie	Ken
Hansel	Gretel



Level: 5

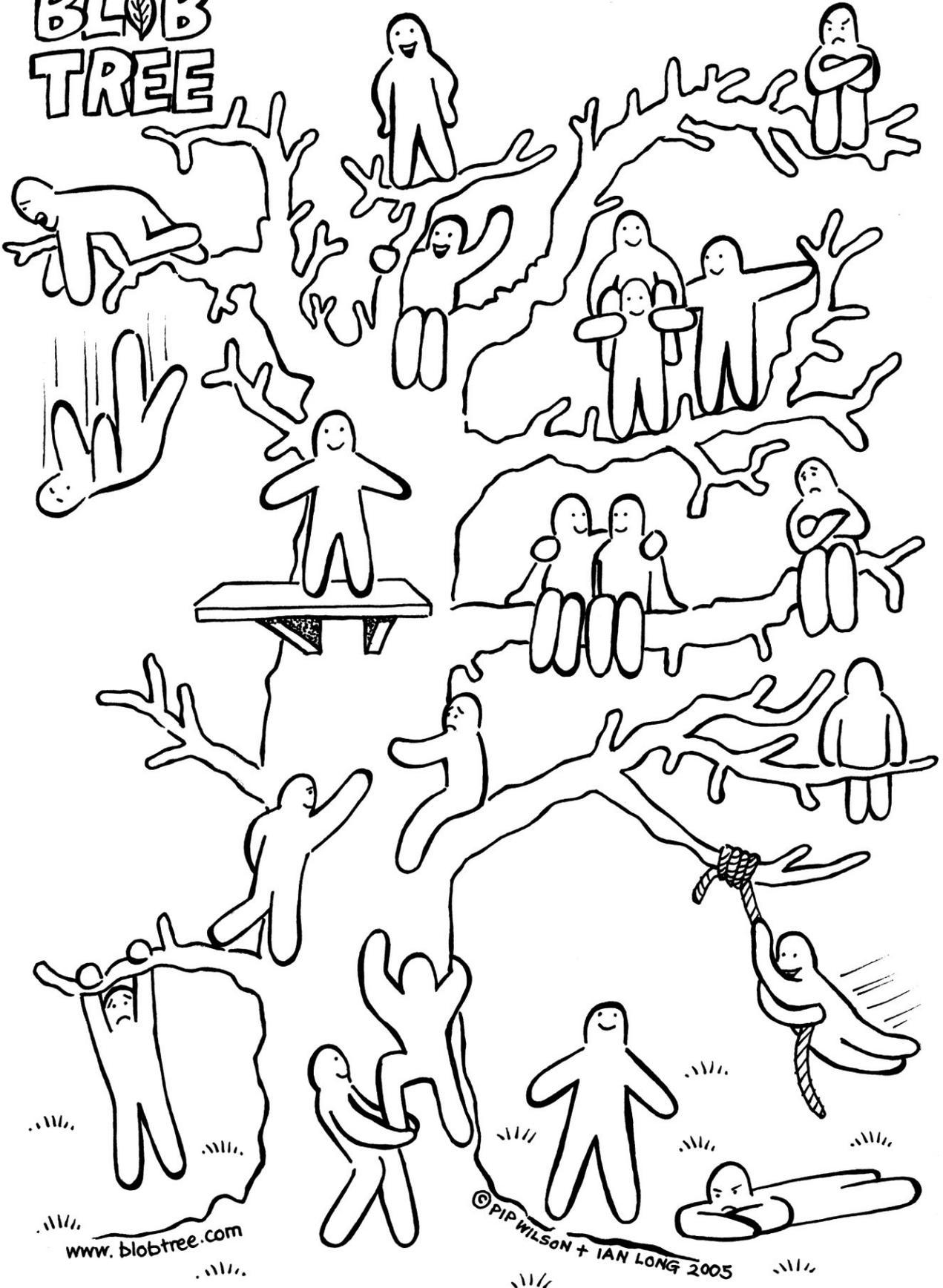


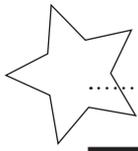
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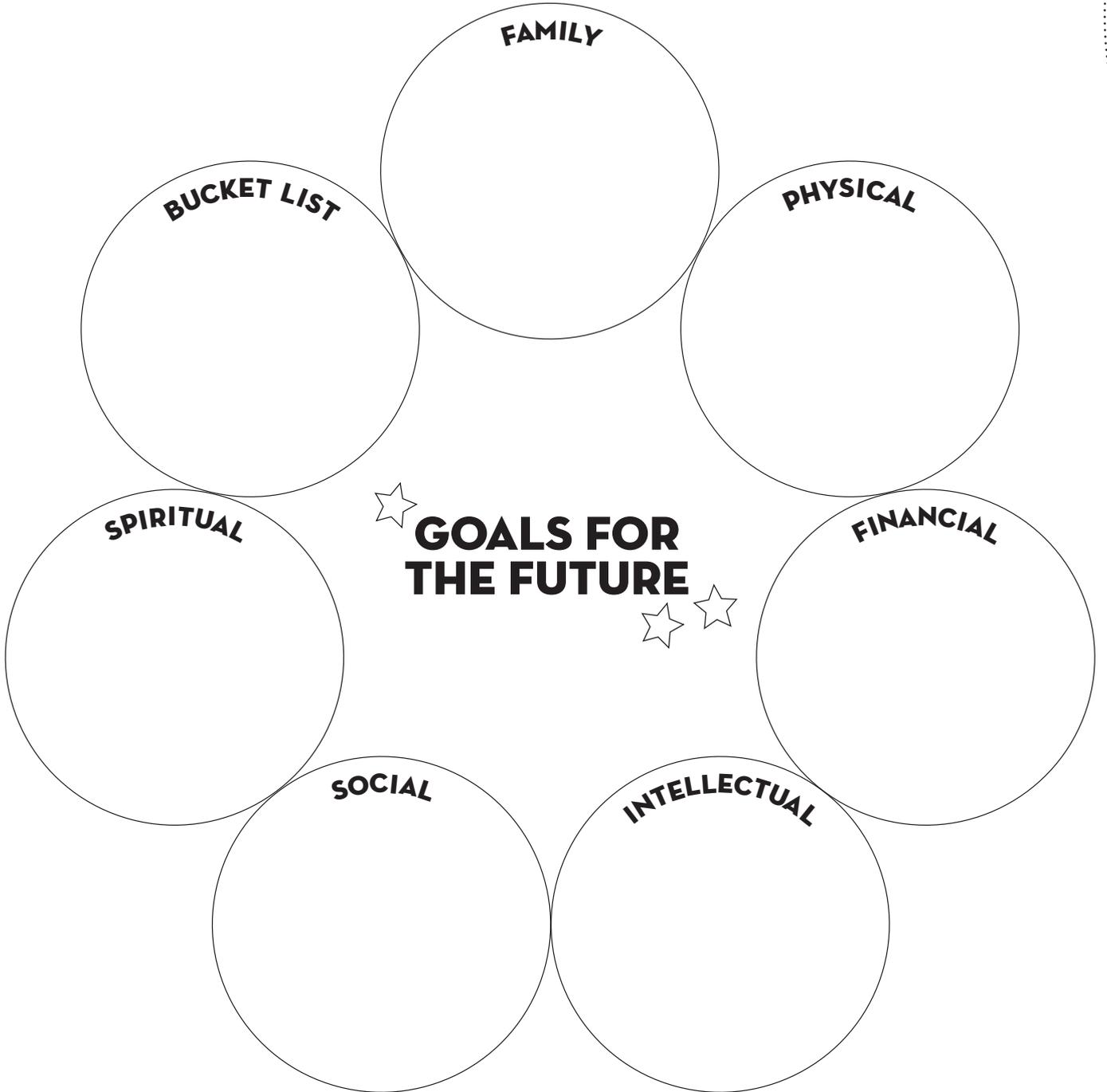


BLOB TREE





FUTURE GOALS





PRAYER



WRITTEN BY
JOHN BIRCH

In my journeying with you
 May I never lose my sense of direction,
 Never lose sight of the landmark towards which I travel;
 And should cloud or rain obscure my vision
 May I draw closer to you,
 So that my feet may tread in your footsteps,
 Your words be my encouragement,
 And your love my protection against the storms that assail me.
 Amen.



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THE W COURSE | 2

FEEDBACK



1. WHICH OF THE SESSIONS DID YOU ATTEND?

1. WHO AM I?

YES NO

2. WHY AM I HERE?

YES NO

3. WHERE DO I BELONG?

YES NO

4. WHO LOVES ME?

YES NO

5. WHAT CHOICES DO I HAVE?

YES NO

6. WHERE AM I GOING?

YES NO

2. WHICH SESSION/PART OF SESSION DID YOU FIND MOST HELPFUL AND WHY?

Empty dotted-line text box for response.

3. WHICH SESSION/PART OF SESSION DID YOU FIND LEAST HELPFUL AND WHY?

Empty dotted-line text box for response.

4. WHAT IMPROVEMENTS COULD BE MADE ON THE SESSIONS?

Empty dotted-line text box for response.



THE W COURSE | 2

FEEDBACK CONT.



5. PLEASE RATE THE CRAFT SESSIONS

	EXCELLENT	GOOD	AVERAGE	POOR	REALLY BAD
1. DECORATED CANDLES					
2. LIFE NECKLACES					
3. COMMUNITY 'MAP ART'					
4. KEEPSAKE BOXES					
5. CHOICE MAGNETS					
6. FLOWER POTS					

6. (IF APPLICABLE) TELL US WHAT YOU THOUGHT OF THE CHILDCARE. DID YOU FIND IT HELPFUL TO HAVE THE CHILDREN IN THE SAME ROOM OR WOULD YOU HAVE LIKED THEM TO BE SEPARATE?

Empty dotted-line box for text input.

7. PLEASE STATE UP TO THREE THINGS YOU WOULD LIKE TO DO OR THINK DIFFERENTLY ABOUT AS A RESULT OF THE W COURSE:

Three horizontal dotted lines for text input.



THE W COURSE | 2

FEEDBACK CONT.



8. WOULD YOU LIKE TO MAKE ANY FURTHER COMMENTS?

[Dotted-line text box for comments]

9. IF THERE IS ENOUGH INTEREST IT IS POSSIBLE THAT WE CAN RUN SOME MORE SMALL-GROUP SESSIONS IN THE FUTURE. PLEASE STATE IF YOU WOULD BE INTERESTED IN ANY OF THE FOLLOWING:

PARENTING

YES NO

BACK-TO-WORK TRAINING

YES NO

GROWING WITH GOD

YES NO

BUDGETING AND FINANCE MANAGEMENT

YES NO

OTHER (PLEASE STATE):

[Dotted-line text box for other interests]



THE W COURSE | 2

LEADER'S FEEDBACK



1. CONSIDERING THE W COURSE 2 MATERIAL, WHAT WAS MOST HELPFUL FOR YOU AS THE LEADER?

[Dotted-line response box for question 1]

2. WHAT COULD HAVE BEEN BETTER?

[Dotted-line response box for question 2]

3. IN YOUR OPINION, WHAT IMPACT DID THE CRAFT ACTIVITIES HAVE ON THE ATTENDEES?

[Dotted-line response box for question 3]



THE W COURSE | 2

LEADER'S FEEDBACK CONT.



4. PLEASE RATE THE CRAFT SESSIONS

	EXCELLENT	GOOD	AVERAGE	POOR	REALLY BAD
1. DECORATED CANDLES					
2. LIFE NECKLACES					
3. COMMUNITY 'MAP ART'					
4. KEEPSAKE BOXES					
5. CHOICE MAGNETS					
6. FLOWER POTS					

ANY FURTHER COMMENTS ON THE CRAFTS:

[Large empty dotted box for comments]

5. WILL YOU RUN THE W COURSE(S) AGAIN? (PLEASE TICK) YES NO

IF YES, WHAT CHANGES WOULD YOU MAKE TO YOUR PREPARATION AND DELIVERY? IF NO, WHY NOT?

[Large empty dotted box for further comments]



THE W COURSE | 2

LEADER'S FEEDBACK CONT.



6. DID YOU TAKE THE OPPORTUNITY TO CUSTOMISE AND ADAPT SESSION MATERIAL? (PLEASE TICK)

YES NO

IF YES, HOW HELPFUL WAS IT FOR YOU?

[Empty dotted box for response]

7. GOING FORWARD, HOW ARE YOU PLANNING TO MAINTAIN/BUILD ON RELATIONSHIPS WITH THE GROUP? WHO WILL YOU BE ACCOUNTABLE TO?

[Empty dotted box for response]

8. ANY OTHER OBSERVATIONS/COMMENTS?

[Empty dotted box for response]



THE W COURSE | 2

GROUP FEEDBACK



FOR THE NEXT SECTION, PLEASE REFER TO THE POST-IT NOTES RESPONSES FROM THE FEEDBACK GIVEN BY THE GROUP AT END OF EACH SESSION

SESSION 1: WHO AM I?

FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?

[Dotted box for feedback]

FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?

[Dotted box for feedback]

FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?

[Dotted box for feedback]

LEADER'S COMMENTS ON SESSION 1:

[Dotted box for leader comments]



THE W COURSE | 2

GROUP FEEDBACK CONT.



SESSION 2: WHY AM I HERE?

FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?

[Empty dotted-line box for feedback]

FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?

[Empty dotted-line box for feedback]

FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?

[Empty dotted-line box for feedback]

LEADER'S COMMENTS ON SESSION 2:

[Empty dotted-line box for leader's comments]



THE W COURSE | 2

GROUP FEEDBACK CONT.



SESSION 3: WHERE DO I BELONG?

FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?

[Empty dotted-line box for feedback]

FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?

[Empty dotted-line box for feedback]

FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?

[Empty dotted-line box for feedback]

LEADER'S COMMENTS ON SESSION 3:

[Empty dotted-line box for leader's comments]



THE W COURSE | 2

GROUP FEEDBACK CONT.



SESSION 4: WHO LOVES ME?

FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?

[Empty dotted-line box for feedback]

FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?

[Empty dotted-line box for feedback]

FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?

[Empty dotted-line box for feedback]

LEADER'S COMMENTS ON SESSION 4:

[Empty dotted-line box for leader's comments]



THE W COURSE | 2

GROUP FEEDBACK CONT.



SESSION 5: WHAT CHOICES DO I HAVE?

FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?

[Dotted box for feedback]

FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?

[Dotted box for feedback]

FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?

[Dotted box for feedback]

LEADER'S COMMENTS ON SESSION 5:

[Dotted box for leader's comments]



THE W COURSE | 2

GROUP FEEDBACK CONT.



SESSION 6: WHERE AM I GOING?

FEEDBACK FROM THE GROUP - WHAT WAS HELPFUL AND WHY?

[Empty dotted-line box for feedback]

FEEDBACK FROM THE GROUP - WHAT COULD WE DO BETTER?

[Empty dotted-line box for feedback]

FEEDBACK FROM THE GROUP - THOUGHTS ON CRAFT?

[Empty dotted-line box for feedback]

LEADER'S COMMENTS ON SESSION 6:

[Empty dotted-line box for leader's comments]



**MANY THANKS FOR
FILLING THIS IN.
YOUR FEEDBACK IS
IMPORTANT TO US!**

