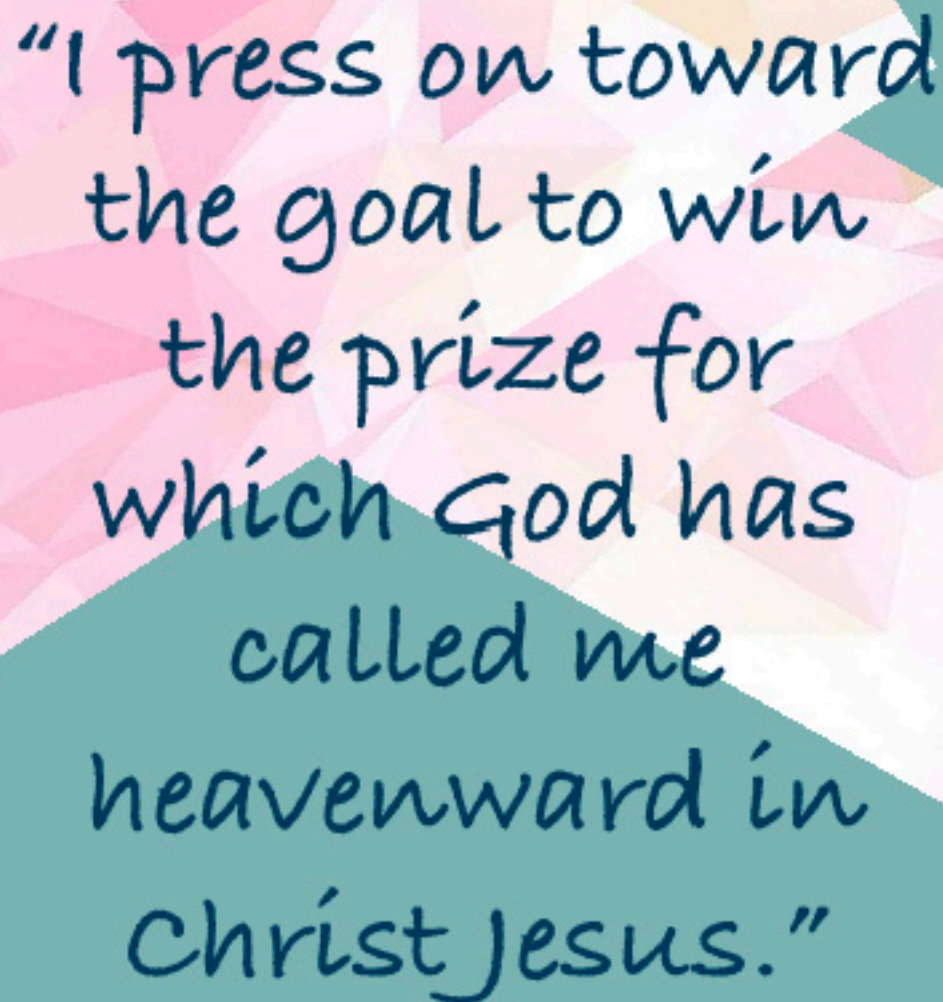


Women Soaring

GROUP GUIDE



"I press on toward
the goal to win
the prize for
which God has
called me
heavenward in
Christ Jesus."

Philippians 3:14



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Thank You

On behalf of Women Soaring Leadership, we want to thank you for being a part of and supporting our first conference! This conference was born out of a God cast vision, obedience, faith, and passion. We believe each of us has a calling to step up in this generation and proclaim the good news of the gospel to whoever God puts in our path. Our desire is for you to experience the blessing and freedom that comes with knowing Jesus on a personal level. We know many women will be able to relate to the stories of those in this group and feel safe sharing their stories within this community. Not only do we want you to share, we want you to reach out and connect with other women for support in any struggle or circumstance.

But more importantly, we hope you are pointed to the restorer of every broken thing, Jesus Christ. Will you join us as we continue to discover our God given gifts and purpose for this life? Let's soar together!

SCHEDULE LAYOUTS

These are suggested layouts that you can adjust for your event.

One Day Schedule:

Welcome

Worship* Link provided for worship playlist where live worship is unavailable

Prayer

Intro Video to Taking Flight

Preparing for Flight **Section 1 with 3 sessions/videos** (3 Videos Approx. 15-20 minutes each)

Discussion Questions (can be discussed over lunch)

ALTERNATIVE

You can watch one video and have DQ time, then continue to next video and DQ's and again Video and DQ's.

Lunch

Taking Flight **Section 2 with 3 sessions/videos** (3 Videos Approx. 15-20 minute each)

Discussion Questions

Small Break

Soaring to New Heights **Section 3 with 3 sessions/videos** (3 Videos Approx. 15-20 minutes each)

Discussion Questions

Small Break

Group Discussion

Call to Action

Conclusion

Prayer

Approximate times: 9am-3pm or 10am-4pm

Two Day Schedule:

Day 1

Welcome

Worship*

Prayer

Intro Video

Preparing for Flight Section (3 Sessions/Videos)

Small Break

Discussion

Conclusion

Prayer

Day 2

Welcome Back

Worship*

Prayer

Taking Flight Video Section (3 Sessions/Videos)

Lunch

Soaring to New Heights Section (3 Sessions/Videos)

Small Break

Group Discussion

Call To Action

Conclusion

Prayer

*Link provided for worship playlist where live worship is unavailable

Discussion Questions:

Preparing for Flight Session

Lucy Thompson:

1. Have you ever yearned for more of God's presence? What does the term "more" mean specifically to you?
2. Can you relate to shouting matches with the enemy? How long did it take you to realize that the enemy was lying to you and trying to deceive you?
3. What are your favorite and least favorite chores to do around the house? We all have them!
4. Where is God calling you to be bold in your faith today?

Mary Martinez:

1. Have you ever questioned the impact that you are having on others? Or wondered if you are filling the call God has for your life?
2. How have you allowed God to use you to love others, what areas have you not been reaching out in yet?
3. Have you missed opportunities to share God's love, dismissing the Holy Spirit's nudge? How did that make you feel when you realized God had given you an opportunity and you didn't obey?

Kari Dickson:

1. What is keeping you from getting deeper in God's word?
2. Do you see God's word as an opportunity to build a relationship with your creator and as divine authority over your life?
3. What resource that was mentioned interested you in getting more connected with God's word? Take the time today to download and explore the Bible App by You Version or watch one Bible Project book overview.

Discussion Questions:

Taking Flight Session

Crystal Russell:

1. So where are you collecting coins?
2. Are you coming to God with a to-do list or a heart for relationship.
3. Where do you need a new narrative. I encourage you to invite Jesus into that place of pain.

Alora Yee:

1. What role does shame play in your life?
2. What does your inner voice sound like? God -your Mighty Heavenly Father, or the enemy -the father of lies?

Clarissa Mangaran:

1. In this current season in your life, do you see yourself as buried under the weight or do you see yourself as planted in Christ? Why is that?
2. Is there someone you look at as being more useful to God's Kingdom? How does that affect your perspective of the life God has called you to?
3. What is the vision that God has called you to? What in your life right now is preparing you for that vision?
4. Describe another story in the Bible that shows God using a woman in a mighty way.

Discussion Questions:

Soaring to New Heights Session

Ashley Elliott:

1. Has something that you have feared actually come to life? If not, is there something that you pray for protection from? What does it mean to cast our fears to God?
2. Can you think of a time when you asked God “where are you?” or “where were you?” Or maybe you have caught yourself declaring “He just isn’t coming through for me.” How do we reassure ourselves that we are cloaked in God’s love; what can we do to remind ourselves to look to God when we are feeling broken?
3. Share about someone that you miss today or about a cloud that lingers in your life. What were/are your “buoyancy aids?” Or perhaps you can recall a time where you were full of doubt and relied on strength you didn’t know you had - strength from God.

Daniella Kirk:

1. Read Philippians 4:8-9. How do you think thinking about these things prepares you for spiritual battle?
2. Read Romans 5:3-4. Think back on a trial you have had in your life. How did God take you through that experience and how did you grow in your character and faith?
3. What has God called you to do that is challenging you to do right now?

Tayler Cathrine:

- 1) What has blindsided you? How did you react?
- 2) Do you tend to listen to what the world says?
- 3) Is there an area in your life you would like to see restoration? And do you feel God is capable of restoring?

DEVOTIONALS

These are designed for you to go deeper in your private time with God. We hope they encourage, strengthen and grow your walk and relationship with God.

Who am I?

By: Lucy Thompson

1 Corinthians 16:18 “For they refreshed my spirit and yours also. Such men deserve recognition.”

Have you had people in your life that just refresh your spirit? Have you felt troubled or uneasy before talking with them, then felt peace when you’ve departed? That’s who Paul was talking about in 1 Corinthians 16:18. Paul was feeling drained from all the traveling in his ministry, but he had friends who encouraged him, prayed for him, and were there for him.

Paul recognized this and knew it was important to recognize these friends’ efforts and thank them. Because of these friends pouring into Paul, taking time with him, Paul was in turn able to pour into others. Paul knew this in the early days of the first churches, and it’s still true and very important today.

We all need those friends to encourage us, pray for us, and remember us. It’s also important to let those friends know how much we appreciate them and thank them. We also need to be this type of friend to someone else, encourage others. That’s what we’re all here for!

I challenge you to encourage someone in their efforts today, let them know they matter. And thank the ones who have taken the time to also pour into you.

Expanding our Mission Field

By: Mary Martinez

Walk to your front door. Open it. Step outside. Now, look around your neighborhood. Who are your neighbors? Have you made an effort to get to know them?

You have a mission field right outside your front door. People who are hurting, seeking, lost, and lonely. People in need of connection and Christ's love.

God longs for us to be his hands, feet, and voice in a world of disconnect. The enemy wants us to be still and quiet. He doesn't want us to reach out to people, but as Christians we are called to love others. God's word commands it.

John 15:12 My command is this: Love each other as I have loved you.

John 15:17 This is my command; Love each other.

So what does it mean to truly love others? Loving others starts with being present in the moment with those we come in contact with every day, starting within our own homes, then expanding to our neighborhood, churchbody, and community. Listening, praying, and showing love through action and intention. Praying for God to open opportunities for us to love others. Obeying the call of the Holy Spirit when He speaks. Being intentional and purposeful, looking for ways to show love to others and to share God's message of hope and truth. Allowing God to use us right where we are at, in our day to day life. Knowing that each small act of love will create an impact that will extend further than we could imagine, and that God will use us in ways we never thought possible.

Take action

Walk around your neighborhood. Pray for each one of the families and individuals that live within a block of your home.

Pick two neighbors you haven't met or gotten to know and make a plan to connect with them.

- Bake a sweet treat and take it over to them with a note.

- Share produce or flowers from your garden.

- Invite them over for a meal or coffee.

- Mow their yard, rake their leaves, shovel their walk or other physical need they may have around their home.

Remember love takes action.

1 John 3:18 Dear children, let us not love with words or tongue but with actions and in truth.

Let's Start with the Basics

By: Kari Dickson

Learning God's word takes persistence and application like that of how you learned the ABC's! We come into deeper understanding of God through His word when we devote ourselves to reading it on a consistent basis and move on from just the basic elementary teachings to deeper revelation. If we had only learned part of the ABC's, it would have been hard to make sense of many words we were trying to read. Think about that for a minute. What would have happened if you had only learned Letters A through N? Or what if you would have given up after learning all the letters and not moved on to forming words or reading?

Just like learning parts of the ABC's or only learning the ABC symbols isn't enough to begin to read and write, learning only parts of the Bible or learning only the basics, isn't enough in fully developing our faith and the story of God either. It's learning them entirely and applying them in every area of our life and education that was the end goal.

So, once these symbols are learned, we are taught how to write them, what their sounds are, what words they are in and how to read those words. Have you ever considered reading through the whole Bible? At first, there will be things we don't understand or are hard to read but when we take it step by step, we begin to apply scripture to every area of our life. And it's these scriptures that hold far more value than even that of the ABC's.

I suggest using one of the resources below to start reading the Bible book by book. Just reading it to start. After reading the whole thing, you can begin to narrow your focus down just like that of learning one letter at a time. Just to learn the letter A, you took time to recognize it, learn its lines, sounds, how to draw it, what words began with it, what words it was in, and even how to use it in a sentence.

This is much how we break down books of the Bible. After we've read the whole book, we can go back and examine its parts, purposes, applications, dynamics and much more. Below are some resources to help you learn a few basics about the Bible and then begin to take a deeper dive.

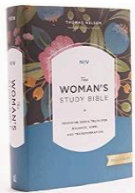
- 1) What level of importance have you put on learning scripture as a whole? Could you commit to reading through the whole Bible in a year?
- 2) How do you best learn or absorb information? (Reading, Audio, Visual, Physical) Choose one of the resources below to start.
- 3) What time of the day would be best for you to read? Who in your life might be interested in doing it with you for accountability?

Let's Start with the Basics

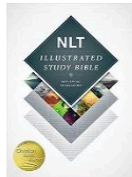
By: Kari Dickson
Continued...

- Read Scripture by The Bible Project (Audio, Visual, and Reading)- Spend quality time reading the Bible daily while learning how to read it with contextual videos from The Bible Project. This app tracks your progress of the entire Bible that shows you where you've been and where you are going. Reminders on your phone will ping you to help keep you on track.
- Bible App by You Version (Audio, Visual, and Reading): Find thousands of reading plans, videos, daily encouragement, tracks how many days and weeks you've opened the app, invite friends to read plans with you, create scripture images for social media or personal use. Suggested Plans- The Bible in Chronological order.
- Our Daily Bread-Bible Basics, The Bible Project-The Bible, Read to Me DAILY (Semester 1-4), Let's Read the Bible Together (January-December)
- Printable PDF Bible reading plans visit(reading, visual, physical): <https://www.ligonier.org/blog/bible-reading-plans/>. ALSO SEE Bible Basics PDF (sent as attachment through conferece individual or leader e-mail)
- Bible Suggestions available for purchase on Amazon.com (Reading, visual, physical):

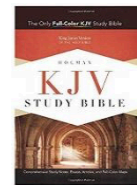
**NIV, The Woman's Study Bible,
(Bible Spectrum:
Thought-for-thought)**



**Illustrated Study Bible NLT
(Bible Spectrum: between
thought-for-thought and
paraphrase)**



**KJV Study Bible
(Bible Spectrum:
word-for-word translation)**



Holy Unrest

By: Crystal Russell

I realized somewhere along the way I got spiritual double vision and mistook God for good works. Chasing after all the things that were good and in the process I replaced intimacy with God for a to-do list of responsibility.

Psalm 139:23-24 The Passion Translation (TPT)

God, I invite your searching gaze into my heart.
Examine me through and through; find out everything that may be hidden within me.
Put me to the test and sift through all my anxious cares.
See if there is any path of pain I'm walking on,
and lead me back to your glorious, everlasting ways-
the path that brings me back to you.

The Holy Spirit contended with me and gave me Holy unrest and when I responded with a contrite and repentant heart, that led to transformation. In order to be transformed, it requires a surrendered heart.

Q: Have you mistaken intimacy and relationship with Papa God for all the good things?

Invite God to examine your heart and reveal the revelation of His word into your life.

Matthew 6:33-34 The Passion Translation (TPT)

33 "So above all, constantly chase after the realm of God's kingdom[a] and the righteousness that proceeds from him. Then all these less important things will be given to you abundantly.
[b] 34 Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time.[c] Tomorrow will take care of itself."

A Child of God

By: Alora Yee

What role does shame play in your life?

What does your inner voice sound like?

God -your Mighty Heavenly Father, or the enemy -the father of lies?

Evaluating who we are and Whose we are is vital in moving forward toward a life of connection and a life to the fullest. Listen to your inner voice and evaluate where changes can be made. How we talk to ourselves can also be a form of self-care. You are made in Gods image. You were created by The Creator of the universe and He made you for connection emotionally, spiritually, and physically.

Genesis 2:18 “It is not good for man to be alone..”

Do you believe you are worthy of connection over pleasure? You may believe you are not, you may not know how but the word of God says you are worthy of this connection, in fact it's commanded.

Romans 13:8 “..the only obligation you have is to love one another. (Lev.19:18 Love your neighbor as you love yourself.) Whoever does this has obeyed the Law.”

The word of God also teaches us how to connect. The next time you are reading your Bible look carefully for the motives and intentions that are being taught. The Sermon on the Mount, Matthew chapters 5-7, is a great place to begin.

In Connection Over Pleasure I gave three simple examples of what connection is for my husband and I; Love, Enjoyment, and Staying Present. These same examples can be used in all areas of all relationships. We are called to love as God loves and to enjoy the present, not worrying about tomorrow (Matt.6:34).

You are worthy because God says you were worthy enough to sacrifice His only begotten Son! If you have accepted Christ Jesus as your savior, you are now a Princess and heir to the heavens and life eternal. Do not forget to live as one. There is no limit to the blessings God wants to give to all of us, however we can say no or yes to His blessings through our hearts.

Have you surrendered all areas of your life to God including your sexuality and marriage bed? God wants to transform us in all areas and He can! Just like all other areas where it's a “process and about the heart condition”, it is the same in our sexuality. God is calling you to walk green pastures with Him. Take that leap and allow Him to be your voice and path to connection.

The greatest resource and tool I have personally used in my journey for healing, recovery, and in learning about God's design for sexuality and the marriage bed has been Pure Desire Ministry. You can find them at PureDesire.org where they provide events, counseling, small groups, books, blogs, podcast, and so much more. Another ministry that has provided so much encouragement to my life is Celebrate Recovery. You can find them at CelebrateRecovery.com and find a 12 step group near you where you can get the support you need for your hurts, habits, and hangups.

Developing in Obscurity

By: Clarissa Mangaran

As I prepared to celebrate my youngest daughter's first birthday, it suddenly hit me that I only had 4 years until all of my children would be in school. My time at home with little ones is coming to an end and the opportunity to start a career is just around the corner. By the time she starts school I will have been a stay-at-home-mom for 14 years! Which also means a 14 year gap in work experience outside the home. I've looked forward to having my own career since I was a child, however, all these years I've spent at home left me feeling totally unprepared and unqualified for the work force. My husband and I joke that I am a "domestic engineer", "childhood development specialist", and "Chief of Marital Operations." All joking aside, who would hire me?? Should I get my MBA? Should I start working part-time? I began praying about how I should start preparing for the next coming season in my life.

Luke 16:10 (NLT) - "If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won't be honest with greater responsibilities."

God uses the "little things" in your life to prepare you for His good works. Every obstacle can deepen your faith and strengthen your character. God taught me that when I am faithful with my husband and our children, He will equip me to be faithful with even more. Some of you are waiting for your calling, and in the process it's easy to lose sight of what's in front of you right now. Not having a big platform or a high position at work does not equal irrelevance. The "little things" are very important to God. They matter. They help you grow in character and grow closer to God.

At work, if you're not able to handle a relatively low level of responsibility, do you really think you'd do well with a higher position and a team of people relying on you? It's foolish to think that God would be pleased with a ministry outside the home if you're not prioritizing your marriage or your relationships with your children. Our current circumstances can feel stifling at times, but take courage that these small beginnings, in God's hands, hold big purpose.

Dig in to the current season God has you in. Be faithful with those "little things" in your life right now, whatever that means for you. Seek wisdom and understanding as you press into each moment, especially the difficult ones. As you tend to the relationships around you, instead of looking at every stressor as a reason to pull away, look at it as an opportunity to develop a forgiving heart and learn patience and understanding. Take advantage of the your time with God. Allow Him to refine you, regardless of how painful it can be at times.

Today is the perfect time to ask God to reveal more of Himself to you, so you can move from gaining more head knowledge to actual heart change. I promise that with every experience you have with the Lord today, you'll be that much more prepared for what God has for you tomorrow.

Float

Ashley Elliott

Have you ever felt your faith being questioned? Have you been through a fiery trial. Turn to Daniel chapter 3.

Let's explore what's going on in Babylon.

King Nebuchadnezzar (Neh-boo-can-naz-ar), has just gathered together all of these important officials throughout the Babylonian Empire (his VIP list) so they can come bow down to this ridiculously huge statue. During the dedication ceremony, everyone bows down to the statue with the exception of three: Shadrach, Meshach, and Abednego. These three refuse to worship this statue, they will not bow to a false God and they get tattled on to the king. Way to stand up for what you believe in, right?! But as you can imagine the King flips out, for being disobedient he orders them to be thrown into a fiery furnace. He claims that if their God is so powerful then they will survive.

What would you do if your faith was challenged like that?

The three men didn't run away, didn't plea, didn't reject, didn't ask for a rebuttal or trial.

"O, Nebuchadnezzar, we do not need to defend ourselves before you in this matter."
Daniel 3:16

In other words - Yeah, I think our actions are clear, I have nothing more to say to you.

What CONVICTION!!!

1 Chronicles 29:17-18

"I know, my God, that you test the heart and are pleased with integrity. All these things I have given willingly and with honest intent. And now I have seen with joy how willingly your people who are here have given to you. Lord, the God of our father's Abraham, Issac, and Israel, keep these desires and thoughts in the hearts of your people forever, and keep their hearts loyal to you."

Back to the story, the three men get thrown into the furnace (which the King had cranked up the heat, might I add), fully clothed and tied up. The King is probably quite smugly thinking he sure showed them, but there as they are watching the fire they see a fourth person in the fire. Why four? Who is the fourth?

Float continued...

By: Ashley Elliott

The King orders them to be pulled out... the men were unscathed. Not burnt or smelling of smoke, just their bounds were burned.

Sometimes fire is needed to burn our bonds. Maybe we are going through a fiery trial because God is trying to free us of something.

Three scenarios can play out from being faced with a fiery trial:

A: We are delivered from the fire and our faith is built.

B: We are delivered through the fire and our faith is refined.

C: We are delivered by the fire into God's arms and our faith is perfected.

Our God is able to deliver us every time.

Who do you know that has played out one of these scenarios through a trial they have been through? My brother who lost his battle with heroin addiction was delivered by the fire. My ideal plan would have been scenario A or B but I am on my journey of coming to peace with the idea that I don't see the whole picture. Losing my brother and my journey of grief put me into the fire of scenario B.

Do not forget the story of Daniel, because you are not alone in your fire. Thinking back to the Chronicles verse above, I challenge you to make your opening prayer this week about preparing your heart to hold steadfast and your mind to be consistent for pending tests.

Preparing for Battle

Based off Daniella Kirk's Talk

Our friends are missionaries in Mexico and they were telling me about an orphanage that is specifically for children who were rescued from sex slavery. As you can understand, these precious children require very specific care and healing from the trauma they have endured. The more I learn about the atrocities that take place all over the world at every moment, my stomach turns in disgust at humanity's depravity. Naturally my eyes look to God and ask, "Why?? Why are people so horrible? How could people do that to anyone, much less children?"

Not only is there suffering out there, but even in our own lives people let us down, turn their backs on us, and sometimes cut us down. Are you surprised whenever someone blindsides you with a hurtful word or when someone you thought had it all together suddenly throws their life away for something destructive?

In 2 Timothy 3:2-5, God warns us what the world will be like in these last days before Christ's second return. God tells us, (and it's clear to see all around us), that people will be boastful, unforgiving, abusive, and slanderous. God tells us that people will be lovers of pleasure rather than lovers of God. This love of pleasure, beyond what God had designed, is the very thing that leads humanity to do such deplorable evil.

But God also tells us how to prepare for such a time as this. He gives us Philippians 4:8-9, which instructs us to keep our thoughts focused on what is right, pure, and praiseworthy. That's not to say that you should be ignorant of the suffering going on, however, dwelling on such things doesn't lead to change. It leads to being immobilized in hopelessness. When we keep our thoughts fixed on Christ, (who is right, pure, and praiseworthy), He will start by changing us! As we're transformed into Christ's likeness, by God's grace we ourselves will no longer add to what God warned about in 2 Timothy.

While it is obviously heartbreaking when people do hurtful things, when we dive into God's Word we learn what to expect and then what to do about it. Better yet, the Holy Spirit provides us with a soft heart for others and thick skin to deal with them.

If you're looking for something you can do to impact the horrors of human trafficking check out OperationOpenEyes.org which Daniella founded, as well as allofusmatter.org, which our other speaker, Crystal, founded.

Choosing Love in Action

By: Tayler Burcham

After I returned home from this trip that went nothing as planned, I remember sitting in my car, in the church parking lot where I worked. I had began a 30 day challenge where I sent a text of something I was grateful for about my husband. You see as I was sitting in my car, whatever this day's challenge was, I just couldn't seem to believe it at all. So I typed in some not so kind words of what I 'really' was thinking about him at the moment. The anger and hurt were taking over.

I then deleted it and pounded out these kind words. When I say pounded out, I literally was hitting my phone so hard. I was upset and tired of doing the right thing. I was mumbling under my breath about how much he was not that at this moment. Now of course all he saw was this very nice message from me, but man do I remember that challenging moment.

I had made a decision that I would not tear down my husband or his character during this entire process. Hence the angry deleting. You see this was a part of my process, too. Before being married it was very easy for me to turn my emotions off. I knew that I had to stay soft towards my husband or I would go to the juggler in a instant. These 30 days God would remind me of all the other amazing traits that He gifted him. That mistakes were made but not unfixable.

Have you ever made a decision that had a terrible outcome but you knew, YOU KNEW, that wasn't who you really were. I needed to remember this about my husband. I remember saying a comment at church one time when I was 18. It was a comment completely out of character for me, but yet it came out. Not only did it hurt the girl it was said about, but it truly messed up a relationship. How I wish I could go back. THAT WAS NOT ME! If only they knew me.

1) Is there someone in your life that you need to remember who they are? Who God called them to be? Or could minister to?

2) Or do you need grace and forgiveness? Were you the one who did something you are not proud of.

I want to remind you of 1 Peter 4:8:

"Above all love each other deeply, because love covers a multitude of sins."

Love yourself, forgive yourself, love the person and forgive them as well. Sometimes it is a toxic person, that you can't have a relationship with right now, but you can still change your heart attitude towards the individual.

Heavenly father,

I am so thankful that you came down and gave your life for us. Thank you for forgiving us. I pray that you heal my heart today from anything I can not forgive.

RESOURCES

Daniella Kirk: Founder of Operation Open Eyes

Operation Open Eyes aims to open eyes to the injustice of the sex slave trade and inspire action!

Mission- Awareness. Prevention. Restoration. Networking.

Awareness- To raise global awareness of human trafficking specifically in the area of the sex trade. E.g. Through this blog!

Prevention- To coach in prevention, specifically through the Generation 2 Generation (gnation2gnation.com) message as well as how to care for hurting people.

Restoration- To coach individuals and organizations in the restoration process of survivors rescued from the sex slave trade.

Networking- To network with individuals and organizations working in this area. The only way we can tackle this problem is by working together!

Website: operationopeneyes.org

FB: [operationopeneyes](https://www.facebook.com/operationopeneyes)

Instagram: [OperationOpenEyes](https://www.instagram.com/OperationOpenEyes)

Crystal Russell: Founder of All of Us Matter

I have spent the last decade fighting human trafficking through grass-roots organizations, freedom walks, ministries, and years of academic study. I earned my Bachelor's Degree in International Relations and continue to be a champion for the voiceless.

One thing I strongly believe is that we all have power in our voices. When we speak up for those who cannot speak for themselves we can start a movement. We can build a passionate and powerful tribe that can shake the foundations of modern-day slavery, and we can do it right from our coffee tables.

This is why All of Us Matter uses art and coffee cups to fight human trafficking; it inspires people to have these important conversations with their friends and family around open tables. It is my hope that you join us on this journey to end modern-day slavery because you matter immensely. Get connected and be a voice to the voiceless.

Website: Allofusmatter.org

FB: [allofusmatter](https://www.facebook.com/allofusmatter)

Instagram: [Allofusmatter](https://www.instagram.com/Allofusmatter)

Continued Resources and Contacts for Speakers

Tayler Cathrine

Tayler has a blog and business where she encourages and trains women to have a strong foundation in their identity and to thrive in life whether in business or personal life. She also does speaking engagements.

Website: taylercathrine.com

Fb: Tayler Cathrine

Instagram: [taylercathrine](https://www.instagram.com/taylercathrine)

Youtube: Tayler Cathrine

Kari Dickson

Join along with Kari and her husband on their journey as a military and foster family, with a growing faith and heart for God. You will definitely be inspired.

YouTube: Kari Dickson (The Dicksons)

Clarissa Mangaran

Clarissa and her husband share about faith, family and marriage through their journey from military to civilian life as Christ-followers. Their path is nothing short of miraculous and full of healing and restoration.

YouTube: Unshakable Love Channel

Alora Yee

Instagram: [Lointheagram](https://www.instagram.com/Lointheagram)

Website: lointhechurch.wordpress.com

Lucy Thompson

Instagram: [LThompsonphoto](https://www.instagram.com/LThompsonphoto)

FB: [LucyThompsonPhoto](https://www.facebook.com/LucyThompsonPhoto)

The Significant Marriage

The Significant Marriage is a global ministry that helps couples learn how to protect their marriage so that they can pursue God's purpose for them to make a difference. Created by a chaplain's daughter, TSM is loved by military couples and can still be used together when one spouse is deployed. With several military couples on the team, we teach you how to focus on the good, understand your different personalities, love each other better and deal with conflict in a healthy way. You develop plans to make your marriage all it can be, to pursue your dreams as a couple and to follow God's unique purpose for you. It is not a one-time resource, but one you can use again and again as life and priorities change. You walk away from The Significant Marriage more in love and focused on a mission! If you are interested in our online course, partial scholarships are available.

"What do you get when you put the EQ of a psychotherapist with the IQ of a chemical engineer? The Significant Marriage ministry! Mary and Dave Gothi bring so many tools to the table to help you grow and build a marriage strong enough to weather life's storms and intimate enough to experience God's blessing. You will be well-equipped to do more than just stay married, you can grow a significant marriage which pursues the mission God has for you to make a difference in the world."

Gary Thomas, author of "Sacred Marriage," "Cherish," and "A Lifelong Love"



Founders and Creators of The Significant Marriage

Dave and Mary Gothi

The Significant Marriage
P.O. Box 253
Carmel, IN 46082

951-532-4801
info@thesignificantmarriage.com
www.thesignificantmarriage.com



Women Soaring Team

Starting with Speakers

Founder: Tayler Cathrine

Hey there! I am a Navy wife to a very handsome and loving man, mom to 4 young kids and homeschool. I love a good adventure and thrive in the last minute types. I am an open book and love sharing the good, messy and not so fun parts of life through humor and God's grace.

I have a blog and business where I encourage and train women to have a strong foundation in their identity and to thrive in life whether in business or personal life. You can go on over and check it out on Instagram, FB or my website at: Tayler Cathrine or taylercathrine.com

Kari Dickson

I've been married for 13 years to a handsome Navy sailor and we have 3 children together. I am a homeschooling stay-at-home mom and soon-to-be foster mom. I have a desire for all women to find their identity in Christ and not in the world and for this to ground them in how they treat their husbands and raise and teach their children. My husband and I recently completed a training to become marriage mentors to help marriages at different levels of crisis. Our ultimate goal is to help people, marriages and families become more whole through a biblical truth filled, Holy spirit lead life.

Alora Yee

I am a Navy wife and married for 6 years. A stay at home mom to three little ones. We love Jesus and everywhere He takes us. I have a passion for the marriage bed and recovery. I believe you can teach an old dog new tricks and I also believe you can cleanse that dog back to innocence.

Lucy Thompson

Hello! I was raised in a military family (my dad is retired Air Force, my grandfather, most of my uncles and some cousins), I was the first girl in the family to join. I absolutely loved my job (Public Health) in the Air Force. Now I'm happily married to an incredibly supportive, loving man and a mama to three kiddos who keep me on my toes. I have a passion to share God's wondrous love through service, encouragement, and photography.

Bio's Continued

Ashley Elliott

I was born and raised in Maryland, I had a pretty laid out plan to settle down and follow a career path as a chemist. Fortunately, God had other plans and intersected my path with someone who would grab my heart and shake things up. In July of 2011, I married into the air force and haven't looked back.

It can often be hard to find clarity in things falling at your feet but with faith and family a rocky road can still lead to beautiful places. I am currently a new California resident with my husband and 3 girls, after making a big hop over the pond from England. Fresh air, water, and adventure can always be squeezed into my busy agenda as a stay at home mom.

Mary Martinez

I am a small town Wyoming girl born and raised. I love Jesus and am in awe of his grace and goodness everyday. My husband and I will be celebrating 10 years of marriage this year. We have been blessed with 3 sons, whom I have the wonderful privilege of homeschooling. I enjoy spending time with family, camping, gardening, cooking, facilitating a local food co op, and leading our community's homeschool group. I am passionate about supporting mothers in all stages of motherhood as well as children's ministry. Fun fact. I love bargain shopping! My favorite places to shop are yard sales and thrift stores.

Crystal Russell

Hello, I'm Crystal. I am a passionate Jesus follower and daughter of the King. I have been saved by His mercy and rely on His grace to live each day in His fullness.

This all led me to founding Operation Open Eyes, an anti-human trafficking initiative. Secretly though, my absolute favorite thing in the whole world, is being covered in paint and drinking coffee with friends.

I have been married to my best friend Matthew since 2008 and each day we are living out our best adventure. Matthew serves his country proudly as an Army vet and now a DOD civilian. We have three beautiful children together, Lady Bird, Zeke Bear, and Coco Bunny.

Currently, we reside in Tampa, FL, where we run our social business, All of Us Matter. It is actually more of a movement than a business because we are all about inspiring a courageous tribe of sisters to fight human trafficking right from our coffee tables. We sell artisanal hand-painted coffee cups which bring inspiration to your morning and raise funds to fight human trafficking. Profits from our cups help fund anti-human trafficking organizations directly involved in the rescue, restoration, or rehabilitation of victims.

Bio's Continued

Daniella Kirk

Hello! I'm Daniella, I'm from England but you'll usually find me on an airplane. I've been traveling since childhood for itinerant ministry with my family which has taken me on some crazy adventures... from meeting tribes down the Amazon, to praying I wouldn't fall off the Himalayas, to roaming the jungle in Indonesia and I wouldn't change a minute of it!

Clarissa Mangaran

I was born and raised in Chicago but we live in San Diego for now. My husband and I have been together since 2001. He was a Naval Helo pilot for 11 years and we've recently transitioned into civilian life. I am passionate about Speaking truth into marriages, especially ones dealing with long-distance. You can hear more at: YouTube Channel: Unshakable Love

Amy Hayes

My name is Amy Hayes. I've been married to my husband, Brad for over 13 years, during which we've lived in Nebraska, Japan, Hawaii, California, and England. We are currently stationed in Japan again with the U.S. Navy. We have four kids, aged 5 to 11.

I am originally from the central coast of California. I am an Air Force Veteran and a stay at home mom. My hobbies include swimming, running, triathlon, karaoke, and donut eating. I'm passionate about children's ministry, Dave Ramsey's financial teachings, car seat safety awareness, and the idea that it takes a village to accomplish pretty much anything.

An interesting fact about me is that I once lived in a truck for over a week, inside a car dealership, for a radio contest (which I did not win due to a bathroom emergency).

Kari Wiegand

Hi, I have been married for 8 years. Within these 8 years we have transitioned out of military life into civilian life. I have one very cute and fun 1 year old boy. I have always liked sports. Volleyball being my favorite to play. My favorite to watch is baseball, it could be because my brothers played. Interesting fact, I was homeschooled for k-12.

8 AFFIRMATIONS FOR FREEDOM

1. God I know what you have started in me, you will finish. I don't need to fear or be anxious about what the next step is because you know all that is needed to carry out your work in and through me until it is done.

"being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." -Philippians 1:6

2. You are worthy to be loved.

"He heals the brokenhearted and bandages their wounds." -Psalm 147:3

3. You deserve forgiveness, grace and mercy.

"The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning." -Lamentations 3:22-23

4. When we live in the Holy Spirit, and allow the Spirit to live in us, we are free from sin and death! What greater blessing and opportunity could we possibly have, than to be offered the gift of freedom when we were once condemned?

"Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death." -Romans 8:1-2

5. I am protected because I take refuge in Christ!

"But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you." -Psalm 5:11

6. Shine

"Arise, shine, for your light has come, and the glory of the Lord rises upon you. See, darkness covers the earth and thick darkness is over the peoples, but the Lord rises upon you and his glory appears over you." -Isaiah 60:1-2

7. I am a masterpiece.

"We are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." -Ephesians 2:10

8. You have a purpose.

"For I know the plans I have for you, declares the Lord, plans for welfare and for evil, to give you a future and a hope." -Jeremiah 29:11

SURVEY

1) Overall, how would you rate this event? On a scale of 1-5, 1 being not good and 5 being excellent.

1 2 3 4 5

2) How would you rate the following?

a. Speakers

1 2 3 4 5

b. Length of the videos

1 2 3 4 5

c. Impact and clarity of the talks

1 2 3 4 5

d. Was the conference realtable to your life? (1 being not at all to 5 being spot on)

1 2 3 4 5

e. Resources Provided (1 not helpful to 5 being very helpful)

1 2 3 4 5

3) What topic would you like to hear discussed at the next conference? (Circle all that apply)

Doubt/Grief
Intimacy
Addiction
Loneliness

Marriage
Motherhood
Friendships
Other:_____

4) Would you mind telling us how you heard about the event? (Circle 1)

In the media
Internet search
From a friend
Other_____

In an advertisement
Event website
I got an invitation

5) Did the event meet your expectations? Yes_____ No_____

Why or why not? _____

Survey Continued...

6) How likely would you be to recommend us to a friend? (1- Not at all 5-Would definitely recommend)

1 2 3 4 5

a. Do you mind sharing why you would or would not recommend?

7) How likely are you to attend another one of our events?

1 2 3 4 5

Finally, tell us a little about yourself...

8) How old are you?

18-24

25-34

35-49

50-64

65+

9) Are you or your spouse military or a first responder? (Circle One)

Military

First Responder

Other

10) How many children do you have?

0

1

2

3

4

5+

11) And to finish, is there anything you would like to share with us? What you enjoyed ? What we can improve? Etc
