



# H<sub>3</sub>O Women's Ministry

## Calendar of Events 2017-2018

**Everyone is welcome...together we connect**

*(1<sup>st</sup> Wed evening of each month, 7-9pm. Topics subject to change. Please sign up for our newsletter for updates @ ICCH3O@yahoo.com)*

October 4th **“Autumn Seasonings” Kick off event with Chef David Chan**

November 1st **“Dropping the Sponge Mentality”**- Dr Shanita Williams from SNHU- Personal Growth and development to help you to decide what you hold on to and what you let pass by. Benefits: Momploydent-a nonprofit committed to helping working mothers

December 6th **“A Centered Christmas”** Keeping Christmas Simple and Centered. Benefits: Salvation Army-with Rosemary Dykeman

January 4th **No Program due to holiday season**

February 7th **“Saying No, So You Can Say Yes”** TBD Women who overextend themselves, teaching to say yes to those things that will fulfill their spirits the most.

March 7th – **“Fashion: A Fresh Start”** Getting the most out of a fresh simple wardrobe Benefits: Marguerite's Place

April 4th **“Secrets for Cultivating Love and Joy” with Jamie Cat Callan**, back by popular demand. Based on her new book, “Parisian Charm School” Benefits: Adult Learning Center

May 2nd **“Shabby Chic”**- Redesign a room on a fixed budget Proceeds to Front Door Agency

June 6th **Ladies Comedy Night-TBD**

### **Retreats (ICC Gathering Hall)**

**Saturday November 11th** "Morning of Reflection: Stories of Faith" with Lori Szydlik (8:30-12noon)

**Saturday March 28th 2018** Women's Lenten Retreat – Diane Hallenbeck from St Joseph House (9am-3pm)