

2020

REFUEL

Perfect for anyone and everyone in your children's ministry program! Did you barely make it through the advent season? Was your Christmas pageant a hot mess behind the scenes, but you pulled it off to look fabulous to the crowd? Come out for a fun and relaxing morning to de-stress and refuel to start 2020 on a high note!

Saturday, January 11th, 8:30—noon

Aldersgate UMC, Midland 2206 Airfield Lane, Midland 48642

\$5, payable at the door

Featured speakers:

- Lisa McIlvenna, Fresh Aire Counseling Center—Burnt out or Stressed out?
- Glenys Nellist—children's picture book author and UMC clergy spouse
- Kathy Pittenger, Conference Children's Ministry Initiatives Coordinator

Activities & Stations:

Pancake bar	Chair massages	Self-care swag
Kidmin resources	Prizes	Crafting
Yoga	Snacks	Relaxation
Grace Space	Mission Ideas	Prayer

Fun, food, fellowship with friends as we unwind from a crazy, stressful, wonderful children's ministry year 2019.

Cost is \$5/person, payable at the door. Please RSVP to Tina, Karnath tinamarie48604@gmail.com by January 3rd.

Sponsored by the Central Bay District and the Michigan Conference UMC.