

NANA PRESENTS...2011 Summary of

Healthy Living, Healthy Sexuality Programs

Jan. 8th – Oct. 16, 2011 every 2nd & 4th Sat. 9-11 a.m.



At the New Beginnings Cathedral of Worship, 750 Chambers Road Aurora, CO

Recovering and Possessing my Possessions (Obadiah 1:17) call 303 341-7500 to register

Summary for Healthy Living Models I & 2 – Laurie Fisher, BA - Dr. Ramona C. Brown

Healthy Living happens when we have balance in our lives, positive thinking and our bad attitude, compulsive behavior, negative feelings and emotions are dealt with we use strategies to become whole and walk in a higher level of thinking. When Jesus comes and releases us from demonic influence we can receive the transformation and healing for our soul and be resurrected to new life with hope and healing from our past.

Summary for Healthy Living Model 3 – Dr. Ramona C. Brown Th.D.

This model will continue to help individuals to 1) focus on health (being healthy spiritually, mentally and physically) 2) more information focusing on how one can be healed from a paralyzed soul 3) The Myths and Truths of Relationships 4) Understanding you dominant nature. One will gain incredible knowledge moving to a greater understanding of healing of the soul, body and spirit.

Summary for Man-Up – Dr. Lewis F. Brown Sr. Th.D.

Dealing with healing from a man perspective Healthy Living happens when we have balance in our lives, positive thinking and our bad attitude, compulsive behavior, negative feelings and emotions are dealt with we use strategies to become whole and walk in a higher level of thinking. When Jesus comes and releases us from demonic influence we can receive the transformation and healing for our soul and be resurrected to new life with hope and healing from our past.

Embracing Recovery – Barbara Starr, BA Embracing Recovery is excited to launch our very first recovery group sessions! Our program is a safe place where you can come and be open and not ashamed. We will use the Celebrate Recovery curriculum along with other resources to address, attack, overtake and overcome such issues as alcoholism, drug abuse and addiction, co-dependency, anger management, domestic violence, sexual addiction and more. Our program will use the life changing principles found in the Beatitudes to help you to embrace truth and restore life. If we keep on doing what we have been doing, we will keep on getting what we have been getting. If we want to change what we have been getting, we will have to change what we have been doing. It is our belief that as individuals experience an outward transformation, there must also be a heart and mind transformation. Embracing Recovery was created to help individuals to fully lay claim to and embrace this total transformation.

Kingdom Lifestyle – James & Elma Butler “God’s plan for Kingdom Life Skills and Kingdom

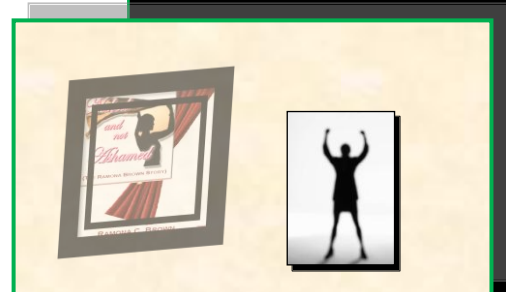
Economics requires a Change of Mind “In this Kingdom Lifestyle session we will be looking at life skills in the Kingdom of God. Life skills are about how one learns to navigate effectively through life using Kingdom principles and concepts. We will also begin to explore and study what God has to say about our finances. We will teach where and how we need to make a complete and total change in our mind regarding this area of our lives. In Romans 12:2 the Apostle Paul says, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.” What does Paul mean by saying this? His point is that even though as believers and we have been “born again,” we still have a mental problem. We need to change our thinking. The Greek word *metamorphoo* (from which comes the English word *metamorphosis*) literally means “to make a complete and total change.”

Worth Waiting For (WWF) – Yvette Moyer, BA

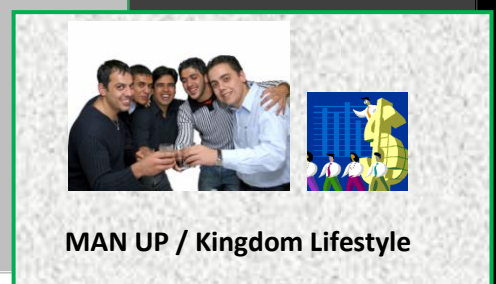
Worth Waiting for is a program that will train, educate and enlighten ages 16-35 on the importance of Waiting. We will focus on “Why you are worth the wait” and “Why your mate is worth you waiting for.” This program will stress the importance of positive self image which includes, “You are a unique creation of God”, “He has given you your features and abilities”, and “He desires that you honor and obey Him with your body.” When you join WWF, you will establish Life Goals such as, “Discover my Calling”, “Embrace my Calling”, “Establish Sexual Boundaries”, “Developing and maintaining open communication with parents.” We will give an Introduction to Secondary Virginity which is a return to abstinence following a sexual debut. Scripture reference: Colossians 3:5

“Learning to Deal with Grief” – Grief Recovery Group – Brenda Dandridge, MA

The Grief Recovery Group counselor will come along side of those who have lost a loved one to death or suffered loss through the tragedies of life. This group will focus on providing a safe place to learn about, deal with, process through and move forward from these losses. The group will meet to share the principles of grieving and more as needed to process their knowledge.



Embracing Recovery



MAN UP / Kingdom Lifestyle



WWF / GRG