SCHEDULE

WEDNESDAY, APRIL 8, 2015
7:30 p.m. .............................................. Worship Service – Chesapeake Ballroom
   Reverend Dr. Cynthia Hale

10 p.m. .............................................. Late-Night Prayer and Praise – Chesapeake Ballroom

THURSDAY, APRIL 9, 2015
7 a.m. ..................................................... Zumba Fitness – Choptank C
   Shandeth Montgomery

7 a.m. - 9:45 a.m. ...................................... Breakfast – Choptank Ballroom

10 a.m. ..................................................... Relationship Matters - Chesapeake Ballroom
   Dr. Ronn Elmore

11:30 a.m. ...................................................... Break

11:45 a.m. ................................................ What's Your Status? Breakout Sessions

Singles - Choptank Ballroom
   Reverend Dr. Cynthia Hale

Married - Chesapeake Ballroom
   Dr. Ronn Elmore

1 p.m. ............................................. Lunch (on your own) / Sister Girl Activities/ Dinner (on your own)

SISTER GIRL ACTIVITIES

Fit and Flow - Galleon
   Session I: 2 p.m. – 3 p.m.
   Session II: 3:30 p.m. – 4:30 p.m.

Line Dancing - Choptank C
   Session I: 2 p.m. – 3 p.m.
   Session II: 3:30 p.m. – 4:30 p.m.

Paint With a Twist* - Cutter
   2 p.m. – 4 p.m.

Girlfriend Chats - Choptank A
   Session I: 2 p.m. – 3 p.m.
   Session II: 3:30 p.m. – 4:30 p.m.

Golf Lessons* - River Marsh Golf Club
   Session I: 2 p.m. – 2:45 p.m.
   Session II: 3 p.m. – 3:45 p.m.
   Session III: 4 p.m. – 4:45 p.m.

Water Aerobics - Water Garden Pool
   Session I: 2 p.m. – 3 p.m.
   Session II: 3:30 p.m. – 4:30 p.m.

* This activity requires a fee.

7 p.m. .............................................. Girls Night Out – Chesapeake Ballroom

   Relationship Chat
   Dr. Ronn Elmore

   Worship Experience
   Joann Rosario Condrey

10:30 p.m. .............................................. Late-Night Prayer & Praise – Schooner A&B
FRIDAY, APRIL 10, 2015

7 a.m. ................................................................................. Zumba Fitness – Choptank C
Shandeth Montgomery

7 a.m. – 9 a.m. ........................................................... Breakfast – Choptank Ballroom
Hotel Checkout/Luggage Storage – Skipjack

9 a.m. ............................................................................. The Woman Code – Chesapeake Ballroom
Sophia Nelson

10 a.m. ........................................... Relationship Matters of the Heart – Chesapeake Ballroom
First Lady Trina Jenkins

Noon ............................................................................................................. Dismissal

“We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics.”

- Joyce Meyer
RETREAT COMMAND CENTER
The Retreat Command Center is located at the Chesapeake Ballroom Registration Desk. You may visit the command center to inquire about general retreat information, directions, lost and found, etc. The command center will be closed during all general sessions. The hours of operation are as follows:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>3:30 p.m. – 10:30 p.m.</td>
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<tr>
<td>Thursday</td>
<td>7 a.m. – 10:30 p.m.</td>
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<tr>
<td>Friday</td>
<td>7 a.m. – 1 p.m.</td>
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RETREAT BADGE
Your badge is required to gain access to all retreat activities. Please wear your retreat badge at all times.

BREAKFAST
Breakfast is available Thursday and Friday mornings at 7 a.m. in the Choptank Ballroom. Breakfast is available to all retreat participants wearing the retreat badge.

PRAYER ROOM
The prayer room is open 24 hours a day and is located in Schooner A&B.

SOCIAL MEDIA
Ladies, we want to hear from you! Share your retreat experience. Make sure to use the hashtag #USFYJ for your tweets!

CHECK-OUT PROCEDURES
All retreat participants must check out of their hotel room by 9 a.m. Luggage may be stored in Skipjack.

BUS DEPARTURE
Buses will depart at 12:30 p.m.

FITNESS CENTER
The fitness center is open 24 hours and is accessible with your room key.

SHUTTLE INFORMATION
Shuttles will depart the Hyatt lobby at 1 p.m. and loop around every 20 minutes until 6 p.m.

SHUTTLE STOPS
1. Cambridge Diner
2. WalMart
3. Easton Restaurant Park: Applebee’s, Bob Evans, Chipotle, Olive Garden, Panera Bread

He holds a B.A. in Public Relations and Journalism from Antioch University, an M.A. degree from Fuller Seminary with concentrations in both Theology and Marriage and Family Counseling and a Doctorate in Clinical Psychology from Ryokan College.

Dr. Elmore has done considerable research into the dynamics of interpersonal relationships and for several years has maintained a Los Angeles, Calif., area counseling practice, specializing in short-term, goal-oriented marital therapy. Much sought after as a conference and seminar speaker, Dr. Elmore presents before thousands of people each year in the U.S. and abroad. He was a featured speaker at T.D. Jakes’ God’s Leading Ladies National Conference Tour.

Known as “The Relationship Dr.,” Dr. Elmore has emerged as one of America’s most popular media experts on love, marriage and family due to his hundreds of radio appearances in every major market across the country.

He has been featured in major publications like Newsweek, Ebony, JET, USA Today and Family Digest, a featured columnist for Gospel Today and BET Weekend magazines and contributing writer for Essence magazine. A tireless advocate for the urban poor, Dr. Elmore founded Kingdom Shelter, an innovative transitional housing program for homeless men in Los Angeles.

Dr. Elmore and his wife, Aladrian, reside in Northern California and are the parents of three.
Reverend Dr. Cynthia L. Hale is the founding and senior pastor of the Ray of Hope Christian Church in Decatur, Ga., where their vision is to “impact and transform this present world into the kingdom of God,” through housing, healthcare and education initiatives.

A native of Roanoke, Va., her natural talent in music led her to study at Hollins College of Virginia, where she received her Bachelor of Arts degree. She holds a Master of Divinity degree from Duke University and a Doctor of Ministry from United Theological Seminary in Dayton, Ohio.

As a woman of vision, Dr. Hale is revered locally, nationally and internationally for her leadership, integrity and compassion. In 2004, she established a mentoring program known as Elah Pastoral Ministries, Inc., to assist in the spiritual and practical development of pastors and para-church leaders.

In September 2005, she convened her first Women in Ministry Conference, a premiere, national conference with a focused mission to develop, coach and mentor Christian women in ministry for the 21st century. Dr. Hale presently serves on the Board of Visitors at Duke Divinity School, Board of Trustees at Hollins University, chairperson of the Board of Directors at Beulah Heights University, chairperson of the Board of Directors for the City of Hope Ministries, Inc. and secretary for the Hampton University Ministers’ Conference.

As a recipient of numerous honors and recognitions, Dr. Hale was inducted into the African American Biographies Hall of Fame and the Martin Luther King Jr. Board of Preachers of Morehouse College, honored by Ebony Magazine as a part of the Power 100 and was awarded the Keeper of the Flame Award from The Balm In Gilead, Inc. In July 2009, she was appointed by President Barack Obama to serve on the President’s Commission on White House Fellowships.

Dr. Hale is a dedicated active member of the Alpha Kappa Alpha Sorority, Inc., and a contributing writer for many books and publications. She authored her first book entitled, “I’m A Piece of Work: Sisters Shaped by God.” Her ministerial gift has drawn thousands, young and old, to witness the anointing of a woman for the kingdom of God.

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As a former White House reporter, corporate lobbyist and United States congressional committee counsel, Sophia is one of the most highly sought after conference speakers, TV commentators, authors and opinion writers of our time. She’s been at the forefront of leading a new generation of women executives, managers and employees in the workplace to live by “a CODE” of collaboration, courage and civility.

In 2013, Sophia started a faith-based women’s movement, “Church Girls Redefined” – a national organization dedicated to teaching Christian women to positively build their lives and their relationships with one another, by using God’s code. Nelson also sits on the Board of Propel Women, a faith-based organization founded by global Christian powerhouse speaker Christine Caine.

Sophia has been a featured speaker with Bishop T.D. Jakes at Woman Thou Art Loosed and with Canadian Pastor Leon Fontaine on TBN’s Church Channel.

“Nobody can hurt me without my permission.”
- Mahatma Gandhi
Joann Rosario Condrey is an internationally known worship leader, singer/songwriter and gospel artist. She has traveled the world on tour with such gospel music greats such as Fred Hammond & Radical for Christ, Pastor Donnie McClurkin, Yolanda Adams, Commissioned and others. She has also served as the national music director for Maranatha World Revival Ministries.

Joann is the author of “Father, Here I Am,” a 40-day devotional for women. She also serves alongside her husband, Cory “Coco Brother” Condrey, bringing the gospel of Jesus Christ to the nations.

Most recently, Joann has responded to the call of God to establish and pastor RainFire Church Maranatha in Douglasville, Ga. Though many know her as a worship leader and gospel artist, Joann is most passionate about teaching people how to develop a personal relationship with God. Her ministry is marked by powerful worship, simple but profound teaching of biblical principles and the manifestation of healing and deliverance by the power of the Holy Spirit.

Along with multiple services throughout the week, Joann leads a nationwide weekly prayer call Friday mornings, where callers are inspired, empowered and led into powerful moments of prayer and worship. As the mother of two small girls — Arianna and Hadara — they have already embraced the DNA of their parents and are worshippers and lovers of God in their own right.

Joannroscondrey
SISTER GIRL ACTIVITIES

Girlfriend Chats - Choptank A
Whether it’s hot topics or issues of the heart, connect with your sister girls and chat it up!

Fit & Flow - Galleon
Ladies, let’s have some fun while getting in shape. Join us on a journey to health and wellness. Let’s become fit as we flow into a new you.

Golf Lessons* - River Marsh Golf Club
Swing into action.
Open your mind.
Aim for success.
Reach your goal.

Meet your girlfriends on the green and SOAR to your destiny.

Check in for your lessons at the Golf Pro Shop, located across the street from the hotel’s lobby entrance.

Line Dancing - Choptank C
One, two … cha, cha, cha. Grab your girlfriend, step in line. Follow the instructor, it’s dancing time!

Paint with a Twist* - Cutter
This is not your average art class … It’s fun art, not fine art! Painting with a Twist is the answer! Invite your friends and enjoy step-by-step instruction with our experienced and enthusiastic artist. You’ll leave with a one-of-a-kind creation and a newfound talent you’ll want to explore!

Spa Treatments*
Are you in need of some rest and relaxation? Grab your BFF and schedule a spa service at the Sago Spa and Salon. When you’re done, your energy will be revived, your vitality renewed and your nourishment hydrated and restored! To book your service, call 410-901-1234 today!

Water Aerobics - Water Garden Pool
Imagine working out in the relaxing, calming movement of water. Join in the movement and wave those pounds goodbye.

*This activity requires a fee.
This is not your average art class ... It’s fun art, not fine art!

Painting with a Twist® is the answer! Enjoy step-by-step instruction with our experienced and enthusiastic artist. You’ll leave with a one-of-a-kind creation and a newfound talent you’ll want to explore.

Corks N Canvas was started in 2007 by Cathy Deano and Renee Maloney in Mandeville. The concept pairs instructional art with friends and a lively instructor to produce individual works of art. To date, 189 franchise locations are open all over the country. Headquartered in Mandeville, La., the company maintains the artwork copyrights and brand direction of the franchise locations to insure that every event produces the same fun experience by which the company was founded.
Shandeth Montgomery is the founder, CEO and artistic director for Beyond Limits Fitness & Dance. A native of Jamaica, Shandeth came to the U.S. in 1982 with her parents and later became a citizen in 2003. She developed a love for dance and fitness at a very early age and frequently participated in dance and fitness-related events around her community.

She acquired her certification in group fitness and began teaching various fitness and dance classes at the Olney Studio of Dance and Bally Total Fitness in 1997. Shandeth continued teaching dance and fitness at numerous studios and gyms in the Washington, D.C., metropolitan area. Her passion didn’t stop there. With a desire “to minister the gospel through the art of dance,” Shandeth joined the First Baptist Church of Glenarden Dance Ministry in 2002 and served through dance for 11 years.

She then started Beyond Limits Dance & Fitness in 2009, where she actively teaches various fitness classes including her very own brand call JAmakin Move (JAMM) dance fitness. She is also the artistic director for the Beyond Limits Dance Ensemble (BLE). Her passion for the Lord and to see people healthy both inside and out has led her to participate and minister through dance for various churches, community and private events, including the Gallaudet Chocolate Ball, Mid-Atlantic Jazz Festival, NBC4 Health & Fitness Expo, NBC4 New York Giants Health Expo, Pentecostal Gospel Explosion, Isle of Patmos Youth Outreach, MSSD Dance Concert, FBCG Health & Fitness Expo and many more. Her desire is to continue ministering God’s Word through the art of dance in hopes of reaching a nation!
Sherrell Moore-Tucker started her own business, Fit & Flow, where the mission is to help everyone discover balance inside and out while providing an environment that allows physical and spiritual fitness to flow together.

Fit & Flow focuses on the health benefits gained through meditation, Pilates and stretches with the goal to connect fitness with our faith. As an independent fitness coach and instructor, Sherrell travels around providing Christian fitness classes and workshops to corporations such as Kaiser Permanente, studios, churches, various women’s groups and conferences to educate everyone about the health benefits of mind-body exercises that focus specifically on spinal health, flexibility, core strength and meditation.

Sherrell is certified through the Aerobics & Fitness Association of America. Her background consists of studies in mediation, Pilates, modern dance, high intensity interval training (HITT), Zumba, etc.

She routinely writes fitness articles for various faith-based publications such as Faith & Fitness magazine, Sacrifice Fitness magazine and other mainstream magazines. She also produces Fit & Flow podcasts for Radio One's D.C. Praise 104.1 and has her own Fit & Flow radio show on MWHY radio. Sherrell has been a faithful member of the First Baptist Church of Glenarden since 2009 and actively serves in the Fitness Ministry and is the vice president of the Liturgical Dance Ministry.
Delphine Wilks’ journey as a fitness instructor began with her desire to transform into a healthier person. During her journey, Delphine has competed in numerous fitness/bodybuilding competitions, placing in the top five of her class. Her business, called Chozen Fitness, was birthed out of her desire to help others reach their personal fitness goals. For the past 10 years she has shared her story and helped others to become healthier. Through the years she has held bootcamps and worked at several fitness clubs in the Washington, D.C., metropolitan area. This October 2015, Delphine will grace the stage again to qualify for her pro card.

“*They may forget what you said, but they will never forget how you made them feel.*”

- Carl W. Buechner
HOST CHURCHES

First Lady Mamie Byrd
Kingdom Harvest Church
Raleigh, NC

First Lady Sharon Conward
Faith International Church
Adelphi, MD

First Lady Julia Covington
Grace Cathedral Ministries
Bowie, MD

First Lady Darlene Hart
Christian Tabernacle
Church of God
Washington, DC

First Lady Vanessa Hillard
New Abundant Life
Missionary Baptist Church
Washington, DC

First Lady Tawanya Hutchins
Christian Unity Baptist Church
Waldorf, MD

First Lady Trina Jenkins
First Baptist Church of Glenarden
Landover, MD

First Lady Carolyn Knight
Come As You Are Ministries
Burlington, NJ

First Lady SaKeithia Rogers
The Triumphant Church
Hyattsville, MD

First Lady Paula Staton
Providence St. John
Baptist Church
Upper Marlboro, MD

First Lady Terrie Stevenson
Hope Christian Center
Brooklyn, NY

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