

2020 — ABWM to Host Free Webinars for Women and Girls

VALLEY FORGE, PA (ABNS 1/6/20)—American Baptist Women's Ministries will be returning January 9, 2020 with a highly interactive webinar that will help attendees to discover natural abilities, strengths and gifts in order to achieve full spiritual, personal and professional potential.

The new year is here and many of us have begun to reflect and evaluate the changes we would like to make in this upcoming year. Unfortunately, even with the best of will, surveys show that thirty-five percent of us who make New Year's resolutions break them by the end of January and only 23 percent of us actually keep our commitments (Source [FranklinCovey](#)). ABWM seeks to equip women with the tools to be more effective in achieving their goals for 2020 and beyond. If you are ready to make change that sticks, register for the "Avenues to Wholeness" free winter webinar series.

The series will feature a variety of experts including Dr. Elizabeth Perryman, founder of Upstream Mindfulness LLC and Allison Lansky, Lead Senior Clinical Therapist at Penn Medicine Princeton Medical Center. Topics will range from mindfulness and Christian spirituality, emotional awareness as a tool to overcome addiction to finding wholeness after tragedy through the lens of a survivor of Hurricane Maria. This webinar series will allow space and time for women to be honest and examine their intents, motives and desires for setting goals. We hope that women leave the webinars with the passion, discipline and resources they need to stay committed even when troubles and distractions arise. ABWM is committed to fostering a sisterhood because we believe that no woman should journey alone. "Our Fall series was a wonderful success as women made it a priority to join us every other Thursday. Webinars were shared during circle time and watched at local board meetings. Our Winter series begins this week on Thursday 1/9/20 and we are excited. We have added new topics to address your interests and to guide us a community of Sisters Seeking Wholeness through our faith in God. Join us, view during your circle time, invite a few women over and watch the webinars together. We look forward to your participation and to learning and growing together."

For more information and FREE registration, visit www.abwomensministries.org/webinars

American Baptist Women's Ministries (ABWM) is a diverse community of American Baptist women and girls serving in ministry in Christ's name in the US including Puerto Rico as well as internationally. With local, area, region/state, and national levels of ministry, American

Baptist Women's Ministries creates and sustains communities of passionately faithful, mission-minded women and girls engaged in worship, service, and friendship. Our ministries include domestic violence and sex trafficking prevention and education, building beloved community, and developing leaders. To learn more about American Baptist Women's Ministries, visit our website at <http://www.abwomensministries.org/>.