



Keynote Speaker: Minister Cathy Upshire

Minister Upshire is the editor and CEO of First Lady's Heart; an online women's Journal. She holds a Bachelors of Science Degree in Electronic Engineering Technology. She is also a minister and has served in the ministry for over 20 years. Cathy is a member of Lifeline Church Chicago where she serves on the ministerial staff team. Minister Upshire is a writer, poet, and speaker. She is also the author of *Evolution of a Woman*; a provocative collection of poems that speaks to the heart of every woman. Cathy is a woman with a clear sense of purpose which is to help women, not only reclaim their power and walk in their majesty as queens, but to break free from the clenching jaws of their past so that they can move forward in accomplishing the things their past has kept them from accomplishing; whether it's enjoying a fulfilling relationship or fulfilling their destiny. Cathy has three children (two sons and one daughter).

Worship Leader Singer Dawn Okpiz



Dawn is a pastor's wife, mother of two, ages 15 and 17, who has been in ministry with her husband for 20 years. Despite a traumatic past that at one time left her hopeless & suicidal, God intervened, rescued her and provided a way out! This event began a wonderful journey of healing her heart & restoring her life.

As a singer, songwriter & keyboardist, she has ministered God's love and presence with people of all ages through music, both within the church and in other venues.

Remarkable You!



“So often we as women measure our value by what we ‘do’ and our traditional roles; which can, often times, leave us with a false sense of worth and a false sense of self. I want to talk to the women, not only about the state of ‘being’ remarkable, but the journey to ‘feeling’ remarkable too.”

Cathy Upshire ~ Speaker/Author

Come join the journey with us as we reflect on:

- ◆ Confronting the woman in the mirror
- ◆ The danger of not knowing who you are
- ◆ Knowing your worth versus your value
- ◆ Understanding your Power
- ◆ Walking towards your light
- ◆ Resisting the urge to denigrate yourself or dim your light

Registration Form

FREE Admission but Registration Required

- Please register by April 27 by mailing this form to P. O. Box 2014, Elmhurst, IL 60126 or online at www.focusministries1.org. Space is limited. Register now!
- This brochure may be photocopied. Please fill out one registration form per person.

PLEASE PRINT

Name _____

Address _____

City _____

State, Zip _____

Phone _____

E-Mail _____

Church Name _____

Church Address _____

Send registration form to:
FOCUS Ministries, Inc.
P. O. Box 2014
Elmhurst, IL 60126

*For further information, call 630/595-7023
or contactus@focusministries1.org.*

Directions

Harvard Avenue Evangelical Free Church
(Northwest corner, St. Charles Rd./Harvard)
www.harvardavenue.org

Directions from Chicago:

- I-290 (the Eisenhower Expressway) west;
- Exit St. Charles road, west
- 1 mile to go after crossing Route 83
- Harvard Avenue (1/4 mile after Jewel-Osco), turn right/north

Directions from Deerfield:

- I-294 (Tri-State toll way) south, past O'Hare
- Exit I-290 west (Eisenhower Expressway; sign says to Rockford
- Exit Route 83 south; go past North Avenue/Route 64
- St. Charles Road turn right/west, go 1 mile to..
- Harvard Avenue (1/4 mile after Jewel-Osco), turn right/north

Directions from Wheaton:

- Roosevelt Road/Route 38 east
- Westmore-Meyers Road, a traffic light, turn left/north
- St. Charles Road, a traffic light, turn right/east
- Harvard Avenue (1/4 mile east of Addison Road, a traffic light), turn left/north

Conference Information

- 8:30-9:00 a.m. - Registration (Continental breakfast provided.)
- Conference starts promptly at 9:00 a.m. and ends at 1:00 p.m.
- **Register online at www.focusministries1.org or mail in form. FREE ADMISSION**
- Books and resources will be available for purchase at the conference.
- **Sorry, no childcare provided.**
- Church facility is handicapped accessible.
- Conference will be photographed. Your registration gives us permission to use photographs for future ministry presentations.
- For further information, please call 630-595-7023.



FOCUS Ministries, Inc. is a 501 c3 not-for-profit organization that provides a safe place for teens, women, and families who experience domestic violence and abusive relationships to find hope and healing in Jesus Christ.

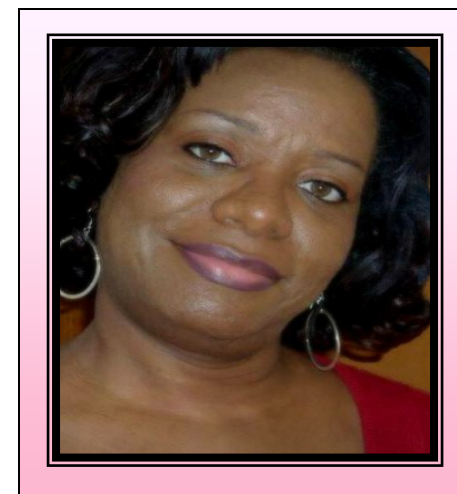
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Restoring the Hope

Conference for Women

Remarkable You!



featuring

Cathy Upshire

Author and Speaker

Saturday, May 4, 2013

9:00 a.m. to 1:00 p.m.

FREE ADMISSION

Harvard EF Church
206 W. St. Charles Road
Villa Park, Illinois 60181

sponsored by FOCUS Ministries, Inc.

