

Hello

Welcome to Chick Night Overnight! In this email, you will find everything you need to know about Coastal Community Church's Chick Night Overnight!

We are so excited to bring you an overnight experience that we hope you are going to love! We will eat, laugh, sing, cry, talk, maybe sleep and then do it all some more!

**Topic:**

Our focus this weekend will be Finding Your Tribe: Love them hard!

Holly Sanders will be leading us through our weekend as we dig deep into what it means to *finding* authentic friends and *being* an authentic friend.

There is a universal need among women—to be in community with other women. But doing life in close proximity with others can be hard—even when you love those people. During this weekend, we will talk about everything from finding great friends, to how to handle the up's and downs of friendship, and finally how friendship can draw us closer to God and further his kingdom!

**Location:**

We will be meeting at the Brazos Pointe Fellowship Church Campus in Lake Jackson, TX.

679 Hwy 332 W - Lake Jackson, TX 77566 (make sure you add the entire address correctly—including the 'W')

Beware—some times GPS greatly messes this up!! The church is right outside of “town” so you will be headed down a windy road with lots of trees—and then all of a sudden church will be on the left! Nearest major intersection is Hwy 332 and FM 2004. The church is west of FM 2004.

**Accommodations:**

In true Texas Gulf style, we will be staying at beach houses located approximately 20 minutes from Brazos Pointe in Surfside, TX. When you check in at the event, you will get your beach house assignment with the address. We have a number of houses and we think you will have lots of fun in true slumber party style! You only need to bring what you normally bring on a night away--personal items and clothes--all linens will be supplied for you. (Unless you have a favorite pillow...then pack that too!) We encourage that you carpool to the beach houses from the church—as they do not have much space for all the cars you will be bringing!

## **Optional Beachside Holy Yoga Session—Saturday morning, 8:00am.**

*The Holy Yoga experience is a time of praise and connection to Christ. It is a profound way to be closer to our Lord as we participate in a unique form of Christian worship. Holy Yoga is right for you if you are seeking a relationship with God or are a Christian looking to combine the numerous and proven health benefits of a yoga practice with scriptural teachings and prayer. Our Holy Yoga session will be led by Erica Becka. Erica has been attending Coastal Community Church with her family for over two years. She is a certified Holy Yoga Instructor and is a registered yoga teacher with Yoga Alliance.*

**\*\*This session is optional to you for Saturday morning. It will be at one of the beach houses, with address and directions available on Friday night. You will need to bring a yoga mat and thick beach towel since sand may be involved! ( If you don't have a mat, bring 2 thick towels!) This will be for all levels of fitness and a great way to start your day on Saturday. It will only be about 45 minutes in total from beginning to end so you'll still have time to go back to your beach house to get ready for the day.\*\***

### **Food:**

Friday evening, we will be serving a nacho bar from El Chico. For anyone with food allergies, this will include all the regular nacho fixings., including meat and beans. Please feel free to bring something to compliment this or in place of, if you feel that this will not fit your dietary needs.

Desserts will follow in your beach houses on Friday evening.

Saturday morning, we will have some small snacks, such as easy to eat fruit, granola bars, nuts and as well as the deserts in the beach houses until you arrive back at the church. (Of course there also be coffee and water!)

Chicken minis from Chick-fil-a will be served between 10-10:30 AM along with fruit and breakfast breads!

Saturday lunch will be Panera Bread's sandwich's, salads, chips and more sweet treats!

We are excited to fill your bellies and your hearts during this event!

We have done our best to have a variety of foods to meet so many different dietary needs, but feel free to bring anything you feel you might need. Also—if you have a specific need or question about food, please feel free to email Lesley Spradlin with those.

[lspradlin99@yahoo.com](mailto:lspradlin99@yahoo.com)

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## **Break Out Sessions:**

Our weekend will include TWO breakout session times. This will allow you to pick TWO sessions to attend—and we have an amazing line up for you to choose from. We encourage you to study these now so you can be ready to sign up when you arrive Friday night.

(Note that some of the sessions will be offered at both breakout times, but not all of them!)

### ***The Second Act: Life After Minivans (Session 1 only)***

Women go through different stages in life. Our roles change as those stages takes place. God is our director through the challenging scenes and comedic scenes. Join our "cast" as we discuss the following "Acts."

Act 1: The Empty Nest

Act 2: "Adulging" Children

Act 3: Aging Parents

**Myra Sanders**—Myra has been married to her husband for over 40 years, raised 3 children and is “Nana” to 5 grandkids. In between spending time with her kids and grandkids, Myra is a teacher at Shriners Burn Hospital in Galveston. Her claim to fame at Coastal Community Church is that she is the pastor’s mom!

### ***Food for Thought: Breaking Free and Choosing to Honor God (Session 2)***

Your body is a tremendous gift that God lends to you so that you can use it for His glory. But struggling with unhealthy views of food and striving to achieve a healthy lifestyle can get in the way of that. The way we treat our body matters to God, it matters to our loved ones, and it should matter to us. Learn how a balanced lifestyle is possible even in today’s fast food culture and how it can better equip you to serve and glorify God.

**Lauren Paris**—Lauren juggles being wife to a UTMB resident, while running a successful photography business and raising 2 young children. Over a year ago, she began a journey of clean living through a change in diet and exercise and wants to encourage other women in taking their first steps on a journey of their own.

## ***Walking Wounded through the Wilderness of Stress & Anxiety*** ***(Session 1&2)***

Life is good until it is not. We can be walking through the wilderness of stress and anxiety not knowing where it came from, where to go or what to do. In this session, we will be looking at how God can lead his people through seemingly impossible situations. We will talk about how our going through the wilderness of stress and anxiety can strengthen our walk with God and how God can restore our joy.

**Becca Wallace**-Becca is a wife to Jerimy and mom to 4 little boys all under the age of 3 years old. She is also a practicing Licensed Counselor working with teens and youth. Becca's professional experience gives her a unique expertise in handling the challenges of life.

## ***Finding God in the Midst of Grief and Loss*** ***(Session 1&2)***

This session will take you into a very honest and transparent discussion on grief and loss. How do we walk through our darkest times as a believer? Are there boundaries to employ when you are grieving? Am I marked for life by this tragedy? Join us as we ask the hard questions about navigating this journey.

**Cheryl Faircloth**-Cheryl is the perfect example of a woman wearing many hats. She is mom to 4 kids, a grandma, and wife to a Texas State Representative. Cheryl is gifted with the power of authenticity and speaks candidly about how loving Jesus does not mean life will be free from pain.

## ***Parenting Isn't for Wimps*** ***(Session 2 only)***

Today's world does not support the parenting instructions God laid out in the Bible. Join us for insights through interactive questions and discussions to stand firm in raising children to become the adults God intends them to be. Regardless of where you are in your parenting journey, this session will help equip you with helpful tools to use in your family.

**Joni Adams**—Joni has been married for over 25 years and is mom to 4 grown kids. After leading in student ministry for over 15 years, she is now the Executive Director of the Pregnancy Help Center in Galveston. Speaking candidly out of her own personal and professional experience, she addresses the parenting challenges facing many families today.

***Good Girls Guide to Great Sex***  
***(Session 1 & 2)***

Do “Bad Girls” really have all the fun? Between secular world views and Christian conservative views, “Good Girl” sex can be puzzling. God designed sex and he designed it to be good! This session will help you grasp the healthy picture of “Good Girl” sex and how true connection is really at the heart of it all.

**Stephanie Martinez**—Stephanie has been married for over 20 years and is mom to 4 children, 2 of which joined them through adoption. She and her husband have been involved in marriage ministry for over 15 years. Stephanie brings a refreshing depth of grace, love and authenticity to talk about the hard topics.

***Let your Creative Juices RUN!***  
***(Session 1 only)***

This one of a kind session will allow you to create a take home DIY project. Not very creative? That’s ok! You will be guided through step by step to create a piece that will be imprinted with words of inspiration.

**Amy Owens**- Amy is a wife and busy mom to 3 kids. She is the owner of Clay Cup Studios located in downtown Galveston. Amy uses her gifts of creativity and teaching to help bring out the creativity in others!

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*Schedule of Events:*

**Friday October 6th:**

6:45 doors open

7pm--Nacho Bar

7:30pm-- Worship and Session 1

8:30-9pm--Dismissed to head to your beach house

**Saturday October 7th:**

8:00am—Holy Yoga Optional Session

10:00am- Breakfast Served

10:30— Breakout Session 1

11:15 –Break

11:30am--Worship and Session 2

1pm--Lunch served

1:45pm Breakout Session 2

2:45pm—Worship and Session 3

4pm--Closing and Dismissal

We cannot wait to share this weekend with you and see all that the Lord is going to do for the women of Coastal Community Church! We do have a few open spots left, so if you have a friend who you know could use some encouragement and a night away, please invite her!!

Thank you for joining us!!

Any specific questions? Please contact:

Holly Sanders: 979-319-1370  
[hsanders6405@gmail.com](mailto:hsanders6405@gmail.com)

Lesley Spradlin; 817-281-0994  
[llspradlin99@yahoo.com](mailto:llspradlin99@yahoo.com)

Sincerely,  
Chick Night Team

PS—We encourage you to keep this email for reference! 😊