

# EMPOWER

## PROGRAM GUIDE



## WOMEN'S CERTIFICATE PROGRAM 2016-2017

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EMPOWER



Equipping,  
motivating, and  
preparing women  
for effective ministry



EMPOWER Engage



Leadership  
Development and  
Calling



EMPOWER Proclaim



Testimony,  
Storytelling,  
Teaching, and  
Preaching

EMPOWER

c/o Metro District  
PO Box 7060  
Newark, NJ 07107

[www.metrocma.org](http://www.metrocma.org)

Classes at Alliance  
Theological Seminary,  
Nyack, NY

## EMPOWER

The purpose of the Empower program is for the woman of God to be trained biblically and theologically, to enrich her own personal spiritual formation in dealing with the issues of her heart, and to process with other women through small mentoring groups.

EMPOWER Women's Certificate Program was developed by the Metropolitan District of the C&MA and Alliance Theological Seminary/Nyack College to:

- Empower women to take a more active role in ministry
- Equip women for ministry
- Motivate women
- Prepare committed Christian women who have a desire to expand their ministry competence
- Enable women to serve in their church and community
- Encourage women to be more effective in ministering to others

Qualified & Experienced Instructors

- Will guide you through courses
- Help you realize your full potential as a leader
- Help you grow in your personal walk with Christ

### SCHEDULE:

9:00 – 12:00	Biblical/Theological Training
12:00 – 1:00	Lunch
1:00 – 4:00	Spiritual Formation
4:00 – 6:00	Mentoring Groups

### DATES:

2016	2017
Sept. 17	Jan. 20-22 (Retreat)
Oct. 15	Feb. 18
Nov. 19	Mar. 18
	Apr. 22
	May 20 (Celebration Service)

*Classes will be held at the Alliance Theological Seminary, 350 North Highland Avenue, Nyack, NY 10960-1416*

### PROGRAM OF STUDY:

Classes in Biblical and Theological Training and in Spiritual Formation will be offered from September to April. Classes are structured so that a student will meet once a month over a span of 7 months on 6 Saturdays and one mandatory weekend retreat. *SEE PAGE 3 FOR TOPICS OF STUDY*

### CERTIFICATION:

Ladies attending the seven sessions and successfully completing all assignments will receive a certificate issued by the Metropolitan District of the C&MA. The Metropolitan District has entered into an articulation agreement with Nyack College and Alliance Theological Seminary which provides that each woman who completes EMPOWER successfully is eligible to receive 6 transfer credits for either Alliance Theological Seminary or Nyack College Undergraduate programs.

### COST:

- \$760 (includes all materials, books, and retreat)
- Discount: \$720, if paid in full by Sept. 1st
- Payment plan: \$190/month, due 9/1, 10/1, 11/1 and 12/1.
- All payments for the EMPOWER 1 program are due by Dec. 31<sup>st</sup>, there will be no refunds.

**EMPOWER - Topics of Study** \*classes will run as scheduled pending professor availability

Class	September	October	November
Bible and Theology	Understanding the Old Testament	Understanding Jesus as Savior and Coming King throughout the Bible	Understanding the New Testament
Professor	Dr. Linda Warren - Pastor, Westchester Chapel Community Church, White Plains, NY	Dr. Rob Reimer – Senior Pastor, South Shore Community Church, Bridgewater, MA	Dr. Amy Davis Abdallah - Ph.D., Assistant Professor of Theology and Bible at Nyack College
Spiritual Formation	Cultivating a Listening Ear, Prayer Model	Obstacles to intimacy with Christ: Grieving. Lies, Anger, Forgiveness.	Dealing with conflict in relationships: personally, in marriage and in ministry leadership situations.
Professor	Dr. Wanda Walborn - Director of Spiritual Formation, Nyack College, Nyack, NY	Dr. Wanda Walborn - Director of Spiritual Formation, Nyack College, Nyack, NY	Mrs. Michelle Park - Licensed Marriage and Family Therapist, Redeemer Counseling Services, NY, NY

Class	February	March	April
Bible and Theology	Understanding Jesus as OUR Sanctifier and Healer throughout the Bible	Developing an understanding of Christ's mission on earth	Understanding the community and mission of the Church body
Professor	Dr. Ron Walborn – Dean, Alliance Theological Seminary, Nyack, NY	President, Global Leadership, Director, D.Min Alliance Theological Seminary, Nyack, NY	Mrs. Ingrid Davis – Pastor, Stanwich Congregational Church, Greenwich, CT
Spiritual Formation	Understanding the role of prayer and intercession in personal life and ministry	Spiritual Gifts	Discipline of community and using inductive Bible study
Professor	Dr. and Mrs. Mike Plunket – Risen King Alliance Church, New City, NY	Dr. Ron Walborn – Dean, Alliance Theological Seminary, Nyack, NY	Ms. Sarah Samson – Minister for Administration and Community Relations, Bedford Community Church, Bedford, NY

## EMPOWER Engage

### SCHEDULE:

1:00 – 3:00	Spiritual Formation
3:00 – 4:00	Mentoring Groups

Classes will be held at the Alliance Theological Seminary, 350 N. Highland Avenue, Nyack, NY 10960

### DATES:

2016	2017
Sept. 17	Feb. 18
Oct. 15	Mar. 18
Nov. 19	Apr. 22

### PROGRAM OF STUDY:

Empower Engage is dedicated to creating space and time for women to engage deeply in the process of spiritual change and renewal that God began to call forth in Empower. Our vision is for a more defined calling to emerge for each woman, so she can better articulate her Kingdom purpose in the world and the steps she needs to take to move into that calling.

*Prerequisite:* Completion of Empower

### COST:

\$200, all payments for the EMPOWER Engage program are due by Dec. 31<sup>st</sup>, there will be no refunds.

### TOPICS OF STUDY:

- Mentoring, Mrs. Lisa Plunket
- Breaking free from shame, Dr. Rob Reimer
- Listening Prayer, Forgiveness, Dr. Wanda Walborn
- Emotional Healing, Dr. Ron Walborn
- Calling, Dr. Martin Sanders

## EMPOWER Proclaim

### SCHEDULE:

9:00-10:30	Teaching
10:30-12:00	Speaking Practicum

Classes will be held at the Alliance Theological Seminary, 350 N. Highland Avenue, Nyack, NY 10960

### DATES:

2016	2017
Sept. 17	Feb. 18
Oct. 15	Mar. 18
Nov. 19	Apr. 22

### PROGRAM OF STUDY:

We all have a voice, a unique expression of God's work in us and through us. We were designed and created to proclaim all that He is. Whether in a professional field, vocational ministry or in your own circle of influence, we use our voices for so many things. Empower Proclaim will provide women the opportunity to identify and use their own unique voice by learning to give testimony, story-tell, teach and preach. Each woman will participate in a community of feedback where she will receive one on one coaching from an instructor, as well as feedback from her peers in a structured, safe environment.

The instructors for Empower Proclaim are Dr. Wanda Walborn, Mrs. Lisa Plunket, and Mrs. Rachael Williams.

*Prerequisite:* Completion of Empower. Empower Engage is NOT a prerequisite for the Empower Proclaim.

### COST:

\$200, all payments for the EMPOWER Proclaim program are due by Dec. 31<sup>st</sup>, there will be no refunds.

## FREQUENTLY ASKED QUESTIONS

1. *Where do I find Empower information? And what is the payment process?*  
Please look at the Metro District Website – [www.metrocma.org](http://www.metrocma.org)  
On the For Leaders menu click on Empower
2. *How much does Empower cost? Is there a fee assessed for late registration?*  
The cost is \$760.00 (course materials, books, and retreat included). If you would prefer a payment plan, then the cost would be \$190 per month for 4 months, with the full amount (\$760) due by Dec. 31st.  
Discount available: \$720 if paid in full by Sept. 1, 2016.
3. *What is the deadline for registration?*  
The registration deadline is September 1<sup>st</sup> \*  
Late registration will be accepted through Sept. 10<sup>th</sup>\*  
*\*if the class is full before these deadlines then registration will close early*
4. *What happens once I register?*  
Upon receipt of payment, the student will receive all program information, including the first book and assignments.
5. *If I have a question other than what can be found on the website or need more explanation, who can I contact?*  
Empower Director – Wanda Walborn  
Email: [Wanda.walborn@nyack.edu](mailto:Wanda.walborn@nyack.edu)  
Empower Registrar – Becky Daniels  
Email: [bdaniels@metrocoma.org](mailto:bdaniels@metrocoma.org)
6. *Is Empower only for women in leadership positions?*  
No. This training is available for ANY woman.
  - Many women are not sure what their gifts are and Empower will help you see the whole picture.
  - Many women feel inadequate in their biblical/theological understanding, Empower will give you a foundation for theological understanding.
  - Many women feel uncomfortable and not equipped in their skills to lead. Empower will help relieve this fear and assist women to become more competent.
  - Empower is a great avenue for networking. Many times women feel as if they are an island by themselves and need someone to talk with.
  - Empower will teach you how to deal with conflict.
7. *How many hours will it take me to complete my homework assignments?*  
It is estimated that it will be around 40 hours per course which would come out to about 1 hour per day.
8. *Is lunch included in the program cost?*  
No, each woman is responsible for her lunch.
9. *What happens if I have to miss a session of Empower 1?*  
In order to receive the certificate or any transfer credits, the individual will have to make up the missing class by viewing the class video and writing a two page summary, to be submitted to the director.

10. *Empower states that a woman can receive 6 transfer credits. How does this work?*

- The woman must attend and complete the requirements of all 7 sessions, satisfactory to the instructors and the Empower Director.
- The 6 transfer credits are offered by Nyack College for undergraduate programs or Alliance Theological Seminary for graduate programs.
- The student is responsible for submitting an application with the appropriate institution.
- Earned credits are good for 3 years.

11. *What if I want to withdraw from Empower?*

The student is encouraged to consult directly with the director of Empower. Full payment is due by Dec. 31<sup>st</sup> even when a student withdraws from the course.

12. *What is the Refund Policy of Empower?*

Empower is unable to refund a student's money once payment has been paid since teachers and facilities have already been contracted.

13. *What if I did not finish Empower and would like to return and complete the program?*

Empower always welcomes students to return and finish whatever they did not complete. The re-registration cost for a student who previously paid for the course in full is \$100. If payments were incomplete the remaining tuition cost must be paid plus an additional \$100 re-registration fee.