



Introduction for Abby

We are delighted to have Abby Rike as our guest speaker today. Many of you know her from Season 8 of the NBC hit reality series, "The Biggest Loser."

The image you may recall is Abby telling her fellow contestants of the tragedy she faced in 2006.

The healing and wellness she found on that public journey, has provided the opportunity for her to honor her family and her faith.

Today she will share the rest of the story and lessons she learned along the way. The biggest lesson being, "There is hope, even in your darkest hour."

Please join me in welcoming Abby Rike.