

CONNECT | REFRESH | TRANSFORM



# Quench

TRIENNIAL XV

JULY 28-31, 2016

KANSAS CITY, MISSOURI

[covchurch.org/triennial](http://covchurch.org/triennial)





*With joy you will drink deeply  
from the fountain of salvation.*

ISAIAH 12:3 (NLT)

*Welcome!* At Triennial XV, we want to see women coming to Jesus Christ and growing in their relationship with Jesus. Our theme, “Quench,” provides a perfect opportunity for God to meet us and challenge us in deep ways.

So at Triennial we will ask, what do you thirst for? And how do you quench your thirst? We will seek to “drink deeply from the fountain of salvation.” We’ll look at how we sometimes try to quench our thirst in ways that don’t satisfy. And we’ll explore Jesus’ invitation to drink of the living water.

In addition, there will be great learning experiences, exciting excursions, special events, interactive features, and a big anniversary to celebrate. Yes, Women Ministries will thank God for 100 years of vital ministry and mission in the Evangelical Covenant Church, with a look back that propels us forward to new and exciting vision-led ministry in the years to come.

**I invite you to come to Kansas City, the City of Fountains, to drink deeply of all that God has for you. I hope you’ll join me at the fountain at Triennial XV!**

*Sincerely in Christ,*  
Meagan Gillan

DIRECTOR, WOMEN MINISTRIES





**Meagan**  
GILLAN



**Gail**  
SONG BANTUM



**Nicole**  
BULLOCK



**Jessica**  
LEEP FICK

**CovTalks:**

- Cherith Anderson
- Jodi Moore
- Meztli Gonzalez
- Michelle Sanchez
- Prajakta David

## speakers

During our main worship sessions we'll hear stories and wisdom from experienced ministry practitioners. Additionally, on Friday morning we'll be introducing CovTalks, inspired by the popular TED Talk format. Each of these mini-talks will highlight key aspects of a topic in 7-10 minutes. All of these presentations are designed to encourage and equip you in your relationship with God and with the people in your community.

**learning experiences**, also known as workshops, are a central component of Triennial. In these sessions attendees grow by learning from seasoned leaders and by being equipped to deepen their relationship with Christ.

**WEDNESDAY  
THURSDAY**

**ADVANCE OPPORTUNITIES**

AVA (Advocacy for Victims of Abuse)  
Regional Coordinator Training and  
Local Advocate Training  
*(available in English and Spanish)*

Mending the Soul Facilitator Training  
*(available in English and Spanish)*

What Am I Hearing and What  
Does It Mean? Exploring the Call

Leaders—Fresh Vision for the New Day

**THURSDAY**

**MISSIONAL MOMS  
MINI-CONFERENCE**

**FRIDAY**

**LEARNING EXPERIENCES**

MARY MILLER

Alone with My Bible

MICHELLE SANCHEZ

The Disciple-Making Adventure

CAENISHA WARREN

Family of God: All Are Needed

KARA DAVIS

The Heart of a Woman: Our Thirst to  
Be Whole in Body, Mind, and Spirit

SHANNA NOEL

Illustrated Faith: Using Creativity and  
Journaling in Your Faith

CAROL LAWSON

Learning about You through the  
Enneagram: Find Yourself in the Nine Types

OLIVEA BORDEN  
& DIANE BORDEN

Helping Others Through Creative  
Social Enterprise

DIANA SHIFLETT

Prayer Spa

BARBARA WILSON

Restoring the Sexually Wounded

Descriptions of  
each topic can  
be found on the  
Triennial website.

[covchurch.org/triennial](http://covchurch.org/triennial)

(FRIDAY CONTINUED)

MICHELLE SPADAFORA	Rethink Fitness
VELDA LOVE & DEBRA AUGER	Sankofa Experience: Transforming Christian Life through Racial Righteousness <i>(part one of two)</i>
KATIE ISAZA	Siendo Y Haciendo Discípulos <i>(en Español)</i>
MINHEE CHO	You Are Not Alone: Creating Support Systems for Families with Mental Illness
SHARON GARLOUGH BROWN	Walking in Sensible Shoes: A Journey Into the Heart of God

**SATURDAY**

**LEARNING EXPERIENCES**

MARY MILLER	Alone with My Bible
ELIZABETH O'DETTE PIERRE	Caring for Souls
SHARON GARLOUGH BROWN	Chosen, Blessed, Favored. Who, Me?
MINHEE CHO	Cultivating Wholeness
MICHELLE SANCHEZ	The Disciple-Making Adventure
DANY FLORES	El Perdón de Dios Sacia <i>(en Español)</i>
NANCY NORDENSON	Finding Livelihood in Work and Leisure
SARAH JOHNSON	God's Creative Gifts
MICHELLE SPADAFORA	Healthy Cooking for a Busy Lifestyle
GENEVIVE DIBLEY	Human Trafficking: How Can We Make a Difference?
BETH SEVERSEN	Influencers: Helping Others Move Forward in Their Process of Becoming Disciples
APRIL DIAZ	Making Lifelong Faith Stick in Our Kids' Lives
ANN WIESBROCK	Managing Money: Investing over a Lifetime
DIANA SHIFLETT	Rule of Life
VELDA LOVE & DEBRA AUGER	Sankofa Experience: Transforming Christian Life through Racial Righteousness <i>(part two of two)</i>





# excursions IN KANSAS CITY

Explore the many attractions of the City of Fountains prior to Triennial with these optional adventures. Spots can be reserved when you register. Descriptions can be found on the Triennial website, [covchurch.org/triennial](https://covchurch.org/triennial).

## EXCURSIONS

### WEDNESDAY

Royals Game and Stadiums Tour	\$115
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### THURSDAY

A Day in Independence	\$70
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Biking Tour	\$75
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Celebrating Black Culture and History Tour <i>(includes lunch)</i>	\$90
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Crossroads Culinary and Culture Tour <i>(includes food)</i>	\$70
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Kansas City Ministry Tour <i>(includes lunch)</i>	\$60
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Kansas City Trolley Tour	\$50
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Museum Tour—Classical and Contemporary Art	\$65
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Museum Tour—WWI, Federal Reserve, Union Station	\$70
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Quilters Paradise	\$55
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Sanctuary and Cathedral Architecture Tour <i>(includes lunch)</i>	\$60
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Schlitterbahn Water Park	\$65
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Segway Tour	\$110
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Spiritual Garden Retreat <i>(includes lunch)</i>	\$50
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Top Golf	\$75
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Village West Shopping	\$30
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Water Sports at Shawnee Mission Park	\$25
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## additional activities

In addition to worship, learning experiences and excursions, there are also many other opportunities at Triennial. Descriptions can be found on the Triennial website, [covchurch.org/triennial](http://covchurch.org/triennial).

### MINI SANKOFA

JOURNEY TOWARD RACIAL RIGHTEOUSNESS

Overnight Wednesday-Thursday

RSVP through registration—\$149

### MISSIONAL MOMS

THURSDAY MINI-CONFERENCE

RSVP through registration—\$25

### FITNESS EXPERIENCES

- Mornings Friday-Sunday
- Afternoons Friday-Saturday

### FUN RUN FOR GIRLS IN CONGO

Saturday morning

### PRAYER EXPERIENCES

- COFFEE CONNECT WITH CHRIST: Mornings Friday-Sunday
- WORKSHOPS: Afternoons Friday-Saturday

### GLOBAL MARKETPLACE

Shop with purpose and learn about social enterprises helping women around the world.

### KANSAS CITY ADVENTURES

Many of the best sights in Kansas City can be explored through excursions (see *previous page*). If you want to explore during your free afternoons or with your family, don't miss these highlights.

- Sea Life Aquarium
- Nelson-Atkins Art Museum
- National World War I Museum
- Union Station
- Power & Light District
- Legoland
- Crossroads Art District
- Hallmark Visitors Center





## schedule

### WEDNESDAY | JULY 27

- 8:00 AM – 4:00 PM Advance Opportunities  
12:00 PM Mini Sankofa Begins

### THURSDAY | JULY 28

- 8:30 AM – 5:00 PM Advance Opportunities  
2:00 PM Missional Moms  
Mini-Conference  
7:00 PM Opening Worship  
9:00 PM Receptions by  
ECC Conference

### FRIDAY | JULY 29

- 7:00 AM
  - Prayer Room
  - Fitness  
8:30 AM Morning Worship  
& CovTalks  

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10:30 AM CovTalks Q&A Feedback  

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Noon Lunch Together  

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1:45 PM Learning Experiences  
3:15 PM Afternoon Options:
  - Long Road to Justice
  - Excursions (*optional activities*)
  - Prayer Room
  - Fitness  
7:00 PM Evening Worship  
9:00 PM Reception

### SATURDAY | JULY 30

- 6:30 AM Fun Run  
7:00 AM Prayer Room  
8:30 AM Morning Worship  
10:30 AM Learning Experiences  

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Noon Lunch Together  

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1:30 PM Women Ministries  
Update and Connection  
2:45 PM Afternoon Options:
  - Long Road to Justice
  - Excursions
  - Prayer Room
  - Fitness  
7:00 PM Evening Worship  
9:00 PM 100 Years of Women  
Ministries Celebration

### SUNDAY | JULY 31

- 7:00 AM
  - Fitness
  - Coffee Connect  
8:30 AM Closing Worship  
& Communion  

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10:30 AM Brunch Together



The Evangelical Covenant Church

TRIENNIAL IS A MINISTRY OF THE EVANGELICAL COVENANT CHURCH

# registration

<b>EARLY BIRD RATE</b> <i>(through January 15)</i>	\$369
<b>REGULAR RATE</b> <i>(through April 15)</i>	\$399
<b>LATE RATE</b> <i>(after April 15)</i>	\$439

## GENERAL INFO

You can secure the early bird rate with a nonrefundable \$100 deposit paid by January 15, 2016. Simply pay your remaining balance by May 10, 2016 to receive the early rate. Accounts not paid in full by May 10 will be charged the regular rate, minus the deposit. Contact Covenant Events at [events@covchurch.org](mailto:events@covchurch.org) if you would like to arrange an option for monthly payments.

**Register online at [covchurch.org/triennial](http://covchurch.org/triennial)** or download a paper registration form and mail, email, or fax it to Covenant Offices at 773-596-2494. No access to a computer? Give us a call at 773-596-2493, and we will mail you a paper form.

Please note that registration rates do not include housing costs, which are handled separately through the hotel.

## GROUP RATE

If you have a group of ten or more women attending from your church, contact Covenant Events at [events@covchurch.org](mailto:events@covchurch.org) to receive a group discount code that will take \$25 off each registration in your group.

## HOTEL RESERVATIONS

Reserve a double (two queens) or king room at the Sheraton Crown Center for our group rate of \$129 per night, plus taxes. This can be done online at **[covchurch.org/triennial](http://covchurch.org/triennial)** or over the phone by calling 816-841-1000. If calling in, make sure to ask for the Triennial Conference/Evangelical Covenant Church discount. It is possible the hotel will fill quickly, so book your room as soon as possible.



## SHERATON KANSAS CITY CROWN CENTER

2345 McGee Street  
Kansas City, MO  
64108

### MEALS

Three meals are included in registration cost. Other meals can be purchased on your own from Spectators Gastro-Pub inside the Sheraton, or at nearby restaurants in Crown Center, including Panera Bread, Jimmy John's, D'Bronx Pizza, Crayola Cafe, and more.

### TRANSPORTATION

The best way to get from the Kansas City International Airport to the Sheraton is Super Shuttle. Reserve a spot by calling 800-258-3826 or book online at supershuttle.com and use the code XU3ZP to receive a Triennial discount on round-trip reservations.

### UNITED AIRLINES

United is pleased to offer special discounts for Triennial 2016. Book online at [www.united.com](http://www.united.com) and enter the code ZVHK603811 in the Offer Code box when searching for your flights. If booking through a travel professional or United Meetings at 800-426-1122, please give them the following information: Agreement code: 603811; Z code: ZVHK. Outside of the United States, please call your local United Airlines reservation office.

### NEXT STEPS

- Read descriptions online for learning experiences and excursions.
- Register online or by mail.
- Book your hotel and make travel arrangements.
- Invite women to join you, groups of 10+ qualify for a discount.
- Pray for the many women like you gathering to encounter God at Triennial!

[covchurch.org/triennial](http://covchurch.org/triennial)



MAKE & DEEPEN DISCIPLES



Covenant Triennial  
#ECCtriennial