

CONFERENCE SCHEDULE

Thursday July 1, 2010

Start	End	Events/Workshops
4:00 pm	8:00 pm	Arrivals and Registration
9:00 pm	10:00 pm	Bonfire

Friday July 2, 2010

Start	End	Events/Workshops
7:45 am	8:25 am	BREAKFAST
8:30 am	9:00 am	Praise & Worship
9:00 am	9:15 am	Welcome
9:30 am	10:15 am	Keynote: Balancing your life: living with a purpose - Minister Ifeoma Okechukwu
10:15 am	10:30 am	BREAK
Concurrent Sessions One - 10:30 am – 12 noon		
10:30am	12 noon	1: Maximizing your leadership potential - Bro Tunde Aiyeru
		2: Professional development for the older adults - Dr. Adiele Nwankwo
		3: Nuts & bolts for starting your own business - Dr. Ronke and Pastor Michael Mordi
		4: Professional development for aspiring professional young adults (TBD)
12 00	12:45 pm	LUNCH
Concurrent Sessions Two - 1:00 pm – 2:30 pm		
1:00 pm	2:30 pm	5: Financial Management: Money and your life - Pastor Cornelius .Ajayi
		6: Estate, Will and Retirement Planning: When, Where, and Why? - Stan Obi and Sunday Olayinka
		7: Preparing For College: What You Need to Know and How to Avoid Costly Mistakes - Oluchi Azuka
		8: Practical Principles for Christian Conflict Resolution. (Romans 12:17-19, NIV, Matthew 5:23) - Dr. Sam Oleka
		9: Biggest Loser: Money Makeover Edition – (TBD)
2:30 pm	5:15 pm	FREE TIME (Activities include volleyball (Tournament: Men Vs Women), basketball, (Tournament: Young-Adults vs Adults), hiking, hay ride, wall climbing, and waterslide
5:30 pm	6:15 pm	DINNER

7:00 pm	9:30 pm	Praise & Worship - Omenesa C. Oruma (AKA: Lady O.) - Gospel Recording Artist
		Children & Youth Program
9:30 pm	11:00 pm	Prayers

Saturday July 3, 2010

Start	End	Events/Workshops
6:00 am	7:00 am	Early morning walk / jog. Coordinator: Sis Chinwe Ohajuruka
7:45 am	8:25 am	Breakfast
8:30 am	8:55 am	Praise & Worship
Concurrent Sessions Three - 9:00 am – 10:15 am		
9:00 am	10:15 am	10: Authentic Christian living - Minister Ifeoma Okechukwu
		11: 40 and over now what? - Dr. Gilbert Egekeze and Dr. Kola Okuyemi
		12: Examining and strengthening your personal and spiritual growth (Phil.4: 4-9) - Mukaila & Oremeyi Karim
		13: Dealing with contemporary issues facing African families in the United States - Panel presentation - Victor & Tina Oribhabor
		14: Ed Young's Sexual Revolution – Part I (TBD)
10:15 am	10:30 am	BREAK
10:30 am	12:00	Health Fair – Amaka Oleka – Coordinator <ul style="list-style-type: none"> - <i>Ask the Doctor Booth</i> – Dr Samuel Ani/Dr Gbemi Obi - <i>Ask the Dietician Booth</i> – Robin Nwankwo, RD, MS - <i>Body Mass Index (BMI)</i> – Dr Kola Okuyemi
12:00 noon	1:15 pm	LUNCH
Concurrent Sessions Four - 1:30 pm – 2:30 pm		
1:30 pm	2:30 pm	15: Making the Most of Your Empty Nest - Joe & Dorothy Princewill, David & Julie Onuoha, Cosmas & Adamma Ubasineke - Rev. Chibu and Dr. Chima Ozor
		16: Single and looking: Keys to finding your mate - Pastor Nick Asare
		17: Young Families and challenges of raising children in our society - Emmanuel Idun
		18: Healthy habits for spiritual growth – Sam Umunna
		19: Ed Young's Sexual Revolution – Part II (TBD)
2:35 pm	3:45 pm	Family Meeting
3:45 pm	5:30 pm	FREE TIME (Activities include volleyball, basketball, hiking, hayrides, banana boat rides, and waterslide)
5:30 pm	6:15 pm	DINNER

7:00 pm	9:30 pm	Praise & Worship and Testimonies Omenesa C. Oruma (AKA: Lady O.) - Gospel Recording Artist
		Keynote - Pastor Tony Osuebeni
9:30 pm	11 pm	Prayers

Sunday July 4, 2010

Start	End	Events/Workshops
8:00 am	8:45 am	Continental Breakfast
9:00 am	10:30 am	Worship & Benediction
10:30 am		Departure

BALANCING YOUR LIFE: LIVING WITH A PURPOSE

(Ephesians 5:15-16)

¹⁵Be very careful, then, how you live—
not as unwise but as wise,
¹⁶making the most of every opportunity,
because the days are evil.

(NIV)

WORKSHOP DESCRIPTION

Keynote Session One

Balancing Your Life; Living With A Purpose

Living a balanced purposeful life does not happen by accident. It comes as a result of your deliberate action. The guts not to go wherever the wind blows means that you have considered **the factors** which will best contribute to enabling you to achieve your **God-given purpose** and are willing to prioritize your actions along those lines. Come and hear more... Describe the factors. What does "your God-given purpose mean?"

Concurrent Session One

Maximizing Your Leadership Potential

Are you an ACF leader (chapter, regional or national) or potential leader? Are you wondering what your roles, responsibilities and relationships (with whom) should be within the ACF-USA organizational structure? Do you know the culture of ACF-USA? Are you concerned about membership recruitment, motivation, retention, and commitment? Are you interested in community networking? If you answer yes to any or all of the above questions, then join us in this workshop as we share ideas as to how to maximize our leadership skills and potentials for Christian ministries.

Professional Development for the Older Adults

Whether your goal is to do a better job, personal enrichment, or to develop new skills, this workshop is for you. This session is designed to build skills and knowledge of the

participants in specific areas, such as networking, defining professional goals, obtaining career-related experiences, and creating and implementing job search strategies.) Participants will discover different ways of fostering personal and career growth and development.

Nuts and Bolts for Starting Your Own Business

Entrepreneurship offers many rewards, but you must be prepared and committed to the demands it brings, especially your time and focus. Additionally, careful planning is fundamental to the success of your business planning strategies. This workshop provides basic information and ideas that will help you in the initial and later stages of your business development.

Professional development for aspiring professional young adults

It has been stated that career development could have a major impact on many aspects of your early adulthood. As young adults leave their parents' home and become financially independent, the growth of a career or the pursuit of further education gain special importance. This workshop will explore specific tools and strategies that can help you become successful in your career goals and enhance your decision-making skills.

Concurrent Session Two

Financial Management, Money and Your Life

Are money problems causing tension in your family? Has it been difficult for you to manage your finances? Managing our money has little to do with how much we make, but a lot more to do with how we spend what we have.

Financial health is important, not only to our bank balance, but also to the atmosphere in our home. It has been documented that more marriages break down over financial issues than almost any other factor. As Christians, we are held to a higher standard of honesty and integrity. This session will provide concrete budget plans and strategy to participants for a healthy and successful money management.

Estate/Retirement Planning: Why, When and How?

Welcome to the Estate Planning Session. This session provides information on legal steps to ensure your financial assets and health care wishes are honored for your loved ones. You will receive information on writing wills, trusts, health care directives, and powers of attorney. The session will provide specific information on when and how you can go about creating these important documents that could save your family from unnecessary “legal” headaches.

Preparing For College: What You Need to Know and How to Avoid Costly Mistakes

How much do you know about scholarships and financial aids? What have you been told about work study? What is the best place to find resources to finance your child’s college education? This session will explore these and many other financial aids related issues that could be helpful to you and your family as you prepare your children for college.

Practical principles for Christian conflict resolution (Romans 12:17-19, NIV, Matthew 5:23)

Christian or not, we are all faced with different types of conflicts and crises, including: family, relationship; financial, physical, emotional; need for power or attention, unclear, undefined or ambiguous boundaries. Regardless of the

type of conflict, it is clear that as Christians, we must find a resolution in a timely manner because unresolved conflict can have a negative impact on our family, health and longevity. If you are interested in learning how to effectively resolve conflict in your home, at work and in the community, this workshop is for you. The session will present some key practical principles for Christian conflict resolution.

Biggest Loser: Money Makeover Edition

Most of us are no stranger to debt: graduate and professional school debt; credit card debt; new car, home, or family debt. The barrage of sometimes questionable advice is often almost as overwhelming as the weight of debt hanging over your life. If you have debt that you do not know what to do with, this session is for you. We will go through Dave Ramsey’s Total Money Makeover, learning what to do and what not to do when attempting to free you from debt. Find hope for your financial present and future!

Concurrent Session Three

Authentic Christian Living

We live in a world where everyone seems preoccupied with success. Television, radio, the Internet, and other media give us a global view of the world’s winners—and losers. Do you **struggle** to **discover** what it means to live a real and authentic Christian life: a 24-7? This workshop will provide insights for practical Christian living.

40 and Over.....Now What?

*“...I am fearfully and wonderfully made.”
Psalms 139:14a*

Human body is one of the most complex and intricate creations of God. This body continues to go through changes, as designed by the

Creator, Himself-----from the moment of conception through the years. Have you looked at your picture lately? Now take a look at your picture 20 years ago, and compare. WOW! What a difference! It's called "AGING"! As your outward features are changing, so also are your internal features. These changes affect your total person-physically and emotionally. Changes in outward features can be "masked" in many ways, but there is no "masking" of internal aging process. As our experts explain these changes and their effects, you will be better equipped to handle them as they pop up. You will also be able to understand that your spouse is actually "not going crazy" after all. Come and be blessed!

Examining and Strengthening Your Spiritual Growth

It is easy to settle comfortably into the routine of life but growth comes about as we realize the need for it and submit ourselves to the growth process by stretching ourselves beyond our comfort zones. The reward is that the more we grow in the Lord, the more we are able to lead victorious and productive life for Him. Come and be equipped for spiritual growth through this session.

Dealing with Contemporary Issues Facing African Families in the US

Many African immigrants living in the United States are not only expected to support their families here in the United States, but also called upon to help other relatives back in Africa. These and other day-to-day situations have created some critical issues facing African families, at times resulting in familial strife, marital difficulties, and in some cases even divorce. This workshop will explore what we need to do in order to maintain a healthy

marriage and family life in light of the societal pressures confronting us.

Ed Young's Sexual Revolution Part I

Where are you in your walk with Christ? How are your relationships with those around you? Remaining pure in a sinful world is often easier said than done and whether or not you are in a relationship, it is necessary to lay the ground rules. Have you decided what lines you will not cross? Are you sure that the boundaries you have set are the same ones God has given his children? Join us as we get insight from Ed Young's "Sexual Revolution" series and discuss your own experiences of this issue.

Concurrent Session Four

Making the Most of Your Empty Nest

"Like arrows in the hand of a warrior, so are children of one's youth. Happy is the man who has his quiver full of them". Psalm 127:4-5a. You have spent all these years building and filling your nest. Gradually, but surely, the contents of the nest start getting fewer, and fewer, and fewer, until now . . . the nest is empty! How do you make the most of this "emptiness?" How do you begin to re-discover each other? You are not alone. Come and be blessed as you hear how other "empty nesters" are finding fulfillment in their "empty nests".

Single and looking: Keys to finding your mate

And the Lord God said, *"It is not good for the man to be alone. I will make a helper who is just right for him". Genesis 2:18*

Are you single, and, looking? (Been there, done that). Do you believe that there is a "helpmeet" out there for you? If your answer is "Yes" to any or both of these questions, then,

come on in! This is for you! Application of the right strategies, including being the person God wants you to be, and, looking in the right places, are some of the keys. God is able to minister to you using “the voice of experience” to steer you in the right direction.

Healthy habits for spiritual growth

Until He returns, we, the followers of Christ will remain as pilgrims here on this earth. Therefore, you and I have years before us to work out what it means to be child of God. The question for us then is whether those years will be spent cultivating healthy habits or wasted growing destructive patterns and frustration. God wants to bless your life and use you as a

blessing to many others. This workshop will explore some specific spiritual habits that you need to establish in order for you to enjoy a fruitful physical, financial and spiritual life.

Ed Young’s Sexual Revolution Part II

See Part I, under Concurrent Session Three

Keynote Session Two

BALANCING YOUR LIFE; LIVING WITH A PURPOSE

"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil."

(Ephesians 5:15-16)

“Making your mark on the world is hard. If it were easy, everybody would do it. But it’s not. It takes patience, it takes commitment, and it comes with plenty of failure along the way. The real test is not whether you avoid this failure, because you won’t; it’s whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere”.

President Barack Obama speaking on “Failure”