

SEMINARS

Sat morning - 11:30 - 12:30

'HOW TO LOOK GOOD NAKED'

- GIRLS ONLY

What mind clothes cover your core - relived negative past experiences? how you think others view you? a distorted view in the mirror? failure to forgive yourself? This seminar is all about addressing the layers that guilt, shame and fear have built up around the real us. Is it time you Gok Wan styled your soul? With chats, interaction and lots of treats, we will begin the process of stripping away what is false and learning to accept what is true; God wants you to be free!

Tash Mudd

'REGRETS, I'VE HAD A FEW'

- BOYS ONLY

We all have a few regrets, right? I shouldn't have had that last drink, shouldn't have let my anger take control, shouldn't have gone, shouldn't have stayed, shouldn't have looked, shouldn't have run. But what does God want us to do with our regrets? Hide them behind a smile? Expose them for what they are? Remember them? Forget them? If you are not sure what to do with your Regrets then this is the seminar for you.

Michael Briggs

DEALING WITH DEATH & LOSS (16+)

The distress and turmoil of grief at the loss of a loved one is very real and often very painful. You do not have to tread this path alone. In this seminar you have the chance to speak with our panel and ask those questions you've been storing up, on this difficult subject.

James & Hazel Farmer & Panel

WHEN SOMEONE DIES... (13-15)

Surviving life as a teenager can be a total rollercoaster at the best of times, but amidst the craziness, the death of a loved one can be devastating. Death is one of life's biggest certainties, and yet we never seem prepared to cope with it!

Jessica lost both her parents as a teenager. In this seminar she will share with you her experiences, the good, the bad and the occasionally humorous; and how in the midst of unbelievable loss and loneliness, she found hope and gave her life to Christ Jesus.

Jessica Scott (The Big House)

LIVING LIFE TO THE FULL.

Passionate about God? Passionate about Sport? God gives us our passions, he wants us to enjoy them not take them away. Come along to hear stories about how we seek and meet with God while enjoying our sports.

Jonny Hill, Jono Griffin & Chris Boucher

'AND YOU GIVE YOURSELF AWAY'

This seminar will be looking at Relationships and understanding the views of the opposite sex. Friends, Relationships, Media and Music influence your identity, boundaries and what you think is acceptable. Come hear what the other side thinks and have your input too!

Lynn & Al Murphy

EVERYTHING YOU'VE EVER WANTED TO KNOW...

Life is full of questions; What time is it? What are we having for lunch today? What is the meaning of life? Some of our questions are easier to answer. So, what do you do with your big questions?

Come along to this seminar armed with those BIG questions, but be prepared to leave with even more questions than answers!

Bruce Gardiner-Crehan, Gillian Young, Mark Charles, Deirdre McHugh

AUTUMN SOUL

'SCHOOL...AND HOW TO SURVIVE IT!'

Teachers, rules, homeworks, exams, deadlines...the pressures of school can sometimes seem endless...never mind the pressures from our peers, families and friends! How can we begin to cope with all that school life throws at us? As Christians, how could our attitude and response to these pressures be different from those around us who don't know God? Come along to this seminar as, together with some schools' workers from Scripture Union, we explore the answers to these questions and think about what our school survival kit might include!

SU Schools' Team

WHEN PEOPLE ACT, THINGS CHANGE

STOP THE TRAFFIK is a global movement of individuals, communities and organisations fighting to PREVENT the sale of people, PROTECT the trafficked and PROSECUTE the traffickers. We believe that when people act things change. Our aim is to equip you to raise awareness and understanding of human trafficking, and to make a difference. This is an issue that is in the news all the time at the minute, so come along if you'd like to know how to ACT so that things can change...

<http://www.stopthetraffik.org>

Anita Firth

COFFEE FOR THE SOUL

- LEADERS

For our leaders seminar this year we want to give you time and space to relax, away from the madness of the weekend. Bring your questions, share your stories, have a cuppa with a friend, or just sit in the peace and quiet for an hour. The prayer team will be available to pray for you individually or as a group of leaders, if you'd like it!

Gillian Best & Prayer Team

WORKSHOPS

Sat afternoon - 4:00 - 5:15

BATIK ARTWORK

Anyone can be an artist in the Batik workshop! Make your own masterpiece and add your flair to a large banner that will travel half way across the globe with this unique art-form that uses a wax resist dyeing technique. Each person who attends this workshop can expect to do something new, have fun and whether you're an amateur trying your luck or an expert looking for a challenge, you'll take home a personally designed piece to wow your mates.

Sharlene Kemple

TOO OLD TO HAVE FUN? THINK AGAIN!

We're going to play some classic games, some of which you may not have played since you were 5, others you may never have played at all and probably a few you play every week at your own youth group. Come and laugh and maybe even learn a little too.

Ross Jonas is a drama student and has therefore been educated in the art of playing games.

THE HAIR & NAIL BAR

From many years of sleeping (or not sleeping) on hall floors, at Autumn Soul, ourselves we realise that it's not always glam. So come and get some well deserved pampering at the hair and nail bar and go out looking like you've been staying at a 5 star hotel! You'll even pick up some beauty tips and styles that you can do again yourselves. Relax and unwind in the midst of Autumn Soul Madness.

Jo is a 27 year old (that's still really young) who likes dance, travel, baking, videography and loves to pamper....and be pampered!

Hey, I'm Alex Miskimmin, I've been coming to autumn soul for years and love it! Work for jet2.com, love a bit of chat and banter, hope to see you soon!

ZUMBA ZUMBA ZUMBA!

If you've never tried Zumba - now's the time! Zumba Dance Fitness is taking the fitness world and the dance floors by storm and is absolutely great fun! There's nothing serious about it, it's all about having a laugh and getting your groove on the dance floor! Zumba is for everyone, guys, gals, young, old - so come along and join the party! You don't have to be a dancer, you don't even have to be co-ordinated, it's a fusion of fast and slow paced Latin rhythms that combine together to make a top notch dance fitness workout! You don't spend ages learning routines, just follow my lead, and away you go - easy!

I'm Lisa from Dublin and I have been dancing pretty much all my life! I became hooked on Zumba the first class I did, and loved it so much, I am now an instructor! The class is great fun altogether, so come on down and give it a go!

GEOCACHING (N) A REAL WORLD, OUTDOOR TREASURE HUNT GAME

Come along if you enjoy the outdoors or just need a bit of fresh air. It is defined as a sport, but geocaching really only involves a bit of walking, so if you aren't very athletic this is a good sport for you. A 'geocache' is a hidden item placed in a specific location, the co-ordinates are then logged on the internet and we use a GPS to find them (like a treasure hunt!) This workshop is open to anyone, whether you've never been geocaching before or you've found nearly all the geocaches there are! You might be wise to bring a coat.

John is the Methodist Chaplain at Queen's University. He is married to Ruth and has 2 children. Until now he has found 510 geocaches, the farthest away being in Israel!

Colin is a Youth and Family Worker for Movilla Abbey and Comber Methodist churches. He has been married for 3 and a half months and is still getting used to being woken up by the hairdryer! Until now he has found 135 geocaches, the farthest away being in Spain.

DJ/VJ

Have you ever wanted to learn how to DJ or how to VJ? Does anyone know the difference?! Have you ever wondered what these skills have to do with worship? Well, at our workshop, you'll not only pick up some new skills like beat-matching and video technology, but you'll hopefully also go away with a fresh heart for worship too, as we learn more about engaging with the culture around us and learning to find God in unexpected places.

Bruce Gardiner-Crehan & Craig Fetherstonhaugh

DUSTER HOCKEY TOURNAMENT

Duster Hockey can be played by anyone, whether you're a hockey expert or not. It's a fast-paced version of the classic game and can get quite competitive, but it's lots of fun and good exercise too! Each game is short so don't worry if you're not the most athletic. If you've got some excess energy to burn off after all those energy drinks, then this is the workshop for you. The workshop will be organized as a tournament so come along as part of an elite team of 6, or as an individual and we'll place you in a team!

Glen, Michael & Steve (Dundrum TOM team)

IS THIS IT? - TEARFUND

You wake up, get washed [maybe], get breakfast, go to school, come home, get dinner, do your homework, watch some TV and then go to bed. Have you ever wondered whether if this is all life is about? In this workshop we are going to talk about the things you do in your everyday. From the small to the big, significant or insignificant, lets think creatively how we can make a difference in the world that's on your doorstep and the wider world! Come prepared to chat and get involved! Also read Romans 12: 1 before you come! See you there!

'we cannot all do great things, but we can do small things with great love' Mother Teresa
Dave Cavan