

You are precious in God's
sight

Isaiah 43:4

You are God's daughter

Galatians 3:26-28

Your body is a temple of
God's Spirit

1 Corinthians 6:19-20

You are God's work of art

Ephesians 2:10

You have been set free
through Jesus

John 8:31-32

You are knit together by
God

Psalms 139:13-14

You are worth far more
than rubies

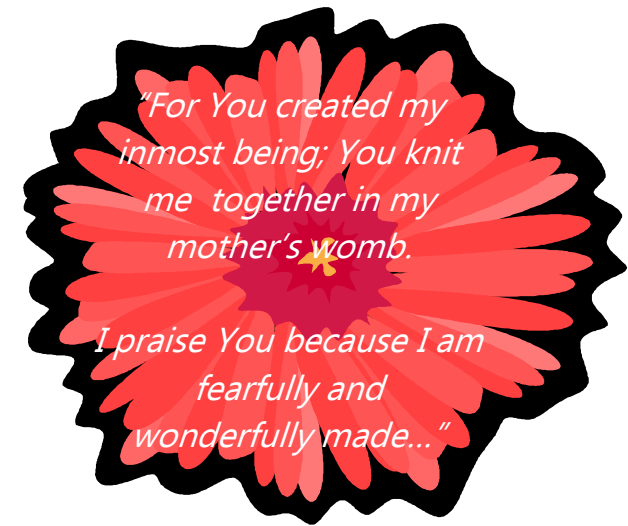
Proverbs 31:10

You are a shining star in



Atonement Lutheran Church
4601 S. University Dr.
Fargo, ND 58104

Wonderful You



A Luncheon
for young ladies in grades
4, 5, 6 and their mothers

Saturday, March 20, 2010

10AM—2PM

Atonement Lutheran Church

Hey Girl!

Do you feel like you're going through lots of changes?

Do you feel like no one in the world understands you?

Are you aware of how totally wonderful and beautiful you are?

Do you know that you are a precious daughter of God, created in His image?

WONDERFUL YOU

is an event just for you, to talk about all the changes going on in your body and heart during this crazy part of life called adolescence. You will learn about how God created your body, why all these changes are happening, how to understand yourself in the context of today's culture, and what it means to be a daughter of God.

Date: Saturday, March 14, 2009

God Made You

Dear Parents/Female Mentor,

Wonderful You is a luncheon for girls and their mothers/female mentors that encourages and uplifts young girls while focusing on how young ladies' bodies and hearts are changing as they grow into adulthood.

Wonderful You includes information regarding basic anatomy and physiology of the reproductive system as well as effects of the media, advertising, and peers on our well-being with a Biblical perspective of nutrition, body image and self esteem. Also included is a Young Women's Panel of high school girls that are living for Christ. They will answer questions the girls have about growing up in today's culture.

Our children are growing up in a different world than the one we grew up in. Harvard Eating Disorders Center reports, "Forty percent of fourth graders report that they diet either 'very often' or 'sometimes'". Our goal for **Wonderful You** is to teach girls the goodness of how and why God designed their bodies.

Wonderful You will be a special day for your girls, allowing them to receive accurate, sound information regarding the changes they are experiencing. This will be a little different than the presentations provided in school, as it will be done from a distinctively Christian point of view, in the context of our relationship to God who created us and redeemed us in Jesus Christ. Our bodies are a gift from God.



To register, complete this form and enclose your payment of \$5/person. Please make checks

payable to Atonement Lutheran Church. Mail to: Atonement Lutheran Church,

4601 University Dr S, Fargo, ND 58104.

Name _____

Adult Attendee _____

Address _____ City, State, Zip _____

Home Church _____ Family Email _____

Grade in School _____ Age _____ Phone # _____

Parent's cell phone _____ Parent's work phone _____

I give my daughter permission to participate in Wonderful You at Atonement Lutheran Church.

Parent/Guardian signature _____