

# **Sisterhood Saturday**

## **Gardens of Grace Tea Party**

Kennisha L. Green, First Lady



**Welcome & Purpose  
Ice Breaker**

**Motivational Mugs**

**Lunch**

**“Healthy Hearts For All”**

**“Styled in Grace”**

**Ice Breaker**

**“It's Relational”**

**“Becoming God's Exceptional Woman”**



# Spilling the TEA on Relationships

**The Ingredients of a Healthy Relationship:**



Trust

Communication

Boundaries

Accountability

Forgiveness

Self-Worth

Breaking Old Patterns

Affirming Worth

Peace