

*she is...*

# FREE

WOMEN'S CONFERENCE



# SHE IS FREE: EMBRACING AUTHENTIC FREEDOM IN YOUR JOURNEY

Calling all sisters navigating the beautiful mess of being a woman! Join us for a conference designed for those of us figuring out relationships, faith, careers, and identity all at once.

"She Is Free" creates space for women for all ages to breathe, connect, and discover what genuine freedom in Christ looks like during this time. In a season filled with transitions, expectations, and seemingly endless decisions, this conference offers something different: authentic community and biblical truth that liberates rather than constrains.

At this gathering, you'll:

- Unpack the cultural and self-imposed pressures uniquely facing women
- Discover how to make decisions from a place of freedom rather than fear
- Connect with other women who understand the struggle
- Explore what Scripture truly says about freedom versus the world's definition
- Find practical ways to live authentically in your faith journey

Whether you're feeling stuck in comparison, battling anxiety about the future, wrestling with past church experiences, or simply craving deeper community, "She Is Free" meets you where you are. Come as your authentic self—questions, doubts, hopes and all.

"So if the Son sets you free, you will be free indeed." — John 8:36

Join a community of women in the city of Colorado Springs, seeking something real in a world of highlight reels and quick fixes. This isn't about perfect answers—it's about finding freedom together.

# MEET OUR SPEAKERS



## Octavia Cormier

PASTOR AT ZEAL CHURCH & PODCASTER

Octavia pastors Zeal Church here in Colorado Springs, along with her husband Brandon Cormier. She is also the host of an incredible podcast, *With Grace*. Octavia is a passionate wife and mother! Drawing from years of discipleship of young women and working as a therapist, Octavia combines psychological applications with spiritual truth to help people experience authentic freedom.

## Jess Connolly

AUTHOR, BIBLE TEACHER, PODCASTER, and COACH

Meet Jess—she’s an author, Bible teacher, podcaster, coach, and also a wife, mom of four, local church leader, and friend. Jess understands what it’s like to live a full (and sometimes overwhelming) life. Her heart is to help women feel more awake, alive, and present as they step into the places God has called them.



# HOSTING YOUR OWN WATCH PARTY

We are so excited that you have decided to host a watch party for our 2025 She is Free Women's Conference. A watch party is a fun and easy way to bring sisters together in one room to enjoy great food, community, and hear from our incredible speakers as you seek to deepen your faith and learn about your true freedom in Christ.

This Watch Party Guide Includes:

1. Before, During, and After the Event Checklist
2. Printable Invitations to Send to Your Friends, Family and Neighbors
3. Suggested Timeline for the Event
4. How to Cast the Virtual Event on Your TV
5. Food and Drink Recipes
6. Prayer

# YOUR WATCH PARTY CHECKLIST

## Before The Conference

Invite Your Friends  
Prepare Your Event Space  
Plan Food/Drinks

## During The Conference

Greet Guests as They Arrive  
Take Pictures  
Pray  
ENJOY!

## After The Conference

Engage in Discussion About the Event  
Thank Everyone For Coming  
Pray Out

# YOU ARE INVITED

Please join me for a watch party of the 2025  
SHE IS FREE Women's Conference

**Where:**

**When:** Friday September 12, 2025

**Meet Up Time:**

The live event starts at 6:30PM

"She Is Free" creates space for women for all ages to breathe, connect, and discover what genuine freedom in Christ looks like during this time. In a season filled with transitions, expectations, and seemingly endless decisions, this conference offers something different: authentic community and biblical truth that liberates rather than constrains.

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# SUGGESTED TIMELINE FOR THE EVENT

5:00PM – 6:30PM Food and Community

6:30PM – 9:30PM Watch and Enjoy

9:30PM – 11:00PM Discuss and Dismiss

# HOW TO CAST FROM YOUR COMPUTER TO YOUR TV

To get the most out of the conference, you should plan on connecting your laptop or phone to your TV

## **DIRECT HDMI CONNECTION**

If your laptop or device has a **HDMI** port you should be able to connect your device directly to the TV via a **HDMI** cable. Make sure you choose the proper input on your TV. You may need to configure the sound to transmit through the TV. Click [here](#) for more details.

## **AIRPLAY WITH APPLE**

Use AirPlay to stream or share content from your Apple device to your Apple TV or AirPlay 2-compatible smart TV. For detailed instructions, please visit the Apple Support page [here](#).

## **CAST WITH GOOGLE OR ANDROID**

Use Chromecast to stream or share content from your device to your Chromecast or Chromecast-compatible smart TV. For detailed instructions please visit the Google Chromecast Support page [here](#).

## **CAST WITH YOUR PHONE**

To cast from your phone to your TV, ensure both devices are on the same Wi-Fi network. On your phone, open the app containing the content you want to watch, tap the cast icon, and select your TV from the list. For detailed instructions click [here](#).

*Helpful Tip: Test your device setup a few days before the event to avoid tech issues interrupting our enjoyment of the evening.*

# COWBOY COOKIES



## INGREDIENTS

- 1 cup unsalted butter melted until browned.
- 1 and 1/2 cups light brown sugar, packed
- 1/2 cup granulated sugar
- 2 large eggs at room temperature
- 1 large egg yolk at room temperature
- 2 and 1/2 teaspoons pure vanilla extract
- 2 and 1/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 and 3/4 cups old-fashioned oats
- 3/4 cup sweetened flaked coconut
- 1/2 cup pecans, roughly chopped plus more for decorating
- 12 ounces semi-sweet chocolate chips
- 1 teaspoon flaky sea salt optional

## DIRECTIONS

1. Preheat oven to 350(F) degrees. Line two large baking sheets with parchment paper; set aside.
2. In a large bowl using a whisk, beat together the browned butter and both sugars until well combined, about 2 minutes. Don't worry if they look a little separated here.
3. Whisk in the eggs and yolk, beating until well combined. About 45 seconds. Whisk in the vanilla.
4. In a separate large bowl, whisk together the flour, baking soda, cinnamon, salt, oats, coconut, pecans, and chocolate chips.
5. Fold the dry ingredients into the wet ingredients, mixing just until combined.
6. Scoop 2-inch balls of cookie dough onto the prepared baking sheets, leaving 2-inches between each ball so they have room to spread.
7. Bake, one sheet at a time, in preheated oven for 12 minutes, or until cookies are golden and set at the edges and still slightly soft in the center.
8. Press extra chocolate chips and pecans on top of cookies when they come out of the oven (optional). Sprinkle with sea salt, if desired.
9. Cool cookies on baking sheet for 10 minutes before transferring them to a wire rack to cool completely

# COWBOY CAVIAR DIP



## INGREDIENTS

- 1 can black beans, drained and rinsed
- 1 can black-eyed peas, drained and rinsed
- 1 can sweet corn, drained
- 1 red onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 jalapeño seeded and diced
- 1 avocado chopped
- 1 cup tomatoes seeded and finely diced
- 1 cup fresh cilantro or parsley, chopped
- ½ cup olive oil
- ¼ cup lime juice
- 1 tsp chili powder
- 1 tsp cumin
- 1 tablespoon honey
- Salt and pepper to taste

## DIRECTIONS

1. Place the beans, black-eyed peas, tomatoes, jalapeno, corn, avocado, bell peppers, onion, tomato, and cilantro in a bowl
2. In a small bowl, whisk together the olive oil, lime juice, honey, chili powder, cumin, salt and pepper
3. Pour the dressing over the bean mixture and toss gently to coat. Serve as a salad or with chips.



# SOUTHERN SWEET TEA

# COUNTRY LEMONADE



# PRAYER

Lord Jesus, I humbly kneel at your feet knowing that I am a sinner. I believe that you are the Lord almighty that became flesh to redeem me by dying for my sins and rising again. What vast love you lavish on me God that you would die for me. I confess that I have fallen short of your glory and seek your forgiveness. I turn away from my sins and ask you to come into my heart. Give me the strength to fight temptation and keep my eyes fixed on your and your kingdom. Take captive every thought in my mind. Guide my steps into the wild and free calling that you have set for my life. In your powerful and mighty name. Amen.