

WOMEN'S
Freedom
GATHERING



*Riding
the
Waves*

**A MAJESTIC OCEANFRONT GATHERING
OF WOMEN & WORSHIP**

May 1-3, 2026

Topsail Island, Surf City, North Carolina

Psalm 98:7 says, "Let the ocean's waves join in the chorus with their roaring praise."

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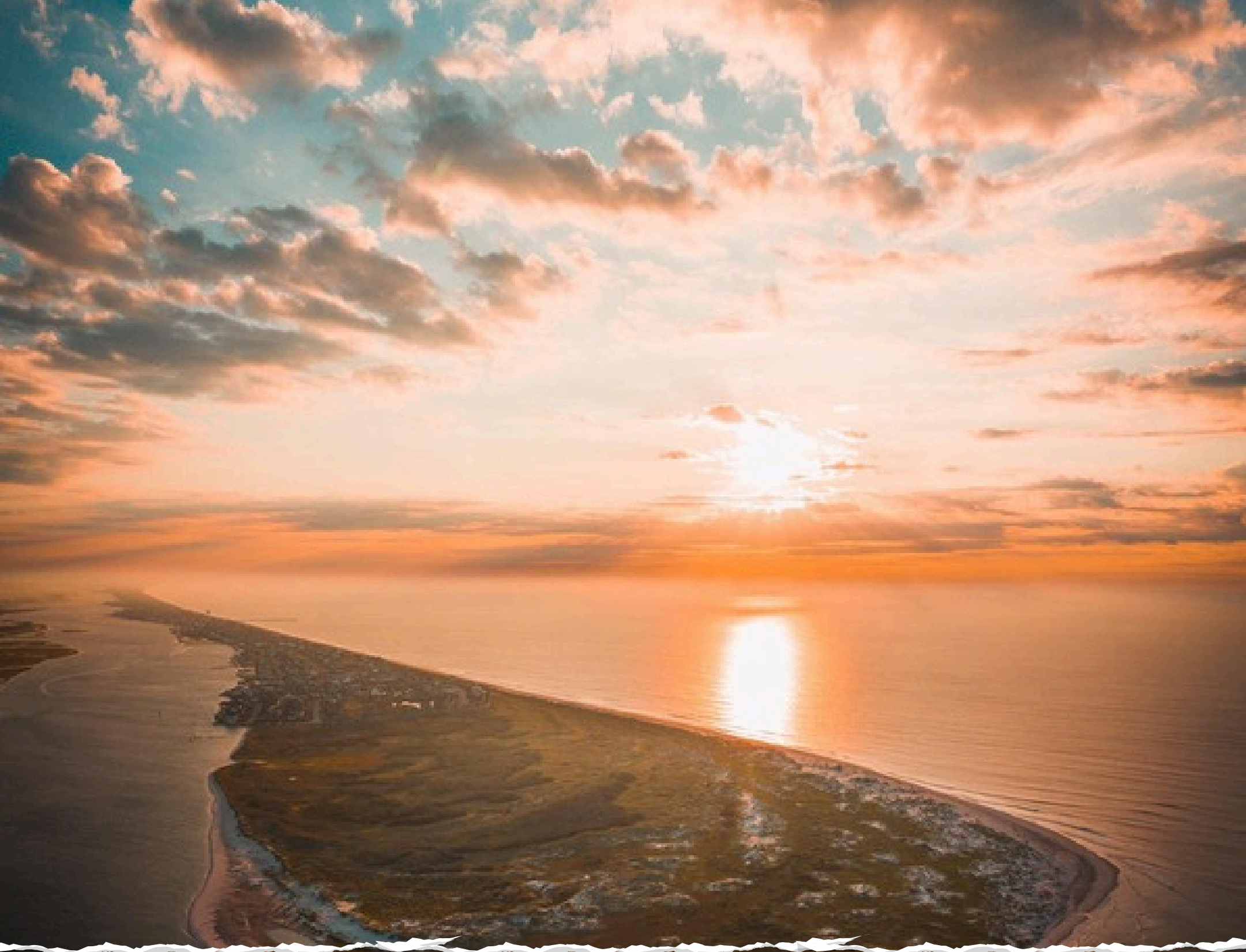
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welcome

To Topsail Island

Life's journey often feels like navigating unpredictable waters—seasons of calm followed by unexpected storms. As women of faith, we don't face these waves alone. Anchored in the righteousness of Christ (2 Corinthians 5:21), we learn to ride each wave with confidence, knowing that our union with Him gives us the strength to rise above every challenge. Together, through fellowship, worship, and growing in biblical truth, we discover that the waves meant to overwhelm us become the very currents that carry us into deeper faith, greater joy, and true freedom.



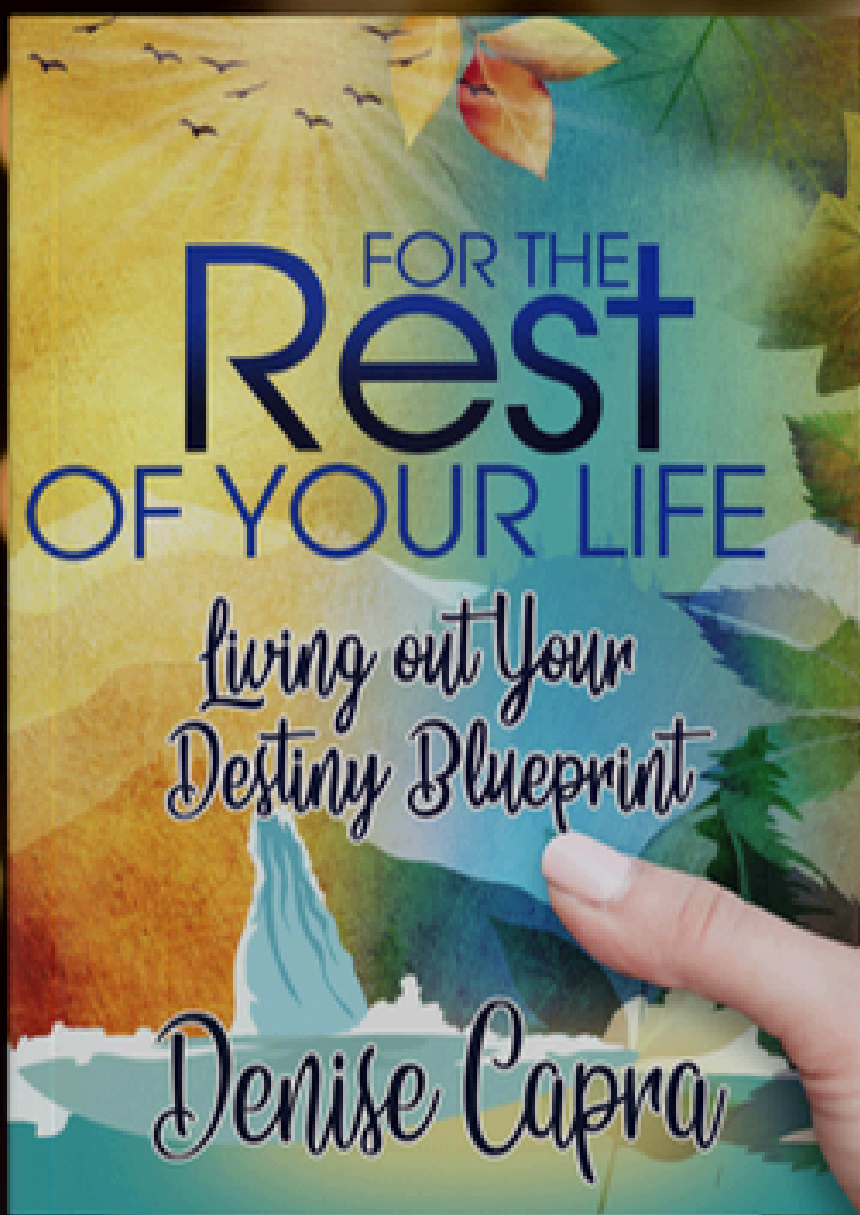
Scripture Focus

Hebrews 4:4 TPT

“for it says in the Scriptures,

And on the seventh day God rested from all his works.”

God’s works have been completed, even though the world has fallen. The Greek word *katabolē* means “to fall down” or “to throw down.” It is most often used for laying down a foundation, but it can also imply the fall of humanity through sin. Even though the world has fallen, God’s works have already been accomplished, unhindered by the sin of man. God’s finished works supersede the brokenness of our planet.



About the Book

Dive into scripture with 'For the Rest of Your Life.' Denise reveals God's original intention for humanity through insightful reflections on biblical history. With a clever play on words, she highlights the simplicity of resting, trusting, and believing in God's goodness and Christ's finished work. Prepare to confront the paradox of faith as Denise challenges you to align belief with action. This book offers a roadmap to living a purposeful life of unwavering trust in God's promises.

[BUY BOOK](#)



Excerpt

*artwork by polly
lunetto*

For the Rest of Your Life

“The Lord gives the command [to take Canaan]; the women who proclaim the good news are a great host (army); the kings of the [enemies’] armies flee, they flee, and the beautiful woman who remains at home divides the spoil [left behind]” (Psalm 68:11-12 AMP).

It’s time for us to fully understand the light of this truth! I believe it’s a sign of the times.

This speaks to all of us, and especially us women. It’s time to rise up and be the catalyst for a gospel revolution!




Come Ready to Be Inspired, Equipped... and Maybe Carry a Bigger Bag



Get excited—because our Conference book table is **PACKED** with powerful, life-giving resources you won't want to miss!

We're bringing in an incredible assortment of books from trusted voices like Dr. Jim Richards, Andrew Wommack, and many more amazing authors who are passionate about helping you grow in faith, healing, and purpose.





Women's Freedom Gathering

Pillars of Vision

- **Faith-Righteousness**

Building upon the understanding of Faith-Righteousness as exemplified in 2 Corinthians 5:21 (TPT) -

"For God made the only one who did not know sin to become sin for us, so that we might become the righteousness of God through our union with him."

- **Having Fun**

Engaging in fellowship, worship, and various experiences that foster joy and fulfillment in the journey of faith.

- **Education**

Growing in knowledge of Christ, His empowerment, and making a cultural impact through continuous learning and understanding of biblical principles.



Important Information

Phone numbers & addresses while here.

MEETING LOCATION

Majestic View 3600 Island Drive, Surf City, NC
(Topsail Island)

Host Contact:

Denise Capra

816-668-6270

Event Liaison:

Amber Sloan

435-671-5083

AIRPORT TRANSPORT:

If you'll need coordinated transportation from ILM, please connect with Amber Sloan ahead of time to arrange details, as rides will be scheduled on designated days.

The Schedule

Friday, May 1

Before 5:00 pm	Arrivals
5:00-6:00 pm	Registration
7:00 pm	Evening Session

Saturday, May 2

9:00 am	Morning Sessions
11:30 am	Breakout Sessions
12:30 pm	Catered Lunch
1:30 pm	Free Time
7:00 pm	Evening Session

Sunday, May 3

9:00 am	Morning Session
11:30 am	Communion on Beach
After 5:00 pm	BBQ & Low Country Boil hosted by the Sloans

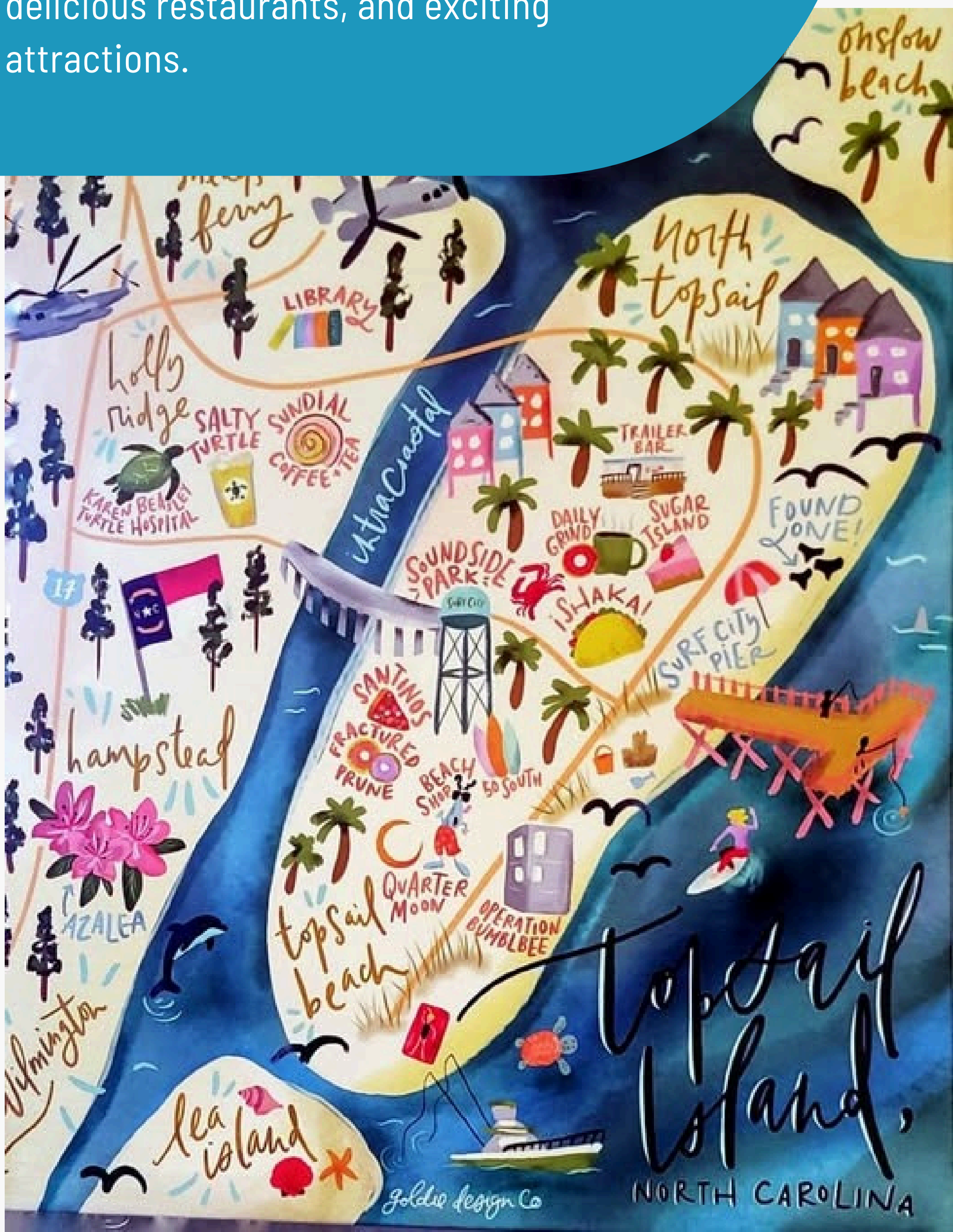
Expected Weather

High: 72, Low: 59, Sunny, Partly Cloudy

Expected weather is based on average around this time of year. For accurate weather, check before packing!

Topsail Island

A gem of the North Carolina coast, Topsail Island is a well-kept secret and favorite spot for locals and visitors alike. A quintessential beach town, Surf City, boasts unique shops, delicious restaurants, and exciting attractions.





Restaurants & Coffee

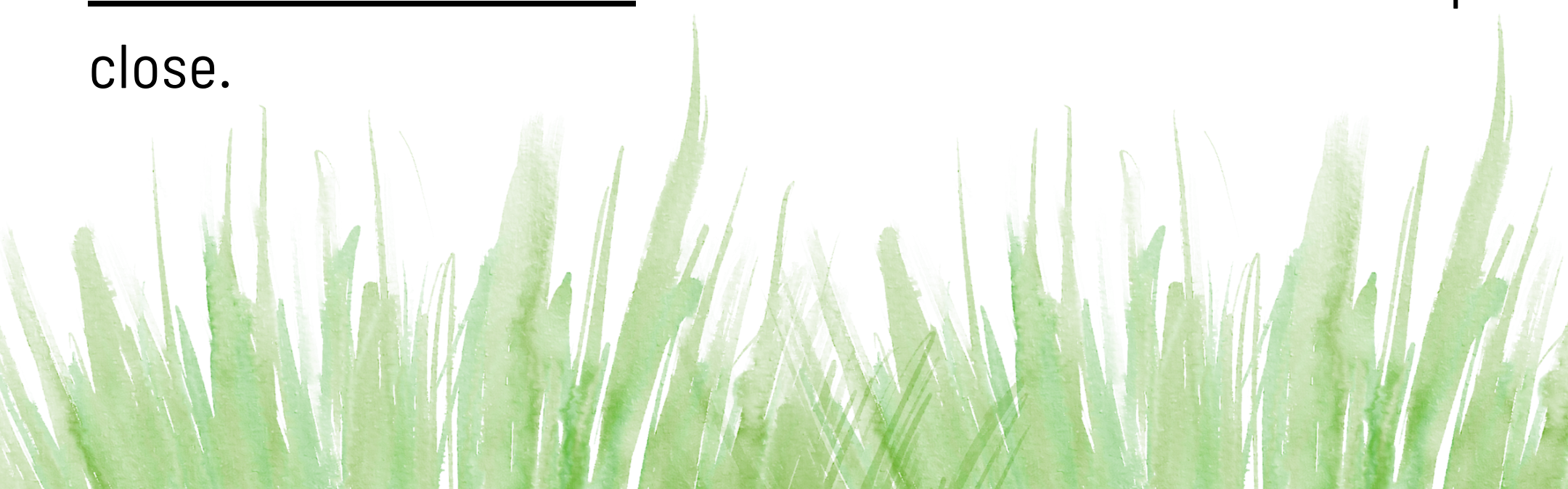
Enjoy some of the best local flavors just minutes away! Take in oceanfront dining and fresh coastal favorites at **Daddy Mac's Beach Grille**, or start your morning with coffee and a sweet treat at **Sea Blue Coffee & Ice Cream**. For a casual bite, savor bold flavors at **Margaritas Mexican Grill**, or enjoy fresh seafood at **Shuckin' Shack Oyster Bar** and **Cape Fear Seafood Company**—both local favorites!





Shop & Attractions

Explore the charm of Topsail through its unique shops and family-friendly attractions. Browse coastal finds at **Bumblebee Market** and **Salt Marsh Shop**. Spend the day discovering marine life at the **Topsail Aquarium**, or visit the beloved **Karen Beasley Sea Turtle Rescue and Rehabilitation Center** to see rescued sea turtles up close.



Denise's Favorite Spots

Recommendations from the host herself!
Click on the name to go see more.

COFFEE, SMOOTHIES, & MORE

- Surf City Coffee
- Diver Cafe
- Daily Grind
- Sundial Coffee and Tea
- Salt Marsh Market
- Surf Dog Bites & Brews
- Daybreak Donuts

SMALL BITES

- Sunrise Bagel
- The Fast Fish
- New York Deli

BEST DINNER SPOTS

- Splash by the Sea *(beautiful view of pool & beach)*
- Beach Shop and Grill *(live music in evenings)*
- Surf City Line *(live music in evenings)*
- Agave Azul Modern Mex & Cantina *(Sneads Ferry, NC)*
- Beauchaines *(food is phenomenal but pricey)*
- Margarita's Mexican Grill
- Coastal Wings & Spirits

EVENING FUN

- UnWined Topsail *(coffee bar with live music on deck)*
- Salty Turtle *(brewery with food trucks most nights)*
- Shuck n Shack for Seafood
- Coastal Wings & Spirits

MORE SHOPPING

- Mia's Marketplace
- Quarter Moon Books & Gifts
- Salty C Girl Island Boutique



The Gathering

speakers

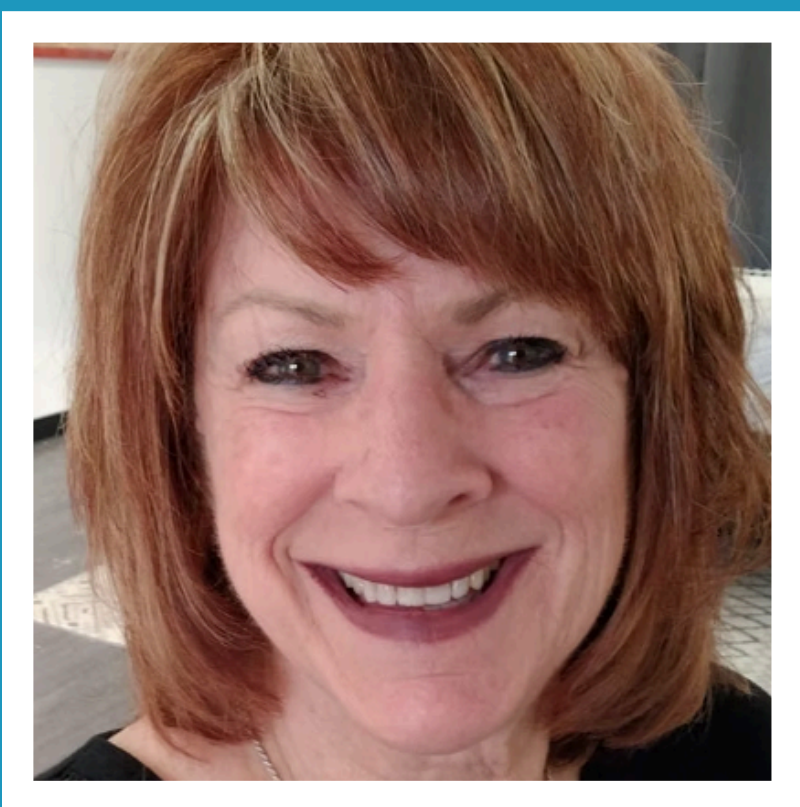


Denise Capra

Prophetic Leader

For over 30 years, Denise has co-pastored Faith Kansas City, using her teaching and prophetic insight to inspire individuals to fulfill God's blueprint for their lives.

Her heart for missions has taken her to 45 nations, where she shares the gospel and trains ministry leaders. Denise's leadership and vision are central to the Women's Freedom Gathering, and she and Dennis serve as Executive Regional Leaders in Andrew Wommack's Ministry Network (ARMI).



Geri Coulter

Purpose Mentor

Geri is a devoted servant-leader with a heart for helping women discover their God-given purpose.

From Farmington, Missouri, she carries a passion for teaching biblical truth in a practical and spiritually empowering way. Geri encourages women to walk in confidence in Christ, press through obstacles, and step into a life of transformation and purpose.



The Gathering

speakers



Terri Diaz

Faith Mentor

Terri and her husband Dennis are the founders of Desert Oasis Church.

Her experiences on the mission field instilled a profound passion for helping people understand that God's love can navigate any obstacle. Terri's ministry reflects her dedication to sharing the unchanging love of God, encouraging women to move forward in faith and embrace freedom in Christ.



Lise Strobel

Faithful Servant

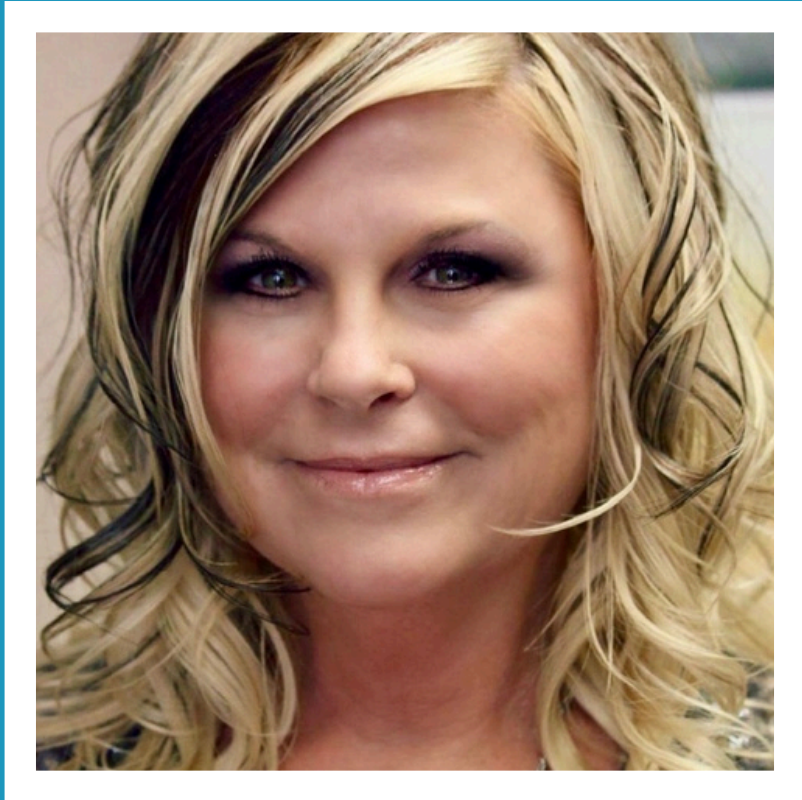
Lise has been part of Faith KC since its beginning, serving in many roles after completing Bible college and being ordained there.

She spent over 20 years in women's ministry, led home groups, and taught in Excel Bible School. Passionate about life transformation through Jesus, she most recently served as Director of Clinic Services in Kansas City and is now enjoying time with her growing family.



The Gathering

speakers



Patty Avila

Healing Minister

Patty is a Spirit-led minister, speaker, and author passionate about restoring hope and healing to those with broken hearts.

Through life's deepest valleys—including the loss of her daughter—she has learned that God works all things for good. For over two decades, Patty has shared biblical truth with compassion and prophetic insight, helping others rediscover their identity in Christ and intimacy with the Father.



Nancy Thompson

Empowerer

Nancy is a passionate communicator of God's love, grace, and truth.

She brings warmth, authenticity, and deep spiritual insight to every platform she steps onto. With years of ministry experience, Nancy leads women into freedom, helping them reclaim their identity in Christ, rise above challenges, and walk victoriously in purpose through teaching, personal stories, and life application.



The Gathering

speakers

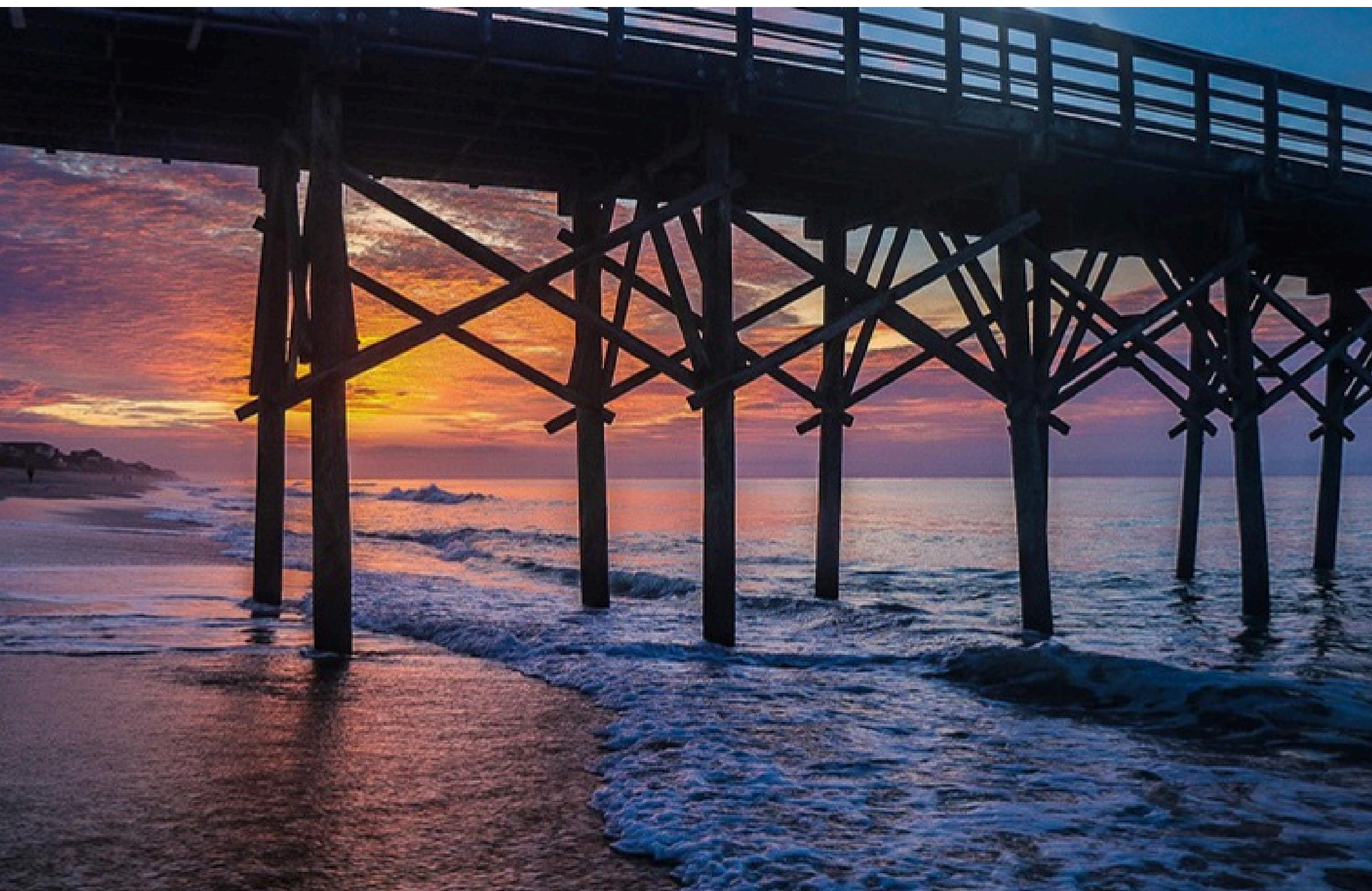


April Carr

Kingdom Steward

April blends faith, business, and heart into a life of influence and impact.

As a WealthBuilders leader, she guides others to steward their resources with kingdom purpose and integrity. Through her journey—with triumphs and trials—she passionately speaks life into broken places, encouraging women to trust God’s timing, rise above adversity, and walk confidently in their identity in Christ.





The Gathering

worship



Mona Clark

Joyful Worshipper

Mona co-pastors alongside her husband Bob at Crossover Ministries and serves as a Regional Leader for the Northwest states.

Gifted with a creative spirit, Mona exalts Christ through worship that inspires joy and restores beauty from ashes. Her ministry creates spaces where women can encounter God, lift their voices in praise, and be transformed by His presence.



Nicole Strevell

Passionate Worshipper

Nicole is a passionate worship leader with over 20 years of ministry experience, helping others encounter God through music.

She has led worship in churches, retreats, conferences, and community events. Nicole lives in Wilmington, NC with her husband and two adult children and enjoys songwriting, hiking, and time with family and friends.



The Gathering

event liasions



Amber & Brian Sloan

Event Liasion & Airport Transport

Amber and Brian Sloan bring heart, vision, and steadfast faith to the Women's Freedom Gathering.

Amber serves as the conference liaison, managing lodging, transportation, and all event logistics, ensuring every detail is handled with care. Brian coordinates airport transport and supports logistical planning to make the retreat seamless for all attendees. Together, they create a welcoming, encouraging environment where women can rest, connect, and grow in freedom and purpose by the waves.





Friday evening schedule

5:00-6:00 PM

Registration

7:00 PM

Evening Session

Emcees: Amber Sloan & Lise Strobel
Worship with Mona Clark & Nicole Strevell

Session 1: Denise Capra

Session 2: Lise Strobel

Afterwards

Small Bites & Desserts



Saturday schedule

9:00 AM - Morning Sessions

Pastry, Fruit, & Coffee

Worship with Mona Clark & Nicole Strevell

Session 3: Terri Diaz

Session 4: Patty Avila

11:30

Breakout Sessions

12:30 PM

Lunch by Shaka Taco

1:30 PM

Free Afternoon

7:00 PM - Evening Sessions

Session 5: April Carr



Breakout Sessions

Choose one session to attend

Each session is designed to be interactive and encouraging, with a blend of Scripture, testimonies, and real-life application.



Waves of His Presence & Prayer

Nancy Thompson

Discover how to pray with confidence—learning to believe, stand in faith, and respond from a fully persuaded heart.

God's Healing Wave & Word

Patty Avila

Be encouraged to trust God through challenges and grow confident in His will for your healing.

Overcoming Waves of Grief

Geri Coulter & Terri Diaz

A heartfelt session on navigating loss, trusting God in uncertainty, and finding restoration and strength in Him.

Waves of Escaping the Performance Trap

Amber Sloan

Gain practical tools to stay grounded in peace and avoid burnout in the midst of busy schedules and responsibilities.



Breakout Sessions

Worship Waves

Mona Clark

Experience connecting with God through worship—expressing your heart through melodies, hymns, and spiritual songs.

Waves of Color

Cynthia Gierer

A creative, hands-on session with a guided painting experience using a small canvas and paint set.

Waves of Wonder: Parenting & Grandparenting

Lise Strobel & Denise Capra

Through stories and Scripture, learn to stand on God's promises for your family rather than your circumstances.

Waves of Nutrition & Fitness

Ali Capra

A practical session focused on honoring your body through movement, healthy rhythms, and balanced, life-giving nutrition.



Sunday morning schedule

9:00 AM - Morning Sessions

Worship with Mona Clark & Nicole Strevell

Session 6: Geri Coulter

Session 7: Nancy Thompson

Testimonies

Communion with Nancy & Geri

After Communion

Lunch by Cora's Deli

Free Afternoon

After 5:00 pm

BBQ & Low Country Boil
at the venue

(spouses welcome too)



special
Thank you

Gift bags

by Cris White Davis

Flowers

by Cynthia Gierer

Photography

by Julie Legg

Digital booklet

by Andrea Winnubst



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