



Ms. Princess Frynchie, The Summit Hostess Exodus Outreach Ministries Stafford, VA

Ms. Princess Deneice Frynchie was too mean to live and unfit to die! Through the tender mercies and grace of God, she gave her life to the Lord Jesus Christ at her beloved grandmother's funeral, the late Evangelist Mother Julia Dell Smith on January 6, 1996. From that point on, God has and is doing a wonderful reconstruction in her life.

In January 1999, Princess started the Exodus Outreach Prison Ministry at the Washington State Reformatory. She became a Religious Supervisor under the institution's Chaplain. She was honored in 2001 as Volunteer of the Year by the Washington State Reformatory.

On December 31, 2003, Princess was awaken from sleep in which the Lord made clear that she was to be a vehicle to get individuals to walk a purpose driven life in God. She became the Founder of Exodus Outreach Ministries, a ministry that provided Christian Bible based outreach services throughout the Puget Sound area of Washington State through the use of a youth program for those who have been characterized as at-risk and a transitional program for those who were being release from institutional incarceration. This ministry was birth from her experience working with incarcerated individuals.

Princess has been so honored by God to be a vessel used to serve in different church capacities as she moved with the United States Army. Such opportunities included serving as the Administrative Assistant to the Arts and Worship (Music) Ministry and Director of Evangelism at Mount Calvary Christian Center in Seattle, Washington under the anointed leadership of Superintendent Reggie C. Witherspoon, Senior. She served as Sunday School Teacher, Praise and Worship Member and in the Altar Ministry at Sierra Vista Church of God in Sierra Vista, Arizona under the passionate leadership of Bishop Charles Neill. While at Beacon Avenue Church of God in Seattle, Washington with Bishop Alvin Vaughn, she served as the Director of Evangelism and Sound Engineer. During her time in Atlanta, Georgia she worked as a Stewart of Solomon Temple at Global Destiny International Center under Bishop Thomas Weeks III.

In 2009, Princess followed the military again to Virginia where she assisted with Evangelism and the Daughters of Naomi Ministry at Mount Peniel Church of God in Christ under the praying ministry of Pastor Andie Cork, Senior while in their watch care program. In June 2014, she finally rooted herself in Virginia and became a member of True Foundation Apostolic Ministries under the dynamic leadership of Pastor Eric Zimmerman.

In April 2013, Princess rebirthed Exodus Outreach Ministries in Virginia again pursuing the youth through the leading of the Holy Spirit with programs like Girl Talk Cafe; Women of Destiny, Daughters of Purpose; man2man; iJn Studio; DMV Experience; The Summit; and Restoring Hope. She knows that God has given every youth a purpose and it is her job to help pull it out of them by any means necessary through the help and guidance of the Holy Spirit.

Live a Purpose Driven Life in Jesus!



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Exodus Outreach Ministries PO Box 154 Garrisonville, VA 22463

www.exodusoutreach.org 4 (206) 760-1011



Exodus Outreach Ministries purpose is to meet the needs of the community through a holistic approach while attracting those who are not saved to the saving grace of God through Jesus Christ. To minister to women through mentorship, encouragement and empowering (ME2) for their perfecting, their work of the ministry and their edification. To glorify God through the expression of the creative arts.



Exodus Outreach Ministries reaches the community through several programs: Girl Talk Cafe; Women of Destiny and Daughters of Purpose; The Summit; and Restoring Hope.



With a full graphic studio, iJn (in Jesus name) Studio, Exodus Outreach Ministries not only produces its own material but has helped other non-profit organizations with marketing materials. iJn Studio launched its first television program, DMV Expeience which broadcasts on Fairfax Public Access.

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True Foundation Apostolic Ministries

"A Place Where True Love Reaches Beyond the Walls"

www.thetruefam.com

truefamapostolic@gmail.com

EXODOUS OUTREACH MINISTRIES PRESENTS:

Let us know you are coming: http://exodusout.wix.com/exodusoutreach#!the-summit/c158w



Diquan and UTK



Friday, October 10, 2014

7:00pm

NOVA CC Lakeside Theater Seefeldt Building Room 120

Woodbrige, Virginia







Just Music









Mia Skye

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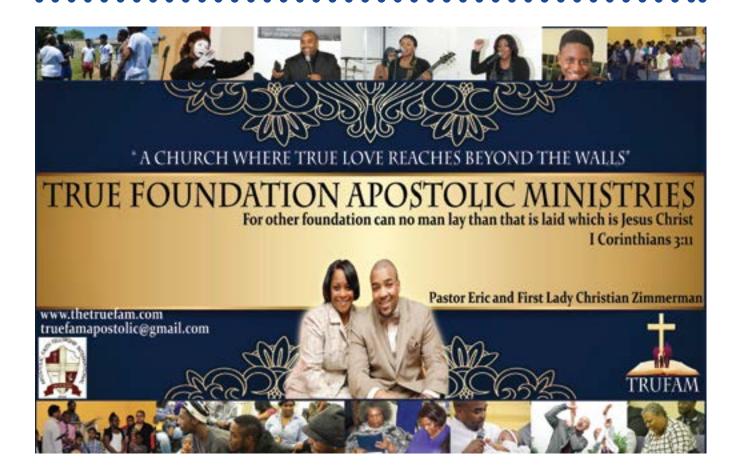
Pastor Eric G. Zimmerman True Foundation Apostolic Ministries Clinton, MD

Pastor Eric G. Zimmerman is a native of Cleveland Ohio. He is a Graduate of South High School and attended Kent State University. He relocated to Washington DC in 1986. He accepted the called to preach at 26 years of age and has been standing on the wall ever since.

Being saved since the young age of 14, Pastor Eric understood the perils that youth experience and has a heart for them. Pastor Eric is a family

man that values and understands the balance of family and church. He has held such positions as Youth Pastor, Praise Team Leader, Associate Minister, Brotherhood President and Youth President on a local, State Level and National level. Pastor Eric has a heart for people and answered the call to pastor a church where True love reaches beyond the walls.

Pastor Eric met Lady Christian at Victorious Life of Faith District Heights, MD under the leadership of Pastor Victor L. Furr and married on June 25th, 2011. They are still on their honeymoon. They have four daughters Dezirae, Charmaine, Erica and Mia.



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Saturday, October 11, 2014 man2man Workshop Schedule

9:00am - Reaching The Summit in Prayer



10:00am - Classroom 355 Mr. Carl Knoblock - Virginia SBA District Office -- Richmond, VA

Carl started as the district director for Virginia in June 2014. Prior to arriving in Virginia, he served as the district director for the Western Pennsylvania District Office for 8 years. Under his leadership, his team have helped a wide variety of businesses.

SBA Business Session

Carl is very active in mentoring businesses and volunteering in his spare time. He has been an adjunct instructor for several colleges and has served as an advisor to several nonprofit organizations.

Prior to becoming district director, Knoblock owned a couple of small businesses from manufacturing to service industry. He has served as C-Level executive for several innovative startups.

Lunch



1:00pm - Classroom 356 "Empowerment" Prophetess Darnice Wright

The Keys of Life Ministry Washington, DC



2:00pm - Classroom 355 man2man Mr. Maurice Jones - Mount Peniel Church of God in Christ

At the beginning of the 2014, Maurice became the Youth Department President for his church, Mount Peniel Church of God in Christ. One of the first projects he commenced was hosting and teaching youth bible studies in Lorton, VA. It was the first time he taught bible study and it was sensational and spiritually

uplifting. The most intriguing aspects was growing and learning with a group of young people that were on fire for God; and came from different denominations and beliefs. He thought, if this youthful group of individuals could look past their traditions, denominations, and focus solely on The Great Commission, then it would be more possible than not to unite the body of believers across the World.

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Saturday, October 11, 2014 Girl Talk Cafe with Business Workshop Schedule

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Lunch



1:00pm - Classroom 356 "Empowerment" Prophetess Darnice Wright

The Keys of Life Ministry Washington, DC



2:00pm - Classroon 356 Missionary T'aira McFarland

Mount Peniel Church of God in Christ Owner and founder of True Vine Fredericksburg, VA



3:00pm - Classroon 356 Mrs. Maneasseaha Bartimus

Command Sergeant Major, United States Army Reserve Second Baptist Church of Falls Church Falls Church, VA

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Saturday, October 11, 2014 Girl Talk Cafe Workshop Schedule

9:00am - Reaching The Summit in Prayer



10:00am - Classroom 356 First Lady Tara Cooley

The Well Church of God in Christ Fredericksburg, VA



11:00am - Classroom 356 "Etiquette" First Lady Christian D. Zimmerman

True Foundation Apostolic Ministries Clinton, MD

Lunch



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The Keys of Life Ministry Washington, DC



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First Lady Tara Cooley The Well Church of God in Christ Fredericksburg, VA



Evangelist Tara Lynn Cooley was born and raised in Pittsburgh, PA. She was a member of Northside Institutional Church Of God In Christ for 5 years. She relocated to the Northern Virginia area in 1984. She attended the National Church of God Seminary school and received her certificate of Studies in Ministry. In 1994 she married the Elder Clifton Cooley Jr. While under the leadership of Pastor Tony H. Campbell; Pastor and founder of "Yeshua" Church Of God In Christ she attended the C.H. Mason Bible College and received her Evagangelist Missionary License. During her tenure

as a member of "Yeshua" she held several offices. She directed the mass choir for approximately eight years. She was the assistant to the First Lady of "Yeshua", Missionary Joyce Campbell and head of the Missionary Board. She taught the Teen Sunday School class for several years and was elevated to the Adult Women's Sunday School class. She was subsequently appointed to the position of Assistant Sunday School Superintendent in which she served for four years. Evangelist Cooley is a strong supporter of the Joe Gibbs' "Youth For Tomorrow Program" where she visits on a regular basis talking and praying with troubled teens. She has also attended an annual banquet sponsored by the former head coach of the Washington Redskins, Mr. Joe Gibbs. She was an active member of the Yeshua Finance Department.

Evangelist Cooley has a strong desire for the Lord to continue to use her mightily in the Prophetic ministry, casting out devils, proclaiming the gospel so that many would be healed, delivered and made free. The enemy desires to steal, kill and destroy all people, but we as a body of believers seek to set the captives free through the preaching of the gospel of Jesus Christ. Evangelist Cooley stands in prayerful support of her husband and Pastor as he leads GOD's people into HIS presence.



Uniting a Nation!

With a heart for all mankind, our desire is to connect all believers together to spread The Great Commission. That commission being spreading the truth about Jesus Christ, the Son of the living God is the way to salvation of our sinful souls. Also, our desire is to bring all the pieces of the body in Christ together until we are whole.

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First Lady Christian D. Zimmerman True Foundation Apostolic Ministries Clinton, MD



Lady Christian D. Zimmerman was born and raised in Queens, New York. Christian graduated from City University of New York, New York City, NY. She received the Holy Ghost at the age 11 at Bethel Pentecostal Church, Flushing, NY.

She later joined Christian Life Center now known as Christian Cultural Center, Brooklyn, NY, under Dr. AR Bernard. In 1996 Lady Christian moved to Silver Spring, Maryland and joined First Baptist Church of Glenarden, Glenarden, MD under Pastor John K. Jenkins Sr. In 2011, Lady

Christian joined Victorious Life of Faith District Heights, MD under Pastor Victor L. Furr where she met the love of her life at the time Minister Eric. They were married on June 25th, 2011.

In 2012, The couple joined New Born Pentecostal Church, Washington, DC, Pastor Jimmie Smith. In 2013 is when they answered the call to start True Foundation Apostolic Ministries (TRUFAM). Lady Christian is the President of the Women's Ministry – Rubies and the Family Empowerment Ministry at TRUFAM.



Prophetess Darnice Wright The Keys of Life Ministry Washington, DC



God birthed through Prophetess Wright "The Keys of Life Ministry." The mission is to heal the underlining elements of pain that prevent people from living a purpose-filled life free from deep rooted scars of emotional, mental, and physical traumas. The vision is to reconcile kingdom relationships, restore the brokenhearted, regain hope, renew the mind by The Word, and rejuvenate the spirit of people to live a transformed life fulfilling their God ordained destiny. The ministry's foundational scripture is Isaiah 61:1 "The Spirit of the Lord God is upon me; because the Lord has anointed me to

preach good tidings to the poor; He has sent me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound."

Prophetess Wright has shown great determination to carry out God's Mission which is to plant good soil with The Word God in the lives of all that God allows her to touch since 1998 when she answered the call as God's servant. She has served as a Cell Group Leader for Women (2000-2005), Children's Church Teacher (2003-2005), Youth Minister (2008-2010), Lead Minister for the Intercessory Prayer Ministry and Outreach Ministry (2013-Present). She ministers the word of God through her weekly prayer line and she hosts "The Keys of Life Online Radio Show". She is a native Washingtonian who understands the driving forces that separate families. She is a contributing author to "The Victorious Living for Moms Book" and she is in the final stages of publishing her first book. So for several years she has served as a Court Appointed Special Advocate (CASA) for Abused and Neglected Children for D.C. Superior Court.

In 2010, Prophetess Wright founded "The WrightVision Foundation", a non-profit organization that is committed to helping individuals in the community by providing family togetherness, developing life skills for problem solving and effective communication to encourage individuals to grow to their fullest potential.

Although, she is active throughout the community and her church, nonetheless she maintains her priorities as a devoted wife of 15 years and mother of four beautiful daughters. Her motto is "Family First."

Prophetess Darnice Wright attends Cornerstone Christian University, Seminary School and she is licensed to minster the gospel of Jesus Christ.

God commissioned Prophetess Wright to equip all People of God's word and the strategies of the enemy. Matthew 10:16, "Behold I send you out as sheep in the midst of wolves. Therefore be wise as serpents and harmless as doves" and to ACTIVATE THE POWER of God, Luke 10:19, "Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you."

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Missionary T'aira McFarland Mount Peniel Church of God in Christ Fredericksburg, VA

Missionary T'aira McFarland serves at Mount Peniel Church of God in Christ Fredericksburg, Virginia.

About a year before she received training as a Health Counselor, she was diagnosed with diabetes. Having a strong family history for diabetes and hypertension, she decided to change her lifestyle and eating habits.

Over one year, she was able to shape and change her mindset to better herself and exercise more. After just three months of eating right, exercising and much prayer, the effects of the diabetes were reversed. After that year of change was over, she was healed from diabetes and lost over 70 pounds.

Miss. McFarland is the owner for True Vine with the motto "Let yourself be clean through the food that you give it."



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The NHTRC is operated by Polaris, a non-profit, non-governmental organization working exclusively on the issue of human trafficking. They are not a government entity, law enforcement or an immigration authority.

Call us at 1-888-373-7888 or text HELP or INFO to BeFree (233733).

To report a tip;

To connect with anti-trafficking services in your area; or,

To request training and technical assistance, general information or specific anti-trafficking resources.



Just A Thought -- Just Do It

There is a slogan that Nike has been successful in marketing "Just Do It". So, Ruth 2:1-3 could be used in a Nike commercial because of Ruth's tenacity.

Ruth 2:1 - God had set in motion long before the beginnings of Ruth the plan for her life. The Bible says in Jeremiah 29:11 "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end." The provisions were already set; Ruth just had to get there.

Ruth 2:2 - Sometimes you got to get up and do something. As women, we are very talented in identifying a problem and not moving to try to get a solution. Get up and Go! You may see your steps as small yet it is life preserving. Keep walking. It may seem insignificant yet it is the step towards recompense. Keep walking.

Ruth 2:3 - Don't just say it; do it! God will direct you, but you have to move to be directed. A car does not need to be pointed in a direction if it is parked and not going anywhere. If there is no destination, there is no need for GPS (God Pointing System). No destination, no direction.

Proverbs 3:5-6 "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

I can see Ruth wearing a pair of Nike in one of those "all out" commercials. Let us be all out for Jesus!

With great love, Princess Frynchie

Just A Thought -- Where Are Your Words Taking You?

We have paths we can take. It is interesting to know that our words can take us down certain paths. Our words can take us places. Sometimes these places are where we do not want to go. Say for instance, you threaten to kill a man. Most likely, the police will be knocking on your door. Your threats, your words can cause the police to lead you down the path to the police station as personal escorts. You may have heard of such a case in the news.

Imagine all of the negative things you have said about yourself. Where did those words take you?

Now consider how to go down the path God has for you. Use your words to acknowledge Him and watch Him direct your path.

written by Princess Frynchie

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Just a Thought -- Broken In The Palace

I begin to think that the word father does not always bring comfort. Sometimes in our lives a father, an uncle, a cousin, a brother may mustard up thoughts of stolen innocence. There may be thoughts of rape, abuse, distrust, unsafe, or fear.

We know God is none of those. We know God is safety. We know God is peace. We know God is comforting. We know God is protecting. We know God is good. But how can a girl trust the Heavenly Father when she is struggling with the past of her father?

You look at her now and she is all dressed up with makeup just right. You would not even know that her past was the hell in her very earth. It's supposed to be a tender touch on her wedding night. Yet it is a heartbreaking reminder of the grip of the forbidden bed she was forced to lie down in.

She won't tell you that her dreams are nightmares. She won't tell you that she sees her worth only by the penetration of fire that burned her soul to black. She won't tell you, she can't understand your loving God who would allow such dread. Even your Bible shows her rapist unpunished in her eyes.

Is it the drugs that soothe her? Is it the familiarity of a thrusting body against her that forces her mind to escape? Has she engulfed the darkness as a dear friend?

In Jeremiah 31:3-4 it says in the New Living Translation Bible, "Long ago the Lord said to Israel: I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself. I will rebuild you, my virgin Israel. You will again be happy and dance merrily with tambourines." We can place ourselves in that scripture as Israel and know that God loves us with an everlasting love which is greater than any tragedy and strong enough to draw us out of our pain to His healing arms. He will rebuild and restore us. We can laugh and rejoice again.

Jeremiah 29:11, "For I know the thoughts that I think toward you, saith the Lord, thoughts of

peace, and not of evil, to give you an expected end."

Isaiah said, "For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace." Isaiah 9:6

You don't have to be broken in the palace another day.

written by Princess Frynchie



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Just A Thought -- Loneliness

Loneliness can be defined as affected with or characterized by or causing a depressing feeling of being alone. Also, loneliness can be looked at as solitary, without the company of a group of people.

There are different type of loneliness; emotional and social. Emotional loneliness is feeling alone in the world. Feeling like you are the only person in a vast empty space. Social loneliness is the feeling or act of being cut off of an important social group. Most people experience social loneliness.

These days with this generation, there is a lot of dependencies on making good impressions and having the most "friends". As we look at our social media networks, it is frowned upon to have less than a few hundred friends. We contrast and compare ourselves with how many people are following us without considering who or the character of the person following. Here quantity outweighs quality.

Spiritually, as we walk in the path of righteousness, sometimes we experience this social loneliness because we know that this walk of faith is not a favorable one to win a popularity contest. Now, I am not saying, we should not want or desire to be liked by the world. Reality is we do desire some kind of companionship. We sometimes fail to remember that the ultimate friend is Jesus. Jesus tells us in His word that He will be with us and give us a Comforter that will never leave us or forsake us.

Genesis 28:15 says "And, behold, I am with thee, and will keep thee in all places whither thou goest, and will bring thee again into this land; for I will not leave thee, until I have done that which I have spoken to thee of." Now God was speaking to Jacob in this scripture but we can see God's love and devotion to His people. The biggest concept I had trouble with is remembering that if God is constantly talking to me or speaking things into my life, then He will be there to see them through. Sometimes, it is depending on my choices that I make for myself to allow those things that God has spoken to come to pass. So the Lord has put these scriptures in place for us to be encouraged and to get pass what we see as social loneliness.

It is impossible to please everyone into liking you when you are walking in truth and they choose not to.

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." Isaiah 41:10

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Road to Salvation...



Repent
Confess
Forsake
Believe
Accept

REPENT - Acts 3:19. First, you must repent. Be truly sorry for your sin. Like the prodigal son see the awfulness of it. The Bible declares, "Godly sorrow worketh repentance." Jesus said, "Except ye repent, ye shall all likewise perish."

CONFESS - 1 John 1:9. Second, confess your sins. Not to men, preachers or priests, but to God. "With the mouth confession is made unto salvation." David said, "I will confess my transgressions unto the Lord ... Thou forgavest the iniquity of my sin."

FORSAKE - Isaiah 55:7. Third, be willing to forsake sin. "Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he ... Will abundantly pardon." Sorrow and tears for sin are not enough in themselves. One must be sorry enough about sin to want to be done with it once and for all!

BELIEVE - Romans 10:9. Fourth. Believe in the finished work of Christ on the cross. Believe in the Substitutionary character of it; that He died for sin not His own, but that "the chastisement of our peace was upon Him." Our sins nailed Him there, and "With His stripes we are healed." "Believe On the Lord Jesus Christ, and thou shalt be saved."

ACCEPT - John 1:12. Fifth. Christ must be received personally into the heart by faith, if the experience of the New Birth is to be yours. "But as many as received him to them gave he power to become the sons of God." Will you pray - Being convinced that I am a sinner, and that Christ alone can save me, I NOW accept Jesus Christ as my personal Saviour and will by His help, confess Him before men.

John 6:37 ... "All that the Father giveth me shall come to me, and him that cometh to me I will in no wise cast out. Christ must be received personally into the heart by faith, if the experience of the New Birth is to be yours."

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HealthyWomen

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www.healthywomen.org

U.S. Small Business Administration

Office of Women's Business Ownership 409 3rd Street, S.W. Suite 6600 Washington, DC20416 **United States** Phone:202 205 6673 Fax:202-205-7287 http://www.sba.gov/about-offices-content/1/2895

Women's Business Center of Northern Virginia

Community Business Partnership 7001 Loisdale Road, Suite C Springfield, VA 22150 Phone: 703-768-1440 www.cbponline.org/content/view/15/93/

National Women's Business Council

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The National Domestic Violence Hotline

Anonymous & Confidential 1.800.799.SAFE (7233) www.ndvh.org

The National Sexual Assault Hotline

RAINN (Rape, Abuse & Incest National Network 1.800.656.HOPE Email: info@rainn.org www.rainn.org

Resources for Women



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