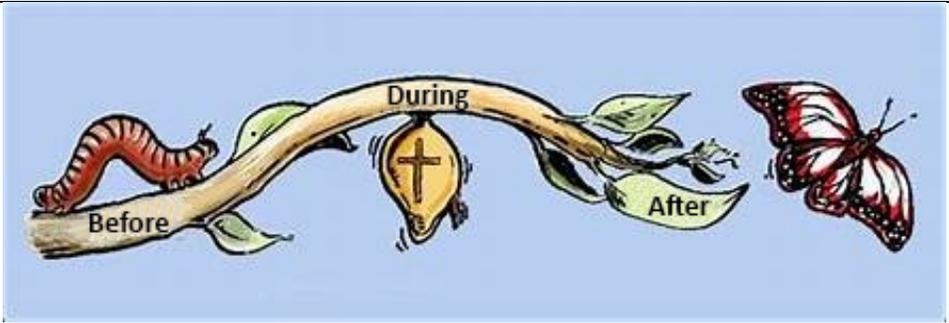


Cocoon Women's Summit Journal



Cocoon Women's Summit Journal

Day: Saturday,

Date: March 20, 2021

This Journal Belongs to:



and

I am in my Cocoon Process.



Cocoon Women's Summit Journal

Welcome to the Cocoon Women's Summit

Greetings Distinguished Cocoon Women of God,



As hostess, let me take this time to say thank you for registering and attending Ministries of Substance's first Cocoon Women's Summit (CSM).

I have created a safe cocoon environment for women from all walks of life; from different countries and Nations with different ethnicities to become spiritually guided, and to be given clear direction about where you are in the Cocoon Process.

As an attendee, you will be equipped, encouraged, empowered and educated in the four different positions in your Cocoon Process.

- 1) You are about to enter your Cocoon Process and shedding everything of the past.
- 2) You are inside the Cocoon Process and it is very uncomfortable with nothing but uncertainty.
- 3) Your Cocoon is cracked, damaged, and cut and they think you have done something wrong within the Process
- 4) You are about to leave or left the Cocoon Process. You must remember butterflies do not hang out with caterpillars once they have been in the Cocoon process.

Cocoon Women's Summit Journal

Let the Holy Spirit who is the presence of God comfort, convert, convict, convince and come to you with new revelation, new knowledge, new discernment, new understanding and new wisdom as you encounter His Cocoon Process.

Each speaker will speak for 30 minutes and there will be 10 minutes to ask the speaker a question about their topic.

You will also be given time at the end of the Cocoon Summit to give 90 seconds of reflection, comments or encouragement.

I want to thank each one of the speakers who willingly said yes to this assignment. Also Minister Alice for proofreading this booklet.

Once again, Welcome to the Cocoon Women's Summit.

Prophetess Dr. Althea Winifred
Cocoon Women's Summit, Founder and Director



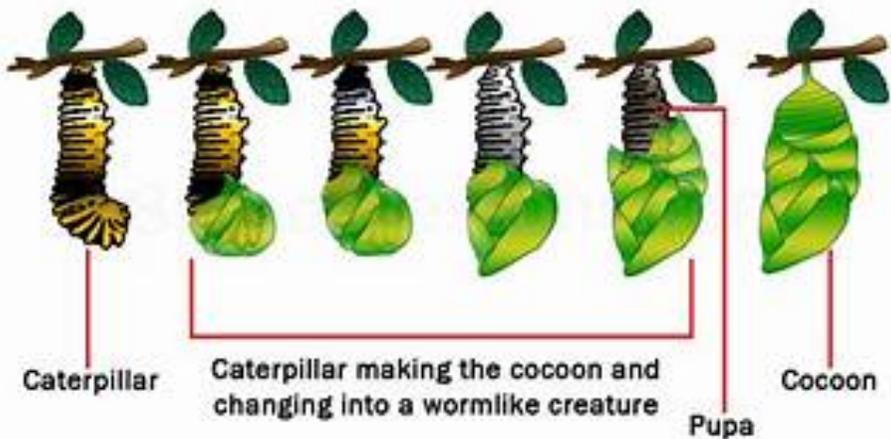
Cocoon Women's Summit Journal

About Your "Cocoon Process"

Cocoon Women's process are being developed by God, for God to stand on His promises, uphold His standards by allowing God's word to be manifested.

You will operate on God's guidelines and will go, glow, glean, grow because of God's evidence of His purposes, progression, process and plans.

Thus, Cocoon Women's Summit will help you to become a preparer, a planner, a persistent person in all you do for the Lord.



Cocoon Women's Summit Journal

Cocoon Time Schedule

- 9:00 am EST (10:00 Bermuda Time) - Opening, Theme Scripture, Welcome and a Worship Song will be playing
- 9:30 am EST (10:30 Bermuda Time) - Don't back down in Praying (Minister Alice Lightbourne, Bermuda) 10:00 - 10:10 am (11:00 - 11:10 am Bermuda Time) - Questions directed to you about Praying
- 10:15 am EST (11:15 am Bermuda Time) - Don't back down in Pushing (Rev Aldurine Mitchell, Jamaica) 10:45 - 10:55 am (11:45 - 11:55 am Bermuda Time) - Questions directed to you about Pushing
- 11:00 am EST (12:00 pm Bermuda Time) - Don't back down in Pressing (Dr. Zina Woolridge, Bermuda) 11:30 - 11:40 pm (12:30 - 12:40 pm Bermuda Time) - Questions directed to you about Pressing
- 11:45 am EST (12:45 pm Bermuda Time) - Don't back down in Praising (Rev. Gayna Joynes, United States, Florida) 12:15 - 12:25 pm (1:15 - 1:25 pm Bermuda Time) - Questions directed to you about Praising
- 12:30 pm EST (1:30 pm Bermuda Time) - Don't back down in Prophesying (Pastor Juanita Outlaw, United States, Georgia) 1:00 - 1:10 pm (2:00 - 2:10 pm Bermuda Time) - Questions directed to you about Prophesying
- 1:15 pm EST (2:15 pm Bermuda Time) Comments from Attendees
- 2:00 pm EST (3:00 pm Bermuda Time) Closing Prayer

Cocoon Women's Summit Journal

About your Hostess, Speakers & their Topic

Hostess and Speaker: Prophetess Dr Althea Winifred - United States 🇺🇸, Georgia



Who is She? Dr. Althea Winifred is not just a woman on the move; she is a Prophetess to the Nation, and Teacher of the Word of God, Evangelist, Writer, Author and Businesswoman.

Where is she from? Bermudian born and left Bermuda with her parents and did her high school in Ottawa, Canada, and pursued all college or university degrees and achievements in United States of America.

What is her Education & Affiliation?

Dr. Althea has a Bachelor of Science in Business Administration with a concentration in Management, Masters in Religious Education, Doctorate in Theology, PHD, Honorary Doctorate Degree in Divinity, CDKA, Chaplain Major, Regional Vice Chancellor, Diplomate-Certified Psychotherapist Counsellor (D-C.P.C.), Representative of United Nations (UN) Ambassador / Diplomat – NGO. She is a Certified Grief Counseling Specialist (CGCS)

Prophetess Dr. Althea's Contact information:

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Cocoon Women's Summit Journal

Speaker: Don't back down in Pushing (Rev Aldurine Mitchell, Jamaica 🇯🇲)



Aldurine is a daughter of the soil. Where she serves as the host Pastor for The First-Born Church of The Living God, situated in Commodore, Linstead, St. Catherine Jamaica . She has grown and worked in almost every area of the church where she now serves.

Rev. Mitchell was a Sunday School teacher, youth president , an evangelist and a minister. She was the former National Youth Director of the organization and now serving as the National Ladies Director. Praise and worship leader, choir members and choir director.

Aldurine also served in many areas in the community - feeding the homeless and presently working on a project for a homeless person (challenging and need help)

She motivator, organizer and planner of conference, retreats, conventions and workshops and is a Keynote speaker.

Pastor Mitchell is also an entrepreneur serving as managing Director for a family business located in the cool parish of St. Catherine in Jamaica where we have some of the best beaches and sea food .

My philosophy is to create an impact where lives can changed, and people will be motivated to maximize their full potential.

Rev. Aldurine Martin Mitchell's Contact information:
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Cocoon Women's Summit Journal

Speaker: Don't back down in Pressing (Dr. Zina Woolridge, Bermuda 🇧🇲)



Zina-Dawn Woolridge holds a Doctor of Strategic Leadership degree with a Major in Strategic Foresight from Regent University in Virginia Beach, VA, USA; and a Master of Social Work (Clinical) degree from Florida State University. Dr. Zina's education has equipped her to spearhead community, organizational, and executive development as well as assist individuals and families with confronting and resolving life's challenges.

In the Public Sector, Dr. Zina is privileged to lead a dynamic and committed team of professionals who bring healing to individuals and the community through their interventions. She is also the Director of a private practice agency which offers a unique combination of counselling and coaching services.

Dr. Zina serves as the Coordinator of the National Counselling Ministry of the New Testament Church of God in Bermuda. She also facilitates training through her work, church and in the community. Personally, Dr. Zina has been privileged to raise her heart son, Jahsiah, since 2015. An adventurer at heart, she loves to travel and experience other cultures.

Dr. Z is a woman of faith who is honored to answer God's call to serve His people.

Dr. Zina Woolridge's Contact information:

Email: drzinadawn@gmail.com | Tel: (441) 292-0816

Cocoon Women's Summit Journal

Speaker: Don't back down in Praying (Minister Alice Lightbourne, Bermuda 🇧🇲)



Alice Lightbourne is a dynamic woman of God who lives and was raised in Bermuda. She has 2 beautiful children: Brianna & Jadon and a dedicated, anointed, and loving husband, Devin. She has been saved for 28 years and was led to Christ after bible study by her teacher in her yard.

Her ministry objective is for God to use her so His work can be carried out here on earth. Her goal is to use her gifts to build up the kingdom of God and to minister to those in need. She believes God has given her various gifts for the work of the ministry and the edifying of the body of Christ. She is an ambassador of Christ and her goal is also to be established in God through teaching, ministering the Word, prayer, and igniting others into their divine purpose.

She has been a part of thriving ministries. She served under Bishop Vernon G Lambe Snr for many years. She later joined her husband, after marriage, at Bethel AME Church and served under the various Pastors including Rev. Eve, Rev Dr. Bean, and Rev VanLowe Smith. She has served in a number of ministries including Leader of Intercessory Prayer, Youth Counsellor, Worship Leader, Bible Study, Church School, and Vacation Bible School Teacher, and a Member of the Steward Board.

Alice is a prayer Warrior that is powerful, inspires others to pray with passion and purpose by applying the Word of God through praying. She is a woman of faith, believes in the power of prayer, and is devoted to the spiritual things of God.

Alice has embraced and has become spiritually empowered by seeking God and has learned that all things work together for her good because she prayed.

Minister Alice Lightbourne's Contact information:

Email: gems2blessed@gmail.com | Tel: (441) 337-1345

Cocoon Women's Summit Journal

Speaker: Don't back down in Praising (Rev. Gayna Joynes,
United States 🇺🇸, Florida)



As Ordained Minister in the Church of God, Lady Gayna serves as an Ordained Elder under the spiritual covering of Apostle Tyrell J. Allen of TJ Allen Ministries and Faith Launchers Assembly of Churches. She was born and raised in Bermuda and has resided in the State of Florida since 2008.

Although she needs no introduction to us as her Bermuda church family, she is the daughter of our former Administrative Bishop, the late Dr. Goodwin C. Smith and Lady Ruby O. S. Smith and she is the proud mother of Olivia, Tiffani, Michael and Micah.

While Lady Gayna's heart and passion for Ministry has always been the care of the heart of women her deepest desire is to answer the call of God on her life and to please him in all things.

Her humility to show forth the power of God through prayer, studying and teaching that all may come into the knowledge of our savior is exemplary.

Lady Gayna yields her life daily to the principles of Holiness & Righteousness, which by no other means shall any see the Lord.

Cocoon Women's Summit Journal

Speaker: Don't back down in Prophesying (Pastor Juanita Outlaw, United States 🇺🇸, Georgia)



Pastor Juanita & Elder Gerald Outlaw are the founders and Visionaries of Walking By Faith Outreach Ministries in Augusta, Georgia. Pastor Juanita Outlaw has been the Pastor of Walking by Faith Outreach Ministries, Inc., for 14 years. She has a tremendous passion for God's word coupled with a love for God's people; and a spirit of generosity that flows through every facet of the ministry. Having received her mandate from God,

obediently fulfilled her calling as Pastor and Overseer. She loves Jesus and have truly dedicated her life to ministering the Gospel of Jesus Christ; devoted totally to His servitude.

In 2007, she accepted the call and charge of Pastoral ship and started Walking By Faith Outreach Ministries, which was established in her house in 2008. Throughout years of ministry, Juanita has served as prophetess, evangelist, intercession prayer warrior and minister, preaching and delivering messages that inspire, encourage, and bring effective change in the lives of those who embrace the word of God. Her passion for God and surrendered lifestyle has led to an anointing to preach and teach the word of God with authority, revelation, and deliverance.

Pastor Juanita Outlaw also have many achievements; Pursuing a Doctorate of Education in Organizational Leadership, Master's in Christian Counseling, Certified Grief Specialist, Certified Anger Management Specialist, Master's Certificate in Healthcare Management, Master's Certificate in Project Management, Master's in Business Management, Bachelor of Arts Business Administration, Bachelor Degree in Theology and an Associate Degree in Theology, Associated in Secretarial Science, Certificate in Office Specialist and Insurance.

Pastor Juanita Outlaw's Contact information:

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The Cocoon Process – 6 Days Devotional

Day 1 - There are three phases to the Cocoon Process, which is before, during and after.

The Cocoon Process can be said that you find yourself alone even when someone is with you; in a crowd of people; and even being alone.

Have you ever had the lights go off? There is a sheer silence; an absence of noise; peacefulness, quietness; and it is so noticeable because the refrigerator is not making noise, nothing is on.

Being in the Cocoon Process, is "Stillness" the absence of movement or of sound. As a time to hear His still small voice. A time to reflect. A time to see with your spiritual eyes. A time to be sensitive to the Spirit of God as you allow the Lord's presence.

Cocoon Process is causing you to become sustainable, and developed by God, for you to stand on God's promises, uphold God's standards by allowing God's word to be manifested.

Cocoon Process causes you to operate in God's guidelines so you will go, glow, glean, grow because of God's evidence, purposes, progression, process and plans for your life.

The Cocoon Process will help you to become a preparer, a planner, and a persistent person in all you do for your next assignments.

Cocoon Women's Summit Journal

Before the Cocoon Process you found yourself crawling around as the caterpillar does. Remember, after the Cocoon Process you will never hang out in this way of life again. Things that you needed you will not want to be associated with. The before the Cocoon Process and experience is a place you come to in God that only He calls you to.

In the Cocoon, there is a silk thin lining which God wraps and causes you to be in; that you operate in below the radars of life both naturally and spiritually. This lining is His presence who is the Holy Spirit.

One thing about the Cocoon Process is that you feel the new you is being transformed so you can be transferred into the flying person you will be.

This place causes you to understand that even though you are wrapped up it is a place that only you can fit in. Only space allowed is God's presence who is the Holy Spirit.

This plan of God to have you in the Cocoon Process is for your spiritual development, evolution and a new stage in the changing phase of your situation and circumstances.

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Day 2 - Living in Uncomfortable Zone

We are living in the abnormal times; times of our comfortable zone has gone; times of uncertainty of situations; times of being divine and spiritual awakening; times of unveiling truth; times of uncharted territories to conquer; times of change and challenges of circumstances and conflict.

Some will say it is scary. Some allow their anxieties to govern themselves. Some will operate in their fears and chose it over their faith.

I say we are living in the most exciting times of our life. It is living in the uncomfortable zone. It is in this place we create inner peace because we know the God of Peace. It is in this place our faith is being increased and our fears are decreasing.

We know God in the normality now we will know Him in our abnormalities and uncertainty.

Our relationships, friendships, companionships and everything we know with people we love, we like, or we tolerate has changed. As God was with Joseph, Moses, Esther and all Bible characters so God is with you NOW!

It is in times of life we must know that God is with us – individually, collectively, spiritually, socially mentally, naturally, corporately, and politically.

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Day 3 - Time is NOT Running Out

I heard someone say, "I run out of time". This statement was very interesting and caught my attention.

Have we run out of time? No every moment you are allowed to create a momentous memory for the Lord.

The Bible in Ecclesiastes 3:1-8 KJV gives us 28 things about time, but not once does it mention time running out.

Time waits for no one. To everything there is a season and a time to every purpose.

So, are you using your time wisely? Are you using your time purposefully? Are you placing decisions to do God's assignments and you feel you have plenty of time? Or do you feel that you have to make sure all t's are crossed and all i's are dotted?

Let me stop you. God qualifies the called and qualifies you as the called to do the assignment. So, your assignments are qualified by God. Procrastination is the tool Satan uses to qualify your own slumbering to be His qualified.

Have you heard "learn as you go"? Time waits on no one, therefore, apply Mark 15:20 which states "And they went

Cocoon Women's Summit Journal

forth, and preached everywhere, the Lord working with them, and confirming the word with signs following. Amen." Mark 16:20 KJV

Notice they went forth, preaching (teaching) everywhere, all who worked with them; the Lord working with them, and confirming the word with signs following.

Stop making excuses because time is not running out; neither is time standing still.

Do you want to do something for the Lord, and He will make it count?

Remember, you are made to make a difference everywhere. Did you know that your fire (faith is reigning everywhere)? Therefore, let your quality of time be a distinctive attribute in your quantity of time for the Lord.

Day 4 - Flame of Prayer

We must pray more in the Cocoon Process. Turn up your Flame of Prayer high in your cocoon.

We are His House of Prayer with the Flame of Prayer burning within us to pray.

I firmly believe that God is calling on us to intercede this month more than ever.

Cocoon Women's Summit Journal

This is a Clarion Call for ALL Cocoon people who are called His people, who are called by His name, to pray and fast during the cocoon Process.

The cocoon is like the number "11" which means disorder and disfunction. Something we may not be able to change but there is something we will change only if we pray and fast.

Day 5 - Flame of Prayer Points

- 1). To find God's continuous grace and favor in His sight.
- 2). To pray for leaders within the Church to preach the word of the Lord with boldness and preparing the Lord's people for His return.
- 3). Pray and fast 2 Chronicles 7:14-15 KJV for us to humble ourselves and pray, repent and remember who we are in Him. "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sins, and will heal their land. Now mine eyes shall be open, and mine ears attend unto the prayer that is made in this place."

Your prayers may not be able to stop it in some cases or even prevent from happening or in some cases we can change the course of history or change the atmosphere of intoxicated confusion.

Cocoon Women's Summit Journal

We are God's People in our cocoon process and when we pray, we change, alter, and cause things to deviate from the plans of Satan and his demons to the perfect will of God.

I firmly believe!

We need to identify and personify who we are because it is about to get crazy for the Church of the Living God.

"My people who are called by His name" – This is a personal statement.

Unfortunately, most people are wavering based on circumstances or situations, or troubles or problems, or their title, or membership, or position or their post or what is in their accounts. Truth it is about His investment and knowing who we are in Him.

Day 6 - The Process makes you feel unproductive

The Cocoon Process can be summed up in this scripture 2 Corinthians 5:17 KJV which states, "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." This process will cause you to become a new creature: old things are passed away; behold, all things are become new.

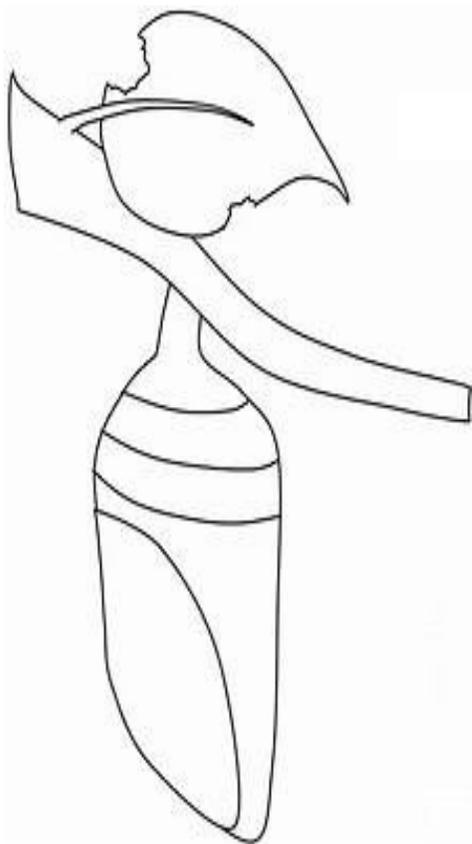
Cocoon Women's Summit Journal

Another thing about the process you feel unproductive and fruitless to the point of feeling barren, bleak and lifeless. It is only the process and the process does not define you it is only the avenue God uses to rid you of your mindset and transfer Himself into you. It is just one of the methods God uses to make you into His honorable vessel fitted for His use.



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Coloring Session



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Things you think about / do while in your Cocoon



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The First Animal You See in This Picture Will Determine Your Personality

Your personality has different “statistically-identified factors” included in the Big Five. Your personality is comprised of experience, extraversion, conscientiousness, neuroticism, and agreeableness.

We all have different personalities, but there's a central trait known as the primary trait. It characterizes your attitude and behavior. This trait determines the way you view things. Your personality trains your mind to see things you want them to appear.



This illustration can help you determine your personality. It describes how it works and how your mind perceives things.

What animal did you see first?

1. Stallion



You are ambitious, wild, free and raw. You are driven to success. These people do things according to their will and never back out from a fight. “Stallions” are honest and driven.

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2. Rooster



Perseverance is your primary characteristic. "Roosters" are quick, persistent, and smart. Their body is small, but they can conquer every obstacle.

Roosters are fierce and so are you, meaning you are ready to fight despite the fact that you don't look like that.

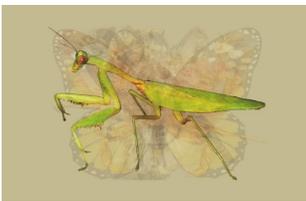
3. Crab



Crabs are hard on the outside and soft from the inside. They are known for their loyalty and care about the wellness of their loved ones. Trust is important and has a

huge role in their life.

4. Praying mantis



Praying mantis is a master of senses and patience. You can be still for hours and wait for the right moment "to catch its prey."

Praying mantis have a strong inner voice and are in touch with their primal self. These people rely on their guts and are successful in that. you are master of your own domain and this spirit keeps you going in life.

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5. Wolf



Wolfs are lone warriors that walk in a pack. They live in a pack but are also lonely creatures. Wolfs don't make mistakes and are considered fierce and fearless.

You may walk with a crowd, but your personality stands out. Wolfs have exhilarating experience and loneliness but are designed to handle things alone.

6. Dog



Dogs are brave, loyal, selfless and protective

“Dogs” are loyal but fierce. You may be selfless and loving, but you also act protective and playful. “Dogs” are loved by everyone who gets the chance to know them.

7. Eagle



Eagles are wild and free. You are the ultimate predator – focused and determined. You are driven towards your goals and dreams. You don't waver when it comes to making decisions. “Eagles” do their best to achieve things they like.

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8. Butterfly



Butterflies are the symbol of beauty and change, and they represent the nature's purest creation. Butterflies are flexible, and these people can change themselves based

on the situation.

"Butterflies" have the gut to do important things. They may have a hard time to escape the past (the cocoon), but later develop into a beautiful person, thanks to the hard times.

9. Dove



Doves are the symbol of love and peace. They have a wise soul and are always calm and patient regardless of the environment.

Doves embrace peace and can attain true peace from within. People consider them a symbol of hope.

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Cocoon Women's Merchandise

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Cocoon Women Pen



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Cocoon Women Notebook



Cocoon Women Mug

Come and Learn about the Knowledge of the Secrets of the Kingdom's End-Times matters.



This Diploma of Unveiling Eschatology (DUE) will be teaching students how God will accomplish His plans and purposes for today's world and humanity through studying The Plan of the Ages, the Book of Matthew main focus is Chapter 24, The Study of Angelology, and the 2nd Coming of Christ and the Book of Revelation.

