

FOR IMMEDIATE RELEASE
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South Bay Bible Church Announces Community Event Anxiety Workshop: Replace Fear, Worry, and Anxiety with God's Comforting Peace

On Friday, September 17, at 7:00 p.m., South Bay Bible Church is holding a one-time, virtual workshop entitled *Replace Fear, Worry, and Anxiety with God's Comforting Peace* with author and biblical counselor, Elyse Fitzpatrick. Elyse will help people find specific strategies for overcoming anxiety and teach them how to replace worry with lasting joy, while resting in God's protective care.

EAST MORICHES, NY – Are you tired of struggling with fear, worry, and anxiety? On Friday, September 17, at 7:00 p.m., South Bay Bible Church, 578 Montauk Highway, East Moriches, is holding a one-time, virtual workshop entitled *Replace Fear, Worry, and Anxiety with God's Comforting Peace* with author and biblical counselor, Elyse Fitzpatrick.

Elyse will discuss the surprisingly common emotions many people battle with every day, especially in their marriages, their children, their work, their spiritual life, and their special health issues. She will explain how God knew fear, worry, and anxiety would be very real problems for us, and she will help you identify the real source of your fears and worries.

Next, Elyse will help you find specific strategies for overcoming anxiety and teach you how to replace worry with lasting joy, while resting in God's protective care for your life. Ultimately, you'll find much comfort and encouragement from this workshop and the materials provided.

"It really is possible to have a peace-filled confidence in every circumstance in life," said Elyse Fitzpatrick.

Replace Fear, Worry, and Anxiety with God's Comforting Peace is a one-hour, online event designed to help you rest and have peace in every area of life. This workshop is offered to the public without charge as a community service by South Bay Bible Church, which underwrites the costs associated with this workshop.

To attend *Replace Fear, Worry, and Anxiety with God's Comforting Peace*, please register at <http://www.southbaychurchli.org/fear> by September 8. Once registered, you will receive the conference link and workshop materials. All attendees will receive a complimentary copy of Elyse Fitzpatrick's book, *Overcoming Fear, Worry, and Anxiety* upon successful completion. Questions may be directed to South Bay Bible Church at (631) 909-8241 or by email at info@sbbcli.org.

About Elyse Fitzpatrick: Elyse holds a certificate in biblical counseling from CCEF (San Diego) and an M.A. in Biblical Counseling from Trinity Theological Seminary. She has authored 25 books on daily living and the Christian life. Elyse loves to proclaim the good news of the gospel: That Jesus, the Second Person of the Trinity, perfectly obeyed all the Law in our place, suffered in isolation and agony as punishment for our sin, died, and then rose again, all for our justification. A frequent speaker at national conferences, she has been married for over 40 years and has three adult children and six really



adorable grandchildren. Along with her husband, Phil, Elyse attends Grace Bible Church in Escondido, California.

As a non-denominational Christian church, South Bay Bible Church was started in 2006 with the mission to lead people into a growing relationship with Jesus Christ. The church is dedicated to creating environments where people are encouraged to pursue intimacy with God, community with insiders, and influence with outsiders.

To find out more about South Bay Bible Church and its upcoming events, please visit southbaychurchli.org.

About South Bay Bible Church: South Bay Bible Church is a non-denominational Christian church known for Biblical messages applicable to everyday life. The church meets at 578 Montauk Highway in East Moriches, NY. The church's mission is to lead people into a growing relationship with Jesus Christ. Our service schedule includes three convenient times: Sunday morning at 9:00 and 11:00, and online anytime. A nursery and children's church are available. For more information, go to southbaychurchli.org, call (631) 909-8241, or find us on Facebook or Twitter @sbbcli.

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Note to editor: A full press page with graphics, logos, and videos is available at www.southbaychurchli.org/press. News media are invited to cover "*Replace Fear, Worry, and Anxiety with God's Comforting Peace.*" Please call ahead.

