

## **Spiritual Soul Spa**

### **Tina Franchimone**

At one time or another we have all felt a “spiritual dryness” and have allowed ourselves to become victims of the culture in which we live; taking on wrong priorities, losing our intentionality as it pertains to maturing in Christ and being an effective witness. Do you sense that it might be time to retreat, reflect, and restore the condition of your soul? This workshop will assist you in not only assessing your spiritual condition, but to “detox” from those things that lead to spiritual pitfalls and equip you to say “yes” to spiritual wholeness, abundant living, and ultimately restoring the “joy of our salvation”!

## **Is God Enough?**

### **Nancy Norwood**

If you were stripped of friends, possessions, and health, would God be enough for you to carry on? Is God all we need? Come discover the sufficiency of God no matter what the situation from the heart of one who has experienced it first hand.

## **Relief of the Imperfect Yes**

### **Joan Webb**

Sometimes we try too hard to make our circumstances, others, ourselves, and our ministries “just right” and so we say “yes” to jobs God hasn’t asked us to do. We then get overly tired. This workshop will help you *yes with commitment* to the opportunities God’s calling you to and *no with confidence* to what He’s calling someone else to do. When we say yes to partnering with God, He doesn’t expect us to do or be it all – perfectly. Isn’t that a relief?

## **What’s Love Got to do With it?**

### **Nancy Jo Miller**

Many women today have a distorted view of what love is. God’s love vs. societal love – what are the differences? How can we truly love if we don’t know what it is?

## **Prayer – What’s the Point**

### **Shelia Jones**

Why Pray? Praying is not going to change God’s mind, is it? I’ve prayed before and never seem to get an answer, so why bother? Good questions! And God has excellent answers for you. In this visual presentation of the *History of Prayer* we will see why God not only commands us to pray about everything, but invites us to

delight in His presence daily. Only when we understand true prayer will our questions be answered and our spirits revived to want Him more.

## **Making Choices - Garbage In/Out**

### **Shelia Jones**

In America 2008 we are daily bombarded with the things of this world from all forms of media, our peers and educators, and yes, the enemy of our soul. Our culture will destroy us if we are not actively pursuing the holiness of God. It's house-cleaning time as we discover what God calls garbage and what is His strategy for making victorious choices!

## **Complete & Single**

### **Jane Bishop**

We live in a "couple oriented" or "must come in pairs" society. So how do you survive as a single in this world? How can you possibly be complete and single? How can God possibly use you? God has a plan for your life. This workshop will confront some of the myths of being single (in any status) and how we are complete regardless of marriage status!

## **Are There Cracks In My Temple Wall – Developing a Healthy Body Image**

### **Cheryle Touchton**

Body Image – The Bible says our body is the temple of the Holy Spirit and that we should glorify God with our body. That means taking care of our bodies by eating right, exercising, and getting enough rest. It also means accepting and loving how God uniquely made us, dealing with food related addictions (gluttony), and how to deal with the media emphasis on being thin and sexy.

## **The Sacred Duty of Self Care**

### **Kelli Gothardt**

Do you feel guilty when you say "no"? Do you feel selfish when you take a few moments for yourself? Do you find your identity more in "doing" than in "being"? In Matthew 11, Jesus says, "Keep company with me and you'll learn to live freely and lightly." (The Message) Learn God's design for a life of freedom that not only encourages self-care, but requires it.

## **Me, the Masterpiece**

## **Kelli Gothardt**

So much of our identity comes from what others think of us or our perceptions of what they want. Our friends, co-workers, spouses, parents, and even God all seem to want something from us. After years of adapting to expectations, it can be difficult to remember who we really are; what parts of us are true and God-given for his purposes. In this seminar we will embark on the journey of re-aligning our desires and gifts to the heart of God and begin to own the truth of our own worth.

## **Organize to Maximize Your Space**

### **Linda Kolesar & Katie Kolesar**

Does your home runneth over with clutter? Is your morning filled with chaos as you try to find the homework assignment that was left on the dining table the night before or wondering where you left the car keys? If so, this time is for you. You will receive organizational tips that will help make your home more organized and clutter free. You will “pick up” practical suggestions for getting control of your home office, kitchen, kids clutter and all spaces in between.

## **Best Friends Forever – Friends Near & Far**

### **Connie Fries**

How to find and how to keep Godly friends. How to nurture a friendship, whether you live next door or across the country.

## **Practical Homemade Gifts**

### **Kara Rozendaal**

Gift giving for any occasion tends to cause financial stress (as well as stress of finding the right gift). Homemade gifts are a more affordable and meaningful alternative to store bought items. But the reality is, it is nearly impossible to create like Martha Stewart and yet we don't have money to afford Oprah's Favorite Gifts. Another reality, birthdays and Christmas keep arriving every year. You will learn dozens of affordable gift ideas that you can make yourself and save money in the process.

## **Reduce Your Housing Costs**

### **Kara Rozendaal**

“A House Needs to Be Built on Solid Rock with good insulation, great mortgage terms, efficient water heater, CFLs, PMI, and GOD.”

The average household salary is \$42,000 per year, the average new home is \$255,000, so reducing housing costs is key to finding financial freedom. The session will cover topics such as Private Mortgage Insurance, Biweekly Mortgage Options, Hot Water heater temperatures, utilities, recirculating pumps, CFL bulbs, etc...

## **He Is the Real Thing**

### **Mona McDonald**

Making God Real to My Children – A hands-on practical look at things you can do to teach your children who God is on a daily basis. Kids are going to believe in something and they are looking for something real. Give them Jesus, He is the real thing! This class is what you've needed!

## **Raising “Real” Teens in an Unreal World**

### **Gwen Schneck**

“Manual” for Raising Teenagers: What Every Parent Needs to Know – A day in the life of a typical teenager – things you need to be aware of. Learn their lingo. What are the “new” drugs you need to be concerned about? Why are suicide rates up among teens? How can you help your teen deal with the pressures of our technical and material society? IRL SYS (In Real Life, See You Soon!)

## **The Secret Lives of Men**

### **Trish Mucklow**

*For Women Only* - It is about the inner lives of men. After 19 years of marriage, I was completely blown away by the revelations in this study. The entire study was simply fascinating. We have tremendous power for good or evil in the lives of our men. We can propel them to greatness by meeting their inner needs. This breakout is not about changing our men. It is about changing us.

## **HELP! I've Become My Parent's Parent – Caring for Aging Parents**

### **Lorri Paetz**

A recent USA TODAY/ABC Gallup poll of 500 boomers with living parents found that 31% of them are providing financial or personal care assistance to a parent. If you are simultaneously caring for growing children and aging parents, you're one of over 700,000 Americans in the Sandwich Generation. Dealing with aging parents may be affecting your job performance, marriage and perhaps, your self-esteem. Most care giving responsibilities fall to women, who many times find themselves stressed by

this added responsibility. I am going to share practical, critical information about caring for an aging parent, resources that are available, retirement living options, approximate costs and then how to care for the care-giver.

## **Analog Moms, Digital Kids”**

### **Sandy DeJesus**

How can we keep our kids safe when it seems like the information age has passed us by? We'll discuss some ways to keep our kids (and ourselves) safe on the computer and cell phone.

## **Helping Your Husband be A Godly Leader In Your Home**

### **Dan Yeary**

A one-time only unique breakout session lead by our special featured guest, Dan Yeary, Pastor of North Phoenix Baptist Church. You will be challenged and equipped through a creative dialogue lead by Dan Yeary that calls for a unique application of God-given responsibilities and mutual submission to the authority of God's Spirit.

## **Toto, We're Not in Kansas Anymore - Evangelism in a Media-Driven Culture**

### **Sharon Beougher**

This workshop will focus on evangelism in a culture driven by the media; young people today are bombarded with moral relativism and new age concepts; we will define the new age movement in lay person terms, see how the absence of absolute truth and moral relativism are promoted through television, movies, and technology, and identify some evangelistic strategies to sow seeds of the gospel in our culture.

## **Circle of Influence Evangelism**

### **Sharon Beougher**

A basic course in evangelism

This workshop will give tips on how to share your faith naturally with those around you; it will focus on friendship/relationship evangelism, family evangelism, bridges to use to share the gospel, and a simple method in what to share; each participant will leave with a HeartCall tract and (hopefully) the confidence to share it with someone.

## **The Joy of Mentoring – Principles from Titus 2**

### **Chris Evans**

Biblical mentoring encompasses many roles (teacher, counselor, and advisor) but above all, a mentor is to point women to Jesus for all of life's situations. Chris will challenge you to accept the mandate of Titus 2:3-5 as you interact with women in your life.

## **I'm Still Worthwhile and I Can Serve**

### **Pat Willis**

Seventy Six years old and Still of Use for my Lord. So Many Things to do For Our Lord in our Golden Years. The Bible Says NOTHING About Retirement – Let's Discuss Ways We Can Still Serve Him After Age 65.

## **Developing a Missions Heart**

### **Lorraine Allender**

Children's Missions - Creating an environment at home and at church to help your children understand that God loves all children and you can be a missionary right now.

## **Life Among the Nations**

### **Jan Lows**

NAMB Missionaries - Working with international college students and visiting scholars and how you and your church can be a part of sharing Christ's hope with future world leaders.

## **How to Pray for the Nations**

### **Tim (Missionary from the Pacific Rim)**

Are you willing to believe God for the impossible? Are you ready to make a deeper prayer commitment and join God in His plan for reaching the nations? If you are willing and ready, then join us as we look at how you can become a partner in seeing the nations come to believe in Jesus.

## **Benched?!? But I Came to Play**

### **Susan (Missionary from the Pacific Rim)**

Ever wonder what is going on when things don't work out the way you planned? Have you ever felt that a dream of yours had died? If you have, join us as we look at what to do when your plans and dreams don't turn out as you thought.