

# Afternoon Breakout Sessions



## How to Have a Powerful Quiet Time with Jesus Wendy Bender

Do you desire to deepen and strengthen your relationship with the Lord? Join me for some practical things you can begin doing today to get the most out of your time in the presence of the Lord.

This session focuses on diving deeper in your quiet time with Jesus with our keynote speaker, Wendy Bender. Wendy is passionate about studying Scripture, and desires for her life to be a sweet daily offering to her Savior, Jesus. She resides with her husband, Trevor, of almost 28 years. She has one daughter who is married and has blessed Wendy with the title "Grandma" three times.



## Loving the Lost with Tricia Christian

The great love of Christ was such that, "Christ died for all people". "What motivates us to share the good news of Jesus with others?" Are we driven by a genuine love and affection for Christ, by a clear view of Christ's love for the lost, or merely by a sense of duty? What motivates us will make all the difference. There are many types of motivation. Without the right motivation, very little progress can be made in anything. We need the powerful, Spirit-filled motivation that drives us to share the gospel in ways that persuade people to commit their lives to Christ. We need to love the sinner, hate the sin, and know the difference. He understood we need to be compelled by love and make the provision for it, which is spending time with Jesus!



## Biblical Marriage, Christ and the Church Polly Dunten

Romans 12:18- "If it is possible, as far as it depends on you, live at peace with everyone."

Uggg! In a marriage? How?

Let's talk about how marriage should mirror Jesus' love, service and care for the church. How Scripture can move mountains, (which may actually be our own thought process)! And how a few little tweaks may make a huge difference.

Polly Dunten has been a Pastor's wife for 38 years. She has 3 children and 5 grand-likes. She's the executive director for "Divinely Connected" Women's ministries and has been involved in almost all aspects of the church in some capacity. She loves teaching and doing music in children's ministries and has mentored/counseled women.



## Navigating the Seasons of Life with Grace, Wisdom, and Kingdom Impact with Kathy Foor

Kathy Foor lives with her husband in a small town in the mountains of Western Pennsylvania. She serves in her church as the choir and praise team director, as well as the Director of Women's Ministries for the Churches of God, General Conference. An elementary school teacher since 1980, Kathy is now retired and enjoying the opportunity to share the treasures of the Kingdom of God with women wherever she goes.

Every season has its challenges and blessings, but whatever season you find yourself in, it is possible to navigate with grace and wisdom. Join us as we discover treasures from the Word of God that can guide our steps through every season so that our lives can impact God's Kingdom on earth wherever we find ourselves.



## "The Prize for Motherhood" Kristin Lampert

Moms, we have a high and holy calling. We are to teach and train our children in the Lord. Culture is constantly working against us on this. Our call takes time, patience, and perseverance. Let's keep our eyes on the King and press on toward the call we've been given! "I press on toward the goal for the prize of the upward call of God in Christ Jesus."

Philippians 3:14



## Anavah - Learning to Occupy your God Given Space Kylie Owens

When people tell you to be comfortable in your own skin, it's always a little hard to fully comprehend what that exactly means. Well, when we look at it through the biblical lens, it leads us to the action of occupying our God-given space to its full capacity. Join us as we study what this fully means, by looking at the actions of Jonathan in 1 Samuel 20.



## Let's Talk Social Media with Laura Sanford

Laura is a wife and mother of three. She is an Ohio Certified Prevention Specialist, mental health therapist at Foundations, Ramsey Preferred Coach, and owner of Renewed Hope Financial Coaching, LLC. Social media is something that we can hardly avoid in this day and age. From phones to computers and from Facebook to Tik Tok, social media is all around us. Can social media be used for good? Yes! Can it cause anxiety, FOMO, the comparison game? Yes! Let's talk about the good, the bad, and everything in between! Teens are welcomed! This session would be appropriate for anyone who has a youth in their life or even if you just want to learn more about this topic!