

Morning Breakout Sessions



Hope and Resilience in Times of Distress with Kay Brandt

Kay is a mother of three, grandmother of ten, and a retired teacher. Kay will be speaking about Hope and Resilience in Times of Distress. Not only will Kay be discussing grief, but she will also cover how to find hope and resilience in ALL of life's tough times. Kay also runs a grief recovery support group with sessions offered locally as well as around the world, called GriefShare. Kay has been a GriefShare facilitator since 2018 and has led sessions on "Surviving the Holidays" and "Loss of Spouse." Kay draws upon her own experience of becoming a widow at the age of 36. Join us as we lean on Kay's own knowledge and resilience in finding hope through whatever life throws at you.



Loving the Lost 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!



Christian Mental Health Tiffany Fishbaugh

Tiffany Fishbaugh is a wife, mother, and licensed Independent Social Worker. She is a member of the Mt. Tabor Church of God and will be sharing her wisdom in the mental health field.

Since the Covid-19 pandemic, there has been a rise in mental health issues for both adults and children. Christians often struggle to reconcile their faith with the presence of mental illness. In this breakout session we will explore and discuss:

- Common mental health issues
- How faith can prevent individuals from seeking help
- How faith can play a role in mental health treatment
- The Bible= Therapeutic Approach
- Redefining the "No-Casserole Illness"



Finding Rest in a Busy Season Kathy Foor

Kathy Foor lives with her husband in 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.

You may wonder what a retired lady can tell you about finding rest in a busy season, but it is a lesson I first learned as a mom of three, born in 1987, 88, and 89! Then as a busy teacher with three school-aged children, a homeschool mom, a Sunday School teacher, Bible Study leader, etc. When God taught me these lessons, I was so busy and exhausted, I couldn't think straight! I begged God to tell me what to do...and He did! Join us as Kathy shares strategies to help you find rest whatever your season.



Anavah - Learning to Occupy your God Giving 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.



Covenant Love - Learn to Hear God and Partner with His Heart for Marriage Christa Curtiss

What if God's design for marriage is better than we could ever imagine? He has so much goodness to reveal to us through marriage that is virtually untapped by many married couples. In this session we are going to learn to hear God, discover His heart for marriage, and identify the traps of the enemy that prevent us from experiencing all God has designed for us in marriage.



Finding Your Joy in Motherhood with Nicole Tong

Nicole Tong is a wife of 19 years and proud mom to 5 kids ages 7 to 16. Join us as we explore how to find joy in our unique journey and season of motherhood. We'll uncover the transformative impact of our thoughts and learn to embrace imperfection, growing in God's grace and truth along the way. In His word, God tells us to guard our heart above all else (Proverbs 4:23) and to be transformed by the renewing of our mind (Romans 12:2). We'll discover practical ways to apply these truths in our daily lives. Let's navigate motherhood with faith and intentionality, seeking transformation through God's wisdom and guidance.