

# BREAK OUT SESSIONS & LEADERS



## **YOUR SLIP IS SHOWING** / Rhonda Brown

When your slip shows, you are not as perfectly put together as you think! Developing the ability to be transparent and real about where you are is critical to a successful journey with Jesus. In this session we will address perfectionism and anxiety, and much needed discretion in dealing with these issues.

Rhonda is an accomplished leader, minister, mother, and friend. Her experience and education prepares her to share with us vital and important truths, as well as wisdom and strategies to help us stay centered in faith and health emotionally. She holds a Master's Degree in Community/Agency Counseling from the University of Alabama at Birmingham and graduated from Lee University with a Bachelor of Arts degree in Psychology. Currently, Rhonda serves on the Care Division Board, Board of Directors for Peniel Residential Treatment Center, and the Heart of Florida Youth Ranch.



## **OUR HOPE STORY** / Brook Binstock

We all have our own story—the things in life that have taken us to who and where we are now. Our story is something no one can take from us—it's personal; it's life-giving; and it's important. In this session, we'll work together on building (and actually writing) a story from a past event of your choice. You'll be amazed at the result! 1 Peter 3:15 urges, "Always be prepared to give the reason for the hope that you have." That's exactly what we're going to do: *prepare our story!*

Brook had an idyllic childhood with a future that looked smooth and fairly pain-free. Then "life" happened. Pain, betrayal, disappointment, ups and downs. Through it all, Jesus was her constant. A few years ago, Brook studied how to "tell your story," and through that process, realized the power and healing of organizing a *meaningful, concise, yet personal, testimony*. Since then, she's lead many people through the process. She's a wife and mother of three boys, is a virtual assistant plus serves in her local church as the worship pastor and a Life Group leader. Her faves are baking, decorating, reading, and family music nights.



## **WALKING IN KINGDOM BEAUTY** / Inna Mons

"Walking in Kingdom Beauty" will be a fun interactive session where the dignity and graceful appearance of Kingdom women will be brought out. Inna and her team (including a former Lancôme beauty consultant) will help match your look to what God has already accomplished inside of you. Confidence, beauty and modesty is the gift we hope each woman will leave with.

Inna pastors alongside of her husband Pastor Stan Mons at Safe House Church in Portland Oregon. She planted this Church with her husband after supporting and planting other churches in various countries. She has traveled extensively for the gospel, has lived in 4 different countries and served through missions in Europe as well as in the Americas. She is the mother of three children and has been investing in women and young ladies everywhere the Lord has called her. She has been a frequent speaker in ministry school, churches and organizations and serves in a wide variety of ministries within the Church of God.





### **BIBLE JOURNALING/ Darcie Bauer**

In this session, we will uncover the journey that God wants to take us on, through the technique of Bible journaling. It will help us connect with God, as we write down the scriptures and meditate through worship and prayer. We can then ask questions, such as, "What is this scripture saying to me and how can I apply it to my life?" We will focus on learning how to listen to God and His answers to the situations we are going through." Journaling will help you have a record of what God has spoken but also give you the ability to refer back to His words when you go through new challenges and need an encouraging word from the Lord.

Darcie is currently serving as a Care Pastor at Living Faith Church, Hermiston, OR. Throughout her ministry as an associate pastor, women's counselor and a youth pastor she has used this technique of bible journaling. Darcie has taught this to small groups and classes to help others with vision and direction for their lives. Assisting in this session will be Pastor Jessica Rhodes currently serving as the Women's Pastor at Living Faith Church in Hermiston OR.



### **PRAISE-N-FIT / Tiffany Loving**

Psalm 150:6 "Let everything that has breath praise the Lord.

Do you have breath in your body? Then this class is for you. Come and experience an encouraging atmosphere through PRAISE -N- FIT. This is an INTENTIONAL praise and fitness class, that is designed for all ages and all fitness levels, as the focus is on praising GOD. Using our bodies to clap, dance and sing while using our own body weight to tone and strengthen our temples. This is a high praise energy 45-minute class with a 15-minute worship cool down. There will be fun and simple choreographed movements that will be easy and repetitive but designed to increase your heart rate. (Please note) There are modifications for all movements, and you can go at your own pace and do your own praise. What do you need for the class? Please bring water and a praise in your heart!

Tiffany is a widow and mother of 2 with 3 bonus kids and 3 grandbabies. She is a member of Grace Point Church in Pasco Washington lead by Pastor Lanny and Donna K Troller. She currently serves on the worship team and is a Co-Lead in the Women's small group.



### **THE GOOD, THE BAD, AND THE BLINDSPOTS**

*Navigating Female Friendships / Jan Wright*

In this session we'll explore our created need for connection & friendship. Why it can be difficult and the obstacles we face in developing and maintaining lasting faith filled friendships. These relationships are vital to our growth, satisfaction and well being. True God centered friendships are transformative and the fertile soil for growth, support, laughter and understanding. Bring your friends and let's talk about the obstacles, challenges and rewards of true friendship.

Jan has had a life full of transition. Since beginning ministry, she and Pat have moved ten times. In these many and varied places, a constant emerged...the need for the support of true friendship. These friends shaped her, became her prayer group, provided support, laughed and cried with her. They were a place to run when the wheels fell off and the first to rejoice when celebration is needed. *The strength of sisters!* When women unite in faith and each other, powerful things can happen.

**Session I / 9:30 am - 10:40 am**

*PRAISE-N-FIT / Tiffany Loving*

*Our Hope Story / Brook Binstock*

*The Good, The Bad and the Blindspots / Jan Wright*

**Session II / 10:55 am - 12:05 pm**

*Your Slip is Showing / Rhonda Brown*

*Kingdom Beauty / Inna Mons*

*Bible Journaling / Darcie Bauer*