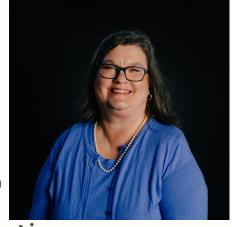


Lois Anderson - Taking the Next Step: How to Be an Effective Advocate in Your Community

Are you concerned about what is happening in your local and state government but aren't sure what to do about it? How can we follow Christ's teaching that we are to be salt and light while we fulfill our responsibility as citizens?

This workshop will provide an opportunity for sisters in Christ to turn down the volume, provide some practical tips, and consider how we can be a faithful witness in a chaotic world.





Kay Boyer - Practical Parenting

I'm Kay Boyer, wife of Rob for almost 39 years, mother of 6 grown children, mother in law to 4, Nana to 10 grandchildren, and a caregiver to my 93 year mom. My passion is family and sharing about my experiences of homeschooling my children. I love to encourage young mothers to keep their eyes on the Lord as they are in the trenches called life.

Jamie Flickinger - All Things New Project

For my craft/activity we will be hand sewing small flowers to go on picture frames, and using recycled material to go along with the theme of making "all things new". It will be a simple but beautiful craft, easy for beginners or those practiced at sewing!.





Christin Hunt

The Plate I'm Given: Balancing life when your schedule is full and your cup is empty

Practicing Gratitude: How knowing God leads to biblical thankfulness

Bethany Lafferty - How To Thrive: 10 Health Tips

During this session, we'll cover practical and effective strategies for enhancing your physical, nutritional, mental, and emotional wellness. From nutrition and exercise to stress management and sleep hygiene, each tip is carefully crafted to empower you on your journey to a healthier lifestyle and to honor God with our bodies.



Melissa Robbins - Savoring the Author of our Story



God's gives us a beautiful tool for weariness, worry, stress and anxiety-- He's ready to help us use it day and night (often when I need His help the most). We'll think through together how He's already taken care of every need we have and practice the power of "savoring" Him.

Cindi Rushane - Understanding Inductive Bible Study God's Word is our guidebook for all of our life.

- If you sense there must be concrete answers to the complexities of life
- If you want a bedrock faith that keeps you from being tossed around by conflicting philosophies in the world and the church
- If you want to be able to face the uncertainties of the future without fear

...then this workshop is designed for you. We will learn together a method that can help you to rightly divide the word of truth. Come and join us!





Amy Setzer - Cooking with What You Have

Cooking simple meals for the family from your pantry. Learning to use what you have on hand without needing to run to the store.