



BREAKOUT SESSIONS

REGISTER EARLY! All sessions have *limited capacity* & require *advance registration*.

Craft: Autumn Blooms (AM Session ONLY) – *Becky Geise*

Create a beautiful pocket-sized arrangement of fall flowers while enjoying a relaxed time of creativity & fellowship. As you craft, we'll reflect on the blessings God has placed in our lives & the simple reminder to live with thankful hearts. *Materials Cost: \$10*



Hospitality Made Easy: Who's at Your Table?

(AM Session ONLY) – *Shelley Komoszewski*

What if great hospitality had less to do with what's on the table & more to do with who's around it? Come ready to laugh, create, & rethink what it means to welcome people well. We'll explore fun themes, easy tablescape, simple menus, & engaging conversation starters. Because the holidays don't need perfection. They need connection.

The Midlife Menopause Mystery: What's Happening to Your Body & What You Can Do About It

(AM Session ONLY) – *Amber Christopher, DPT*

Menopause can feel like a mystery, leaving you wondering "what is happening to me?". Dr. Amber Christopher, DPT, will help you understand changes in your sleep, mood, energy, weight, strength, joints, brain, & even your sense of self during perimenopause & menopause. We'll discuss why these changes occur & what you can do to support your health through midlife & beyond. You'll leave with practical strategies for exercise, nutrition, lifestyle, & conversations with your healthcare provider.

Pause for Prayer (PM Session ONLY) – *Rachel Burgette*

Need a little space to pray on your own, reflect, or process? This peaceful room is set aside for you to slow down, reflect & spend quiet time with God. An optional prayer/quiet-time guide, created by keynote speaker Shelley Komoszewski, will be available to guide your time if desired (similar to Retreat quiet time) — or just come & be still & know that He is God.

Made for More: Your Body Is Not Your Business Card

(PM Session ONLY) – Belinda Effa

What if your body was never meant to be your résumé, your identity, or your proof that you are enough? What if freedom isn't found in finally getting your body "right," but in discovering who you are in Christ? Belinda will share honestly from her own journey with body image, food, comparison & control—and help you discover what happens when we stop looking to our bodies to tell us who we are & start looking to the One who made us. Your body is not your business card. You were made for more.

*The following are available during **both** AM & PM Sessions:*

Craft: Layered Paper Nativity – Alexis Strickland

Learn to create a beautiful 3D-look Nativity using layered cardstock. You'll receive a 5×5" frame for displaying your finished masterpiece. A metallic-gold Star of David will add a little sparkle to your Christmas décor. *Materials Cost: \$15*



Biblical Reflections on Human History– Wayne Braudrick

We will examine how scripture teaches us to understand & evaluate history. These principles should inform & deepen our grasp of events from the ancient past to today's headlines.

Cooking Class: Mastering the Art of Feeding a Crowd – Jen Cox

Take the stress out of big gatherings! Discover simple, budget-friendly strategies for feeding large groups without endless kitchen prep. Join us to learn how to host efficiently, stretch your budget, & keep hosting fun.

Loving Difficult People: Through the Holidays & Beyond – Katina Wilkins

In a world that tells us to walk away & cancel each other out when things become hard, Jesus gives us a different command: to love our neighbor & to love one another. In fact, He even tells us to love our enemies. If you have a difficult-to-love person in your life that is making you dread the holidays, this session is for you. Come find out how to prepare your heart & how to make a plan of how to interact in a way that shows love & not confrontation or avoidance. Come learn how to love like Jesus so you can celebrate fully the true reason for the season!

Marriage Panel Discussion – Jennifer & Dave Byrd, Drea & Jared Coe, Christen & Greg McClure

Come join us for a candid panel discussion of the joys & challenges of marriage! Couples from different ages & stages will share their wisdom & real-life experience. If you register for this session, you will have the opportunity to (anonymously) submit any questions you would like the panel to address – no question is off limits. Come join us as we delve into the mysterious covenant of marriage!