

Hope Grows Here: “BreakThrough” Sessions

Each session is 60 minutes in length.

Session 1: 11:15 am - 12:15pm Session 2: 1:00 pm - 2:00 pm

You will have the opportunity to attend two sessions of your choice.

Hope-Filled Neighboring – Stacey Tasler Crosson (1) – Room 114, Lower Level

Join this conversation and sharing of ideas on the practice of “hope-filled neighboring.” Explore examples of Jesus’ encounters with those around Him and discuss how we can follow His lead to spread intentional hope in our “neighboring circles” today. Real life, practical examples will be shared. You’re sure to leave this session inspired, empowered, and ready to spread hope! Led by Stacey Crosson, DCE, Christian Counselor, and Minister of Care & Outreach at Prince of Peace Lutheran Church, Springfield.

Visual Prayer: Journey to Hope – Connie Denninger (1,2) – Wellspring Center, Lower Level

There is hope for your prayer life. What would it look like to see the story of your cultivated prayer life unfold? In this experiential learning session, our keynote speaker will lead you through the basics and guide you to work with tools and resources to begin a new journey into the peaceful, beautiful discipline of visual prayer.

Bible Help for Today’s Family – Melinda DeWan (1) – Room 125, Main Level

Today’s families face many challenges. As a parent, it can be hard to know where to turn. In this session, experienced Bible teacher Melinda DeWan will lead us to uncover wisdom and insight from scripture about marriage, mothering, and family life. Come to discover how relevant the Bible’s message remains as help and hope for families in our time.

Creative Spirits: Art + Prayer – Sandi Goetsch & Carol Clatterbuck (1,2) – Room 115, Lower Level

The Ministry of Creative Spirits combines artistic gifts with the power of prayer to craft handmade treasures that comfort, encourage, and inspire those facing serious illness or life challenges. Get a “taste” of this ministry of faith-based gifts, see samples, and create a bookmark with a message of hope to donate to the ministry or share with a loved one. This hour will leave you filled with the love of the Spirit! Led by Creative Spirits founder, Sandi Goetsch and artist/ministry leader Carol Clatterbuck.

Finding Hope in the Stories of Our Lives – Jennifer Gross (1) – Room 118 Main Level

The hope of God is all around us—even in the stories of our lives. Let’s talk about God as the Author of our life story and about finding stories of hope in our lives and the lives of those around us. This is a time for sharing your God moments, thinking about what it means to see your life as a story, and discussing how to find, tell, and listen to stories of hope. Led by Jennifer Gross, author, faith blogger and women’s ministry leader at Prince of Peace Lutheran Church, Springfield.

Garden of Hope: Cultivating Mental Health – Sheila Langston (1,2) – Room 117 Lower Level

The state of this world can make us feel queasy, unsure, shaken to the core. What can we do with those feelings? Let’s turn to God’s word for guidance when the walls of our world seem to be crashing in. God has promised us good things, so we can plant seeds of faith. We can tend our garden with hope and peace. We can believe God’s word and hold on to His promise that our garden will yield great riches of healing, beauty, and grace. Led by education/mental health professional Sheila Langston.

Spiritual Conversations: Hands-On Hope – Tina McGuffey (2) – Room 114, Lower Level

Ever wondered how to start a conversation about faith? Join Tina McGuffey, Director of Christian Outreach at Our Savior Lutheran Church, Laurel, as she offers practical conversation starters and suggestions on how to keep the conversation going. This is a “voices-on” workshop that will include the practice of faith sharing with one another. Come work on your voice of witness, so you’ll be better prepared to offer the hope, peace and joy of Christ to those in your path who may be seeking.

Planting Seeds of Hope: An Interactive Bible Study – Sandra Poyner (1,2) – Room 118, Lower Level

What does scripture say about planting seeds of hope? How do we cultivate them for ourselves and others? Join Sandra Poyner, seasoned Bible teacher and retired management trainer/facilitator, for this highly interactive session where we will share ideas and support one another as we explore Biblical answers to these all-important questions.

Your Journey: Retirement, Taxes & Generosity – Thrivent Financial (2) – Room 110, Lower Level

Would you like to learn how to effectively manage the resources God has given you to meet your retirement needs and generously support the causes you hold dear? In this session, a Thrivent Financial Representative will offer guidance on how to determine future needs, minimize taxation, and effectively plan and prepare to support the retirement lifestyle and giving goals you have in mind.

Yoga Faith – Kendra LoBosco (2) – Room 118, Main Level

Stretch your faith and your body! Combine the ancient practice of yoga with the breath of the Holy Spirit to create space for God to come in. Tone your “holy temple” while growing in Christ through scripture, sacred music and movement. Some yoga mats will be available but bring a mat if you have one. You can store it until yoga time! Led by Kendra LoBosco, Certified Yoga Instructor and Yoga Faith Instructor.

Self-Guided Options – Labyrinth, Outdoor Chapel, Prayer Garden, Fitness Center (*See Map for Locations*)

Looking for some solitude with time to ponder and pray? Take a peaceful walk on St. Andrew’s labyrinth, pray at the Outdoor Chapel, journal in the Memorial Prayer Garden, or burn off some energy in the Fitness Room, Lower Level. The day is yours – do what you please to nourish your spirit and feed your soul!