

# Restore

## UB Women's Conference 2018

### Workshops

#### **Restoring the Temple: Making Space for Self-Care** (Penny Cole)

1 Corinthians 6:19-20 says, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

As women, we are quick to nurture everyone around us while our own bodies waste away from inattention. God cares about our physical health and wellness. In this workshop, Penny will share the radical measures she took to take care of her temple and how she honors God daily by taking small steps toward better nutrition, increased rest and physical activity.

*Penny Cole is a teacher at a residential ministry for troubled young men, and member of the Women's Ministry Team. She resides in Bluffton, Indiana.*

#### **Restoring Relationships in Parenting** (Kim Fish)

Our family lives change as kids grow, and sometimes that change involves behaviors that put pressure on our relationships. This workshop addresses how we can respond to repair broken relationships in our homes when there are hurtful behaviors. By utilizing respect, connection, and compromise, restoration can happen in our families.

*Kim Fish is a counselor on staff at Emmanuel Community Church in Fort Wayne, Ind., where her husband is the teaching pastor and director of missions.*

#### **Redeemed for Others: Restoration Stories** (Tomi Cardin)

God doesn't heal and restore us only for our own benefit, but for his work in lives we touch as well. He is in the business of using all parts of our story, even the hard ones, to bless others. Tomi will use biblical examples, her own story, and the stories of women who have experienced redemption and restoration at Redemption House. Who is waiting on your redemption? What can others learn from your story?

*Tomi Cardin is the founder and Director of Redemption House, a faith-based transition home in Fort Wayne, Ind., for women who want to redeem their lives from past destructive behavior.*

#### **Restoring Racial and Cultural Differences for Kingdom Impact** (Sherilyn Emberton)

Rev. Martin Luther King, Jr., once said, "It is appalling that the most segregated hour of Christian America is eleven o'clock on Sunday morning." As believers, how can we build and restore relationships that open our churches and families to meet people who are different from us? How can we initiate conversations and create experiences that evoke unity in the church and in society? If we are the marginalized, how do we overcome our differences to have our voices heard? Join this session to tackle the hard questions and pursue reconciliation in your own life and ministry.

*Sherilyn Emberton is president of Huntington University in Huntington, Ind.*

### Pastor's Wives Workshop

#### **Restoring Hearts as Friends and Mentors** (Pam Dittman, Chrissy Griffon)

We live in a world of hurting hearts and broken relationships, but restoration is possible when God's people rely on the Holy Spirit. Not only do we have the opportunity to be on the receiving end of that healing process, but God uses the body of Christ to also extend his love, grace, and wisdom. In this workshop, Pam and Chrissy share how God used trusted friends and mentors to bring restored hearts to troubled relationships. This workshop will be presented during the first hour. Attendees may choose to attend one of the four workshops above during the second hour or stay and have more intimate conversations with Pam and Chrissy.

*Pam Dittman is the wife of Mike Dittman, the UB director of National Ministries and lives in Commerce, Michigan. Chrissy Griffon is the wife of Eric Griffon, Worship Pastor at Fowlerville UB Church, Fowlerville, Michigan.*