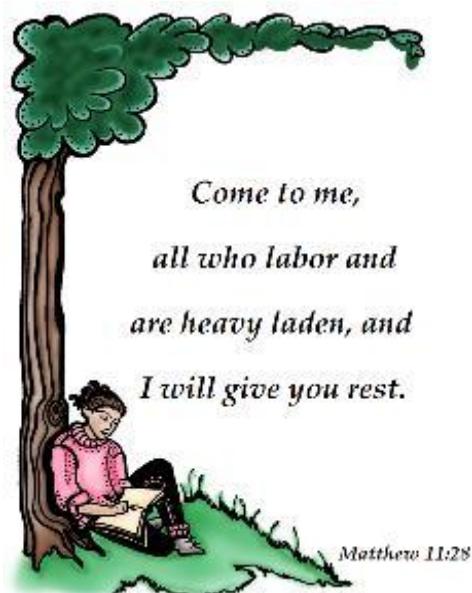


A Vacation with God

Women's Day of
Renewal XI
March 11-12, 2011



Good Shepherd
Lutheran
Church & School
1300 Beltline Road
Collinsville, IL 62234
618-344-3151

www.goodshepherdcollinsville.org



Friday Night's
Keynote Speaker
Phyllis Wallace, MA
Cruise: Around Chaos with the
One Who Calms the Seas!



Saturday's Keynote Speaker
Ruth N. Koch, M.A., NCC
A Little Vacation with God:
Sabbath-Keeping for
Today's Busy Woman

Book Your Cruise Now! Enjoy ship's fare delights and Phyllis' insights from 1400 "Woman to Woman" radio-talk shows, through the years. This is about your High Seas, your Ports of Call, your rough waters. We'll be laughin' in the breeze, as we meet the One Who calms the sea!

Phyllis has a BA from the University of Illinois - Champaign and an MA in Educational Psychology from Southern Illinois University-Edwardsville. Once her nest of four was up and running, she led a weekly Bible study of 100 women from 14 different church backgrounds at Good Shepherd Lutheran Church in Collinsville for ten years. This opened opportunities to keynote conferences and seminars around the country. In 1991, she initiated the "Woman to Woman" program on KFUE-AM radio in St. Louis, MO. The "Woman to Woman" show was picked up by Lutheran Hour Ministries in 1993 and is now nationally syndicated. Phyllis speaks nationwide on embracing stress, overcoming your past and opening the gifts you have hiding under your "stuff!" She endorses the priceless value of humor in getting through life.

Harried, hassled, pressed and stressed? Having frequent daydreams about a week on a desert island A-L-O-N-E? Sounds like you, modern woman, need some time to reconnect with why you do the things you do. In other words, a little vacation with God! God offers you a day of rest each week--a day to renew your faith and rediscover your purpose for living, a day to rest in God's salvation. Come and explore this exciting way to put yourself where God can get hold of you--and give you peace!

Ruth Koch is a mental health educator and National Certified Counselor. For over 40 years, Ruth has conducted workshops and classes for church professionals and others who are looking for practical and effective coping strategies for the ordinary as well as the complex problems of the Christian life. An author, speaker and consultant, Ruth is also a frequent contributor to the LWML *Quarterly* and a weekly guest on KFUE's Morning Show. Ruth is a contributing author to *A New Song: Planted by Streams of Water*, a woman's Bible Study devotional published by Concordia Publishing House, and currently serves as the Chair of the Board of Directors of Concordia Publishing House.

Workshops

(Choose 2 in order of your preference.)

1. "Help, I'm Overwhelmed!" Christians have the highest callings on earth - To love God, To love our neighbors, To make disciples of all nations, To care for our families, To be good citizens... It's no wonder we feel overwhelmed. How can God's word help us to work wisely for His kingdom?

Presented by Pastor Michael Walther, Senior Pastor Good Shepherd Lutheran Church "GSLC"

2. **More Hymns of the Church.** Hymns take on new meaning as we learn the story behind them. Like a previous workshop, we will examine some hymns and then sing! If you enjoy a good sing-a-long then this is the place for you. And if you don't feel like singing, that's okay. Sit back, relax, and let God's gift of music lift your spirits.

Presented by Carol Walther, Director of Children's and Women's Ministries, GSLC

3. **It's All About Women.** From Attitude to PMS to Zeppole, we're going to cover a lot of ground. LISTEN, LAUGH, LEARN & LOOK-OUT as we discuss women's health issues. *Presented by Lynn Cook, Parish Nurse, GSLC*

4. **Conversations with Your Teen or Pre-Teen.** Some days do you feel like you are on one planet and your teen or pre-teen is on another? Have you recognized a teachable moment but were unable to initiate a meaningful discussion? During our time together we will learn more about the world of pre-teens and teenagers. We will examine ways to communicate with them and how to approach both the everyday and hard topics in life.

Presented by Megan Loomis, DCE, Director of Youth Ministries, GSLC

5. **Think for a Change!** So you've tried everything to change to no avail. Have you tried using your head? Dr. Melanie Wilson shares the biblical secret for success that people have used for centuries. This same principle enables psychologists to change lives. Now you can use it at home for free! Please note that this program may have side effects such as loss of inhibition, increased self-control, and unexpected laughter.

Presented by Melanie Wilson, Ph.D.

6. **Healing for the 'Odd Woman Out.'** Have you ever felt you were an 'odd woman out' because you are divorced, a single Mom, or just different from the images of 'perfect' you think surround you? Learn how being made perfect through Christ is the only 'perfect' that matters. Experience Christ's forgiveness for you and those in your world in the healing atmosphere of Christian sisterhood. *Presented by Pam Meister PMP, MBA*

7. **The Church's Role of Mercy Around the World.** Does the church have a role of mercy in the community? Has the church any role in the world today beyond the proclamation of the Word and Sacraments? Is mercy simply a matter of individual Christian ethics? This presentation speaks of acts of mercy with special emphasis on LCMS World Relief and Human Care, thereby encouraging you to think about the Lutheran theological foundations of this aspect of our life together in Christ Jesus.

Presented by Deaconess Grace Rao, LCMS World Relief and Human Care

8. **Shut Up and Pray!** Do you ever feel that you focus more on fluffy conversation and less on giving yourself humbly over to God when you pray? Just talking to God is not necessarily praying to Him. Having a [conversation with God](#) is not hard for me, I talk to Him constantly. [Gary Smalley](#) (Christian author and speaker) believes that God gave women about 5000 words to use per day and He gave men about 2000 words per day. Some days I find myself using up my quota and part of my husband's! Please join me as we have a conversation about conversing more purposefully with God. *Presented by Pat Schwieder*

(List continued on next page.)

Workshops *cont'd*

(Choose 2 in order of your preference.)

9. **The Waiting Room.** Do you feel that you are always waiting for something to happen: a job, healing, a husband, children, etc.? In this workshop we will share stories, and encouragement, look at what God says about waiting in Scripture, and learn how to attain contentment and joy while we wait. *Presented by Jaime Brinkmann, DCE*

10. **Bringing Back the Family Table.** Could you use simple solutions to reduce stress in planning and preparing family meals even in your busy household? In this workshop you will create your own weekly meal organizer to simplify meal planning and shopping. Our presenter will share some of favorite, easy-to-make recipes and even make one for you to taste. Additional materials fee: \$5.00 (paid to presenter day of event).

Presented by Lynn and Mark Sengele

11. **Understanding Peace: The Truth about Worry and Fear.** God gives us something to guide our lives---and it isn't fear. In this workshop we'll look at the surprising sources of worry and the strange masks it wears. We'll contrast that with the root and purpose of God-sent peace. Then together we'll gaze at the face of God. Because when it comes to defeating fear, knowing God's heart matters more than anything. We'll strive to go deeper and be more practical than the usual. Come join us; and, leave freer. *Presented by Rhonda Langefeld*

12. **A Biblical Travelogue.** Ever wonder what you can do with the beautiful vacation pictures that touched you as evidence of God's greatness and work in your life? Join travel guide Diane Grebing in a Biblical Travelogue that shares her own travel memories paired with relevant Scripture passages to provide a witness to the truths of God's saving grace in Christ Jesus. Receive your very own travelogue album along with ideas to help you construct your own witness book. Additional materials fee: \$2.00 (paid to presenter day of event).

Presented by Diane J. Grebing

13. **Journeys: Stories of Adoption.** Join us in celebrating God's grace and mercy as we share our stories of the blessings of adoption. "Once there were two women who never knew each other. One you did not know; the other you call mother. The first gave you life, and the second taught you to live in it. The first gave you the need for love, and the second was there to give it. One gave you up, it was all that she could do. The other prayed for a child, and God led her straight to you." (From *Legacy of an Adopted Child*, source unknown).

Presented by Linda Claus, Pam Dolas, Kathy Scaggs and Karen Schultz.

Your Vacation Itinerary

Friday Night - Cruise

March 11, 2011

Boarding Time: 6:30 pm

We sail at 7:00 pm

On Board Activities: Fun & Phyllis

Snacks and Nibbles will be served

Activities Director: Phyllis Wallace

Disembarking Time: 9:00 pm

Saturday - Activities

March 12, 2011

Doors open at 7:45 am

Registration & Continental Breakfast

Opening at 8:45 am

Key Note Address 9:00 am

Keynote Speaker: Ruth Koch

Workshops

Boxed Lunch

Workshops

Closing

Departure at 3:15 pm

Costs:

Includes Friday & Saturday registration fees, Friday snacks, Saturday Continental Breakfast & Boxed Lunch
Thru December 31 - \$35; January 1 thru February 27 - \$40 After February 27 - \$45.

11th Annual Women's Day of Renewal – Registration Form

[Please register by February 27, 2011]

Mail to: Good Shepherd Lutheran Church, 1300 Beltline Road, Collinsville IL 62234

NAME: _____

ADDRESS: _____

CITY: _____ STATE: ____ ZIP: _____

PHONE: _____

CHURCH HOME/DENOMINATION: _____

Would you like to receive updates on future WDR activities? Yes ____ No ____ (If you replied yes to either of these questions, Would you like to receive an e-mail registration confirmation? Yes ____ No ____ please include your e-mail address.)

E-mail address: _____ No e-mail, but want confirmation, include self-addressed stamped envelope with registration.

Workshop Preference: List (4) in order of preference; you will only be assigned (2) to attend.

_____/_____/_____/_____

REGISTRATION FEE(S)

Friday Night Event, postmarked by December 31 (**\$10.00**): _____

Saturday Event, early registration postmarked by December 31 (**\$25.00**): _____

Add **\$5.00** service fee if postmarked January 1 thru February 27: _____

Add **\$10.00** service fee if postmarked after February 27: _____

Total fee: _____

(Enclose check payable to Good Shepherd Lutheran Church for total)

OFFICE USE ONLY Date _____ Cash/Check# _____ Amount _____