

KEYNOTE:

Marsha Means: "You shattered my dreams, but you can't have my story." How to begin your healing journey & take back what the enemy has stolen.

Marsha Means, MA, is a trained counselor specializing in addiction, and currently does telephone counseling in addition to full-time writing.



Marsha is the author of Living With Your Husband's Secret Wars and Partner's Healing Journey Workbook.

Above all, Marsha is a sister on this journey.

Website:

www.awomanshealingjourney.com

Worship Leader



Kelly Borrer finds joy in leading women in worship. Through the years she has led worship at retreats and church services. Kelly and her husband, Pastor Greg Borrer, reside in Tigard with their three children. Currently, Kelly works at George Fox University as Administrative Assistant to the Dean/Department Chair of the School of Management.



Tuff Stuff Ministries
7501 SE Lillian Ave
Milwaukie OR 97267

Book & Resource table will be available

"Betrayal Redeemed:



a journey from hurt to hope"

Keynote speaker

Marsha Means

Author of

Living with Your Husband's Secret Wars

November 10, 2007

8:30 am - 3:00 pm



"Betrayal Redeemed: a journey from hurt to hope."

WORKSHOP I

- A. How to be a Woman of Courage, Elsbeth Martindale.** Courage in the face of challenges? How do you take courageous steps when needed? Come explore the power of courage to support your life and growth.
- B. Avoiding the Potholes of Shame, Meg Wilson.** Practical tips for avoiding this common hazard. Learn about the power of shame and how to identify shaming messages that creep into many relationships slowing down the healing journey.
- C. Healthy Boundaries in Marriage, Connie Baker.** In your marriage, do you struggle with boundaries? Understanding them? Setting them? Standing firm once they are set? This workshop can bring clarity and give encouragement!
- D. Self Esteem & Empowerment, Ruth Schroeder.** Feelings of unworthiness and self-doubt can result in treating ourselves in less than healthy ways. Discover practical tools that can be used to empower you and impact relationships.
- E. How do I Stop being Codependent?, Jan Olsen.** Are you a "victim"? Do you focus on "fixing"? Are you being controlled by someone else? Learn what codependency is, how to recognize it, and how to break unhealthy relational patterns.
- F. When Sexual Addictions Become Abusive, Carolyn N. Kohlenberger.** Sexual addiction can be an element in partner abuse and domestic violence. How do you know if you are being abused? Where can you get help? Come, find answers.
- G. What Happened to the Man I Thought I knew?, Earl Wilson.** A candid look at the personality and character flaws that underlie emotional and physical infidelity and other bad behaviors. Five reasons why his choices were not your fault.
- H. Back On My Feet Again: Hope for Those Who Go On Alone, Welby O'Brien.** If you feel you have died along with your marriage, you are not alone. With God's love, grace and some practical steps, getting up and going on can be a reality filled with life and hope.
- I. The Difficult Process of Forgiveness, Sandy Wilson.** Should I? Can I? If I forgive do I have to trust? How do I go about forgiving the person that brought so much pain? What happens if I don't forgive?

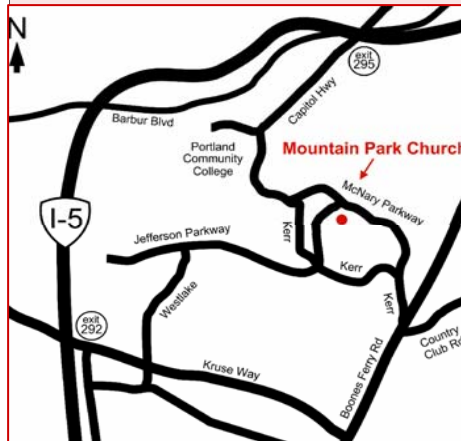
Please call or email for more information:
503.654.8387 or 503-307-0535
sandy@tsmhome.com

WORKSHOP II

- A. When His Secrets Stress Your Spirit, Mind, & Body, Marsha Means.** Partners of sex addicts suffer with the symptoms of post traumatic stress disorder (PTSD.) Learn the symptoms, effects, and ways to deal with PTSD.
- B. Panel of Men addressing your questions.** Come armed with questions that you haven't felt free to ask your husband. You will get frank answers based on experience.
- C. Healthy Boundaries in Marriage, Connie Baker. (repeat)**
- D. Self Esteem and empowerment, Ruth Schroeder. (repeat)**
- E. How do I Stop being Codependent?, Jan Olson. (repeat)**
- F. Sex By the Book, Diane Roberts.** God intended for us to enjoy sex - He created it! In a sex saturated society, what does healthy sexual intimacy look like?
- G. What to Tell the Children, David & Hollis MacLean Wenzel.** What do you tell children when trauma of a sexual nature occurs, what should they know and at what age? What words to use? Questions that children typically ask, developmental issues, and minimizing trauma will be key points of discussion.

SCHEDULE

	8:30am—3 pm
8:30 - 9:00 am	Registration
9:00 - 9:30 am	Welcome & Worship
9:30 - 10:40 am	Keynote: Marsha Means, "You shattered my dreams, but..."
10:40 - 11:15 am	Break
11:15 - 12:15 am	Workshop I
12:15 - 1:15 pm	Lunch (<u>lunch provided</u>)
1:15 - 2:15 pm	Workshop II
2:15 - 2:30 pm	Break
2:30 - 3:00 pm	Closing Comments, Sandy Wilson



LOCATION:

Mountain
Park
Church

40 McNary
Parkway

Lake
Oswego, OR
97035

503.635.3443

Registration

"BETRAYAL REDEEMED: A JOURNEY FROM HURT TO HOPE"
MOUNTAIN PARK CHURCH - NOVEMBER 10, 2007

Early registration deadline: October 26, 2007.
Registration fees transferable, but non-refundable.

ON-LINE REGISTRATION (beginning mid-September)

www.tuffstuffseminar.com

Or mail-in registration below:

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____ - _____ - _____
Email _____
Home Church _____
City _____ State _____

Please select workshops:

WORKSHOP I: ___A; ___B; ___C; ___D;
___E.; ___F; ___G; ___H; ___I.

WORKSHOP II: ___A; ___B; ___C; ___D;
___E.; ___F; ___G.

Early Registration Fee* \$40.00
(Registration postmarked before 10-26-07) or

Registration Fee* \$50.00
(Registration postmarked after 10-26-07)

TOTAL Payment \$ _____

*Registration fee includes lunch,
refreshments, & materials.
(No child care)

Checks payable to:
Tuff Stuff Ministries
7501 SE Lillian Ave.
Milwaukie, Oregon 97267