

## KEYNOTE SPEAKER:



**Yvonne Lindow**

My name is Yvonne and I have been married to my husband for almost 34 years. We own a farm out-side of Hillsboro, Oregon. I began a journey from hurt to hope following my husband's disclosure in August of 2012 that he had betrayed me. It has been a hard, frustrating, joyful, victorious journey of growth and grace. I have gone from being embarrassed and ashamed to sharing my story with other women and walking along with them as Co-Director of Hidden Hurt. We have three sons spread out around the globe and one very adorable grandson. When I am not helping out on the farm I love to quilt, read, and ring hand bells. I love to travel and try to get to Texas every three months to see our grandson.

I have been praying that you find a safe place here among us and that you no longer feel alone.

## WORSHIP LEADER

**Nicole Wells**, songwriter and musician, ministers



through her heart compelled by hope.

Nicole is the wife of a recovering sex addict. Her CD "Restore" honestly portrays her journey laced with silent pain and despair but bursting with new found joy and trust in God.

Nicole is a professional singer and songwriter as well as a piano and violin instructor in her private studio in Sherwood OR. The mother of 2 sons, her family was reunited in 2009 following a long marital separation.

Tuff Stuff Ministries

1533 NE Laurelwood Cir

Canby, OR 97013



# BETRAYAL REDEEMED

## CONFERENCE FOR WOMEN



*"You Are Not Alone!"*

*Keynote Speaker*

*Yvonne Lindow*

*Co-Director, Hidden Hurt*

*Pure Life Alliance*

*October 6, 2018*

**MOUNTAIN PARK CHURCH,  
LAKE OSWEGO**

## WORKSHOPS

### 1 In The Beginning: Mary Frantz



Disclosure is defined as a fact, especially a secret, that is made known. Dishonesty is described as deceitfulness shown in someone's character. How to navigate disclosure, deal with dishonesty and denial, and the pursuit of truth will be discussed in this presentation.

### 2. As Time Goes By : Connie Baker



In this session, Connie will answer some very common questions: Is what I'm feeling normal? Am I going crazy? Am I the only one that feels this way? Why am I so reactive and all over the place emotionally? Learn about the emotions and trauma that are a part of intimate betrayal.

### 3. Men's Panel:

Four men in various stages of recovery answer the questions you haven't felt free to ask your husband. You will receive frank answers based on experience.

### 4. Tools, Boundaries & Self Care: Nancy Laughland



Caring for yourself can often be at the bottom of your priority list, especially when you have family and career demanding your best time and effort. But there are good reasons to start practicing self-care, especially when dealing with betrayal. We'll discuss several ways you can keep yourself strong and safe, including establishing and maintaining boundaries in your relationships.



### 5. Trust and Forgiveness. Georgia Miller & Sandy Wilson

Can trust be rebuilt once it is shattered by betrayal? If so, how? Are trust and forgiveness synonymous?



Forgiveness is important for your well-being but you may be wondering when and how it is even possible. This session will help clarify some confusion about these topics.

## SCHEDULE

8:30 am - 9:00 Registration  
9:00 am - 9:15 Welcome & announcements; Worship  
9:15 am - 10:00 Keynote Speaker: Yvonne Lindow  
10:00 am - 10:10 Break  
10:10 am - 11:00 Workshop 1  
11:00 am - 11:10 Break  
11:10 am - 12:00 Workshop 2  
12:00 pm - 1:00 Lunch, browse vendor tables  
1:00 pm - 1:50 Workshop 3  
1:50 pm - 2:00 Break  
2:00 pm - 2:50 Workshop 4  
2:50 pm - 3:00 Break  
3:00 pm - 4:00 Workshop 5  
4:00pm - 4:30 Questions, Evaluations, Wrap-up

**Note: Vendor tables available (cash or checks only)**

**Location: MOUNTAIN PARK CHURCH,**  
40 McNary Parkway  
Lake Oswego OR 97035 | 503-635-3443

OCTOBER 6, 2018 | 8:30 AM—4:30 PM

For more information: *please contact:*

Georgia Miller 503-380-5264

cobigram@gmail.com or

Sandy Wilson 503-307-0535

sandy@tsmhome.com

## Registration

"BETRAYAL REDEEMED: *You're Not Alone*"

Early registration deadline: September 29, 2018

on-line registration:

[www.tuffstuffministries.com](http://www.tuffstuffministries.com)

*Or mail-in registration (below)*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email \_\_\_\_\_

Home Church \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_

**Early Registration Fee: \$65.00**

*(Registrations postmarked **on** or **before 9-29-18**) or*

**Registration Fee: \$75.00**

*(Registrations postmarked **after 9-29-18**)*

**TOTAL Payment: \$ \_\_\_\_\_**

[www.tuffstuffministries.com](http://www.tuffstuffministries.com)

*Checks payable to:*

Tuff Stuff Ministries  
1533 NE Laurelwood Cir.  
Canby, OR 97013



**Note:** *Registration fee includes: lunch, refreshments & materials.*

*Vendor tables available. (cash or checks only)*

- Sorry, no credit card use at the conference.
- No childcare or dietary alterations.