



CLASS DESCRIPTIONS

SATURDAY, NOVEMBER 5 @ 10:00AM – 10:50AM (BREAKOUT SESSION #1)

Thriving Spiritually	Oscar Rodriguez Lorena Bayardo	Let's be honest, you've probably heard the phrase "Thriving in Christ," but what does that mean? What would that look like? Learn how to effectively practice perseverance and evangelism so you can confidently live for God. It's time to study and fuel your desire to be a true ambassador for Christ!	Grand Ballroom A
Revolutionize Your Relationships	James Johnson Tiffany Stewart	Jesus's "one another" teachings revolutionized the world and by imitating Christ, we can revolutionize our relationships. Whether among roommates, coworkers, family, children, or future spouses...we will explore the revolutionary teachings of Jesus, striving for peace and connection in our relationships with one another.	Grand Ballroom C
It's Okay That I'm Not Okay	Melika Miller	Honesty and vulnerability are difficult if we are in denial about what is going on in our emotional and mental lives. "It's Ok that I Am Not Ok" will address the difficulties we have when we do not acknowledge our pains and explore steps towards healing our hearts.	Grand Ballroom E
Como Ser Entero En Cristo	Cesar Hernandez Alexandra Lavadores	Aprendiendo estar presente y descansar en cristo para ser enteros en un mundo que pide tanto de nosotros.	Cataluna AB

SATURDAY, NOVEMBER 5 @ 11:20AM – 12:15PM (BREAKOUT SESSION #2)

Everything Is Spiritual: Deconstructing the Box	Tim Priestley Kimba Henderson	Our faith can sometimes be a box that no longer fits us, and we can feel aimless, frustrated, stuck, even numb. This interactive workshop will inspire you to expand your faith and breathe new life into your soul.	Grand Ballroom A
Rest, Renewal and Relationship	Delano & Nadine Stewart Panel: Danial Naqashi, Jennifer Martinez, Tiffany Stewart	In a fast-paced world, we value multitasking, productivity and busyness and we often live life at a hurried, frantic pace. In the spiritual world, rest, renewal and relation are the cure to the hurried life. These practices create margin for giving and receiving love for God and people. Join us as we learn to ruthlessly eliminate hurry through spiritual practices that promote rest, renewal and relationship.	Grand Ballroom C
How to Deal With Grief and Loss	Mark Flowers Diane Gelpi	Losses like the death of a loved one, a job, or an unfulfilled dream like not being married can greatly affect spiritual and mental wellness. Learn tools that can help you to navigate grief and be whole in a fallen world.	Grand Ballroom E