

## Registration

You may now register online at [www.corban.edu/w2w](http://www.corban.edu/w2w) or fill out this form and mail it to the address below.

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Credit Card # (opt) \_\_\_\_\_

V-code \_\_\_\_\_ Expires \_\_\_\_\_

Signature \_\_\_\_\_

Cardholder Name (if different from above) \_\_\_\_\_

\_\_\_\_\_

Billing Address (if different from above) \_\_\_\_\_

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### Breakout Session Preferences

Prioritize from 1 to 6 (number 1 being your first choice) your top six workshop choices. Every effort will be made to assign you your top three choices:

- Joy
- Health Boosters
- Hospitality Isn't Just a Party, But a Way of Life!
- Budget Management
- Seasons of Life
- Creativity—It's God-Given
- Grieving With Hope (2-hour session)\*
- Discovering the Story. Reaching the Audience.
- Going Deep—Rooted in Love and Truth

\*"Grieving with Hope" is a two-hour workshop. If you are signing up for this workshop, you should select only 4 other options.

(Office Use Only) Date Received: \_\_\_\_\_

Detach the above portion and mail with your \$55 payment. Return to:

Woman to Woman Retreat  
Corban University  
5000 Deer Park Drive SE  
Salem, OR 97317-9392



If you have special dietary or health considerations or need special arrangements due to physical limitations, please contact Cathy Downs or Rosey Ball at 503-375-7010 or [studentlife@corban.edu](mailto:studentlife@corban.edu).

# Tell Yourself the TRUTH

(It's good news!)



Poppy Smith is a multi-published author and speaker. She is British, married to an American, and has lived in many countries. Poppy is warm, funny, and brings an international flair seasoned with real-life honesty as she illustrates biblical truths. A

former Bible Study Fellowship teaching leader with a Masters in Spiritual Formation, Poppy speaks at retreats, conferences, and special events around the world. She challenges audiences and readers to make their lives count by looking at their choices, attitudes, and relationship with God. You can discover more at [www.poppysmith.com](http://www.poppysmith.com)

### General Session 1: Tell Yourself the Truth!

What you think can either spur you on to a more fulfilling life in God's purposes, or stop you in your tracks. Your automatic thoughts, self-talk, and fears can intimidate, control, and ultimately determine what happens in your life. Learn six biblical keys to G.R.O.W.T.H. that will transform your thinking.

### General Session 2: God, What Should I Do?

Life is full of crossroads, places of decision that affect where you're going and who you're becoming. How do you decide what to do in your career, relationships, family struggles and other life issues? Discover what God has to say through Jeremiah's relevant and powerful words: Stand, Look, Ask, Walk, and Rest (Jer. 6:16).

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CORBAN UNIVERSITY  
presents

# Tell Yourself the TRUTH

(It's good news!)

A ONE-DAY WOMEN'S RETREAT FEATURING  
**POPPY SMITH**  
FEBRUARY 9, 2013  
8:30 a.m.—4 p.m. at Corban University



# Tell Yourself the TRUTH (It's good news!)

Join us on Saturday, February 9th, for a refreshing day of Christian teaching, inspiration and fellowship. Registration includes two keynote presentations, three breakout sessions and lunch.

## Schedule

**8:00 – 8:40** Registration  
**8:40 – 9:15** Welcome and Worship  
**9:15 – 10:00** General Session with Poppy Smith  
**10:15 – 11:15** Breakout Sessions I

CHOOSE FROM:

- Joy
- Health Boosters
- Hospitality—A Way of Life
- Budget Management
- Seasons of Life
- Creativity—It's God-Given

**11:30 – 12:30** Lunch

**12:30 – 1:30** Breakout Sessions II

CHOOSE FROM:

- Grieving with Hope A\*
- Joy
- Going Deep—Rooted in Love and Truth
- Health Boosters
- Seasons of Life
- Discovering the Story. Reaching the Audience

**1:45 – 2:45** Breakout Sessions III

CHOOSE FROM:

- Grieving with Hope B\*
- Going Deep—Rooted in Love and Truth
- Hospitality—A Way of Life
- Budget Management
- Creativity—It's God-Given
- Discovering the Story—Reaching the Audience

**3:00 – 4:00** General Session with Poppy Smith

## Breakout Sessions



### HOSPITALITY ISN'T JUST A PARTY, BUT A WAY OF LIFE!

**Cathy Downs**

If you desire to be hospitable and have a welcoming home, but find yourself always one step behind and unprepared, this workshop is for you! Come learn how to enjoy organizing your home in just thirty minutes a day with no stress or guilt. Some information is review from last year's "Everybody loves a party...but who wants to clean house?" and some is new!

Cathy Downs has been married for forty years, has three married daughters and seven grandchildren. Cathy has worked in the Office of Student Life at Corban University for over ten years and can be seen around campus cheering fanatically at various sporting events!



### HEALTH BOOSTERS

**Heidi Stowman**

Fitness, health, nutrition, active, sweat, spandex, gyms... are these words that intimidate you or conjure up unpleasant memories? Do you feel like you have to go from zero to sixty when you consider making healthy lifestyle changes? (Are these changes being considered simply to justify the new cute yoga pants you purchased? Yes, I've been there.) Come and spend some time discovering how a few *realistic* changes can benefit your life!

Heidi Stowman is the Director of Undergraduate Admissions at Corban University. When she is not traveling to recruit students, she can be found around campus spending time with her Freshman Core Group. Heidi is in her seventh year teaching spinning classes at the Courthouse Athletic Club.



### BUDGET MANAGEMENT

**Nancy Noyd**

Come learn how to have a healthy relationship with your budget and finances. You will be inspired and encouraged by helpful strategies and practical tips. Philippians 4:12: "I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need."

Nancy Noyd is a graduate of Oregon State University with a degree in Health and Exercise Science. She has been married for thirty years to husband, Steve, and has four grown children. Her personal mission statement is "To inspire, challenge, and educate others to achieve their potential and live their purpose."



### GOING DEEP—ROOTED IN LOVE AND TRUTH

**Lee Ann Zanon**

When we see a flower, its vibrant color and inviting fragrance immediately draw our attention. Yet without a healthy root system—unseen and beneath the surface—the blossom would never develop. The Lord calls us to cultivate roots that go deep in His love and truth. Let's discover what it means to plant ourselves in His Word and *bloom* as we draw our spiritual nutrition and stability from him.

Lee Ann Zanon teaches in the ministry department at Corban University and has served in women's ministries for over twenty five years. Whether through Bible studies, retreats, prayer groups, worship, outreach, or mentoring, she loves encouraging women in their faith.



### SEASONS OF LIFE

**Nancy Hedberg**

Feeling stuck? Adulthood has phases, just like childhood. Adjusting to the seasons of your life might mean leaving behind activities you once found fulfilling. It might also mean moving forward into spheres you once thought impossible. Women's lives—perhaps more than men's—are marked by stages. Moving from one phase to the next can be confusing. But staying stuck is not a good option!

Nancy Hedberg is Vice President for Student Life at Corban University. She is a wife, mother, and grandmothers. She is the author of four books, including the most recent, *Women, Men, and the Trinity*. She knows what it means to be stuck...and how it feels to get unstuck.



### GRIEVING WITH HOPE

**Stephanie Husk**

Death is a part of life. Have you ever wondered how to help others who are grieving? Have you ever felt mired alone in your own grief? This workshop looks at the psychological issues surrounding death and loss and offers biblical hope to Christians. A guest speaker will also be sharing about her family's recent experience with death and the ways in which they grieved with honesty and faith. This is a two hour workshop.

Stephanie Husk is the Director of Counseling at Corban. She has been married for twenty-five years and has three grown children. Stephanie has a passion to see the Church healed and restored for the glory of God and his Kingdom. She is a licensed counselor and an experienced instructor.



### DISCOVERING THE STORY, REACHING THE AUDIENCE

**Christena Brooks**

True stories change us. As Christian women, our own experiences and the stories of others inform and inspire our lives. Stories worth writing are everywhere; we just need to know where—and how—to look for them. Develop your "ear for the story," learn interviewing techniques, and discover how to start your story right.

Christena Brooks is a former newspaper reporter and editor and is currently an adjunct journalism instructor and student media advisor at Corban. She lives with her husband and two children on a Christmas tree farm. She freelance writes and edits as time allows, which, not surprisingly is less often than she'd like.



### CREATIVITY—IT'S GOD-GIVEN

**Gina Ochsner**

God has made each one of us in His image. Therefore, we are endowed with creative impulses and passions. Whether your creative impulse pushes you toward language or toward some other form of art, this session is a hands-on look at how to cultivate and explore our God-given creativity. Be prepared to think differently about your own creative processes. Don't be surprised if you leave the session brimming with new ideas.

Gina Ochsner divides her time between teaching at Corban University and writing. She is the author of *The Necessary Grace to Fall*, which received the Flannery O'Connor Award for short fiction. Her novel, *The Russian Dreambook of Colour and Flight* was long listed for the Orange Award (UK).



### JOY

**Anne Jeffers**

When I was a child, we sang the chorus, "Jesus and others and you, what a wonderful way to spell joy." Since the center of my world at that time was ME, I didn't understand what the song meant. In reality, I am still learning. Come and learn with me what it means to be a joy-filled Christian.

Anne Jeffers has worked at Corban for forty years both as an instructor and an administrator. She has a burden for women of all ages to be all that God has created and gifted them to be. She is a wife of sixty years, mother and grandmother, and an active member of Bethany Baptist Church in Salem.

## More Information

### COST AND REGISTRATION

Your \$55 registration includes a catered luncheon, three breakout sessions geared to the needs and interests of Christian women, and two keynote addresses by Poppy Smith. Seating is limited, so register early. Please send your \$55 fee by February 1. (Make checks payable to Corban University.)

You may register online at [corban.edu/w2w](http://corban.edu/w2w). To register over the phone or for further information, please call Cathy Downs or Rosey Ball at 503-375-7010.

### BOOK TABLE

Books on a variety of related topics will be available for purchase.

### PARKING

Signs will guide you to available parking lots on campus. We will provide a shuttle van to assist you in getting to the Psalm Performing Arts Center from the parking lots.

### DIRECTIONS

From I-5, take Exit 252 and turn east onto Kuebler Blvd. Follow to the light at Turner Road. Turn right on Turner Road, proceed 1/2 mile, and turn left on Deer Park Drive (directional sign says Corban Univ). Continue one mile north to the University entrance on right.



\*"Grieving with Hope" is a two-hour workshop. You must sign up for both sections.