

## KEYNOTE:

**Sandy Wilson** is a retired professor at Western Seminary, has a private counseling practice, speaks for conferences, and coordinates conferences for women and couples.



Sandy is a co-author of "Restoring the Fallen" and co-director of Tuff Stuff Ministries.

Tuff Stuff Ministries was created to help people face difficult challenges in their lives: sexual temptation, moral failure, betrayal, and broken relationships. As Sandy walked through betrayal she discovered that resources were severely lacking. She is very passionate about providing help for women who have been betrayed by their spouse. She has 5 adult children, 9 grandchildren, and 2 great grandchildren.

## WORSHIP LEADER:

**Nicole Wells:** Returning for the third time as worship leader, Nicole Wells is the wife of a recovering sex addict. She ministers through her music out of a heart compelled by hope. Songwriting since she was a little girl, Nicole's recent songs focus on an honest portrayal of her journey laced with silent pain and despair and a newfound joy and trust in God. Nicole is a professional 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 separation.



Proceeds from Nicole's newly recorded CD and a proposed benefit concert will help raise funds for couples in need of counseling but cannot afford it.



Tuff Stuff Ministries  
7501 SE Lillian Ave  
Milwaukie OR 97267

## "BETRAYAL REDEEMED:



### A JOURNEY FROM HURT TO HOPE "

Keynote Speaker

**Sandy Wilson, D.Min**

Co-author:

*Restoring the Fallen*

**October 22, 2011**

**8:30 am – 4:00 pm**



## WORKSHOP I

- A. **What I Wish I Knew Then: Tips, Truth & Survival Techniques\***, **Melissa Williams**. *Melissa will share practical advice sprinkled with hope and humor from lessons learned through her 10 year journey. Wisdom of several authors will also provide ideas and suggestions for those asking, "...and now what?!"*
- B. **Self Care: What about me?**, **Georgia Miller**. *Am I just being selfish? This workshop will help you understand the how's and why's of taking care of yourself in the midst of trauma and how emotionally detaching can be healthy.*
- C. **Spiritual Abuse**, **Connie Baker**. *Have you felt misunderstood, confused, or hurt by how your church or other Christians have responded to your situation? Come learn how to heal and keep perspective.*
- D. **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.*
- E. **What about the Third, Fourth, or more Years?** **Florence McDavid & Anna Fort**. *How do I survive the length of time it takes to get through all of this? Come learn how to go into year 3, 4, & beyond with strong hope and practical skills shared from experience. Practical skills and tools give you the ability to follow through with calm resolve as you journey toward hope.*

- indicates workshop is repeated.

## SCHEDULE

8:30 am - 9:00	Registration
9:00 am - 9:30	Welcome & Worship
9:30 am - 10:30	Keynote Speaker: Sandy Wilson
10:30 am - 10:50	Break, browse vendor tables
10:50 am - 11:50	Workshop I
11:50 pm - 1:00	Lunch (provided), browse vendor tables
1:00 pm - 2:00	Workshop II
2:00 pm - 2:20	Break, browse vendor tables
2:20 pm - 3:20	Workshop III
3:20 pm - 4:00	Closing comments

Note: Book table available (cash or checks only)

## OCTOBER 22, 2011

8:30 AM—4:00 PM

### Location:

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

**For more information:** please contact Georgia Miller  
503-380-5264 or Georgia@tsmhome.com

## WORKSHOP II

- A. **Boundaries and Codependency**, **Sandy Wilson**. *We will talk about how boundaries and codependency can be intertwined. What are boundaries and do I need them? How do I stay firm once I set a boundary? Am I co-dependent and if I am what do I do about it? This workshop can bring clarity and give encouragement.*
- B. **Recovering from the Shame of Divorce**, **Linda MacDonald**. *Whether you or your spouse chooses/chose the path of divorce, the process and aftermath can be excruciating. Come learn ways to cope, mend, and rebuild your tattered life.*
- C. **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.*
- D. **How Can a Nice Christian Girl like Me Get Sooooo Angry?** **Connie Baker**. *Is anger a difficult emotion to process on your journey? Do you feel guilty for being so angry? Can anger be a good thing? Are you stuck in the anger cycle? Learn how to use anger productively during recovery!*
- E. **...And, What About Sex?!?** **Melissa Williams**. *What's healthy, what's not; when to say yes or no, and what to do if you don't want to do it at all. Practical, humorous, modest and tasteful but straight-forward. Rebuilding relational & physical intimacy.*
- F. **Creative Expressions for the Healing Process**, **Lani Kent**. *The difficult emotions that surface during the healing journey can be a challenge to verbalize. Learn healthy tools for coping with these feelings by expressing them in a variety of creative ways through therapeutic collage and visual journaling.*

## WORKSHOP III

- A. **What Happened to the Man... I knew?**, **Earl Wilson**. (repeat)
- B. **Forgiveness and Trust**, **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? And if I don't?*
- C. **Been There Done That**, **Georgia Miller**. *Have you wondered what is on the other side of "recovery"? After a few years, what does life look like? Life doesn't just resume its original shape but takes on a new pattern of its own. The healthier, stronger "you" gets to choose what that will look like!*
- D. **What I Wish I Knew**, **Melissa Williams**. (repeat)
- E. **The Trauma from the Drama**. **Linda MacDonald**. *Intimate betrayal is often so shattering, that women experience the same symptoms as war veterans or victims of crimes. Learn the signs, effects and ways to deal with Post Traumatic Stress..*
- F. **What Every Parent Needs to Know About... Raising Kids in a XXX Culture**, **Brenda Hyer**. *Kids are constantly bombarded by confusing sexual messages that are delivered in new, unprecedented ways. Gain understanding of the challenges kids face and receive practical tips & strategies to protect and help them make healthy sexual decisions despite the pressures they face.*

## Registration

"BETRAYAL REDEEMED: A JOURNEY FROM HURT TO HOPE"

Early registration deadline: October 9, 2011

On-line registration:

**www.tuffstuffministries.com**

or  
mail-in registration (below)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_

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

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

**Early Registration Fee: \$50.00**  
(Registrations postmarked **on** or **before** 10-9-11) or

**Registration Fee: \$60.00**  
(Registrations postmarked **after** 10-9-11)

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

Checks payable to:

**Tuff Stuff Ministries**  
7501 SE Lillian Ave  
Milwaukie OR 97267



### Note:

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

Registration fee includes: lunch, refreshments, & Materials.  
Book and Resource tables will be available.