

**KEYNOTE:**

**“Observations and Insights for the Healing Journey”** Virginia will encourage us to engage in certain activities while avoiding other things on the healing journey. She will also help us to understand what it means to walk with the Lord during this trying time in our life.



**Virginia Friesen, D.Min.** is an author, counselor, co-founder and co-director of Home Improvement Ministries. She has been involved in family ministry for over 30 years, speaking both nationally and internationally at marriage and women's conferences. Virginia also speaks for family and parenting seminars. She and her husband, Paul, have an ongoing ministry with professional athletes and their families.

Virginia is co-author of Restoring the Fallen and In Our Image: Marriage as a Reflection of the Godhead. Her most recent book is Raising a Trailblazer: Rite-of-Passage Trail Markers for the Set-Apart Teen.

Virginia is the mother of three young women, the eldest married in 2007. [www.himweb.org](http://www.himweb.org)

**SCHEDULE**

- 8:30 am - 9:00 Registration
- 9:00 am - 9:30 Welcome & Worship
- 9:30 am - 10:30 Keynote Speaker: Virginia Friesen
- 10:30 am - 10:50 Break, browse vendor tables
- 10:50 am - 11:50 Workshop I
- 11:50 pm - 1:00 Lunch *(provided)*
- 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: Sandy Wilson

Book and Resource tables will be available



Tuff Stuff Ministries  
7501 SE Lillian Ave  
Milwaukie OR 97267

3rd annual

**“BETRAYAL REDEEMED:  
HOPE for the HEALING JOURNEY”**



**October 24, 2009**

**8:30 am – 4:00 pm**

Keynote Speaker

**Virginia Friesen, D.Min.**  
Co-Author of  
“Restoring the Fallen”

## WORKSHOP I

- A. Untangling Codependency, \* Kathy Rodriguez.** When betrayal occurs, it's tempting think it's only the other person's problem. Have you ever secretly thought or said, "I'll be ok when you're ok"? Codependency, it's insidious; we don't realize we have it until our life stops working. This workshop will "read the backs of your eyelids" by showing you the characteristics of codependency and the responsibility we have to give up control of our well-being to God.
- B. 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.
- C. No, not the 'D' word. I can't even say it, let alone face it.\* Ruth Knott-Schroeder.** For some of us who have been married to sexual addicts, ending the marriage turns out to be the wisest, healthiest choice for ourselves and even for our children. For some, you didn't get a choice to stay in your marriage. This workshop will be helpful for all who wonder what is ahead now that divorce seems immanent or a strong possibility.
- D. Self Care: Creating a Healthier You,\* Linda Hall.** Headline news! Science now backs the Scripture's recipe for happiness. Have you been last on the list of people you care about? Come and learn tools that beat back the blues and the blahs. You have the key to God's tried and true methods for elevating your personal joy factor.
- E. 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.
- F. Boundaries: When to say "Yes" and when to say "NO", \* Gaylen Luhr.** Are you in control of your life? Do people take advantage of you? Do you have trouble saying, "No"? Often Christian women make it their goal to be so loving and giving to others that they lose themselves in the process and forget their own limits. Understand what a boundary is, why they are necessary, and how they will make your life fuller, more manageable, and will minimize your everyday problems.
- G. Will the Pain ever Stop?\*** Some partners of sexual addicts suffer with symptoms of post traumatic stress disorder (PTSD) from the trauma they have experienced. Come learn the signs, effects, and ways to deal with the trauma.
- H. Panel of women answering your questions.** Journey seems long? He is no longer acting out but it still feels very heavy. Getting tired of this journey? Wonder if it will ever end? Come ask questions for help on the second part of this journey.

\* indicates workshop is repeated.

## WORKSHOP II

- A. 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.
- B. 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!
- C. A Great Sadness: The Journey of Grief, Ruth Knott-Schroeder.** When life isn't what you thought it was, grief moves in. The losses are many: the loss of what I *had*, of what I *didn't* have, of what I *thought* I had, of what I will *never* have.. Grief can be extremely isolating. Come and be... with us.
- D. ....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.
- E. Children, family, friends: Who, What and When to tell.** How much do you say? What and to whom? When trauma of a sexual nature occurs, what do you tell your children? What words do you use? How do you minimize their trauma?
- F. After the Dust Settles,\* Meg Wilson.** Once you survive the shock of betrayal, what's next? How do you piece the bits back together? What is intimacy really? Receive tips for the journey, encouragement, and an opportunity to share.
- G. 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? And if I don't?
- H. Untangling Codependency, Kathy Rodriguez. (repeat)**
- I. Will the Pain ever Stop? (repeat)**

## WORKSHOP III

- A. Preparing for Phase Two, Earl Wilson.** Steps to keep you moving forward on your journey. A look back at your progress and a look forward toward a future with purpose.
- B. To Trust or Not to Trust, That is the Question, Sandy Wilson.** After betrayal, can trust be rebuilt? Come learn how to negotiate the minefield of rebuilding trust and other feelings.
- C. "No, not the 'D' word..." Ruth Knott-Schroeder. (repeat)**
- D. Self Care: Creating a Healthier You, Linda Hall. (repeat)**
- E. Spiritual Abuse, Connie Baker. (repeat)**
- F. Boundaries: When to say..., Gaylen Luhr. (repeat)**
- G. ....And, What About Sex?!?, Melissa Williams. (repeat)**
- H. After the Dust Settles, Meg Wilson. (repeat)**

### Location:

MOUNTAIN PARK CHURCH, 40 McNary Parkway  
Lake Oswego OR 97035 503-635-3443  
For map and directions: [www.mtnparkchurch.org](http://www.mtnparkchurch.org)

## Registration

"BETRAYAL REDEEMED: HOPE for the HEALING JOURNEY"

Early registration deadline: October 9, 2009

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: \$50.00**

(Registrations postmarked **on** or **before** 10-9-09) or

**Registration Fee: \$60.00**

(Registrations postmarked **after** 10-9-09)

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

Note: Workshops will be selected at the conference.

**October 24, 2009**

8:30 am – 4:00 pm

Registration fee includes:

- lunch,
- refreshments
- materials

(No Childcare.)

Checks payable to:

Tuff Stuff Ministries  
7501 SE Lillian AVE  
Milwaukie OR 97267

