

Issue #4 - August 2011

RISE

inform • inspire • encourage

A photograph of three children of diverse backgrounds hanging from a red metal bar on a wooden playground structure. The child on the left is a young boy with light hair wearing a light blue t-shirt and blue jeans. The child in the middle is a young girl with dark hair wearing a pink patterned top and a dark blue skirt. The child on the right is a young boy with dark hair wearing a yellow t-shirt and blue jeans. All three children are smiling and looking towards the camera. The background is a blurred green outdoor setting.

Walking into Walls

every person can discover the way to helping,
hope, and a new way of living

Girls Mag Watch: Stereotyped and Limiting Messages for Girls

SPECIAL EDITION: 2011 Lifewell Conference Fifth Anniversary Program inside this issue

www.risemagazine.com.au

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This edition of RISE Magazine has been produced especially for the LifeWell Conference 2011 – RESTORED.

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LifeWell Conference

LifeWell Conference exists to empower individuals and equip churches to respond wholistically in restoring lives through Jesus Christ. Our heart is to see churches effectively engage with the deeper issues of people's lives in ways that lead them from places of brokenness to wholeness in Jesus Christ.

This year we are happy to celebrate 5 years of championing this cause.

One Night Electives are a new initiative that will help educate, equip and empower you and your church in restorative ministry. There are 5 great electives to choose from over 5 weeks. Topics include:

- **Hosting Kids With Courage in your Church & Community**
- **Protecting your children from the risks of the Internet**
- **Thinking Wholistically about Ministry & Mission**
- **Ministering beyond Words**
- **Conducting Valiant Man in your Church.**

I hope that you can continue your LWC experience by taking advantage of one or even more of these events. The good news is that as a delegate of LWC11 you can access One Night Electives FREE of charge... Register at the LWC Booth today! If you would like to bring someone along with you then they can attend for only \$5. **See more on electives on page 5.**

We look forward to you continuing your LWC experience at LWC's One Night Electives. See you there.

Grace and Peace
Dan Beasy
LifeWell Conference Director

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RESTORED

A collection of stories, poems and journal entries celebrating the grace and mercy of God, as he stoops down to meet us at our point of brokenness and takes us on a journey towards restoration.

Purchase at LifeWell Conference 2011 or contact Wendy at info@risemagazine.com.au 0400 773 851.



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LIFEWELL CONFERENCE 2011

LWC11 Keynote Speakers



Stephen Arterburn

Founder of New Life Ministries – America’s largest faith-based broadcast, counseling and recovery ministry – and host of the nationally syndicated ‘New

Life Live!’ heard on over 180 radio stations nationwide. Steve has been featured in media including Oprah, Inside Edition, Good Morning America, CNN Live, New York Times, USA Today and US News & World Report. He has written over 80 books, including the bestselling Every Man’s and Every Woman’s series.



Melinda Tankard Reist

Canberra author, speaker, media commentator, blogger and advocate for women and girls, author of Getting Real: Challenging the Sexualisation

of Girls and co-editor of Big Porn Inc: Exposing the harms of the global pornography industry. Melinda is founder of Collective Shout: for a world free of sexploitation and is a regular guest on Channel 7’s Morning Show and has appeared on Sunrise, ABC Q&A and The Gruen Sessions.

LWC11 Keynote Artist



Peter Shurley

– One of Australia’s most popular and enduring gospel artists. With over 20 years of international touring and 15 highly acclaimed recordings behind him, he continues to go from strength to strength. Based from his home in northern Tasmania, Peter is a family man with 5 children. He also oversees the Greenroom recording studio and is senior pastor of Life Christian Church.



Mark Sayers

Speaker, author and expert on popular culture and faith, Mark is founder of Über, a ministry that specializes in issues of youth and young adult

discipleship. He is also the leader of the Red East church in Melbourne, Australia, an innovative Christian community specifically reaching the young adult demographic.



Glenda Watson Kahlenberg

Founder of Restoration Ministries International. Glenda’s message of Restoration is powerful and life-changing.

Her ministry focuses on pulling down strongholds such as fear, depression, anger arising from death, divorce, rejection and emotional, physical, verbal and sexual abuse, and breaking free from addictions.



Walking Into Walls

By Stephen Arterburn

Too many people live needlessly in defeat, immobilized by their own mistakes or the mistakes of others. They repeatedly walk into emotional walls that block the work God wants to do in them. It doesn't have to be this way! No matter how broken or hurt, every person can discover the way to helping, hope, and a new way of living.

Phantom Walls That Stop Us

Sometimes when I want to just put my mind in neutral and be entertained, I will flip the TV remote to America's Funniest Home Videos. One of the funniest and most telling video clips involves a house cat at the back door of a home. The door is a common type—an aluminum frame designed to encase a single, solid panel of glass. In the clip the cat is at the door meowing to get out. What the cat does not realize is that there is no glass in the door frame. It had apparently been broken out. The man of the house comes and tries to urge the cat on through the empty space, but the cat will not go. The man even steps through the open frame to show the cat it can be done, but the cat still refuses to budge. It is not until the man opens the door and allows the cat to scurry around the frame that it goes out to freedom.

Much of the time the walls that hold us back are no more real than the absent glass in that doorframe. I don't mean that they are not really barriers; I mean they are often constructions built in our own minds from incomplete or misunderstood pieces of reality and combined half-truths woven together in such a way that builds a false perception of the truth. In that sense, what often stops us are barriers that are not really there. They are fabricated entirely, or at least mostly, in our own minds.

We are all guilty of this. We take fragments of reality and a few half-truths and build concepts that are not exactly accurate. Because of these lies that circulate in our heads, we build barriers of anger and resentment about things others have done, or guilt about things that were not our fault. We may view some of our strengths as weaknesses and

define ourselves inaccurately, exaggerating all that is wrong and crowding out all that is good and strong and capable.

Maybe you have built a phantom wall by making someone else responsible for something that is clearly your own doing. You may be married to a fairly normal person with fairly normal problems, but you manage to blame your spouse for all your difficulties. You play the role of victim, blaming others for all that's wrong in your life, and it becomes a wall in your mind that holds you back just as effectively as if it were real. But it is not real. Those you frame to take the rap for your stuff may actually be guilty of many things, but they are not responsible for all the things that have gone wrong in your life. They are especially not responsible for the wall you have built in your mind in response to their actions.

The Importance of New Perspective

The new perspective we need in getting past our walls is more than just seeing the upside of the dark and traumatic experiences in life. It is not a matter of merely seeing the glass as half full. It is looking at life from a broader perspective than just one painful event. It is looking deeper into all the facts surrounding the past rather than personalizing the hurt. We often carry destructive thoughts around with us that may not exactly fit the real facts. We know the story of what happened, but it may not be a completely accurate story. In our pain, resentment, or anger, we may have assumed things that were not true.

Adoption can be an example of inaccurate perception. It often leads to feelings of rejection. Adopted children can assume there must be something wrong with them, or their birth mother would not have given them up. Yes, giving up a child for adoption does involve some form of rejection, but it is rarely as evil or as personal as many adopted kids think. If you were given up for adoption, your mother did not reject you, the person you are now. And her motives for giving

you up were likely related to wanting something better for your life than she thought she could give. Almost all who give up their children do so with a tremendous amount of reluctance and grief.

Adopted children need not let their birth mothers' choices become walls. They can come to see that they were not personally rejected. Their parents rejected only the concept of a child and all that a child demands and needs. It was not personal. It could not have been personal because she had no way of knowing you as the person you are now. It was a decision made by a parent struggling to survive, feeling inadequate to raise a child, and wanting the best for her child. First, your mother made a decision for you to live. She did not abort you. She chose life for you. Then she chose a better life for you than she could provide. Seeing this truth can bring down the wall of rejection.

Jesus was intent on getting people to see the truth. That is why he so often challenged the way they looked at life and each other. He would sometimes say, "You have heard it said . . ." and then quote some established belief. Then he would counter that common wisdom with, "But I say . . ." and proceed to astound listeners with an amazing new perspective on the old way of thinking.

Jesus' philosophy could be summarized this way: Life is not all about you, it is not all about your things, and it is not even all about this world. It is not all about feeling good or getting what you want. It is not about what you think you need right now. It is about another world beyond Earth and an inner world of the heart without conflict or pretense. Jesus made a difference two thousand years ago because he challenged people to see things from a true perspective. The old way created barriers because it was not based on reality. Living with and in the truth sets us free. It is another way of saying that understanding reality removes walls.

History Repeated

Getting past a wall could mean learning more about

No matter how broken or hurt, every person can discover the way to helping, hope, and a new way of living.

the history of the person who rejected or abused you and discovering the origins of the rejection or abuse. At a workshop I conducted in Southern California, I worked with a young man whose life was blocked by a wall of anger at his mother. When he was an infant, his mother left him on a neighbor's front porch and abandoned him. He was in a rage now because, after all these years, she wanted back into his life.

At my suggestion he was able to work through the incident and see it through a clearer lens. I instructed him to call his mother and ask about her childhood. Maybe it would reveal her reasons for making the decision to leave him. The next day he came back in tears. His mother had told him of how her mother had done the same thing to her, but she never came back. Now she was trying to turn a page and be something better than her own mother had been.

Seeing the whole truth behind the traumatic event removed the wall for this man. It freed him from this barrier from the past that blocked his present. It allowed him to resolve his negative emotions, refocus his life, and develop a deep bond with his mother.

Many parents and children are estranged from each other, not realizing that they actually share a bond of neglect, a common experience of pain, and a mutual battle to move beyond walls of resentment and bitterness.

When an abandoned or abused person comes up for air from a life of bitterness, anger, and resentment, he can come to see that he did not have the whole story. The heartless person who inflicted the hurt may have found a heart, and the pain the victim feels may be that person's biggest regret.

But My Abuse Was Real

At this point you may be thinking, "I really am being abused or the horror of my childhood is not a phantom wall. It is not something I just made up; it happened." If those are your thoughts, or anything close, I am very aware of real abuse in the past and living with impossible people in the present. I do not discount your pain for one second. Life for many is a living hell.

But I would not be writing this if I did not believe the worst situations can be helped. Even if you were living in the worst possible abusive situation or the most neglectful and disconnected relationship, you may have built a wall that keeps you stuck in a dark place where you don't have to stay. Children are not responsible for the abuse that robs them of their childhood, but as adults they are responsible for their reactions to that early life that could rob them of a meaningful adulthood. Once you take responsibility, you will find new hope and insight as you get your life unstuck and move past your wall.

This is an excerpt taken from *Walking Into Walls – 5 Blind Spots That Block God's Work in You* by Stephen Arterburn

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Holistic Renewal

By Katherine Roberts



A few months ago, I spent one day amongst a rural community in the Philippines. Not so long ago there were many dangers and hurdles facing children there. Some missed out on school, many had poor health, and the children I spoke to called themselves shy, with little confidence that they could make any difference in their own lives and the lives of their families.

On the day I met them, I found a very different community. I found a group of people who care for one another and are dedicated to working together to improve their children's lives.

This community have been part of Baptist World Aid Australia's SAO Child Sponsorship program for several years. Our Christian partner SAO Philippines have worked closely with the community addressing areas of need and equipping the community to take responsibility for their own development.

One influential initiative was a series of workshops for families. These involve effective parenting seminars, helping parents and children to understand their responsibilities; marriage enrichment courses, helping parents learn how to communicate and solve conflicts; and money management courses to help parents cope with pressures on the family budget.

For many years Roselyn's father had an alcohol problem, which had many negative effects on his family as they struggled to survive on a very limited income. After attending the family workshops, he was able to see the impact of his alcoholism and he resolved to give up drinking and work on fulfilling his responsibilities as a father and a husband. Roselyn said that their

home life has changed completely and the family is closer and much happier. The transformation in this family was truly inspiring and it was lovely to sit and share with them and see their obvious love and affection for one another.

Training in establishing small projects has helped families begin earning extra income and turning a rubbish dump into a communal vegetable garden has improved diets and knowledge of nutrition. Programs for children have helped them build their team work, problem solving skills and confidence.

When I arrived, I expected to hear all about the economic impact of the program as families have become more secure financially, and these stories were certainly there. But I was really surprised and encouraged to hear that the most significant impact for them was much more holistic—building an environment that nurtured their children in every aspect of their lives. They even won an award recently for being the most child-friendly community in the region.

From my experience, this community doesn't need a prize to tell them what they've achieved. It is written in the words of their children when they tell me that they are glad that SAO Child Sponsorship has come to their community, that they feel safe and happier and they have great plans for the future that they know are achievable.

Roselyn's name has been changed.

For more on the work of Baptist World Aid go to www.shareanopportunity.org



Girls' Mag Watch:

Stereotyped and Limiting Messages for Girls

An extract from Melinda Tankard Reist's reviews of magazines for girls and young women, published by Generation Next. Read more from Melinda at www.melindatankardreist.com

For many girls, the magazines they read are their lifestyle bibles. How should they look, dress, act and relate? What's important in life? Who should they look up to? My analysis of the November issues of *Girlfriend*, *Dolly*, *Girlpower*, *Disney Girl*, *Little Angel* and the October and November issues of *TotalGirl* shows that girls are being delivered a mostly one-dimensional, generic and limited view of girl/young womanhood. The emphasis is on looks, fashion, beauty practices, consumerism, gossip, and celebrity culture. The little girls' magazines provide early socialisation into the popularised teen world of clothing, make-up, sex and celebrities. I'm especially disturbed by the encouragement given to very young girls, through the advice sections, to have boyfriends.

Girlfriend

GF's 'Self Respect REALITY CHECKS' are just getting weird. They seem to be dropped in at random, even when not all that relevant. In this issue there's one on the front for Emma Watson. Emma's image, we are told, was purchased before Emma cut her hair. So what? How does that address body image dissatisfaction and provide a 'Self Respect REALITY CHECK'?

An inside feature, "I believe...", about girls with a variety of religious beliefs, also has a 'reality check'. The magazine declares that 'we did an online call-out for readers of different religions to participate in this story and these are the girls who stepped

forward.' Perhaps that's worth stating. But is it about self-respect? There's three other 'reality checks': 'Readers, not models, were used in this shoot' (x2) and a 'check' showing the time that models spent in hair and make-up. So that's five checks, only two which have any relevance to GF's originally stated intention of getting real about body image.

And why is the advertising exempt from 'reality checks'? This is where we see the bulk of skinny, air-brushed, flawless women.

The Billabong ads are a paean to summer body perfection. The advertised bikinis may as well be marked size T – for tiny. There's virtually no body diversity in GF's advertising. Advertising should not be treated as somehow exempt from the magazine's stated intention that it is 'getting real' about body image.

We meet the winners of the 'Face of Fing'rs 2010' competition. Kharla is 14, Jessica 15. For some reason the stylists have plastered them in fire-engine red lipstick, the intensity of which would make a clown's mouth look pale. It makes them look much more adult than they are.

Speaking of models, we also meet past winners of 'Girlfriend of the Year'. I'm not a fan of modelling competitions, but at least new applicants are asked to write about their dreams and how they want to achieve them. This year's winner was fashion designer Iman Krayem, who is wearing a head covering (and, somewhat in contrast, holding what appears to be lingerie). Perhaps GF wants to show it does want to represent a range of women. Having said that, most of the women in the magazine are standard-bodied white Anglo females.

Advertisers must be aware that very young girls are reading *Girlfriend*. There's an ad (here and in the other mags reviewed) for 'Fashion Paradise', inviting girls to 'become the ultimate fashion expert' and organise fashion shows and open glamorous boutiques. There are figurines available for this product, which look to me like they would appeal to girls around 8-11.

Other advertising, for example for Garnier, was presented as a four-page feature when it was really an advertorial.

The Good Bits

I was very pleased to see the piece 'Dying to Drink' which discusses the rise of Vodka as the drink of choice for teenage girls. The article confronts young women with the risks and harms of Vodka consumption and shatters the myth that it is less risky than other alcoholic drinks. Paul Dillon, Director of Drug and Alcohol Research and Training Australia – and one of Generation Next's speaking team – makes a sobering statement: "The last five deaths that I've been involved with were all female school students aged 16 and 17 and all fatalities were vodka related." Now that's a reality check. If GF ran more articles like this, I would commend it publicly and loudly.

Other positive and helpful articles: one on how to save money (a welcome inclusion would have been 'reduce spending on hair, cosmetics and other grooming products which you mostly don't need!'); a recommendation to volunteer your time, how to manage family stress caused by financial pressures and how you can help ease the load at home (assist around the house, look after your belongings, earn your own money). I like that girls are situated within their families, and are encouraged to contribute positively, especially when times are tough.

A piece on safe driving features a short video created by 14-year-old Maddy Frahm.

The 'Get Real' section contains true stories which will hopefully inspire girls towards empathy ('I was bullied by thousands', 'I've had 101 operations') and making a difference in developing countries ('We volunteered overseas').

Then it's back to hot boys and crushes and how girls and boys aren't from different planets, 'just different hemispheres'.

Jessica Mauboy is here too – she was featured as a fresh-faced teenager on *Australian Idol* and has now been rebranded as the new 'It girl', having returned from a trip to the United States where she was made-over by some of the most misogynist male rap artists in the industry (that fact isn't mentioned). GF describes Mauboy's new single as 'a flirty tribute to every girl's number one love – shoes!'. Oh please, every girl?

Not so good: Why is mental health in the sealed section?

This issue includes a very important subject: 'The truth about mental illness'. The article covers anxiety disorders, depression, eating disorders, bipolar, borderline personality disorder and schizophrenia, along with treatment, recovery and helplines. This is great. But why is it in the sealed section? What does that suggest about being mentally ill? That it is something that should be hidden? I'm at a loss to understand this placement decision.

...overall...there is very little content that would suggest to girls they would do well to explore all their gifts and abilities and that life isn't just about celebrity and buying stuff.



The latest issue of *Girlfriend* magazine is still giving us 'self respect reality checks' – but how real are they?

Read Melinda's analysis of *Dolly*, *Girlpower*, *Disney Girl*, *Little Angel* and *TotalGirl* at www.melindatankardreist.com/tag/girls-magazines

Is Religion the New Sex?

By Mark Sayers, from www.marksayersthinks.com used with permission.

Has faith become the new sex? The kind of subject which brings blushes and uncomfortable silences into polite society the moment it is brought up? Being a minister the minute that I tell people what I do on planes or at parties, you can almost feel the tension as their brain tries to work out what to say and respond to such a ludicrous occupation. Today, popular culture is filled with references to sex, we are awash in sexual imagery and speak. Just stop for a second and listen to some of the lyrics pumped through the speakers the next time you are in the supermarket. Yet when faith is brought up on a chat show or at a dinner party just watch the squirming. Have we become faith repressed?

People describe repressed attitudes towards sexuality as Victorian. Which is a stupid term really because the correspondence of Queen Victoria shows us that her majesty enjoyed a passionate physical relationship with her German husband Albert. The Victorians were not asexual, they just did not talk about it in polite society.

Oscar Wilde's social crime was not just that he was bedding his young male lover Lord Douglas, but that he brought the subject into the public realm. It was common knowledge in British high society that certain people were homosexual, or were sleeping around, the rule was just not to mention it.

The French had a term *Demi Monde* which referred to the after dark world in which well to do young men would venture off to have sex with prostitutes, of which there were tens of thousands in Nineteenth century cities. This underground world was illustrated by the paintings and posters of Henri de Toulouse-Lautrec. Right up until the late nineteen forties the taboo of speaking about sex persisted, that was until the publishing of Dr Alfred Kinsey's research which illuminated the fact that everybody was having sex, and the discussion began to move into the public realm.

In his excellent book *The Faith of the Unbeliever* Martin Robinson notes that people who would not identify themselves as believers or people of faith have religious experiences, that many believe in secret, lying to loved ones about their

hidden spirituality. One report that Robinson cites reveals that British working class men who would hate to be labeled religious, secretly pray unbeknownst to their wives or children in the toilet. The stats from the secular countries point to the fact that the majority of people still believe in God.

Are the New Atheists the new prudes? Is the new *Demi Monde* of the secular West the religious? Churches and faith communities exist everywhere, but are culturally in the shadows. Does culture view them in the way that the nineteenth century viewed brothels? Does the secular West view them as necessary evils for people who cannot control their very human urges, hidden away from polite culture?

I believe that it has been a healthy thing that we can now openly talk about sexuality, after all it is part of being human. Maybe though as a culture we need to learn not to be repressed about spirituality and religion. Just as sexuality is part of being human so is the need to believe in the transcendent.

Maybe its time to break some social taboos?

LWC11 in partnership with:



STRENGTH 2012
LifeWell Conference,
August 30 - September 1

Though blessed with every spiritual blessing (Eph 1:3), Christians still need restoring. There are things

on the inside that are: broken, weak, wounded and under-developed. Paul understood this and so prayed in Ephesians 3:16 'That out of His glorious riches He may strengthen you with power through his Spirit in your inner being'.



LWC12 Keynote Speaker
Dr Robi Sonderegger,
 Clinical Psychologist
 renowned for taking
 psychology *from the*
frontline to the home front™

Register at LWC11 at the super early bird rate, email info@enfieldbaptist.com.au for more information or check conference updates at www.lifewellconference.com.au

Lifewell Conference 3 Year Anniversary
RESTORED 2011
 FOSTERING RESTORATIVE COMMUNITIES & PERSONAL WHOLENESS

Thursday 25th August		
7.30pm	THURSDAY NIGHT RALLY	Glenda Watson Peter Shurley in Concert

Friday 26th August		
9.30am	SESSION 1	Melinda Tankard Reist
11.30am	SUPER SESSION	'Fostering Personal Wholeness' Melinda Tankard Reist (Men) Stephen Arterburn (Women)
2.00pm	SESSION 2	Stephen Arterburn
3.45pm	SESSION 3	Mark Sayers
7.30pm	FRIDAY NIGHT RALLY	Stephen Arterburn

Saturday 27th August		
9.00am	SESSION 4	Stephen Arterburn
11.00am	SESSION 5	Mark Sayers
1.30pm	SUPER SESSION	Q&A Panel Discussion with Keynote Speakers 'Fostering Restorative Communities'
3.15pm	SESSION 6	Stephen Arterburn
4.30pm	ANOINTING WITH OIL	John Beasy

LWC 2011 One Night Electives

Monday nights, 7pm - 8:30pm at Enfield Baptist Church
 Light Supper provided. FREE for LWC delegates

October 17

1. Hosting Kids With Courage in your Church & Community

An introduction to the KWC program which practically shows how it has been and can be effectively used in your church and community.

LWC11 Kids With Courage leaders - Phil & Jill Zupanic

October 24

2. Protecting your children from the risks of the internet.

Looks into the dark world of Cyber-Bullying, and Internet Predators. Presented by former child protection investigators and prosecutors. A must for all families!

(Children under 13 years not recommended)

CACET Director – Carl Collins

October 31

3. Thinking Wholistically about Ministry & Mission

We live in a broken world. Jesus has the mandate to restore all things (Luke 4). This restorative agenda has been entrusted to His church. Unless churches take up this responsibility, and tailor ministries to reach deeper places, healing will be limited. Explore the thinking and doing that is necessary to respond effectively to the whole person (Spiritual, Physical

and Emotional) and proven tools including the Lifekeys and LifeWell approach.

LifeWell Director - John Beasy
 LifeWell Operations Manager - Jenni McKee

November 7

4. Ministering beyond Words

Touch is one of the most crucial, yet often neglected senses that can contribute to physical, emotional and spiritual well-being and wholeness. Wholistic health recognizes the interconnection between Body, Mind & Spirit. Explore the place of touch therapy in Christian ministry and practically engage with the methods of touch therapy.

LifeWell Massage therapists - Elizabeth Beasy & Sjhana Greenwood

November 14

5. Conducting Valiant Man in your Church.

Developing and maintaining a healthy sexuality is every man's battle. One of the least talked about topics in the church today is in the area of sexual purity. Every man needs sexual discipleship and every church has a responsibility to provide some. An introduction to the Valiant Man course and exploration into the LifeWell ministry model.

LifeWell Conference Director - Dan Beasy



Kids With Courage Program 2011

Friday 26 August 4.30pm - 9.30pm	
Session 1	Feelings
Session 2	Boundaries
Session 3	DEFRAG Kids Helpline Introduction Internet awareness SA Police
Session 4	Social Skills
Session 5	DEFRAG Canvassing: artistic expression Movie & popcorn PT physical training

Saturday 27 August 9.00am - 5.30pm	
Session 6	DEFRAG Refuel, Basic nutrition for kids
Session 7	Grief & loss
Session 8	Anger
Session 9	DEFRAG Reboot Camp: Anger
Session 10	Fear and worry
Session 11	Self-Esteem
Session 12	Reboot Camp: Self esteem, reflection and celebration

