



# NURTURING A RESILIENT FAITH

## Spiritual Formation Mini Retreat for Adults

### What Can I Expect?

Gather with us for a morning focused on spiritual growth and navigating faith through life's challenges. We will begin with breakfast and a large group session before breaking into workshops. Participants will have the opportunity to choose 2 of the 5 workshops to attend.

### Details:

- This event is free and all adults are welcome to participate. Invite a friend!
- Childcare for birth thru 5<sup>th</sup> grade is available at no charge.
- Pre-registration is strongly encouraged so that we can plan accordingly.
- Parking is available in Calvary's top lot and gravel lots.

**Saturday,  
October 18**  
8:30AM-12PM

### Registration:

Register on our website or using the QR code. Questions should be directed to Niki Hays at [niki@calvarybaptistchurch.com](mailto:niki@calvarybaptistchurch.com)



CalvaryBaptistChurch.com  
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**CALVARY** BAPTIST  
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# Nurturing a Resilient Faith WORKSHOPS



## **Navigating Transitions in All Life Stages**

*Dr. John Lepper*

How does our faith empower us to manage life transitions? The fact is, our spiritual formation equips us with the capacity to move through personal and family transitions, even when those transitions bring significant confusion and instability. This session will focus on the importance of maintaining and balancing the ABCs of transition. [8:30AM]

*Dr. John Lepper has a passion for helping people integrate faith and life as they find their way in turbulent times. He has provided Pastoral Counseling through St. Matthews Pastoral Counseling Center for more than two decades. He is a Kentucky Licensed Pastoral Counselor and is a Spiritually Integrated Psychotherapist with ACPE. He has authored several books and numerous articles to help individuals, families, and congregations chart the difficult area of crisis and transitions.*

## **When Your World Quakes: Some Practical and Positive Steps**

*Dr. John Lepper*

Life is full of disruptions. Some disruptions are so monumental that we could call them lifequakes. Like a rock thrown in a placid lake, our personal transitions have a ripple effect, spreading disruption to our family and friends. This session will provide some practical help for families and individuals as they manage transitions, whether these cause mild change or more significant upheaval. [10AM, 11AM]



## **How to De- Stress, Worry Less, and Trust God More: Worry & Anxiety Management Techniques**

*Dr. Jennifer Degler*

Would you like to worry less or help an anxious child or friend? In this fast-paced, practical presentation, you'll discover what anxiety does to your brain, how worry makes you "flip your lid," why God tells us repeatedly in the Bible to not be afraid, why you or your child may be a "born worrier," and what you can do to manage anxiety, including nutrition, supplements, exercise, anti-anxiety medication, and anxiety management techniques that use your brain to help change your brain [10AM, 11AM]

*Jennifer Degler, Ph.D., is the Executive Director of the Interfaith Counseling Center. She is a licensed psychologist and life coach, working with adults and couples. Her practical and action-oriented counseling approach emphasizes the important mind/body/soul connection. Dr. Degler's areas of specialization include, but are not limited to, reducing anxiety and depression, coping with stress, and facilitating life and career changes.*

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# Nurturing a Resilient Faith WORKSHOPS



## Forming Resilient Children

*Dr. Holly Catterton Allen*

This workshop we will deepen our understanding of children's spirituality, defining, describing, experiencing what we mean. And we will learn how nurturing children spiritually fosters a deep faith that will stand when they face the ordinary difficulties of childhood such as moving to a new community and also when they encounter more severe adversity such as chronic or terminal illness, losing of a sibling or parent. Along the way, we will experience together five rich activities that foster resilient faith in our children. [10AM, 11AM]

*This session is ideal for parents, grandparents, caregivers, expectant parents, childcare workers and those who work with children within the church.*

*Holly Catterton Allen recently retired from her position as Professor of Christian Ministries and Family Science at Lipscomb University in Nashville, Tennessee. In retirement, she continues to speak at conferences and in churches and teach graduate courses on children's spiritual formation and intergenerational ministry around the world. Holly's most recent books include *Intergenerational Christian Formation: Bringing the Whole Church Together in Ministry, Community, and Worship*, 2nd edition (InterVarsity Academic, 2023) and *Forming Resilient Children: The Role of Spiritual Formation for Healthy Development* (InterVarsity Academic, 2021).*

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## Discipleship By the Numbers

*Rev. Dr. Todd Nelson*

The goal of every Christian is to grow in faith. But how does that happen? Jesus' life reveals a distinct pattern that we can follow which opens us to the grace which he uses to grow our faith. Come explore what it means to have a 1|3|12|70 focus for your personal discipleship. [10AM, 11AM]

*Dr. Nelson serves as the Senior Pastor at First UMC just a few blocks from Calvary, where he helps guide the church's vision and mission in partnership with church leadership. He has been serving alongside the First UMC community since 2005. Todd deeply values how the church honors what God has done in the past while faithfully leaning into what God is doing now—and looking ahead to the future with hope.*

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# Nurturing a Resilient Faith WORKSHOPS



## **Navigating Diagnosis and Illness for Both the Patient and Caregiver**

*Rev. Janie Powell  
Rev. Luke Moody*

When someone is hurting, grieving, or caring for a loved one, we often want to help but aren't sure how. Join us for a workshop offering practical, compassionate support and learning how to walk with one another through life's hardest seasons. [10AM, 11AM]

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*Janie and Luke both serve as CBF endorsed chaplains at Baptist Health here in Lexington, providing pastoral care to patients, families, and staff. As well, they are both active with their families here at Calvary.*



## **RETREAT SCHEDULE**

8:30AM	Breakfast & Plenary Session (Fellowship Hall)
10AM	Workshop Session 1
11AM	Workshop Session 2
Noon	Dismissal

