



2011 PWOC/SE Conference Workshops

1. **After the Boxes: *Susan Miller***

This workshop will help you understand the process of how to let go, start over, and move on with your life after moving. With each step, Susan gives biblical principles and practical application in dealing with issues of the heart when relocating – grief, leaving behind the familiar to face the unfamiliar, feeling disconnected from family and friends, loneliness, and loss of identity. She will also help you identify the emotions and feelings that come with moving – fear, anxiety, anger and comparison. Come find encouragement for your recent or upcoming PCS.



Susan Miller is Founder and President of Just Moved Ministry, a faith-based organization dedicated to bringing hope to the uprooted woman. She has written five books, including *After the Boxes Are Unpacked* and *But Mom, I Don't Want to Move!* She is also the author of the Bible study, *Moving On After Moving In*, which is offered in military installations, churches, neighborhoods, and among corporate expatriates all over the world. Her love for PWOC has taken her across the country and around the world.

2. **Connecting the Heart, Mind and Soul of Leading Worship: *Erin Nonaka***

Ever wondered if worship could be something other than singing and/or music? Want to explore the ways we can connect heart, mind, and soul while worshipping outside the box? Join us for an interactive class that will encourage and equip aspiring worship leaders and team members to go deeper and introduce you to a completely new definition of “worship.”



Erin has had a song in her heart for the Lord since childhood. Her passion is for exhorting God's people to complete fullness in worship. She has been leading outreach and worship ministries with PWOC as well as other churches and women's groups for many years. She believes that PWOC is the best place to grow in your passions, gifts, and talents while honoring God with personal excellence. Married to her college sweetheart, Evan and stationed at Ft Bragg, NC, Erin holds a B.A. in Vocal Performance and Music Education.

3. **Delighting in Your Husband: *Kendra Kuhlman***

God designed marriage to be an adventure that keeps getting better. Often we look back on our wedding day and wonder what happened to the excitement of living our life together. We wonder if it is possible to experience again the joy, delight and passion. The answer is YES! We will explore ideas and tools to help us nurture our life for our mates. We will rediscover what it is to delight in our husbands in all areas of our lives, including our most intimate moments as a couple.

Kendra Kuhlman started her journey with Christ at five years old in a youth camp meeting. Since that time she has enjoyed learning what it is to be a follower of the Great I AM. Her passions in life are God, husband, family and ministry. One of her greatest delights in life is sharing encouragement with others along life's journey. Kendra enjoys ministering alongside Charles, her husband of 19 years. Together, they have conducted couples retreats and workshops. She loves being mom to Micah, Abigail, and Isabelle.



4. **Discover and Develop Your God Given Strengths: *Becky Puchy***

Do you know that you are fearfully and wonderfully made by the Creator of the universe? He has empowered each of us with innate abilities and talents that can be developed into strengths used for His Kingdom purposes. In this workshop, you will learn about 34 characteristics that God has woven into each person in unique combinations based upon the 34 Clifton Strength Finders, themes of talent. You will also learn to maximize your talents by developing your top themes into strengths that can be almost effortless to use.



Becky Puchy is a Licensed Clinical Social Worker and Marriage and Family Therapist who has worked in Christian Counseling practices in New York, Virginia, Hawaii, and Georgia over the last 20 years. She currently resides in Chester Springs, PA with her husband, retired Army chaplain, Jim Puchy, Director of National Ministries for the American Bible Society.

5. **Financial Peace: *Norm Potter***

This workshop will familiarize participants with best selling author Dave Ramsey and his common sense financial philosophies. You'll learn how their specialized curriculum for military families can help you beat debt, learn to save, invest for the future, and much more. We will identify financial stressors and their consequences and explore ways to motivate individuals to inspire lifetime behavior changes.



COL Norman Potter retired from the USAF after 35 years. Serving as commander 3 times, he also held key positions with NATO, Joint Chiefs of Staff and the Office of the Secretary of Defense. He holds a BS from U of Alabama, and Master's Degrees from Troy and Air University. After military retirement, Col. Potter joined the Dave Ramsey team as VP Financial Peace-Military. His role includes using Dave's principles to enhance military readiness by helping military members and their families achieve financial peace.

6. **Forgiveness in the Fight: *Cursha Pierce-Lunderman***

The life of a military wife is full of constant to do lists, and can be thankless at times. It is easy to become overwhelmed and angry in the midst of deployments, stressful duty assignments, and constant transition. In this workshop, we will discuss the emotions that sometimes arise from holding up a household on your own. Come explore the freeing aspect of forgiveness and the blessings that God has for you through the constant struggle of being a heroine on the home front.



Cursha Lunderman is an military spouse, Army Afghanistan veteran, author, and mother of three. She brings a unique perspective to her workshops because she has been the deployed spouse in a combat zone and the spouse back home leaning on Christ while holding all of the pieces together. Her workshop “Forgiveness in the Fight” was born out of her personal struggles to make peace with her feelings, her spouse, and her Savior.

7. **Getting it All Together: *Kim Nichols***

God is organized...He plans ahead, sets the stage, and always gets the job done! We are made in His image and yet sometimes we miss opportunities to minister and even just to enjoy life because we are disorganized, procrastinating, or stressed-out. He does not mean for our lives to be that way. Let's discover together how to keep our day-to-day priorities straight and our environment organized - then we can relax and enjoy!



Kim Nichols lives in Enterprise, AL, near Ft. Rucker, and was a military wife for 20 years. She loves teaching Sunday school and children's church, which help her deal with the empty-nest syndrome! She had her own business for 15 years - Kim's Home Cleaning and Organizing. Organizing is something she loves to help friends and family do. Kim wants to share what she has learned with you, in hopes that it will help free you to minister more effectively in your life.

8. **The Great Physician's Rx: *Sarah Rufenacht***

If you think “good health” means merely settling for feeling “okay”, or avoiding being sick, it's time to change your perspective...and your life! *The Great Physician's Rx for Health and Wellness* program is based on the biblical truth that God desires vibrant energy and wellness in every area of life – physically, emotionally, mentally and spiritually. Learn how to eat the kinds of foods God intended for optimal well-being. No matter what your age or current health, you can create and maintain a sound body, mind, and spirit.



Sarah Rufenacht is convinced by God that she is “fearfully and wonderfully made” and she wants you to know you are too! Sarah was deeply blessed by her first PWOC experience in 2003. Through a study revealing the importance of caring for the “temple” of God, Sarah's health was miraculously restored. She is passionate about teaching ladies about their beauty as God's temple and the importance of stewardship in regards to health. Sarah and her husband, Jon, have been married for 12 years and reside in Sumter, SC.

9. Homeschooling 101: *Sandy Murphy*

Have you ever thought about home schooling your children? Did you know that you can purchase a whole year of elementary level curriculum for less than one hundred dollars? Would you like to include Bible reading and prayer as part of your child's daily academic lessons? As a home school family, your children can even participate in state-sanctioned sports. Join us as we discover and discuss what God and government have to say about home schooling your children.



Sandy is a passionate Home school mom of 11 years, Iowa farm girl, combat veteran, Jumpmaster, mother of three, Army chaplain's wife, and Jesus freak. She has been caught teaching at PWOC conferences, local PWOC programs, military Sunday school classes, home school CO-OPs, and she currently coaches a state-sanctioned home school volleyball team.

Joining us from Ft Bragg, NC, Sandy holds a BA in Public Speaking and a MA in Human Resources.

10. Keys to the Kingdom: Our Daily Bread: *Sharon Tillman*

Our Father will speak to us through His Word in a real and personal way when we give Him the opportunity. Where there is no communication, there is no relationship. Time alone with God moves our experience as believers out of the realm of religion and into the realm of relationship. As we develop a personal relationship with our Father, He becomes our Daily Bread and supplies all of our needs - not some, but ALL. Let's begin today and commit to a plan to feast on the Lord, our Daily Bread.



Sharon's focus is always on teaching the Word of the Lord. She ensures that her instruction equips her audience to be physically, mentally and spiritually fit to serve Him. At the Augusta Care Pregnancy Center, she counsels abortion-minded women and encourages them to choose The Lord's wonderful plan for herself and her unborn child. While actively serving in PWOC as a group Bible Study leader, Sharon assists women

in achieving a more vibrant relationship with the Lord Jesus Christ.

11. The Kingdom Virtue of Gratitude: *Brenda Pace*

Is gratitude a lost virtue in a culture characterized by self-centeredness? What part does gratitude play in the life of a citizen of God's Kingdom? Is gratitude something with which military spouses struggle? These are just a few of the questions that will be addressed and discussed in this interactive workshop. 1 Thessalonians 5:18 instructs, "In everything give thanks: for this is the will of God concerning you." Come be a part of the conversation on the importance of an attitude of gratitude!



Brenda Pace has a passion to bring encouragement and hope to women. She is frequently asked to share her message with women in local church and military settings. As a result of her desire to encourage military spouses Brenda coauthored the books *Medals above My Heart*, and *The One Year Yellow Ribbon Devotional*. She serves as Titus II advisor to PWOC/SE, and the PWOCI Leadership Development Team. Brenda and

her husband Richard live in Cleveland Tennessee where Richard, a retired Army chaplain, serves as a Chaplain Endorser for vocational chaplains.

12. Leadership Selection: *Karen Jaedicke*

The Leadership Selection process is absolutely vital to the health and well-being of PWOC in our local chapters. For this reason, the Executive Board positions of President, VP Spiritual Life, Vice President of Programs, Administrative Coordinator and Financial Liaison are selected through a purposeful and prayerful process. If you are a Leadership Selection Chair or Chapter President, come to this class and learn everything necessary to facilitate a positive experience for the Team and the applicants.



Karen has been speaking, teaching and encouraging women in their walk with the Lord for over 20 years. She loves exercising the gifts of leadership that God has given her in the ministry of PWOC. One of her great passions is identifying, training and encouraging new leaders. She has served on numerous Leadership Selection Committees at the Regional and Local level. Karen is a WILD Trainer, and currently the Titus 2 at Ft Jackson, SC.

13. Listen! Jesus is Praying!: *Linda Hammons*

Can you imagine the intimacy of being with Jesus before the crucifixion? John 17 records His very words in that moment - sacred petitions dearest to His heart. He even prayed for YOU! This workshop will familiarize the participant with Jesus' *deepest* Kingdom burdens: *"the glory of God, the sanctity of God's people, the unity of the church, and the ministry of sharing the Gospel"* (Wiersbe). Come enjoy an in-depth study of each petition in John 17 and glean rich application of Christ's priorities for your own prayer life!



Linda is constantly overwhelmed by the results of applying Jesus' spiritual priorities in prayer - an ever deepening intimacy with God "beyond all she could ask or think". She has enjoyed many military affiliations: from working as a Physician Assistant in Tricare clinics to serving on her local PWOC Board. Presently with Biblical Ministries Worldwide, Linda and her husband Spencer (a Navy veteran) have provided a "home away from home" for Fort Bragg families since 1997.

14. Married to the Chaplain: *Brenda Pace*

What is a chaplain's wife? Does she have to sing, play the piano and pray in public? The role of a chaplain wife is one of undefined expectations. Come join a discussion with those who understand that unique role. The time will be used to connect with one another and encourage each other as we celebrate the unique joys and challenges that come from being "the Chaplain's wife."

See Workshop Description #11 for Leader Bio

15. Music in God's Kingdom: *Annette West*

Music is an essential aspect of worship. This session seeks to share how various music influences our activity. We will look specifically at gospel music and how it impacts the body of believers. Two songs will be broken down to see the worth in the words. These songs will be presented before the PWOC body. Ladies will be asked to bring black bottoms and shoes and either turquoise or black tops.



Annette is sold out for Jesus! She is a teacher of God's Word and shares wherever opportunity presents itself. She has been active in PWOC for 12 years and is 1st VP Spiritual Life at Shaw AFB. She serves in the capacity of evangelist, encourager and praise leader at a local community church. Thus, presenting this workshop on Music in God's Kingdom is a fit for this season. She is excited to see how God is going to move in the women that

attend the workshop

16. Navigating the Changes of Life: *Bev Arnold*

Life changes come at us from all sides. Mid-life crisis, empty nest, menopause, and retirement are ominous words if a woman is not prepared for them. Identity and role changes may leave us feeling insecure and without purpose. Christ has always been and continues to be our purpose and security through the passages of life. A little preparation and acceptance of newness will allow us to leave behind the past in order to flourish in the present. Find encouragement, humor and confidence as we boldly navigate the changes together.

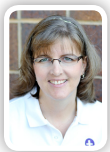


Bev Arnold has been enjoying life beside her husband, Stan, for over 31 years - the last fourteen inside the Army community. They have two grown children, two grandchildren and a blessing on the way. Bev enjoys teaching women, encouraging people, and ministering to the hurting and lost. She is active inside her local PWOC, the military chapel, and the civilian community. Last year, Bev started the new adventure of finishing

her bachelor's degree online. She is completing her Multidisciplinary Degree with emphasis in religion, education and Christian counseling.

17. Parenting Implications from Matthew 6: *Becci Rindahl*

Have you considered that the Lord's Prayer may have something to say about the way you parent? In this workshop, we will examine the two phrases 'thy kingdom come' and 'thy will be done.' We will discuss the implications of these phrases and what they say about our approach to parenting. Practical ideas for fostering kingdom virtues as well as ways to manage parenting in this sinful world will be discussed.



After majoring in Education and Theatre, Becci Rindahl worked as a public middle school teacher prior to homeschooling her children. She has worked as a behavior management consultant, presenter, and an autism specialist. She is currently serving her church as Preschool Coordinator. As the wife of Chaplain Steve Rindahl, she has been active in PWOC serving as teacher, 2nd Vice-President, and President. Much of her time

is committed to raising her two teenage daughters. Becci is dedicated to showing others that parenting any age child is God's greatest gift.

18. Q&A with the PWOC Geek Squad

Are you looking for answers to your techie questions? Want to learn fresh ideas about marketing your PWOC or communicating who you are? Need assistance with your official PWOC webmail account or using the resources on the web? Bring your questions to this discussion panel workshop with PWOC International's Communications Team (a.k.a. the Geek Squad) including PWOCI 3VP Communications Jenn Cook, Website Manager Tracy Hathaway and Resource Coordinator Angel Mansberger. Be ready to collaborate and find innovative ways to effectively spread the news of the amazing ministry of PWOC!



The PWOC International Communications Team (a.k.a. The Geek Squad) has over 28 years of PWOC experience. Jenn Cook, PWOCI Communications Coordinator, has over 20 years in the design field and is enthusiastic about seeing women use their God given skills to serve Him effectively.

Tracy Hathaway, PWOCI Web Manager, is convinced she isn't the only lady in PWOC who dreams in HTML and longs to meet and train others who want to share their affinity for technology with their love for Jesus and His flock. Angel Mansberger, PWOCI Resource Coordinator, is passionate about providing tools for local leaders. Together, this team of three brings a wealth of communication skills to support the PWOC ministry.

19. Male Sexuality: A Christian Perspective for Women: *CH David Mikkelson*

It is obvious that men and women function differently in many ways, but perhaps the greatest in the area of sexuality. Why do men think about sex so often? What does sex mean to men? What does the Bible say about healthy sexuality and the role of sex in a Christ-focused marriage? There is a good chance that your husband is struggling with his own sexuality! This will be a frank discussion about how Christian couples can reclaim holy ground in this arena.



David Mikkelson is an Army chaplain at Ft. Bragg, NC, where he is the Director of the Family Life Chaplain Training Center and a pastor in Chapel Next. He trains Family Life Chaplains to serve as spiritual leaders, pastoral counselors, and faith-based relationship educators for the Army. He is a licensed Marriage and Family Therapist and AAMFT Supervisor. He is married to Suzanne Mikkelson, a PWOC leader for many years. They have three boys, ages 17 to 22, who are out of the home and following the Lord.

20. Pornography: Hope for Christian Homes: *CH David Mikkelson*

We will look at some facts about how pornography affects Christian homes and how close this is to your home. How does a man who loves God and his wife end up entangled with pornography? If it has happened, how might you respond as a spouse? We will also look at the issue of sexual addiction and some ways to know if your marriage is in trouble. We'll look at strategies to protect your home and find healing if pornography has already damaged your relationships.

See Workshop Description #19 for Leader Bio

21. Prodigal Children: When your child's heart is far from God: *Suzanne Mikkelson*

Do you have a child whose heart has wandered away from the Lord, been damaged and separated from God, or has outright rejected God in their life? As parents often our deepest longing is that our children know and love Jesus, so their rejection of Him is frightening and heart-breaking. Come take a journey through Luke 15 as we discover God's actions in finding the lost and use Him as our model to respond to our own Prodigal children.



Suzanne Mikkelson has been a military spouse for over 27 years, first in the USMC and now in the Army. She is a chaplain's wife and currently counsels military members as a Licensed Marriage and Family Therapist. She has been involved in PWOC for 15 years both in Europe and the US and currently serves as Titus II for Ft. Bragg. Suzanne is married to David and has 3 sons, ages 17, 21, and 22, who are all out of the home and walking with the Lord.

22. Revelation vs Reason: *CH Charles Kuhlman*

Did you know that over the course of time man's reasoning always calls into question God's revelation? Biblical history recounts the dramatic and sometimes catastrophic results that occur when what "makes sense" from the world's perspective replaces what God has revealed as truth in His Word. Allowing reason to distract us from God's revelation will limit our God given potential at best, and ultimately bring pain and hardship. This workshop will discuss the distractions of busyness along with how to create healthy priorities and boundaries.



CH (MAJ) Charles Kuhlman is the Family Life Chaplain at Fort Jackson. His education includes Masters degrees in Pastoral Counseling and Community Counseling. He has deployed as a battalion and a brigade Chaplain. Charles speaks frankly from shared experience about the challenges of returning home and finding a "new normal." He receives great joy from enabling family systems to break negative cycles and restore wholeness and vibrancy to their lives. Charles and his wife Kendra have been married 19 years and have three amazing children: Micah, Abigail, and Isabelle.

23. Suffering: God's path to Hope: *Suzanne Mikkelson*

Discouragement, loneliness, grief, and sadness can sometimes seem overwhelming in our lives as military spouses. This workshop will identify common times of struggle, the symptoms of depression or discouragement, and learn ways to help others who are suffering. We will explore how Paul, Elijah, Naomi, and even the Lord Jesus Himself experienced sorrow and suffering as a normal part of life. Discover God's perspective on these inevitable times of sorrow and grief as opportunities for growth and discovering the "hope that does not disappoint."

See Workshop Description #21 for Leader Bio

24. Surviving Your Circumstances During Tough Times: *Susan Miller*

This workshop helps women confront circumstances and change with Christ. As you face tough times, learn how to live above your circumstances, not under them. Susan will share insight into the emotions women feel, and offer biblical principles and practical application to strengthen their marriage and parenting skills during tough times of transition.

See Workshop Description #1 for Leader Bio

25. A Thriving Marriage...Even During Deployment!: *Erica Boettcher*

“I’m surviving this deployment until my husband gets home”, “My marriage can’t grow during deployment”, “I can’t do the single parent thing”. Do these echo your view of deployment? They don’t have to! Your marriage can thrive and grow, even during the physical separation that comes with deployment. If you want to strengthen your relationship, even during deployments, come share with us as we learn practical ways to not just survive deployment, but thrive through it!



Erica, wife of a chaplain and homeschooling mom of 6, joins us from Ft. Campbell. She and her husband have been married for 18 years and recently went through a deployment in which they grew and strengthened their marriage. Over the past few years, Erica has been involved in various aspects of PWOC, led women’s Bible studies, been head of a children’s Sunday School department, and taught marriage classes for women. She enjoys time spent with family and friends, and will never turn down a great chat over coffee.