Restoring Hearts...
conference for women impacted by sexual betrayal

Friday, June 12, 2020 & Saturday, June 13, 2020
ONLINE via ZOOM

KEYNOTE SPEAKER
Lynn Marie Cherry

presented by:
PRODIGALS INTERNATIONAL

NEXTSTEP counseling & coaching
820 AM THE WORD
1630 AM RADIO LUZ STATION
Partners In Process - Our Women’s Support Network

Partners In Process groups are support groups for women who are affected by their husband’s or partner’s sexual integrity. During the group, women learn that they did not cause their husband’s behavior and they experience hope and healing with other women who are going through similar struggles.

Visit www.prodigalsinternational.org to find helpful resources to support you in every stage of your journey.

- Articles about the addiction, your role, and where you go from here
- Prodigals International program materials
- Information and resources for starting a recovery group in your local church

Contact Karen Crawford at 425.681.4008 or karenc@prodigalsinternational.org.

Partners In Process Groups:

**ONLINE Partners In Process**
Tuesdays, 7:30 - 9AM
For an invitation, contact Beverly at piponline@prodigalsinternational.org

**Evergreen Covenant Church**
3200 78th Ave SE, Mercer Island, WA
Thursdays, 7:00-8:45 PM
Contact Karen at healing@restoringheartsconference.org

**New Community Church**
3102 S 23rd Street, Tacoma, WA
Mondays, 7:00-8:45 PM
Contact Karen at healing@restoringheartsconference.org

**Advent Lutheran Church**
4306 132nd St SE, Mill Creek, WA
Mondays, 7:00-8:45 PM
Contact Karen at healing@restoringheartsconference.org

**Henderson Hills Baptist Church**
I-35 & E. 15th, Edmond, Oklahoma
Wednesdays at 7:30pm
Contact Karen at healing@restoringheartsconference.org

**Foothills Alliance Church**
333 Edgepark Blvd NW, Calgary, Alberta
Wednesdays at 7:00pm
Contact Karen at healing@restoringheartsconference.org

**Prodigals of Alaska - Anchorage**
6401 E Northern Lights Blvd
Thursdays at 7:00pm
Contact Karen at healing@restoringheartsconference.org

**Prodigals of Alaska - Wasilla**
2201 S. Knik-Goose Bay Rd
Tuesdays at 6:30pm
Contact Karen at healing@restoringheartsconference.org

**Eagle Mountain Baptist Church**
8780 Eagle Mountain Circle, Fort Worth, Texas
Tuesdays at 6:30pm
Contact Karen at healing@restoringheartsconference.org
Reclaimed Ministry

in the midst of chaos and pain

Author Stephanie Broersma shares her story so women like her will know they are not alone and can find hope as she takes a raw, honest look at the emotions women face in marital betrayal.

from shame, anger, and brokenness

Reclaimed: Finding Your Identity after Marital Betrayal is Stephanie’s story—from revelation to reconciliation and all the pain and confusion in between. But it’s also a guide for those whose lives have turned upside down—a raw and honest look at the emotions, decisions, and difficulties women face in marital betrayal. It’s a collection of stories shared by real women, a journal with leading questions to help put words to feelings, and an encouraging compilation of Scripture verses to give strength to the weary.

as you rebuild trust and self worth

Isaiah 61:3,7

When someone Googles MINISTRIES do they find yours?

SALEM SURROUND

MOBILE DIGITAL BROADCAST

seattle.salemshroud.com
thewordseattle.com
radioluzseattle.com
There is always hope.

Prodigals International Counseling
Online & In-Person
Christian Counseling for Men
Individuals and Groups
Sexual Brokenness, Compulsivity & Addiction
Trauma | Depression | Anxiety | Stress | Spiritual Issues
Kirkland, WA
www.prodigalscounseling.org
(866) 910-9002

Steve Dulaney
MA, LMHC, CSAT, EMDR

Sam Louie
MA, LMHC, S-PSB, CSAT-C

Next Step Counseling & Coaching
♦ Counseling
♦ Coaching
♦ Recovery Groups
♦ Workshops
& Presentations

As the dominoes began to rapidly fall last March with the devastating effects of COVID-19, my mind was in a swirl. How could this happen? How do I even comprehend all that this means? How will this upset and impact my children and the rhythm of my family? How do I envision this new normal and try to make a plan to go forward when it feels like the ground beneath keeps shifting with new revelations?

And then I paused. I listened to myself. I smiled. And I knew exactly what I was going to do.

I was going to listen to the calm voice of God, telling me He’s got my journey safely in His hands.

I knew this, because I had been on a previous journey that left me asking the same questions. A journey every woman who finds her way to Restoring Hearts experiences after a startling, heartbreaking revelation of her husband’s intimate betrayal. Whether it’s pornography or an affair, when the first shockwaves of discovery hit we ask ourselves “how could this happen? How do I even comprehend all that this means? How do I look to the future when it feels like the ground beneath me keeps shifting?”

That’s why we come together to this sacred space of Restoring Hearts. To ensure every woman knows that she is not alone. To provide insight from the very best experts we can find, and community with women who understand and offer grace for our journey.

That’s why we refused to let COVID-19 prevent us from ‘being together’. Taking our conference online is new territory for us and I am personally so grateful you chose to explore this new terrain with us!

I am so grateful to every presenter you’ll hear from this weekend who said, “No problem! Count me in!” as we pivoted to an online format. So grateful to our sponsors for sticking with us, and beyond humbled for all of the extra volunteers – many from across the US & Canada – who are helping make today happen.

God Is Good. You Are Beloved. And I am grateful to be on this journey with you all!

Karen Crawford  
Senior Program Director, Prodigals International  
425-681-4008 • www.prodigalsinternational.org
Friday Night Schedule

**FINDING YOUR IDENTITY AFTER MARITAL BETRAYAL: WHO AM I?**
Stephanie Broersma  
Founder of Reclaimed Ministry  
How do others define me? Do my sins or the consequences of others label me as used, broken or unworthy? These are the questions that most women struggle with after discovering infidelity within their marriage. Understanding that the situation doesn’t define you but rather the truth of being a Child of God, is what Stephanie Broersma, founder of Reclaimed Ministry, is passionate about sharing with other broken brides. She shares from her own personal journey of betrayal through addiction and affairs and lives a reclaimed life offering hope and healing to others. Learn more at www.reclaimedministry.com.

**NAVIGATING BOUNDARIES IN RECOVERY**
Alison Davis, LMHC, CSAT, EMDR  
Meridian Counseling Services  
In this session, we will discuss the importance of having boundaries to help you heal from betrayal. We will also look at the purpose of boundaries and explore the difference between internal and external boundaries for navigating healthy relationships. We will also learn how to determine if a boundary is about control or safety, and provide you with tools to help you start writing your own personal boundaries.

**DIVORCE? COPING WITH THE DECISIONS, TRAUMA AND SHAME**
Linda J. MacDonald, MS, LMFT  
The Shepherd’s Center, author of “How to Help Your Spouse Heal from Your Affair”  
When intimate betrayal is followed by spousal rejection, the heartbeat, trauma, and shame can seem overwhelming. When is enough enough? How does one cope with the magnitude of an unwanted divorce after the indignity of betrayal? Come find tools for healing from a therapist who’s been there herself and emerged from the rubble with a happy, rewarding life.

Handouts for this session available for download at http://restoringheartsconference.org/session/divorce Click ‘DOWNLOAD DOCUMENT’ (bottom left)

**“WHAT IS A HEALTHY FAMILY ANYWAY?” — HOW TO SUPPORT YOUR CHILDREN WHEN DEALING WITH BETRAYAL TRAUMA**
Jessica Eidens, MA, LMHC, CSAT, CCPS, CMHS, NCC  
Pacific Behavioral Health Care  
Many of my clients come to me scared about their own children’s mental health and well being after finding out about their partner’s problematic sexual behaviors. This breakout will empower you to understand how to break the addiction cycle. The goal is to help you understand how to support your children while you are going through this process that includes what to pay attention to, how to talk to them, and how to guard your children against engaging in problematic behaviors. Together we can stop this cycle.
WHO YOU SAY I AM
Who am I that the highest King / Would welcome me
I was lost but He brought me in / Oh His love for me
Oh His love for me
Who the Son sets free / Oh is free indeed
I’m a child of God / Yes I am
Free at last He has ransomed me / His grace runs deep
While I was a slave to sin / Jesus died for me
Yes He died for me
Who the Son sets free / Oh is free indeed
I’m a child of God / Yes I am
In my Father’s house / There’s a place for me
I’m a child of God / Yes I am
I am chosen / Not forsaken
I am who You say I am
You are for me / Not against me
I am who You say I am

O COME TO THE ALTAR
Are you hurting and broken within?
Overwhelmed by the weight of your sin?
Jesus is calling
Have you come to the end of yourself
Do you thirst for a drink from the well?
Jesus is calling

CHORUS:
O come to the altar
The Father’s arms are open wide
Forgiveness was bought with
The precious blood of Jesus Christ
Leave behind your regrets and mistakes
Come today there’s no reason to wait
Jesus is calling
Bring your sorrows and trade them for joy
From the ashes a new life is born
Jesus is calling

CHORUS
Oh what a savior
Isn’t He wonderful?
Sing hallelujah, Christ is risen
Bow down before Him
For He is Lord of all
Sing Hallelujah, Christ is risen

CHORUS
Bear your cross as you wait for the crown
Tell the world of the treasure you found

WHAT A BEAUTIFUL NAME
You were the Word at the beginning
One with God the Lord Most High
Your hidden glory in creation
Now revealed in You our Christ

CHORUS:
What a beautiful Name it is, What a beautiful Name it is
The Name of Jesus Christ my King
What a beautiful Name it is
Nothing compares to this
What a beautiful Name it is
The Name of Jesus

You didn’t want heaven without us
So Jesus, You brought heaven down
My sin was great, Your love was greater
What could separate us now

CHORUS
Death could not hold You, the veil tore before You
You silenced the boast, of sin and grave
The heavens are roaring, the praise of Your glory
For You are raised to life again
You have no rival, You have no equal
Now and forever, God you reign
Yours is the Kingdom, Yours is the glory
Yours is the Name, above all names

CHORUS 2
What a powerful Name it is, What a powerful Name it is
The Name of Jesus Christ my King
What a powerful Name it is
Nothing can stand against
What a powerful Name it is
The Name of Jesus

GOD I LOOK TO YOU
God I look to You, I won’t be overwhelmed
Give me vision to see things like You do
God I look to You, You’re where my help comes from
Give me wisdom; You know just what to do

CHORUS:
I will love You Lord my strength
I will love You Lord my shield
I will love You Lord my rock forever
All my days I will love You God

CHORUS
Hallelujah our God reigns
Hallelujah our God reigns
Hallelujah our God reigns forever
All my days Hallelujah
Saturday Worship Lyrics for Opening Session

WAY MAKER
You are here, moving in our midst
I worship You, I worship You
You are here, working in this place
I worship You, I worship You
You are here, moving in our midst
I worship You, I worship You
You are here, working in this place
I worship You, I worship You

CHORUS:
You are - Way maker, miracle worker, promise keeper
Light in the darkness, my God
That is who You are
You are - Way maker, miracle worker, promise keeper
Light in the darkness, my God
That is who You are

You are here, touching every heart
I worship You, I worship You
You are here, healing every heart
I worship You, I worship You
You are here, turning lives around
I worship You, I worship You
You are here, mending every heart
I worship You, I worship You

CHORUS
Even when I don't see it, You're working
Even when I don't feel it, You're working
You never stop, You never stop working
You never stop, You never stop working

IN CHRIST ALONE
In Christ alone my hope is found
He is my light my strength my song
This cornerstone, this solid ground
Firm through the fiercest drought and storm
What heights of love, what depths of peace
When fears are stilled, when strivings cease
My Comforter my All in All
Here in the love of Christ I stand

In Christ alone, who took on flesh
Fullness of God in helpless babe
This gift of love and righteousness
Scorned by the ones he came to save
Till on that cross where Jesus died
The wrath of God was satisfied
For every sin on Him was laid
Here in the death of Christ I live

There in the ground His body lay
Light of the world in darkness slain
Then bursting forth in glorious day
Up from the grave He rose again
And as He stands in victory

IN CHRIST ALONE, continued
Sins curse has lost its grip on me
For I am His and He is mine
Bought with the precious blood of Christ
No guilt in life, no fear in death
This is the pow'r of Christ in me
From life's first cry to final breath
Jesus commands my destiny
No pow'r of hell, no scheme of man
Can ever pluck me from His hand
Till He returns or calls me home
Here in the pow'r of Christ I'll stand

LET THE KING OF MY HEART
Let the King of my heart, be the mountain where I run
The fountain I drink from, oh He is my song
Let the King of my heart, be the shadow where I hide
The ransom for my life, oh He is my Song

CHORUS:
You are good, good, oh
Let the King of my heart, be the wind inside my sails
The anchor in the waves, oh He is my song
Let the King of my heart, be the fire inside my veins
The echo of my days, oh He is my song

CHORUS
You're never gonna let, never gonna let me down

CHORUS
You are good, good, oh

LORD I NEED YOU
Lord, I come, I confess
Bowing here I find my rest
Without You I fall apart
You're the One that guides my heart

CHORUS:
Lord, I need You, oh, I need You
Every hour I need You
My one defense, my righteousness
Oh God, how I need You

Where sin runs deep Your grace is more
Where grace is found is where You are
Where You are, Lord, I am free
Holiness is Christ in me

CHORUS
So teach my song to rise to You
When temptation comes my way
When I cannot stand I'll fall on You
Jesus, You're my hope and stay

CHORUS
You're my one defense, my righteousness
Oh God, how I need You
My one defense, my righteousness
Oh God, how I need You
MORNING KEYNOTE • LYNN CHERRY — “STEPPING BEYOND SURVIVAL”
Welcome • Karen Crawford, Prodigals International | Worship led by Jessi McNeal
Keynote Message: Betrayal leaves us feeling powerless – the victim of someone else’s power to choose going off the rails. In this session, we will: See the side effects of both a victim mentality and a survival mentality • Understand how pain can be transformed • Reclaim our power to choose

MOVING FROM VICTIM TO VICTOR
Preeti Shah, LMHC, CSAT, EMDR
Preeti Shah Counseling
Sexual betrayal can take many forms but the hit usually feels the same-like a giant truck ran you over and the driver was your trusted husband. The shock and whirlwind of emotions and thoughts can leave you feeling down for the count and you can feel like an innocent victim to someone else’s sin. This can be a place of powerlessness, shame, uncertainty, even self blame. In this breakout session, I will help you understand the process of moving out of the place of feeling victimized to a place of victory in your life in your thoughts, emotions, and behaviors. His sexual sin may have left a mark on you, but you get to define that mark and allow God to create victory in you.

A BEAUTY RESTORED
Teri Cress, MA, LMFT, LPC
Restored Hearts Counseling
As women harmed by sexual brokenness, betrayal, and trauma, it can be hard to embrace or celebrate the beauty of our sexuality. In this session we will discuss the theology of sexuality. We will explore the integration of our spiritual and sexual selves in order to cultivate a healthy sexual identity.

GETTING TO THE ROOTS OF TRUE LIFE RECOVERY
Rob Baker, MA, LMFT, LMHC, CSAT-S
Next Step Counseling & Coaching
Learning about a partner’s sexual addiction and/or infidelities is one of the most challenging experiences a person can face. Sexual addiction is not only proliferating at an alarming rate with the emergence of cybersex, but also becoming more invasive into homes and families. At its essence, problematic sexual behavior or sexual addiction is a breakdown in the ability to establish a sufficiently meaningful relationship with God, with oneself and with one’s significant relationships. That means recovery needs to be accomplished at the deepest, core level of one’s being to live with integrity and form genuine trusting bonds at all of these levels, through an authentic connection with the One who is Life. It is vital in this endeavor to be able to navigate a path through the maze of problematic sexual behavior to experience core restoration. This presentation will provide an overview of a sexual integrity recovery model, with specific focus on an approach to deep core healing as the foundation for true life recovery and forming healthy relationships — supported by a syllabus of resources. Handouts for this session available for download at restoringheartsconference.org/session/trueliferecovery Click ‘DOWNLOAD DOCUMENT’ (bottom left).

11:45a – 12:15p
Break • Grab Lunch

Saturday Schedule continued on next page
THE EFFECTS ON WOMEN'S SEXUALITY AFTER TRAUMA
Christy Bauman, MA, LMHC
Christian Counseling Center for Sexual Health and Trauma Co-Founder
Have you experienced sexual harm, objectification, emotional abuse, pornography or infidelity in your relationship? As a therapist, I have worked with women and couples who have experienced these issues. My doctoral research is based on women's sexual health after trauma and spiritual abuse. I will tell you what I have learned over the last decade after working with women and couples in the church around sexuality.

THE BACK DRAFT OF TRUTH
Sue Mocker
Founder and Executive Director of Hope Allowed
Finding out about all of the affairs was too much for my heart to handle. It was as if there was a back draft. When the oxygen is depleted in a room on fire, and a door is opened, there is an explosion when more oxygen is made available. The door to my heart could only take so much truth. I didn’t want to emotionally explode. Learning how much truth I could handle and how to heal from the pain took perseverance. Understanding the back draft of truth helps me get through the pain so that the pain doesn’t overwhelm me. Discover how I found hope and healing from sexual betrayal.

1:15p – 1:30p
Break

1:30p – 2:30p
CLOSING KEYNOTE • LYNN & DAVID CHERRY — “HIS, HERS & OUR RECOVERY: ANSWERING YOUR QUESTIONS”
Our closing keynote session will answer your questions about both personal and couple’s recovery.

GOT A QUESTION FOR LYNN & DAVID CHERRY?
We’ll be closing out our Saturday with a very special Q&A Session with our Keynote Speaker, Lynn Cherry, and her husband David: “His, Hers, and Our Recovery.”

Have a question you’d like to ask them? Please submit questions NOW THROUGH NOON on Saturday, June 13 to: healing@restoringheartsconference.org Please title your email "Question for Lynn & David"
POST CONFERENCE ENCOURAGEMENT SESSIONS!

Continue your journey with us for more support and encouragement. FREE with your 2020 Conference Ticket Purchase!

Watch for our email from "Karen Crawford | Restoring Hearts Women's Conference" for dates, times and session links.

EMPOWERMENT THROUGH FORGIVENESS
Karen Crawford, Senior Program Director
Prodigals International
When you have experienced intimate betrayal, you feel powerless, in shock, anger and pain. In this session, we will explore the topic of forgiveness and how we empower ourselves through the forgiveness process. We will learn why and how to forgive what seems like the unforgivable. We will discuss why it is important to your own healing and your partner’s recovery to avoid forgiving "too soon." You will find freedom through the forgiveness process.

NOW THAT I KNOW, WHAT NOT TO DO
Karen Crawford, Senior Program Director
Prodigals International
In this workshop we will explore what not to do after discovering the man she loves is using pornography or has had an affair or other sexual integrity issue. During this turbulent time she is either feeling numb or that a tsunami has just crashed upon her and her family and she is looking for tangible steps to take. Often times we react to the situation rather than think through the ramifications of our rash actions.

Some of the topics we will discuss are: What do I do now? What happened to the man I thought I knew? Is it my fault and what is my role in all of this? How much should he tell me? Should I stay in this marriage? What does recovery look like? What does my future hold – is there hope for me? You will come away from this workshop knowing there is hope for you and the assurance that whatever happens with your marriage, God is always at your side and is carrying you through this.

For more about Prodigals International or Partners in Process support groups, contact: Karen Crawford, Women’s Director, Prodigals International at karenc@prodigalsinternational.org.

www.restoringheartsconference.org

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