

MESA ARIZONA KIMBALL EAST STAKE

Women's Conference

September 21, 2024



Be

Still AND KNOW THAT
I AM GOD.

Finding peace in practical solutions to everyday challenges.

MESA ARIZONA KIMBALL EAST STAKE WOMEN'S CONFERENCE

Program Outline

9:00 – 9:20	Opening Music & Message
9:30 – 10:20	Classes
10:30 – 11:20	Classes
11:30 – 12:20	Lunch/Mingling
12:30 – 1:20	Classes
1:30 – 2:20	Classes
2:30 – 3:00	Wrap up & Mingling

4640 E Holmes Ave, Mesa, AZ

Come for part or come for all!

Casual dress.

Scroll down for presenter bios and class descriptions.

Class Titles and Locations

Nourishing Your Body So Your Spirit Can Thrive (9:30 and 12:30) – Young Women Room

Beauty From Ashes – Discovering the Gifts in Loss by Being Prepared for It (9:30 and 1:30) – Chapel

Practical Ways to Find Peace in Christ (9:30 and 12:30) – Relief Society Room

Honoring Others' Agency with Love – Roundtable Discussion (9:30 and 1:30) – High Council Room

Simply Organized: Removing the "Stuff" to Make Room for What Matters Most (10:30 and 12:30) – Chapel Overflow

Finding Stillness Through Meditation (10:30 and 1:30) – Primary Room

Strengthening Our Families (10:30 and 12:30) – High Council Room

The Power of Scriptures in Your Daily Life (10:30 and 1:30) – Relief Society Room

NOURISHING YOUR BODY SO YOUR SPIRIT CAN THRIVE

Presenter: Shari Goodman

Class Times: 9:30am and 12:30pm



Shari is a mother of five who—through trials of health with her family—dived into the natural health world to learn to heal. She has a degree in Natural and Holistic Medicine and is currently finishing her degree in Integrative Medicine.

Class Description: Our temporal and spiritual health are very closely intermingled. When one is in peril, the health of the other can be, too. The daily habits we have are what create our health. Learn important steps you can take to create new habits for a healthy mental and physical body, so your spiritual self can flourish.

BEAUTY FROM ASHES – DISCOVERING THE GIFTS IN LOSS BY BEING PREPARED FOR IT

Presenters: Katie Fotheringham Gurney and Corey Kearsley

Class Times: 9:30am and 1:30pm



Katie was a vocal performance major at BYU and has performed in many states and Europe. Though she loves singing and vocal coaching, her true love is conducting choirs. She and her late husband, Dave, raised three sons, while living in both Washington and Florida.

Corey was born and raised in Gresham, Oregon. He served a mission to Columbia and graduated in accounting from BYU. He and his late wife, Kris, have three daughters and a son. He is a dedicated runner and has run 15 marathons.

Katie and Corey both entered widowhood in 2016 after losing spouses to cancer. One of the principles they learned from their own experiences and those of other surviving spouses is that the more prepared a surviving spouse is on a financial, legal, emotional, and practical level, the better they will adjust to widowhood.

Class Description: Learn how to begin and FINISH your end-of-life preparations so you and your loved ones will not only be able to have a healthy, and valuable loss experience in the future, but also an intentional, meaningful life experience now. Don't be scared - be prepared!

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PRACTICAL WAYS TO FIND PEACE IN CHRIST

Presenter: Kathy Postert

Class Times: 9:30am and 12:30pm



Kathy is mother to six wonderful children and wife to our stake president, Duston Postert. She graduated from ASU in Special Education and has worked as a teacher, reading specialist, and Assistant Director in the elementary school setting. She loves to spend time with her

family, and most of all, she loves the Gospel of Jesus Christ.

Class Description: Do you often feel frazzled despite knowing God's plan? In this class, we'll discuss practical ways to use the doctrine of Christ in everyday life to ultimately find more peace in the mundane as well as strength through the struggles.

HONORING OTHERS' AGENCY WITH LOVE – Roundtable Discussion

Discussion Leaders: Hillary Goodman & Kay Bradshaw

Class Times: 9:30am and 1:30pm



Hillary was born in this stake and now lives in her childhood home which she has made her own with her husband Brian and their five children. She served a mission in Richmond, Virginia (learned a lot about the Bible Belt!) and her oldest son is serving a mission in Liberia West Africa and

has adventures daily that make her heart stop! She loves interior design, baking cookies, and is currently working on designing her dream cut-flower garden while finishing her bachelor's degree in Marriage & Family Studies through BYU.



Kay is a native of Arizona and has lived in our stake for over 40 years. She loves music, sports, the temple, rain, and chocolate chip cookies! She has a large family and loves spending time with her grandkids.

Class Description: In a perfect world, we would all use our agency wisely. In a fallen world, not so much. Learning to accept the choices of others without compromising your own desire to live the Gospel can sometimes be discouraging and even scary. Hillary and Kay will lead a discussion that will yield ideas and hope for loving those who's choices have taken them away from the truth.

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SIMPLY ORGANIZED: REMOVING THE "STUFF" TO MAKE ROOM FOR WHAT MATTERS MOST

Presenter: Marci McLain

Class Times: 10:30am and 12:30pm



Marci has a passion for making homes beautiful and functional (and has been doing it professionally with AZ House of Order for almost four years). She loves to teach people that getting and staying organized is not as scary as it seems.

Class Description: Having an organized space allows us to focus on God, family, and other priorities with less anxiety and more access to the guidance of the Spirit. Come learn some simple and practical ways to simplify and organize for greater stillness and productivity.

FINDING STILLNESS

Presenter: Melissa "Max" Moulton

Class Times: 10:30am and 1:30pm



Max has a bachelor's degree in Government with a focus in Law and a Management minor as well as a Paralegal Certificate. She is a student at heart and looks forward to starting a master's program in Psychology this year. Max is actively engaged in church service as a Stake Single

Adult Representative in the Phoenix Stake, a Representative on the Phoenix East Coordinating Council and was a workshop presenter at the Arizona Single Adult Conference held in Gilbert in February 2024. She has four grown children who are successfully "adulting" in the world. Max is passionate about connecting with people in meaningful ways. She believes that understanding that we are **eternal** beings... children of a loving Heavenly Father with **infinite potential** is key to finding purpose, happiness, and joy in this life.

Class Description: Join Max as she introduces you to mindfulness and meditation and the importance of taking time to be still. Learn ways to connect with Heavenly Father through mindfulness and meditation. Then spend some time practicing different meditation techniques.

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STRENGTHENING OUR FAMILIES –

Roundtable Discussion

Discussion Leaders: Joy Dixon & AnnaJo Mason

Class Times: 10:30am and 12:30pm



Joy has been married to her husband, Matt, for 24 years. They have 5 children ages 5-21 years old. She enjoys learning, being active, and watching her kids do what they love.



AnnaJo comes from a family of 11 children and has six wonderful children of her own, ages 15-25. She and her husband, Brent, have been married for 27 years and have enjoyed (mostly) the highs and lows of the grand experiment of parenting.

Class Description: This roundtable discussion will focus on current obstacles facing today's families and offer practical solutions for strengthening our families. Come ready to share your ideas or ask questions!

THE POWER OF SCRIPTURES IN YOUR DAILY LIFE

Presenter: Sharryl Hales

Class Times: 10:30am and 1:30pm



Sharryl was raised in Provo, UT but has lived in AZ far longer. Mother of five (plus two daughters-in-law and a grandbaby on the way!) and seminary/institute teacher for the last decade. She loves her job, loves the scriptures, and loves Jesus.

Class Description: If Heavenly Father and prophets want us to study the scriptures daily, why is it so hard?? This class will teach, encourage, and share tips that will help anyone (at any scripture-reading level) learn to connect with Christ and His power more through the scriptures.