



# GOOD SHEPHERD *Summer* WORKSHOPS



A PLACE FOR YOU + GOOD SHEPHERD

GROW IN FAITH,  
STRENGTHEN  
RELATIONSHIPS,  
AND SPARK  
MEANINGFUL  
CONVERSATIONS  
THIS SUMMER.





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# A PLACE FOR YOU.

**GROW IN FAITH, STRENGTHEN RELATIONSHIPS, AND SPARK MEANINGFUL CONVERSATIONS THIS SUMMER.**

This summer, Good Shepherd is offering a series of engaging workshops designed to deepen faith, strengthen relationships, and spark meaningful conversations. From exploring spiritual traditions and financial stewardship to navigating family dynamics and understanding social issues, these workshops provide opportunities to learn, grow, and connect with others. Whether you're looking to dive deeper into your faith, gain practical life skills, or engage with important community topics, there's something for everyone. Check out the following pages for details on each workshop and how you can be part of these transformative experiences!



**Register today at:**

[www.goodshepherdkc.com/events](http://www.goodshepherdkc.com/events)

JOIN US THIS  
**Summer**

[goodshepherdkc.com](http://goodshepherdkc.com)

# Summer

AT GOOD SHEPHERD

## BOOTSTRAPS: DO WE EVEN HAVE BOOTS? A WORKSHOP ON HOMELESSNESS

**THURSDAY, JUNE 12TH FROM 6:30-8:30PM**

Have you ever stopped to truly examine the maze of systems designed to assist unhoused and marginalized communities? It's easy to say, "Why don't they just do better?"—but how can someone pull themselves up by their bootstraps when they don't even have boots? Fear of the unknown is natural, but understanding can create transformation. Join me in uncovering the harsh realities of the policies, resources, and systemic barriers that keep so many trapped in a cycle of hardship. It's time to rethink our approach and drive real change in our community.

### **FACILITATED BY: RIKKI FULMER EXECUTIVE DIRECTOR OF A TURNING POINT KC**

Rikki Fulmer has been a Licensed Clinical Social Worker since 2013 after obtaining her MSW in 2010. Currently she serves as the Executive Director of A Turning Point, where she works tirelessly to ensure no one has to face hardships alone.



### **REGISTER ONLINE**

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# Summer

## AT GOOD SHEPHERD

### INTRO TO SPIRITUAL CONTEMPLATION

**MONDAY, JUNE 16TH FROM 6:30-8:30PM**

Contemplation is deep, thoughtful reflection or meditation, often focused on spiritual matters. It involves slowing down, being still, and intentionally focusing on God, truth, or a particular idea. In Christian spirituality, contemplation is a form of prayer where a person quietly rests in God's presence, listening rather than speaking, and seeking a deeper awareness of God.

Unlike regular thinking or studying, contemplation is more about experiencing rather than analyzing. In this workshop you'll be introduced to this thousand-year-old tradition, as well as given an opportunity to practice it.

**FACILITATED BY:  
PASTOR BRYAN REZEN  
AND STEVE GIRARD**

The workshop will be led by Steve Girard who holds a Master's of Arts Degree in Christian Education and Pastor Bryan Rezen who holds a Master's of Arts degree in Spiritual Formation.



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# Summer

AT GOOD SHEPHERD

## HEALTHY HABITS FOR BLENDED FAMILIES SATURDAY, JULY 12TH FROM 9-11AM

Blended families face unique challenges, but those can lead to special strengths, gifts and joy. Whether you are a new stepparent or just want to hit reset on your family's long-term blending process, this workshop is for you! Grant Wood MA, MS, LCMFT of Resonate Clinic and Blended Not Broken will be bringing us resources for navigating blended family realities including conflict resolution, grief, expectations and co-parenting. No matter where you are in the process of being a blended family, there will be useful takeaways to help you lower the stress.

### FACILITATED BY: GRANT WOOD MA, MS, LCMFT

Grant has over 25 years of experience helping individuals, couples and families in the areas of emotional, relational, social and spiritual development. Grant has completed advanced training in Enneagram Psychology, couples therapy at the Gottman Institute, and Emotion-Focused Couples Therapy.



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## AT GOOD SHEPHERD

### THE EMPTY NEST: MAKING SENSE OF LIFE'S TRANSITION

**MONDAY, JULY 21ST FROM 6:30-8:30PM**

The empty nest stage is a significant life transition, bringing both challenges and opportunities. Using insights from *Transitions* by William Bridges, this workshop will explore the emotional, psychological, and spiritual aspects of this season. This workshop will provide a supportive space for discussion, reflection, and encouragement, helping participants move through the transition with confidence and hope. The empty nest is not an end—it's a new beginning filled with possibilities! This workshop is for those whose children have left or are on the verge of leaving.

**FACILITATED BY:**  
**PASTOR BRYAN REZEN**

Bryan has a deep passion for the life-changing work Jesus does through the environment of a small group. Bryan is the Pastor of Discipleship and holds a Bachelor of Science from Friends University in Organizational Management and Leadership and holds a Master's Degree From St. Paul School of Theology focusing on Spiritual Formation.



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# Summer

## AT GOOD SHEPHERD

### CARING FOR THOSE WHO ARE AGING

**THURSDAY, JULY 31ST FROM 6-8PM**

Navigating care for a loved one or planning your own aging journey, can feel overwhelming. This workshop will cover essential life documents, options for long-term care funding, and offer guidance to help you take the next step with confidence.

You'll also have the chance to connect directly with senior care experts, including home health providers, senior living reps, elder care attorneys, and downsizing specialists. Walk away with peace of mind and a clear place to start.

#### **FACILITATED BY: SARA ALBRIGHT**

Sara is a retired Family and Consumer Sciences teacher where she taught in the Liberty and the North Kansas City School Districts. She earned her Bachelor's degree in education at Northwest Missouri State University and a Master's Degree in Social Gerontology from the University of Central Missouri. She has a passion for working with the senior adult community.



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# Summer

## AT GOOD SHEPHERD

### FINANCIAL CRASH COURSE

**MONDAY, AUGUST 4TH & 11TH FROM 6:30-8:30PM**

Come join us for a two-hour, two-week course to learn the fundamentals of being a good steward of the financial blessings God has entrusted you with. This study guide helps individuals of faith create a healthy relationship with money and brings their financial lives in line with their faith journey. All ages are welcome to attend the workshop. During week one, we will look at an overview of how you understand your finances, how to track income and expenses and talk more in-depth about giving and savings. In week two, we will talk through eliminating debt, spending and moving forward in your path to a financially balanced life.

**FACILITATED BY:  
BRITTANY ENSLEY**

As our Business Administrator, and with a background in Medical Administration and a passion for numbers, Brittany brings both professional expertise and a heart for helping others grow in faith and financial confidence.



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# Summer

## AT GOOD SHEPHERD

### **PUTTING YOUR HOUSE IN ORDER** **SATURDAY, AUGUST 16TH FROM 9-11:30AM**

Join us at North Oak Campus for an essential conversation about planning for the future. We'll cover estate planning, living wills, trusts, and more. With a team ready to answer your questions. It's never too early to prepare and protect what matters most!

#### **FACILITATED BY:** **LAURA MURPHY**

Laura is an Ordained Elder in the Missouri United Methodist Conference serving through the Missouri United Methodist Foundation. She enjoys working with over 500 churches in the areas of financial stewardship, investments, planned giving and leadership development.



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# Summer

## AT GOOD SHEPHERD

### **PARENTING ELEMENTARY-AGE CHILDREN** **SATURDAY, AUGUST 23RD FROM 9-11:30AM**

Join us for a special morning designed to help you deepen your bond with your child in a warm and supportive community. Through engaging activities and meaningful conversations, we'll explore how to stay calm in stressful moments, truly connect with your child's heart, and coach them with wisdom and love. This is a hands-on experience for elementary-aged children and their grown-ups, where families will sit together, create great memories, and grow together. Come ready to laugh, learn, and leave with practical tools to build a stronger, more loving relationship with your child!

#### **FACILITATED BY:** **JAMIE ROACH MDIV, LPC, NCC**

Jamie has served on the staff of nonprofit youth organization, Youthfront, Inc. for 35 years working with young people and their families. He is also a former pastor, spiritual director, communicator, and author. Jamie received his Master's of Divinity and his Master's of Arts in Counseling.



### **REGISTER ONLINE**

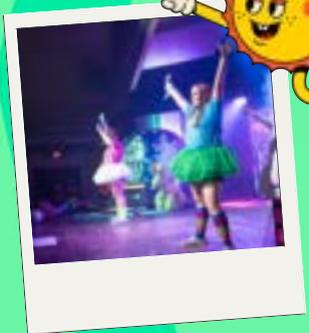
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# LIVE IT OUT

DISCOVER HOW TO  
LOVE LIKE JESUS  
JUNE 22<sup>ND</sup> - 25<sup>TH</sup>!



## VBS REGISTRATION

Have a preschool through 5<sup>th</sup> grade child?  
Don't miss Good Shepherd's VBS this  
summer at both campuses June 22-25.





# JOIN US THIS SUMMER!

NORTH OAK: 9 AM & 10:30 AM

GLADSTONE: 10 AM

ONLINE: 9 AM