

SALT RETREAT

CLASS TITLES + DESCRIPTIONS

Salt Lake City, Utah

September 24 - 25, 2021

SEPTEMBER 24, 2021

FRIDAY NIGHT



MEGAN TEERLINK

Guided Meditation



RACHEL TUCKER

"Our Unique Spiritual Gifts and What They Tell Us About our Divine Identity and Potential"

Every person on earth was given inherent, unique spiritual gifts. Some of these gifts are obvious, and some are not. We will learn together how to recognize and appreciate the beautiful traits and talents that we've been blessed with. As we do so, we can more clearly come to understand and honor the divine identity and divine potential inside each of us.



SHALON IRONROAD

"Stop Balancing"

What if the idea of "life balance" was actually not the goal?

Join us in a dynamic (pun intended) discussion on an alternative to balance that will open your mind and your life to a greater view of what is possible. You will walk away feeling more calm, capable, and grounded as you step off of the balance beam and into a sustainable shift that will bless your life for years to come.



LINDSAY IVINS

"Figuring Out Satan - Satan Is Real!"

In our fast-paced, opinionated, and divided world, it is becoming more and more important to hear our Heavenly Father's voice and receive our own personal revelation. However, that's really hard to do when our thoughts are constantly being bombarded by Satan.



NATALIE BOGLE

"Our Power in Creating"

We are children of God created in His image. We are just like Him! Together we will look at ways to create spiritually before we create physically so we can be empowered with God's creation power!



EMYLEE MCINTYRE

"If You Believed You Were Significant"

One of the snares Satan sets for all of us is that we are nobodies. He counts on us underestimating our worth, capabilities, ability to forgive, love, and our importance to our Father in Heaven. But, what would change if we truly comprehended our significance? This class calls into question all your most harmful beliefs and examines how every area of your life could grow if you understood that you are undeniably significant.



ANNA MAHAS WILLIAMS

"Good News: With God, Nothing Is Impossible"

We can visualize miracles Christ performed in New Testament times, but do we believe that the same caliber of miracles can be performed in our lives today? Good news: they can! Like the blind, the lame, the sick of heart and spirit, Christ can, and will, heal any malady we experience through strengthened faith in Him. He promises that anything we experience that needs compensating can be filled and rectified through His love.



ELISE ELLISON ROONEY

"Self Love and Happiness In the Gospel"

Most of us struggle with taking real time for ourselves. With a gospel centered around service, how much time am I allowed to myself? What does it mean to have self-love and care? What about my own passions, hobbies, and happiness? This class will discuss self-care and happiness in the gospel and what it means for Latter-Day Saints.



TARA THACKERAY

"Harnessing The Light and Energy Within YOU"

Have you ever wished that you could keep that feeling of light and energy and use it whenever you wanted? Together we will learn ways to bring more of the light from our Savior into your life, and shift the energy that surrounds you.



LISA ANDERSEN

"How to Use Prayer Everyday to Really, Truly Conquer Satan."

How prayer can help you come off conquer: 5 ways Satan tries to bring us down and how prayer can help.



KARLI CLEAVER

"Your Story Matters: Coming Closer to God Through Documenting Personal & Family History"

After a seemingly simple observation in his life, Henry B Eyring said he felt the Lord whisper through the spirit, "I'm not giving you these experiences for yourself. Write them down." Learn the value of creating a personal history based on your defining memories & personal stories, how this practice can increase joy & gratitude, and how it aligns with the love Jesus Christ has for you.



CASSIE BRINGHURST

"Changing the Lense: Keeping a Positive Outlook When Life gets Tough"

When life gives you lemons, make lemonade, right? Easier said than done, that's for sure. Seriously, how much sugar is it gonna take to make the actual pucker go away??? Together we will look at four sweet and simple ways to more easily recognize the Savior in our lives and how these perspectives can help change the lens we use to look at our trials.



KATHLEEN FIFIELD

"Opening Divine Communication"

Now more than ever, we need to have a personal relationship with our Heavenly Parents and Jesus Christ. President Russell M Neilson has reminded us, "During these perilous times ... Satan is no longer even trying to hide his attacks on God's Plan. Therefore, the only way to survive spiritually is to be determined to let God prevail in our lives [and] to learn to hear His voice." Come learn and share how we can open the Divine channels of Heaven as we navigate live here on earth.



ANGIE KILLIAN

"Becoming an Instrument in the Master's Hands"

The great missionary Ammon taught that "we have been made instruments in the hands of God to bring about this great work" (Alma 26:3). As we commit ourselves to become tools in the hands of the Master teacher, leader, creator, and redeemer, it is unimaginable what wonderful things he can accomplish through our efforts.



LEE CHIPMAN

"Finding Your You"

It is easy to look around and see the good and the amazing in others. But what about us. When was the last time you said "hooray you" to yourself? Have you ever? Together we are going to talk about how to Find Your You - how to see what Heavenly Father has specifically given You to share with the world. Too often we as women cheer on and encourage everyone around us while we do not or cannot do that for ourselves. We are going to dig into how we can teach ourselves and our children to be cheerleaders, character developers, spirit supporters and gladness guides for ourselves. When we believe in ourselves, and in the Lord then surely we will go far.



SARAH TWISS

"Increasing Vision: Spiritual Leverage for Life"

The better our view of God, ourselves, and the relationship we share, the better we view our potential, our purpose, and our relationship with others. The resulting view gives powerful spiritual leverage needed to see trials for what they are, life's plot twists as part of the plan, and that each of us are capable of becoming who God knows we can be.

SEPTEMBER 25, 2021
SATURDAY



DAVID YOUNG (HUSBAND OF LATE NALANI YOUNG)

"How God's Power Is Present In My Life"



TIFFANY GREEN

"Spiritual Metamorphosis"

Not unlike the butterfly, we are to endure a complete spiritual change of self during our time on earth. We are here to become like our Heavenly Parents. We will discuss what our spiritual metamorphosis requires and looks like, and how it's made possible only through the Atonement of Jesus Christ.



KAY WEST

"A Worldwide Sisterhood"

Have you ever felt lonely or felt a longing? "We are part of a grand whole. We need each other to make our sisterhood complete." (Elaine L. Jack) We truly are one sisterhood, with one united purpose, and YOU are needed! No matter your heritage, culture, ethnicity, place of residence, or birth, you belong to a worldwide sisterhood! Together, let us learn how important and vital you are to this glorious worldwide sisterhood, which you absolutely belong to.



ALYSSA EDWARDS

"Loving our LGBTQ+ Family"

The Savior taught us that, "perfect love casteth out all fear". Join a discussion about how we can lean into Jesus' example and teachings in order to help us increase our love and compassion for the LGBTQ+ community.



EVA TIMOTHY

"Creativity As a Spiritual Principle"

How cultivating our creative selves brings us closer to our Creator.

We are all born creators and yet, the demands of life seem at times to overshadow this divine gift. Here we will discuss how to find time, follow inspiration and embrace creativity as a means through which we bring spiritual impressions to fruition.



MISTY SPRINGER

"Awaken Body Confidence: Ignite Unwavering Confidence In Your Body, Your Choices and Yourself"

You intuitively know your body is a gift from a loving Heavenly Father and yet there are times when you feel trapped and powerless in your relationship with food and your body. Satan knows the best way to diminish your Divine Worth is through body shame. Learn 3 powerful shifts you can make today to feel at peace in your body so that you are empowered, energized, and ready to do your important work.



TAYLOR RICKS

"Accessing the Power of Faith in Our Lives"

We are familiar with talking and learning about the power of the priesthood but we often forget that priesthood power must also be coupled with the enabling power of faith. Faith, in and of itself, holds incredible power. By faith, people are healed, by faith mountains are moved, and by faith, we see miracles in our lives. That is powerful! Come learn from the examples of those in the scriptures about how we can better access the power of Faith in our lives, taking it from the action of believing to a real connection with our Heavenly Father that helps us more fully access His power in our lives.



HEIDI DUNKLEY

"How You Are Sabotaging Your Motherhood and Don't Even Know It"

There are things that we are doing every day that are weakening our God-given power as mothers. Some of things come from good intentions, some are seemingly harmless, and some are barely detectable. God believes in you. He cheers you on. He knows that one thing that you worry about...deeply. Let's uncover the ways that you are sabotaging your motherhood and carry each other closer to the One who carries us all.



HILLORY DAHLE

"Sit in Your Stillness"

In a world that would define our worth and value by our busyness, the Savior guides us gently with the words, "peace, be still." When we take the time to sit in our stillness, we can more easily find the Godly within and in turn, shape our actions to access greater purpose and meaning in our lives. Come and learn the art of stillness to cultivate more peace, more understanding and more space to create an even fuller, richer version of the life you're already living!



DARA CAMPBELL

"Faith, Hope and Healing Through our Savior Jesus Christ"

Proverbs 3:5-6 "Trust in the Lord with all thine heart; and lean not unto thine own understanding. "In all thy ways acknowledge him, and he shall direct thy paths." Sometimes you will have an experience that you just don't understand or know how you'll make it through. Sometimes you can experience the unimaginable, but along the way find God in the details. Come along with me as I take you on a personal journey of how I've learned how to trust in the Lord with "ALL" of my heart.



SCARLET BUSHMAN

"The Spark to Start"

We all have a light within and our light can bless others to find happiness and joy in the Gospel of Jesus Christ. Let that Spark within you, unique to who you are, ignite the light that only you can shine in this world! You are a divine Spark with the potential to change the world around you! You can share your light, your talents, your voice, you just need the Spark to start!



JULIET TUINEAU

"The Rally: Our Call to Gather Israel"

To "rally" is to renew an effort and join a common cause. Join us as we rally for the gathering of Israel.



APRIL WHITING

"Finding Balance With Technology to Help Cultivate a Christ-Centered Home"

Like most things in this world, there is a light and a darkness to technology. When we can find the sweet spot with technology, and use it for good, it helps us cultivate a Christ-Centered Home. Learn five simple things you can do inside your home to find balance with technology, and keep everyone in your family safe from the dangers of the internet.



BROOKE MEYER

"Drawing on the Power of Jesus Christ to Navigate Addiction with a Loved One"

It seems like most everyone is touched by addiction in some way and unfortunately there's still a whole lot of stigma around it. We won't sugar coat the challenges, but will focus on exploring how Jesus Christ can bring light and hope into the dark places as we walk this path with those we love.



AMBER ROBBINS

"From Faith Crisis to Firmly Founded: Building Resilient Faith"

President Nelson has encouraged us to build resilient faith "because difficult days are ahead... each of us will be tested." Learn simple ways to add Jesus Christ to your daily life and in the process, build a solid foundation of faith on Him. We'll also discuss ways you can help yourself or others who are facing a faith crisis.



KRISTILYN WILKINSON

"Faith and Your Finances"

We are taught in the Book of Mormon to build upon the rock of Christ so that we are on a sure foundation. Likewise, our financial lives need to be on a sure foundation so that when the winds, and pandemics, and earthquakes arise, we can withstand the storm. We will discuss what to have in place to be on a solid financial foundation.



ALEXIS TWITCHELL

"Parenting Our Children with an Eternal Perspective"

Through the relationships we, as parents, have with our children, lies an opportunity to acculturate them toward a clearer understanding of their relationship with Heavenly Father. Come and learn more about how we can align our parenting practices with those of our loving Heavenly Parents.



AUDRA ELKINGTON

"Honoring Others on Their Journey to the Savior"

In 3 Nephi 17:10 we read, "...all them that were afflicted in any manner; and he did heal them every one as they were brought forth unto him." We are all afflicted in some way; no two people in the same manner. As a group, we will explore what it looks like to help guide others to the Savior and allow Him to be their healing balm.



HAYLEY NEIL

"The Divinity of the Menstrual Cycle"

As women, we were created in the image of our Heavenly Mother. Our menstrual cycles is a sacred tool help us understand ourselves and our Creator more fully. In this class, we will discuss ways to trust our bodies and the signals that are sent as part of our cycles. When we understand and heed these signals, we can become more connected to our bodies divine purpose and potential.



SASHA PITON

"Discipleship Isn't a Checklist but a State of Being"

Ever wonder how you can "do all the right things" and still feel unfulfilled or unhappy? The boxes are checked next to prayer, scripture study, Church and temple attendance, and yet you can feel uninspired and broken. Come find ways to turn your pain into purpose and your checklist into discipleship.



KYLEE HOPKIN

"Your Voice Is Your Superpower"

President Dieter F. Uchtdorf taught: "We were His children before we came to this world, and we will be His children forevermore. This basic truth should change the way we look at ourselves, our brothers and sisters, and life itself." As we understand our eternal worth we are more empowered to share our own stories and amplify the voices of others.



RACHEL RESCHKE

"The Healing Effect and Power of Kindness"

Kindness carries power and is imperative for both our physical and spiritual health. When we understand our role in extending kindness to others and the ways Christ provides it to us, we can be strengthened, healed, and changed. Here we will delve into the importance and research behind kindness. Together we will discuss ways we can sincerely extend it to others and ourselves and as a result invite Christ's personal influence more fully in our lives.



TENIESHA WILLIAMS

"He Evens The Scale"

The life we picture and the one that plays out usually look very different. What do we do when we find ourselves asking the question "why" or "I don't understand", or "this is so unfair"? Learn how the light of Christ and His gift of His atonement is the truest way to walk through the darkness to feel the light.



ALEXIS TANNER

"Lighting the Fire of Family History Work"

Family history doesn't have to be boring and it doesn't have to be done by retired women. The Lord needs you to help gather Israel by doing family history work today! Over the last few years, a fire has lit inside Alexis to do her family history work and she can't wait to share it with you. This class is for everyone, whether your family history work is "done" or you have lots to do.



MELINDA MORGAN

"Reframing Repentance: How to Let God More Fully Prevail In Our lives"

In this session, we explore four common myths about repentance and how these myths create roadblocks that keep us from allowing God to more fully prevail in our lives. Participants will walk away with three principles of repentance that will enable them to deepen their connection with each member of the Godhead.



MELISSA BUCKLEY

"Fulfilling Prophecy: Being Articulate in the Last Days"

In 1979, Pres. Kimball prophesied that "much of the major growth that would be coming to the church in the last days [would] happen to the degree that the women of the church reflect righteous and articulateness in their lives." Have you ever wondered what it means to be articulate and how you fit into that prophecy? In this class we will explore what it means to be articulate, why it is often our trials that increase our ability to speak clearly about Christ, and practical ways you can use your voice to change the world around you.



ALLISON GEORGE

"Bound to Him by Loving Ties"

What role do Covenants play in binding us to Christ? How can we more intentionally recognize, deeply understand, and daily strengthen these loving ties?



CLARISSA THOMAS

"Body + Mind - Managing Mental Health and Physical Conditions with God as Our Guide"

Bodies + Minds are essential parts of God's plan for his spirit children, and we have a duty to respect and honor this the most valuable gift we have been given to become like our Heavenly Father. Sometimes we don't know how to take care of our body or mind when troubles and malfunctions come (and they do!). Together, we will focus on eternal truth tools of action that are within our control, using a focus on our Savior's life and teachings, to minimize symptoms of mental health suffering and chronic physical pains and be able to live that we might have joy in the Lord.