

“The Abundant Life”


Utah LDS Mid-Singles Conference (ages 31-45)





October 6-9, 2011



“I am come that they might have life, and that they might have it more abundantly” -John 10:10

Conference Agenda

Thursday Evening: Bountiful Temple Night		
7:30 pm	Bountiful Temple: We will meet in chapel to have a member of the Bountiful Temple Presidency speak to us before the session.	
8:00 pm	<p>Endowment Session</p> <p>Baptisms for the Dead (please indicate on your registration if you would like to choose this option).</p>	

Friday		
12:00 noon	<p><u>Lunch Bunch!</u></p> <p>Meet singles from the surrounding area who get together regularly for Friday lunch. More details to come!</p>	
2 pm	<p><u>Afternoon Activity (optional):</u></p> <p>Option 1: Enjoy an afternoon at Boondocks Fun Center! Bowling, mini-golfing, go-carts, bumper boats, laser tag, rollerball, batting cages and more! Address: 525 S. Deseret Drive, Kaysville (</p> <p>Option 2: Take in the beautiful Rocky Mountain fall colors on a hike to Elephant Rock in Mueller Park Canyon! The hike is 6 miles round-trip. <i>Head east on 1800 South in Bountiful. When the road ends, you’ve arrived at Mueller Park Canyon.</i></p>	
7 pm	<p><u>Large Dinner Groups at Davis County restaurants:</u></p> <p>A variety of restaurants in the Davis County area will host our mid-single dinner groups. Pick the restaurant of your choice when you register and enjoy the opportunity to meet and mingle with other mid-singles! (Attendees pay for their own meal)</p>	
9pm-12am	<p><u>Friday Night Bash and Smores!</u></p> <p>Enjoy the crisp fall air by the warmth of a fire and heart-warming tunes from local musical artists as dinner groups from around the valley gather together for this tons-o-fun after-party! Featured local artists include Bry Cox, Scott Foster, and more! We’ll finish off the night with an outdoor movie on the big screen! Bring your blankets, etc. to get comfy and stay warm!</p> <p><i>Founders Park, 300 North 100 East, Centerville</i></p>	

Saturday: "The Abundant Life" Education Classes and Activities

Bountiful North Stake Center: 1540 North 400 East, Bountiful (east of Dick's Market):

Registration, classes, afternoon mingle activities, the dance and late night activities.

(Extra Parking: Centerville Chapel: 900 South 400 East--about ½ block north)

Centerville Jr. High School: 625 South Main, Centerville: The Catered Dinner and "Time to Laugh" Show

8:30 am **Continental Breakfast, Mingle, and Registration Check-In**

Registration will take place in the foyer

9:00 am **Keynote Speaker:** Elder Craig G. Fisher – Area Seventy – Fifth Quorum of the Seventy

Elder Craig G. Fisher is a former bishop, high councilor, institute instructor and mission president in Billings, Montana. He served a mission in the Southwest Indian Mission. CEO & President of Don Julio Foods/Clover Club. Born in Ogden, Utah. He loves mid-singles!



Workshop Schedule:

10:45-11:30	"For a Little Season": Finding Abundance During Life's Waiting Periods - Scott Esplin	Stepping Forward Jill and Kerry Shepherd	That We Might Have Hope Chris Stewart
11:45-12:30	Abundant Life in Single Parenting -LDS Family Services	Stepping Forward Jill and Kerry Shepherd	That We Might Have Hope Chris Stewart
12:30-1:20	LUNCH! Sandwiches & socializing!		
1:30-2:15	Become a Relationship Champion Debra Washburn	Freeing Ourselves from Behaviors that Hold Us Back Maurice Harker	The 'WOW' of Self-Image Deni Hill
2:30-3:15	Become a Relationship Champion Debra Washburn	Freeing Ourselves from Behaviors that Hold Us Back Maurice Harker	The 'WOW' of Self-Image Deni Hill

Presenters:



That We Might Have Hope

Chris Stewart, New York Times Bestselling Author

Chris Stewart is a *New York Times* bestselling author who has published more than a dozen books, has been selected by the Book of the Month Club, and has released titles in multiple languages in seven countries. He has also been a guest editorialist for the Detroit News, among other publications, commenting on matters of military readiness and national security concerns. He is a world-record-setting Air Force pilot (fastest nonstop flight around the world) and president and CEO of The Shipley Group, a nationally recognized consulting and training company. He wrote *The Great and the Terrible Series* and is co-author with his brother Ted, of *Seven Miracles That Saved America: Why They Matter and Why We Should Have Hope* and *The Miracle of Freedom: 7 Tipping Points that Saved the World*.



Stepping Forward: Did I Really Sign Up for This?

Kerry and Jill Shepherd

Who doesn't love a new pair of shoes? Kerry and Jill have faced many situations in many different pairs of shoes and have learned different lessons wearing each.

For 8 years, Jill Shepherd served in the **US Military as a Combat Medic** in the Utah National Guard, while earning her degree in Nursing at Southern Utah University. In January 2004, Jill was deployed to Afghanistan, returning home in April 2005. Jill received her Bachelor's of Science in Nursing at Southern Utah University. In 2006, she placed 3rd in the Cinco De Mayo Sailboat Regatta in Mexico, and in 2007, Jill was chosen one of four women for the "Women of Strength" featured in Muscle and Fitness Hers Magazine. Possibly one of the most unusual adventures for Jill though, has been her unexpected experience in becoming **Miss Utah 2007**, which took her to the national competition in the Miss America Pageant, January 2008, ending as a finalist and winning **"America's Choice" for Miss America**.

Jill is proud to join the ranks of the greatest women's organization... Motherhood! She continues to try to bring smiles to children's faces, one scraped knee at a time, in the Emergency Department at Primary Children's Medical Center.

Kerry graduated from USU. During that time, he balanced the crazy life of a **Defensive Lineman** starter for 4 years while getting his **MBA**. He served a full mission in Russia where most of the mafia was actually scared of him (his companions were grateful). He currently works for Robert Half International as the Recruiting Manager. Kerry is a proud father of a baby girl who has him wrapped around her finger.



Freeing Ourselves from Behaviors that Hold Us Back

Maurice W. Harker, LPC, Director of *Life Changing Services*

Maurice Harker, a Licensed Professional Counselor, has been the Director of *Life Changing Services* and the *Sons of Helaman* addiction recovery program since 2005. He grew up in Farmington, Utah and obtained his Masters Degree in Professional Counseling from the University of Utah. Well-known for his expertise in helping change lives, Brother Harker is also an excellent speaker and will help us all to recognize and deal with potential problem areas we could encounter.



Single Parenting and the Abundant Life

LDS Family Services

Single parenting typically hits us in an unexpected, unwanted, and unplanned way. So how do you live “The Abundant Life” under such circumstances? Come learn from experienced single parents and a Licensed Clinical Social Worker, principles and skills that can help you survive, succeed and live more abundantly while single parenting.

Kelly Millet: “I have been a single parent of 6 children for 7 years. It has been a self-awareness journey that has been unparalleled to any other experience I have had. My soul has been broken open and I have learned the value of self-care, healthy boundaries, and how to love unconditionally. **Candace Hall:** Twenty years ago I knew that I wanted the Lord to be the central presence in my life and my children's lives, but I knew that my spouse and I did not share this central value. I divorced knowing that if the Lord gives a commandment he will provide a way. However, I didn't know where to turn for help. I had to take responsibility for my choices. Today I appreciate all of the opportunities I have had placed in my path. I chose to step into the unknown and face the challenge. This has taught my children how to tackle hard times, to be self sufficient to have an attitude of gratitude, and how to build self-esteem through accomplishments.

Aanika Edwards, LCSW; Aanika Edwards works for LDS Family Services, as a Children’s Services caseworker. She combines her personal parenting experiences, professional experience and teaching skills to educate and support single parents in the community. She also has years of experience working with single mothers through a University of Utah research project and she is intimately familiar with the challenges single parents face in today’s world and economy. Aanika is energetic and passionate about her work!



The ‘WOW’ of Self-Image (Word of Wisdom and Weight Loss)

Deni Hill, At-Home Winner of Season 11 of 'The Biggest Loser'

Born to parents who suffered from alcoholism, Deni stepped into the role of caregiver to her four younger sisters at a very young age. She has given birth to and raised eight beautiful children. She maintains a strong, unique relationship with each of them, which is evidence of her patience, understanding and unconditional love. She has also taken in family and their children over the years.

The stresses that accompany “extreme motherhood” like Deni’s have aided her weight gain. In 1997, Deni received the shocking news that her younger sister had been murdered. She coped with her pain by eating. The gaining continued and Deni reached her highest weight after the death of another sister in 2005. When Deni joined ‘The Biggest Loser’ Season 11, she said she always felt like good things happen to other people but never to her. “I now realize that good things will happen for me if I step outside my comfort zone and make them happen. That’s why I’m here - to become all that I was meant to be.”



“For a Little Season””: Finding Abundance During Life's Waiting Periods

Scott Esplin, BYU Associate Professor of Religion in Church History

Scott C. Esplin is an assistant professor of Church History and Doctrine and Brigham Young University. He was born and raised in central and southern Utah, where he completed an undergraduate degree at Southern Utah University in 1997. Scott was subsequently employed by the Church Educational System, teaching seminary and institute in Utah Valley as well as religion courses at BYU for 9 years. During that time, he also completed graduate degrees in Educational Leadership and Foundations at Brigham Young

University, receiving a PhD in 2006 specializing in educational history. Upon completion of his doctoral studies, Scott was hired as an assistant professor at BYU. His research and teaching interests include the Doctrine and Covenants, the history of Latter-day Saint education, and early twentieth-century Church history. He has published articles and books on the LDS academy system, international Church schools, the Doctrine and Covenants, the restoration of Nauvoo, and the history of the Salt Lake Tabernacle. Scott is married to the former Janice Garrett and they are the parents of a four-year-old daughter (McKenna), a two-year-old son (Spencer), and a four- month old girl (Adelyn). They live in Lindon, Utah.











Become a Relationship Champion



Debra P. Washburn, Marriage and Family Therapist

Some of the most socially gifted people you know started out with big relationship challenges. Learning and practicing a few skills turned them into relationship champions. This is true for relationships of all kinds. People who know themselves and know how to relate well to others count themselves among the happiest of people. This is true whether you are a “social person” or not; quiet people can be socially gifted too! Get your relationship score and discover the skills you need to become a socially gifted person.

As a Marriage and Family therapist, Debra P. Washburn counsels individuals, couples, and families in communication and relationship issues, empowering them with knowledge and skills in problem solving and personal development. She earned a B.A. in Education from Brigham Young University and an M.A. in Clinical Psychology with an emphasis in Marriage and Family Therapy from Pepperdine University

3:30-5:30 pm	<p><u>Nothin' but Fun and Games!</u></p> <p>We'll meet outside for a variety of "Mix and Mingle" activities. --Guaranteed we'll know each other much better by the time 6:00 rolls around!</p>	
7 pm	<p><u>Catered Dinner:</u></p> <p>Dinner will be served at Centerville Junior High – a few blocks away. You get to choose your meal when you register—Café Rio Enchiladas or a Dutch Oven dinner!</p> <p>Reminder: Dinner and the Comedy Show will be at Centerville Jr. High (625 S. Main, Centerville – parking is available)</p>	
8 pm	<p><u>Time to Laugh!</u></p> <p>Popular LDS comedian Keith Stubbs will give you LOTS to laugh about! See Keith's bio! www.stubbscast.com/biography</p>	
10 pm	<p><u>Choose Your Own Adventure! Late Evening Activities:</u></p> <p>Back at the Stake Center - in the Cultural Hall (with refreshments): <u>'Glow in the Dark' Dance!</u> -Boogie to the <u>best</u> dance tunes in town- In smaller rooms throughout the church building: Speed Dating, Rock Band, Dance Revolution, West Coast Swing Dance Lessons (with Bill Wright), Karaoke, and Winkem'!</p>	

Sunday		
9:30 am	<p><u>Music and the Spoken Word Broadcast:</u></p> <p>Salt Lake Tabernacle on Temple Square. Be in your seats by 9:15 a.m.!</p>	
10:30 am	<p><u>"Joseph Smith: Prophet of the Restoration" Movie in the North Visitors' Center Theater</u></p> <p>This begins promptly at 10:30 and is the same movie that is shown during the week at the Legacy Theater in the Joseph Smith Memorial Building.</p>	
1 pm	<p><u>Church Meetings:</u></p> <p>Local Mid-Singles attend their own ward; Mid-Singles from out of town attend as guests with local Mid-Singles or visit one of our Northern Utah area Mid-Singles wards.</p> <p>Parleys 7th Ward: https://secure.lds.org/units/home/1,9781,600-1-7-1910,00.html?</p> <p>Monument Park 19th Ward: https://secure.lds.org/units/home/1,9781,600-1-7-173754,00.html?</p> <p>Union Fort 9th Branch: https://secure.lds.org/units/home/1,9781,600-1-7-197831,00.html?</p>	
5 pm	<p><u>Linger-Longer Potluck Dinner:</u></p> <p>Bring something to share! Location: Woods Cross Stake Center, 2064 S 800 W, Woods Cross, Utah – across the freeway to the west and a little north of the Bountiful Regional Center. More information to come.</p> <p>We will have sign-up sheets during workshops and activities all day Saturday.</p>	

7 pm	<p>Closing Fireside: “In Him Was Life” Bountiful Regional Center 835 N. 400 East, North Salt Lake, UT The closing fireside is a one-man dramatization of the life of Christ performed by Bruce Newbold. LDS Actor/Writer/Producer Bruce Newbold has guest- or co-starred in television programs such as <i>Hill Street Blues</i>, <i>L.A. Law</i>, <i>Touched by an Angel</i>, <i>Highway to Heaven</i>, <i>Tour of Duty</i>, <i>Major Dad</i>, <i>Everwood</i>, and <i>Father Dowling Mysteries</i>. He has also appeared in such films as <i>Bonneville</i>, <i>The Executioner’s Song</i>, <i>A More Perfect Union</i>, <i>Silk Hope</i>, and the Disney TV movies <i>Pixel Perfect</i> and <i>The Poof Point</i>. He is well known among LDS audiences for his work in films such as <i>How Rare a Possession: The Book of Mormon</i>, <i>The Lamb of God</i>, <i>Testaments</i>, <i>Finding Faith in Christ</i>, <i>Joseph Smith: Prophet of the Restoration</i>, <i>Swahili Lessons</i> (BYU Television), <i>Only a Stonecutter</i>, and <i>17 Miracles</i>. His one-man dramatization of the life of Christ, <i>In Him Was Life</i> has been performed in the United States and England. In 1997, Newbold accompanied the sesquicentennial Mormon Trail Wagon Train, writing and hosting the 14-part documentary, titled <i>Legacy West</i>. He was later commissioned by Deseret Book Publishing Company to write detailing the experiences of the adventure. The book, <i>In Our Fathers’ Footsteps</i>, was published in 1998. A second book—a fantasy—<i>The Baseball Box Prophecy</i>, was published in February of 2010. He is married to the former Lisa Lindsay. They have five children.</p>	
8:15	<p>Refreshments and Mingle It’s your last opportunity to meet and talk with that special someone you’ve had your eye on for the last few days—if you haven’t already ventured... (No Pressure!) Regardless of whether you find yourself in that lucky predicament or not... Come! Enjoy great company and yummy treats!</p>	

Registration Pricing:

The **Entire Conference** Registration Fee covers the costs for the Friday Night Bash, and all Saturday events and meals. Optional [pay on your own](#) events include: Thurs. night after the temple, Friday Lunch Bunch, Boondocks & the Large Dinner Group meal.

	Early-Bird Online Registration (by Sept. 30)	Online Registration (Oct. 1-5)	On-site Registration
Entire Conference	\$30.00	\$35.00	\$40.00
Friday After Dinner Activities	Included*	Included*	\$2.00
Saturday Breakfast, Lunch & Workshops	\$14.00	\$16.00	\$18.00
Saturday Dinner/ Evening Activities	\$18.00	\$20.00	\$22.00

* Friday evening after-dinner activities are included with any paid registration; \$2 without.