




SALT RETREAT

CLASS TITLES + DESCRIPTIONS



FEEL THE SPIRIT
CONNECT WITH OTHERS
LEARN OF CHRIST



BECKY PROUDFIT

"The Glorious Day of Womanhood"

As women in the gospel, we have been spoken of by Spencer W. Kimball as being "heroines" and "female exemplars." The need for personal conversion to the gospel and our divine identities has never before been more crucial.

As our loving Heavenly Father shows us who we are, do we believe Him? Are we utilizing the blessings promised to us as we call on the powers of heaven? Are we the heroines we were created to be? In a world that distracts us, downplaying our spiritual DNA, we need to work hard to remember who we are as cherished daughters of God..



ESTHER LANGI

"The Worth of Souls"

Talents are defined as innate abilities or natural gifts. Worth is defined as the level at which someone or something deserves to be valid or rated. Together we will understand how talented we truly are, how being daughters of God equates to infinite worth, and how knowing our worth makes us talented and knowing our talents solidifies our worth.



ANBRE LEWIS

"How To Hear Him"

In the scriptures, God has repeatedly introduced His Son, Jesus Christ, with a specific invitation to "hear Him." How do we hear the voice of the Lord? How do we hear Him better, and more often? What does His voice sound like, and can we be sure we're actually hearing it?





ALEXIS HARPER

"Personalizing The Gift Of The Atonement"

Elder Holland teaches us that, "Because Jesus walked such a long, lonely path utterly alone, we do not have to do so".□

Together, we will learn more about the single most important event in human history, why only Jesus Christ could do for us what we could not do for ourselves, and how we can accept this most precious gift by applying the Atonement in our lives today.



EMMA JADE

"Motherhood: OWN YOUR ROLE"

In a world that tells us being "just a mom" isn't enough, it sometimes feels nearly impossible to find happiness in our most divine calling. President Nelson said, "The highest and noblest work in this life is that of a mother."

It's time for us to OWN our role as moms, to fight against what the world wants women to be and find strength in embracing what our Heavenly Father needs us to be.



RIO GRANGE

"Why We Need Grit As Much As We Need Grace"

Is it possible to give ourselves too much grace, that we begin to miss the opportunity for progression and improvement? Is it also possible there are times when we require too much ourselves and begin to chase an unattainable "ideal"? While the Savior is our Constant, the journey of discipleship consists of seasons. Just as these will fluctuate depending on our current circumstances, so should we in our focus and pace. Understanding these seasons and when it is time to step it up, or let it go can allow us to experience the fullness of His joy throughout the journey.





KRISTILYN WILKINSON

"Faith and Your Finances"

The ultimate purpose of everything we do in this life is to help us become like our Heavenly Parents and Jesus Christ. Together we will learn how to manage our finances according to gospel principles so that we can grow spiritually, strengthen our families, and build up the kingdom of God.



ARIANNA REES

"Emotional Self-Reliance:

How to Be Ok, When Everything's Not Ok"

We're taught about managing our finances, our time, and other resources, but what about our moods and emotions? How can we steady our inner boat when the waves of life and uncertainty threaten to take over? Learn tips and tools for coping and thriving when situations or people challenge us.



EMYLEE MCINTYRE

"First Confidence then Marriage"

Whatever we want our spouse to think and feel about us, we must believe first. This round table discussion will help you increase your confidence by teaching you some of the most precious truths our Savior understood. The skill of confidence will create a more authentic and intimate marriage, and draw you closer to our Father in Heaven.





BROOKE BEATTY-BABCOCK

"For I Have Been Carried"

Joseph B. Wirthlin reminds us that, "Each of us will have our own Fridays - those days when the universe itself seems shattered and the shards of our world lie littered about us in pieces. We all will experience those broken times when it seems we can never be put together again. We will all have our Fridays. But I testify to you in the name of the One who conquered death - Sunday will come. In the darkness of our sorrow, Sunday will come. No matter our desperation, no matter our grief, Sunday will come." Together we will learn ways to Ask, Seek and Find HOPE, even in our darkest moments. Only to discover that HOPE has always been there.

MARIAH WICKHAM

"The Story of Self & Your Impact as a Creator"

Sheri Dew has said, "Our spirits long for us to remember the truth about who we are, because the way we see ourselves, our sense of identity, affects everything we do."

Let's talk about where our story of self originates, how to enhance our story of self in real and lasting ways (spoiler: Jesus is the answer), and then how to be sure our story generates action. When we have a strong story of self, when we have a strong conviction and connection to our eternal identity, we will make lasting impact as creators.



EMILY JONES

"Nurturing the Internal Filter: The Rising Generations BEST Protection in a Tech-Saturated World"

There is so much of untapped power and strength in our young people! Learn how to tackle one of the great parenting challenges of our day with strength and confidence by nurturing the all-powerful Internal Filter of your child. A message of hope.





ROXANNE THAYNE

"How We Mutually Minister Through Faith-Promoting Stories"

It can be a challenge to picture "ministering" beyond the delivery of food, gifts or messages. While what our sisters truly crave is for their hearts and souls to be filled.

Learn how to listen, validate, and bear testimony . . . all through meaningful conversation.



RHONDA STEED

"How You Can Gather Israel by Gathering People"

President Nelson has said that Gathering Israel is the "most important work" we can be engaged in on "both sides of the veil." Gathering Israel on this side of the veil is all about building relationships. Explore the many ways to gather in order to build relationships to discover what will work for you individually.



KAREN BROADHEAD

"How to Support a Loved One Caught in Pornography"

Trauma is real when you are supporting a loved one caught in pornography.

We will discuss three empowering, Christ-centered truths that will increase your hope, accelerate your healing, and assist you to see yourself and your loved one in a new light.





CHANELLE NEILSON

"How to Create Daily Habits that Strengthen Faith in Christ"

We know the things we need to do each day to have the Spirit with us, but sometimes they seem hard to do! This discussion will give you actionable ways to make your gospel habits stick and to ensure that they are doing what they were meant to do: draw you closer to Christ.

LESLIE MCCLEERY

"How Does God Speak to You:
Learning How the Holy Ghost Communicates With Us"

For decades, President Nelson has encouraged us to learn from the whisperings of the Spirit. We are all born with individual gifts that allow us to access the Holy Ghost, and others we learn throughout life. Together we will discuss ways we can strengthen our relationship with the Holy Ghost, as well as how we can better understand how He communicates with us.



ALEXANDRIA BARNEY

"Disruptions for a Higher Purpose:
The Importance of Keeping an Eternal Perspective"

What if God is working amazing miracles that we can't see? What if, instead of looking around for the answers to our prayers, we look up toward the heavens? Hear what a missionary in Texas once told me about eternal perspective, how it changed my life, and how it will change yours.





CAROLYNN REYNOLDS

"Hear Him Through Our Ministering of Angels"

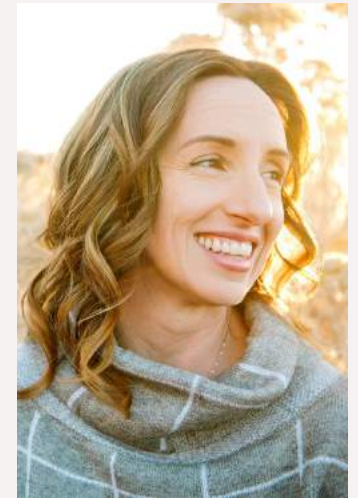
President Nelson has asked us to learn how to "Hear Him". In 2 Nephi 32:3, it states, "Angels speak by the power of the Holy Ghost; wherefore, they speak the words of Christ. Wherefore, I said unto you, feast upon the words of Christ..." Together we will discuss the doctrine and access that we personally have to the words of Christ through our own ministering Angels.



KARI WESTON

"Claim the Privilege"

As we get caught up in the learning, growing, interacting and conversing of daily life, we instinctively trust that our brain fully comprehends everything that we witness or experience. But the way the mind works is so limited and prone to change, that sometimes things aren't as clean cut as they seem. Understanding how we process and even alter our information can allow us to more clearly see others around us and give us the power to choose for ourselves how we want to progress in our work, in our faith and in our relationships, with friends, family and especially our Father in Heaven.



CAMILLE OSBORN

"How to Stay Strong Through a Faith Crisis"

Going through a faith crisis can be lonely, but it doesn't have to be! Together we will learn practical tools to find peace amidst the confusion, and how to move forward even when you feel uncertain. Come understand how a faith transition is the process to brighter beliefs and how to leverage it to deepen your faith.





CHERYL CARDALL

"The God of Abundance"

In John 10:10, the Savior says, "I am come that they might have life, and that they might have it more abundantly." What does living an abundant life based in our Savior really look like?

We will discuss how what our Heavenly Parents want for us is joy and abundance and contrast that with Satans plan for us, which is scarcity and fear.

MELISSA BUCKLEY

"Embracing the Loneliness of Discipleship"

Being a disciple can often mean feeling alone in our most difficult trials.

But as we stop trying to fit in and embrace the true belonging that comes only by being "partakers of Christ's sufferings" (1 Peter 4:13), we can begin to find real purpose. Because what if suffering is actually the key to becoming more holy, more like Jesus Christ, and more fit for a glory that will never fade away?



TOMIE BANKHEAD

"Mental Health Matters"

Taking care of your mental well-being is vital to pursuing your potential and experiencing joy here on Earth. Struggling with depression can feel like you are sucked into a downward spiral with a heavy weight on your heart. Come learn options for you or a loved one regarding treatment resistant mood disorders and practice coping skills to enhance your mental health - because YOU matter!



LIZZIE LANGSTON

"What The Parable of The Good Samaritan Teaches Us About Being Enough"

Do you ever wonder or worry if you're doing enough? Do you ever feel bad that you aren't better, that you can't do more? Whether in our motherhood, church service or relationships, sometimes we wish we were more capable than we are. Today we're going to take a look at The Parable of The Good Samaritan, and see what this parable teaches us about doing enough, and about being enough. Take comfort and get ready to see the Atonement of Jesus Christ in a new way.

MEGAN JOHNSON

"Recognizing & Overcoming the Influence of the Adversary in Mental & Emotional Challenges"

In 2 Nephi 28:22 we learn one of Satan's primary strategies to bring us down when Nephi teaches: "...and thus he whispereth in their ears, until he grasps him with his awful chains..." Unfortunately, the phrase "awful chains" is an accurate description of what it's like to experience feelings of depression, anxiety, and other emotional challenges. Together we will break down the lies Satan is whispering in our ears as Latter-day Saint women and discuss how we can overcome these tactics by learning from examples in the scriptures and relying on the truth and light offered to us through the Savior's teachings.?



DANIELLE COOK & NATASHA DANSIE

"The Parenting Pyramid: Value-Based Discipline"

The foundation for disciplining our children stems from what we value. Learn how to correct your child's behavior in a way that displays love and teaching, as the Savior would.



SALT RETREAT PRESENTERS

"HOW I HEAR HIM"



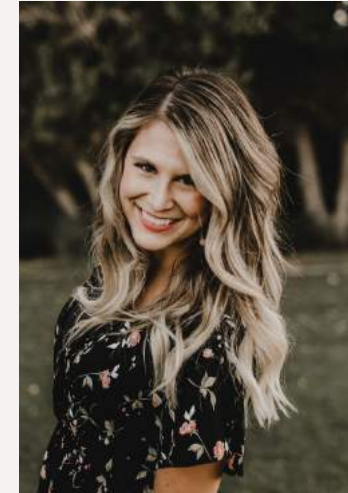
NORMA-JEAN
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STEPHANIE
INGRAM



KIM
ROWLEY



EMMILIE
WHITLOCK



KRISTY
CARPENTER



DANI
LAWSON



LIZZY
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