

STUDENT WORKSHOPS

Dealing with Stress and Anxiety

Janean Tinsley

Location: Education Wing

Between keeping up with grades, school, social life, and work on top of the ever-changing world we live in, we have all experienced the struggles of stress and anxiety. We are pleased to have Janean Tinsley at ReFocus to lead this workshop. Janean is the owner/operator of First Step Christian Counselling in Paducah, specializing in past trauma exposure, substance abuse, family restoration, and individual counseling for troubled souls. These services are all given from a Christian and Biblical perspective and we look forward to seeing how Janean can help our students learn to biblically cope and deal with stress and anxiety.

Smart Social Networking

Michael Ramage

Location: Education Wing

Social media has become a huge part of how students interact with each other in our society whether it be Instagram, Twitter, Snapchat, Facebook, TikTok, or many other avenues. No matter what outlet, the ways to being a smart techie are the same. Dr. Michael Ramage, the director of the Center for Computer and Information Technology at Murray State University, will bring his expertise to this workshop to help educate our students on being smart social networkers. As president for the Technology Council of West Kentucky and his work on the boards of multiple non-profit organizations, Dr. Ramage will be all the ready to discuss topics and answer questions from our Refocus students.

Overcoming Temptations

Allen Tinsley

Location: Education Wing

Into every student and adult's life will fall a measure of temptations whether it be drugs, alcohol, sex, greed, or any number of different things. Peter states in 1 Peter 2:11 "Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul." Take heart! The temptations, though strong and seemingly constant sometimes, can be conquered. You can rise above it through Christ! Allen Tinsley will be leading this workshop through both personal testimony and first-hand professional experiences. After 25 years in the medical field, Allen was led to become a Board certified Addiction medicine doctor. He's worked for 8 years for Behavioral Health Group, offering treatment for opioid addiction from Paducah to Pikeville in 5 different cities.

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STUDENT WORKSHOPS

Keeping God First

Cody Dalton

Location: Education Wing

It's the ultimate challenge. No matter how old we are, there are distractions and temptations in life that keep us from putting God first in our thoughts and choices. Add in school work, extra curricular activities and a heavy dose of peer pressure and you can see how challenging this can be for students. In the book of Mark, he pleads for us to "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." Growing in our faith includes instilling habits obedience that demonstrate mature love and this is what our students will discuss in this workshop titled "Keeping God First". Cody Dalton is the Student Minister at First Baptist Benton and will lead this workshop. He desires for students to know the joy of walking daily with Christ.

Mission In Action

Drew and Jayna Cooper

Location: Education Wing

When we learn to refocus our lives on the Christ, it's truly amazing the ways God uses our lives as living testimonies whether it's right here in Western Kentucky or overseas in a distant land. This year, we are excited to have Drew and Jayna Hooper with us to hold a workshop on ministry in action through mission work. Drew and Jayna served in SE Asia with a focus on College and Pastoral Ministry. They served on a local college campus where they were students themselves and simply just tried to meet and engage people with Jesus just as we all are called to do no matter where we are at in the world. Their goal was to strike up a conversation which would lead to the chance to introduce students to Jesus. Drew also worked for a Missions Organization that facilitated pastor training overseas for 5 years. Check out this workshop to be encouraged by Drew and Jayna's testimony as well as get some pointers on how to be an effective "missionary" right here in your schools and community.

Youth Leader "Think Tank"

Brent Powell

****First Session Only****

Location: Education Wing

This workshop is just for our youth leaders and led by Brent Powell, our Assistant Youth Director here at Three Crosses Church. A relaxed time to talk over and collaborate with other local youth leaders, ministers, and volunteers. There are many challenges to leading, teaching, and ministering effectively to students and what better way to improve in our ministries than to learn from each other what does and doesn't work. This will be a very open discussion offered once during our morning session and once during our afternoon session. We look forward to seeing all our fellow youth leaders and volunteers as we all have some very valuable insights to share and can all use some encouragement, and that's what this workshop is all about!