



RETREAT SCHEDULE SAT, SEPT. 26, 2026

THE ROCK LUTHERAN CHURCH
237 S. 3RD STREET, SEWARD, NE

TIME	ACTIVITY	LOCATION
8:30 - 3:30	PRAYER ROOM A prayer team is available throughout the day in the conference room.	Room 213/215
8:30 - 9:00	ARRIVAL, FELLOWSHIP, MORNING REFRESHMENTS	Rock Café
9:00 - 9:30	WELCOME, PRAYER AND WORSHIP	Sanctuary
9:30 - 10:15	ABIDING IN HIM - GRETCHEN HUESMANN Jesus Himself provides the beautiful imagery for this topic from John 15. Using the vine as our object lesson, we'll discover the value of drawing near to Christ, not only for survival but to bear the abundant fruit He desires.	Sanctuary
10:30 - 11:00	BREAKOUT SESSION 1 1: Digital Detoxing - Jessica Brashear 2: Bible Journaling - Kelley Limback 3: Gentle YogaFaith - Erika Rolf (limit 15)	1. Sanctuary 2. Room 212 3. Room 120
11:15 - 11:45	BREAKOUT SESSION 2 1: How to Stay Balanced in this Season of Life - Kathy L'Heureux 2: Bible Journaling - Kelley Limback 3: LASSIE: Building Faith Conversations into Your Daily Life - Kim Myers	1. Sanctuary 2. Room 212 3. Room 217
11:45 - 12:30	LUNCH	Rock Café
12:30 - 1:15	A PERFECT BLEND - GRETCHEN HUESMANN What happens when God combines your personality and problems, mixes in your messes and mistakes, blends your bitter and the sweet moments, and adds a heaping helping of the Holy Spirit? The result is a Royal recipe; a potion with a purpose. We will explore how God takes our imperfect lives and prepares a perfect blend, a drink offering to quench a thirsting world.	Sanctuary
1:30 - 2:15	BREAKOUT SESSION 3 1: Rest for the Weary - Rebekah Freed 2: Created to Create - Emma Dannehl, Kristi Johnson, & Megan Boggs 3: Restorative YogaFaith - Sara Moll (limit 8)	1. Sanctuary 2. Room 216 3. Room 120
2:30 - 3:00	PANEL DISCUSSION Jessica Brashear, Rebekah Freed, Gretchen Huesmann, Kathy L'Heureux	Sanctuary
3:00 - 3:30	CLOSING WORSHIP	Sanctuary



Meet Our Keynote Presenter

Gretchen Huesmann began her speaking ministry as a young mom involved in mom's groups and leading Bible studies, in between teaching littles in the classroom and raising her family. She continues to share messages of hope, education, and encouragement to a wide variety of audiences with original content and creative presentations. Gretchen is a long-time blogger and an award-winning author penning articles, devotions, and children's stories. When not teaching or writing, Gretchen enjoys reading, walking, gardening, cooking, and exploring the outdoors. She and her husband have raised four amazing adult children who share their love of music, nature, and travel.

Breakout Session Descriptions and Presenters

DIGITAL DETOXING

SESSION 1 - 10:30-11:00 - SANCTUARY

What happens to our spirits, moods, hearts, and minds when the screens dim and our attention focuses up and out? Jessica will share highlights and reflections of her school family- initiated digital detox and offer suggestions on how you might challenge some of your own digital habits. Come check your phone at the door and join the conversation.

Jessica Brashear serves as the school counselor at St. John Lutheran School. She is passionate about educating on mental health and Christ-centered, comprehensive school counseling. She is married to Kurth and they have three children: Lily (18), Nolan (15) and Grant (12), but Hamilton, the 4 year-old goldendoodle is everyone's favorite.



BIBLE JOURNALING

SESSION 1 - 10:30-11:00 - ROOM 212

SESSION 2 - 11:15-11:45 - ROOM 212

Slow down, dig into Scripture, and make space to notice what God is saying to you. We'll explore simple ways to annotate and Bible journal as a meaningful, creative practice for reflecting on His Word and abiding in His grace.

Kelley Limback holds a master's degree in literacy and has experience as a classroom ELA educator, most recently at Seward High School. She is now the owner of Chapters Books & Gifts, an independent bookstore here in Seward, where her love of books and learning continues to shape her world. Finding meaningful, personal ways to interact with scripture has been an evolving journey for Kelley, and she loves exploring how annotation and journaling can help us slow down, engage with God's Word, and work towards a personal relationship with the Lord.



Breakout Session Descriptions and Presenters

GENTLE YOGAFAITH VINYASA FLOW

SESSION 1 - 10:30-11:00 - ROOM 120

Join Erika Rolf as we move through poses linking breath to movement. Ending with a short savasana focusing on our theme Bible verse. No experience required. Please wear clothes you feel comfortable to move and stretch in. Mats and props are provided. Class is limited to 15 people.

Erika Rolf has been a certified YogaFaith instructor since 2017. She has been teaching yoga at both The Rock and the Seward Wellness Center. Besides teaching classes she enjoys sewing and baking.



HOW TO STAY BALANCED IN THIS SEASON OF LIFE

SESSION 2 - 11:15-11:45 - SANCTUARY

In the midst of full calendars, endless responsibilities, and the pressure to do it all, God invites us to live from a place of peace rather than performance. This interactive sectional will explore biblical principles and practical wellness strategies to help women cultivate healthy rhythms of rest, set life-giving boundaries, and remain rooted in Christ while faithfully navigating life's busiest seasons.



Kathy L'Heureux is a seasoned school counselor, licensed mental health provider, and passionate educator. Kathy has devoted her career to fostering academic success, emotional well-being, and personal growth among students and families of all ages. Currently, she serves as Director of Counseling Services at Concordia University Nebraska and Adjunct Professor.

LASSIE: BUILDING FAITH CONVERSATIONS INTO YOUR DAILY LIFE

SESSION 2 - 11:15-11:45 - ROOM 217

Have you wondered how to naturally and genuinely share the Gospel or maybe how to have better faith conversations with those who have already heard it but have left the church? We all have family, friends, neighbors, or coworkers who need to hear the Gospel (or maybe need to hear it again). Maybe we've already tried to talk to them about faith and been shut down, or maybe the kind of conversation that worked well with one person completely failed with another. LASSIE (Listen, Ask, Seek, Share, Invite, and Encourage) isn't a magic formula for witnessing, but instead is a relational and contextual framework that can help us integrate faith conversations naturally and effectively into the relationships we're blessed with and challenged by as we daily walk in His purpose.



Kim Myers moved to Seward with her family in 2014 after sixteen years as a missionary in Asia with The Lutheran Church—Missouri Synod and currently works as Director of Communications for the Nebraska District LCMS. She loves to read and watch nerdy movies.

Worship Leaders: Ami Moore and Michaela Sloup

Planning Team: Megan Boggs, Anna Briggs, Emma Dannehl, Jen Janousek, Kristi Johnson, Debbie Lang-Preuss, Sara Moll, Kim Myers, Andrea Sloup

Prayer Team: Lori Bruns, Karen Hoffbauer, Debbie Lang-Preuss, Lori Moravec, Andrea Sloup

Breakout Session Descriptions and Presenters

REST FOR THE WEARY

SESSION 3 - 1:30-2:15 - SANCTUARY

Rest. We all long for it, but it often feels elusive or unattainable. Join us as we rediscover what God's Word says about rest and Sabbath, identify the obstacles that keep us from embracing this gift, and explore practical ways to cultivate rhythms of rest that lead to joyful and abundant life.

Rebekah Freed is an author, speaker, and Christian educator. She has the honor of spending her days walking with young adults and reminding them of Jesus' love through her work on the Student Life and Campus Ministry teams at Concordia University, Nebraska. In her free time, she enjoys spending time with her friends and family, kayaking, reading, a warm cup of chai, and celebrating the everyday blessings of life—often with confetti!



CREATED TO CREATE

SESSION 3 - 1:30-2:15 - ROOM 216

God is the ultimate Creator—and He invites us to reflect His creativity in our own unique ways. In this hands-on session, we'll get creative and explore how art can become a meaningful way to express our faith, process what God is teaching us, and draw closer to Him. No artistic experience is needed! Through simple processes you'll have the freedom to create without worrying about perfection. Come ready to make something beautiful as we discover how our creativity can point us back to the Creator.

Emma Dannehl has been an art teacher for 8 years and is currently teaching at Centennial Public School in Utica, Nebraska. She is a part of The Rock church and lives in Seward, NE. Outside of teaching art, she coaches cross country and track and enjoys traveling and seeing family.

Kristi Johnson lives just outside of Seward, NE, and enjoys creating art and traveling. She has a degree in graphic design and enjoys any creative endeavors. She is a member of The Rock and treasures time with family and friends.

Megan Boggs is the Administrative Assistant at The Rock and the One Act Play director at Seward High School. She has a degree in Studio Art and has previous experience teaching middle school art. She loves to plan adventures and travel with her family.



RESTORATIVE YOGAFAITH

SESSION 3 - 1:30-2:15 - ROOM 120

Join Sara Moll for a quiet and restful Restorative YogaFaith class. This relaxing Christ-centered class consists of meditation on God's Word combined with light stretching and supported stretches using blankets, bolsters, and other props. Please wear clothes you feel comfortable to move and stretch in. No experience is necessary! Mats and props are provided. Class limit is 8 people.

Sara Moll is a homemaker and has been certified to teach Christ-centered Yoga through YogaFaith since 2017. She teaches classes at The Rock and at the Seward Wellness Center. She also regularly leads women's bible studies at The Rock and served as a Comfort Dog handler until recently. Besides volunteering at the church, she enjoys spending time with her husband, children, and grandchildren, baking fresh-milled bread, walking, reading, and gardening.

