

Program Guide

SEASON OF

JOY

ADULT VIRTUAL RETREAT

Welcome to Season of Joy

Thank you for joining us for the Season of Joy Virtual Retreat! As we continue to navigate through a pandemic and having our lives and schedules disrupted, we can celebrate that God is in control and that He loves us greatly. We can live with **JOY** – even in this season. We pray that Joy is what you will experience as you take part in this virtual experience.

HOW THE RETREAT WORKS

The entire Season of Joy retreat takes place online. During the morning and evening are “live” sessions where you will join us at specific times to view and interact. In between or any other time, you have the option of watching “electives” which have been created just for this event. All the links you need are provided here in the Program Guide.

Our prayer is that you will enjoy every moment that you are with us, be encouraged, and **find JOY!**



RODNEY SCHELL

Executive Pastor and Senior Adult Minister

PARK CITIES BAPTIST CHURCH

✦ INTERACT WITH US!

Please use the chat feature during each session to leave comments and questions. Our hosts may read or answer yours from the stage.

✦ HOW TO JOIN THE RETREAT BROADCAST

[VIA PCBC LIVE](#)

✦ HOW TO WATCH ELECTIVES (view at your own pace)

[VIA YOUTUBE](#)

Retreat Schedule

TUESDAY, FEBRUARY 9

10:00 A.M.	Welcome to Season of Joy KEYNOTE SPEAKER 1 Electives Available for Viewing	Rodney Schell, Laura Dronzek Dr. Jeff Warren Dr. Jack Martin	WATCH
11:00 A.M.	Heart Healthy Tips How to Supercharge Your Brain Living a Legacy of Faith to our Families Research in Brain Health Innovation & Storytelling to Support Brain Health Watercolor Painting Basics Rightsizing: Getting a Jump on Spring Cleaning Fun & Fitness	Kate Loman Katie Hinds Cynthia Yanof Stacy Vernon Jillian Hill Bill Propes Cheryl Morgan Laurie Tharp	WATCH WATCH WATCH WATCH WATCH WATCH WATCH WATCH
6:30 P.M.	Welcome & Worship KEYNOTE SPEAKER 2 Evening Wrap-up/Wednesday Preview	Rodney Schell, Stephen Carrell Dr. Ken Hall Dr. Jack Martin, Rodney Schell	WATCH

WEDNESDAY, FEBRUARY 10

10:00 A.M.	Welcome/recap of Tuesday KEYNOTE SPEAKER 3 Electives Available for Viewing	Jess Barfield Rev. Dr. Angela Williams Gorrell Vicki Caldwell	WATCH
11:00 A.M.	Heart Healthy Tips How to Supercharge Your Brain Living a Legacy of Faith to our Families Research in Brain Health Innovation & Storytelling to Support Brain Health Watercolor Painting Basics Rightsizing: Getting a Jump on Spring Cleaning Fun & Fitness	Kate Loman Katie Hinds Cynthia Yanof Stacy Vernon Jillian Hill Bill Propes Cheryl Morgan Laurie Tharp	WATCH WATCH WATCH WATCH WATCH WATCH WATCH WATCH
6:30 P.M.	Introduction of Dr. Dennis Swanberg KEYNOTE SPEAKER 4 Closing Remarks	Steve Stutsman Dr. Dennis Swanberg Rodney Schell	WATCH

About Our Speakers

DR. JEFF WARREN

Served as Senior Pastor of Park Cities Baptist Church in Dallas, Texas since 2010 and is author of the book “Live Forgiven.” Visit his [Live Forgiven blog here](#). Jeff is a noted leader among local pastors and civic organizations for racial reconciliation efforts in Dallas and beyond.

REV. DR. ANGELA WILLIAMS GORRELL

Assistant professor of practical theology at Truett Theological Seminary, Baylor University, and author of the book “The Gravity of Joy: A Story of Being Lost and Found.” www.angelagorrell.com

DR. KEN HALL

Served as president and CEO of [Buckner International](#) from 1994 to 2010 and as CEO there from 2010 until his retirement in April 2012.

JILL HILL, J.D., M.S., CCC-SLP

Clinician, [Brain Performance Institute](#): “Using Innovation and Story Telling to Support Brain Health”

KATIE HINDS, M.S., CCC-SLP

Clinician, [Brain Performance Institute](#): “How to Supercharge your Brain During a Pandemic”

KATE LOMAN

Nutrition Consultant, Health Coach and Certified food sensitivities therapist. She is on staff with American Express as their wellness coach in Utah.

CHERYL MORGAN

Founder/owner of [MOVE Method](#) company – and is an organizational expert who leads small and large moves for individuals and companies.

BILL PROPES

Long-time member of Park Cities Baptist Church and is retired from a successful engineering career. He has been watercoloring since 1970 and loves to share his techniques with others.

DR. DENNIS SWANBERG

Founder of [Swanberg Ministries](#), whose purpose is to enrich lives, encourage, and spread God’s Word with joy and laughter.

LAURIE THARP

Sports & Rec Program Director at Park Cities Baptist Church, leading camps and activities for children as well as exercise classes for adults.

STACY VERNON, M.S., LPC

Clinician, [Brain Performance Institute](#): “Latest Research in the Field of Brain Health”

CYNTHIA YANOF

Wife, mom, blogger, and the host of the entertaining and informative [“Pardon the Mess”](#) podcast.

Resources Recommended by Our Speakers

LAURIE THARP

[Grow Young Fitness](#)

BILL PROPES

[Watercolor Painting](#)

[Painting Water Surfaces](#)

[How to Start a Simple Watercolor](#)

[Wet-on-Wet / Wet-on-Dry Painting](#)

[Color Control/Transparency](#)

KATE LOMAN

[Spark People](#)

[FitOn App](#)

“...the JOY of the LORD is your strength.”

NEHEMIAH 8:10



Park Cities
BAPTIST CHURCH