

# Pure and Simple X

BOSTON  
NOVEMBER 9-11, 2018



JOINED AND HELD  
TOGETHER



AS EACH PART  
DOES ITS WORK



GROWING INTO A  
HOLY TEMPLE



## Connections that bring holiness

Welcome to the 10th anniversary of **Pure and Simple**. Over this weekend, you will form lasting new relationships, and gain new skills and tools. This year features an in-depth seminar, and ways to apply what you learn as you connect with others. Relationships are key to recovery.

Beyond our losses, we hear God calling...*let me make the connections that will help your heart run free.* God has divinely appointed you for holiness!

Fitted together  
(Strong's)

**sunarmologeο**

To pick up, bind or  
join closely

## Friday: Joined & fitted together

### 4:00 pm Registration Opens

### 5:30 pm Book Table Opens

What books can help you on your journey to healing? Come to the book table for a variety of healing resources you can purchase from our speakers.

### 7:45 pm Welcome and Worship

### 8:15 pm Joined and fitted together, Dave & Robin Weidner

The journey to sexual purity doesn't have to leave you stuck on your own. God's plan is for us to lift each other up through the deep connectedness we have in Christ. Grace is the safety net that allows us to engage this recovery fully, individually and together.

### 9:15 pm Bound together (Art Therapy)

Participants will disperse through the hotel to complete an assignment. Be sure to bring drawing paper and colored pencils (provided in folders and at registration).

## Saturday: As each part does its work

### 6:00 to 8:30 Breakfast for hotel guests

### 8:45 am Worship and Singing

### 9:15 to 10:15 am Spiritual Mindfulness: The connected brain Marcus DeCarvalho, M.D.

Mindfulness can help you heal addictions, codependency and other compulsions that are difficult to change. Relying on the brain science of connection, we'll examine how deep relationships with others can help rewire your brain for holiness.

### 10:30 to 11:30 am Spiritual Wholeness: The connected heart Guy Hammond

Continual acting out, isolation and weakness leave us feeling "less than" and unworthy. Yet God's truth helps us use our losses to learn an emotional intelligence that feeds recovery and strengthens our broken parts, leading to true wholeness.

### 11:30 to 12:15 Fitted together: Art Therapy

Bring your artwork to break into small groups for guided discussions.

### 12:30 to 2:00 pm Hotel luncheon (Ballroom)



"in whom the whole structure is joined together, and it continues [to increase] growing into a holy temple in the Lord [a sanctuary dedicated, set apart, and sacred to the presence of the Lord].."

Ephesians 2:21 (AMP)



"So get yourselves ready, prepare your minds to act, control yourselves, and look forward in hope as you focus on the grace that comes when Jesus the Anointed returns and is completely revealed to you."

1 Peter 1:13 (VOICE)

## Saturday: As each part does its work *training*

### 2:00 to 2:45 Session One: Facing our deepest struggles

**Recovering as one: overcoming couple shame**  
**Dave and Robin Weidner**  
**Terrace**

Couple shame reinforces cycles of hurt and steals from our connection through emotional secrets and half truths. Learn how and when to disclose, and how grace and truth can dispel the fear that keeps us trapped in a low level of intimacy.

**Untangled: facing and healing the addicted brain**  
**Marcus De Carvalho, M.D.**  
**Patio**

It's easy to stay in denial if we don't understand the role of our brain in forming and maintaining addictions. In God's wisdom the very brain science that ensnares us, can also lead us to freedom.

**Fostering connections when your struggle is different**  
**Guy Hammond**  
**Poolside**

No matter how we struggle, we share common roots. However, a sense of shame and a perceived lack of understanding could keep those with different battles on a lesser level of connection. How can we grow together to God's glory?

**Igniting hope in your recovery group**  
**Tom and Carol Nuelle**  
**Midland**

Ongoing sexual sin strikes a blow to our spiritual confidence. We fear making promises we believe we cannot keep. How can a group recovery format foster hope? How does a balance of grace and truth help a group be healthy?

### 3:00 to 3:45 Session Two: Restoring hope

**Recovering as one: healing your sexual relationship**  
**Dave and Robin Weidner**  
**Terrace**

Restoring your marriage sexually is a vital part of the recovery process. How and when do you work on your sexual relationship after addiction's wounds have stolen your confidence? How can you talk about sex in a spiritual way? What does ongoing recovery look like over the years?

**Mentoring young men to be pure**  
**Marcus De Carvalho, M.D.**  
**Patio**

One of the greatest needs in our churches is instilling a heart of purity within our young brothers. What are best practices in helping college students, teens or young singles achieve sobriety and confidence? How can we teach them to help each other?

**Overcoming the challenges of leading recovery**  
**Tom Nuelle**  
**Poolside**

Leading a recovery group can be daunting as you face down strongholds in your members's lives. How do you lay a foundation for long-term change? You'll learn to facilitate healthy groups where each part does its work...leading to transformation and sobriety.

**Free from Codependency**  
**Carol Nuelle, Kathy Heinen**  
**Midland**

Codependency affects us emotionally and behaviorally, making us susceptible to sexual, love, relationship or approval addiction. What creates unhealthy relational patterns and how do we overcome?

## 4:00 to 4:45 Session Three: Connected recovery (experience or Q&A)

<p><b>Recovering as a family</b></p> <p><b>Marcus De Carvalho, M.D.</b> <b>Ballroom</b></p>	<p>When a husband and/or wife enters recovery, their first focus is on individual and marital healing. But there is also healing needed within the family unit. Bring your questions about this needed topic.</p>
<p><b>Men's purity groups</b></p> <p><b>Neil Ronsdorf and Tom Nuelle</b> <b>Patio</b></p>	<p>We all come in different places in our recovery. Yet we share a common need for help from others within a group context. Learn how a group functions, common pitfalls, and how to function effectively.</p>
<p><b>Women's recovery groups</b></p> <p><b>Carol Nuelle, Heather Johnson,</b> <b>Cheryl Ronsdorf</b> <b>Midland</b></p>	<p>Many Christian women struggle with codependency in their primary relationships, spurred by past losses. In this class, you'll learn how a group setting can foster healing, create new connections, and teach members healthy new ways of interacting.</p>
<p><b>Grace-based recovery</b></p> <p><b>Robin and Dave Weidner</b> <b>Terrace</b></p>	<p>Is it possible that the grace of God fuels, sustains and empowers recovery from our additions and compulsions? Even more so than conviction or brokenness? Join us for this discussion and get a first glance into the new <i>Grace Calls</i> workbook.</p>
<p><b>Healing for spouses of addicts</b></p> <p><b>Karen Vega-Luna, Theresa Clark</b> <b>Poolside</b></p>	<p>Even when her husband is in recovery, the partner also needs a recovery path to heal marital and personal losses. In this question and answer session, we field questions on how to set up, run and/or participate in a healing group that brings growth and clarity.</p>

## 5:00 to 7:30 Dinner and fellowship

Please use dinnertime to share a meal with other attendees, make connections, ask questions and share your experiences. This is also a great time to get some targeted help from other attendees or speakers.

## 7:30 pm Stories of Freedom

For many, the high list of the conference is hearing other individuals and couples share their stories of recovery. You won't want to miss this inspiring time of celebrating God's work in each other's lives.

## 9:00 pm Write your statement of connection

You'll find a notecard in your folder. Please write a two-sentence statement of calling that will go home with you or to possibly share on Sunday morning. More instructions will be given at the end of the session.

## Sunday: Growing into a holy temple

**6:00 to 9:00 am Breakfast for hotel guests**

**7:30 to 9:30 am Connected ending experience**

Take a walk through the hotel and receive encouragement, blessings and a memento of your experience.

**10:00 am Celebrating God's presence, worship (Auditorium)**

**10:30 am — Under His control - Tom and Carol Nuelle**

God calls us to grow together in a Holy Temple. But we can only do this to the degree that we are under the control of Jesus. How does your relationship with God set a ceiling on your recovery? What can help you revolutionize your walk?

**11:30 am Statements of connection and Lord's Supper**

**12:00 pm Conference close**

Book tables will be open with resources from our speakers. Please take advantage of this opportunity to take home life-changing resources.



“No prolonged infancies among us, please. We’ll not tolerate babes in the woods, small children who are an easy mark for impostors. God wants us to grow up, to know the whole truth and tell it in love—like Christ in everything. We take our lead from Christ, who is the source of everything we do. He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love.”

**Ephesians 4:16**  
(Message)