

BYU Women's CONFERENCE

Cosponsored by the Relief Society

And now, I would commend
You to seek this Jesus
of whom the prophets
and apostles have written,
that the grace of
God the Father,
and also the
Lord Jesus Christ,
and the Holy Ghost,
which beareth record of
them, may be and
abide in You forever.
Amen.
Ether 12:41

“Walk in the
meekness
of my spirit
and you shall have
Peace in Me.
I am
Jesus Christ...”
D&C 17:23-24

“...the Lord our God
did visit us
with assurances...”
Alma 58:11

Peace
in Christ

May 2-3, 2019

• womensconference.byu.edu

Welcome to *BYU Women's Conference*



Dear Sisters,

We are delighted to welcome you to the 2019 BYU Women's Conference. We are grateful to have you here and thank you for bringing a spirit of goodness and faith to the conference. We are especially grateful for the cosponsorship and support of the Relief Society in every aspect of the conference. We pray that as you enjoy the many opportunities of the 2019 Women's Conference you will be refreshed, encouraged, and uplifted.

The theme this year is found in Ether 12:41, which is an invitation from Moroni "to seek this Jesus of whom the prophets and apostles have written" so that "the grace of God the Father, and also the Lord Jesus Christ, and the Holy Ghost . . . may be and abide in you forever." In a time when we long for peace, assurance, comfort, guidance, and strength, our conference theme encourages us "to seek this Jesus." One of the great hymns of the Restoration, included in the first Church hymnbook, reminds us that Jesus has said, "Fear not, I am with thee; oh, be not dismayed, for I am thy God and will still give thee aid" (*Hymns*, no. 85). Our hope is that Women's Conference this year will be a time when each of us can know deep in our hearts that He will not forget us, because, as He has told us, "I have graven thee upon the palms of my hands" (1 Nephi 21:16).

We encourage you to take advantage of the many service opportunities that are available throughout the conference, especially our Thursday evening service event. We thank you in advance for all that you will do. We also appreciate our friends at Deseret Book for providing another entertaining and inspiring concert for you on Thursday evening.

We are blessed by those who have worked, planned, prepared, and supported Women's Conference in many ways, and we are blessed to have you gathered with us this year.

Sandra Rogers

Chair, 2019 BYU Women's Conference

BYU Women's Conference Committee

Sandra Rogers, *Chair*
Reyna I. Aburto
Joyce Andrus
Brenda Bennett
Shawna Borg
Pat Bradley
Liz Darger

Linda Godfrey
Janeen Graham
Vicki Jackman
Marcie Jessee
Jennefer Johnson
Kristin Gerdy Kyle
Michelle Moore

Susan Mullen
Lynne Nielsen
Shannon Openshaw
Cecilia Peek
Ana Maria Pesqueira
Rickelle Richards
Lorelie Sander

Emily Sanderson
Mackenzie McCoy Sylvester
Dana Wiest
Mary Williams
Peggy Worthen

NOW AVAILABLE

STRENGTHEN ONE ANOTHER IN THE LORD

TALKS FROM THE 2018 BYU WOMEN'S CONFERENCE

We all face daily challenges and changes that can seem overwhelming. But the gospel and Christ's Atonement give solutions that offer us comfort. In this wonderful collection of talks selected from the 2018 BYU Women's Conference, insightful speakers show us how we can use the promise of the gospel and the pattern of Christ's Atonement to strengthen each other and ourselves.

CONTRIBUTORS TO THIS COLLECTION INCLUDE:

ELDER GERRIT W. GONG • SUSAN L. GONG • KATHY S. ANDERSEN • ELDER NEIL L. ANDERSEN
LAUREN A. BARNES • BONNIE H. CORDON • SHARON EUBANK • REYNA I. ABURTO • JOY D. JONES
ANNALECE BOOTHE MISIEGO • JENNIFER BRINKERHOFF PLATT • JENNIFER REEDER • MARY WILLIAMS • KEVIN J. WORTHEN



Available at the BYU Store and the BYU Store satellite location at the Marriott Center or through Deseret Book and DeseretBook.com

Marriott Center General Sessions

[THURSDAY, MAY 2]



Thursday Morning Opening Session

9:00–10:15 a.m.

Julie B. Beck

“Seek this Jesus”
(Ether 12:41)



Thursday Afternoon General Session

3:45–5:00 p.m.

Rebecca Pinegar

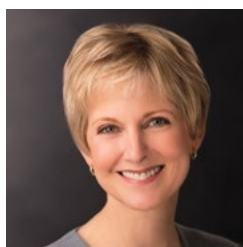
Preparing for, Receiving, and Acting on Revelation



Instant Choir

Join with your Women’s Conference friends and share your testimony through music by participating in the 2019 BYU Women’s Conference Instant Choir. All information, including music, is available on our website, womensconference.byu.edu. Come and sing with 500 of your newest friends on Thursday morning. Rehearsal starts promptly at 6:30 a.m.!

[FRIDAY, MAY 3]

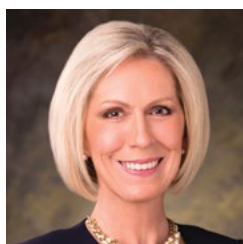


Friday Morning General Session

9:00–10:15 a.m.

**Jean B. Bingham,
Bonnie H. Cordon,
and Joy D. Jones**

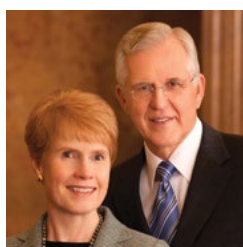
Sister to Sister Event



General Women’s Broadcast Saturday, October 5, 2019

Be a part of the worldwide broadcast from Salt Lake City, Utah, and join with sisters in your wards and stakes for a special evening of instruction and inspiration from the First Presidency and the general presidencies of the Relief Society, Young Women, and Primary organizations.

All women, young women, and girls eight years and older are invited, so plan to attend together with your daughters, nieces, sisters, mothers, grandmothers, and friends! Listen for announcements from your local leaders to learn when it will be broadcast in your area.



Friday Afternoon Closing Session

3:45–5:00 p.m.

**Elder D. Todd Christofferson
and Kathy Christofferson**



THURSDAY [May 2]

Concurrent Sessions

[11:00 a.m.–noon]

Hope in His Will: Waiting Upon the Lord

Becky Thomas Eyre
Becky Craven

[12:30–1:30 p.m.]

Women Making History in The Church of Jesus Christ of Latter-day Saints

Joy D. Jones
Lisa L. Harkness
Cristina B. Franco

[2:00–3:00 p.m.]

Endowed with Priesthood Power

Jean B. Bingham
Sharon Eubank
Reyna I. Aburto

MARRIOTT CENTER (MC) • 19,000 CAP

Effectively Dealing with Stress: Growth or Discouragement

Kristen C. Betts
Mary Kennington

You Are Enough!

Dianne Nielsen
Laurel Christensen Day

Never beyond the Reach of His Divine Love

Diane Done Adair
Hilary Weeks

SMITH FIELDHOUSE (SFH) • 3,375 CAP

BALLROOM, WILKINSON STUDENT CENTER (WSC) • 1,300 CAP | OVERFLOW

No One Else Can Do What a Righteous Woman Can Do

Claudia Hamilton
Dana Wiest

He Did Speak Peace and Give Assurance to Our Souls

Janet Rowley
Mary Williams

Being a Contributing and Full Partner in Marriage

Molly Wetzel
Jeff Wetzel

3220–3224 WILKINSON STUDENT CENTER (WSC) • 580 CAP | OVERFLOW

“The Heart of Her Husband Doth Safely Rest in Her” (Proverbs 31:11)

Cindy Cosgrave
Michael Cosgrave

Answering Sincere Questions about the Gospel of Jesus Christ

J. Spencer Fluhman
Liz Darger

The Powerful, Unheralded Work of Mothers

Dianne Bauman
Stephanie Treanor

DE JONG CONCERT HALL, HARRIS FINE ARTS CENTER (HFAC) • 1,280 CAP | OVERFLOW

The Light of the Holy Ghost: Our Constant Companion

Carolyn Billings
Karen Hepworth

Understanding and Teaching the Power of the Temple Endowment

Kristee Roach
Rebecca Mehr

Finding Joy Amidst Adversity

Elaine S. Marshall
Dana J. Wright

AUDITORIUM, JOSEPH SMITH BUILDING (JSB) • 855 CAP | OVERFLOW

Parenting Children with Depression and Anxiety

Courtney Merrill Moffat
Kara Cattani

Take Time to Be Holy

Barbara Bradshaw
Jana Staples

The Enabling Power of Jesus Christ

Jodie Stratford
Nolan Crabb

ASSEMBLY HALL, HINCKLEY ALUMNI & VISITORS CENTER (HC) • 500 CAP | OVERFLOW

“Yea, and as Often as My People Repent Will I Forgive Them” (Mosiah 26:30)

Susan Mullen
Tom Mullen

Choosing to Stay

Scott Miller
Emily Snyder

Righteous Responsiveness

Chelsea Chipman
Filomena Teixeira

side in You forever.
Amen.

Ether 12:41



[11:00 a.m.–noon]

[12:30–1:30 p.m.]

[2:00–3:00 p.m.]

PARDOE THEATRE, HARRIS FINE ARTS CENTER (HFAC) • 580 CAP | OVERFLOW

Receiving Spiritual Guidance and Being Part of the Solution

Eloise Fugal
Rebecca Hunter

The Godhead: Providing Peace, Guidance, and Assurances

Jeanne Burgon
Christopher Kirkland

Obtaining a Deep and Lasting Conversion through Home Gospel Study

Jennifer Lund
Jon Lund

MADSEN RECITAL HALL, HARRIS FINE ARTS CENTER (HFAC) • 435 CAP | OVERFLOW

Reassuring and Showing Others the Way Back into the Fold

Yvette Arts
Michael Goodman

Loving a Child Who Has Left the Gospel Path

Jodi M. Chowen
Karen Jackson White

The Miracle of Forgiveness and Reconciliation

Stan Benfell
Melanie Sandgren

VARSITY THEATRE, WILKINSON STUDENT CENTER (WSC) • 385 CAP | OVERFLOW

Family History: It's About Time

Allison Hertig
Jenny Ashcraft

"How Great Will Be Your Joy" (D&C 18:16)

Lolly Osguthorpe
Russell Osguthorpe

"Swiftly Fly the Years" (Fiddler on the Roof)

Sylvia Hansen
JoAnn Henrikson

2254 CONFERENCE CENTER (CONF) • 300 CAP | OVERFLOW

Who Is My Neighbor?

Nicki Broby
Jenessa MacPherson

When a Spouse Leaves the Faith

Darlene Glazier
DeAnn Sadleir

Ministering Because We Love Him

Janice James Ahuna
Carol Hudson

BALLROOM, HARMAN BUILDING (HCEB) • 360 CAP | OVERFLOW

Supporting Those with Mental Illness

Amanda Harrison
Marleen Williams

Overcoming Substance Abuse through the Strength of the Savior

Lisa Tensmeyer Hansen
David Ereksen

Help and Hope for Single Parents

Tanya Nelson
Brent Scharman

2260 BYU CONFERENCE CENTER (CONF) • 200 CAP

Utilizar los fracasos de la vida para crecer y hallar felicidad

Violeta Mijares
Gigi Turley

Fortalecer a nuestros hijos para que sirvan en el batallón de jóvenes

Ana Pesqueira
Renée Costa

El poder habilitador de Jesucristo

Grace González
Olimpia Okamura

FRIDAY [May 3]

Concurrent Sessions

[11:00 a.m.–noon]

[12:30–1:30 p.m.]

[2:00–3:00 p.m.]

MARRIOTT CENTER (MC) • 19,000 CAP

Establishing a Christ-Centered Home through Gospel Teaching

Martha Darger Carrington
Tyler Griffin

True Joy: A Gift for the Faithful

Jean A. Stevens
Michelle D. Craig

Trust in God and in His Grace

Van Gessel
Cecilia M. Peek

SMITH FIELDHOUSE (SFH) • 3,375 CAP

Choosing to Be Kind

Cheryl Gerdy
Mary Ellen Edmunds

“Cast Not Away Therefore Your Confidence” (Hebrews 10:35)

Steven M. Gentry
Rickelle Richards

Teaching Children to Recognize the Spirit

Tiffany Zarbock
Brad Wilcox

BALLROOM, WILKINSON STUDENT CENTER (WSC) • 1,300 CAP | OVERFLOW

I Have Dwelt in the Spirit of Prayer

Dori Bowman
Lisa Clayton

“And We Did Take Courage” (Alma 58:12)

Caroline Clayton Clark
Tiffany Savage

Bear with Mine Infirmities

Debbie Field
Amy A. Wright

3220–3224 WILKINSON STUDENT CENTER (WSC) • 580 CAP | OVERFLOW

Obedience: The Lifeblood of Faith

Steve Crandall
Jody Moore

Nurturing and Connecting with Your Spouse

Linsey Maxson
Tyler Maxson

“Fear Thou Not; For I Am with Thee” (Isaiah 41:10)

Kristin Gerdy Kyle
Stephanie Palmer

DE JONG CONCERT HALL, HARRIS FINE ARTS CENTER (HFAC) • 1,280 CAP | OVERFLOW

To Take His Name upon Us

Ally Isom
Lori Newbold

Pray, Ponder, and Counsel Together

Diane Strong-Krause
Michelle King

Fostering Greater Personal Worship

Lita Giddins
Kevin Giddins

AUDITORIUM, JOSEPH SMITH BUILDING (JSB) • 855 CAP | OVERFLOW

Choosing to Be All In

Cathy Nixon
Lee Anne Pope

Anger Is Not an Expression of Strength

Ben Ogles
Lori Draper

Finding Jesus Christ in the Book of Mormon

Lenore Lillywhite
Mary K. Oscarson

ASSEMBLY HALL, HINCKLEY ALUMNI & VISITORS CENTER (HC) • 500 CAP | OVERFLOW

The Prophet Leads Us to Jesus Christ

Sara Jones
Rosalie Ringwood

Stay on the Covenant Path

Jennifer Kearon
Mindy Booth Baxter

Active in the Gospel or Busy in the Church

Mary Jo Smith
Tracy Browning

Build Your Schedule



Photo Booths

Be sure to capture your Women's Conference experience at one of our photo booths! Locations will be posted in the Program Update.

TH [May 2]

Opening Session—Marriott Center, 9:00–10:15 a.m.

	[11:00 a.m.–noon]	[12:30–1:30 p.m.]	[2:00–3:00 p.m.]
1 FIRST CHOICE	[]	[]	[]
2 SECOND CHOICE	[]	[]	[]
3 THIRD CHOICE	[]	[]	[]

General Session—Marriott Center, 3:45–5:00 p.m.

Evening of Service—Richards Building and Smith Fieldhouse, 5:00–8:00 p.m.

Evening Performance—Marriott Center, 8:15–9:45 p.m.

F [May 3]

General Session—Marriott Center, 9:00–10:15 a.m.

	[11:00 a.m.–noon]	[12:30–1:30 p.m.]	[2:00–3:00 p.m.]
1 FIRST CHOICE	[]	[]	[]
2 SECOND CHOICE	[]	[]	[]
3 THIRD CHOICE	[]	[]	[]

Closing Session—Marriott Center, 3:45–5:00 p.m.

Upcoming Conference Dates
April 30–May 1, 2020

Women's Conference by Topic

We hope this topic guide will help you navigate the sessions offered. Please read the abstract in its entirety to help with your class selection.

Note: Numbers reference session numbers, NOT the page.

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Conference Insights and Information

REGISTRATION INFORMATION

There are four easy ways to register:

- **Online:** womensconference.byu.edu
- **Phone:** 1-877-221-6716 or 801-422-8925
- **In person:** Weekdays 8:00 a.m.–5:00 p.m. in the Harman Continuing Education Building lobby
- On the days of the conference, **May 2** and **May 3:** Marriott Center, northeast and northwest concourse entrances

Registration:	by March 29	after March 29
Full Conference	\$59	\$66
One Day	\$39	\$46

AGE LIMIT

The conference is designed for women and men ages 16 and older. Due to logistical and safety constraints on campus, we cannot accommodate infants and young children in any conference session or activity, including the Marriott Center.

MAY WE HELP YOU?

Do you have a question? Do you need more information? Please call, email, or message us through Facebook. We are ready to help you have a wonderful experience.

- Information: 801-422-7692
- Registration: 801-422-8925 / 1-877-221-6716
- Email: womens_conference@byu.edu
- Facebook: [BYUWomensConference](https://www.facebook.com/BYUWomensConference)

GIVE THE GIFT OF WOMEN'S CONFERENCE

Share Women's Conference with a friend by downloading one of the gift certificates available on our website. Whether for a family member, a birthday, a roommate reunion, a best friend, or just to say thank you, the gift of sharing Women's Conference together will be a cherished experience.

CONFERENCE INFORMATION HELP DESKS

For assistance with directions, lost name badges, shuttles, and other needs, contact an information desk assistant at one of the following locations:

- Marriott Center concourse (MC)
- Main third-floor gallery, Harris Fine Arts Center (HFAC)
- Lobby, Joseph Smith Building (JSB)
- North entrance, Smith Fieldhouse (SFH)
- Memorial Lounge, Wilkinson Student Center (WSC)

OVERFLOW ROOMS

Sessions originating in the Marriott Center, de Jong Concert Hall, Pardoe Theatre, and Madsen Recital Hall will be broadcast in overflow rooms in the following locations:

- BYU Conference Center (CONF)
- Martin Building (MARB)

The Program Update will include a list of all session rooms with video or audio overflow options; pick one up on Thursday morning at the Marriott Center or at any Women's Conference Information Desk.

ASL INTERPRETERS

American Sign Language (ASL) interpreters will be provided for all Marriott Center conference sessions. Participants needing ASL interpretation should sit in section 8, row 3, in designated seats (enter through Portal H).

Interpreters for sessions other than the Marriott Center can be provided if requested by April 19, 2019. Further details can be found on our website at womensconference.byu.edu.



PARKING

Each year we strive to make your parking, shuttles, and walking as easy as possible. We have easily accessible parking lots and extensive courtesy shuttle service to get you to and from parking areas. (Please refer to the map in the center of this booklet.) Women's Conference parking is available in these lots:

- 20Y, northeast of the Marriott Center (shuttle stop with attendant)
- 45U, west of LaVell Edwards Stadium (shuttle stop with attendant)
- 37Y, north of the Indoor Practice Facility (shuttle stop with attendant)

Although parking areas closer to the Marriott Center fill up early, parking is available in the lots listed above, with enhanced courtesy shuttle service to campus. You may want to save time and go there first. Please cooperate by parking in designated areas and within stalls. Please note that program participants should not park in the neighborhoods north of the Marriott Center or east of 900 East. Parking in areas other than those noted will lead to towing of your vehicle. Please refer to the map in the center of this booklet. Self-contained recreational vehicles can park in lot 37Y, north of the Indoor Practice Facility. No facilities are available there.

PARKING FOR PARTICIPANTS WITH DISABILITIES

If you have a state-issued disability placard or permit, you may park in the designated area northeast of the Marriott Center or in lot 26A south of the J. Reuben Clark Building (next to the visitors' lot) based on space availability. Participants who have these placards MAY ALSO park in any of the state disability parking spaces on campus. If disability spaces are filled in a particular lot, you may hang your placard and park in any campus parking spaces EXCEPT for service or timed lots, and designated spaces for deans, directors, or specific license plates.

COURTESY SHUTTLES

Courtesy shuttles run the routes indicated on the parking map in the center of this booklet. Shuttles run from 8:00 a.m. to 11:00 p.m. on Thursday, May 2, and 8:00 a.m. to 6:00 p.m. on Friday, May 3. While the shuttles are available to all conference participants, preference will be given to seniors or those with disabilities. Shuttles pick up and drop off at designated shuttle stops only.

Please Note: From 8:30 to 11:00 p.m. on Thursday, and from 4:00 to 6:00 p.m. on Friday, shuttles will only run from the Marriott Center to the parking lots and campus housing.

Please continue to exhibit kindness, consideration, and patience when parking and using the shuttle service. Your actions can and do affect the experiences of other attendees and university employees assisting with the conference.

One wheelchair-accessible shuttle is available (one friend may accompany). To contact the driver on May 2–3, please call 385-335-3143.

HOW FAR IS IT TO WALK?

Wait times for the shuttles can be long, so if you are physically able, we encourage you to enjoy campus and take a walk to your next session.

Marriott Center to:

Cannon Commons	5–7 minutes
Conference Center	5–7 minutes
Harman Building	5–7 minutes
Harris Fine Arts Center	7–10 minutes
Hinckley Center	5–7 minutes
Joseph Smith Building	15 minutes
Martin Building	10–12 minutes
Smith Fieldhouse	12–15 minutes
Wilkinson Student Center	10–12 minutes

Wilkinson Student Center to:

Cannon Commons	15 minutes
Harris Fine Arts Center	3 minutes
Joseph Smith Building	7–10 minutes
Martin Building	5 minutes
Smith Fieldhouse	15 minutes

We don't recommend it, but if you are planning to text and walk, don't forget to look up! Please obey all traffic laws, and cross at designated crosswalks.

Note: Walking time is dependent on crowds and comfort of shoes.

WHEELCHAIR SEATING

Due to limited wheelchair seating in all conference locations, wheelchair access areas are reserved only for participants who use wheelchairs. One to three companions may accompany those who use wheelchairs, and they will be seated in close proximity.

In the Marriott Center, wheelchair seating is available at all portals except G, H, and J on the concourse level. Limited floor wheelchair seating is available for those accompanied by a companion who can push the chair up a steep ramp in the event of an emergency. Wheelchair-accessible restrooms are located on the concourse level but not on the floor level.

RECORDING OF TALKS

Personal audio and video recording of conference sessions is not allowed. Select transcripts from the 1997 to 2018 conferences are posted on our website at womensconference.byu.edu under Library/Transcripts.

SPECIAL BYU STORE HOURS AND LOCATIONS

For your convenience, the BYU Store and the Marriott Center satellite store will be open at the following times:

Marriott Center satellite store

(located south of the Marriott Center):

- 7:00 a.m.–10:30 p.m. on Thursday, May 2
- 7:00 a.m.–6:00 p.m. on Friday, May 3

Main BYU Store:

- 7:45 a.m.–8:00 p.m. on Thursday, May 2, and Friday, May 3
- 10:00 a.m.–6:00 p.m. on Saturday, May 4

Beehive Clothing outlet (located on the lower level of the BYU Store):

- 9:00 a.m.–8:00 p.m. on Thursday, May 2, and Friday, May 3
- 10:00 a.m.–6:00 p.m. on Saturday, May 4

WHILE YOU ARE HERE

Check out what other participants say are “must-do” on-campus activities:

- Attend all the Marriott Center general sessions. Enjoy that feeling of sisterhood as we all meet together.
- Visit the BYU Creamery for ice cream or a mint brownie.
- Check out the new Sweet Stop at the BYU Store for a share-bag of chocolate-covered cinnamon bears or grab fresh fruit at Cosmo’s Mini Mart!
- Go to the evening performance and enjoy the wonderful music.
- Grab Thursday dinner at the Marriott Center or Cannon Center and go serve on lower campus.
- Make a new friend. Say hello to the sister next to you. Everyone needs a new friend!
- If you are attending with friends, split up for sessions and share insights each evening.
- Visit the BYU Conference Center or the Martin Building and watch the live broadcasts (look at the Program Update during the conference for details).
- Sing in the Instant Choir with 500 new friends.
- Take a cultural break at the Museum of Art.
- Visit the BYU Store and pick up your favorite BYU T-shirt! Go Cougars!
- Work on a Take, Make, and Return project and return the finished item to the Marriott Center!



Women's Conference Sessions

Thursday Morning Opening Session



MARRIOTT CENTER (MC)

9:00–10:15 a.m.

“Seek This Jesus” (Ether 12:21)

Julie B. Beck—wife, mother, grandmother; former Relief Society general president

Concurrent Sessions [11:00 a.m.–noon]

MARRIOTT CENTER (MC)

11:00 a.m.–noon

1 • Hope in His Will: Waiting Upon the Lord

There may be times when we feel righteous blessings have been withheld for a season or even a lifetime. President Dieter F. Uchtdorf declares, “We must learn that in the Lord’s plan, our understanding comes ‘line upon line, precept upon precept.’ In short, knowledge and understanding come at the price of patience.” Elder Robert D. Hales stated, “I bear my special witness that our Savior’s promise is true, for He says, ‘They that wait upon the Lord shall renew their strength’ . . . May we wait upon Him by pressing forward in faith, that we may say in our prayers, ‘Thy will be done,’ and return to Him with honor.” What can we learn from the example of the people of Alma who “did submit cheerfully and with patience to all the will of the Lord” (Mosiah 24:15)? How do we move forward in faith as we consider the message, “Thy will be done”?

Becky Thomas Eyre—wife; former columnist at the Deseret News; former swim school owner; member of stake Relief Society presidency; teen life coach, public speaker, podcaster on YouTube

Becky Craven—wife, mother, grandmother; second counselor, Young Women general presidency; executive board member, CHOICE Humanitarian; served with husband when he presided over the North Carolina Charlotte Mission

SMITH FIELDHOUSE (SFH)

11:00 a.m.–noon

2 • Effectively Dealing with Stress: Growth or Discouragement

Stress is a normal part of life, and it results when circumstances of life feel like more than we can handle. It can result in growth or lead to despair and discouragement. By understanding why stress is in our lives, we can use strategies to keep it from negatively influencing us. Elder Neal A. Maxwell taught, “When, in situations of stress, we wonder if there is any more in us to give, we can be comforted to know that God, who knows our capacities perfectly, placed us here to succeed.” How do we use gospel principles to enhance our abilities to cope and put our stress in perspective? How do we seek the power of the Holy Ghost during times of stress to bring comfort and guidance? What strategies help us to effectively foster growth while coping with stress? How does our faith in Jesus Christ help us to manage stress?

Kristen C. Betts—wife, mother; doctoral student; American Heritage program administrator, BYU; ward Young Women secretary

Mary Kennington—wife, mother, grandmother; clinical psychologist; Primary teacher



Women's Conference Sessions



**BALLROOM,
WILKINSON STUDENT CENTER (WSC)**
11:00 a.m.–noon

3 • No One Else Can Do What a Righteous Woman Can Do

In speaking of the influence of righteous women, President Russell M. Nelson states, “My dear sisters, we need you! We need your strength, your conversion, your conviction, your ability to lead, your wisdom, and your voices. We simply cannot gather Israel without you.” President Nelson describes Mother Eve as an example of a righteous woman, “with her far-reaching vision of our Heavenly Father’s plan . . . [who] moved God’s plan of happiness forward.” President Nelson urges us to do likewise by understanding our “spiritual gifts—to cultivate, use, and expand them, even more than [we] ever have. [We] will change the world as [we] do so.” How do we develop our capacities to be righteous women of influence? In what ways can we identify, cultivate, and use our unique spiritual gifts to bless our families, our neighbors, and the world?

Claudia Hamilton—wife of Elder Kevin S. Hamilton of the Seventy, mother, grandmother; lived five years in Africa on assignment; painter, loves to garden

Dana Wiest—wife, mother, grandmother; returned missionary; temple worker; Women’s Conference committee member; member, Primary general board

**3220–3224
WILKINSON STUDENT CENTER (WSC)**
11:00 a.m.–noon

4 • “The Heart of Her Husband Doth Safely Trust in Her” (Proverbs 31:11)

Sister Barbara B. Smith taught, “The scriptural passages in Proverbs 31 are well known for their listing of the admirable qualities of the virtuous woman, whose ‘price is far above rubies’ (Proverbs 31:10), but in verse 11 we discover a remarkable description of marriage. It reads: ‘The heart of her husband doth safely trust in her’ (Proverbs 31:11). This memorable line discloses, first, that the husband has entrusted his heart to his wife, and second, that she safeguards it. They seem to understand an important truth, that every man and woman who covenant to establish a family must create a safe place for their love.” How do we create safe spaces in our marriages where both can confidently share ideas and differing opinions? How do we build a strong foundation of commitment, trust, loyalty, and love in our marriages?

Cindy Cosgrave—wife, mother, grandmother; served with her husband when he presided over the Ghana Kumasi Mission

Michael Cosgrave—husband, father, grandfather; counselor in stake presidency; former president Ghana Kumasi Mission

**DE JONG CONCERT HALL,
HARRIS FINE ARTS CENTER (HFAC)**
11:00 a.m.–noon

5 • The Light of the Holy Ghost: Our Constant Companion

Elder David A. Bednar teaches, “The Holy Ghost is . . . a personage of spirit and bears witness of all truth. In the scriptures the Holy Ghost is referred to as the Comforter, a teacher, and a revelator. Revelations from the Father and the Son are conveyed through the Holy Ghost. He is the messenger for and the witness of the Father and the Son.” We are taught that “the Holy Ghost works in perfect unity with Heavenly Father and Jesus Christ, fulfilling several roles to help us live righteously and receive the blessings of the gospel” (Gospel Topics, ChurchofJesusChrist.org). Elder Robert D. Hales said, “I offer my testimony of the personal revelation and constant flow of daily guidance, caution, encouragement, strength, spiritual cleansing, comfort, and peace that have come . . . through the Holy Ghost.” How does the Holy Ghost bring light into our lives? How do we recognize and understand the promptings of the Spirit? How do we draw upon the gift and power of the Holy Ghost?

Carolyn Billings—daughter, sister, aunt; director of sports medicine for BYU Athletics; cancer survivor

Karen Hepworth—daughter of God; religion instructor for 23 years; ward Relief Society counselor; former ward Primary and Young Women president; returned missionary; loves the temple

**AUDITORIUM,
JOSEPH SMITH BUILDING (JSB)**

11:00 a.m.–noon

6 • Parenting Children with Depression and Anxiety

In a recent message, “President [Dallin H.] Oaks noted that in addition to the already formidable challenge of raising children in an era of information overload and indifference or hostility toward religion, young parents face the complexity of mental illness.” (Newsroom). Parents raising children suffering from depression and anxiety face unique challenges. When those we love confront mental and emotional trials, Elder Jeffrey R. Holland counsels, “Above all, never lose faith in your Father in Heaven, who loves you more than you can comprehend.” He then advises us to “seek the advice of reputable people with certified training, professional skills, and good values.” How can parents help their children manage depression and anxiety? How can an eternal perspective and faith help us cope as we support our children with mental challenges?

Courtney Merrill Moffat—wife, mother, daughter, sister; marriage and family therapist working with adolescents, young adults, and parents; degrees from Purdue and BYU

Kara Cattani—wife, mother; stake Relief Society counselor; psychologist; lover of nature, beauty, connection, humor, humanity, and golden retrievers

ASSEMBLY HALL, HINCKLEY CENTER (HC)

11:00 a.m.–noon

7 • “Yea, and as Often as My People Repent Will I Forgive Them” (Mosiah 26:30)

“But remember, God is merciful; therefore, repent of that which thou hast done which is contrary to the commandment which I gave you, and thou art still chosen, and art again called to the work” (D&C 3:10). Sister Julie B. Beck counseled, “The easiest, quickest path to happiness and peace is to repent and change as soon as we can.” Sister Linda S. Reeves taught, “Oh, how I want . . . each of you, my brothers and sisters, to feel the joy and closeness to Heavenly Father and to our Savior as we daily repent of our sins and weaknesses. Each accountable child of Heavenly Father needs repentance. Consider what sins we need to repent of. What is holding us back? In what ways do we need to improve?” How can we better understand repentance and the transforming power of the Atonement of Jesus Christ? What can help us “harden not [our] hearts any longer” so that “the great plan of redemption” (Alma 34:31) can be a source of progress and joy?

Susan Mullen—wife, mother; member, Relief Society general board; adjunct faculty, Church History and Doctrine, BYU; served with husband when he presided over the New York Utica Mission; Women’s Conference committee member

Tom Mullen—husband, father; member, Young Men general board; former MTC branch president, YSA stake president, YSA bishop; former president, New York Utica Mission

**PARDOE THEATRE,
HARRIS FINE ARTS CENTER (HFAC)**

11:00 a.m.–noon

8 • Receiving Spiritual Guidance and Being Part of the Solution

In the April 2018 general conference, Elder Larry Y. Wilson counseled us to ask, “‘Lord, what do I need to do to be part of the solution?’ Instead of just listing our problems in prayer and asking the Lord to solve them, we ought to be seeking more proactive ways of receiving the Lord’s help and committing to act according to the Spirit’s guidance.” President Russell M. Nelson has taught that “good inspiration is based upon good information.” As we seek to know more and study it out in our minds, we will gain further light and knowledge. How can we become more proactive in solving our problems by asking the Lord, “What do I need to do to be part of the solution?” How do we learn to receive inspiration that helps solve our problems by following the guidance of the Spirit? How can we use our patriarchal blessing as a guide and source of inspiration?

Eloise Fugal—wife, mother, grandmother; part-time children’s librarian; disability specialist, Lindon Care and Training Center; returned missionary from Uruguay and Paraguay Mission

Rebecca Hunter—teacher; MPA; doctoral candidate; stake Young Women president; enjoys waterskiing and family boating; chocolate cake aficionado



Women's Conference Sessions

MADSEN RECITAL HALL,
HARRIS FINE ARTS CENTER (HFAC)
11:00 a.m.–noon

9 • Reassuring and Showing Others the Way Back into the Fold

The Savior reminds us of the importance of finding and rescuing the one. Just as the shepherd in the Savior's parable left the "ninety and nine" who were safely in the fold to seek after the one (Luke 15:4), we must reach out to those who may have wandered from the fold. We can pray to know who in our lives is yearning for the peace of the Good Shepherd and His gospel. Elder Ulisses Soares teaches, "Those of us who are at different points in the long journey of discipleship must extend a warm hand of fellowship to our new friends, accept them where they are, and help, love, and include them in our lives." How do we guide and love others who desire to return to the peace and assurance of the gospel? What can we do personally to be more welcoming? How can we do as Sister Bonnie Cordon taught and "love them wherever they are spiritually and offer support and encouragement for the next step forward"?

Yvette Arts—wife, mother, grandmother; ward Relief Society second counselor; vice president of business development for Intelligent Image Management, Inc.

Michael Goodman—husband, father; associate professor, Church History and Doctrine, BYU

VARSITY THEATRE,
WILKINSON STUDENT CENTER (WSC)
11:00 a.m.–noon

10 • Family History: It's About Time

Through family history, we can increase the influence of the Spirit in our lives and deepen our testimonies of the plan of salvation and the Lord Jesus Christ. Elder Dale G. Renlund teaches, "When we gather our family histories and go to the temple on behalf of our ancestors, God fulfills . . . promised blessings simultaneously on both sides of the veil." President Henry B. Eyring explains, "The work of gathering Heavenly Father's family is not just for young people, and it is not just for grandparents. It is for everyone. We are all gatherers." By participating in temple and family history service, we discover more about ourselves and our ancestors, and we can connect with them by performing needed gospel ordinances. How can family history bless our lives? How does spending time connecting with our family help create lasting family memories and connect our children to their legacy? How does the work of family history connect the generations?

Allison Hertig—wife, mother, stepmother; homemaker; stake lead temple and family history consultant; loves running, traveling; served mission in Hungary

Jenny Ashcraft—wife, mother, grandmother; serves in stake Young Women presidency

2254 CONFERENCE CENTER (CONF)
11:00 a.m.–noon

11 • Who Is My Neighbor?

The parable of the good Samaritan emphasizes that everyone is our neighbor, and Nephi teaches that "all are alike unto God" (2 Nephi 26:33). God's children vary in race, ethnic background, personal beliefs, sexual orientation, and life experiences. How do we minister to, draw close to, and love those who may be different than we are? How can we have the courage to minister to those who may not respond well to it? Sometimes we get so focused on our literal neighbors that we forget to see the neighbors we live with (spouse, child, roommate). How can we be better ministers to our family members? How can we learn to see others as our Heavenly Father sees them?

Nicki Broby—favorite aunt, sister, daughter; nurse practitioner; serves in ward Young Women presidency; former Emergency Response department missionary; humanitarian

Jenessa MacPherson—faithful wife, mother, daughter, and friend; graduate of BYU; enrichment committee leader; breeder of Australian Labradoodles



BALLROOM, HARMAN BUILDING (HCEB)
11:00 a.m.–noon

12 • Supporting Those with Mental Illness

Our thoughts, emotions, behaviors, and relationships can be negatively affected by mental health challenges or mental illness. Elder Jeffrey R. Holland reminds us, “If you are the one afflicted or a caregiver to such, try not to be overwhelmed with the size of your task. Don’t assume you can fix everything, but fix what you can. If those are only small victories, be grateful for them and be patient.” How do we best respond when mental or emotional challenges confront us or those we love? How can we help those who are struggling? Where can we look for professional help? How do we stay hopeful and never lose faith in our Savior Jesus Christ?

Amanda Harrison—wife, mother; stake Young Women first counselor

Marleen Williams—wife, mother, grandmother; clinical psychologist; retired counselor, BYU Counseling and Career Center

2260 CONFERENCE CENTER (CONF)
11:00 a.m.–noon

13 • Utilizar los fracasos de la vida para crecer y hallar felicidad

El presidente Kevin J Worthen explica: “En nuestra búsqueda de la perfección, la forma en que respondamos ante nuestros fracasos finalmente determinará cuánto éxito tendremos.” Nuestra respuesta ante el fracaso determina nuestro progreso en la vida terrenal. ¿De qué manera confiamos en nuestra fe en la expiación de Jesucristo para ayudarnos a ver las segundas oportunidades que tenemos porque podemos aprender de nuestros errores? ¿Cómo ayudamos a los demás a encontrar maneras positivas de aprender de los reveses de la vida? ¿En qué forma hallamos felicidad en el crecimiento que experimentamos a medida que aprendemos? ¿Cómo ayudamos a nuestros seres queridos a ver que mediante la expiación de Jesucristo pueden progresar y ser los arquitectos de su propia felicidad?

Violeta Mijares—esposa, madre, abuela; originaria de la Ciudad de México; voluntaria y líder Scout; maestra de la Primaria; estudiante del programa Pathway de BYU–Idaho

Gigi Turley—esposa, madre, abuela; chaplain (consejera espiritual); de origen peruano; presidenta de Sociedad de Socorro de barrio; cuidadora de sus padres

Concurrent Sessions
12:30–1:30 p.m.

MARRIOTT CENTER (MC)
12:30–1:30 p.m.

14 • Women Making History in The Church of Jesus Christ of Latter-day Saints

Sister Sharon Eubank declares, “The prophets are calling on us, my sisters. Will you be righteous? Will you articulate your faith? . . . Will you turn on your light?” From the earliest days, women in the Church have known that they were daughters of God with a divine purpose. Both historically and in modern times, Latter-day Saint women have cultivated the attributes of divinity within themselves and tried to fulfill their potential through worship, study, and service. President Thomas S. Monson proclaimed, “My dear sisters, this is your day, this is your time.” What help for our lives can we find in the stories of women in the Church’s history? How can these stories inspire and support us in our day and in our time? How does their devotion to the Savior help us strengthen our own devotion and increase our courage?

Joy D. Jones—wife, mother, grandmother; homemaker; Primary general president; former member, Primary general board

Lisa L. Harkness—wife, mother, grandmother; first counselor, Primary general presidency; former member, Primary general board

Cristina B. Franco—wife, mother, grandmother; second counselor, Primary general presidency; former member, Primary general board; served with husband when he presided over the Argentina Resistencia Mission



Women's Conference Sessions

SMITH FIELDHOUSE (SFH)

12:30–1:30 p.m.

15 • You Are Enough!

Elder J. Devn Cornish shares, “As with my own experience, our members often ask, ‘Am I good enough as a person?’ or ‘Will I really make it to the celestial kingdom?’ . . . ‘Yes! You are going to be good enough’ and ‘Yes, you are going to make it as long as you keep repenting and do not rationalize or rebel!’” Elder Cornish continues, “You positively are going to be ‘good enough,’ that is, acceptable before the Lord; you are going to make it to the celestial kingdom, being perfect in Christ; and you are going to receive the blessings and glory and joy that God desires for each of His precious children.” Sister Michelle Craig teaches, “The good news of the gospel is that with the grace of God, we are enough. With Christ’s help, we can do all things.” The Lord knows us, loves us, and knows we are trying. How does recognizing Christ’s help in our life give us hope? How does the Holy Ghost help us know we are on the right path? How does understanding our divine nature give us strength to repent and progress?

Dianne Nielsen—wife, mother, grandmother; clinical professor, BYU

Laurel Christensen Day—wife, stepmother; vice president of product and branding, Deseret Book; author

BALLROOM, WILKINSON STUDENT CENTER (WSC)

12:30–1:30 p.m.

16 • He Did Speak Peace and Give Assurance to Our Souls

At times we may feel we will be defeated by the challenges we face. Likewise, the army of Helaman, while defending their country, felt the fear of being defeated. Helaman writes, “We did pour out our souls in prayer to God, that he would strengthen us and deliver us. . . . Yea, and it came to pass that the Lord our God did visit us with assurances that he would deliver us; yea, insomuch that he did speak peace to our souls and did grant unto us great faith, and did cause us that we should hope for our deliverance in him” (Alma 58:10–11). What must we do to seek after and receive the assurances of the Lord? When we are struggling, how can remembering the assurances of the Lord strengthen our faith in Him? How does relying on Christ and His Atonement give us peace, assurance, and hope for deliverance in Him?

Janet Rowley—wife, mother, grandmother; former missionary; stake Relief Society president

Mary Williams—mother, grandmother; Relief Society teacher; associate professor, BYU College of Nursing; Women’s Conference committee member

3220–3224

WILKINSON STUDENT CENTER (WSC)

12:30–1:30 p.m.

17 • Answering Sincere Questions about the Gospel of Jesus Christ

The Apostle Peter said, “Be ready always to give an answer to every man that asketh you a reason of the hope that is in you” (1 Peter 3:15). We each need to use our voice and power to articulate the truths of The Church of Jesus Christ of Latter-day Saints to others, whether in quiet conversations, in a public gathering, or on social media. How can we have the courage to stand up for truths of the gospel of Jesus Christ despite differing viewpoints in the world? How can we boldly share our testimonies of the restored gospel of Jesus Christ with love, kindness, and respect to others? How does the way we live demonstrate to others that we follow the living prophet?

J. Spencer Fluhman—PhD; executive director of the Neal A. Maxwell Institute for Religious Scholarship at BYU

Liz Darger—senior associate athletic director, BYU; MA in school counseling psychology; Women’s Conference committee member; member, Young Women general board



**DE JONG CONCERT HALL,
HARRIS FINE ARTS CENTER (HFAC)**
12:30–1:30 p.m.

18 • Understanding and Teaching the Power of the Temple Endowment

The Lord promised in the Kirtland Temple that the temple “is the beginning of the blessing which shall be poured out upon the heads of my people” (D&C 110:10). In His divine directions to Joseph Smith about building the temple, He said, “I design to endow those whom I have chosen with power from on high” (D&C 95:8). President Russell M. Nelson testifies, “Building and maintaining temples may not change your life, but spending your time in the temple surely will.” How can we increase our understanding of the blessing, power, and importance of the endowment in our eternal progress? While still keeping the ordinance sacred, what can we teach our children about covenants and the temple to better prepare them to receive their own endowment? How can we draw upon the power of Heavenly Father and Jesus Christ as a blessing to us and our families as we make and keep sacred temple covenants?

Kristee Roach—wife, mother; former assistant matron Payson temple; former MTC Relief Society presidency member, retired BYU adjunct faculty; served with husband when he presided over the Chicago South Mission

Rebecca Mehr—wife, mother, grandmother; returned missionary; former member, Tabernacle Choir; graduate of computer science, 25 years technical marketing; served with husband as public affairs missionary in Caribbean Area and as he presided over the West Indies mission; former member, Relief Society council at MTC; member, Relief Society general board

**AUDITORIUM,
JOSEPH SMITH BUILDING (JSB)**
12:30–1:30 p.m.

19 • “Take Time to Be Holy”

Sister Carol F. McConkie reminded us, “If we would be holy, we must learn to sit at the feet of the Holy One of Israel and give time to holiness. Do we set aside the phone, the never-ending to-do list, and the cares of worldliness? Prayer, study, and heeding the word of God invite His cleansing and healing love into our souls. Let us take time to be holy, that we may be filled with His sacred and sanctifying Spirit. With the Holy Ghost as our guide, we will be prepared to receive the Savior in the beauty of holiness.” How can we take time to be holy? What daily habits can we start or change to become more holy? How do we bring holiness into our daily lives and activities?



Barbara Bradshaw—wife, mother, grandmother; former member, Relief Society general board; former stake and ward Relief Society president; currently serving as a bishop’s wife

Jana Staples—wife, mother, grandmother; former member, Relief Society general board; former stake and ward Relief Society president; currently serving as a Salt Lake Inner City missionary

ASSEMBLY HALL, HINCKLEY CENTER (HC)
12:30–1:30 p.m.

20 • Choosing to Stay

We may have times in our lives when we have questions or concerns about Church history, doctrines, or principles in the gospel of Jesus Christ. Alma taught, “Even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words” (Alma 32:27). Elder Dieter F. Uchtdorf counsels, “My dear friends—please, first doubt your doubts before you doubt your faith.” What can we do to grow our belief into sure testimony? How can our faith in Jesus Christ dispel our doubts about Church history or doctrine? How can studying Church history, as Elder Quentin L. Cook taught in a Face to Face, “deepen [our] faith and desire to live the gospel more fully”?

Scott Miller—husband, father; dean of the College of Humanities and professor, BYU; sous chef for his foodie wife

Emily Snyder—daughter, oldest sister, “favorite” aunt; chief of staff at Magnolia; MBA from Columbia Business School; former assistant to Harvard’s Clayton M. Christensen; former assistant for general Relief Society presidency; former schoolteacher

Women's Conference Sessions



**PARDOE THEATRE,
HARRIS FINE ARTS CENTER (HFAC)**
12:30–1:30 p.m.

21 • The Godhead: Providing Peace, Guidance, and Assurances

President Dallin H. Oaks teaches, “Because we have the truth about the Godhead and our relationship to Them, the purpose of life, and the nature of our eternal destiny, we have the ultimate road map and assurance for our journey through mortality. We know whom we worship and why we worship. We know who we are and what we can become (see D&C 93:19). We know who makes it all possible, and we know what we must do to enjoy the ultimate blessings that come through God’s plan of salvation.” How does strengthening our faith in the power of our Heavenly Father, the Savior, and the Holy Ghost ease our burdens and provide direction? How does an increased understanding of the unique roles of each member of the Godhead provide peace and assurance?

Jeanne Burgon—disciple of Jesus Christ; wife, mother, grandmother; instructor of Ancient Scripture, BYU; former Church curriculum writing committee member; writer

Christopher Kirkland—husband, father; contributor for *Meridian Magazine*; former BYU Alumni chair for Salt Lake and DC; 15-year temple ordinance worker

**MADSEN RECITAL HALL,
HARRIS FINE ARTS CENTER (HFAC)**
12:30–1:30 p.m.

22 • Loving a Child Who Has Left the Gospel Path

One of the greatest heartaches a parent can suffer is a child who leaves the gospel path. Questions arise of “Why?” or “What did I do wrong?” Elder Orson F. Whitney said, “You parents of the willful and the wayward! Don’t give them up. Don’t cast them off. They are not utterly lost. The Shepherd will find his sheep. They were his before they were yours—long before he entrusted them to your care; and you cannot begin to love them as he loves them.” How do we continue to love our child as the Savior does? How do we effectively maintain a meaningful relationship without criticizing or reacting in fear because of their choices? How do we incorporate examples and principles from the scriptures to enhance our relationships with our children? As we work to personally draw nearer to the Savior, how does that help us reach out in love to others?

Jodi M. Chowen—wife, mom; Girls Camp director; gospel teacher; director, Advisement and Career Services at BYU; adoptee, reunited and reintegrated with birth parents

Karen Jackson White—wife, mother; ward Relief Society president; retired mechanical engineer; happily managing home and family

**VARSITY THEATRE,
WILKINSON STUDENT CENTER (WSC)**
12:30–1:30 p.m.

23 • “How Great Will Be Your Joy” (D&C 18:16)

“And now, if your joy will be great with one soul that you have brought unto me into the kingdom of my Father, how great will be your joy if you should bring many souls unto me!” (D&C 18:16). President Gordon B. Hinckley taught, “Let there be cultivated an awareness in every member’s heart of his own potential for bringing others to a knowledge of the truth. Let him work at it. Let him pray with great earnestness about it.” What are ways we can seek out opportunities to share the gospel of Jesus Christ in our daily activities? What can we do to support the work of our local full-time missionaries? How can we feel joy and the Lord’s guidance as we share the gospel with others?

Lolly Osguthorpe—wife, mother, grandmother; served with husband when he presided over the South Dakota Rapid City Mission; served as matron of the Bismarck North Dakota Temple

Russell Osguthorpe—husband, father, grandfather; former director, Center for Teaching and Learning and emeritus professor of Instructional Psychology and Technology, BYU; former president, South Dakota Rapid City Mission and Bismarck North Dakota Temple; former Area Seventy; former member, Tabernacle Choir

2254 CONFERENCE CENTER (CONF)

12:30–1:30 p.m.

24 • When a Spouse Leaves the Faith

Sometimes women who are faithful members of the Church have a spouse who becomes inactive or leaves the faith. These women are in a challenging position, trying to balance their own spiritual needs with the attitudes and requirements of the spouse. This can create conflict, pain, and suffering in the family. Elder Neil L. Andersen counsels, “In the crucible of earthly trials, patiently move forward, and the Savior’s healing power will bring you light, understanding, peace, and hope.” When a spouse chooses to leave the faith, how do we continue to love them, strengthen our personal testimony, and feel God’s love? How can we continue to have joyful, loving relationships with a spouse who is now less active or has left the faith? How can we personally remain faithful regardless of our spouse’s level of commitment?

Darlene Glazier—wife, mother, grandmother; Sunday School teacher; temple worker; former ward Primary, Young Women, and Relief Society president; former ward choir director; business owner

DeAnn Sadleir—mother, grandmother; blissfully retired; roving ministering angel

BALLROOM, HARMAN BUILDING (HCEB)

12:30–1:30 p.m.

25 • Overcoming Substance Abuse through the Strength of the Savior

Individuals who battle addiction and those who love them often struggle under heavy burdens of worry, hurt, and hopelessness. Those who fight substance abuse need the healing power of the Atonement of Jesus Christ. So do their families. President James E. Faust said, “If we will turn to the Lord and believe on His name, we can change. He will give us the power to change our lives. . . . We can be taken from ‘the darkest abyss’ to ‘behold the marvelous light of God’ (Mosiah 27:29).” As we yield our hearts to the Savior, He will heal us and bring peace (John 14:27). How do we rely on Christ and His power to free ourselves from addiction or from despair over loved ones experiencing addiction? How do we support loved ones who struggle on their pathway to recovery? How does our faith in the Savior strengthen our loved ones as they go through treatment and recovery? What support and resources are available for those with addictions and for their families?

Lisa Tensmeyer Hansen—PhD, licensed marriage and family therapist; sings with the Tabernacle Choir at Temple Square

David Erikson—husband, father of two sets of twins; assistant clinical professor, BYU Counseling and Career Center

2260 CONFERENCE CENTER (CONF)

12:30–1:30 p.m.

26 • Fortalecer a nuestros hijos para que sirvan en el batallón de jóvenes

Nuestros jóvenes requerirán estar fuertes espiritual, física y emocionalmente para responder al llamado del presidente Nelson de “congregar a Israel . . . y cambiar el mundo.” La hermana Joy D. Jones enseña, “El fortalecer a los niños para que lleguen a ser resistentes al pecado es una tarea y una bendición para los padres, los abuelos, los miembros de la familia, los maestros y los líderes.” También sabemos que la salud física y emocional es necesaria para el arduo trabajo de ser misionero. El presidente Oaks también observó que “además del ya formidable desafío de criar hijos en una era . . . de indiferencia u hostilidad hacia la religión, los padres jóvenes enfrentan la complejidad de las enfermedades mentales.” ¿Cómo podemos preparar a nuestros hijos espiritual, física y emocional/mentalmente para servir en el batallón de jóvenes del Señor? ¿En qué forma pueden las personas que tengan habilidades y capacitación profesionales, y que sean respetadas en su campo, ayudarnos a fortalecer a nuestros jóvenes física y emocionalmente?

Ana Pesqueira—esposa, madre, abuela; originaria de México; traductora; presidenta de Mujeres Jóvenes de estaca; miembro del comité de la Conferencia de la Mujer de BYU

Renée Costa—esposa de Joaquín Costa de los Setenta, madre, abuela; originaria de Argentina; exmisionera; traductora; estudiante de Family Life Coaching y de Matrimonio y Vida Familiar en BYU–Idaho



Women's Conference Sessions

Concurrent Sessions 2:00–3:00 p.m.

MARRIOTT CENTER (MC)

2:00–3:00 p.m.

27 • Endowed with Priesthood Power

How do we invite God's priesthood power into our lives? President M. Russell Ballard reminds us, "Those who have entered the waters of baptism and subsequently received their endowment in the house of the Lord are eligible for rich and wonderful blessings. The endowment is literally a gift of power . . . [and] our Father in Heaven is generous with His power." President Russell M. Nelson promises, "More regular time in the temple will allow the Lord to teach you how to draw upon His priesthood power with which you have been endowed in His temple." How can we more consistently draw on God's priesthood power? How will God's priesthood power help us as daughters of God, sisters, wives, and mothers? How can we help our children know that, as Sister Sheri Dew taught, "the blessings of the priesthood are available to every righteous man and woman" and that "we may all receive the Holy Ghost, obtain personal revelation, and be endowed in the temple, from which we emerge 'armed' with power"?

Jean B. Bingham—wife, mother, grandmother; Relief Society general president; former first counselor, Primary general presidency; former Primary general board member; former English as a Second Language teacher

Sharon Eubank—first counselor, Relief Society general presidency; director, LDS Charities; Relief Society teacher

Reyna I. Aburto—wife, mother, grandmother; second counselor, Relief Society general presidency; former member, Primary general board; translator; native of Nicaragua



SMITH FIELDHOUSE (SFH)

2:00–3:00 p.m.

28 • Never beyond the Reach of His Divine Love

We may think that our mistakes are beyond repair, resulting in our inability to feel God's love. But Elder Jeffrey R. Holland teaches, "However late you think you are, however many chances you think you have missed, however many mistakes you feel you have made . . . or however far from home and family and God you feel you have traveled, I testify that you have not traveled beyond the reach of divine love. It is not possible for you to sink lower than the infinite light of Christ's Atonement shines." Heavenly Father is our literal Father, and He gave His Son so that we could return to Him. God takes us as we are if we earnestly seek Him. We can be made whole through the Atonement of Jesus Christ. How can we come to know we are never beyond the reach of Christ's Atonement and love? How can we more fully trust in the promises of the Savior's Atonement and recognize God's love in our lives?

Diane Done Adair—wife, mother; institute teacher

Hilary Weeks—wife, mother; songwriter, performer, inspirational speaker; stake Relief Society counselor

BALLROOM,

WILKINSON STUDENT CENTER (WSC)

2:00–3:00 p.m.

29 • Being a Contributing and Full Partner in Marriage

President Kimball declared, "When we speak of marriage as a partnership, let us speak of marriage as a full partnership. We do not want our . . . women to be silent partners or limited partners in that eternal assignment!" Sister Linda K. Burton reminded us that the Church handbook states, "the nature of male and female spirits is such that they complete each other . . . [not] 'compete with each other.'" She emphasized that "we are here to help, lift, and rejoice with each other as we try to become our very best selves." Elder L. Whitney Clayton observes that "in wonderful, happy marriages, husbands and wives treat each other as equal partners . . . [and] make decisions unanimously, with each of them acting as a full participant and entitled to an equal voice and vote." How can we become fully contributing partners in our marriages? How can we counsel together more effectively with our spouses?

Molly Wetzel—wife, mother, grandmother; Mia Maid advisor; BA in communications

Jeff Wetzel—husband, father, grandfather; business owner; stake president, Area Seventy

3220–3224

WILKINSON STUDENT CENTER (WSC)

2:00–3:00 p.m.

30 • The Powerful, Unheralded Work of Mothers

The work of a mother is hard and too often unheralded. Hopefully mothers realize they are doing God's work and are in an eternal partnership with Him. However, especially in the early years, many times mothers feel exhausted and unappreciated. Elder Jeffrey R. Holland gives this counsel: "Do the best you can through these years, but whatever else you do, cherish that role that is so uniquely yours and for which heaven itself sends angels to watch over you and your little ones." How can mothers "cherish" their role? How do mothers build spiritual, physical, and mental reserves when there are so many other demands on their time? How can mothers learn to not feel guilty when their own bucket needs to be filled?

Dianne Bauman—wife, mother; counselor in ward Young Women; avid Utah fan; loves hosting parties, reading, hiking, and (most of all) hanging out with family

Stephanie Treanor—wife, mother; ward Young Women president; BYU graduate in exercise science; health coach, fitness instructor; My Tiny Teachers blogger; loves the sun, dancing, and being with family

DE JONG CONCERT HALL,
HARRIS FINE ARTS CENTER (HFAC)

2:00–3:00 p.m.

31 • Finding Joy amidst Adversity

President Russell M. Nelson teaches, "Life is filled with detours and dead ends, trials and challenges of every kind. Each of us has likely had times when distress, anguish, and despair almost consumed us. Yet we are here to have joy? Yes!" He explains, "The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives. When the focus of our lives is on God's plan of salvation . . . and Jesus Christ and His gospel, we can feel joy regardless of what is happening—or not happening—in our lives. Joy comes from and because of Him. He is the source of all joy." Sister Jean B. Bingham testifies, "As you center your life on Jesus Christ, you will find joy in your circumstances, whatever they may be." How does turning to the Savior in times of adversity help us to find joy? How does our perspective change when we seek the Lord's help during times of challenge and trial?

Elaine S. Marshall—wife, mother, grandmother; former dean, BYU College of Nursing; Gospel Doctrine teacher

Dana J. Wright—wife, mother, grandmother; former BYU Women's Conference service subcommittee chair; member, Primary general board

AUDITORIUM,

JOSEPH SMITH BUILDING (JSB)

2:00–3:00 p.m.

32 • The Enabling Power of Jesus Christ

Sister Jean B. Bingham explains, "Because of Jesus Christ's Atonement, which includes the gifts of redemption and resurrection, we are able to repent, change, and progress eternally. Because of the power He gives us as we are obedient, we are able to become more than we ever could on our own." How does the power of Jesus Christ, made available to us through His divine nature, His complete charity, and His atoning sacrifice help us to solve problems, overcome obstacles, and experience peace and assurance? How can we draw on Christ's power to reach our divine potential? How does the power of Jesus Christ enable us to build and contribute to the kingdom of God?

Jodie Stratford—wife, mother; homemaker, gardener; learning daily from my children, especially my 10-year-old son with Down syndrome

Nolan Crabb—husband, father, grandfather; guide dog user; director, Assistive Technology, The Ohio State University; Sunday School course 13 teacher

ASSEMBLY HALL, HINCKLEY CENTER (HC)

2:00–3:00 p.m.

33 • Righteous Responsiveness

In the October 2018 general conference, President Russell M. Nelson asked the sisters of the Church to fast from social media for 10 days and to read the Book of Mormon by the end of the year, among other challenges. Elder David A. Bednar has encouraged us to react humbly and obediently to such challenges by citing the examples of President Nelson and President Henry B. Eyring, who "righteously and rapidly responded to President [Thomas S.] Monson's encouragement to read and study the Book of Mormon. Though both men were serving in important and visible Church positions and had studied the scriptures extensively for decades, they demonstrated in their responses no hesitation or sense of self-importance." How can we willingly submit and righteously respond to the will of the Lord and the words of our living prophets? How can we learn to act rather than react when a challenge or direction comes our way?

Chelsea Chipman—sister, aunt; Utah Valley Institute instructor; master's degree in instructional leadership; returned missionary; ward Relief Society education counselor; cheerleader for all the underdogs in life

Filomena Teixeira—wife of Elder José A. Teixeira of the presidency of the Seventy, mother, grandmother; master's degree in education; former math and science teacher; author; born in Portugal

Women's Conference Sessions



**PARDOE THEATRE,
HARRIS FINE ARTS CENTER (HFAC)**
2:00–3:00 p.m.

34 • Obtaining a Deep and Lasting Conversion through Home Gospel Study

On the first page of the new *Come, Follow Me—For Individuals and Families*, it states, “The aim of all gospel learning and teaching is to deepen our conversion and help us become more like Jesus Christ.” For many years, Church leaders have been emphasizing that home is the best place to teach, learn, and live the gospel. Sister Cheryl A. Esplin taught, “Teaching for understanding takes determined and consistent effort. It requires teaching by precept and by example and especially by helping our children live what they learn.” How can we become more effective, efficient, and engaging teachers at home? How can we teach as the Savior taught? How can a “home-centered, Church-supported” curriculum be used by all members to obtain a deep and lasting conversion?

Jennifer Lund—wife, mother; served mission in Russia; BYU graduate; family history enthusiast; gospel teacher; music coach; photo documenter and organizer

Jon Lund—husband, father; served mission in Argentina; mechanical engineer; BS, MS, MBA; cellist; Scoutmaster; iPhone app developer and business owner

**MADSEN RECITAL HALL,
HARRIS FINE ARTS CENTER (HFAC)**
2:00–3:00 p.m.

35 • The Miracle of Forgiveness and Reconciliation

Elder Jeffrey R. Holland counsels, “Forgiving and forsaking offenses, old or new, is central to the grandeur of the Atonement of Jesus Christ. I testify that ultimately such spiritual repair can come only from our divine Redeemer.” The Savior has taught, “Blessed are ye if ye have no disputations among you” (3 Nephi 18:34) and that we must “live together in love” (D&C 42:45). All of us have experienced times when we have been hurt, offended, or the recipient of painful interactions. The Savior instructs that we must “first be reconciled to thy brother, and then come unto me with full purpose of heart, and I will receive you” (3 Nephi 12:24). How do we gain strength through the Atonement of Jesus Christ to forgive offenses? How do we gain the faith and the courage to reconcile with those who have hurt or offended us? How does praying for the gift of charity help us with the forgiveness process?

Stan Benfell—husband, father; professor of comparative literature and associate director for Academic Programs and Research, BYU Kennedy Center; former bishop

Melanie Sandgren—mother, grandmother; Primary teacher, organist; writer

**VARSITY THEATRE,
WILKINSON STUDENT CENTER (WSC)**
2:00–3:00 p.m.

36 • “Swiftly Fly the Years” (Fiddler on the Roof)

Speaking of our later years, President Boyd K. Packer observed, “We cannot do what we once did, but we have become more than ever we were before. Life’s lessons, some of them very painful, qualify us to counsel, to correct, and even to warn our youth. In your golden years there is so much to do and so much to be. . . . Keep the fire of your testimony of the restored gospel and your witness of our Redeemer burning so brightly that our children can warm their hands by the fire of your faith.” How can “[our] testimony of the restored gospel and [our] witness of our Redeemer” help us to embrace whatever stage of life we are in? How can we keep our bodies, minds, and spirits healthy as we enter our later years? How can sharing our experiences and testimonies help continue to build the kingdom of God?

Sylvia Hansen—wife, mother, grandmother, great grandmother; artist; retired schoolteacher; temple ordinance worker; full-time caretaker of her husband; loves to make orange rolls

JoAnn Henrikson—devoted mother and grandmother; grandmother of a sister missionary; recent widow; Relief Society ministering secretary; former Stake family history codirector with late husband; retired operating room nurse



There's something special about gathering with other youth in Moab who share your beliefs to enjoy the beauty of nature, participate in breathtaking recreational activities, and build your testimony. This is what we've created with AFY (Adventure for Youth). Come explore the great outdoors and build your faith.

2019 Dates

- Session 1: June 3–8
- Session 2: June 10–15
- Session 3: June 17–22
- Session 4: June 24–29

BYU CONTINUING EDUCATION



Illustration from TROUBLE GUM by Caldecott Medal winner Matthew Cordell

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MISSION READY

July 15–20 | missionready.byu.edu

BYU CONTINUING EDUCATION



BYU LAW CAMP

July 29 - August 3, 2019

lawcamp.ce.byu.edu

BYU Women's Conference Map

COURTESY SHUTTLES run the routes shown below to the stops indicated with bus icons. Please give preference to seniors and those with mobility issues. See page 11 for information on conference parking, wheelchair van, and disability parking.

ROUTES:

- PINK route:** MC -> SFH -> MC
 - BLUE route:** MC -> Helaman Halls -> MC
 - PURPLE route:** MC -> Provo High -> Stadium Parking -> MC
 - BROWN route:** MC -> Stadium Parking -> MC
 - RED route:** MC -> HFAC -> MC (buses only)
 - GREEN route:** MC -> near JSB -> MC
 - ORANGE route:** MC -> WSC -> MC (vans only)
- On-call routes: Wyview and Bulldog lots; call number posted on sign in lot during times listed below.

TIMES:

- MORNING SHUTTLES: 7:30-9:30 a.m.:**
PINK, BLUE, BROWN, PURPLE
 - DAYTIME SHUTTLES: 9:30 a.m.-4:00 p.m.:**
PINK, RED, GREEN, ORANGE
- Limited shuttles will also run the BLUE, BROWN, and PURPLE routes during both days.

EVENING SHUTTLES

- Thursday, 4:00-11:00 p.m.: BLUE, BROWN, PINK, PURPLE; *ORANGE (*ends at 8:00 p.m.)
- Friday, 4:00-6:00 p.m.: PINK, BLUE, BROWN, PURPLE

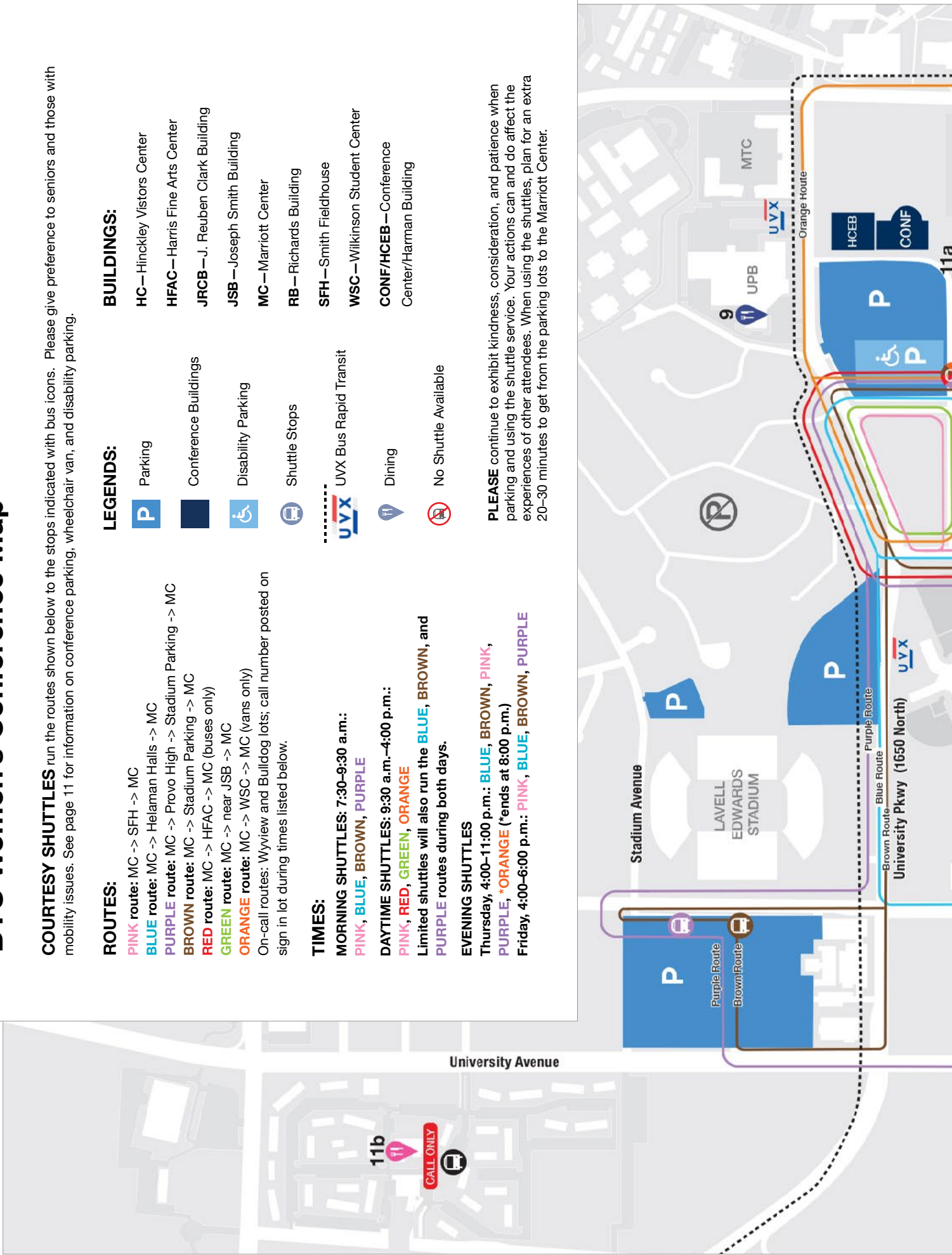
LEGENDS:

-  Parking
-  Conference Buildings
-  Disability Parking
-  Shuttle Stops
-  UVX Bus Rapid Transit
-  Dining
-  No Shuttle Available

BUILDINGS:

- HC**—Hinckley Visitors Center
- HFAC**—Harris Fine Arts Center
- JRCB**—J. Reuben Clark Building
- JSB**—Joseph Smith Building
- MC**—Marriott Center
- RB**—Richards Building
- SFH**—Smith Fieldhouse
- WSC**—Wilkinson Student Center
- CONF/HCEB**—Conference Center/Harman Building

PLEASE continue to exhibit kindness, consideration, and patience when parking and using the shuttle service. Your actions can and do affect the experiences of other attendees. When using the shuttles, plan for an extra 20-30 minutes to get from the parking lots to the Marriott Center.





1 Come enjoy a great dining experience at The Commons. We offer all-you-care-to-eat from six different food platforms, which include the following: a salad and fruit bar, pasta, entrée choices, burgers, soups, waffles, desserts, and more. For more information, visit: dining.byu.edu/cannon

LOCATION:
Helaman Halls, Cannon Commons
WOMEN'S CONFERENCE HOURS:
Thu.-Sat. (Breakfast) 6:30-9:00 a.m.
Thu.-Fri. (Lunch) 11:00 a.m.-1:30 p.m.
Wed.-Fri. (Dinner) 4:30-7:30 p.m.



2 Don't lose your parking spot to drive around looking for a restaurant. Stay at the Marriott Center and enjoy great food without the hassle. Choose from sandwiches, entrees, salads, BYU brownies, and more. Also enjoy food booths from outside restaurants and food trucks. For more information, visit: dining.byu.edu/concessions

LOCATION:
Marriott Center
HOURS:
Thu. 7:30 a.m.-8:30 p.m.
Fri. 7:30 a.m.-5:30 p.m.



3 Social gatherings and great food fill the Cougareat. You'll find Aloha Plate, Subway, Chick-fil-A, Grab & Go, L&T Produce, Scoreboard Grill, Papa John's, Cougar Café, Jamba Juice, Cougar Express, and Taco Bell. For more information, visit: dining.byu.edu/cougareat

LOCATION:
Wilkinson Student Center
HOURS:
Mon.-Fri. 7:00 a.m.-9:00 p.m.



4 Enjoy lunch and appeal to your finer tastes with quiches, fruit, sandwiches, salads, soups, breads, and entrées at this bistro cuisine café located in the Museum of Art. For more information, visit: dining.byu.edu/moacafe

LOCATION:
Museum of Art
HOURS:
Thu.-Fri. 10:30 a.m.-4:00 p.m.



5 Let your taste buds tackle the flavor of BYU. Choose from specialty salads, hearth-baked pizzas, salmon, chicken, oven-toasted sandwiches, and much more. For more information, visit: dining.byu.edu/legendsgrille

LOCATION:
Student Athlete Building
HOURS:
Thu. 11:00 a.m.-3:30 p.m.
Thu. Buffet 5:00 p.m.-7:30 p.m.
Fri. 11:00 a.m.-2:00 p.m.



6 Enjoy a spectacular view of campus while you partake of our chef-inspired international buffet at our national, award-winning restaurant located on the sixth floor of the WSC. To see what menu the Chef has created, visit: dining.byu.edu/skyroom

LOCATION:
Wilkinson Student Center, 6th floor
HOURS:
Thu.-Fri. 11:00 a.m.-2:00 p.m.



7 Fill up on an all-American meal of hamburgers, fries, and milkshakes in a '50s-style atmosphere. When you're finished, stock up on groceries with a variety of fresh fruits, vegetables, meats, bakery items, and household products. For more information, visit: dining.byu.edu/creamery

LOCATION:
1200 North 900 East
MON-SAT HOURS:
Store 7:00 a.m.-11:00 p.m.
Grill 11:00 a.m.-8:00 p.m.
Ice Cream 7:00 a.m.-10:00 p.m.



8a Enjoy a refreshing Jamba Juice any time of day. Choose from a variety of delicious fruit combinations. For menu information, visit: dining.byu.edu/jambajuce

LOCATION:
8a-Wilkinson Student Center, 2nd floor
8b-Student Athlete Building
HOURS:
Wilkinson Student Center
Thu. 9:00 a.m.-7:00 p.m.
Fri. 9:00 a.m.-4:00 p.m.
Student Athlete Building
Thu. 10:00 a.m.-8:00 p.m.
Fri. 10:00 a.m.-4:00 p.m.



9 Located off University Parkway, Campus Floral is a convenient choice for all of your floral needs. Pick up fresh flowers for any occasion. When you really want to impress, pair flowers with any of our fine jewelry or other assorted gifts. We deliver anywhere in the continental United States. Please visit: campusfloral.byu.edu

LOCATION:
685 E University Pkwy
HOURS:
Mon.-Fri. 9:00 a.m.-5:30 p.m.
Sat. 9:00 a.m.-3:00 p.m.



10 Come enjoy good company and great food, including salads, sandwiches, and specialty drinks.

For more information about The Wall, visit: thewall.byu.edu

LOCATION:
Wilkinson Student Center, 1st floor
HOURS:
Thu. 7:45 a.m.-11:00 p.m.
Fri. 7:45 a.m.-midnight



Low-priced milk, fresh bread, and famous Creamery ice cream are just a quick walk away at the creameries at Wyview, Helaman Halls, and the Creamery Outlet. Enjoy friendly service and other delicious dairy and snack items. For more information, visit: dining.byu.edu/creamery

11a **Creamery Outlet:**
Located in the Culinary Support Center
Mon.-Sat. 8:00 a.m.-7:00 p.m.

11b **Helaman Halls:**
Located next to Cannon Commons
Mon-Tues. 8:00 a.m.-8:00 p.m.
Wed. 8:00 a.m.-10:00 p.m.
Thurs.-Fri. 7:00 a.m.-10:00 p.m.
Sat. 8:00 a.m.-6:00 p.m.
Grill opens at 12:00 noon each day.

11c **Wyview Housing Area:**
1700 North 950 East
Mon.-Fri. 8:00 a.m.-10:00 p.m.
Sat. 9:00 a.m.-10:00 p.m.



12 Cosmo's Mini Mart offers an enticing selection of breakfast, lunch, and dinner options available early and late. Find delicious sandwiches, pizza, chips, drinks, and more. Whether you are looking for a snack or a meal, or you need that toothbrush, shampoo, or Kleenex that you forgot to pack, you'll find it here! Please visit: byustore.com

LOCATION:
Southwest corner of the BYU Store
HOURS:
Wed. 7:30 a.m.-6:00 p.m.
Thu. 7:30 a.m.-8:00 p.m.
Fri. 7:30 a.m.-8:00 p.m.
Sat. 9:00 a.m.-6:00 p.m.



Dining Services

Chef Driven, Student Powered

dining.byu.edu
801-422-4935

2254 CONFERENCE CENTER (CONF)

2:00–3:00 p.m.

37 • Ministering Because We Love Him

President Russell M. Nelson has invited us to “a newer, holier approach to caring for and ministering to others.” That invitation suggests that we minister because of our love for God. Sister Joy D. Jones teaches, “Knowing the who and the why in serving others helps us understand that the highest manifestation of love is devotion to God.” She further testifies that “when Jesus Christ, through the power of His Atonement, works on us and in us, He begins to work through us to bless others. We serve them, but we do so by loving and serving Him.” How do we make the focus of our ministering our love of God? How does our love for God improve our ministering? How does our motivation for ministering change the way we minister to, provide for, and love others?

Janice James Ahuna—wife, mother, grandmother; former institute teacher and stake Young Women president; travels with family, sharing family message through Polynesian dance and music

Carol Hudson—wife, mother, grandmother; served with husband when he presided over the New Zealand Wellington Mission

BALLROOM, HARMAN BUILDING (HCEB)

2:00–3:00 p.m.

38 • Help and Hope for Single Parents

Addressing single parents, Elder David S. Baxter teaches, “You are striving to raise your children in righteousness and truth, knowing that while you cannot change the past, you can shape the future. . . . With God’s help, you need not fear for the future. Your children will grow up and call you blessed, and every single one of their many achievements will stand as a tribute to you. . . . Truly you are not alone. Let the redemptive, loving power of Jesus Christ brighten your life now and fill you with the hope of eternal promise.” How does the Lord strengthen single parents? What promises does He give to those who feel that they walk their path alone? How can we face our trials with greater acceptance, an understanding heart, and deeper gratitude? How does our perspective change when we look to him for daily guidance?

Tanya Nelson—single mother, counselor in stake Relief Society; special education teacher to teenage boys at risk

Brent Scharman—husband, father, grandfather; psychologist; previously divorced, stepparent

2260 CONFERENCE CENTER (CONF)

2:00–3:00 p.m.

39 • El poder habilitador de Jesucristo

La hermana Jean B. Bingham explica: “Debido a la expiación de Jesucristo, que incluye los dones de redención y resurrección, podemos arrepentirnos, cambiar y progresar eternamente. Debido al poder que Él nos da al ser obedientes, somos capaces de llegar a ser más de lo que podríamos por nosotros mismos.” El poder de Jesucristo, puesto a nuestro alcance por medio de Su naturaleza divina, Su caridad absoluta y Su sacrificio expiatorio, ¿cómo nos ayuda a resolver problemas, vencer obstáculos y tener paz y seguridad? ¿Cómo podemos recurrir al poder de Cristo para alcanzar nuestro potencial divino? ¿En qué forma nos habilita el poder de Jesucristo para edificar el Reino de Dios y contribuir a él?

Grace González—esposa, madre, abuela; originaria de Argentina; exmisionera; ex maestra de seminario matutino; diseñadora gráfica; editora de las revistas Women in Business y Utah Women

Olimpia Okamura—esposa, madre, abuela; mexicana; agente de bienes raíces; presidenta de Sociedad de Socorro de barrio; disfruta la naturaleza, música, familia, especialmente sus nietos

Thursday Afternoon General Session

**MARRIOTT CENTER (MC)**

3:45–5:00 p.m.

Preparing for, Receiving, and Acting on Revelation

Rebecca Pinegar—wife, mother, grandmother; assistant matron, Provo Temple; served with husband as directors over the London England Temple Visitors’ Center

Women's Conference Sessions

Friday Morning General Session



MARRIOTT CENTER (MC)
9:00–10:15 a.m.

Sister to Sister Event

Jean B. Bingham—wife, mother, grandmother; Relief Society general president; former first counselor, Primary general presidency; former Primary general board member; former English as a Second Language teacher



Bonnie H. Cordon—wife, mother, grandmother; Young Women general president; returned missionary; served with her husband when he presided over the Brazil Curitiba Mission



Joy D. Jones—wife, mother, grandmother; homemaker; Primary general president; former member, Primary general board

Concurrent Sessions 11:00 a.m.–noon

MARRIOTT CENTER (MC)
11:00 a.m.–noon

40 • Establishing a Christ-Centered Home through Gospel Teaching

President Russell M. Nelson has emphasized increased efforts to ensure “a home-centered and Church-supported plan to learn doctrine, strengthen faith, and foster greater personal worship.” Elder Quentin L. Cook further teaches, “Our purpose is to balance the Church and the home experiences in a way that will greatly increase faith and spirituality and deepen conversion to Heavenly Father and the Lord Jesus Christ.” How do we make our homes sanctuaries of faith that lead to deeper conversion? In what ways can we establish wholesome traditions that teach the doctrines of Christ? How do we stay consistent and motivated in establishing patterns of gospel learning? How do we integrate into our gospel teaching Church resources such as *Come, Follow Me—For Individuals and Families*?

Martha Darger Carrington—applying social work background to the social workings of marriage and motherhood; former ward Relief Society and Young Women president; an accomplished Martha striving to be more like Mary (Luke 10:42)

Tyler Griffin—husband, father; faculty member, Ancient Scripture BYU; counselor in stake presidency; author; cofounder and codirector of BYU's virtualscriptures.org



SMITH FIELDHOUSE (SFH)

11:00 a.m.–noon

41 • Choosing to Be Kind

Elder Joseph B. Wirthlin taught, “Kindness is the essence of a celestial life. Kindness is how a Christlike person treats others.” President Dallin H. Oaks explains, “Our world needs your goodness and love. Be kind to one another. Jesus taught us to love one another and to treat others as we want to be treated. As we strive to be kind, we draw closer to Him and His loving influence.” President Russell M. Nelson invites, “Stand out; be different from the world. . . . You are to be a light to the world. Therefore, the Lord needs you to look like, sound like, act like, and dress like a true disciple of Jesus Christ.” How can we teach our family members to be kind, within the family and outside of it, as well as within the Church and outside of it? How can we see and understand that each person is a sacred being? How can we learn to withhold judgment and show love instead?

Cheryl Gerdy—aunt, sister; pediatric oncology nurse and clinical director of Cancer, Blood, Transplant services, Primary Children’s Hospital

Mary Ellen Edmunds—author; nurse; former director of training, Provo MTC; former member, Relief Society general board

**BALLROOM,
WILKINSON STUDENT CENTER (WSC)**

11:00 a.m.–noon

42 • I Have Dwelt in the Spirit of Prayer

President Joseph F. Smith said, “I have not lived alone these [last] five months. I have dwelt in the spirit of prayer, of supplication, of faith and of determination; and I have had my communication with the Spirit of the Lord continuously.” President Russell M. Nelson teaches, “When should we pray? The Lord said, ‘Search diligently, pray always, and be believing, and all things shall work together for your good’ (D&C 90:24).” How can we dwell in the spirit of prayer? How does persistence in prayer help us become humble and understanding? What can we learn from Alma’s teaching that we should “let [our] hearts be full, drawn out in prayer unto him continually for [our] welfare, and also for the welfare of those who are around you” (Alma 34:27)?

Dori Bowman—wife, mother; vice president, Utah American Mothers; bold believer in covenant keeping, power of prayer, reality of angels, and dance parties in the car

Lisa Clayton—wife of Weatherford T. Clayton of the Seventy, mother, grandmother; served in the Canada Toronto Mission; MA in religion, Claremont Graduate University

3220–3224**WILKINSON STUDENT CENTER (WSC)**

11:00 a.m.–noon

43 • Obedience: The Lifeblood of Faith

“Obedience is the lifeblood of faith,” President Dieter F. Uchtdorf teaches. “It is by obedience that we gather light into our souls. . . . We may see obedience as an end in itself, rather than a means to an end. . . . Maybe obedience is not so much the process of bending, twisting, and pounding our souls into something we are not. Instead, it is the process by which we discover what we truly are made of. . . . Eventually, the priceless, eternal spirit of the heavenly being within us is revealed, and a radiance of goodness becomes our nature.” How does being obedient increase our faith? How does being faithful increase our obedience? How can we come to see, as President Uchtdorf taught, “obedience not as a punishment but as a liberating path to our divine destiny”?

Steve Crandall—husband, father; stake president; physical therapist; business owner; loves to run, ski, participate in yoga; returned missionary in Argentina

Jody Moore—wife, mother; Primary teacher; BA in communications and MA in adult education; certified coach, podcaster, and work-in-progress

**DE JONG CONCERT HALL,
HARRIS FINE ARTS CENTER (HFAC)**

11:00 a.m.–noon

44 • To Take His Name upon Us

In Mosiah 5:13 King Benjamin said, “For how knoweth a man the master whom he has not served, and who is a stranger unto him, and is far from the thoughts and intents of his heart?” President Henry B. Eyring teaches, “We must work continually to take His name throughout our lives, including when we renew covenants at the sacrament table and make covenants in the Lord’s holy temples.” What must we do each day to continually take the Savior’s name upon us? What are ways to keep Jesus Christ as the center of our lives? How will we know the “Atonement of Jesus Christ is truly written in our hearts” (Sister Linda K. Burton)? How can we keep His image in our countenances?

Ally Isom—wife, mother, grandma; Director of Institutional Messaging, The Church of Jesus Christ of Latter-day Saints; former deputy chief of staff and spokesperson for Utah governor; sleeps too little, says too much, repents often

Lori Newbold—director of training services for Seminaries and Institutes of Religion; returned missionary; former member of Materials Evaluation Committee for Church Correlation; member, Young Women General Board

Women's Conference Sessions

**AUDITORIUM,
JOSEPH SMITH BUILDING (JSB)**
11:00 a.m.–noon

45 • Choosing to Be All In

The changes announced in the last two general conferences will test whether we are “all in”—that is, deeply converted and committed to our God. Elder Gary B. Sabin teaches, “The Lord requires the heart and a willing mind. Our whole heart! When we are baptized, we are fully immersed as a symbol of our promise to fully follow the Savior, not half-heartedly. When we are fully committed and ‘all in,’ heaven shakes for our good. When we are lukewarm or only partially committed, we lose out on some of heaven’s choicest blessings.” Elder Taniela B. Wakolo counsels, “When we are casual shepherds of our own soul and others’ souls, casualties are likely. Casualness leads to casualties.” How do we press forward with faith and be “all in” in our commitment to God and in being a disciple of Jesus Christ? How do we, as Elder Sabin taught, “recalculate our route if need be and look forward with great hope and faith”?

Cathy Nixon—Utah Valley University head women’s basketball coach; former YSA stake Relief Society president; favorite aunt; loves adventures, fishing, and ice cream

Lee Anne Pope—wife, mother; former personal assistant to David Letterman, worked at ESPN; serves in ward Young Women presidency; husband is UVU head men’s basketball coach

ASSEMBLY HALL, HINCKLEY CENTER (HC)
11:00 a.m.–noon

46 • The Prophet Leads Us to Jesus Christ

Many people in today’s world are seeking guidance and direction in their lives. It is a blessing to know that a prophet of God is on the earth today. Elder Neil L. Andersen emphasizes, “The most important role of the Lord’s prophet is to teach us of the Savior and lead us to Him.” Elder Gerrit W. Gong testifies, “The Father and the Son did come to the Prophet Joseph Smith, reopening the heavens in restoration and revelation that continues today in the Church of Jesus Christ of Latter-day Saints, led by our Savior Jesus Christ through his prophet, President Russell M. Nelson.” President George Albert Smith taught that sustaining the prophet means “we will stand behind him; we will pray for him; we will defend his good name, and we will strive to carry out his instructions.” How does heeding the prophet lead us closer to Jesus Christ? How does seeking to follow Jesus Christ help us to follow the prophet?

Sara Jones—wife, mother; homemaker; attorney; ward Young Women president

Rosalie Ringwood—wife of Elder Michael T. Ringwood of the Seventy, mother, daughter of President Russell M. Nelson

**PARDOE THEATRE,
HARRIS FINE ARTS CENTER (HFAC)**
11:00 a.m.–noon

47 • Strength and Peace in Scripture Study

President Russell M. Nelson declares, “The truths of the Book of Mormon have the power to heal, comfort, restore, succor, strengthen, console, and cheer our souls.” Elder David A. Bednar teaches, “The scriptures contain the words of Christ and are a reservoir of living water to which we have ready access and from which we can drink deeply and long. [We] must look to and come unto Christ, who is ‘the fountain of living waters’ by reading, studying, searching, and feasting upon the words of Christ as contained in the holy scriptures. By so doing, we can receive both spiritual direction and protection during our mortal journey.” How does feasting upon the scriptures increase our faith in Jesus Christ and create a framework for our understanding of the gospel? How can we better understand the scriptures? How can we improve our scripture study?

Janae Cox—wife, mother; youth Sunday School teacher, former Gospel Doctrine teacher; leader of high school scripture study group; BA from BYU

Marcie Jessee—wife, mother; homeschool educator; Women’s Conference committee member; ward Primary presidency counselor; loves chocolate, family adventures, and scripture power



**MADSEN RECITAL HALL,
HARRIS FINE ARTS CENTER (HFAC)**
11:00 a.m.–noon

48 • Using Life's Failures to Grow and Find Happiness

President Kevin J Worthen explains, "Failure is an inevitable part of the quest. In our quest for perfection, how we respond when we fail will ultimately determine how well we will succeed." Failure is an important part of our mortal journey, and our response determines our progression. Elder Lynn G. Robbins teaches, "Amid a life full of stumbling blocks and imperfection, we all are grateful for second chances." How can we learn to accept failure as a part of moving forward on the path toward perfection? How do we embrace failure as a way to make "weak things become strong" (Ether 12:27)? How can parents model for their children effective strategies to manage failure? How do parents help children develop the attitudes and skills necessary to foster growth and learn from failure?

Julie Poole—wife, mother (regular, grand, great); Relief Society teacher; Self-Reliance Services regional manager; has assisted 30,000+ to acquire employment and educational opportunities

Lyle J. Burrup—husband, father, grandfather; jogger and learner; Gospel Doctrine teacher; LDS Family Services mental health adviser to the Missionary Department

**VARSITY THEATRE,
WILKINSON STUDENT CENTER (WSC)**
11:00 a.m.–noon

49 • Sacred Sabbath: Holy Day, Joyful Day

The Sabbath is a sacred, holy day. How we hallow the Sabbath reflects our love for God. President Russell M. Nelson testifies, "The new home-centered, Church-supported integrated curriculum has the potential to unleash the power of families . . . to transform their home into a sanctuary of faith. I promise that as you diligently work to remodel your home into a center of gospel learning, over time your Sabbath days will truly be a delight. Your children will be excited to learn and to live the Savior's teachings, and the influence of the adversary in your life and in your home will decrease. Changes in your family will be dramatic and sustaining." With the adjustment to the Sunday meeting schedule, how do we hallow the Sabbath and make it a delight? What are some ways we can learn doctrine, increase our faith, and deepen our conversion on the Sabbath? How does honoring the Sabbath help us teach our children the doctrine of Jesus Christ?

Joy Herring—wife, mother; stake Primary secretary; small business entrepreneur; DIY fanatic

Tonya Johnson—wife, mother, grandmother; retired educator; institute instructor; Activity Days leader



2254 CONFERENCE CENTER (CONF)
11:00 a.m.–noon

50 • Listening to Understand: Communication and Bridging the Generation Gap

Communication between parents, children, and family members from different generations can at times be hard, and understanding can be difficult. President Nelson shares, "Parents with teenage youth may find that time for listening is often less convenient but more important when young people feel lonely or troubled. And when they seem to deserve favor least, they may need it most." Sister Rosemary M. Wixom explained, "When we listen, we see into the hearts of those around us. . . . One Latter-day Saint father said, 'I do a greater amount of good when I listen to my children than when I talk to them. . . . To them, being able to ask their questions and to talk about their problems is more important than receiving my answers. Usually when they get through talking, if I have listened long and well enough, they really don't need my answer. They have already found their answer.'" Sister Wixom continued, "Talking, listening and encouraging do not happen quickly. They cannot be rushed or scheduled—they happen best along the way. They happen when we do things together: work together, create together, and play together." How can we learn to listen instead of talking? How do we, with love, bridge the generation gap between our life experiences and understanding others' experiences? How do we listen to bridge the generation gap?

Cheri Wright—wife, mother, grandmother; serves with husband in Orem YSA 2nd Stake; former ward Young Women and Primary president; missionary at special needs seminary; registered nurse working at Wasatch Mental Health

Lori Bagley Burt—wife, mother; women and teens therapist; past and current ward Relief Society presidency member; returned missionary; advocate for women "letting go" and "being enough"

Women's Conference Sessions

BALLROOM, HARMAN BUILDING (HCEB)

11:00 a.m.–noon

51 • Staying Close to the Lord When a Marriage Ends

When a marriage ends in divorce because of abuse, infidelity, abandonment, or other circumstances, we may feel as though we are wading through unsure waters alone. Staying close to the Lord is a lifeline, and we must remember that He is mindful of us. He knows our feelings of loneliness and grief, and He knows that we wonder if we can carry on. President Dieter F. Uchtdorf assures us: “God’s light is real. . . . It has the power to soften the sting of the deepest wound. It can be a healing balm for the loneliness and sickness of our souls.” Elder Jeffrey R. Holland pleads, “Brothers and sisters, whatever your distress, please don’t give up and please don’t yield to fear.” Elder Holland continues, “When [Peter] removed his glance from the Master to look at the furious waves and the ominous black gulf beneath, only then did he begin to sink into the sea.” How do we continually keep our focus upon the Lord? In what ways does He lift us and strengthen us when our marriage ends? How can we change our hearts to experience His healing balm?

Andrea Merriman—mother; administrator at BYU; master’s degree in public administration; writer; speaker; Education Week presenter

Debra McClendon—wife, mother; licensed psychologist; master’s degree in marriage and family therapy, PhD in clinical psychology; author; Education Week presenter

2260 CONFERENCE CENTER (CONF)

11:00 a.m.–noon

52 • Establecer un hogar centrado en Cristo

El presidente Russell M. Nelson ha hecho hincapié en un mayor esfuerzo por asegurar “un plan centrado en el hogar y apoyado por la Iglesia para aprender la doctrina, fortalecer la fe y fomentar una mayor adoración personal.” El élder Quentin L. Cook además enseña: “Nuestro propósito es equilibrar las experiencias en la Iglesia y en el hogar de tal modo que aumenten en gran manera la fe y la espiritualidad, y que se profundice la conversión a nuestro Padre Celestial y al Señor Jesucristo.” ¿Cómo convertimos nuestro hogar en un santuario de fe que lleve a una conversión más profunda? ¿Cómo nos mantenemos constantes y motivadas en establecer modelos de aprendizaje del Evangelio en nuestro hogar? ¿En qué forma puede una mayor dedicación a santificar el día de reposo aumentar la fe de nuestra familia en Jesucristo? ¿De qué manera el honrar y santificar el día de reposo nos ayuda a enseñar a nuestros hijos la doctrina de Cristo?

Tsukie Chacon Hoyos—esposa, madre; busca vivir bajo la influencia del Espíritu; ama la música y su llamamiento como líder de música de la Primaria

Cynthia Whitworth—esposa, madre, amiga; maestra de Seminario; graduada de BYU



Concurrent Sessions 12:30–1:30 p.m.

MARRIOTT CENTER (MC)

12:30–1:30 p.m.

53 • True Joy: A Gift for the Faithful

President Russell M. Nelson teaches, “If we look to the world and follow its formulas for happiness, we will never know joy. The unrighteous may experience any number of emotions and sensations, but they will never experience joy! Joy is a gift for the faithful. It is the gift that comes from intentionally trying to live a righteous life, as taught by Jesus Christ. He taught us how to have joy. When we choose Heavenly Father to be our God and when we can feel the Savior’s Atonement working in our lives, we will be filled with joy. . . . Every day that you and I choose to live celestial laws, every day that we keep our covenants and help others to do the same, joy will be ours.” How can we know the difference between lasting joy and short-term happiness? How does centering our life on the Atonement of Jesus Christ help us find joy? How can we continually experience joy on the covenant path despite trials and avoid becoming discouraged?

Jean A. Stevens—wife, mother, grandmother; former counselor, Primary general presidency; served with husband when he presided over the England London Mission

Michelle D. Craig—wife, mother, grandmother; first counselor, Young Women general presidency; former member, Primary general board; returned missionary; former Women’s Conference committee member

SMITH FIELDHOUSE (SFH)

12:30–1:30 p.m.

54 • “Cast Not Away Therefore Your Confidence” (Hebrews 10:35)

Elder Jeffrey R. Holland reminds us, “It is the plain and very sobering truth that before great moments, certainly before great spiritual moments, there can come adversity, opposition, and darkness. Life has some of those moments for us, and occasionally they come just as we are approaching an important decision or a significant step in our life.” He continued, “Fighting through darkness and despair and pleading for the light is what opened this dispensation. It is what keeps it going, and it is what will keep you going. With Paul, I say to all of you: Cast not away therefore your confidence, which hath great recompense of reward. For ye have need of patience, that, after ye have done the will of God, ye might receive the promise” (Hebrews 10:35–36). How can we put our confidence in the Lord and His promises? How can we retain that confidence and remember the assurances that we have received from our Heavenly Father, especially in times of adversity?

Steven M. Gentry—husband, father, grandfather; stake high council member; BS in psychology, BYU; MA, PhD in clinical psychology, University of Louisville; child and family psychologist

Rickelle Richards—associate professor, Nutrition, Dietetics, and Food Science, BYU; Activity Days leader; Women’s Conference committee member

BALLROOM, WILKINSON STUDENT CENTER (WSC)

12:30–1:30 p.m.

55 • “And We Did Take Courage” (Alma 58:12)

In 1846, President Brigham Young asked William Clayton to compose the hymn “Come, Come, Ye Saints.” The hymn was meant to encourage and support the early pioneers and still inspires us today to “gird up [our] loins” and “fresh courage take.” In the face of life’s challenges, we can be strong and joyful. The Lord needs valiant servants who look to Him. In Joshua 1:5 the Lord promises, “I will not fail thee, nor forsake thee.” How can we “find courage and strength in this promise that the Lord will always be there for us” (Sister Ann M. Dibb)? In today’s world of turmoil, how can we find the courage we need not just to endure, but to “wend our way” with joy? How do we courageously embrace all that life has to offer and come to understand that “all things work together for good to them that love God” (Romans 8:28)?

Caroline Clayton Clark—wife, mother; adjunct instructor at UVU, stay at home mom; Sunday School teacher

Tiffany Savage—aunt, sister, daughter, single; religion professor at BYU–Idaho; Gospel Doctrine teacher; stake assistant camp director



Women's Conference Sessions

3220–3224,
WILKINSON STUDENT CENTER (WSC)
12:30–1:30 p.m.

56 • Nurturing and Connecting with Your Spouse

President Russell M. Nelson teaches, “Marriage brings greater possibilities for happiness than does any other human relationship. Yet some married couples fall short of their full potential. They let their romance become rusty, take each other for granted, allow other interests or clouds of neglect to obscure the vision of what their marriage really could be. Marriages would be happier if nurtured more carefully.” Elder Joe J. Christensen urges, “Keep your courtship alive. Make time to do things together—just the two of you. . . . That takes commitment, planning, and scheduling.” How does the quality of our marriage improve by taking time to connect with each other? What daily acts of love and service can nurture and enrich our marriage? When the stresses of life seem to be all-consuming, how do we make connecting with and nurturing our spouse a top priority?

Linsey and Tyler Maxson—an imperfect couple with imperfect kids, but full of a whole lot of love; both perform in community theatre and across the country, recently with their kids; Linsey is a Gospel Doctrine teacher; Tyler is the ward Sunday School president

DE JONG CONCERT HALL,
HARRIS FINE ARTS CENTER (HFAC)
12:30–1:30 p.m.

57 • Pray, Ponder, and Counsel Together

When reorganizing a stake with President Boyd K. Packer, then-regional representative Robert D. Hales learned the value of praying, pondering, and then counseling together when seeking inspiration. We know that the prophet is the one who receives revelation for the Church (D&C 28:2). Those who work together in specific assignments also receive direction and inspiration for that assignment. As Sister Reyna I. Aburto teaches, “When we counsel together guided by the Holy Ghost, we can see where we are and where we need to be. The Holy Ghost gives us a vision that our natural eyes cannot see.” When we work together in the spirit of unity with others in family councils, ward or stake councils, or other assignments and callings, the Lord can give each person revelation for that specific assignment and purpose. As Sister Aburto taught, “When we put that revelation together, we can see more.” How can we learn to make more effective use of inspired counseling at home and at church? How do we seek inspiration and direction along with others in our families and church assignments through prayer, pondering, and listening to the Holy Ghost?

Diane Strong-Krause—wife, mother, grandmother; retired associate teaching professor, Linguistics and English Language, BYU

Michelle King—wife, mother, grandmother; former KUTV news anchor; former adjunct communications professor, BYU; current special projects producer, KSL-TV; member, Primary general board

AUDITORIUM,
JOSEPH SMITH BUILDING (JSB)
12:30–1:30 p.m.

58 • Anger Is Not an Expression of Strength

President Gordon B. Hinckley declared, “Anger is not an expression of strength. It is an indication of one’s inability to control his thoughts, words, his emotions. Of course it is easy to get angry. When the weakness of anger takes over, the strength of reason leaves. Cultivate within yourselves the mighty power of self-discipline.” In Proverbs 15:1 we are reminded, “A soft answer turneth away wrath: but grievous words stir up anger.” President Hinckley taught, “I plead with you to control your tempers, to put a smile upon your faces, which will erase anger; speak out with words of love and peace, appreciation, and respect. If you will do this, your lives will be without regret. Your marriages and family relationships will be preserved. You will be much happier. You will do greater good. You will feel a sense of peace that will be wonderful.” How can we apply the enabling power of the Atonement of Jesus Christ in overcoming anger? How can gospel principles help us manage our anger? How do we avoid being manipulated by the anger of others?

Ben Ogles—husband, father; dean, College of Family, Home, and Social Sciences, BYU

Lori Draper—wife, mother; certified social worker; member, Relief Society general board



ASSEMBLY HALL, HINCKLEY CENTER (HC)
12:30–1:30 p.m.

59 • Stay on the Covenant Path

Elder D. Todd Christofferson asks, “What is it about making and keeping covenants with God that gives us the power to smile through hardships, to convert tribulation into triumph, to ‘be anxiously engaged in a good cause . . . and bring to pass much righteousness’ (D&C 58:27)?” Elder Richard G. Scott taught that “one of the greatest blessings we can offer to the world is the power of a Christ-centered home where the gospel is taught, covenants are kept, and love abounds.” Sister Linda K. Burton asked, “Sisters, do we realize our vital role in the work of salvation as we nurture, teach, and prepare children to progress along the covenant path? The power to do so will come as we honor and keep our covenants.” How can we stay on the covenant path? How can we experience the power, joy, and love of keeping our covenants?

Jennifer Kearon—wife of Elder Patrick Kearon of the presidency of the Seventy; BA, humanities, BYU; joyful mother; striving to be a covenant keeper

Mindy Booth Baxter—Salt Lake City chef; MPA, New York University; former Church-service missionary, stake Relief Society presidency member, ward Relief Society and Young Women president; member, Relief Society general board

PARDOE THEATRE,
HARRIS FINE ARTS CENTER (HFAC)
12:30–1:30 p.m.

60 • Remembering Our Divine Identity

Our first identities are as daughters of God and disciples of Christ with the ability to live with the Holy Ghost as our constant companion. We must remember who we are and whose we are. Elder Ronald A. Rasband reminds us, “But do not forget, Heavenly Father knows and loves each of you, and He is always ready to help.” Sister Joy D. Jones teaches, “Sisters, let’s not be confused about who we are! While it is often easier to be spiritually passive than it is to put forth the spiritual effort to remember and embrace our divine identity, we cannot afford that indulgence in these latter days. . . . As the Savior lifts us to higher ground, we can see more clearly not only who we are but also that we are closer to Him than we ever imagined.” How does this knowledge help us make consistent, correct choices? What can we do to help us always remember we are His? What are some ways we can avoid being “spiritually passive” and embrace our divine identity?

Janelle Bond—wife, mother; current ward Young Women counselor; former ward Young Women president and stake Young Women counselor; Ricks College graduate; school district secretary

Jessica Mullen—learning specialist, BYU Athletics; BYU graduate; master’s degree from Gonzaga University

MADSEN RECITAL HALL,
HARRIS FINE ARTS CENTER (HFAC)
12:30–1:30 p.m.

61 • Education: “Seek Learning, Even by Study and Also by Faith” (D&C 88:118)

We have been counseled to “seek ye out of the best books words of wisdom; seek learning, even by study and also by faith” (D&C 88:118). President Thomas S. Monson admonished women, “Often the future is unknown; therefore, it behooves us to prepare for uncertainties. . . . I urge you to pursue your education.” Sister Jean B. Bingham shares, “When we shortchange ourselves on education as a woman, we are not prepared to bless others and really fulfill our divine potential as a daughter of God. . . . We are commanded to learn in this life. . . . I feel that if we work toward our divine potential, anything that we learn is an advantage.” How will our education help us become the daughters of God we are intended to become? How do we learn by study and by faith? How can we individually find the right way to pursue the best education or training? What resources can help us find the best options?

Nicole Holley Bay—wife, mother, brand-new grandmother; adjunct faculty, Linguistics, BYU; Primary teacher; avid reader, writer, crossword enthusiast

Renata Forste—wife, mother, grandmother; associate international vice president, director of Kennedy Center for International Studies, and sociology professor, BYU

VARSITY THEATRE,
WILKINSON STUDENT CENTER (WSC)
12:30–1:30 p.m.

62 • Choose Your Consequences: Use Agency in Your Favor

Elder Robert D. Hales taught that, “Agency permits us to make faithful, obedient choices that strengthen us so that we can lift and strengthen others. Agency used righteously allows light to dispel the darkness and enables us to live with joy and happiness in the present, look with faith to the future, even into the eternities, and not dwell on the things of the past. Our use of agency determines who we are and what we will be.” Sometimes we feel so trapped in our own circumstances that we forget we have agency. We choose our consequences when we choose our actions. How can we use agency in our favor? How can we make choices that free us from focusing on the past and enable us, as Elder Hales taught, “to live with joy and happiness in the present”?

Carolyn H. Howard—wife, mother; former member of the Tabernacle Choir; professional mediator; adjunct professor, conflict resolution mediation, UVU

Dr. Ronald E. Bartholomew—husband to Kristen, father, grandfather; faculty at Utah Valley Institute

Women's Conference Sessions

2254 CONFERENCE CENTER (CONF)

12:30–1:30 p.m.

63 • Managing the Influence of Social Media

We should not let social media tear us down by comparing our own lives to those of others online. Nor should we let technology and social media interfere with building and strengthening relationships. Elder David A. Bednar points out, “Too much time can be wasted, too many relationships can be harmed or destroyed, and precious patterns of righteousness can be disrupted when technology is used improperly.” Elder Gary E. Stevenson shares, “I invite each of you to fully consider your role to preach the gospel of peace. . . . May each of you have the courage to blog, pin, like, share, post, friend, tweet, snap, and swipe up in a way that will glorify, honor, and respect the will of our loving Heavenly Father.” In what ways can we “glorify, honor, and respect” our Heavenly Father when we use social media? How can gratitude help us to not compare ourselves to others? How can we assure that technology is a positive influence in our lives and not a dangerous distraction?

Candice Calder Andrus—daughter of God, wife, mother; served mission in Venezuela; lover of the gospel; favorite calling: teacher; still sleeps with blanky, chocolate needer

Emily Orchard—wife, mother of tweens and teens; speech language pathologist; blogger; compassionate service coordinator

BALLROOM, HARMAN BUILDING (HCEB)

12:30–1:30 p.m.

64 • Understanding the LGBTQ and SSA Community: Included in Our Circle of Love

Elder Ronald A. Rasband explains, “The Savior demonstrated perfectly how to reach out in love and encouragement while also holding firm to what we know to be true.” President Dallin H. Oaks states, “There is no change in the Church’s position of what is morally right. But what is changing—and what needs to change—is helping Church members respond sensitively and thoughtfully when they encounter same-sex attraction in their own families, among other Church members, or elsewhere.” How can we show love, compassion, respect and be inclusive of those who have same-sex attraction while also holding to the important doctrine found in the proclamation on the family? How can we help them feel God’s love for them in the ways we reach out with care and include them in our circle of love?

Deb Hutchins—BYU LGBTQ outreach member, panelist and student-faculty-administration collaborator; self-reliance specialist; food inventor; artist

Blake Fisher—brother, friend, son; BYU Student Success and Inclusion program counselor, LGBTQ and SSA outreach coordinator



2260 CONFERENCE CENTER (CONF)

12:30–1:30 p.m.

65 • Recibir revelación a medida que oramos, meditamos y deliberamos juntos en consejo

La hermana Reyna I. Aburto enseña: “Al deliberar en consejo con la guía del Espíritu Santo, podemos ver dónde estamos y dónde debemos estar. El Espíritu Santo nos da una visión que los ojos naturales no pueden ver.” Cuando trabajamos en espíritu de unidad con los demás en consejos familiares, consejos de barrio o de estaca, o en otras asignaciones y llamamientos, el Señor puede dar a cada persona revelación para esa asignación y propósito específicos. ¿En qué forma el orar, meditar y deliberar juntos en consejo nos ayuda a recibir revelación? ¿Cómo podemos seguir el consejo del élder Larry Y. Wilson de “preguntar: ‘Señor, ¿qué debo hacer para ser parte de la solución?’” ¿De qué manera podemos ser más proactivos en nuestras oraciones y meditaciones a fin de recibir revelación que nos ayude a resolver nuestras inquietudes y desafíos personales, familiares, de barrio o de estaca?

Sonia Kidman—esposa, madre, abuela; supervisora en el centro culinario de BYU; recipiente del galardón Silver Beaver en los Scouts; consejera de Mujeres Jóvenes de barrio

Enrique Kidman—esposo, padre, abuelo; Ingeniero en Sistemas; intérprete de la Iglesia; recipiente del galardón Silver Beaver de los Scouts; maestro de jóvenes de barrio

Concurrent Sessions

2:00–3:00 p.m.

MARRIOTT CENTER (MC)

2:00–3:00 p.m.

66 • Trust in God and in His Grace

Sister Michelle D. Craig reminds us that “you and I can give what we have to Christ, and He will multiply our efforts. What you have to offer is more than enough—even with your human frailties and weaknesses—if you rely on the grace of God.” The Bible Dictionary entry for “Grace” teaches, “It is . . . through the grace of the Lord that individuals, through faith in the atonement of Jesus Christ and repentance of their sins, receive strength and assistance to do good works that they otherwise would not be able to maintain if left to their own means.” Elder David A. Bednar adds, “Grace is the divine assistance or heavenly help each of us desperately needs to qualify for the celestial kingdom.” How do we seek and rely on God’s grace “that we may obtain mercy, and find grace to help in time of need” (Hebrews 4:16)? How can we use His divine assistance to do good works that we could not otherwise do?

Van Gessel—husband, father; professor, Asian and Near Eastern Languages, BYU; former dean, College of Humanities, BYU; former mission president

Cecilia M. Peek—wife, mother; associate professor of classics, BYU; Women’s Conference committee member

SMITH FIELDHOUSE (SFH)

2:00–3:00 p.m.

67 • Teaching Children to Recognize the Spirit

As we teach our children how to recognize the Spirit’s influence and receive and pay attention to its promptings, we help them gain their own personal testimonies. Sister Rosemary M. Wixom counseled, “Teach [children] in every circumstance; let every dilemma, every consequence, every trial that they may face provide an opportunity to teach them how to hold on to gospel truths.” Sister Cheryl A. Esplin taught, “Our role as parents is to do all we can to create an atmosphere where our children can feel the influence of the Spirit and then help them recognize what they are feeling.” She continues, “As children learn and act upon what they learn, then their understanding is expanded.” How do we use normal, everyday life experiences to help teach our children to recognize and follow the promptings of the Holy Ghost? How can we help our children develop their own testimonies through the Holy Ghost? How can we teach our teens to rely on the spirit of revelation?

Tiffany Zarbock—wife, mother of boys; former Women’s Conference service subcommittee chair; lover of sports, family vacations, and any excuse to throw a party

Brad Wilcox—husband, father, grandfather; associate professor, Ancient Scripture, BYU; author

BALLROOM, WILKINSON STUDENT CENTER (WSC)

2:00–3:00 p.m.

68 • Bear with Mine Infirmities

Alma taught that Christ knew how to succor His people in their infirmities (Alma 7:12). Succor is assistance and support. The scriptures tell of many instances where individuals are healed quickly, and they also share with us the stories of those who have suffered long before such healing takes place. Christ is there to give us assistance and support when we are challenged by painful, chronic, and debilitating physical circumstances. Elder Marvin J. Ashton taught that “adversity . . . is a stepping stone to increased power.” How can we maintain faith and hope in the face of daunting physical illness or infirmity? How can we use our struggles to refine us? What can we do to overcome discouragement and continue to draw nearer to the Savior?

Debbie Field—wife, mother, grandmother; current executive director, Idaho Women in Leadership; former chairwoman, House Judiciary Committee and former Idaho state drug czar; former chair, Idaho state Board of Correction

Amy A. Wright—wife, mother; homemaker; member, Young Women general board; stage-four ovarian cancer survivor; enthusiastic volunteer

Women's Conference Sessions

3220–3224

WILKINSON STUDENT CENTER (WSC)

2:00–3:00 p.m.

69 • “Fear Thou Not; For I Am with Thee” (Isaiah 41:10)

Everyone experiences fear in life. President Thomas S. Monson reassured us, “My beloved brothers and sisters, fear not. Be of good cheer. The future is as bright as your faith.” Sister Jean A. Stevens taught, “Whatever our worries and challenges may be, we are not alone. You are not forgotten. . . . We can choose to reach for God’s hand in our need. We can face our challenges with prayer and trust in the Lord. And in the process we become more like Him.” How can faith and hope in Jesus Christ dispel and conquer fear? What can we do to put more trust in the Lord?

Kristin Gerdy Kyle—wife, stepmother; former ward Relief Society president; member of the Tabernacle Choir; teaching professor, J. Reuben Clark Law School, BYU; Women’s Conference committee member

Stephanie Palmer—single mother of two; paralyzed and living on wheels for nine years; Mia Maid advisor

DE JONG CONCERT HALL,

HARRIS FINE ARTS CENTER (HFAC)

2:00–3:00 p.m.

70 • Fostering Greater Personal Worship

On ChurchofJesusChrist.org we learn, “To worship God is to give Him our love, reverence, service, and devotion. The Lord commanded Moses, ‘Worship God, for him only shalt thou serve’ (Moses 1:15). He has also commanded, ‘Thou shalt love the Lord thy God with all thy heart, with all thy might, mind, and strength; and in the name of Jesus Christ thou shalt serve him’ (D&C 59:5). Worship not only shows our love for God and commitment to Him, it gives us strength to keep His commandments. Through worship we grow in knowledge and faithfulness” (ChurchofJesusChrist.org/topics/worship). Bishop Dean M. Davies taught, “True worship will . . . enrich our lives, broaden our understanding, and strengthen our testimonies. . . . Through sincere and heartfelt worship, we blossom and mature in hope, faith, and charity. And through that process, we gather heavenly light into our souls that infuses our lives with divine meaning, abiding peace, and everlasting joy.” How can we learn to approach our Father in Heaven with feelings of wonder and awe? How does our worship change when we love God with all our heart, soul, and mind? How does true personal worship help us attain faith, hope, and charity? How do we, as Bishop Davies taught, “hallow and honor Him continually—in our meetinghouses, homes, temples, and all our labors”?

Lita Giddins—wife, mother; convert; returned missionary; first African American female member of BYU Young Ambassadors; therapist; loves lemon desserts, the arts, the gospel, and Jesus

Kevin Giddins—ordained to be a king; considers his greatest challenge and greatest joy to be serving his royal family

AUDITORIUM,

JOSEPH SMITH BUILDING (JSB)

2:00–3:00 p.m.

71 • Finding Jesus Christ in the Book of Mormon

Elder Gary E. Stevenson, in sharing his testimony of the Book of Mormon said, “Pore through the passages of this precious book and encounter your beloved Savior, the Lord Jesus Christ, on nearly every page.” Sister Carol F. McConkie taught, “In the sacred pages of the Book of Mormon, we find our Savior. We study that we may know how to come unto Christ and be sanctified in Him.” What important role does the Book of Mormon play in developing our testimonies of Christ and in improving our discipleship? How does the Book of Mormon restore our knowledge of “parts which are plain and most precious; and also many covenants of the Lord” (1 Nephi 13:26)? How do we come closer to Christ by studying the Book of Mormon?

Lenore Lillywhite—wife, mother; ward historian; former stake Relief Society counselor

Mary K. Oscarson—wife, mother; ward Relief Society president



ASSEMBLY HALL, HINCKLEY CENTER (HC)
2:00–3:00 p.m.

72 • Active in the Gospel or Busy in the Church?

Are we fully committed to the gospel of Jesus Christ, or are we simply caught up in the social culture of our religion? According to Elder D. Todd Christofferson, “Most of us find ourselves at this moment on a continuum between a socially motivated participation in gospel rituals on the one hand and a fully developed Christlike commitment to the will of God on the other.” Elder Donald L. Hallstrom states, “It is possible to be active in the church and less active in the gospel. Let me stress: activity in the church is a highly desirable goal; however, it is insufficient. Activity in the church is an outward indication of our spiritual desire. . . . By contrast, the things of the gospel are usually less visible and more difficult to measure, but they are of greater eternal importance. . . . I repeat: we need the gospel and the Church. In fact, the purpose of the Church is to help us live the gospel.” How do we go from being busy in the Church to active in the gospel as we seek to know Jesus Christ? How do we make priesthood ordinances and covenants more meaningful and central in our lives?

Mary Jo Smith—wife, mother; temple worker; wife of stake president

Tracy Browning—wife, mother; client service director, Church Publishing Services Department; member, Relief Society general board



**PARDOE THEATRE,
HARRIS FINE ARTS CENTER (HFAC)**
2:00–3:00 p.m.

73 • We Are the Architects of Our Own Happiness

Many of us find ourselves in relationships where we feel responsible for the emotions of our loved ones, believing it is our job to make others happy rather than letting them find their own happiness. Elder Benjamín De Hoyos notes, “Happiness is a condition of the soul. This joyous state comes as a result of righteous living.” And as Bishop Gérald Caussé says, “I declare that you have control of your own happiness. You are the architects of it.” How can we help others, especially our own family members, see that they are “the architects” of their own happiness? How can we avoid feelings of guilt and responsibility when our loved ones are unhappy? How can we help them understand the principles of real, lasting happiness? How can we have the courage to do hard things when our children or other family members accuse us of making them unhappy?

Sabrina Godfrey—wife, sister, daughter, mother; ward Young Women president; dancer and friend; enjoys guacamole and dancing in the rain (sometimes!)

Bryan G. Hopkins—husband, brother, son, father; stake president; BYU soil scientist; grows soil (soul) food, including avocados and other guacamole ingredients

**MADSEN RECITAL HALL,
HARRIS FINE ARTS CENTER (HFAC)**
2:00–3:00 p.m.

74 • Strengthen the Lord’s Youth Battalion

Sister Joy D. Jones teaches, “Fortifying children to become sin-resistant is a task and a blessing for parents, grandparents, family members, teachers, and leaders. We each bear responsibility to help. However, the Lord has specifically instructed parents to teach their children ‘to understand the doctrine of repentance, faith in Christ the Son of the living God, and of baptism and the gift of the Holy Ghost’ and ‘to pray, and to walk uprightly before the Lord.’” President Nelson gave the youth many specific calls to action to help gather Israel. He invited them to enlist in the youth battalion of the Lord and called them to “the greatest challenge, the greatest cause, and the greatest work on the earth today.” How do we help our youth follow President Nelson’s invitation to “gather Israel . . . and change the world”? How can we better strengthen the youth of the Church? How does following the counsel of President Nelson help them stay close to the Savior?

Denise Daniels—wife, mother, grandmother; ward Relief Society president; retired mathematics educator

Laren Hawkins—husband, father; seminary teacher

Women's Conference Sessions



**VARSITY THEATRE,
WILKINSON STUDENT CENTER (WSC)**
2:00–3:00 p.m.

75 • Faithful Transitions

Our sisters across the ages have demonstrated the faithful pattern of discipleship that we too strive for. We will face a number of transitions in our lives—Young Women to Relief Society, single to married, newlywed to new parents to parents to empty nesters to grandparents, working to retired, and sometimes married to divorced or widowed, employment to unemployment or changes in church callings. At times we may tie our identity to a role we may only take on for a season. We need to continue to look unto God with steadfastness and faithfulness to adapt to each transition. Sister Janette C. Hales Beckham taught, “Every transition, every change, gives us a chance to choose again to have faith in the Lord Jesus Christ and in the principles of his gospel.” How can a testimony of gospel principles help us remain faithful and steadfast as we transition from one role to another? How do we remember our divine identity and continue to trust in God’s plan for us? How do we support and strengthen others as they go through their own transitions?

Aubrey Potter Darger—former eight-year NBA manager focusing on player transitions; wife of three years, new mother; ward Relief Society president; pioneer woman in training

Claudia P. Summerhays—wife, mother, grandmother; high school and Relief Society teacher; oncology records clerk; keen on books, mountains, and cooking

2254 CONFERENCE CENTER (CONF)
2:00–3:00 p.m.

76 • Protecting Children from Pornography

President Gordon B. Hinckley, speaking about pornography, warned, “It is like a raging storm, destroying individuals and families, utterly ruining what was once wholesome and beautiful.” Sister Linda S. Reeves taught, “We as parents and leaders need to counsel with our children and youth on an ongoing basis, listening with love and understanding. They need to know the dangers of pornography and how it overtakes lives, causing loss of the Spirit, distorted feelings, deceit, damaged relationships, loss of self-control, and nearly total consumption of time, thought, and energy.” How can we best protect our children by teaching them about the dangers of pornography? How can we recognize and understand a pornography addiction? How do we lovingly respond when a child confides about having viewed pornography?

Deanna Lambson—wife, mother; founder of White Ribbon Week to promote healthy online behaviors in elementary schools

Jennifer Brinkerhoff Platt—wife, mother; religion faculty, BYU–Idaho; PhD in developmental psychology; former stake Young Women president; instructional designer for the Church; former Women’s Conference committee member

BALLROOM, HARMAN BUILDING (HCEB)
2:00–3:00 p.m.

77 • Suicide: Healing and Hope

Elder Dale G. Renlund shares, “There’s an old sectarian notion that suicide is a sin and that someone who commits suicide is banished to hell forever. That is totally false.” Through His Atonement, the Lord experienced the fullness of mortal challenges so He could know how to “succor His people according to their infirmities” (Alma 7:12). Elder Jeffrey R. Holland pleads, “Whatever your struggle, my brothers and sisters—mental or emotional or physical or otherwise—do not vote against the preciousness of life by ending it! . . . Trust in God. Hold on in His love. Know that one day the dawn will break brightly and all shadows of mortality will flee. Though we may feel we are ‘like a broken vessel,’ as the Psalmist says, we must remember, that vessel is in the hands of the divine potter.” How do we as families and friends deal with the effects of suicide and go forward with faith in our Savior? How can we recognize suicide warning signs in ourselves and others? How can we be merciful, nonjudgmental, and kind to friends and family who have been affected by the suicide of a loved one? What resources are available?

Laura A. Dahl—wife, mother, grandmother; certified nurse’s aide; Relief Society specialist in BYU YSA ward

Klint Hobbs—husband, father; member of bishopric; PhD; assistant clinical professor, BYU Counseling and Career Center

2260 CONFERENCE CENTER (CONF)

2:00–3:00 p.m.

78 • Entender y enseñar el poder de la investidura del templo

El Señor prometió en el Templo de Kirtland que el templo “es el principio de la bendición que se derramará sobre la cabeza de los de mi pueblo” (D. y C. 110:10); y en Sus instrucciones divinas a José Smith en cuanto a la construcción del templo, dijo: “me propongo invertir con poder de lo alto a los que he escogido” (D. y C. 95:8). El presidente Russell M. Nelson testifica: “La construcción y el mantenimiento de los templos tal vez no cambie su vida, pero su tiempo en el templo de seguro lo hará.” ¿Cómo podemos hacer que aumente nuestro entendimiento de la bendición, el poder y la importancia de la investidura en nuestro progreso eterno? Asegurándonos de mantener sagrada la ordenanza, ¿qué podemos enseñar a nuestros hijos sobre los convenios y el templo a fin de prepararlos mejor para recibir su propia investidura? ¿Cómo podemos recurrir al poder del Padre Celestial y de Jesucristo como bendición para nosotros y nuestra familia a medida que hacemos y guardamos convenios sagrados del templo?

Mabel Gill Del Pino—esposa, madre, abuela; originaria de Chile; estudió nutrición en la Universidad de Concepción, Chile; le gusta bailar, hiking y servir en el templo

Gloria Stallings—esposa, madre, abuela; originaria de Colombia; obtuvo una maestría en Literatura Española y actualmente es profesora del Departamento de Español y Portugués en BYU.

Friday Afternoon Closing Session**MARRIOTT CENTER (MC)**

3:45–5:00 p.m.

Kathy Christofferson—wife of Elder D. Todd Christofferson, mother, grandmother

Elder D. Todd Christofferson—husband, father, grandfather; member, Quorum of the Twelve Apostles



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Frequently Asked Questions

CONFERENCE ETIQUETTE

- To maintain a spirit of reverence, please be courteous to the presenters and those around you by remaining in your seat until the session has ended.
- Entrance to sessions will not be permitted during the last 15 minutes.
- Please refrain from saving seats; all seating is first come, first seated. To seat sisters as quickly as possible, open seats will be filled with those waiting in line.
- No eating or drinking is allowed in session rooms, with the exception of the Marriott Center.
- To maintain a reverent atmosphere in the session rooms, please refrain from clapping at the end of sessions. If you wish to show your gratitude to presenters, please use the evaluation located in the center of the Program Update.
- Please turn off all electronic devices before entering session rooms.
- To avoid any copyright violations, recording video or audio with any electronic device is not permitted.

I misplaced my name badge. How can I get another?

Your name badge is your ticket to the conference and the evening activities. If you lose your badge or leave it at home, a duplicate may be obtained for \$5 on verification of registration at the conference information desk at the Wilkinson Student Center, Memorial Lounge (WSC) or Marriott Center (MC). Duplicate name badges will not be mailed.

What should I wear?

Some participants prefer to dress up and wear dresses or skirts. Others prefer to be casual and wear slacks or jeans. The choice is yours, as long as you are within BYU dress standards. Comfortable shoes are recommended for walking between session venues.

What will the weather be like?

The weather may still be cool during the conference. Average high temperature in May is 75 degrees F; average low is 45 degrees F. Come prepared for Utah's changeable weather and varying indoor room temperatures.

How do I get tickets for the evening performance?

Your name badge will be your ticket for the performance. The doors will open at 7:45 p.m.

Why can't we bring small children or nursing infants into conference sessions?

The conference is designed for women and men ages 16 and older. Safety concerns and logistical constraints on campus will not allow us to accommodate infants and children in the residence halls or any session rooms, including the Marriott Center, or evening service and cultural events. This policy applies to volunteers, participants, presenters, and guests of presenters.

Can my friend/ward attend the evening activities (service projects, performances) without being registered for the conference?

Sessions of Women's Conference and all activities on Thursday evening are for registered participants. Everyone who attends will need a conference name badge.

Why can't we preregister for sessions?

We continue to consider this possibility. However, for a conference of this size, such logistics would result in a substantial increase in registration fees. The available preregistration methods also create other challenges that we feel would not provide the best experience for all participants. First-come, first-served is not a perfect solution, but it is the best one we have at this time. We will continue to evaluate other systems and will consider them as cost and efficiency make them feasible for Women's Conference.

What if the class I've chosen is full?

Many people have had the experience described by this Women's Conference participant: "Sometimes the session I want is full (or too far away), but no matter which session I attend, I always feel I benefitted from it and come away uplifted." You may discover whole new areas of interest—and that is part of what Women's Conference is about.

While a particular session you want may be full, plenty of seats await you in other worthwhile sessions. The Marriott Center alone can accommodate more than 19,000 participants, and the other venues together have space for over 10,500 participants. Many participants have found that their favorite session had been an alternative choice.

Why are classes spread out all over campus? Why don't you repeat popular classes?

The largest classrooms are found in various buildings across the university's campus. Since the schedule is finalized before the conference begins, and we already use all campus space available to us, we cannot set up another session as a repeat.

Why don't you put popular speakers in larger rooms?

While we already schedule the largest rooms on campus, we honestly do not know beforehand when a presenter will draw a crowd larger than a room will accommodate. Each year we pull together a large focus group of women of all ages and gather information about class selections. However, even with focus groups, it is difficult to anticipate who will want to attend a particular class. We also consider as many elements as we can, including past attendance, predictions on the appeal of new presenters, and presenter availability.

Where is the Lost and Found?

During the conference, Lost and Found locations are at all WC information desks (see page 10 for locations). On Friday afternoon during the closing session, all items will be moved to the Marriott Center. After the conference is over, please call the BYU Lost and Found office at 801-422-3024.

What is your refund policy?

Early Conference Refunds

Cancellations/withdrawals made by or before March 29, 2019, will not be charged any processing fees. You can complete your cancellation/withdrawal

- online by logging into your account and withdrawing from the conference (or options).

- by calling our registration office (during business hours) at 801-422-8925 or toll free at 1-877-221-6716.
- by emailing a cancellation/withdrawal request to womens_conference@byu.edu.

Payments made by credit card will be credited back to the payer's account; participants who have paid by check or cash will receive their refund in the mail.

Late Conference Refunds

All late refund requests must be received by April 26, 2019. Refunds processed between March 30 and April 26, 2019 will be made minus a \$15 processing fee. Requests received after April 26, 2019 will not be considered. Housing refund dates and fees are different from conference refund dates. Please see Housing Refunds below for dates and deadlines.

Any conference refund requests made after March 29, 2019, but before April 26, 2019, must be sent in writing to

BYU Women's Conference
253 Harman Continuing Education Building
Provo, UT 84602

A written refund request MUST

- include your receipt with name badge attached
- be postmarked on or before Friday, April 26, 2019

If you have not yet received your name badge in the mail, please send your written request (mail or email) before the deadline, and return the name badge when it is received. Your refund will be processed **after** the name badge is returned. Faxes or copies of the name badge will not be accepted.

Housing Refunds

Requests for housing refunds must be received no later than April 12, 2019. Any requests received after March 29 through April 12, 2019, will be charged a \$25 processing fee for campus housing or a \$75 fee for Wyview housing. No housing refund requests will be considered after April 12, 2019.

Will Call Information

If you register after March 29, 2019, you can pick up your name badge and program at Will Call locations, as follows:

Date	Location	Time
April 3–30	253 Harman Continuing Education Building	10:00 a.m.–5:00 p.m. (M–F)
Wednesday, May 1	Harman Continuing Education Building Lobby	8:00 a.m.–8:00 p.m.
Thursday, May 2	Marriott Center Northeast & Northwest Entrance	7:30 a.m.–8:30 p.m.
Friday, May 3	Marriott Center Northeast & Northwest Entrance	7:30 a.m.–4:00 p.m.

Service Projects

We invite you to be part of something truly extraordinary! This spring we are celebrating the 20th anniversary of service at BYU Women's Conference, and we need your help to make a big impact in our community. Continuing a tradition that began in 1999, the Women's Conference Service Subcommittee has visited more than 90 local agencies and identified the areas in which Women's Conference participants can best serve. Come and be part of this spiritual legacy at Women's Conference by helping us complete a variety of projects for those in need.

We hope you will leave the conference energized and excited to find and fill service needs in your own sphere of influence. As we joyfully immerse ourselves in the service of others, our own burdens will seem lighter and we will become more like our Savior.

Please join us this year for our 20th year of service!



AREAS OF SERVICE

Take, Make, and Return Projects

Marriott Center (MC)

Whether you stitch, cut, color, or crochet, we have a project for you! Pick up a project kit on Thursday morning at the Marriott Center, and finish it during classes over the two days of the conference. You can return your project (finished or unfinished) at the Marriott Center or any Women's Conference information desk. Please return all project kits between noon and 2:00 p.m. on Friday, May 3.

2019 Projects

- Boy & Girl Courage Capes
- Christmas Stockings
- Fleece Scarves & Hats
- Greeting Cards
- Infant Fleece Blankets
- Pocket Hearts
- Teddy Bears
- Wheelchair/Walker Bags, for men and women

Evening Projects

Don't miss the energy and excitement of our annual Evening of Service! It will take place on Thursday, May 2, from 5:00 to 8:00 p.m. in both gyms of the Richards Building and in the Smith Fieldhouse courts and annex. Our evening projects are open to all Women's Conference participants, including those who register for Friday only.

2019 Projects

- Autism Caterpillars
- Birthday Bags
- Fleece Blankets
- Happy Pillows
- Magic Yarn Project Wigs
- School Supply Kits
- Meal Kits

"You pass the heritage along as you help others receive the gift of charity in their hearts. They will then be able to pass it to others. The history of Relief Society is recorded in words and numbers, but the heritage is passed heart to heart."

*President Henry B. Eyring
"The Enduring Legacy of Relief Society,"
October 2009 general conference*

An Evening of Entertainment

The City of Enoch



The Bonner Family



Calee Reed



Nathan Pacheco



Nashville Tribute Band

Thursday, May 2, 2019 • 8:15 p.m. • Marriott Center (MC) • Doors open at 7:45 p.m.
Your name badge is your ticket to all conference activities.

Don't miss our evening of inspirational and uplifting music and messages highlighting some of your favorite LDS artists.



YOUNG AMBASSADORS'
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Register online or call 1.877.221.6716 | yase.byu.edu

July 8–13 (Session I)
July 15–20 (Session II)

Ages 14–18

Presented by the BYU Young Ambassadors

Join the Young Ambassadors for five days of intense, high-energy Music Dance Theatre training at BYU. Rehearse and receive instruction by members of the Young Ambassadors this summer!

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To see a list of our 60+ camps, visit
youthprograms.byu.edu

Religious Freedom Annual Review

Religious Freedom for a New Generation

The Religious Freedom Annual Review provides an opportunity to get informed about religious freedom issues. This year's conference, "Religious Freedom for a New Generation," addresses how we can understand changing views of religious freedom and engage in ways that address the concerns of Millennials and Gen Z. Are religious freedom and LGBTQ rights incompatible? Is religious freedom equivalent to bigotry? Why do religious institutions matter? Is religious freedom merely about protecting the rights of the majority? The conference brings together national policymakers, thinkers, and religious leaders from a wide variety of religious traditions to explore these and other questions.

Join us June 19-20, 2019
on BYU campus

religiousfreedom.byu.edu

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Helaman 5:12

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Summer BYU DANCE CAMPS 2019

Discover the Joy



FOR CHILDREN, TEENS & ADULTS

International Folk Dance
Clog, Tap, Step
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Dance Medley
Advanced Ballet
Intermediate Ballet
Adult Ballroom
Youth Ballroom
Youth Ballroom Teams

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Información concerniente la registraci3n

Las mujeres y los hombres de 16 a1os, o mayores de 16, pueden registrarse para esta conferencia. Cada d1a empezaremos con una sesi3n general en el Marriott Center. Este a1o las cuatro sesiones generales ser1n traducidas al espa1ol. Entre las dos sesiones generales del jueves y viernes, habr1n tres sesiones simult1neas en espa1ol (sin traducci3n).

Existen cuatro maneras de registraci3n:

- Por internet: womensconference.byu.edu
- Por tel3fono: 1-877-221-6716 o 801-422-8925
- En persona: Los d1as de la semana 8:00 a.m.–5:00 p.m. (tiempo monta1a) en el edificio Harman de Educaci3n Continua (Harman Continuing Education Building, HCEB)
- Los d1as de la conferencia: Se puede comprar los boletos que se encuentran en la entrada del Marriott Center, empezando a las 7:30 a.m.

Registration Information

There are four easy ways to register:

- Online: womensconference.byu.edu
- Phone: 1-877-221-6716 or 801-422-8925
- In person: Weekdays 8:00 a.m.–5:00 p.m. MDT in the Harman Continuing Education Building lobby
- On the days of the conference: Tickets can be purchased in the Marriott Center, northeast and northwest concourse entrances, beginning at 7:30 a.m.

More information is available online:
womensconference.byu.edu

Registration:	by March 29	after March 29
Full Conference	\$59	\$66
One Day	\$39	\$46

Don't forget to pick up your PROGRAM UPDATE at the conference!

The Program Update contains all conference updates, as well as service projects and their locations. It will be available when you arrive at the Marriott Center and at all Women's Conference information desks.

Think GREEN! Please bring your program booklet with you to the conference.

BYU CONTINUING EDUCATION

Conferences and Workshops
253 Harman Building
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