



Workshops Information

Thank you for inquiring about our life changing weekend workshops! Your interest shows an awareness that your life can be better and that something needs to change in order for that to happen.

Perhaps this was the first step you've taken in a long time that will begin a journey of healing for you. Whatever it was that piqued your interest, I know you will be encouraged as you find a new way of looking at things and a way to deal with the challenges in your life.

All New Life workshops are Christ-centered, three-day intensive programs that challenge you to look at your past and examine the underlying issues that are keeping you from living the redemptive life God has for you. The combination of large group teaching sessions and small process group work, led by licensed Christian counselors, offers a variety of ways to discover the nature of your struggles and receive the tools to overcome them.

This isn't going to be a restful weekend of simply listening to lectures. This is going to be a time of learning from large group teaching sessions, listening to others, sharing in small process groups, and offering support to fellow group members. We call it an "intensive" workshop for that reason – it is intense!

Please make your plans to join us; don't put it off. I look forward to meeting you there!

New Life Ministries Founder
Chairman of the Board



About the Speakers



Steve Arterburn

Speaker at *Living Light*, *Take Your Life Back*, and *Intimacy in Marriage*

Steve is the host of the #1 nationally syndicated Christian counseling talk show, *New Life Live*, heard and watched by millions each weekday on over 180 radio markets nationwide, SiriusXM Satellite radio, and on the NRB television network. Steve is also the founder of the Women of Faith conferences attended by over 4 million people.

Steve is a best-selling author of books such as *Every Man's Battle*, *Healing Is a Choice*, *Lose It For Life* and *Take Your Life Back*. With over 10 million books in print, he has been writing about God's transformational truth since 1984.

He has been nominated for numerous writing awards and won three Gold Medallions for writing excellence. Along with Dave Stoop, he edited *The Life Recovery Bible*.

Steve has degrees from Baylor University and The University of North Texas, as well as two honorary doctorate degrees, and is currently completing his doctoral studies in Christian Counseling. He resides with his family in Carmel, Indiana.



Jason Martinkus

Speaker at *Every Man's Battle*

After sexual addiction almost took his life and his marriage, Jason began the recovery process and by the grace of God is now a free man. He was called out of the corporate world and into the ministry where today his personal mission is to help other men understand, prevent, and break free from sexual addiction.

Jason received his Masters Degree in Counseling from Denver Seminary and currently has a private practice in Denver, Colorado. His first book, *Worthy of Her Trust*, released in 2014. He and his wife Shelley, along with their 3 boys, are proud to call Denver home.



Shelley Martinkus

Speaker at *Restore*

Shelley's entire world changed years ago when she confronted her husband and demanded the truth about his secret life of infidelity. Little did Shelley know that his recovery from sexual addiction would be the impetus for her to begin looking honestly at her life - her past and her brokenness - and begin seeking healing and wholeness for herself and her marriage.

Shelley speaks to many different audiences about her story and the story of their recovery. She and Jason also speak together, helping others find healing in their relationship after betrayal, and they provide training and information to professionals and lay people who are helping those in recovery. Her first book, *Rescued*, released in 2015. She is also a contributor for MOPs and writes blogs.





Michelle Spadafora

Speaker at *Living Light*

Michelle lives in Evergreen, Colorado with her husband and their three children. Her passion is helping people take a biblical approach to exercise, healthy eating, and spiritual development. She has been in the fitness industry for 28 years, but it wasn't until 10 years ago - shortly after she became a Christian - that she began to bring her faith into her workouts. Her hope is for people to find more peace and joy in the journey toward physical and spiritual health.

She is the founder of Faithful Workouts whose exercise program has aired on DIRECTV, Dish Network and SkyAngel. She has also produced seven fitness videos that include cardio, strength training, core, flexibility, balance, and stretching. All of her workouts are done to upbeat contemporary Christian music.



Dave Stoop

Speaker at *Take Your Life Back*

Dave is a Gold Medallion winning author who has written over thirty books, including, *Forgiving What You'll Never Forget*, *You Are What You Think*, and *Rethink How You Think*. He has co-edited the *Life Recovery Bible* with Steve Arterburn, and also with Steve, co-authored the *The Life Recovery Journey*, *The Twelve Laws of Life Recovery*, and *The Twelve Gifts of Life Recovery*.

Dave served as a pastor for 12 years while completing his clinical studies. He has taught in a number of Youth With a Mission schools in many different countries, and along with his wife, Jan, conducts weekend marriage workshops. In his spare time, he and one of his sons have restored a 1964 MGB, and he enjoys driving it around town. Dave and Jan live in Newport Beach, California. They have three sons and six grandchildren.



Milan and Kay Yerkovich

Speakers at *Intimacy in Marriage*

Milan is a pastoral counselor and an ordained minister with a Master's Degree in Biblical Studies. He has been helping couples and families build healthier relationships for more than 30 years. Milan teaches seminars on relationships and intimacy and is co-founder and full time director of Relationship180°, a non-profit ministry that is devoted to counseling and mentoring individuals and families toward healthy relationships. He is a bible teacher and lecturer in the areas of theology, marriage, family, and parenting. Milan is a frequent co-host on the New Life Live radio program.

Kay Yerkovich is a licensed Marriage and Family therapist with a Master's Degree in Counseling. She has been helping couples and families with attachment theory tools in her professional counseling for more than 30 years.

Milan and Kay co-authored the books, *How We Love* and *How We Love Our Kids*. Married in 1972, they have four adult children and five grandchildren. They make their home in Southern California.



General Workshop Information

Process Groups

All workshop attendees participate in general sessions then break out into individual process groups. In the groups, facilitated by a New Life Network Counselor, you will process the life changing information presented in the main sessions. You will have an opportunity to connect and share with the group your story and create a plan for when you go back into your daily life. There is a ratio of one counselor for every eight to ten attendees

Schedule

Check-in times vary by workshop, with the earliest start time being Friday at 11:00am and the latest Friday at 2:00pm. All workshops conclude on Sunday at noon.

Location

The workshops are held at hotels in various locations around the country. We encourage anyone in need to attend the next workshop scheduled rather than one that may be closer to home but scheduled further in the future.

Registration

You may register by calling us at 800-NEW-LIFE (800-639-5433). For select workshops, registration is offered online as well. Please register early. We have limited meeting space and expect to fill to capacity.

- Registrants must be at least 18 years of age.
- Early registration discounts are available.
- Special discounts are available for Club New Life members and those who have attended other New Life workshops. (*You must call to receive the Club New Life and Alumni rates. These rates are not available online.*)

Cancellations

- If you cancel 12 days or more prior to the workshop, you will receive a refund of the amount you've paid minus an administration fee of \$100 per person. Registration fees may be rolled over to another confirmed workshop. A transfer fee of \$100 per person will be assessed.
- If you cancel less than 12 days before the start of the workshop, no refund shall be given. Registration fees may be rolled over to another confirmed workshop. A transfer fee of \$200 per person will be assessed.

Health Insurance Coverage

Unfortunately, insurance companies do not reimburse for programs like this. You may be able to consider the cost of the workshop as a deductible medical expense for federal tax purposes. The IRS does not make specific rulings about the tax-deductibility of a particular program, so please check with your tax advisor.

Childcare

We ask that your children stay with a trusted family member or friend. No childcare is provided at the workshop, and children are not permitted to attend any part of the workshop.





Every Man's Battle

A New Life Workshop

Sexual addiction, like all other addictive behaviors, is progressive. What satisfies today will not be enough at some point, and the need for more intense stimulation will be required. Over the years we've spoken with thousands of men who convinced themselves that occasional use of pornography was no big deal. But many of these men hit bottom when their addiction worsened to include other forms of sexual acting out.

The decision to get help comes often at the urging, and in some case the ultimatum, of a wife who feels she can no longer stay married unless her husband takes action and gets help. Other men are self-motivated and determined to rid themselves of this burden on their lives. They are finally willing to admit they cannot do it alone. We have seen men lose their families, their jobs, and their spiritual walk as the sexual temptations that started in small ways begin to consume them.

If you are involved with pornography, affairs, or other sexual temptations, the *Every Man's Battle Workshop* is for you! It gives you practical tools needed for the battle and helps you take the steps necessary to be victorious over sexual temptation one day at a time.

Topics

- The nature of sexual temptation
- False intimacy
- Boundaries
- The daily disciplines in recovery
- Relapse prevention
- Emotional conflicts common in recovery
- Restoring trust and communication in marriage
- Shame: Its impact and its management
- Temptation cycles and how to manage them

Cost and Value

- 2 nights lodging (for accountability, 2 attendees per room is required)
- 6 meals (Friday lunch & dinner; Saturday breakfast, lunch, & dinner; Sunday breakfast)
- 8 teaching sessions
- 8 small group process sessions
- Early Registration Rate: \$935 (rate is effective up to 12 days prior to the workshop)
- Regular Rate: \$1,135 (rate begins 12 days prior to the workshop)

Special discounts are available for Club New Life members as well as those who have attended other New Life workshops. ***You must call to receive the Club New Life and Alumni rates. These rates are not available online.***





RESTORE

A New Life Workshop

We have witnessed the deep pain and brokenness women experience when the men in their lives struggle with sexual addiction, betrayal, and pornography. The Restore Workshop is designed to help women who have been hurt in these relationships.

During this weekend you will learn you can more than just survive sexual betrayal. You will discover the tools needed to help rebuild your future and begin to experience healing and wholeness for yourself. With the challenge of doing the most difficult work of your lifetime, you will find hope and discover that restoration is possible. Whether you are married, divorced or single, this workshop helps you begin to see the path toward wholeness and shows you that redemption and transformation can be a reality!

Topics

- Boundaries
- Self-care
- Rebuilding trust
- Anger & shame
- Understanding addiction & the brain
- Developing a plan

Questions Answered

- When will I sense true hope
- How and why should I forgive him
- What should I do now
- How can a Christian man do such a thing
- How did this happen to me
- How can my marriage/relationship survive this

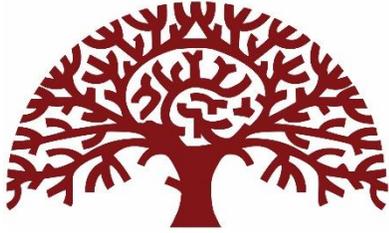
Cost and Value

- 3 meals (Friday dinner; Saturday lunch & dinner)
- 9 teaching sessions
- 6 small group process sessions
- Early Registration Rate: \$635 (rate is effective up to 12 days prior to the workshop)
- Regular Rate: \$835 (rate begins 12 days prior to the workshop)

Special discounts are available for Club New Life members as well as those who have attended other New Life workshops. ***You must call to receive the Club New Life and Alumni rates. These rates are not available online.***

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While it is not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.





Intimacy in Marriage

A New Life Workshop

When people hear the word intimacy, many equate it to sex. But intimacy means “in-to-me-see”, and true intimacy is not found in merging our bodies for sex. Intimacy involves the mixing of our life with another’s, a mingling of our souls, a sharing of our hearts. Intimacy is something we all long for because that’s how we’re made. God designed us to connect.

The *Intimacy In Marriage Workshop* examines the various types of intimacy – spiritual, emotional and physical – as well as the challenges of experiencing true intimacy. You and your spouse will discover and understand what is needed for healthy, whole and God-centered intimacy.

If you want to take your marriage to the next level, grow closer to your spouse, and go deeper in all your relationships, then this workshop is for you! You CAN have the marriage you desire but thought impossible. You CAN live in the joy and fulfillment that has always been there, but was just waiting to be experienced.

Important note for engaged couples – this workshop will be very beneficial to your future marriage. You and your fiancé will be in a small process group with other engaged couples. However, the workshop is not for couples in the dating process. You must be engaged with a wedding date set.

Topics

- Spiritual intimacy
- Communicating on a deeper level
- The impact of disconnection
- Marriage: The school of forgiveness
- Discovering our attachment styles
- Intimacy when intercourse isn’t possible
- The sexually competent husband
- The sexually confident wife

Cost and Value

- Lunch on Saturday
- 7 teaching sessions
- 5 small group process sessions
- 1 half hour private session with your group facilitator
- Early Registration Rate: \$495 per person (rate is effective up to 12 days prior to the workshop)
- Regular Rate: \$695 per person (rate begins 12 days prior to the workshop)

Special discounts are available for Club New Life members as well as those who have attended other New Life workshops. **You must call to receive the Club New Life and Alumni rates. These rates are not available online.**

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While it is not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.





Take Your Life Back

A New Life Workshop

If there is some thing or someone that continues to exert power over your life – power that overwhelms your best intentions, sabotages your greatest efforts, and frustrates your deepest desires – then no formula, set of keys or steps will help until you are able to take your life back.

True freedom comes when you gain the strength to no longer live in reaction to the negative power and destructive control that has kept you from living the life you were meant to live. It is time to move from reactive attitudes and behaviors to a place where you can choose your response to what life brings your way. It is time to take charge of your past and your current circumstances so you can look forward with confidence and faith to the road ahead.

It's time to Take Your Life Back!

Topics

- Discovering who & what owns you
- Understanding your hurt & pain
- Surviving broken connection
- Shame, trauma & the loss of the real you
- Losing touch with your soul
- A life taken back
- Developing a plan

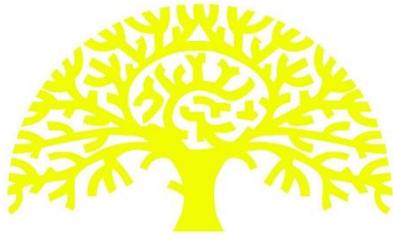
Cost and Value

- Lunch on Saturday
- 8 teaching sessions
- 6 small group process sessions
- Early Registration Rate: \$520 (rate is effective up to 12 days prior to the workshop)
- Regular Rate: \$720 (rate begins 12 days prior to the workshop)

Special discounts are available for Club New Life members as well as those who have attended other New Life workshops. ***You must call to receive the Club New Life and Alumni rates. These rates are not available online.***

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While it is not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.





Living Light

A New Life Workshop

Do you want to resolve the inner conflicts that are overloading your life and triggering your eating? Do you want to live free of obsessions and compulsions as you alter your eating habits? If you are finally ready to stop going from diet to diet and begin a comprehensive plan that provides freedom in every area of your life, the Living Light Workshop is the weight loss and living free plan for you.

The weight we carry on the outside is often a result of the burdens that encumber us on the inside. If we can reduce our inner burdens of guilt, shame, stress, fear, grief, anger, disappointment, regret, and rejections, we can reduce the outer layers that reflect these inner struggles. In fact, if we can apply God's light to the dark places of our soul, we will remove the need to eat in excess as a defective means to find comfort and relief.

The Living Light Workshop provides key insights on how to alter eating patterns and develop a lifetime approach to losing and keeping weight off. It is not just a diet – it is a way to apply God's truth to light our path toward becoming all that God has intended us to become.

Topics

- The reality of our lives
- What it means to live light
- Lies we believe
- Simple nutrition & exercise
- Living a life not defined by weight
- Developing a plan

Cost and Value

- 2 nights lodging
- 5 meals (Friday dinner; Saturday breakfast, lunch, & dinner; Sunday breakfast)
- 2 morning workout sessions
- 7 teaching sessions
- 6 small group process sessions
- Early Registration Rate: \$830 double occupancy, \$1,030 single occupancy (rates are effective up to 12 days prior to the workshop)
- Regular Rate: \$930 double occupancy, \$1,130 single occupancy (rates begins 12 days prior to the workshop)

Special discounts are available for Club New Life members as well as those who have attended other New Life workshops. ***You must call to receive the Club New Life and Alumni rates. These rates are not available online.***



New Life Ministries Statement of Faith

As a professional organization, we set forth the following beliefs which have been agreed to by the professional and support staff of New Life Ministries. These beliefs are essential to our treatment philosophy and ministry.

- We believe the Bible to be the inspired, the only infallible, inerrant, authoritative Word of God.
- We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit. He has revealed Himself in creation, history, and in Jesus Christ.
- We believe in God's creation of the world and humankind and in humanity's rebellion and subsequent depravity.
- We believe in the person and work of Jesus Christ, including His deity, His virgin birth, His sinless life, His true humanity, His miracles, His substitutionary death, His bodily resurrection, His ascension to heaven where He sits at the right hand of the Father, and in His coming personal return in power and in glory.
- We believe that for the salvation of the lost, sinful man, regeneration by the Holy Spirit is absolutely essential. We believe that salvation is by grace through faith in Christ as one's Savior.
- We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life and to grow in the knowledge of God and Christian obedience.
- We believe in the resurrection of both the saved and the lost—the saved unto the resurrection of life and the lost unto the resurrection of damnation.
- We believe in the spiritual unity of believers in our Lord Jesus Christ and in the importance of the church for worship, service and missions.
- We believe all human life is a sacred gift from God and is to be protected and defended from conception to natural death. We will uphold the sanctity of life and bring the grace and compassion of Christ to those who face the realities of previous abortion, unwanted pregnancy, and end-of-life illness.
- We believe in the importance of marriage. Specifically, that marriage is a covenant relationship between a man and a woman (Genesis 2:24), and that a person's sex (male or female) is determined by God in the womb (Psalm 139:13) and revealed at birth.
- We further believe that marriage is a covenant relationship that is mirrored in the relationship between Christ and His Church (Revelation 19:7, 21:2, 21:9). And although the Bible states that divorce is permissible in two unusual circumstances (adultery as described in Matthew 5:31, and abandonment of a Christian by a non-Christian as described in I Corinthians 7:15), we will do all we can to preserve marriage.
- We believe that all psychological principles should be thoroughly evaluated through the gird of Scripture, and that Scripture always holds the final authority.

