

Women Ministries (Session 1 Only)

This breakout session will be an open forum to ask questions, share ideas, and troubleshoot issues within your church women’s ministries. If you are wanting to grow your ministry or are looking for new ideas, this session is for you!

Sheryl Schanil is the President of Women Ministries of the Northwest Conference. She has been active in Covenant Women/Women Ministries since graduating from high school. Her two greatest passions are working with children and equipping women to make an impact for the Kingdom of God. Sheryl enjoys being a ministry partner with her husband, Brian, who is pastor at Vista Covenant Church. She is loving the new role of being Grandma to 3 grandsons and 1 granddaughter. Sheryl is known for baking bread and other goodies and running everywhere she goes.

Rachel Kleinschmidt is the Ministry Consultant for Women Ministries of the Northwest Conference and the Director of Operations at Riverwood Covenant Church in Rockford, MN. She is passionate about women ministries and is available to meet with your church women’s group to start new programs or revamp existing ones. She lives in Rockford with her husband Micah and 2 corgis, Waffles and Mocha. She enjoys reading, cooking, and singing with the worship team at her church.

Deeper, Thirsty Conversations with the Master: A mini prayer retreat to tune up your quiet time
Three friends share insights on deepening your prayer time and give you opportunity to practice.

Karen Kemi, Phyllis Ducey & Kristi Lindstrom from Mahtowa Covenant Church have each felt the call to prayer. They seek to challenge and draw each other and their sisters in Christ to feel to hear and obey in their everyday life—to sense the Lord genuinely & profoundly beginning with prayer.

3 Strands Strong: A Biblically Based Look at Personal Finances

The Bible has a lot to say about money, how we should think about it and manage it. Ecclesiastes 4:12 reminds us that a cord of three stands is not easily broken. In this presentation we will look at and explore the 3 strands of a personal financial plan that provide a financial foundation that is not easily broken.

Steve Allison has been with Covenant Trust for 13 years and serves here in the Northwest Conference working with individuals and ministries to establish and manage long term financial plans. He lives in Duluth, MN with his wife Kelly and his two boys Derek and Dane.

Spiritual Direction: Holy Listening
Isn’t the world noisy these days? Noisy, as in 24/7 information before us at all times. Do you find it difficult to quiet yourself, either from outside voices or your own scattered and distracted mind, so you can hear from God? Spiritual direction is a ministry of holy listening, where you and a trained director carve out intentional space to listen together for and to the presence of God in your life... your beautiful, ordinary, extraordinary life. Join us for an overview of the ministry of spiritual direction, the gift you may not realize you need. Learn what this ministry looks like and how to connect with a spiritual director.

Char Rotvold serves as the Care and Connect Pastor at Faith Covenant Church in Burnsville, MN, the church she and her family have called home for over 30 years. Char is wife to Kirk, mom to Kyle and Erika, and mother-in-law to Emma. When she’s not serving as a pastor or spiritual director, she can be found with her head in a book, snuggling with her puppy, enjoying friends and family, or outside camping, running, or cross-country skiing.



March 20-21, 2026

SPRING RENEWAL

Living at Peace with God, Others, and Ourselves with Jenny Armstrong



SCHEDULE OVERVIEW

Friday, March 20th

3:00pm – Early Bird Activity
6:00pm – Registration & Ministry Tables Open
6:55pm – Main Session: Worship & Speakers
8:30pm – Reception Time

Saturday, March 21st

7:45am – Registration and Breakfast
8:00am – Annual Meeting
8:45am – Main Session: Worship & Speakers
10:15am – Breakout Session 1
11:30am – Lunch
12:45pm – Breakout Session 2
2:15pm – Main Session: Worship & Speakers
3:15pm – Communion & Closing Worship

REGISTRATION

Registration is now open! Please visit wmnwc.org/online-registration to sign up, or scan the QR code.

Friday & Saturday (includes lunch) – \$60.00
Friday night only – \$35.00
Saturday only (includes lunch) – \$50.00
Annual Meeting & Breakfast – \$0.00
Registrations for this event are transferable but not refundable.

By registering for this event, I understand Women's Ministries of the Northwest Conference (WMNWC) may use any photos of me taken at this event in WMNWC media and advertising.



MAIN SPEAKER

Living at Peace with God, Others, and Ourselves

There is good news and there is bad news. The good news is that God took our messy, disordered, sin-scarred lives and reconciled us to himself. We are a new creation! The bad news is that we still struggle to live into that new identity. We may be a new creation, but when our actions don't align with our values, our relationships with God and others are out of whack, we feel the friction! How can we experience the peace God promises, when half the time it feels like we are at war with ourselves?

Jenny Rae Armstrong is passionate about building up the body of Christ by building up people, in her home, community, and around the world. An award-winning writer and pastor at First Covenant Church in Duluth, MN, she tackles sticky topics with girl-next-door humor and grace.

BREAKOUT SESSIONS

Wholeness in Mind, Body, and Spirit (Session 1 only)

What does it mean to be whole in mind, body, and spirit? Women often pour out for everyone else and lose sight of who they are in Christ. Reconnect with your true identity in Him—to understand that when we align our physical health, mental wellness, and spiritual life, we begin to walk in freedom and purpose.

Sarah Blasing-Sorgert is a wellness coach who is passionate about helping women to become stronger in mind and body through movement-based practices and to live fully present in who God created them to be.

Spanish Breakout (Session 2 only)

Esta sesión de trabajo se llevará a cabo íntegramente en español. ¡No se necesita traducción! ¡Nos alegra que estén aquí!

Boldly Called: Discovering Purpose in the Seasons God Leads You Into

Life moves in seasons, and so does the way God calls and shapes us. This session is designed to help you pause, pay attention, and lean into the purpose God is awakening right where you are. Whether you're stepping into something new, navigating uncertainty, or simply needing encouragement for the road ahead, this space will help you reconnect with God's intentionality over your life.

Rebecca Martin is the founder of Boldly Seeking Ministries and the host of the Between the Pages podcast. She is a storyteller, photographer, and worship leader based in Duluth, Minnesota, with a heart for helping women follow Jesus with boldness, purpose, and authenticity. Through her ministry, Rebecca encourages women to pursue deeper faith, honest conversation, and the courage to step into the stories God is writing in their lives. When she's not creating, you can find her golfing, spending time along Lake Superior, or enjoying life with her friends and family. She believes wholeheartedly that God can use every story, yes, even yours.

Parenting with Purpose: Creating Safe Spaces in a Wild World

The world we live in changes faster than we can keep up. How do we create safe spaces with intentionality for our children? We cannot protect them from heartbreak or failure, but we can create safe places for them to land by parenting with purpose. From littles to middles to the big ones, this breakout will dive into parenting with purpose so our children will know that we are their biggest allies.

Virginia George is the #1 fan of five amazing kids in Duluth, MN. She is a writer, a camper, a drinker of coffee, and lover of dark chocolate. Virginia has a Master of Arts in Biblical and Theological Studies and finds the intersection of language, history, and the Old Testament ultimately fascinating.