



NEWS

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Twin Cities Are Warming Up For Feb. 20-21 Ruth Graham & Friends Get Growing Conference

MINNEAPOLIS – (Jan. 6, 2009) With society experiencing almost unprecedented levels of distress, the Ruth Graham & Friends (RGF) ministry is making it easier than ever for people to attend their 2009 Twin Cities “Get Growing” conference. Tickets will be free of charge for the conference, which will be held Feb. 20-21, 2009 at North Heights Lutheran Church (NHLC), Arden Hills, Minn.

“Many people really need help now dealing with the issues we focus on in the conference, and the economic downturn is just making things worse for them,” says Ruth Graham, founder of the Ruth Graham & Friends ministry. “We give people a safe and encouraging place in which to set aside their fears and address their issues in a manner consistent with the teachings of the scriptures.”

Following in the ministerial footsteps of her father, the Rev. Billy Graham, Ruth Graham’s calling is to help people learn how to apply Biblically-based counsel, coupled with practical information, to their own lives – and those they care about – to live richer, more productive and meaningful lives.

“Life has a way of tripping us up, no matter who we are,” says Graham. “The world tells us to just pick ourselves up and get going again, but sometimes we need some help to get re-oriented so that we can get growing again. That’s what I and our select group of highly qualified speakers focuses on accomplishing at our conferences.”

Although free, tickets will be required for attendance. Tickets can be downloaded from the Ruth Graham & Friends website, at www.ruthgrahamandfriends.org; people can download as many tickets as they want for themselves and their friends, family members, etc. Free will offerings will be accepted in lieu of ticket charges, to help offset the costs of producing the conference, according to Tex Reardon, executive director, Ruth Graham & Friends ministry.

“We don’t want to turn anyone away in these economically trying times,” says Reardon. “But there are significant costs involved in putting on the conference, and we hope to cover those costs by accepting free will offerings from conference attendees – and by contributions from those in the community who support our efforts to provide Biblically based solutions for overcoming life-limiting issues.”

The non-denominational conference will be held from 7-9 p.m. on Friday, Feb. 20 and from 8:30

a.m. to 5 p.m. on Saturday, Feb. 21. It will feature a variety of workshop seminars and presentations dealing with issues as universal as “The Illusion of Control” and “The Struggle of Forgiveness” to more specific topics such as depression, addiction, abuse, anger, pornography and divorce, among others. Prayer ministers and counseling clinic counselors will be available on site and for follow-up counseling for those requesting such support.

“This is a wonderful opportunity for people in the Twin Cities and throughout the region to experience the healing grace of a Ruth Graham & Friends conference,” says Pastor Mindy Bak of NHLC. “It is more than just a conference for hurting people – although it certainly does show people dealing with life controlling issues a pathway to freedom. But it also is an invaluable resource to anyone with questions about why God puts obstacles in our path – and most importantly, how it is that we can see our stumbling blocks in a new light, as starting points for us to get growing again.”

The conference will also be of real value to church leaders, lay ministers, Christian counselors and others called to help other people, says Reardon. North Heights and affiliated ministries will have information and product tables at the conference; other organizations and ministries can participate as well by getting in touch with Rev. Bak at mindy.bak@nhlc.org.

Two people from the Twin Cities will be among the conference speakers: Steve Wiese, associate pastor at NHLC and head of the Center for Christian Psychological Services in Roseville, Minn., will lead workshops on “Telling Yourself The Truth About Anger” and “The Illusion of Control;” and Kim Ketola, founder of the Life Redeemed ministry and a long-time Twin Cities radio personality, will speak on “Life Redeemed: Healing and Hope after Abortion.” Other speakers will include Dr. Linda Mintle, who is the resident expert on mental health on the weekly ABC Family *Living the Life* TV show; Dr. Don Miles, an expert on depression; Dr. Jimmie Ray Lee, founder of the Living Free ministries; Tal Prince, host of satellite radio’s *Tal Prince Live!* show and an expert on the pornography epidemic; Cheryl Torain, speaker on *The Unequally Yoked*; Aleta Nichols, an expert on addictions; as well as musical guests Jason Catron and Huntley Brown.

Ruth Graham, youngest daughter of renowned evangelist Billy Graham, founded Ruth Graham & Friends to help the church provide care for people experiencing life and its constant challenges.

Ruth Graham & Friends conferences have been attended by more than 8,500 people in more than 12 U.S. and Canadian locations. Also on the schedule for 2009 are Get Growing conferences in Casper, Wyo., April 24-25 and Midland, Tex., Sept. 18-19. For information on hosting a Ruth Graham & Friends conference in your community, call (877) 743-7884 or send an email to info@ruthgrahamandfriends.org.

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