

Women's Learning Day 2026 – Seminar Descriptions

1. Be Still: practice in real-time (Sophie Fenner)

What does it mean to 'Be still' and how does this help us 'know God'? Come along to this seminar and find out the majesty and freedom that comes from stopping and letting God teach us about himself through his powerful word.

2. Burnout (Naomi McGrath)

What is burnout? Come along and find out both what it is and how you and those you love can avoid it.

3. Caring for the Weary (Michelle McKerron)

How do we practically love those who are doing it tough? Come along and workshop dozens of good ideas that support others while avoiding the weariness trap ourselves.

4. Sabbath? (Fiona Dewhurst)

In a world that never seems to slow down, what do we do with God's command to keep the Sabbath? Is the Sabbath simply an Old Testament practice, or is it also for Christians today? Join us as we explore what Scripture teaches about the Sabbath, how Jesus reframes the Sabbath and wrestle with practical questions for modern life.

5. Mental Load (Amy Jamieson)

The mental load affects so much of our life- our mental health, our relationships, our capacity in the home and at work. It's also talked about everywhere- on TV commercials, on the news, in social media. It resonates with lots of us, particularly as women. You may feel torn between feeling the truth of it and wanting to serve and honour God through it. We'll hear from experts about the topic from a theological perspective and then spend some time discussing these ideas together and looking at helpful resources.