



Mid-Atlantic SuCo 2025

Seminar Options

Seminars play a key role in our SuCo experience. They provide you a chance to engage another speaker, another topic(s), in another format. All the seminars are three day seminars. There will be two time slots for seminars and you get to pick one from each slot. We encourage you to stick with your chosen seminars all three days. Below are the descriptions and time slots. Take a look and start thinking about which one you want to take.

Session 1 options: 9:30am

Fighting Fair

Downstairs Meeting Room

Trip Beans

One thing that is guaranteed in life is conflict and conflict is something people have a really hard time addressing. This seminar will take time to: define conflict, learn what the Bible says about it, give some ways to think about conflict, and some tools to handle it. Join us for some helpful time exploring how the Bible wants us to address the people that have hurt us.

All the Feels

Understanding (and Dealing With) Our Emotions in Light of Our Faith

Upstairs Meeting Room

Pace Holdbrooks

It doesn't matter who you are, you have feelings...and you probably would love some help understanding them better. The good news: God created us to feel things. The Bible helps us recognize and process our emotions in a way that honors God and others. So, whether you tend to stuff your feelings, over-analyze them, or ignore them all together, this seminar seeks a path forward rooted in grace, truth, and hope. Come discover how emotions are not a detour from spiritual maturity—but often a doorway into it!





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Session 2 Options: 10:30am

Fearfully and Wonderfully Made

A Christian Exploration of Art, Beauty, and Creativity

Downstairs Meeting Room

Jonathan Hatt

Do you love art? Do you love making it? Do you have no eye for beauty, never cried at a movie, and have no desire to appreciate fine art? Whether you love creating or want to have nothing to do with it, this seminar hopes to transform what it means to be artistic and creative. As the premier exemplar of beauty and creativity, God invites everyone to pursue the true, the good, and the beautiful. Regardless of what kind of person you are, come check out what it looks like to create and enjoy creation because of our Creator.

Life in the Margins

Rest, Recreation, and Meditation

Upstairs meeting room

Ryan Bratt

Have you ever found yourself finally having some time away from school/work after being busy and stressed, only to spend that time scrolling through IG, binge watching a show, or going down a rabbit hole online...and leaving yourself feeling worse and more anxious than before? Our down time is precious. How do we spend it in a way that actually restores and refreshes us, instead of leaving us more tired and anxious? This seminar will look at three different practices that God has given us to help restore us spiritually, physically, mentally, and emotionally: rest, recreation, and meditation.

