



# Session Listing

## **#1 HOW CAN *WE* KEEP FROM SINGING?**

The Rev. Julia Huttar Bailey

Making a joyful noise is something Julia Huttar Bailey is passionate about. This workshop will again introduce you to the world of “paperless music” - what it is, how to teach it and when to use it. This form of singing can be used in worship, informal gatherings, retreats, by all ages in all kinds of settings. By the end of the workshop you will know at least 5 new songs that you can begin teaching right away. No musical experience or background is necessary- just an open heart and a willingness to learn.

## **#2 THE ANCIENT / MODERN ACT OF PILGRIMAGE**

The Rt. Rev. J. Scott Barker

In this workshop, Bishop Barker will share stories about journeys of personal pilgrimage on the Camino de Santiago in Spain, and on the Cowboy Trail right here in Nebraska. He will also provide practical helps for people who would like to build some of the disciplines of Christian pilgrimage into their daily lives, or who are hoping to make a more substantial, traditional pilgrimage away from home.

## **#3 BENEDICTINE PARENTING**

The Very Rev. Craig Loya

The constant demands of juggling work, kids, spouse, household responsibilities, and everything else can seem about as far away from the quiet, contemplative life of a monastery as possible. But can the ancient monastic Rule of Saint Benedict help you and your family make room for God in the midst of it all? In this workshop we'll explore specific habits and practices to help us all find the peace of God in the midst of the constant activity and chaos of family life.

## **#4 HOW TO PREACH LIKE A BAPTIST, PRAY LIKE A MYSTIC, AND SING LIKE A CAMP COUNSELOR**

The Rev. Jason Emerson

Scripture calls for us to always be prepared to defend the hope that is within us (1 Peter 3:15). Therefore we need to know what that hope is and have some tools to express it. In this workshop we will practice expressing our holistic spirituality through listening, speaking, and singing. Be prepared to be goofy and serious, silent and loud, "to be still and still moving".

## **#5 A MEETING WITH THE WARDENS**

The Rt. Rev. J. Scott Barker

Current, past and potential future church wardens are \*strongly\* encouraged to attend this workshop with Bishop Barker. We will focus on practical tips for staying joyful in your ministry, working with clergy, communicating well, dealing with conflict and gracefully handling "what comes after I serve as warden?" Plenty of time for Q & A and group discussion will be provided.

## **#6 TWELVE DISCIPLE STEPS TO YEAR-ROUND STEWARDSHIP: MOVING FROM SCARED TO SACRED!**

Char DeWitt

Are you looking for new energy and help in your personal or parish stewardship? This workshop will provide you with resources to get you motivated, and get you on the path to a year-round stewardship practice. This workshop is perfect for priests, wardens, vestry members, stewardship committees---and particularly for that one person who bravely stepped forward to be the stewardship leader (because no one else would do so!)

## **# 7 BUILDING CATHEDRALS: FINDING SPIRITUALITY IN MOTHERHOOD**

Kristin Fitzgerald

Mothering isn't easy. Mothering can be crazy-making. And mothering while you have anything else to do (work, school, laundry, errands) can feel impossible. Sometimes mothers get crabby [as our kids tell us]. Sometimes we appear down-right mad [judging by the looks we can get at the mall]. And other times, we find ourselves overwhelmed by the spiritual blessings that come from motherhood. Like the early builders of cathedrals-- anonymous souls who carved the intricate birds and florets into wood or stone--we are given the chance to help shape something that will carry on forever, even after our names are long forgotten. This workshop will focus on the mistakes that one mother has made, and the spiritual solutions she found, as she trudges the road of motherhood.

## **# 8 A BULL IN A CHINA CABINET**

Sammy Reagan

The church is a place to be safe and to experience the wonder of God. Sometimes it seems that the church gets lost in the politics and in the day to day business of the church. This workshop offers insights on how one person has learned to pray through the busyness of the church. In this workshop we will attempt to find viable and holy options on how to be in the work without forgetting about the joy of Jesus.

## **#9 LOOKING HONESTLY AT THE SPIRITUALITY OF THE CHILD**

Margaret Schaefer

In this workshop, we will explore the relationship between the young child and God. We will discuss the main Christian themes attractive to the child, and how children respond to the Gospel message. We will also discuss the role of the adult in children's Christian formation, and resources available to help congregations. Margaret Schaefer is a Formation Leader for Catechesis of the Good Shepherd. She will bring examples of materials used in the program.

## **#10 COMING INTO THE LIGHT WITH CHURCH FINANCES**

Beth Byrne

Are your church finances in the dark or in the light? Reality is that every parish must deal in some way with the financial aspects of running a church. We will explore how bringing finances into the light can enrich ministry and mission. We will discuss healthy habits of church treasurers, administrators and vestries. Plenty of time will be available for questions and discussion.

## **#11 THE CREATIVE PROCESS DEMYSTIFIED: AN INTRODUCTION TO THE *ARTIST'S WAY***

Anne Barker LIMHP, LCSW

Do you have an idea for a book, but are afraid you're not a good enough writer? Do you want to learn to sing, draw or take great photographs, but don't think you have enough talent? Or do you just long to feel and act more creatively in your relationships and work? Whatever your story, this experiential introduction to Julia Cameron's seminal book on creativity will demystify the creative process and set you on a spiritual path to the achievement of your craziest creative goals.

## **#12 "IT'S ALL ABOUT THE CONVERSATION"**

Helen S. Chapple PhD, RN, MA, MSN, CT

In another time many Christians feared death, to be sure, but they were even more afraid that death would take them unawares, without the opportunity to prepare their souls. Now we are likely to have the opportunity to prepare, but we truly wish that death would come without our knowing it. In this presentation we discuss how dying is likely to happen for people in US, what preparations will be effective, and which ones will not.

## **#13 IN THE BEGINNING... AND THE MIDDLE....AND THE END: THE MANY CREATION ACCOUNTS OF THE HEBREW BIBLE**

Melissa Tubbs-Loya

God's creation of the heavens and the earth is a major theme throughout the Hebrew Bible (Old Testament). Indeed, the biblical canon begins in Genesis with not one, but two distinct descriptions of God's creative acts. As the canon unfolds, other biblical texts offer their own accounts of creation, including passages in the books of Exodus, Isaiah, Ezekiel, Psalms, and Job. These many accounts served different purposes in ancient Israel: some acted as cosmogonies, or descriptions of the birth of an ordered universe, while others were (and can be today) used as prayers of thanksgiving or supplication; still others, as in the book of Job, were used to answer such existential questions as, "why do we suffer?" Together we will read several of the Hebrew Bible's creation stories and explore the ways in which the biblical writers depict God as creator.

## **#14 EXPLORING THE "TREE OF CONTEMPLATIVE PRACTICES"**

Keith Winton

The roots of contemplative practices are communion, connection and awareness. Come explore a few of the branches that spring from these roots as we discuss and practice examples that include stillness, centering, creativity, movement, and deep listening.

## **#15 PRAYER AND BODY: EAST MEETS WEST FOR A MOMENT**

The Rev. Susanna DesMarais

Yoga is growing in popularity and has many documented physical benefits, but is it "Christian"? Can we incorporate some of the core practices of an asana (poses) practice in our lives as Christians? We are an incarnational people, and we live our faith in our bodies; perhaps this is a new tool for us to experience or make room for the Divine in our lives.

## **#16 PRAYING THE PRAYERS OF THE PEOPLE**

The Rev. Nicolette Papanek

The first option in praying the Prayers of the People is for the community to create them in sync with their understanding of the Gospel today. In this workshop we will introduce models for local communities to pray and create Seasonal Prayers of the People for the community. You will leave with practical and doable formats that can be easily done in your parish. Let's let the Prayers of the People truly be the Work of the People. Lord in your mercy, hear our prayer!

## **#17 WINE IN THE BIBLE**

Larry Siegler

Larry Siegler is the President Emeritus of the Omaha Wine Society. This workshop, which will feature an actual wine tasting, will explore the different wines from the Bible as well as the history and development of Sacramental Wines. What wine did Jesus offer at the Last Supper? Come, see and taste!