



## 2017 SUMMER WORKSHOP PROGRAM

# Ditch Your Device, Feed Your Soul

Presented by  
the Empowering  
Action Team  
of your  
Diocesan Council



*The*  
**Episcopal Diocese of Newark**  
*Equipping congregations... Empowering people...  
Engaging the world... with the hope and justice of Jesus.*

- **Grace/Light Dinner:** 6 p.m.
- **Introduction**
- **Dwelling in the Word**  
Led by Kay Lark
- **Workshops**

- Session 1:** 6:30-7:10 p.m.  
**Session 2:** 7:15 - 7:55 p.m.  
**Session 3:** 8 - 8:40 p.m.

### ► GARDENING & NATURE

**Presenter:** Rev. Margaret Otterburn  
**Location:** Outdoors  
**Sessions:** 1

We worship the God of creation and we are invited to participate in maintaining that creation by planting the flowers that beautify and the crops that feed us and by removing the weeds that get in the way of good growth. We remember, too, that everything we plant provides the oxygen we breathe. You are invited to spend Session One nurturing, planting, weeding, seeing all as metaphors for our life with God. The quiet and serenity of a garden is a symbol of the first garden God gave humanity. Nurturing it is a reminder of God's instruction to us as part of the creation story.

### ► YOGA

**Presenter:** Rev. Pam Bakal  
**Location:** Room A  
**Sessions:** 1, 2

Namaste! Come join us as we meditate, relax, and unwind while increasing our spiritual relationship with God.

Yoga can help us to achieve spiritual rejuvenation in our day-to-day lives. As B.K.S Iyengar said, "When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world."

### ► DISCERNING GIFTS

**Presenters:** Rev. Sheelagh Clarke and Sue Morgan  
**Location:** The Sanctuary  
**Sessions:** 1, 2

*"To each is given the manifestation of the Spirit for the common good".*

In Paul's first letter to the Church in Corinth, he gives us much guidance as to the gifts of the Spirit. However, many of us are not really aware of what our particular gifts are, and so miss out on the deeply rewarding and enriching ministry that results when we are using our God given gifts in God's service. Before you volunteer again, do some work with us to help discern where your gifts and charism may be, and be more aware of how you are an integral part of the Body of Christ.

### ► MANUSCRIPT ILLUMINATION

**Presenter:** Debra M. Cook  
**Location:** Newcomb Room  
**Sessions:** 1, 2, 3

Relax, de-stress, unwind and allow your creativity to flow. Complete a small medieval manuscript painting in watercolor and gold to take home with you. No design/drawing skills or experience necessary although creativity is welcomed! There will be a choice of medieval designs for you to choose from and all materials will be provided.

### ► WALK THE LABYRINTH

**Presenter:** Theresa Scharff  
**Location:** Main Parish Hall  
**Sessions:** 1, 2, 3

The power of walking the path of the labyrinth is in its simplicity. The labyrinth represents an orderly path to quiet the mind, and as the body moves into a peaceful rhythm of walking, one becomes more closely in tune with God.

### ► JUST BREATHE OUT

**Presenter:** Betsy Thomason, RRT  
**Location:** Upstairs Lounge #2  
**Sessions:** 1, 3

In our hurry scurry life, we ignore our breathing, letting it take care of itself. But in allowing this, we lose the many benefits of intentional breathing, especially breathing focused on the active, spine-stretching outbreak. In this session, you learn three breathing secrets that help you understand why your outbreak promotes relaxation and strength, and helps you manage pain and stress. In addition, you learn the basics of the BreatheOutDynamic system (BODs)—revolutionary breathing for everyday life.

### ► DREAMS

**Presenter:** Rev. Diana Doyle Clark  
**Location:** Upstairs Lounge #1  
**Sessions:** 2, 3

One well-known Episcopal priest and author calls dreams "Gods forgotten language." A rabbi calls unexplored dreams "unopened letters from God." Have you

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ever wondered what your dreams mean? Are you someone who says: "I never remember my dreams."? What do dreams have to do with my prayer life? One of the gateways to exploring the meaning of dreams is to give your dream a title. You are invited to join us and bring a dream title (if you have one). This is how we'll begin our workshop conversation.

*The presenter is a spiritual director and long-time student of dreams and the life of faith. She is currently completing a two-year program on the spirituality of dream work through the Haden Institute.*

## ► KNITTING

**Presenter:** Rev. Margaret Otterburn  
**Location:** Hallway  
**Session:** 2, 3

Let your hands move in a simple way so that you can be in meditation.

Offer the time to God and your work as your ministry. If your knitting skills are not yet good, practice helps. Simple is good. Scarves for the seamen are simple to make; yarn and needles will be available for practice and learning.

## ► WRITING PRAYERS

**Presenter:** Elizabeth Rundquist  
**Location:** Room A  
**Session:** 3

Writing your own prayer. Sound daunting? Not at all. We come from a place of gratitude, we give thanks, we affirm, we ask. And we praise and acknowledge. Come work with us as we each craft a prayer that speaks to where we are in the moment. And then we move forward with a new skill we can use always.



**Wrap Up:** 8:45 p.m.

## ► DISCUSSION

Please convene in the sanctuary for brief participant discussion, comments, and feedback.

## ► COMPLINE

Remaining in the sanctuary, we worship together in an evening compline service.

## ► THANK YOU!

The Empowering Action Team of your Diocesan Council thanks you for your participation in this evening's workshops and we look forward to seeing you at future events.