



WORKSHOPS
FOR
THE FORTY-EIGHTH
TRIENNIAL MEETING OF THE
EPISCOPAL CHURCH
WOMEN

“Stir Up the Spirit: ¡Celebremos!”

Salt Lake City, Utah
June 25-July 1, 2015

Episcopal Church Women's Prayer

Almighty God, we pray that you will bless our work in mission and ministry in the world. Help us to pray fervently, labor diligently and give liberally to make known the power of your love given through your son Jesus. Let us not forget the lessons from the past nor fear the challenges of the future. Anoint us with your grace and shine in our hearts as we reflect your light throughout the world. Amen.

Dios Omnipotente, oramos para que tú bendigas nuestro trabajo en nuestra misión y ministerio por el mundo. Ayúdanos a orar fervientemente, laborar diligentemente y danos la libertad para que demos a conocer el poder de tu amor a través de tu Hijo Jesucristo. No dejes que olvidemos las lecciones del pasado y los retos del futuro. Bendícenos con tu gracia y que nuestros corazones reflejen tu luz a través del mundo. Amen.

The Forty-Eighth
Triennial Meeting of the Episcopal Church Women
“Stir Up the Spirit: ¡Celebremos!”
Salt Lake City, Utah
June 25-July 1, 2015

La Cuarenta y Ocho
Triennial Junta de Mujeres de la Iglesia Episcopal
“Stir Up the Spirit: ¡Celebremos!”
Salt Lake City, Utah
Junio 25-Julio 1, 2015

Workshops designed to educate and enrich women’s lives in the areas of
Leadership, Spirituality, and Social Justice.

Triennial Meeting is the culmination of three years of work by the National
Episcopal Church Women’s Board. We pray that your time in Salt Lake City will be
fun as well as enriching and rewarding to you, and that each of you will return home
with much enthusiasm and information to share with the women of your diocese.

We are very pleased with the quality of workshops and presenters who have offered
to share their time and talents this year. It has been a pleasure to work with them and
to offer such a variety of workshop topics to you.

Please return your registration cards early, as we will fill workshops on a first-come,
first-served basis. Almost all of our workshops will be offered at least twice, so we
hope everyone attends the workshops of choice. However, with such a richness of
programs offered by our leaders, you will be surprised and delighted whichever
workshops you attend. You will be notified which workshops you are scheduled to
attend through the Secretariat Office at Triennial.

Talleres designados a Educar y enriquecer la vida de las mujeres en las
áreas de Liderazgo, Espiritualidad y Justicia Social.

La Junta Triennial es la culminación de tres años de trabajo de la Directiva de Mujeres
de la Iglesia Episcopal Nacional. Nosotros rezamos para que tu tiempo en
Indianápolis pueda Tener diversión como también enriquecimiento y regalos para ti y

para que cada uno regrese a casa con mucho entusiasmo e información para compartir con las mujeres de su Diócesis.

Por favor regresen su registración a tiempo y nosotros llenaremos los talleres los primeros que llegen, los primeros-servidos en bases. Casi todos los Talleres van a ser ofrecidos casi dos veces, nosotros esperamos que atiendan los talleres que escojan. De todos modos, con un enriquecimiento de programas ofrecidos por nuestros líderes, ustedes van a sorprenderse y deleitarse con cualquiera de los talleres que ustedes atiendan. Ustedes van a ser notificados a los talleres que están programados para atender a través de la oficina secretarial trienal.

Workshops
Sunday, June 28th
2:30-4:00 PM

- #1 Saying Yes to 21st Century Leadership ... Lelanda Lee
- #2 United Thank Offering: Best Financial Practices ... Susan Howland
- #3 Crowd Funding Works ... Sara Milford
- #4 Knit Together ... Sandra Corp
- #5 Girls Friendly Society: Changing Girls to Life Long Leaders
... The Rev. Rowena Kemp and Margaret Nolde
- #6 Auto sostenibilidad: Desafíos y metas... Mayra Brown
- #7 Women of the Passion, A Journey to the Cross ... The Rev. Mary Janda
- #8 Celebrate Your Meeting Skills ... Connie Skidmore
- #9 Chair Yoga with a Christian Twist ... Judy Spratling
- #10 Women of Vision ... Barbara Owens
- #11 Bible Women and Leadership ... The Rev. Lindsay Hardin Freeman
- #12 What Do Benedict and Our Baptismal Covenant Say to Us Today?
... Sue Schlanbusch and Kathyleen Funk

Monday, June 29th
2:00-3:30 PM

- #13 Bullying: It Even Happens in Church ... Maryfran Crist
- #14 Savoring Life's Turning Points ... Sharon Stelz
- #15 Stirring Up the Spirit of United Thank Offering ... Peggy Cooper
- #16 The Wit and Wisdom of Our Spiritual Foremothers ... The Rev. Lindsay Hardin Freeman
- #17 GFS: Changing Girls to Life Long Leaders
... The Rev. Rowena Kemp and Margaret Nolde
- #18 Mind, Body and Tea ... The Rev. Becca Stevens
- #19 Role of a Faith Community ... Tony Milner
- #20 Stirring Up the Holy Huddle ... Sharon Tillman
- #21 Strength and Shame: The Discipleship of Mary Magdalene and the Role of Women in the
Church ... The Very Rev. Kate Moorehead
- #22 Mujeres: Sembradoras de Justicia ... The Rev. Margarita Santana
- #23 Anglican Prayer Beads: Construction and Use ... Karen Poggemeyer and Joy Prestridge
- #24 Knit Together ... Sandra Corp
- #25 UBANTU SPIRIT CHOIR ... Matthew Lemmler

Workshops
Monday, June 29th
4:00-5:30 PM

- #26 Yoga with a Christian Twist ... Judy Spratling
- #27 Stirring Up the Spirit of United Thank Offering ... Peggy Cooper
- #28 God and the Garden ... Belle Schwarzenbach
- #29 Why is SIM Important to ECW? ... Rachael Desmond and Sara Milford
- #30 Celebrating Our Role in God's Story: The Order of the Daughters of the King
... Grace Sears
- #31 Building Up the Body of Christ: Exploring Ministries that Transform Self and Others
... The Rev. Canon Dr. Angela F. Shepherd
- #32 Graceful Aging ... Maryfran Crist
- #33 Stir Up the Spirit: The Story of Lazarus (en español) ... The Rev. Yamily Bass-Choate
- #34 Church Periodical Club ... Rebecca Markert and Cai Armstrong
- #35 Healing Oils for Daily Use ... The Rev. Becca Stevens
- #36 Crowd Funding Works ... Sara Milford
- #37 Let's Review Organization Documents ... Connie Skidmore

Tuesday, June 30th
2:00-3:30 PM

- #38 Anglican Prayer Beads: Construction and Use ... Karen Poggemeyer and Joy Prestridge
- #39 Savoring Life's Turning Points ... Sharon Stelz
- #40 Revolver hasta que el Espíritu de UTO... Olga Arevalo
- #41 Celebrate! A Clean House Without Chemicals ... The Rev. Dcn. Teri Van Huss
- #42 Mind, Body, and Tea - Thistle Farms ... The Rev. Becca Stevens
- #43 Making Lavender Wands ... Belle Schwarzenbach
- #44 Stir Up the Spirit with Centering Prayer ... Dena Lee and the Rev. Sarah Carver
- #45 Why is SIM Important to ECW? ... Rachael Desmond and Sara Milford
- #46 Strength and Shame: The Discipleship of Mary Magdalene and the Role of Women in the
Church ... The Very Rev. Kate Moorehead
- #47 Stirring Up the Holy Huddle ... Sharon Tillman
- #48 Women of the Bible: A Look at Jewish, Christian and Muslim Women Who Have Made
a Difference ... The Rev. Mary Janda
- #49 New Orleans Jazz Revival Mass ... Matt Lemmler and Father Bill Miller

Workshops
Tuesday, June 30th
4:00-5:30 PM

- #50 Chair Yoga with a Christian Twist ... Judy Spratling
- #51 Women of Vision ... Barbara Owens
- #52 Crowd Funding Works ... Sara Milford
- #53 Building Beloved Community: One Transition at a Time
... The Rev. Canon Angela Shepherd
- #54 Improving the Visibility of the United Thank Offering ... Sandra Squires
- #55 Mujeres: Sembradoras de Justicia ... The Rev. Margarita Santana
- #56 Celebrate! A Clean House Without Chemicals ... The Rev. Dcn. Teri VanHuss
- #57 Healing Oils for Daily Use ... The Rev. Becca Stevens
- #58 Diabetes: Things Everyone Who Has It Should Know ... Belle Schwarzenbach
- #59 Role of a Faith Community ... Tony Milner
- #60 What Do Benedict & Our Baptismal Covenant Say to Us Today?
... Sue Schlanbusch and Kathyleen Funk

TRIENNIAL MEETING 2015 WORKSHOPS
Sunday, June 28th
2:00-3:30 PM

#1 Saying Yes to 21st Century Leadership
Lelanda Lee

Lelanda Lee, Executive Council member and General Convention deputy, leads a workshop on reinterpreting leadership practices to stay relevant to 21st century members and volunteers. Explore the vocabulary and structures of social media while upholding the importance of authentic values and relationships. Survey new modalities for community building using global tools and perspectives. Transformative leadership is about movement, how we move ourselves, others, and organizations. Today, leading includes sharing relevance and inspiration in short bursts like 140 characters in a Tweet and 3-minute YouTube videos. Check it out!



Lelanda leads anti-racism, leadership development, and team building workshops, and writes on those subjects widely. She blogs at www.whatacupoftea.blogspot.com and <http://www.patheos.com/blogs/emergentvillage/>. She's on Facebook as Lelanda Lee, where she posts daily prayers that speak to many people, and invites you to Friend her.

**#2 United Thank Offering: Best Financial Practices
Susan Howland**

This workshop will target diocesan and parish UTO Coordinators. The topic of best practice may be of interest to all involved in church finance. We will look at the ingathering of funds, grant awards, and the practical aspects of handling money in a church setting.

Susan Howland is the current Financial Secretary of the United Thank Offering Board, and current treasurer of Holy Trinity Episcopal Church in Southbridge, Massachusetts. She has served as a parish and diocesan UTO coordinator, ECW treasurer, parish audit committee chair, as bookkeeper for a medical office and for twenty-two years as treasurer of a small 201(c)(3) nonprofit organization.



**#3 Crowdfunding Works
The Rev. Dcn. Sara Milford**

The waves of change have brought about a different kind of fundraiser and a lot of excitement. Crowdfunding, one of the growing digital trends in raising real money, can be used to support your next Spirit-led cause, whether local or international. In this workshop attendees will learn the basics of crowdfunding, the differences between different programs, and how to set up a campaign. Helpful advice on how to create a successful campaign will be provided, along with ideas on how to keep it fun! You don't have to be technologically savvy to do this, just interested and willing to learn.

Sara Milford, a deacon from the Diocese of Arkansas, recently graduated from The School of Theology at The University of the South in Sewanee, TN. She is a wife and mother of four fabulous children and considers her diocesan ECW part of her extended family. Her interest in crowdfunding comes from a desire for all kinds of people to make great things possible and from her husband's participation in various Kickstarter projects for the past few years.



#4 Knit Together Sandra Corp

In this workshop, you will gain ideas for knitters to use their craft to provide solace to individuals during times of crisis through compassionate ministries. You will also find out how the definition of “knit” (to join together closely and firmly) also defines the benefits of joining with others to spread compassion. While we “Knit Together” you will have the opportunity to create a knitted cap to be donated to the local NICU babies. (Pattern and yarn provided. Bring your own size 2 or 3 double pointed needles.)



Sandra has been knitting for 53 years at an Ogden yarn shop. She uses these skills to provide comfort to others and it is particularly satisfying to her and the knitters at the Episcopal Church of the Good Sheppard in Ogden, where she serves and knits together will a small group but sturdy group of prolific knitters.

#5 Changing Girls to Life Long Leaders Margaret Nolde and the Rev. Rowena Kemp

Why do the members and leaders of the Girls Friendly Society (GFS) burn with the desire to support their local communities and their sisters around the world? What differentiates this national and world-wide fellowship from other Episcopal youth programs? GFS, as the girls call it, takes girls from just “going to church” to being life-long leaders with an appreciation of all of the members of the Body of Christ. Locally, it gives them a sense of belonging, importance, and self-confidence – the GFS fellowship grounds girls in their knowledge of Christian beliefs and allows them to develop close relationships with each other. Globally, the national and world-wide GFS network responds to the needs of women around the world and allows our girls to witness the powerful spirit of women changing their communities. GFS is forging the next generation of faithful Episcopal women. Learn about the tools we use to sustain ministry among youths, especially girls, and increase the relevance and importance of the church in their daily lives.



Presenters are the Reverend Rowena Kemp, GFS-USA Chaplain and a presbyter in the Middlesex Area Cluster Ministry in the Episcopal Diocese of CT, and Margaret Nolde, president of GFS in the Diocese of Los Angeles. Rowena is also the Biorepository Manager for the Program of Applied Translational Research at the Yale School of Medicine and Margaret is a CPA working for a fast-growing technology firm and the mother of five daughters.

#6 Auto sostenibilidad: Desafios y metas
Auto Sustainability: Challenges and Goals
Mayra Brown

Este taller está diseñado para que cada participante pueda crear su plan estratégico a corto, mediano o largo plazo, desarrollando el mismo en sus diferentes comunidades y logrando su estabilidad e independencia.

This workshop is designed so that each participant is able to create their strategic plan on a short, medium or long term, developing the same in their different communities and achieving its stability and independence.

Mayra Brown es madre de dos miembros activos de la Iglesia Episcopal Dom. Durante varios años ha servido su iglesia local desempeñando Varios cargos en la junta parroquial. A nivel Diocesano ocupa El cargo de secretaria, perteneciendo también al comité de Planif. Y Desarrollo, y a las pastorales de i migrate y de la Familia , fue Presidenta de las Mujeres 2010/2013. Coordina actualmente la Pastoral de la Mujer del Consejo Latinoamericano de Iglesias y es la representante de la IX Provincia En el National Board de Ecw.



Mayra Brown is the mother of two and an active member of the Episcopal Church in the Dominican Republic. She has served her Church, Diocese and Province IX in many capacities. Presently, she is serving on the Ministry for Immigrants and is the Coordinator for the Ministry of Justice and Gender with the Latin American Council of Churches. Mayra is the Province IX Representative to the National ECW Board.

#7 Women of the Passion, a Journey to the Cross
The Rev. Mary Janda

So how does a variation of the Stations of the Cross “stir up the spirit or celebrate” with a reflection on the Via Dolorosa of Jesus during His walk to the Cross? Katie Sherrod from Fort Worth, Texas, has written a powerful and unforgettable gathering of stories about this heartbreaking walk through the eyes of the women in Scripture whose lives were touched by Jesus. I offer this incredible journey now so that you can go back to your communities of faith and ask that it be part of your Lenten and/or Holy Week experience in 2016. I will share with you how I have offered it and we will go through a sampling of this service together.



The Rev. Mary S. Janda is a priest in The Diocese of Utah. She has served as an Associate Rector in two parishes in Salt Lake City and as a diocesan supply priest. As a former English teacher (grades 6-12), she taught students in the States and overseas before being ordained in the Diocese of Utah. She is the author of one book, *Out of the Storm*, that tells the story about living in Saudi Arabia with her husband and two daughters before, during, and after the 1st Gulf War. As Chaplain for the ECW Triennial for 2015, Mary’s spirit has been stirred up by getting to know other women in the wider Church.

#8 Celebrate Your Meeting Skills
Connie Skidmore, Registered Parliamentarian

Sharpen your parliamentary procedure knowledge and shine at your next meeting! The workshop will concentrate on effective meeting management through agenda planning, handling of motions, best use of motion precedence, use of unanimous consent, and other parliamentary tidbits. The goal is for each participant to feel more confident as a presiding officer.



Connie Skidmore is a Registered Parliamentarian and Member of the National Association of Parliamentarians. She has been Parliamentarian for the national ECW Board since 1999. She has also served in this capacity for the past 5 Triennial Meetings, as well as this one in Salt Lake City. She is a member of St. Patrick's Episcopal Church, Incline Village, Nevada, where she serves as Lay Eucharistic Minister, Lay Reader, Parliamentarian, Education For Ministry (EFM) Mentor, and Outreach/Mission Chair.

#9 Chair Yoga with a Christian Twist
Judy Spratling

After studying yoga for a few years, I began looking for a way to incorporate my Christianity into my practice. I called several Christian retreat centers to ask if they did yoga workshops. The answer was always, "We're a Christian retreat center." I decided to create my own way to honor my Christian heritage. Yoga with a Christian Twist became a staple when I taught at churches. Then I began teaching at assisted living facilities and yoga with a chair was perfect for folks who had never tried yoga. This workshop will incorporate our Christianity and yoga and a chair so that everyone can participate. Even if you've never tried yoga there will be something for you. If you are a practiced yogi, this class will be great fun and a good stretch. Please come with an empty stomach, no jewelry and be prepared to practice with no shoes or socks. I look forward to sharing my practice with you. Namaste.



New York? New York!! STRESS!!!! When a Utah farm girl moved to New York City, no one mentioned the stress of the Big Apple and how to relieve it. A friend recommended yoga. Judy tried it and knew immediately that she wanted to teach this ancient art. After eight years of practice as a student, Judy enrolled in teacher training at the Sivananda Ashram Yoga Ranch in upstate New York. Since being awarded her certificate as Yoga Siromani in 2004, Judy completed a second teachers' training at Lotus Leaf Yoga in Heber City, Utah, and has participated at retreats in New York, Massachusetts, California and Mexico. Judy taught private sessions in New York City as well as group sessions at New York churches. Upon retiring and returning to Utah, Judy taught seven years at a community senior center and at St. James Episcopal Church in Sandy, and chair yoga at assisted living facilities. Her mantra: "Yoga is the dance of my body and the prayerful spirituality of my heart."

**#10 Women of Vision
Barbara Owens**

Participants will explore what the Women of Vision (WOV) Program offers by examining the different modules and how to utilize them. The program is a fun and informative way to enrich individuals of all ages and to help groups work together more productively. WOVI helps you to better understand yourself and each other, thus learning to respect the dignity of all people. The current Women of Vision program is a combined revision of the two programs. It is now available on line and does not require Women of Vision trained facilitators.



Barbara was on the Women of Vision Committee while serving on the 2009-2012 ECW National Board, and she is now completing the 2012-2015 term as Province IV ECW President. She has participated with the WOVI program since its conception under Ann Smith and later the Creative Journey Program.

**#11 Bible Women and Leadership
The Rev. Lindsay Hardin Freeman**

What do our biblical foremothers have to teach us about leadership? Hint: The most effective among them used prayer, collaboration, took pre-emptive actions, negotiated, led from the front, and listened for God's voice. Here we'll explore several different styles: scorched earth, collaborative, and intuitive. Some case studies: Deborah, Jael, Athaliah, the Wise Woman of Abel, Mary of Bethany and Lydia.



Triennial's keynote speaker in 2012, the Rev. Lindsay Hardin Freeman is an award-winning writer, speaker, mother, and priest of thirty years. In the last three years, she has worked with ECW groups and faith communities throughout the country. Her passion is women of the Bible, and she shares their stories through the use of scripture, tradition, reason and humor. She is the author/editor of six books including *Bible Women: All Their Words and Why They Matter* (published by Forward Movement and currently used by the ECW for its national online Bible study), *The Scarlet Cord: Conversations with God's Chosen Women*, and *The Spy on Noah's Ark: Bible Stories from the Inside Out*.

**#12 What Do Benedict and Our Baptismal Covenant Say to Us Today?
Sue Schlanbusch and Kathyleen Funk**

This workshop will involve attendees in contemplating how we are called to be Episcopalians, how our Common Prayer is shaped by St. Benedict's Rule, and how our Baptismal Covenant is needed for us to live into our vows at Confirmation.



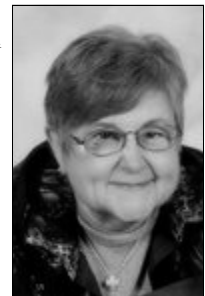
Sue Schlanbusch is National President of the Episcopal Community and past President of Daughters of the King. She has led national retreats and has served on many diocesan committees in the Diocese of Michigan. Kathyleen Funk is the current National Treasurer of the Episcopal Community, Past Province VII President of the Daughters of the King, and has presented several quiet days and meditation sessions in Province VII.

**Monday, June 29th
2:00-3:30 PM**

**#13 Bullying: It Even Happens in Church!
Mary Fran Crist**

Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Ephesians 4:31-32

We will explore recognizing bullying within the church, and effective ways to deal with this issue. The church needs to be a place where we can come with our differences and be Christ's families. As with all families there can be disagreements and conflicts, but when does this come bullying? How can we deal with conflicts in a manner that promotes the Gospel? Are we examples to our children, youth and our community? We will explore these questions and provide you with resources and hope.



Maryfran Crist: AA,HT ASCP, CT,ADN,BSN,MSN,FNP, AE-C, FCN, RNx2, MOM, MRS, etc. Maryfran was asked once if she ever would stop learning. Her answer was not unless God doesn't give lessons in heaven. The assortment of initials following her name above reflects a life of challenge and joy. Maryfran is a family nurse practitioner in a rural health clinic, a parish nurse in Episcopal churches in Illinois, and the regional representative to Episcopal Health Ministries: EHM. As a woman of faith she believes she too is on a journey. Her travel has been with a husband, children and now their spouses, grandchildren, exchange youth and foster children. Yet there is time for knitting and reading Beverly Lewis, sitting by the lake. She writes: "It is a challenge to find balance at times, but the variety God has placed in my life brings joy!"

Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you. Philippians 4:9

#14 SAVORING LIFE'S TURNING POINTS
Sharon Stetz

Celebrate, explore, and appreciate experiences in your life ... the places, times, moments, that you have felt deeply connected with life's source. This is a vital practice! While the world seems to speed up, we so easily push past moments where the holy "breaks through" and touches our souls. Yes, handouts will be provided to strengthen the commitment to enliven your spiritual practices after our time together! Taking time to savor what is good is an effective remedy to the chronic rushing that plagues our lives. Join us to share, stir your spirit, and laugh as we celebrate the Holy Spirit within us.



Sharon Stetz has been employed as a multi-faith hospice chaplain for the past six years. As a volunteer, she has served as an on-call chaplain with the Salt Lake City Police Department. She also has a part-time private practice in spiritual direction. At St. James' Parish, Midvale, Utah, she has led annual women's retreats and a monthly women's "Wisdom Circle," discussing a spiritually based book over the course of many months. She also facilitates "Spiritual Popcorn" -- viewing a spiritually moving film with discussion following. Originally from Milwaukee, she majored in elementary education at the U. of Wisconsin-Milwaukee and taught in Milwaukee schools for seven years. A world traveler, Sharon is now transitioning to semi-retirement in Tucson, Arizona -- having gleefully left her shovels and boots embedded in the Salt Lake City snowdrifts!

#15 Stirring Up the Spirit of United Thank Offering
Peg Cooper, Grants Convener of the UTO National Board

The heart and soul concerning the United Thank Offering is in three parts: 1. the continual thanking God for the many blessings each of us receives and the physical act of putting coins or paper into the BLUE Box; 2. the money from Blue boxes is gathered together and every cent goes into the third part - 3. the granting process. This workshop is aimed at the third part. How does the granting process work? How is it decided what the focus will be - something to do with some form of Mission? How does one approach the granting process with the idea of being successful? Several ways of preparing to write a grant will be discussed and hopefully your questions will be answered. The group will work on a grant application together and follow the application through the whole granting process. The important points and pitfalls will be discussed.



Peg is a cradle Episcopalian. She grew up in St. Louis MO, attended Drury College for her undergraduate work in Biology and Education, and received a M.S and Ph.D. in Anatomy at Saint Louis University, later serving on their faculty. In Detroit MI she was on the faculty of Wayne State University School of Medicine. Christ Church, Detroit became her church, where she learned what it meant to be an Episcopalian and to be part of a community. She joined the ECW Board as the UTO Diocesan Coordinator. After she retired she became the Province V UTO representative. Peg loves being retired and working with UTO, being a docent at the zoo, teaching a class at the University, keeping up with the grounds of her house in the woods and the cats, and traveling, but not quite enough, and she wonders how she had time to work at the University!!

**#16 The Wit and Wisdom of Our Spiritual Foremothers
The Rev. Lindsay Hardin Freeman**

Ever have a longing to hear your mother’s voice, your grandmother’s voice? Take a moment in this workshop to honor the women who carried the light of Christ for you...and then celebrate how they, and women of the Bible, can still make a difference in our lives today. Learn about ten of the Bible’s most gifted women...and compare them with ten of the most treacherous—for they all have much to teach us in these complicated days of the 21st century.

See information about Lindsay+ under Workshop #11.



**#17 Changing Girls to Life Long Leaders
Margaret Nolde and the Rev. Rowena Kemp**

Why do the members and leaders of the Girls Friendly Society (GFS) burn with the desire to support their local communities and their sisters around the world? What differentiates this national and world-wide fellowship from other Episcopal youth programs? GFS, as the girls call it, takes girls from just “going to church” to being life-long leaders with an appreciation of all of the members of the Body of Christ. Locally, it gives them a sense of belonging, importance, and self-confidence – the GFS fellowship grounds girls in their knowledge of Christian beliefs and allows them to develop close relationships with each other. Globally, the national and world-wide GFS network responds to the needs of women around the world and allows our girls to witness the powerful spirit of women changing their communities. GFS is forging the next generation of faithful Episcopal women. Learn about the tools we use to sustain ministry among youths, especially girls, and increase the relevance and importance of the church in their daily lives.

See information about Margaret and Rowena+ under Workshop #5.



#18 Mind, Body and Tea Becca Stevens

The Rev. Becca Steven's newest book, *The Way of Tea and Justice: Rescuing the World's Favorite Beverage From Its Violent History*, is the basis for this presentation. This workshop will feel like a mini retreat as we connect the dots between justice, tea, ritual and community. During our time, we will share inspiring stories from women who have survived lives of trafficking, addiction, and prostitution. We will talk about how tea, while helping usher in economic and spiritual growth in its 3,500 year history, has also helped enslave women. We will serve justice tea grown by women's organizations throughout the world blended at Thistle Farms. We will steep the tea, share stories, and help inspire one another to go back out and love the world again and again.



The Rev. Becca Stevens from the Magdalene Project/Thistle Farms has been a powerful force for social change. She was named by the White House as one of the 15 Champions of Change for Violence against women in 2011. She is a premier preacher and speaker, proclaiming love as the most powerful force for social change. She is an Episcopal priest and founder of Magdalene, residential communities of women who have survived prostitution, trafficking and addiction. She founded Thistle Farms in 2001 which currently employs nearly 50 residents and graduates, and houses a natural body care line, a paper and sewing studio and the Thistle Stop Café.

#19 Role of a Faith Community Tony Milner

This interactive workshop will dive into the issues, concerns and the roles of Faith Based Groups in Marriage Equality. As the atmosphere about Marriage Equality in Utah and nationwide troubled many faith communities by the hatred and the cruel behavior of those opposing Marriage Equality, this workshop will discuss the ramifications of this national debate, but also fully uphold the traditional role of faith communities to stand-up for human rights and the rights of minorities.



Tony Milner is the Executive Director of Family Promise - Salt Lake, a unique interfaith shelter and housing program for homeless families. Mr. Milner's background is in Political Science and Non-Profit Management. He is a member of the Utah State Plan to End Homelessness, the Salt Lake Homeless Coordinating Council, and the Salt Lake Interfaith Roundtable. Mr. Milner is a native of Utah, a member of a United Church of Christ congregation, has been with his husband for 11 years (married for 7), and together they are raising two adopted sons.

#20 Stirring Up the Holy Huddle Sharon Tillman

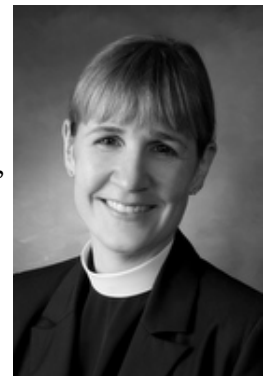
A lot has changed in the world of promotion and communications since the turn of the century – and I don't mean 1900. BUT...some things never change. Learn the basics of communication in an age of social media, websites and the latest gadgets. What you'll learn is that the basics still apply – planning ahead, clear and concise writing, knowing your audience – no matter how you get your message across.



Sharon Tillman is the director of communications for the Episcopal Diocese of Maryland, a position she has held since 2008. In 2005 she was part-time editor of *Maryland Church News*, now *Maryland Episcopalian*, the diocese's magazine. Sharon currently serves as the Province III communications ministry coordinator, and is on the board of the Baltimore International Seafarer's Center. She served as an advisor to *Episcopal Life* newspaper and website, chairing the Board of Governor's officially through 2012. Sharon was on the staff of the *Convention Daily* in 2009 as a features writer. A member of Episcopal Communicators since 2006, Sharon's background is in marketing and communications, printing, public relations and graphic design.

#21 Strength and Shame: The Discipleship of Mary Magdalene and the Role of Women in the Church The Very Rev. Kate Moorehead

From the beginning of creation, the role of women has been conflicted. Were we created alongside men as equals or were we created later as companions, as an afterthought? Mary Magdalene played a central role in the gospels, but was later maligned as a prostitute and sinner. Who was she, really? Was she the Apostle of the Apostles, a leader to rival Peter himself or was she a sex symbol, a tempter, a distraction? And how does Mary's role in the life of the church influence our perception of women as leaders? How might we allow Mary and her role as a disciple form and shape female leadership in the future of the church? Come and explore the life of one of the great disciples and discover how she influences us today.



The Very Rev. Kate Moorehead is the Dean of St. John's Cathedral in Jacksonville, Florida and the author of four books, *Between Two Worlds*, *Organic God*, *Resurrecting Easter* and *Get Over Yourself; God's Here*. She has been married for 20 years to JD Moorehead and they have three sons. Kate is a graduate of Vassar College and Virginia Theological Seminary and she was a carpenter scholar at Yale Divinity School. As part of her role as Dean, Kate serves as Vice President of five large non-profit boards in the city of Jacksonville. Kate is here as a deputy to General Convention from the Diocese of Florida.

#22 Mujeres: Sembradoras de Justicia
Women Sowing Justice
The Rev. Margarita Santana

A través de los años la iglesia Episcopal y especialmente la agrupación de mujeres Episcopales se han preocupado por el empoderamiento de las mujeres. Hay diferentes aspectos a tener en cuenta, y uno de los más importantes es hacer frente a las injusticias a las mujeres. Hoy en día más que nunca, estamos tratando de identificar las raíces de la injusticia y eliminarlas, con el fin de “sembrar una nueva semilla” en el suelo que se nos da para cultivar”. Este tema nos compromete, y queremos brindar herramientas para “sembrar nuevas semillas” tanto dentro de la iglesia y en la sociedad en que nos encontramos. En este taller titulado: “Mujeres: Sembradoras de Justicia”, volverá a descubrir lo que te gusta y quieres hacer para crear un mundo mejor con las mismas oportunidades y la plena igualdad para todos.



Over the years, the Episcopal Church and especially the Episcopal Church Women (ECW) have been concerned with the empowerment of women. There are different aspects to consider, and one of the most important is to stand up to injustices to women. Nowadays, more than ever, we are striving to identify the roots of injustice and eliminate them, in order to “sow a new seed” in the soil that we are given to cultivate. This topic engages us, and we want to provide tools to “sow new seed” both within the church and in the society in which we find ourselves. In this workshop entitled “Women Sowing Justice,” you will rediscover what you love and would like to do to create a better world with the same opportunities and full equality for all.

The Rev. Rosa Margarita Santana is the Latino/Hispanic Missioner to the Episcopal Diocese of Maryland and Vicar of La Resurreccion Episcopal Church in Baltimore. She was the first female priest ordained 23 years ago in the Episcopal Diocese of the Dominican Republic. She served in the church as rector of several congregations and Episcopal schools, as well as Coordinator of Christian Formation, Stewardship, Chair of the Commission on Ministry, Chaplain to Women's Ministries, Daughters of the King, and more. She is an architect by profession and the fourth member family (five brothers and one sister). As a cradle Episcopalian, Margarita has engaged in active ministry since an early age, serving God and God's people through her many gifts and talents.

#23 Anglican Prayer Beads: Construction and Use Karen Poggemeyer and Joy Prestridge

Strings of beads or knots are used in many religious traditions as aids in focusing the mind on prayer. This workshop is an introduction to the history, symbolism, construction and use of the unique Anglican form of prayer beads. Participants will have the opportunity to create a simple set of Anglican Prayer Beads and use them to guide their bodies and minds in prayer. The workshop will be led by Joy Prestridge and Karen Poggemeyer, both members of Good Shepherd Episcopal Church in Ogden, Utah.



Joy Prestridge has been active in the Episcopal Church since she was a teenager in Florida. She was introduced to Anglican Prayer Beads while living in Texas and began beading because of her interest in them. Joy is a retired nurse who edits Good Shepherd's newsletters and serves on the Spirituality Committee.

Karen Poggemeyer joined the Episcopal Church in Kansas and began beading to create custom jewelry for herself. She first saw Anglican Prayer beads at Good Shepherd. Karen teaches US History and Government, sings in the Good Shepherd choir and is a member of the parish Discernment Committee.

#24 Knit Together Sandra Corp

In this workshop, you will gain ideas for knitters to use their craft to provide solace to individuals during times of crisis through compassionate ministries. You will also find out how the definition of "knit" (to join together closely and firmly) also defines the benefits of joining with others to spread compassion. While we "Knit Together" you will have the opportunity to create a knitted cap to be donated to the local NICU babies. (Pattern and yarn provided. Bring your own size 2 or 3 double pointed needles.)



See information about Sandra under Workshop #4.

#25 UBUNTI SPIRIT CHOIR
Matt Lemmler

UBUNTI SPIRIT CHOIR is opened to all with or without musical training. We will sing hymns, spirituals, and inspirational songs to lift up our spirits. The choir will also help lead worship in song during our New Orleans Jazz Revival Mass, Tuesday at 2 PM.

Matt Lemmler continues the legacy of the great New Orleans pianists of Fats Domino, Jelly Roll Morton and others. He received a BS from Loyola University in Music and got a Master's from the Manhattan School of Music. He is a pianist, vocalist, composer, arranger, educator, producer and musical director for the New Orleans Jazz Revival Band. He toured with "The Phantom of the Opera" and has created many original music for shows and television.



Monday, June 29th
4:00-5:30 PM

26 Chair Yoga with a Christian Twist
Judy Spratling

After studying yoga for a few years, I began looking for a way to incorporate my Christianity into my practice. I called several Christian retreat centers to ask if they did yoga workshops. The answer was always, "We're a Christian retreat center." I decided to create my own way to honor my Christian heritage. Yoga with a Christian Twist became a staple when I taught at churches. Then I began teaching at assisted living facilities and yoga with a chair was perfect for folks who had never tried yoga. This workshop will incorporate our Christianity and yoga and a chair so that everyone can participate. Even if you've never tried yoga there will be something for you. If you are a practiced yogi, this class will be great fun and a good stretch. Please come with an empty stomach, no jewelry and be prepared to practice with no shoes or socks. I look forward to sharing my practice with you. Namaste.



See information about Judy under Workshop #9.

#27 Stirring Up the Spirit of United Thank Offering
Peg Cooper, Grants Convener of the UTO National Board

The heart and soul concerning the United Thank Offering is in three parts: 1. the continual thanking God for the many blessings each of us receives and the physical act of putting coins or paper into the BLUE Box; 2. the money from Blue boxes is gathered together and every cent goes into the third part - 3. the granting process. This workshop is aimed at the third part. How does the granting process work? How is it decided what the focus will be - something to do with some form of Mission? How does one approach the granting process with the idea of being successful? Several ways of preparing to write a grant will be discussed and hopefully your questions will be answered. The group will work on a grant application together and follow the application through the whole granting process. The important points and pitfalls will be discussed.



See information about Peg under Workshop #15

#28 God and the Garden
Belle Schwarzenbach

How getting your hands dirty can bring you physical and spiritual health.

Belle grew up in the Episcopal Church in West Texas. She studied Nutrition at New Mexico State University and ended up spending the next 20 years living all over the US and Europe as part of a US Air Force family. Part of those 20 years were spent here in Utah and she been here ever since. She has 2 wonderful sons that she raised here in Ogden, Utah. She is a Registered Dietitian and her area of expertise is Diabetes. She is a Certified Diabetes Educator and has been very active in diabetes care for over 10 years. She currently works in a Diabetes and Renal Dialysis Clinic for Intermountain Health Care. Before that she taught Nutrition at Weber State University as an Adjunct Professor for 15 years. She loves working in the Diabetes Care area, because there are so many things regarding food and nutrition that can help people live long, healthy, normal lives even if they have Diabetes. As a matter of fact, Diabetes can actually save your life! She has been a Master Gardener for over 8 years and loves growing all sorts for herbs, vegetables, and fruits in her garden. About 17 years ago she got on a lavender kick and now has over 60 lavender plants (8 different varieties). There are way more than 8 different varieties, but that's all she can manage to deal with here in Utah. When one has this much lavender, she decided that she had to do more with it than just grow it. She started reading about what all could be done with lavender from making sachets to cooking with it. She really enjoys teaching people how to use many different types of flowers in the garden for more than just bouquets.



**#29 Why is SIM Important to ECW?
The Emerging Church needs future priests
with extraordinary gifts of leadership, mind, heart and faith.
Rachael Desmond and Sara Milford**

The Society for the Increase of the Ministry (SIM) is presenting a workshop on Why SIM is Important to Episcopal Church Women Ministries. SIM seeks to bring awareness and education to the Women in the Church on the importance of investing in the future ordained leaders of our Episcopal Church. How does this work?

This workshop is presented by Rachael Desmond, Past President of the Connecticut ECW and current SIM Board member and Sara Milford, recent SIM recipient and graduate of The School of Theology at the University of the South at Sewanee.



**#30 Celebrating Our Role in God's Story: The Order of the Daughters of the King®
Grace Sears**

We have a story to tell! The Spirit of God has been leading the Daughters of the King (DOK) to share with women in more than 20 countries the pattern handed down to us: local chapters mentoring women and girls in prayer, service, and evangelism. After a brief review of how the Order began and where it is spreading, participants will be encouraged to tell a bit of their story while we are together. A DOK publication, "Pray Your Way into Their Story," will be available.

Grace Sears is a past president of The Order of the Daughters of the King® (2009-2012); her Council decided to call itself the Celebration Chapter, and subsequent Councils have claimed the name. She edited *The Royal Cross* for six years, and continues to work with the Order's Archives. She has represented the Order in Malawi, Brazil, and Haiti. Grace attends The Church of Our Saviour in the Diocese of Lexington, and rejoices in her three grandchildren.



#31 Building up the Body of Christ: Exploring Ministries that Transform Self and Others
The Rev. Canon Dr. Angela F. Shepherd

The daily news reminds us of the brokenness that impacts the lives of many people today. This may leave us feeling powerless and overwhelmed. There is only so much one person can do. However, when one is joined by two or more, situations can change. Knowledge is power and dovetailed with the Holy Spirit can propel us beyond our comfort zones. This workshop will offer a miniature exploration of domestic violence awareness, mental health first aid, parish/school partnerships, race and reconciliation, and asset based community development as radical ministries that can turn a congregation inside out.

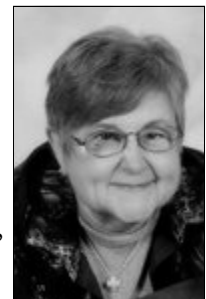


A priest for eighteen years, Canon Angela currently serves in the Diocese of Maryland as canon for mission and at the Cathedral of the Incarnation as canon pastor. With one foot in each arena – diocese and congregation – she brings a unique perspective to ministry as she strives to make Christianity a way of life for herself and others.

#32 Graceful Aging
Maryfran Crist

And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. 2 Corinthians 9:8

Whether you are 15 or 50 or even ninety you are still changing, growing and aging. How can this be possible to age and grow at the same time? Explore the relationship of your body, mind and spirit and how prevention at any age enhances wellness. Learn of God's plan for your well being ...exploring nutrition, movement, pursuing learning, prayer and meditation as well as a host of other possibilities. You will be able to make a plan of the first steps toward wholeness during this workshop. PS and have some fun, too!



See information about Maryfran under Workshop #13.

**#33 Stir Up the Spirit: The Story of Lazarus
The Rev. Yamily Bass-Choate**

Naturally, for each of us and in our communities, the Spirit suffers times of stagnation and dullness. Those are the times we are called to tell our faith stories, acknowledge God’s presence, and witness to the Spirit in others. In this workshop, participants will use the parable of Jesus Raising Lazarus and our own storytelling to recall and identify moments and individuals, both in scripture and in our own lives, that *inspire* faith, Stir our Spirit, and call us into ministry. Like those close to Christ, we are often deeply driven by faith, but also still waiting for a Miracle. The story of Lazarus, whose Hebrew name “Elizar” translates as “God is my help,” supplies some structure to do this explorative story telling: Jesus’ call to stir up the Spirit in our lives, the witnessing to his miracle to new life, and the proclamation of Jesus as “Messiah and Lord.” Recalling how each of our faith stories has its own Lazarus parallels, together we will discern the transformative steps from spiritual stagnation to action; darkness to light; and from death to life.



Yamily is an Episcopal priest in the Diocese of New York. She has the privilege of serving as Vicar for a Hispanic/Latino congregation in Southern Westchester County, where Jesus stirs her Spirit and gives her the opportunity to stir the spirit in others. She has been a schoolteacher, a social worker, wife and mother of two girls.

**#34 Church Periodical Club (CPC)
Rebecca Markert and Cai Armstrong**

What is Church Periodical Club? This is a question that we frequently hear. In this workshop we will explain it all! Why the “funny name”? The rich history that is CPC! (We were organized in 1888!) What our mission is and how you can be part of it! Great program for kids and youth groups! We have an easy way to expand your church/diocese programs for outreach to those who need the gift of knowledge. We are changing the world, one book at a time!



Rebecca Markert is the outgoing Church Periodical Club Nation Board President, she has been involved with CPC on the province and greater church levels for many years. Cai Armstrong is the new CPC National Board President and has also been very active in CPC for over twenty years.

**#35 Healing Oils for Daily Use
The Rev. Becca Stevens**

In this workshop led by the women of Thistle Farms and the Rev. Becca Stevens and drawing on her book, *Snake Oil: The Art of Healing and Truth-Telling*, participants will learn about some of the healing oils from the Bible and how to blend them. We will discuss the many different ways that these oils can be used in our daily lives and attendees will be invited to take some with them at the end of the session. We will share old wives' tales about healing, along with a bit of theology and a whole lot of witnessing to the truth of how love heals.



See information about Becca+ under Workshop #18.

**#36 Crowdfunding Works
The Rev. Dcn. Sara Milford**

The waves of change have brought about a different kind of fundraiser and a lot of excitement. Crowdfunding, one of the growing digital trends in raising real money, can be used to support your next Spirit-led cause, whether local or international. In this workshop attendees will learn the basics of crowdfunding, the differences between different programs, and how to set up a campaign. Helpful advice on how to create a successful campaign will be provided, along with ideas on how to keep it fun! You don't have to be technologically savvy to do this, just interested and willing to learn.



See information about Deacon Sara under Workshop #3.

**#37 Let's Review Organization Documents
Connie Skidmore, Registered Parliamentarian**

Governance documents are important to any organization. In this workshop the group will review Bylaws, Policies and Procedures, and Standing Rules so participants are more knowledgeable about each type of document. Amendment of existing documents will also be discussed.



See information about Connie under Workshop #8.

**Tuesday, June 30th
2:00-3:30 PM**

**#38 Anglican Prayer Beads: Construction and Use
Karen Poggemeyer and Joy Prestridge**

Strings of beads or knots are used in many religious traditions as aids in focusing the mind on prayer. This workshop is an introduction to the history, symbolism, construction and use of the unique Anglican form of prayer beads. Participants will have the opportunity to create a simple set of Anglican Prayer Beads and use them to guide their bodies and minds in prayer. The workshop will be led by Joy Prestridge and Karen Poggemeyer, both members of Good Shepherd Episcopal Church in Ogden, Utah.



See information about Joy and Karen under Workshop #23.

**#39 SAVORING LIFE'S TURNING POINTS
Sharon Stetz**

Celebrate, explore, and appreciate experiences in your life ... the places, times, moments, that you have felt deeply connected with life's source. This is a vital practice! While the world seems to speed up, we so easily push past moments where the holy "breaks through" and touches our souls. Yes, handouts will be provided to strengthen the commitment to enliven your spiritual practices after our time together! Taking time to savor what is good is an effective remedy to the chronic rushing that plagues our lives. Join us to share, stir your spirit, and laugh as we celebrate the Holy Spirit within us.

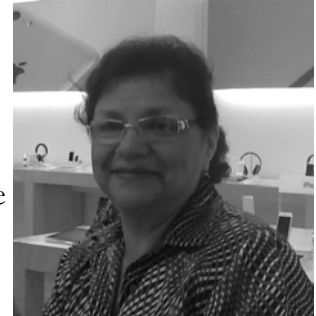


See information about Sharon under Workshop #14.

#40 Revolver hasta que el Espíritu de UTO Stirring Up the Spirit of UTO

The heart and soul concerning the United Thank Offering is in three parts:

1. the continual thanking God for the many blessings each of us receives and the physical act of putting coins or paper into the BLUE Box; 2. the money from Blue boxes is gathered together and every cent goes into the third part - 3. the granting process. This workshop is aimed at the third part. How does the granting process work? How is it decided what the focus will be - something to do with some form of Mission? How does one approach the granting process with the idea of being successful? Several ways of preparing to write a grant will be discussed and hopefully your questions will be answered. The group will work on a grant application together and follow the application through the whole granting process. The important points and pitfalls will be discussed.



Olga writes: “Mi esposo es el actual Obispo de la Iglesia Episcopal del Ecuador Diocesis Litoral. Actualmente vivo en la ciudad de Durán Cantón de la provincia del Guayas(frente a Guayaquil) Mis estudios los realice en la ciudad de Cuenca.” Elle tiene 6 años como UTO representante de la IX Provincia.

#41 Celebrate! A Clean Home Without Chemicals! The Rev. Dcn. Teri Van Huss

This workshop seeks to help people understand how the broad scope of environmental sustainability can be realized in an up close and personal way – in their own home! Teri Van Huss teaches practical and effective ways to keep homes (including church homes) clean and safe, and how this improves children’s health, creates better indoor air quality, and improves water quality. It helps people understand, too, the importance of using their purchasing power to affect change.



Teri’s passion for studying and then teaching the concept of a non-toxic home began in the late 1990s with her quest to provide a neutral indoor environment for her son whose health is compromised and who is unable to clearly communicate any discomfort. She has been teaching families since 2002 how to clean without chemicals using materials easily found in their homes.

Teri is a life-long Episcopalian and a child of the Southwest. She has three children, two with disabilities, and has been an active advocate for children with special needs. She entered her husband’s home town in the Diocese of San Joaquin in 1994, is a self-employed contract bookkeeper, and in June 2014 was ordained a Deacon.

#42 Mind, Body and Tea
The Rev. Becca Stevens

The Rev. Becca Steven's newest book, *The Way of Tea and Justice: Rescuing the World's Favorite Beverage From Its Violent History*, is the basis for this presentation. This workshop will feel like a mini retreat as we connect the dots between justice, tea, ritual and community. During our time, we will share inspiring stories from women who have survived lives of trafficking, addiction, and prostitution. We will talk about how tea, while helping usher in economic and spiritual growth in its 3,500 year history, has also helped enslave women. We will serve justice tea grown by women's organizations throughout the world blended at Thistle Farms. We will steep the tea, share stories, and help inspire one another to go back out and love the world again and again.



See information about Becca under Workshop #18.

#43 Making Lavender Wands
Belle Schwarzenbach

This workshop will show you how to turn beautiful lavender stems into wands, plus cooking with lavender and other flowers. This is a hands-on class. You will actually make your own lavender wands, learn about which lavender are best to grow for this craft and sample a few foods made with lavender. (Lavender and ribbons will be provided)



See information about Belle under Workshop #28.

#44 Stir up the Spirit with Centering Prayer
Dena Lee and Sara Carver

“Centering Prayer” is a meditative practice in which the purpose is to clear one’s mind of outside concerns so that God’s voice may be more easily heard. To help the mind stay clear, the practitioner focuses on a sacred word and repeats that word over and over for the duration of the exercise. After the centering prayer, the practitioner is to sit still, listen for direct guidance from God, and feel His presence. This workshop will provide information on this ancient Christian prayer form, the guidelines for practicing it, and how to overcome the problems that discourage people from practicing this form of prayer.



Dena Lee, UTO Province III representative, has been interested in prayer in all of its forms for most of her adult life. She has participated in prayer groups and prayer chains, had a prayer partner for 35 years, been the diocesan representative for the Anglican Fellowship of Prayer in the 80’s and 90’s, and has been involved in UTO since 1980 and been a Daughter of the King since 1999. She became interested in Centering Prayer ten years ago when her spiritual director introduced her to the practice.



The Reverend Sarah Carver is an Appointed Member of the United Thank Offering and a priest residing in North Carolina with her husband and daughter.

#45 Why is SIM Important to ECW?
The Emerging Church needs future priests
with extraordinary gifts of leadership, mind, heart and faith.
Rachael Desmond and Sara Milford

The Society for the Increase of the Ministry (SIM) is presenting a workshop on Why SIM is Important to Episcopal Church Women Ministries. SIM seeks to bring awareness and education to the Women in the Church on the importance of investing in the future ordained leaders of our Episcopal Church. How does this work?



See information about Rachael and Sara under Workshop #29.



**#46 Strength and Shame:
The Discipleship of Mary Magdalene and the Role of Women in the Church
The Very Rev. Kate Moorehead**

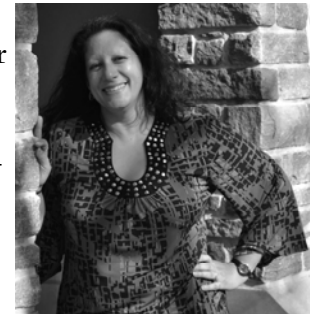
From the beginning of creation, the role of women has been conflicted. Were we created alongside men as equals or were we created later as companions, as an afterthought? Mary Magdalene played a central role in the gospels, but was later maligned as a prostitute and sinner. Who was she, really? Was she the Apostle of the Apostles, a leader to rival Peter himself or was she a sex symbol, a tempter, a distraction? And how does Mary's role in the life of the church influence our perception of women as leaders? How might we allow Mary and her role as a disciple form and shape female leadership in the future of the church? Come and explore the life of one of the great disciples and discover how she influences us today.



See information about Kate+ under Workshop #21.

**#47 Stirring Up the Holy Huddle
Sharon Tillman**

A lot has changed in the world of promotion and communications since the turn of the century – and I don't mean 1900. BUT...some things never change. Learn the basics of communication in an age of social media, websites and the latest gadgets. What you'll learn is that the basics still apply – planning ahead, clear and concise writing, knowing your audience – no matter how you get your message across.



See information about Sharon under Workshop #20.

**#48 Women of the Book: A Look at Jewish, Christian and Muslim Women
Who Have Made a Difference
The Rev. Mary Janda**

How does a woman get to stir up her spirit and celebrate in a world of patriarchy? All three religions have gone through periods of this limitation and burden placed upon their spirits, but I will share examples of women who have not only lifted up and stirred their own spirits but have raised the hopes and dreams of the people around them. Come and see if you recognize these women and their impact on the world. Come and learn about these incredible women and how we 21st century women need to carry on their work today in our own communities.



See information about Mary+ under Workshop #7.

**#49 New Orleans Jazz Revival Mass
Father Bill Miller and Matt Lemmler**

We will present a NEW ORLEANS JAZZ REVIVAL MASS led by Father Bill Miller and other volunteers interested in our Jazz Communion. The UBANTI SPIRIT CHOIR will also join us and all are welcome.

See information about the UBANTI SPIRIT CHOIR and Matt Lemmler under Workshop #25.



**Tuesday, June 30th
4:00-5:30 PM**

**#50 Chair Yoga with a Christian Twist
JUDY SPRATLING**

After studying yoga for a few years, I began looking for a way to incorporate my Christianity into my practice. I called several Christian retreat centers to ask if they did yoga workshops. The answer was always, “We’re a Christian retreat center.” I decided to create my own way to honor my Christian heritage. Yoga with a Christian Twist became a staple when I taught at churches. Then I began teaching at assisted living facilities and yoga with a chair was perfect for folks who had never tried yoga. This workshop will incorporate our Christianity and yoga and a chair so that everyone can participate. Even if you’ve never tried yoga there will be something for you. If you are a practiced yogi, this class will be great fun and a good stretch. Please come with an empty stomach, no jewelry and be prepared to practice with no shoes or socks. I look forward to sharing my practice with you. Namaste.



See information about Judy under Workshop #9.

**#51 Women of Vision
Barbara Owens**

Participants will explore what the Women of Vision (WOV) Program offers by examining the different modules and how to utilize them. The program is a fun and informative way to enrich individuals of all ages and to help groups work together more productively. WOVI helps you to better understand yourself and each other, thus learning to respect the dignity of all people. The current Women of Vision program is a combined revision of the two programs. It is now available on line and does not require Women of Vision trained facilitators.



See information about Barbara under Workshop #10.

**#52 Crowdfunding Works
The Rev. Dcn. Sara Milford**

The waves of change have brought about a different kind of fundraiser and a lot of excitement. Crowdfunding, one of the growing digital trends in raising real money, can be used to support your next Spirit-led cause, whether local or international. In this workshop attendees will learn the basics of crowdfunding, the differences between different programs, and how to set up a campaign. Helpful advice on how to create a successful campaign will be provided, along with ideas on how to keep it fun! You don't have to be technologically savvy to do this, just interested and willing to learn.



See information about Deacon Sara under Workshop #3.

**#53 Building Beloved Community: One Transition at a Time
The Rev. Canon Dr. Angela F. Shepherd**

In this era of shifting ideologies “beloved community” has almost become a buzz word that goes in one ear and out the other. What does it really mean? How can you participate? This experiential workshop invites participants to thoughtfully engage in community-building exercises that are designed to deepen relationships in a short amount of time. Leave with ideas that can easily be integrated into a vestry meeting, Bible study, or other small group. In addition, we will take a glimpse at transitions in parish life as opportunities for deeper meaning. Beloved community begins and ends with Christ.



Maximum participants – 20.

See information about Canon Angela under Workshop #31.

**#54 Improving the Visibility of United Thank Offering
Sandra Squires**

This workshop is intended to stir up the creative juices! Through photos and PowerPoint presentations we will learn about promoting UTO in parishes and dioceses. Emphasis will be on understanding what UTO does and sharing ideas for Ingathering of funds. There will be plenty of time to share ideas and to have a little fun.



Sandra Squires is the United Thank Offering representative from Province VI, the Upper Great Plains area, and also serves as the ECW President for Province VI. She has been on the UTO Board since 2013, and has a long history of youth and women’s ministries in Nebraska. Sandra is a retired professor from the University of Nebraska at Omaha, specializing in special education teacher preparation and women’s studies.

**#55 Mujeres: Sembradoras de Justicia
Women Sowing Justice
The Rev. Margarita Santana**

A través de los años la iglesia Episcopal y especialmente la agrupación de mujeres Episcopales se han preocupado por el empoderamiento de las mujeres. Hay diferentes aspectos a tener en cuenta, y uno de los más importantes es hacer frente a las injusticias a las mujeres. Hoy en día más que nunca, estamos tratando de identificar las raíces de la injusticia y eliminarlas, con el fin de “sembrar una nueva semilla” en el suelo que se nos da para cultivar”. Este tema nos compromete, y queremos brindar herramientas para “sembrar nuevas semillas” tanto dentro de la iglesia y en la sociedad en que nos encontramos. En este taller titulado: “Mujeres: Sembradoras de Justicia”, volverá a descubrir lo que te gusta y quieres hacer para crear un mundo mejor con las mismas oportunidades y la plena igualdad para todos.



See information in English about the workshop and about Margarita+ under Workshop #22.

**#56 Celebrate! A Clean Home Without Chemicals!
The Rev. Dcn. Teri Van Huss**

This workshop seeks to help people understand how the broad scope of environmental sustainability can be realized in an up close and personal way – in their own home! Teri Van Huss teaches practical and effective ways to keep homes (including church homes) clean and safe, and how this improves children’s health, creates better indoor air quality, and improves water quality. It helps people understand, too, the importance of using their purchasing power to affect change.



See information about Deacon Teri under Workshop #41.

**#57 Healing Oils for Daily Use
The Rev. Becca Stevens**

In this workshop led by the women of Thistle Farms and the Rev. Becca Stevens and drawing on her book, *Snake Oil: The Art of Healing and Truth-Telling*, participants will learn about some of the healing oils from the Bible and how to blend them. We will discuss the many different ways that these oils can be used in our daily lives and attendees will be invited to take some with them at the end of the session. We will share old wives’ tales about healing, along with a bit of theology and a whole lot of witnessing to the truth of how love heals.



See information about Becca+ under Workshop #18.

#58 Diabetes - Things Everyone Who Has it Should Know
Belle Schwarzenbach

Diabetes can be a complicated disease, but you can be in charge of managing your diabetes and life, instead of diabetes managing your life. This workshop is about basic things that people with diabetes can do to take charge of their health, and get on with life.

See information about Belle under Workshop #28.



#59 Role of a Faith Community
Tony Milner

This interactive workshop will dive into the issues, concerns and the roles of Faith Based Groups in Marriage Equality. As the atmosphere about Marriage Equality in Utah and nationwide troubled many faith communities by the hatred and the cruel behavior of those opposing Marriage Equality, this workshop will discuss the ramifications of this national debate, but also fully uphold the traditional role of faith communities to stand-up for human rights and the rights of minorities.

See information about Tony under Workshop #19.



#60 What do Benedict and our Baptismal Covenant Say to Us Today?
Sue Schlanbusch and Kathyleen Funk

This workshop will involve attendees in contemplating how we are called to be Episcopalians, how our Common Prayer is shaped by St. Benedict's Rule, and how our Baptismal Covenant is needed for us to live into our vows at Confirmation.

See information about Sue and Kathyleen under Workshop #12.



