

# Tools for Refilling the Aquifer Workshops at Gathering 2010

No preregistration – schedule with locations available at check-in

## **Spiritual Direction: Companions on the Journey of Life** *led by Cindy Serio*

In Luke 24, two companions were on a journey talking and listening to one another about recent events in their lives. Suddenly Jesus showed up, and their spiritual lives were renewed! In many ways this is what spiritual direction is like ... companions on a journey seeking God, keeping each other honest, helping one another along the way ... always asking the question "Where is God in all of this?" In this experiential workshop, we will share our sacred stories, explore ways to pay attention to one another, and consider spiritual direction as a valuable option for those who are seeking to draw closer to God.

## **Freedom to Be, Freedom to Love: The Transformational Journey of Centering Prayer** *led by Bob Shield*

Participants will be introduced to the tradition of contemplative prayer and learn the basic method of Centering Prayer. The class is intended to help you discover how God's love can heal the deep motivations of your life.

## **Holding Prayer in Your Hands** *led by Alan VanHooser*

This will be a one-hour workshop exploring the Anglican Prayer Bead Rosary. This is not about the beads! The Anglican/Protestant rosary is a way to learn and teach prayer to people of an "experimental" prayer style. You will leave with your own beads, instructions on making more, and a starting place for a deeper walk in prayer

## **Lectio Divina** *led by Bettie Hightower*

An ancient practice of reading and praying the Scriptures slowly and contemplatively, enabling the Bible, the Word of God, to become a means of communion with God. Lectio Divina is time set aside in a special way which enables us to discover in our daily life an underlying spiritual rhythm. Within this rhythm we discover an increasing ability to offer more of ourselves and our relationships to God, and to embrace the grace that God is continuously extending to us in the person of his Son Jesus Christ.

## **Praying in Color: Doodling as a Spiritual Practice** *led by Mary Tumulty*

Participants will experience the freedom of using colored pens and pencils, paper and scissors to pray without words. This prayer practice requires no skill other than holding a pen; it is an active, meditative and even playful prayer practice that is both a process and product of sitting in the presence of God. Here is a prayer practice that can be shared by children and adults because no words are used, only color and shapes.

## **Art as Prayer** *led by Glynden Bode*

Participants will have the opportunity to engage in art processes in a prayerful manner. This is about process, not product. A variety of art media will be available for use.

## **Praying with the Labyrinth** *led by Kathy Kothmann*

Experience the ancient yet modern prayer tool – the labyrinth. Participants will receive background information about the labyrinth and its origins, plus examples of the many ways that labyrinth walks can be done in a church setting. The remaining time will be used for a facilitated group walk.

## **Why Coaching??** *led by Phyllis Riney*

What is Solution-focused coaching? Why should I work with a coach? Having a coach and mentor is important for all of us. This workshop will help you discover how coaching can benefit you and your church.

## **Spiritual Stretching** *led by Scott Stewart*

According to some health experts: "The argument for maintaining good flexibility and balance is compelling. When you're more limber, you're less prone to injury." The same is true in the spiritual world, the more flexible and balanced you are spiritually, the less prone you will be to spiritual problems. Flexibility is the characteristic of being able to bend. Spiritual flexibility is the characteristic of being able to bend, to be open-minded, and teachable. This is a low impact exercise on stretching – so come in any shape you are and be blessed!