

Blessings Flow! – Workshop Information 2010

Read descriptions thoroughly
Choose ONE workshop Friday (1st choice) assigned n a first come, first served basis
Choose ONE workshop Saturday (1st choice) assigned n a first come, first served basis
Choose two alternative workshops Friday (if you are filling out paper registration form)
Choose two alternative workshops Saturday (if you are filling out paper registration form)

Friday - Workshop A 3:00pm

LIVING IN THANKSGIVING: GRATITUDE AS TRANSFORMING SPIRITUAL PRACTICE Thirteenth-century German mystic Meister Eckhart said, "If the only prayer you say in your entire life is 'Thank you,' that would suffice." Gratitude will serve you well in times of exhilaration and in times of desperation. Consider cultivating a daily practice. Learn how living in thanksgiving will make you happier, more confident, more optimistic with author and pastor **Rev. Holly Whitcomb**. Gratitude changes everything!

Friday - Workshop B 3:00pm

YOUR PIECE IN PEACE: ENGAGING YOUTH AND YOUNG ADULTS IN PEACE ACTION & DIALOGUE We will explore the twin goals of engaging youth and young adults in the life of the church and working effectively for peace in our communities. Building on the idea that youth and young adult engagement is critical to a dynamic and active congregation, this workshop will offer space to explore questions about the church's role in working for peace as well as ways to bring youth and young adults into this conversation. The workshop, presented by Iowa UCC church member **Caroline Rendón**, will use discussion and involved group activities that can be replicated in youth and young adult groups to provoke conversations about working for peace in our congregations and communities.

Friday - Workshop C 3:00pm

"THE O.G.H.S....O.C.W.M...GLOBAL MINISTRIES MISSIONARY 'DOG-AND-PONY' SHOW!" This workshop will provide an opportunity to see what your congregation may experience when they invite a missionary to your church to share about their ministry. It will also give first-hand testimony to the importance of O.C.W.M (Our Church's Wider Mission) & O.G.H.S. (One Great Hour of Sharing) dollars in ministry around the world. We will offer ways for you and your congregation to promote -- thus increase -- your O.G.H.S. & O.C.W.M. giving. This is an experiential, "Come & Get Excited" Missions/Stewardship Workshop with **Rev. Karl and Jan Whiteman!**

Friday - Workshop D 3:00pm

THE AGE OF OOVOO, DIMDIM AND SKYPE A practical exploration into the free world of communication technology that is changing the landscape of ministry in the church with **Bill Spangler-Dunning**, lead transitional minister and president of the Christian Church (Disciples of Christ) in the Upper Midwest Region. Imagine linking up with five other churches on Sunday morning with a teacher from Poland OR participating in a lectionary group from around the conference without a three-hour drive. It will never replace face-to-face communication but when used correctly this technology can enhance ministry across great geographical distances.

Friday - Workshop E 3:00pm

ADAPTING AND ADOPTING Look at ways to utilize curriculum and resources for children and youth with **Alaire Willits**, Christian education director at First Congregational UCC, Sioux City. Ideas and tips to develop and customize a Christian education program for preschool through teens in your congregation. Bring your questions!

Friday - Workshop F (one time only) 3:00pm

EXPLORING CONFLICT AND TRANSFORMATION THROUGH FILM While negative images of human difference and conflict seem to dominate today's film culture, many contemporary films depict transformative gestures and moments that move us beyond self-centeredness and individualism. Join **Thom Chu** in viewing some of these portrayals of conflict to learn about the transformative framework as taught by Baruch Bush and Joseph Folger in *The Promise of Mediation*. This may be combined with a second workshop for church leaders.

Friday – Workshop G (one time only) 3:00p.m.

“HELP! I’M A YOUTH LEADER.” RESOURCES TO THE RESCUE! “I work with the youth at my church. While the teens in my community are encountering some serious issues, our church youth group is dwindling. How can I make their Sunday school class more relevant and interesting? Are there resources to get them involved and help them deal with the issues in their lives?” Yes, there are! Let’s talk about some resources that can make a difference. Take a look at some of the best resources available now for youth ministry with **Sharon Strohmaier**, executive director of Iowa Religious Media Services.

Friday – Workshop H (one time only) 3:00p.m.

NONVIOLENT COMMUNICATION Marshal Rosenberg is the founder of the Center for Nonviolent Communication. His system of listening and expressing ourselves has been instrumental in resolving conflict around the world. Nonviolent communication focuses on deep listening to ourselves and others. This focus fosters respect, attentiveness and empathy. In this workshop participants will learn about the four-step process (observation, feelings, needs and requests) that is the basis for genuine “heart talk” **Rev. Elaine Blanchard** will help us examine the blocks to our natural flow of compassion and discover how we can more effectively enrich our own lives and the lives of those around us.

Friday – Workshop I 3:00p.m.

WHAT EXACTLY IS THE ROLE OF A PASTOR-PARISH RELATIONS COMMITTEE? Explore the dos and don’ts of this important church committee in this workshop with Iowa Conference Minister **Rev. Rich Pleva**. Every church should have a PPR Committee.

Friday – Workshop J 3:00p.m.

“COME ALL YOU PEOPLE.” A MUSIC AND WORSHIP WORKSHOP Why is music such an integral part of worship? How do we seek the Holy through our music? How do we learn to sing together? How can the music in worship engage all who attend, regardless of age or even “music performance”? Join **Plymouth Church’s Saturday Night Band** for our “Come All You People” Music and Worship Workshop. In our time together, we will explore these questions, sing, share, praise God, dream, and learn together. All are welcome!

Friday - Workshop T (One time only) 3:00pm

THE SPIRITUALITY OF THE LAND: A LOOK AT A SUSTAINABLE FARM Take a tour to Grinnell Heritage Farm and hear stories about how farm operator **Andrew Dunham** experiences a connection to the land, then take some time to explore the land and how it impacts your own spirituality! (Handicap-accessible transportation is provided to the farm.)

SATURDAY WORKSHOPS

Saturday - Workshop A 10:00am

LIVING IN THANKSGIVING: GRATITUDE AS TRANSFORMING SPIRITUAL PRACTICE Thirteenth-century German mystic Meister Eckhart said, “If the only prayer you say in your entire life is ‘Thank you,’ that would suffice.” Gratitude will serve you well in times of exhilaration and in times of desperation. Consider cultivating a daily practice. Learn how living in thanksgiving will make you happier, more confident, more optimistic with author and pastor **Rev. Holly Whitcomb**. Gratitude changes everything!

Saturday - Workshop B 10:00am

YOUR PIECE IN PEACE: ENGAGING YOUTH AND YOUNG ADULTS IN PEACE ACTION & DIALOGUE We will explore the twin goals of engaging youth and young adults in the life of the church and working effectively for peace in our communities. Building on the idea that youth and young adult engagement is critical to a dynamic and active congregation, this workshop will offer space to explore questions about the church’s role in working for peace as well as ways to bring youth and young adults into this conversation. The workshop, presented by Iowa UCC church member **Caroline Rendón**, will use discussion and involved group activities that can be replicated in youth and young adult groups to provoke conversations about working for peace in our congregations and communities.

Saturday - Workshop C 10:00am

*"THE O.G.H.S....O.C.W.M...GLOBAL MINISTRIES MISSIONARY 'DOG-AND-PONY' SHOW!" This workshop will provide an opportunity to see what your congregation may experience when they invite a missionary to your church to share about their ministry. It will also give first-hand testimony to the importance of O.C.W.M (Our Church's Wider Mission) & O.G.H.S. (One Great Hour of Sharing) dollars in ministry around the world. We will offer ways for you and your congregation to promote -- thus increase -- your O.G.H.S. & O.C.W.M. giving. This is an experiential, "Come & Get Excited" Missions/Stewardship Workshop with **Rev. Karl and Jan Whiteman!***

Saturday - Workshop D (one time only) 10:00am

PERSONAL STORIES "To be a person is to have a story to tell . . . Within each of us there is a tribe with a complete cycle of legends and dances, songs to be sung." Sam Keen

*In this workshop with **Rev. Elaine Blanchard** participants will*

- *be inspired to listen more empathically to the stories that they hear*
- *explore memories for story ideas*
- *embrace their stories as gifts*
- *share stories as a way to build trust and community*

Saturday - Workshop E 10:00am

*ADAPTING AND ADOPTING Look at ways to utilize curriculum and resources for children and youth with **Alaire Willits**, Christian education director at First Congregational UCC, Sioux City. Ideas and tips to develop and customize a Christian education program for preschool through teens in your congregation. Bring your questions!*

Saturday - Workshop F (one time only) 10:00am

*A TRANSFORMATIVE APPROACH TO CONFLICT FOR CHURCH LEADERS Many church leaders, lay and ordained, report that they feel ill-equipped to deal with the various conflicts that occur in congregational life, whether one-on-one disagreements or multi-party conflicts. Join **Thom Chu** in learning about the transformative framework as taught by Baruch Bush and Joseph Folger in *The Promise of Mediation* and bring your best (and worst) true stories of conflict. Together we will explore a non-directive approach that respects the participants' competence and decency in improving the quality of their interaction.*

Saturday - Workshop G 10:00am

*WHAT EXACTLY IS THE ROLE OF A PASTOR-PARISH RELATIONS COMMITTEE? Explore the dos and don'ts of this important church committee in this workshop with Iowa Conference Minister **Rev. Rich Pleva**. Every church should have a PPR Committee.*

Saturday - Workshop H (one time only) 10:00am

*DO YOU HAVE A STEWARDSHIP PLAN? In 2009 the Board of Directors adopted a new Multi-year Stewardship Development Plan for Clergy, Local Churches, Associations and the Conference. This plan could have a significant impact on the way your church addresses the entire issue of fund-raising, giving and financial management. Find out how in this workshop presented by **members of the Board of Directors Financial Development Team**.*

Saturday - Workshop T (one time only) 10:00am

*MAYFLOWER COMMUNITY – GET ACQUAINTED Take a tour and learn more about the Mayflower Community in Grinnell with Executive Director **Bob Mann**. As ministry of the Iowa Conference of the United Church of Christ, mayflower's mission is to provide a retirement community that affirms the dignity and worth of each individual, responds to ongoing and emerging resident needs and expectations, and seeks to balance ministry and financial integrity. (Handicap accessible transportation will be provided.)*

NOTE: Workshop offerings may change. Check our website, www.ucciaconf.org, for availability.