



I may have all the faith needed to move mountains but if I have no love, I am nothing. Corinthians 13:2b Good News Translation

2021 Fall Gathering Workshops

- 1. Moving mountains to become an effective leader** **Phyllis Wade**
What “mountain” is standing in your way of saying yes when asked to fill a leadership role? We’ll talk about moving (overcoming) some of the mountains we erect as excuses: fear, anxiety, uncertainty, etc. We’ll talk about these mountains and how we can move them and become effective leaders
- 2. Mountains in the Bible** **Tracy Moffat**
Mountains are mentioned more than 500 times in the Bible as they dotted the landscape where the stories took place. Noah's Ark rested on one and Jesus prayed on another. This workshop will look at the well-known mountains such as Mount Ararat, Mount Olivet, and Mount Sinai and then delve into some of the lesser known ones such as Mount Hermon, Mount Moriah, and Mount Nebo. Come enjoy a fun tour of Biblical Geography.
- 3. Table Food for Thought - Why We Have An Open Table** **Pastor Joanie Holden**
Sooner or later we all bump into someone who believes in a "closed table" or limiting access to the meal. The more we know about why we have an open table, the better prepared we are to welcome everyone.
- 4. Women in Ministry - Finding Our Voice and Allowing God to Use ALL of Our Unique Gifts and Experiences** **Pastor Joanie Holden**
The temptation for pastoral candidates and congregations is to view the historical male pastor as the ideal and role model and to expect female pastors to act, sound and look like the male pastors the church is used to. On internship I thought I was supposed to learn to do it like Pastor Keith - Thank God that Pastor Keith kept that from happening.
- 5. Praying with Others** **Elaine Heine**
This course is based on the book Christian Caregiving a Way of Life by Kenneth Haugk and William McKay.
- 6. President/Vice President Q&A Session** **Phyllis Wade/Lisa Klima**
Are you a president / vice-president of your Unit or Conference? Do you have questions or concerns? Come find the help you need to lead! Find out who to call and where to find the resources you need! We’ll also discuss ways to organize your unit!
- 7. Secretary/Treasurer Q&A Session** **Donna Person/Laurie Nelson**
Are you a secretary /treasurer of your Unit or Conference? Do you have questions or concerns? There have been several changes in the forms. Secretaries/Treasurers are strongly encouraged to attend. Join us for an open discussion and find the answers you need to lead!
- 8. Laughter 101** **Trixie Richter**
In today's world, people want to be healthy, they want to be happy, but instead they are getting stressed out, depressed, getting less sleep, more negative thoughts and feeling isolated. Does this sound like you? Are you someone who wants to move on and bring more laughter and joy into your life? You are in the right place. You're about to laugh like you have never laughed before! But before we begin to laugh, I'll share with you the origins of Laughter

Yoga. It is being touted as perhaps the best alternative health therapy for complete body-mind wellness. Come and listen as we explore this zany idea of laughing for no particular reason. *Class size limited.*

9. **Laughter - Advanced** **Trixie Richter**
(Must have attended a previous Laughter Yoga workshop led by Trixie Richter)
Let's jump right into a Laughter Yoga Class! No talking just playful exercises and laughter!! It has been scientifically established that laughter has a profound impact on the body and mind. Not only does it help to prevent the onset of sickness by way of strengthening the immune system, it also has a healing effect. A daily dose of laughter is the one solution which has the power to unwind stress and uplift joy; the power to slow down a racing heart and strengthen the mind; the power to raise the spirit and fend off pessimism...Let's go! *Class size limited.*
10. **How to Make a Plarn (plastic bag yarn) Bed Roll** (Ground bed for homeless). **Laurie Nelson**
We will get you started with the basics of how to make a bed roll from plastic bags. **Bring to class: scissors OR rotary cutter and cutting mat - Q size crochet hook (16mm) Plastic bags (new or used, as many as you can)** For a finished project you will need 500 to 700 bags for entire project.
11. **Music Angel Ornament** **Karen Weinrich**
Come make an angel ornament using old hymnals!
Class size limited. *Materials Fee: \$1.00*
12. **Just Love, All** **Denise Beumer**
Racial Justice Workshop presented by "Just Love" The Florida Bahamas Synod Racial Justice Team
An Open discussion of racial equality according to the Bible. We will be addressing current issues of racism and inequality and how the church responds. Some Racial Justice resources will be made available
13. **Leading Anti-Racism Book Studies** **Raeann Purcell & Karen Weinrich**
Learn how Raeann and Karen have facilitated anti-racism books studies in their congregation. They will share the books they have used throughout the year, as well as discussion and pacing suggestions.
14. **Church, State, and Civic Participation** **Cheryl Semmel**
Member, ELCA Task Force on Church, State, and Civic Participation
Many of us have witnessed both the challenges and opportunities that have emerged as people of faith seek to navigate in an increasingly polarized political environment. This nexus of church and state and understanding the balance between politics and advocacy is now part of the work the ELCA Task Force on Church, State, and Civic Participation is charged with looking at as they develop a new social statement on civics and faith. The Task Force has prioritized hearing from people throughout the whole church body - and that includes women. With that in mind, this session will be an opportunity for you to communicate and brainstorm concerns, ideas, and suggestions for the task force to consider and discuss or study. For more information, visit www.elca.org/civicsandfaith or contact the conference presenter. Additional materials may be provided before the group meets in Lake Yale.