

## 11<sup>th</sup> Moravian Women's Conference Workshops

You will need to choose 2 AM and 2 PM workshops. Please note: if you select choir (PM) or band (AM) that will be your practice sessions for that time both days.

### Mission Focus

#### *Moravians "Stepping Out of the Boat" in Mission: The Rev. Lynette Delbridge (PM)*

Explore the possibilities and blessings of joining with other congregations to develop and carry out joint mission projects. Learn how the Staten Island Moravians have partnered with community churches to step out in mission in their own community.

#### *Hands to Work, Hearts to God, Call to Service: Sister Hyacinth Grant (PM)*

This workshop will provide you with insight as to how you can merge Culture, Fears and Faith as you step out of your comfort zone into the unknown for service.

#### *"Serving with Eyes Wide Open: Doing short-term missions with cultural Intelligence"\*: The Rev. Cynthia Geyer and Sister Carol Armstrong (AM)*

Participants will learn how to listen to and learn from brothers and sisters in the non-Western world or from local under-served communities and form genuine cross-cultural relationships and effective partnerships with the Moravian Church. Both presenters have local and global experience in community development from a Christian transformational perspective.

\*Author, David A. Livermore

#### *Serving Children and Families in Tanzania: Sister Marion Perrin (AM)*

You will leave this workshop with an understanding of Moravian Ministries in Western Tanzania that serve primarily women, girls, orphans and children at risk for HIV/AIDS, hunger, gender violence and poverty

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### Challenges We Face within our Christian Homes

#### *Welcoming the Sabbath Bride: The Rev. Lisa Mullen (AM)*

Finding rest for families in a restless world takes practice...the practice of Sabbath keeping. We struggle with how to find rest from our work and boundaries for our work whether it be homework, house work or "work outside the home". Sabbath teaches us the limits of consumerism, worry, flurry and activity so that we can embrace a peaceful, gentle and calm life. How can we discern just how we spend our time together? We will share ways we might honor and celebrate the joy and delight of the Sabbath day.

#### *The Many Faces of Domestic Violence: A Biblical and Cross-Cultural Perspective: Sister Charlotte Disher (PM)*

We will examine how the Bible speaks to the issue of Domestic Violence in the Old Testament, the household codes of the New Testament and through Jesus' teachings. We will attempt to define Domestic Violence from the cross-cultural perspective of our respective attendees. Current laws, statistics and definitions of Domestic Violence in North Carolina will be discussed but, open dialogue about Domestic Violence will be encouraged as well.

#### *Parenting Adult Children: Sister Fay Thomas (PM)*

Parenting is a lifelong occupation with no retirement options. As children become adults, we can explore ways to enhance our performance by becoming better equipped to cope with the challenges and enjoy the compensations of the most important job in the world, parenting

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### Personal Spiritual Growth

#### *Contemplative Prayer: The Rev. Maggie Wellert (AM)*

"Stepping out of a perfectly good boat and expecting to walk with the Savior takes a deep level of trust. How can you go deeper in your relationship with our Creator God? One practice used by Christians over the centuries has been Contemplative Prayer. This workshop will assist you in your awareness of God's Presence, an awareness that will empower you to lean into God with hope and delight."

#### *God Loves Me, I Should Too!: The Rev. Tracy Pryor (AM)*

Scripture reminds us that we are lovingly created in God's image and called to embody the work of the Holy Spirit in the world. When we look in the mirror do we see this truth reflected in the way we treat ourselves and others? This session will help us to recover Christian practices of Sabbath, prayer and service that invite us to join with God's Spirit establishing justice, mercy and peace in our lives and in the world around us.

#### *Recognizing Today's Miracles: Sister Marian Carter (PM)*

In this workshop we will explore ways to recognize God's miracles in our everyday life. We will also discover how to experience God's Goodness in our busy and sometimes hectic lives.

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### Bible Studies

#### *Walking on Water: The Right Rev. Kay Ward (Matthew 14: 25-34) (AM)*

Explore how writing, as a spiritual practice, can open us up to a deeper relationship with God and an awakening of our Life of Faith. You need not be a "writer" to sign up – if you can write a grocery list, you are more than qualified.

## Bible Studies (con't)

### *Mary and Martha: The Rev. Kelly Moore (PM)*

Do you ever feel like you're walking on the balance beam that we call life when out of no where people start throwing balls at you? All of these balls are demanding your attention and yet you're also struggling with all your might to keep your balance. Life is like that for many of us, we tend to wear so many hats, try to do so many things and want to do all of them perfectly. Eventually we drop a ball or two – perhaps it's our prayer or study time, , perhaps it's good fellowship or worship, or perhaps it's service and mission intention. Let's gather together as we share our experiences and look to two Biblical sisters – Mary and Martha – and see if we can regain some balance in our lives.

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## Moravian Studies

### *Erdmuth, Countess von Zinzendorf: Sister Julie Weber (AM)*

Words from Her Journey Erdmuth Dorothea von Zinzendorf (1700-1756), first wife of Nicholas Ludwig von Zinzendorf, documented the spiritual journey of her life in over 300 hymns and hundreds of pages of diaries. In this workshop, we will examine the central role of writing as a spiritual discipline that allowed Erdmuth's personal faith to transform the lives and communities of her subjects and fellow believers.

### *Moravians around the World, Serving in God's Mission: Sister Lisa Mixon (AM)*

Especially in the face of these challenging times, God continues to open new doors and excite us with visions and dreams. Come hear the stories of how Moravians are continuing to listen and respond to God's call to serve.

### *I am Moravian, What is That: The Rev. Carol Foltz (PM)*

In this workshop we will look at three distinctive aspects of our church; beliefs, community, and traditions. It is my hope that we will gain or renew an appreciation of several specifically "Moravian" things that make us who we are, but that are also gifts to the greater Christian Church in this century.

### *Moravian Women in America: Sister Gay Cass (PM)*

In this workshop we will learn of women's roles in the history of the Moravians in North America. Learn how these women made a difference in the communities in which they lived.

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## Your Mind and Body

### *Healthy Body, Healthy Mind: Sister Marti Zimmerman (AM)*

Explore opportunities to live healthier lives and examine ways to honor God's spirit within ourselves and others. We'll talk about diet and exercise, making them more user-friendly. We will, also, look at stress-busters for our cluttered lives.

### *Water Aerobics: Sister Wyn Hrdlicka (PM)*

"Step out of the boat" and into the pool, so we can relax and re-energize with some muscle warm-ups, stretches, aqua-aerobic exercise and some fun!!! Then you can be on your way to "reach out" and "include" your fellow man as we renew and refresh our trust in God

### *Tai Chi: Sister Rosalind McLymont (PM)*

Utilizing the ancient Chinese system of slow, flowing movements to help reduce stress and stress-related debilities, improve balance and flexibility, and increase the strength and range of motion of joints, making them less prone to injury. Participants will learn basic postures and breathing techniques they can continue on their own.

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## Other Workshops

### *Band: The Rev. Dr. Nola Reed Knouse (AM)*

In addition to bringing your musical instrument, please bring your band books, the blue and green chorale books if you have them. As a member of the Conference Band you will enhance our worship whether it be as a prelude to worship or a part of the total worship experience. You may play as early as Thursday Evening before worship.

### *Choir: Sister Nancy Sawtelle (PM)*

The Choir will be a 'working workshop' as individuals work collectively to prepare music for the conference's devotional and worship opportunities. Our primary goal will be to glorify God through our music, and in doing so, lead others in a sense of joy and journey.

### *Nautical Knots and Seashells: Sister Margie Lamb (AM)*

Join your sisters in learning to tie a knot of substance, one like those used by sailors of all times to batten their sails in storms. Combine nautical knot tying with a shell from the sea to make a lovely bookmark. Use it as a reminder to listen for Jesus' call to "step out of your boat" in faith.

### *The Gospel According to Beads: The Rev Judy Knopf, Sisters Beth Hayes and Heather Stevenson (AM)*

No previous experience necessary in the craft of beading. We will have the opportunity to work together in a relaxed atmosphere. Working with semi-precious stones, glass and natural beads participants will create the story of the life of Jesus in a quality bracelet. This session offers a spiritual experience via the scriptures, guided meditation, silent prayer, Christian fellowship and FUN!! Due to cost of supplies, there will be a \$10.00 workshop fee paid upon registration.