



# MORNING WORKSHOPS

Monday, Tuesday, Wednesday 10:30-11:45 a.m.

These workshops are designed as 3-day progressive tracks.

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- Henri Nouwen and Spiritual Polarities: A Life of Tension. . . . . Lambuth 100**  
*Wil Hernandez*
  - Holy Longing: Desire and Spirituality . . . . . Terrace 211**  
*Tommy Bratton*
  - Leading a Life with God: The Practice of Spiritual Leadership. . . . . Lambuth 101**  
*Daniel Wolpert*
  - Learning & Leading: Laity as Spiritual Leaders. . . . .Terrace Auditorium B**  
*Sandy Jackson*
  - Morning Retreat: Reflecting on Trevor’s Morning Message . . . . . Lambuth International Room**  
*Jerry Haas and Susan Ruach*
  - On the Road, Coming Home, and At the Well: A Study of Three New Testament Stories. . . . .**  
*Greg Engroff* **Lambuth 106**
  - Praying in the Messiness of Life. . . . . Terrace 316**  
*Linda Douty*
  - Reluctant Pilgrim. . . . . Terrace 213**  
*Enuma Okoro*
  - Spiritual Leadership in the 21st Century: What is Jesus Doing? . . . . . Terrace Auditorium A**  
*Tom Albin*
  - Tapping into the Power of Healing with Art. . . . . Lambuth 104**  
*Juanita Rasmus and Rudy Rasmus*
  - Vision, Mission, and Becoming the Presence of Christ. . . . .Lambuth 102**  
*Rick Bennett*
  - What's so Great about Growing Old Anyway?. . . . .Terrace Auditorium C**  
*Missy Buchanan*
  - Writing a Meditation for *The Upper Room* daily devotional guide . . . . .Terrace 319**  
*Mary Lou Redding*

## Three-Day Morning Workshop Descriptions

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### **Henri Nouwen and Spiritual Polarities: A Life of Tension**

*Led by Wil Hernandez*

Henri Nouwen willingly embraced the reality of polar opposites in his own spiritual experience—like self-owning/self-giving, presence/absence, life/death—and their accompanying tensions because he believed all of them to be a transformative process. This 3-part workshop highlights the inward, outward, and upward polarities of our journey and shows us by Nouwen’s example, how we too can navigate our way through them in a life-changing way.

### **Holy Longing: Desire and Spirituality**

*Led by Tommy Bratton*

“It is no easy task to walk this earth and find peace. Inside of us, it would seem, something is at odds with the very rhythm of things and we are forever restless, dissatisfied, frustrated, and aching. We are so overcharged with desire that it is hard to come to simple rest. Desire is always stronger than satisfaction.” (Ronald Rolheiser in *The Holy Longing: The Search for a Christian Spirituality*.) In this morning workshop, we will explore the paschal mystery as a way of viewing our physical, emotional, and spiritual journey through life. We will also consider the non-negotiables of a healthy spirituality - the importance of balance among private prayer/morality, seeking justice, developing generosity of heart and spirit, having a soul friend (anam cara), and being a part of a worshiping community. And, we will experience ancient spiritual practices as a way of finding the peace we seek.

### **Leading a Life with God: The Practice of Spiritual Leadership**

*Led by Daniel Wolpert*

This workshop will use the material on spiritual leadership found in the book by the same title. In her cover description of *Leading a Life with God*, Marjorie Thompson writes: "Would you like to see and serve a church marked by less anxiety, more trust in God, empowered leaders and laity, openness to life-giving change, generosity and enjoyment? Daniel Wolpert shines a direct and penetrating light on the church's most troubling dynamics, guiding us toward an authentic corporate spirituality that begins with the deepening spiritual practice of its leaders." In our time together, we will discuss and engage methods of moving from individual spiritual practice to the practice of prayer as a leader in a faith community.

### **Learning & Leading: Laity as Spiritual Leaders**

*Led by Sandy Jackson*

This workshop, combined with other required attendance at morning plenary and worship will meet the requirements for an advanced course in Lay Speaking Ministries. The workshop will focus on what it means to be a leader both within and beyond the church and the importance of spiritual preparation and practices, which are crucial to the development of “Principled Leaders” (per the Four Focus areas of the UMC).

### **Morning Retreat: Reflecting on Trevor’s Morning Message**

*Led by Jerry Haas & Susan Ruach*

The purpose of this retreat time is to listen to Jesus’ invitation by reflecting more deeply on what Trevor said during the morning message and what it means for our lives today. Activities will include journaling, dialogue, silence, and sharing. There will also be opportunities for creative expression.

**On the Road, Coming Home, and At the Well: A Study of Three New Testament Stories**

*Led by Greg Engroff*

Each morning we will walk through one scripture story - The Road to Emmaus (Luke 24: 13-35), the Lost Son (Luke 15: 11-32), and the Woman at the Well (Mark 4: 1-38). We will explore the contents of these stories and how they have meaning for us, even today.

**Praying in the Messiness of Life**

*Led by Linda Douty*

Puzzled about your prayer life? Then join us and explore prayer practices designed to raise awareness of God's presence in your life AS IT IS, rather than AS IT WILL BE on that mythical day "when things settle down." This workshop will focus on a mature approach to prayer, viewing this vital connection more as relationship than results.

**Reluctant Pilgrim**

*Led by Enuma Okoro*

This workshop encounters and unpacks the themes of Enuma Okoro's book, *Reluctant Pilgrim*, a memoir of one woman's search for a rich, rewarding life of faith and community, for a place where both her turbulent love of God and her enchantment with the world can be embraced. The journey towards God is full of dips and curves and bends in the road and it's not always pretty. *Reluctant Pilgrim* explores life and faith on various levels: how our childhoods impact our notions of God, how friendship is central to faith formation and life survival, the challenge of naming our desires and yearnings and placing them before God. And, most significantly how God's grace and love trumps our failures and life's roadblocks. Participants will do some writing and reflecting on their own faith journeys

**Spiritual Leadership in the 21st Century: What is Jesus Doing?**

*Led by Tom Albin*

Over the three days we will look at what God is blessing and growing in the USA and in Africa and Asia—with prayerful attention to what God might be calling us to do in our local church. This workshop is for lay and clergy leaders willing to consider new ways to lead and to pray. Our conversation will include "the new monasticism", "the new evangelism" and "the new mission".

**Tapping into the Power of Healing with Art**

*Led by Juanita and Rudy Rasmus*

Ralph Waldo Emerson wrote, "What lies behind us and what lies before us are tiny matters, compared to what lies within us." Art has the incredible ability to allow us to tap into the power of the Creator. We will use the gift of art-making to assist us in finding clarity, meaning, and insight while we explore our often untapped creative selves that are themselves the very image of God. Together we will explore the contemplative nature of art-making and allow God to be made known to us in the "making of art". Julia Cameron, artist and author, has said, "People heal because creativity is healthy and practicing it, they find their greatest selves. And we are all greater than we can conceive." Feel free to bring any art tools or supplies that are meaningful to you though not necessary. Supplies will be available. Dress to create!

**Vision, Mission, and Becoming the Presence of Christ**

*Led by Rick Bennett*

What does Christian scripture have to say about the role of vision in the life of a community of disciples? Mission? And what role do these play in the transformation of people into the image of Christ? Participants will explore the scriptures in search of God's eternal vision and current mission, as well as



consider the implications of these for their personal transformation, discipleship, and life in community. Special emphasis will be given to the life and ministry of Jesus as revealed in the gospel of Matthew and participants will engage personal questions toward missional clarity.

**What's so Great about Growing Old Anyway?**

*Led by Missy Buchanan*

Creaky knees and bifocals--- they are daily reminders that you are not as young as you once were. How easily we forget that God designed our bodies to age over time. No matter where you stand on life's timeline, God has a purpose for your life. Learn to embrace aging as a divine gift; gain new perspective on relationship with God in later years. God's promises do not fade because you turn 60, 70, 80 or even 100. The question is: How will you respond?

**Writing a Meditation for The Upper Room daily devotional guide**

*Led by Mary Lou Redding*

This workshop will guide participants in drafting and refining a meditation in the format of *The Upper Room* magazine. Those who wish to submit their work for consideration for possible publication will be encouraged to do so at the end of the workshop. Participants will learn to write from reflection on scripture and to become their own editors. The workshop will also introduce the concept of journaling in response to scripture. Laptops are welcome; participants should come prepared to write.



# AFTERNOON WORKSHOPS

Monday, Tuesday, Wednesday 4:00-5:15 p.m.

These workshops are designed as single day, one-time workshops.

## Monday, July 11

- An Introduction to Quiet Spaces** *Jeannie Crawford Lee and Robin Pippin* . . . . . Terrace 211
- Building Christian Community through Social Networks** *Lanecia Rouse* . . . . . Terrace Auditorium B
- Companions in Leadership: Building Collegial Relationships for Ministry** *Deborah Suess & Drew Smith*  
. . . . . Lambuth 101
- Consciousness: God or Matter, Issues in Science and Theology** *Daniel Wolpert* . . . . . Terrace 316
- Exploring Your Spiritual Gifts** *Mary Lou Redding* . . . . . Terrace 319
- Henri Nouwen: Befriending Tension** *Wil Hernandez* . . . . . Lambuth 100
- Jesus and Prayer** *Susan Ruach and Sarah Wilke* . . . . . Lambuth International
- Laptop Theologians: Teaching Children about God in the Home** *Melanie Gordon* . . . . . Terrace 213
- Mindful Knitting and Quilting** *DeEtta Eberhardt* . . . . . Lambuth 102
- Over the Hill and On My Knees** *Missy Buchanan* . . . . . Terrace Auditorium C
- Prayer Beads: A Tool for More Focused Prayer** *Kristen Vincent* . . . . . Lambuth 104
- The Upper Room Prayer Movement** *Tom Albin & Migdiel Perez* . . . . . Terrace Auditorium A

## Tuesday, July 12

- Becoming a Praying Church** *Tom Albin* . . . . . Terrace Auditorium A
- Celtic Prayer** *Sandy Jackson* . . . . . Terrace Auditorium B
- Children and Prayer** *Melanie Gordon* . . . . . Lambuth 104
- Companions in Leadership: Building Collegial Relationships for Ministry** *Deborah Suess & Drew Smith*  
. . . . . Lambuth 101
- Creativity and Divine Surprise** *Karla Kincannon* . . . . . Lambuth 102
- E-Learning: Finding God and Community Online** *Sharon Conley & Steve Wilke* . . . . . Terrace Aud. C
- Man Talk** *Brandon Taylor* . . . . . Terrace 211
- Novel Theology: Summer Reading** *Kay Hereford Voorhees* . . . . . Lambuth 105
- Praying with Mandalas** *Robin Pippin* . . . . . Susan Todd Lounge- Harrell
- Recovering the Fullness of Prayer: The Psalms of Lament as a Bridge to Healing** *Johnny Sears*  
. . . . . Lambuth 106
- Spirituality and Money** *Margaret Fleming & Pat Luna* . . . . . Terrace 319
- The ABCs of Letting Go: How to Do it Instead of Talk About It** *Linda Douty* . . . . . Terrace 316

**Wednesday, July 13**

<b>Body Prayer</b> <i>Stephanie Wilson</i> .....	<b>Harrell Auditorium A</b>
<b>Companions in Leadership: Building Collegial Relationships for Ministry</b> <i>Deborah Suess &amp; Drew Smith</i> .....	<b>Lambuth 101</b>
<b>Creating Sacred Space: Learning How to Design and Implement Worship Visuals</b> <i>Karla Kincannon</i> .....	<b>Lambuth 102</b>
<b>Henri Nouwen: Befriending Tension</b> <i>Wil Hernandez</i> .....	<b>Lambuth 100</b>
<b>On Earth as it is in Heaven: Community Engagement as a Means of Grace</b> <i>Jay Voorhees</i> .	<b>Terrace 319</b>
<b>Over the Hill and On My Knees</b> <i>Missy Buchanan</i> .....	<b>Terrace Auditorium C</b>
<b>Photography as Prayer (extended time 2:00-5:15)</b> <i>Susan Ruach</i> .....	<b>Terrace Auditorium A</b>
<b>Prayer Beads: A Tool for More Focused Prayer</b> <i>Kristen Vincent</i> .....	<b>Lambuth 104</b>
<b>Spirituality and Money</b> <i>Margaret Fleming &amp; Pat Luna</i> .....	<b>Terrace 316</b>
<b>The Way of Transforming Discipleship</b> <i>Robin Pippin</i> .....	<b>Terrace 211</b>
<b>Upper Room Friends: Join the Community</b> <i>Sharon Conley</i> .....	<b>Lambuth 106</b>
<b>What is Emmaus? What is Chrysalis?</b> <i>Greg Engroff</i> .....	<b>Terrace Auditorium B</b>



**AFTERNOON WORKSHOP DESCRIPTIONS**

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**An Introduction to Quiet Spaces**

*Led Robin Pippin & Jeannie Crawford Lee*

Monday

SOULfeast Quiet Spaces offer places around the conference center grounds for deepening your relationship with God. You can take advantage of them almost any time, but especially during afternoon Sabbath hours and in the evening after worship. Each space has a theme, and you'll find written guides for a meditation or exercise at each location. Robin and Jeannie will explain the purpose behind Quiet Spaces and describe what's available for you this week. If you wish, you may go on a walking tour of the sites during the workshop time. Then you'll easily find your way to the ones you want to use over the next few days. Spending time in the Quiet Spaces gives you a chance to ponder all you will hear this week. Several are designed as companions to particular workshops. Find out which settings are just right for you.

**Becoming a Praying Church**

*Led by Tom Albin*

Tuesday

This workshop will provide information for those who want to develop a culture of prayer in the whole church and will also provide those who are already on this path an opportunity to share their successes and frustrations. The guiding question is: "How do we move from a local church culture where a few do the praying for the many to a "body of Christ" that prays as naturally as we breathe.



**Body Prayer**

*Led by Stephanie Wilson*

Wednesday

Workshop participants will move and bend and stretch to praise and worship music. This is a perfect time to get some exercise and have some fun with other SOULfeast friends. A dance will be taught that correlates to the theme of the week. Participants may use this dance in their home church for future body prayer use. For the young and young at heart.

**Building Christian Community through Social Networks**

*Led by Lanecia Rouse*

Monday

This workshop offers an overview of five social networking tools (Twitter, Facebook, Flickr, Youtube, and blogs) and how they can be used to foster Christian community and creatively share your journey with God and neighbor.

**Celtic Prayer**

*Led by Sandy Jackson*

Tuesday

The ancient Celts prayed in ways that were natural for them in their context. Because they were a rural people, they came to know God as the "King of Nature" and they believed in the spiritual energy of all living things and the "Three-in-One" triune God. This workshop will explore the Celtic culture of prayer and its forms. Participants will have the opportunity to develop their own prayers in the Celtic form as they seek union with Christ.

**Children and Prayer**

*Led by Melanie Gordon*

Tuesday

This workshop offers prayer models for children based on Sophia Cavaletti and Robert Coles' models of the spiritual life of children. How can the Church support parents as they spiritually form the children entrusted to their care? How do they learn how to pray? Participants will be equipped with helpful, scripturally sound experiences and resources for use in the church and for parents to use at home with young children to promote and enhance spiritual growth and prayer in today's world.

**Companions in Leadership: Building Collegial Relationships for Ministry**

*Led by Deborah Suess & Drew Smith*

(Monday, Tuesday, and Wednesday. This workshop will meet each day, building upon material from the previous day, but newcomers are welcome.)

God hasn't called us to be lone rangers. To lead according to the manner of Christ, we need consistent and ongoing companions in leadership. In this workshop we will explore how to encourage, challenge, and care for one another so that we best fulfill our leadership callings. We will also consider the pragmatics of starting and/or maintaining a small companionship group. Each day we will present and practice a different group exercise to nurture one another's soul, sharpen our leadership gifts, and learn how to give and receive wisdom with each other. The hope is that each participant will gain helpful tools to take back home and continue to practice in a small group. Who would benefit from this workshop? Anyone in a leadership position (lay or clergy) in a local church or service organization who is interested in forming or being part of an ongoing peer support group.

**Consciousness: God or Matter, Issues in Science and Theology**

Led by Daniel Wolpert

Monday

Science and theology is a hot topic in our modern era. Questions and issues in this arena cover a lot of ground, but one of the most important areas for discussion is the issue of our minds. Does consciousness arise as a by-product of chemicals moving in our brains, or is consciousness an existing property of the universe? Theologically we can frame this question by asking: was 'the Word' indeed with God from the beginning? As time goes on, the truth is that science and theology come closer together, yet many people of faith when confronted by those who want to deny God on scientific grounds have little to say. In this workshop we will explore God and consciousness from both a scientific and a contemplative perspective such that we can speak a good word to our modern culture.

**Creating Sacred Space: Learning How to Design and Implement Worship Visuals**

Led by Karla Kincannon

Wednesday

In this hands-on intensive, participants will create aesthetically beautiful and theologically significant altars for public and private worship. No experience is necessary. NOTE: Participants need to bring: one piece of fabric in a liturgical color (a scarf will do); one religious object, one nature object, one every day object, one candle and holder.

**Creativity and Divine Surprise**

Led by Karla Kincannon

Tuesday

The spiritual journey is a creative process. Come explore the creativity necessary to deepen your relationship with God. Learn what serious seekers have in common with artists. In this hands-on workshop, explore your hidden creativity through exercises designed to be non-threatening. Learn techniques to listen to the still, small voice within, a voice that guides our path and shapes our calling. No artistic training is necessary. If you are already a trained artist, we can work with that.

**E-Learning: Finding God and Community Online**

Led by Sharon Conley & Steve Wilke

Tuesday

Join Sharon Conley (Upper Room Multimedia) and Steve Wilke (BeADisciple) in discovering new opportunities for building relationships and creating learning opportunities online. This workshop is for those who are:

- Individuals considering taking an online course through BeADisciple and want to know what it's like.
- Church leaders looking for cost-effective ways to offer relational connection and faith formation experiences to busy people.
- Upper Room authors who are considering using their content to offer an online course.

**Exploring Your Spiritual Gifts**

Led by Mary Lou Redding

Monday

This workshop will introduce a new Upper Room small-group resource that guides participants through prayerful consideration of what the Bible says about identifying and using our spiritual gifts. Participants in the workshop will sample the format and approach for weekly small-group meetings given in the

leader's guide and experience the contemplative approach to reading scripture that is used in the participant book.

**Henri Nouwen: Befriending Tension**

*Led by Wil Hernandez*

Monday and Wednesday

Henri Nouwen exemplifies for us the fact that our spiritual journey is marked by a tension-filled existence. This workshop not only helps us reckon with this sobering reality but teaches us to confront tension in a way that can work for us, instead of against us—that is, to learn how to befriend it so that it can ultimately transform our life.

**Jesus and Prayer**

*Led by Susan Ruach & Sarah Wilke*

Monday

The purpose of this workshop is to help us all grow in our prayer lives by looking at how Jesus prayed and what he taught about prayer. We will also explore a few ways of praying used by some of his followers over the years.

**Laptop Theologians: Teaching Children about God in the Home**

*Led by Melanie Gordon*

Monday

What if "faith development" was a verb? This workshop will equip parents, grandparents, pastors, and leaders with helpful, scripturally sound experiences and resources for use in the church and for parents to use at home with their young children to promote and enhance spiritual growth in today's rapidly changing world. Time will be allotted for open discussion about the new challenges facing today's child.

**Man Talk – Teenage Edition**

*Led by Brandon Taylor*

Tuesday

"Man Talk" is a workshop geared toward teenage boys and young adults (and for others who are interested to know what's on their minds). We will talk about everything from sports, movies, relationships and how our faith plays a part in it all. This will be a discussion-based workshop about everything that relates to guys. Hope to see you soon for "Man Talk"-Teenage Edition.

**Mindful Knitting and Quilting**

*Led by Deetta Eberhardt*

Monday

This workshop is for all levels of knitters and quilters who are interested in feeding their souls by using their hands and hearts. Practical ways on how to start a prayerful knitting and/or quilting ministry at home in your church or with a small group will be presented. And, examples and patterns will be available to help get you started. We will also discuss local ministry needs as well as global outreach needs. Lastly, tips on how knitting and quilting can aide your physical and spiritual health will be offered. Please feel free to bring your own project and "sit and knit."

**Novel Theology: Summer Reading**

*Led by Kay Hereford Voorhees*

Tuesday

Can God speak through a novel? What soul-shaking, soul-shaping, or just plain fun fiction have you discovered lately? Students, what has your school assigned for the summer? Come discuss, review, quibble, listen, and otherwise celebrate the gifts of a good read. We'll consider *The Help* by Kathryn Stockett, *Friendship Bread* by Darien Gee, and/or whatever you've been reading.

**On Earth as it is in Heaven: Community Engagement as a Means of Grace**

*Led by Jay Voorhees*

Wednesday

While many people of faith engage in acts of mercy and justice, very often these acts seem disconnected from one's relationship with God. In this workshop, Jay Voorhees (pastor of the Old Hickory United Methodist Church in Nashville) will consider how engaging in community action and support can be understood as a means of grace by which our relationship with God is enhanced and deepened, and by which we can recognize our role in God's kingdom as bearers of hope.

**Over the Hill and On My Knees**

*Led by Missy Buchanan*

Monday and Wednesday

The world says you are "over the hill" because you celebrated another milestone birthday. Though you can't do all the things you once did, on the inside you still feel young. How do you reconcile those feelings with the realities of an aging body? Romano Guardini sums it up well, "For a Christian in old age, only one thing can be at the core of life—prayer." Come, discover how prayer can impact the way you journey through aging.

**Photography as Prayer**

*Led by Susan Ruach*

(Wednesday extended time 2:00-5:15 p.m.)

The goal of this workshop is to explore together photography as prayer by looking at what prayer is and why we create images. We will also look at the connections between prayer and images and think together about the spiritual practice of photography. You are invited to bring on a flash drive a favorite image that you have taken to share with the group.

**Prayer Beads: A Tool for More Focused Prayer**

*Led by Kristen Vincent*

Monday and Wednesday

For centuries, Christians have been using beads or stones to focus their prayers and listen to God. Join us as we explore this ancient prayer tool and its modern day uses. From the pebbles used by the Desert Fathers, to the Catholic Rosary, to Anglican prayer beads, we will discuss the history, symbolism, and uses of prayer beads. Participants will have the opportunity to make their own set of prayer beads to take with them. Note: we will need the full amount of time allotted for the workshop, so please try to arrive on time.

**Praying with Mandalas**

*Led by Robin Pippin*

Tuesday

Take an hour and color yourself closer to God. Find out how coloring mandalas can allow you to listen for the still, small voice of God. For some people, coloring mandalas is a liberating way to pray. While the hands are active and creative, the mind has a chance to rest and to focus on God. And one more thing—it's fun!

**Recovering the Fullness of Prayer: The Psalms of Lament as a Bridge to Healing**

*Led by Johnny Sears*

Tuesday

How do we pray in times of darkness, loss, and tragedy? When a parent loses a child, or a natural disaster such as a tornado or tsunami wreaks unimaginable devastation, where do we find the words to express our pain and grief? The spiritual practice of lament has been lost in much of our culture but the Psalms would testify that it has great value since lament Psalms are the most common type – making up nearly half of the Psalms. In this workshop, you will learn more about this important category of Psalms and have an opportunity to experience praying some of them. You will also be invited to try your hand at writing your own lament Psalm. Come explore the Psalms of lament and how they can help us embrace a more holistic and honest life of prayer that opens us to deeper healing and grace.

**Spirituality and Money**

*Led by Pat Luna & Margaret Fleming*

Tuesday and Wednesday

Based on Henri Nouwen's book, *The Spirituality of Fundraising*, scripture, and the presenters' personal pilgrimages, this workshop will examine the discipline of faithful and joyful giving through the lens of personal transformation. Martin Luther identified three conversions that are necessary in the life of every Christian – the conversions of heart, mind, and purse. Come and explore the dimensions of this third conversion – the conversion of the purse – in worship, song, and prayer.

**The ABCs of Letting Go: How to Do it Instead of Talk About It**

*Led by Linda Douty*

Tuesday

We all agree in our heads: Letting go is a pertinent piece of wisdom for every serious seeker and is necessary for true freedom in Christ and openness to the Holy Spirit. Why, then, don't we DO it? This workshop will explore specific techniques to foster this vital process so that we can embody the freedom that we say we want.

**The Upper Room Prayer Movement**

*Led by Tom Albin & Migdiel Perez*

Monday

The mission of The Upper Room Prayer Movement is to help individuals, small groups, and local congregations grow in their understanding and experience of prayer. For more than 33 years, we've had a single purpose: to help disciples of Christ experience the living, transformative power of prayer. Intercessory prayer is not something that just "happens." That's why we've created a way for the

thousands who need prayer to connect with prayer partners who are called and trained to meet those needs. Come and learn about our Prayer Center, Covenant Prayer Groups, and other exiting aspects of our ministry.

**The Way of Transforming Discipleship**

*Led by Robin Pippin*

Wednesday

If you are enjoying Trevor Hudson's teaching this week at SOULfeast, you will enjoy this workshop based on *The Way of Transforming Discipleship*, a small-group spiritual formation resource developed from Trevor's talks at SOULfeast 2004. In this workshop you will experience a taste of this popular six-week *Companions in Christ* resource as well as learn the signposts that lead to the development of a renewed spirituality, centered in the life of Jesus.

**Upper Room Friends: Join the Community**

*Led by Sharon Conley*

Wednesday

Is it your job to find the right small group guides, books, and programs for your congregation? Are you in search of quality guides for both individual and group spiritual growth? If so, The Upper Room would like to get to know you. In this information and networking session, we will:

- talk about the challenges and successes of finding effective resources for your church's learning and spiritual growth,
- share ideas and information on accessing effective resources
- network with others who are in a similar role.

**What is Emmaus? What is Chrysalis?**

*Led by Greg Engroff*

Wednesday

Many of us hear that Emmaus and Chrysalis are "Secret Societies". Nothing is further from the truth. Come and hear about what Emmaus and Chrysalis are all about and ask as many questions as you want to ask! We will have booklets and other handouts for people attending.