



EPISCOPAL CHURCH IN CONNECTICUT
PARTICIPATING IN GOD'S MISSION

SPRING TRAINING AND GATHERING ~ APRIL 27, 2019

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Link to the electronic evaluation for this event: <https://form.jotform.com/90286766855170>

CHRISTIAN FORMATION

- **Best Practices in Confirmation Ministry** - Sharon Ely Pearson and the Rev. Curtis Farr

Confirmation continues to be a key rite of passage for young people in our congregations. But many view it as an “exit ritual” and a sacrament in search of a theology. Learn about best practices that were discovered through The Confirmation Project, a Lily Foundation grant ecumenical study, as well as how confirmation preparation can have a lasting impact on the faith of our young people. Bring your best practices and questions to share in the conversation.

Facilitators: *Sharon Ely Pearson* is an editor with Church Publishing Incorporated (CPI) with experience in Christian formation on the local, judicatory and church-wide level. Known for her knowledge of the variety of published curricula across the church, she has also had her hand in the birthing of numerous books, including *Signed, Sealed, Delivered: Theologies of Confirmation for the 21st Century* (2014). Living in Norwalk, she writes at www.rowsofsharon.com and worships at St. Matthew’s in Wilton.

Curtis Farr is the rector of St. Paul’s, Fairfield. He serves on the board of Camp Washington and is highly involved with the Albert Schweitzer Organ Festival Hartford. In his spare time, he enjoys hiking and kayaking, playing keyboard in local bands, traveling, going to the latest superhero movie, and spending time with his dog Eleanor Roosevelt (Elly).

- **It Starts with You: An Asset-based Approach to Youth Ministry** - The Rev. Matt Lindeman

The primary assets you’ve been given in youth ministry are YOU and the youth you’ve been entrusted with in your context. This workshop will include theological framing for youth ministry, basic principles of group development, practical tips for cultivating relationships in the group and empowering youth to take their place in the church. It will require active participation and rely on the input and experiences of participants. Come dressed to move!

Facilitator: *Matt Lindeman* is passionate about working with youth and has been doing so for two decades, beginning as a summer camp counselor at Camp Stevens and Episcopal Camp and Conference Center in San Diego County. He has served as a wilderness trip leader for freshman at Earlham College, a youth development volunteer in the Peace Corps, El Salvador, an interim Summer Camp Director at the Barbara C. Harris Camp and Conference Center, and as the Associate of Youth and Family Ministry at Trinity Southport. Matt has supported two delegations of Connecticut youth at the Episcopal Youth Events in 2014 and 2017. He currently serves as rector at St. Peter’s, Milford.

COMMUNICATION

- **Digital Marketing & Media Strategy** - Randy Herbertson

The ever progressing world of consumer communication continues to become more fragmented, digital and expensive. Regular, relevant connection with current and

prospective parishioners and partners on an in-reach and out-reach basis is mission critical to maintain vibrant and growing communities in our parishes. We will discuss the current best practice tools and tips for doing this on an affordable basis - both time and money.

Facilitator: *Randy Herbertson*, Principal - The Visual Brand (TVB), is a seasoned creative director, brand strategist and insight specialist. With experience across the client, media, large and small agency worlds, Randy has owned independent brand studios for the past 12 years with clients across diverse industries and three continents. He also has a strong commitment to young talent development, including robust internship programs and non-profit leadership across various organizations. Randy currently also sits on several municipal boards and the American Institute for Graphic Artists (AIGA), and volunteers for The Network for Teaching Entrepreneurship (NFTE). He is a member of Christ & Holy Trinity, Westport.

- **The Foyer Has Moved: Welcoming & Inviting People to Your Church in the Digital Age** - Carolyn Clement

By the time someone shows up at your church, they've already visited - online - several times. In this workshop we'll talk about how to use digital ministry to welcome people to your church - via the website, Facebook advertising, content creation and other digital tools. We'll even live demo a Facebook ad purchase during the session to help you learn how to use the tool.

Facilitator: *Carolyn Clement* created Social Media Sunday at Trinity Church, Tariffville in 2013, which is now a yearly national event, generating over 10 million digital impressions each year. She is a moderator of the Church Social Media (#ChSocM) tweetchat and has a passion for helping people learn to effectively use social media. She is a frequent presenter to parent groups, professional organizations, and people of all ages. Connect and share your questions before and after Spring Training @singingcarolyn on Twitter.

CONNECTING AND COLLABORATING

- **Collaboration: What's All This 'Joining Jesus' Really About?** - The Rev. Canon Tim Hodapp

What's it like to put our faith into action - as individuals, within and across parishes, through our Regions and Ministry Networks, and into the neighborhoods where we live and work? Join us for stories from the front lines where people are traveling lightly together and following Jesus into their neighborhoods.

Facilitator: *Tim Hodapp*, Canon for Mission Collaboration, serves the Episcopal Church in Connecticut (ECCT) as the resource for congregational life and mission-focused cooperative efforts. Collaboration—between worshipping communities, across Regions and among Ministry Networks, and between Region Missionaries—captures most of Tim's portfolio. Tim combines his 30 years as an ordained minister (from large urban congregations and small town parishes to university chaplaincy and diocesan staff) with his experience as an advertising copywriter and creative brand strategist, to bear on his current ministry. "Collectively exploring

our stories, both personally and within our worshiping communities, helps us identify the mirrors of our lives in sacred scripture. There, we uncover what God may be calling us to," Tim explains. "Knowing ourselves in the context of our neighborhoods helps us truly engage as disciples where we live and work."

Colaboración: ¿Qué significa realmente "Unirse a Jesús en el vecindario"? - El Reverendo Canon Tim Hodapp

¿Cómo es poner nuestra fe en acción, como individuos, en y a través de nuestras parroquias, a través de nuestras Regiones y Redes de Ministerios, y en los vecindarios donde vivimos y trabajamos? Únase a nosotros para contar historias de algunos ejemplos de la vida real de cómo algunas personas viajan juntas y siguen a Jesús en sus vecindarios.

Facilitador: Tim Hodapp, Canon para la Colaboración en la Misión, sirve a la Iglesia Episcopal en Connecticut (ECCT) como un recurso para la vida congregacional y los esfuerzos de cooperación centrados en la misión. La mayor parte del trabajo de Tim es fomentar la colaboración entre las comunidades de adoración, las regiones, las redes de ministerios y los misioneros de la región. En su ministerio actual, Tim combina sus 30 años como ministro ordenado con su experiencia como redactor publicitario y estrategia creativo de mercadeo. "Explorar colectivamente nuestras historias, tanto personalmente como dentro de nuestras comunidades de adoración, nos ayuda a identificar los espejos de nuestras vidas en las sagradas escrituras. Allí, descubrimos a lo que Dios nos puede estar llamando ", explica Tim. "Conocernos a nosotros mismos en el contexto de nuestros vecindarios nos ayuda a participar verdaderamente como discípulos en el lugar donde vivimos y trabajamos".

- **Living Community - Your ECCT Region Missionaries**

We are looking forward to sharing a playful space that explores how we create and engage with each other as a Christian community. Participants will have the option to "choose their own adventure" and try on different small group activities geared toward community building. These activities, the time together, and the space for conversation are all an invitation to reflect on how we engage each other in the pursuit of God's mission. Our hope is that each participant will be able to take these tools back to their church community to share and to deepen our companionship as we follow wherever Christ leads.

Facilitators: While each Region is unique, each Region Missionary's core task is the same: "To challenge the Episcopal parishes and worshiping communities to expand their reach into local neighborhoods by collaboration with potential community partners -- from other faith-based institutions to social service organizations to government agencies." Your six Region Missionaries are (SW) Rev. Carlos de la Torre, (SC) Rev. Rachel Field, (SE) Rev. Rachel Thomas, (NE) Maggie Breen, (NC) Erin Flinn, (NW) Eliza Marth.

- **Making Church Fun and Building Community at the Same Time** - Jeannette L. Brown and Daniel Aramini

In this workshop we will discuss ways we can:

- “Be” church outside the box
- Craft opportunities to build relationship
- Promote church members’ engagement with one another
- Foster activities that help us explore our spiritual journey
- Identify a significant untapped resource in your own parish

Facilitator: *Jeannette Brown*, a cradle Episcopalian and member of St. James’, Glastonbury, was baptized at St. Monica’s, Hartford, and confirmed at St. James’. She has held a variety of positions in the Episcopal Church including parish newsletter editor, Sunday school teacher, vestry member, stewardship chair, member of diocesan staff, delegate to convention, deputy to General Convention and more. Jeannette holds a BA from Mount Holyoke College and a JD from the University of Texas at Austin. When not occupied with church activities, she does some freelance legal technical writing.

ESSENTIAL PARISH OPERATIONS

- **Maintaining a Staff as a Religious Organization** - Kayla Tubolino

This workshop will discuss the onboarding process of recruiting, hiring, letter of employment and orientation. It will cover guidelines to follow when managing performance of an employee and the correct way to document this process. It will briefly cover how to write job descriptions and provide a template. The workshop will also cover policies for the HR Manual used by ECCT and ways to utilize the handbook. Time will be allotted for individuals with specific questions to their respective parishes.

Facilitator: *Kayla Tubolino* joined ECCT as the HR Administrator in November 2015. Kayla now also oversees administration of Title IV cases in CT as part of her job portfolio. She graduated from the Isenberg School of Business at the University of Massachusetts, Amherst where she studied Business Management. After graduation Kayla joined Target as an Executive Team Leader in Human Resources where she supported a staff of 200 employees. There she took part in the HR Compliance Assessments and district-wide auditing of HR policies and procedures. In 2013 Kayla joined TJX Companies where she took part in driving profitable sales for the children’s division of Marshalls. She also assisted in a company initiative to support employees and build retention strategies. Kayla lives in Cromwell with her husband and two children.

- **Vestry 101: What is a vestry and what does it do?** - The Rev. Rebekah Hatch & Vestry Members of St. Alban’s, Simsbury

This workshop is designed for those who are new to vestry or have questions about the structure, purpose and functioning of a vestry. Topics include:

- Roles and responsibilities of officers, vestry, and ordained leadership
- Agenda design
- Best practices for effective vestry meetings
- Guidelines for Mutuality (conversation)
- Exploration of the two major responsibilities of a vestry: parish management and parish leadership

- **Vestry 201: Business Practices - The Rev. Canon Lee Ann Tolzmann**

This workshop reviews business practices to equip vestry members to be good stewards of parish resources. Topics include:

- Church as employer of lay and ordained
- Parochial reports
- Budgeting process
- Financial reporting
- Risk management, insurance and safe church practices

Facilitator: *Lee Ann Tolzmann* began serving as ECCT's Canon for Mission Leadership in August 2015 after serving seven years as the rector of St. Paul's, Riverside. She was ordained in the Diocese of Maryland after attending General Seminary and served as rector of a parish in Baltimore for several years. She is a lifelong Episcopalian who loves seeing the Holy Spirit at work in the lives of clergy and parishes as they travel the journey through transition.

- **Vestry 301: Communication and Vestry Covenants - The Rt. Rev. Dr. Laura J. Ahrens**

This workshop explores key leadership principles and practices in parish life. Ways to avoid triangulation, rumors, and parking lot meetings will be shared. We will also look into how to write and live into a vestry covenant.

Facilitators: *Bishop Laura Ahrens*, Bishop Suffragan of the Episcopal Church in Connecticut, is passionate about exploring with congregations how parish leadership, lay and ordained, can engage God's Mission in their local context through prayerful discernment and collaborative partnerships. With Bishop Douglas she seeks to create vibrant and engaging spaces where Christians can deepen their understanding of God's love and try on new ways of speaking about and sharing that love with others.

- **Treasurer's Toolkit - Canon Louis Fuertes**

What is the scope of a Treasurer's responsibilities? This workshop will include tips for managing your parish's budget process, Parochial Reporting made (relatively) painless, and group discussion of parishes' most challenging parish financial policy issues.

Facilitator: *Louis Fuertes* is our Canon for Mission Finance & Operations for ECCT. He has 20 years of financial services industry experience with JP Morgan Chase and Citibank. Prior to that, he was a Principle in the Financial Services practice at Booz, Allen & Hamilton, a management consulting firm. Mr. Fuertes holds engineering degrees from Brown University and M.I.T. and an MBA from Harvard University. Mr. Fuertes has also served as a member of ECCT's Program and Budget

Committee, as a Financial Coach in ECCT's Mutual Responsibility and Interdependency (MRI) program and as Treasurer and Finance Committee Chair of Christ & Holy Trinity Church in Westport.

- **Financial Merit Badges - Canon Louis Fuyertes**

Human nature being what it is, there is something to be said for celebrating areas where your parish is in compliance rather than decrying its shortfalls. In a weak moment, an eccentric ECCT staff member contemplated a world in which compliance with financial management canons would be formally recognized by awarding specially designed merit badges. Attendees at this session will learn the financial management and reporting practices that would earn all nine merit badges. How many would your parish receive?

As Mary Poppins noted, a spoonful of sugar helps the medicine go down. This session is intended to be a fun way to improve awareness and understanding of the admittedly dry topic of financial compliance. Fabulous prizes (and merit badges) will be awarded to attendees!

Facilitator: See *Treasurer's Toolkit*

- **Parish Buildings: Better Serving You and Your Community - Dave Desmarais**

This workshop focuses on the care and stewardship of our church properties. We will explore how a thorough and well-planned preventative maintenance program can benefit buildings, budgets and insurance costs, and ways a parish can use their facility to produce income while serving needs in their community.

Facilitator: *Dave Desmarais* served as property manager for ECCT from 2012 until he retired in January 2018. As ECCT property manager he supported parish leaders by being available to assist with building assessments, contractor recommendations, review of contracts, specifications and other areas as needed. Dave is a member of Trinity, Tariffville where he serves on the vestry.

- **Clergy Transitions in a New Missional Age - The Rev. Canon Lee Ann Tolzmann**

All around the Church life is not the way it used to be, and the clergy transition process is no exception. In Connecticut today, less than 40% of our parishes have a full-time priest, and that number shrinks every year. As clergy retirements continue to greatly outpace ordinations, there are fewer clergy available, even for full-time work. This workshop will lay out the current context along with best practices for parishes to prepare for clergy transitions today.

Facilitator: See *Vestry 201*

LEADERSHIP

- **Three Stages of Lay Leadership Development: An Introduction - Mimi Delcuze**

Using examples from parish life this introduction to lay leadership development will include:

- Identification of Leadership Gifts in ourselves and others (tools and resources)
- Mentoring potential leaders - Time, Trust, Relationship, Knowledge
- Equipping each person for successful transition - Filling the gaps and building a community of leaders.

Participants will also receive a resource list and sample worksheets.

Facilitator: *Mimi Delcuze* is the owner of Delcuze Consulting, specializing in organizational and process consulting with faith-based and non-profit organizations. She is a 1982 graduate of the McIntire School of Commerce of the University of Virginia and holds an M.B.A. from William and Mary. Mimi is currently a consultant for the Diocese of Easton and Diocese of Delaware and has worked with parishes and leadership in the Dioceses of Southern Virginia, Connecticut and Massachusetts. She lives on Kent Island on the Maryland Chesapeake Bay with her husband, Mark, an episcopal priest.

- **Your Parishioner's Glasses - Jon Laing**

The purpose of the workshop is to help people "see" how they are perceived by others. Participants discuss a variety of interpersonal skills topics and complete a self-evaluation form. The self-evaluation form becomes a roadmap for self-improvement. This is a revised version of a workshop designed by Jon titled *Your Customer's Glasses* which has been delivered to in excess of 1,500 people throughout the United States.

Facilitator: *Jon Laing* is the Director of Training & Development for ASSA ABLOY Door Security Solutions. He conducts workshops throughout the United States on topics ranging from Interpersonal Skills, Time Management, Negotiation Skills, Coaching, Teamwork, Lean Business Practices, etc. Jon is a member of St. Andrews Episcopal Church in Rocky Hill, CT where he is on the Vestry and coordinates St. Andrews' Men's Group activities.

- **Managing Conflict in Parish Relationships - The Rev. Dr. E. Bevan Stanley**

This workshop will present a number of ideas and conceptual models that can be helpful in thinking about conflicted situations. It will also offer some pragmatic suggestions for dealing with such situations. There will be opportunity to ask questions, share experiences and wisdom, and discuss specific situations.

Facilitator: *Bevan Stanley* is a priest of ECCT where he has spent most of his ordained ministry as a parish priest. He currently serves as Rector of St. Michael's Parish, Litchfield. Bevan has received specialized training as a conflict consultant and as a mediator. He also serves as a spiritual director, leads retreats, consults in parishes, and trains parish leaders.

PASTORAL CARE

- **How do we support our growing caregiver population? - Ginny Wagenseller**

This workshop intends to deal with the increasing need for family caregiving, homecare and needs of both family and professional caregivers. It will focus on the

nature of care and healing; on the significance of presence; and on the importance of self-care for the caregiver. The emphasis will be on the holistic approach to loving each other as we engage in the abundance of God's mission.

Facilitator: Ginny Wagenseller is Registered Nurse, Faith Community Nurse and Associate for Caring Ministries. A pediatric and public health nurse by background, Ginny has served as Parish (Faith Community) Nurse at Christ & Holy Trinity Church in Westport, where she is a member, for 14 years. Her training and continuing education have been through Episcopal Health Ministries and St. Vincent's Parish Nurse Program. She is a member of the Connecticut Council of Parish Nurse Coordinators.

- **Introduction to Pastoral Conversations** - The Committee for the Formation of All of the Baptized and the Commission on Ministry

Are you a Eucharistic Visitor and find that sometimes your conversations become a little deeper? Do you like to visit those in your parish who are sick or home-bound and want to support them better? Join us as we talk through the basics of having a pastoral conversation. We will explore with you what it means to walk with someone as they share their joys and their burdens. In this session will talk through issues like what to expect, how to guide a conversation, what you should be prepared for, confidentiality, and how and when to take a conversation back to the priest.

- **Stephen Ministry: Sharing the Love and Light of Christ** - Michelle Toby, Ron Dukenski and Paget Haylon

Stephen Ministry is a lay care giving ministry that supplements pastoral care. The program teaches laypersons to provide one-on-one care for individuals who request support. The confidential care-giver and care-receiver relationship, usually conducted by weekly visits, may continue for months or years. This workshop will provide an overview of what Stephen Ministry has meant to Trinity, Newtown and the role they see it playing in their congregation and community going forward. They believe Stephen Ministry is foundational to their mission to make disciples and become apostles in these missional times.

Facilitators: *Ron Dukenski* is a retired OD consultant and nearly-lifelong Connecticut Episcopalian. His interests lie deeply in the healing of mind, body and spirit at the personal and parish level. He sees Stephen Ministry as a great vehicle for becoming disciples and apostles in these missional times.

Michelle Toby is a high school English teacher and mother of two grown and flown children. After serving as a Stephen Minister, she is looking forward to expanding her involvement both within Trinity, Newtown, and through relationships with Stephen Ministry in neighboring churches.

Paget Haylon is a lifelong Episcopalian, a social worker, wife, and mother of three adult children. She had been a Stephen Leader at Trinity for several years and recently set up a Stephen Ministry network with neighboring parishes. She believes deeply in the work of Stephen Ministry within Trinity and beyond as the church looks to be a missional neighbor to all.

- **Eucharistic Visitor Training** - The Rev. Pat Jackson, Deacon and the Rev. Liz Knauff, Deacon

Haven't seen someone in church for a few weeks? Did you recently call someone on the telephone only to hear that he/she has been unwell for some time and hasn't heard from the church? Such persons could be well served by someone taking the time to pay them a visit. This workshop is offered for anyone who might be exploring ways to be better equipped for God's Mission in the ministry of a Eucharistic Visitor (EV) and is an iteration of the earlier Lay Eucharistic Visitor training done some years ago. It is designed as a guide to introduce the aspects of the sacramental ministry as well as a guide to using a standardized order of service for taking the Church (Body of Christ) to the member who is unable to be inside the church to worship. Handouts will be provided and discussion will include some of the difficult and/or unusual challenges and joys the Eucharistic Visitor encounters while negotiating the busyness and speed bumps that encroach on our lives today.

Facilitators: *Pat Jackson and Liz Knauff* are graduates of the final Ministry Education and Exploration Program (MEEP) held in 2005. They went through Deacon Formation together and were part of the largest group of (ten) Deacons ordained in ECCT in 2007. Pat and Liz are both members of the Deacons Council. *Pat* holds a Bachelor of Science degree from Empire State College, Saratoga Springs, NY and is now retired after serving 30 years in the pharmaceutical industry. She served as Deacon for four years at Trinity, Hartford and is currently on assignment at Church of the Holy Trinity, Middletown.

Liz is presently employed at Warehouse Point Library, East Windsor. She served as Deacon for four years at Trinity, Tariffville and is currently on assignment at Church of the Good Shepherd, Hartford.

SEASON OF RACIAL HEALING, JUSTICE AND RECONCILIATION

- **Healing and Ending, the Trauma of Anti-Black Racism** - Enola G. Aird

This workshop will offer:

1. A new way of understanding the sources of the trauma caused by racism against Black people;
2. An examination of their effects; and
3. A fresh way of thinking about racism against people of African ancestry and pathways to genuine healing.

Facilitator: *Enola G. Aird* is an activist mother, lawyer, and founder and president of Community Healing Network, Inc., a New Haven, CT, based 501 (c)(3) nonprofit organization. CHN is mobilizing Black people to heal from, and extinguish, the lies of White superiority and Black inferiority: the root causes of the devaluing of Black lives. Under Aird's leadership, CHN has put into place key initiatives to build the global grassroots movement for the emotional emancipation, healing, wellness, and empowerment of Black people across the African Diaspora.

- **Racial Healing, Justice, & Reconciliation: The Way Forward in ECCT - Racial Healing, Justice, & Reconciliation Network**

Join members of the Racial Healing, Justice, & Reconciliation Network to learn about resources, practices and tools you and your congregation can use as you participate in ECCT's two-year *Season of Racial Healing, Justice, and Reconciliation* that was launched in 2018. Engage in Eric Law's *Photolanguage*, one of the powerful ways we have used to draw out deep metaphorical expressions and memories of racism in our lives. Come with your questions as well as an openness to new discoveries about yourself and your congregation.

Facilitators: Our team includes 20+ lay and clergy members from across the Episcopal Church in Connecticut and beyond who are passionate about doing all we can to acknowledge the sin of racism that is still very much in our midst, awaken our people to the need for concerted action to address the ongoing injustice of the racial divide, and provide strategies and tools for action. Among other things, we are coordinating trips to The Center for Reconciliation in Providence, RI, The Smithsonian National *Museum of African American History & Culture* in Washington, D.C., and the National Memorial for Peace and Justice in Montgomery, AL, informally known as the National Lynching Memorial.

- **Recognizing, Understanding and Appreciating Differences as a Way to See, Name and Dismantle Oppression - The Rt. Rev. Ian Douglas and Tokunbo Green**

In this workshop we practice using guidelines which have been proven to facilitate honest conversations about a wide array of challenging topics. We will also explore our own multiple identities in which each of us is privileged and those in which we lack privilege, as well as a multicultural change process that is useful to individuals and organizations facing any kind of change.

Facilitators: *Bishop Ian Douglas* is Bishop Diocesan of the Episcopal Church in Connecticut. A former seminary professor at Episcopal Divinity School in Cambridge, MA before becoming bishop, he is dedicated to formation and theological education, especially for lay leaders.

Tokunbo Green, a former Camp Washington camper and a lifelong Episcopalian, strives to create a world that is just and right. She graduated from the University of Connecticut School of Law in 2008 and is now a solo practitioner attorney in Bridgeport, CT. She is a leader in ECCT serving on the Faith and Order Commission a.k.a. Constitution and Canons; she also serves as a Safe Church Training facilitator, a Priest-in-Charge consultant and as an Intake Officer in the Title IV process. Beyond ECCT, Tokunbo works with VISIONS, Inc., facilitating trainings in diversity inclusion and equity. She is a member of St. John's, Bridgeport.

SOCIAL JUSTICE AND ADVOCACY

- **Going beyond the Binary: How to make your church inclusive of all genders and expressions. - Anthony Crisci**

Come hear Anthony speak about how we can make our spiritual homes places that include and welcome members of our community whose gender identities do not

fit our stereotypical binary understanding of gender and expression. This workshop will focus on providing a sophisticated understanding of gender and expression followed by a discussion of practical solutions for “de-genderizing” our worship services and congregational activities.

Facilitator: Anthony Crisci is the former Executive Director of Triangle Community Center in Norwalk, and has recently started his new role as Director of Communications at Circle Care Center, a non-profit health clinic which provides “stigma-free” healthcare to the greater Fairfield County community. Anthony’s career has been focused on creating resources and services that are inclusive and benefit marginalized communities that are often excluded from or experience barriers to accessing the lifesaving resources they need. Anthony is member of St. Paul’s on the Green, Norwalk where he serves as a member of the vestry.

- **Religious Pilgrimage: A Multi-Faith Overview** - Tom Verde, the Rev. Dr. Ann Broomell and the Holy Landers

The act of pilgrimage is a sacred undertaking in many faiths. Throughout history and into modern times, Christians have journeyed to the Holy Land, Muslims to Mecca, Buddhists to Bodh Gaya (where Buddha received enlightenment), Jews to the Wailing Wall, etc., all in search of spiritual inspiration and/or renewal. This forum will examine pilgrimage as an act of religious faith in general, while focusing on a number of popular Christian pilgrimage sites, such as Canterbury, Santiago de Compostela and the Holy Land. The Holy Landers Ministry Network raises the awareness of our Holy Land in a variety of ways—through pilgrimage to the land of Jesus (such as the June 9-19, 2019 trip led by Bishops Ian and Laura) and through ministries with roots in ECCT such as Jerusalem Peace Builders and The American Friends of the Episcopal Diocese of Jerusalem (AFEDJ). AFEDJ raises funds in partnership with the Diocese and its Archbishop Suheil Dawani to support the schools, hospitals, and medical clinics of the Diocese. Located in Israel, Jordan, Lebanon, Palestine and Gaza, the ministries especially support children who are underserved and families living in challenging circumstances. Come and see how our Holy Land can make a difference in you and how you can make a difference with the peoples of the land.

Facilitators: *Tom Verde* is a freelance journalist who writes about Islam, Middle Eastern history, Interfaith relations, Christianity, and comparative religion. He has published on religion, culture, the environment, and travel in major national and international publications (*New York Times*, *Politico*, *Religion News Service*, *AramcoWorld*, *Biblical Archeology*, and others) as well as broadcast networks including NPR, Public Radio International and BBC. He also offers Adult Christian Formation programming at Calvary Episcopal Church, Stonington, CT.

The Rev. Dr. Ann Broomell, a retired priest living in New Haven, has been involved in ministry related to our Holy Land since 2000. She has served on the Board of Trustees of American Friends for the Episcopal Diocese of Jerusalem (AFEDJ.org) since 2012. This October she traveled to the Diocese with the Board for a second time to visit the institutions of the Diocese, to meet with staff and students. She looks forward to sharing the story of the American Friends and of the children, families and institutions it serves.

- **Becoming a Sanctuary Church for Refugees, Asylees and Persons under Threat of Deportation** - Christopher George and the Rev. Peter Bushnell

At the 79th General Convention Resolution 2018-C009, Becoming a Sanctuary Church, was passed to address the issues around creating a sanctuary Church. The Resolution states that the Church recommends that “its institutions and congregations become places of welcome, refuge, healing, and other forms of material and pastoral support for those targeted for deportation due to immigration status or some perceived status of difference.”

In this workshop we will explore possibilities for churches and church organizations to carry out the intent of this resolution by understand and navigate the process of establishing a sanctuary church for vulnerable immigrants seeking this sort of protection, and ways Integrated Refugee and Immigrant Services (IRIS) can offer support and encouragement in undertaking this work.

Facilitators: *Christopher George* is the executive director of Integrated Refugee and Immigrant Services (IRIS).

The Rev. Peter Bushnell is chair of ECCT’s Social Justice and Advocacy Ministry Network and board president of IRIS.

SPIRITUAL PRACTICES

- **3M’s of Good Health: Movement, Meditation and Music** - Cindy Senk and the Rev. Bob Bergner, MDiv.

3M’s of Good Health: Movement, Meditation and Music grew out of Seabury Fitness Director Cindy Senk and then Seabury Chaplain Bob Bergner’s popular and successful work teaching the ancient healing practices of yoga, meditation and voice to older adults, and is grounded in the most recent scientific research of the health benefits of those practices. This workshop interweaves chair and mat yoga, breath and walking meditation, and simple chanting to evoke a sense of profound wellbeing and vibrant calm. Journeying through alternate periods of meditation, yoga and song, we discover new depth in our own somatic practice while considering ways to adapt traditional yoga postures for those who prefer to work in a chair rather than on a mat, investigating the power and potential of attentive breathing, and learning simple approaches to singing and community building through shared song. We also discuss ways to take our practice off the yoga mat and meditation cushion and into our daily lives, as well as ways to share these practices, and their benefits, with others.

Facilitators: *Cindy Senk* is the Director of Fitness and Wellness at the Seabury Community in Bloomfield. A certified personal trainer and yoga instructor, Cindy has worked in corporate and commercial fitness, owned a personal training business, and has been an AFAA and Arthritis Foundation master trainer. Among other Seabury duties, Cindy teaches popular mat and chair yoga classes.

Bob Bergner is the priest-in-charge at Grace and St. Peter’s Church in Hamden. Bob is also a professional musician and dancer. He and his musical creations appear in theater productions at New Haven’s Educational Center for the Arts and he can

be heard pounding a drum or tickling the piano keys as an accompanist for dance classes at Choate/Rosemary Hall. He also makes therapeutic music visits to patients at Yale New Haven Hospital and Yale New Haven Psychiatric Hospital and is a devoted yoga practitioner and workout enthusiast. Bob recently completed a master's degree with a concentration in psychology at Harvard University, studying the effects of songwriting and singing on the self-perceived quality of life and health of older adults.

- **Pathways of Prayer - Christi Humphrey**

What is prayer? How do we nourish this offering in our lives? Does prayer make a difference in your life? We will consider invitations and pathways to prayer and what prayer opens us to in ourselves and in our relationship with the divine. We'll ponder the ways in which prayer can awaken us to the Holy in daily life and engage us more fully in the choices we make. We'll reflect on intentions of prayer, spiritual wonder, the sudden gift of awareness as well as experience some time for contemplative practice together with shared questions and reflections.

Facilitator: *Christianne Humphrey* is a colleague, spiritual director, and retreat leader at Bethany House of Prayer. For 20 years she has accompanied others on their spiritual journey through small faith groups, pilgrimages, and mission trips. She previously served as Minister of Spiritual Care for two congregations within the Diocese of Massachusetts and has served as instructor for a Spiritual Direction Practicum. She holds a M.Div. from Episcopal Divinity School and a Certificate in Spiritual Direction from the Center for Religious Development.

- **Seasons of Grace, Seasons of Hope - The Rev. Dr. Deborah Meister, OSB**

What does it mean to grow in grace together as a family? This workshop will offer a range of hands-on spiritual practices that families can engage in together at home to nurture a joyful and life-giving faith in each of their members. In addition, it will offer parents some simple practices to help them stay grounded amid the very real pressures of work and family life, and to deepen their own capacity to love. (NB: Although the practices are child-inclusive, the workshop itself is designed for parents.)

Facilitator: *Deborah Meister* is a priest, contemplative, spiritual director, cook, and dog-lover. She has focused her ministry on spiritual formation and justice, and takes great joy in helping people deepen their own connection to Christ and to one another. She has overseen adult formation at two of the largest Episcopal churches in the country and thrives on the energy that comes from encountering new cultures, new languages, and new ideas. She began to play the cello about a year ago, and cherishes it both for its beauty and for its daily reminder of her own overwhelming imperfection. Deborah is rector of St. Luke's, South Glastonbury.

Estaciones de gracia, Estaciones de esperanza - La Reverenda Dra. Deborah Meister, OSB

¿Qué significa crecer en gracia juntos como familia? Este taller ofrecerá una gama de prácticas espirituales en las que las familias pueden participar juntas en el hogar para fomentar una fe alegre y vivificante en cada uno de sus miembros.

Además, ofrecerá a los padres algunas prácticas sencillas para ayudarles a mantenerse en contacto con las verdaderas presiones del trabajo y la vida familiar, y para profundizar su propia capacidad de amar. (Nota: aunque las prácticas incluyen niños, el taller en sí está diseñado para padres).

Facilitador: *Deborah Meister* es sacerdote, contemplativa, directora espiritual, cocinera y paseadora de perros. Ella ha enfocado su ministerio en la formación espiritual y la justicia, y se enorgullece de ayudar a las personas a profundizar su propia conexión con Cristo y con los demás. Ella ha supervisado la formación de adultos en dos de las iglesias episcopales más grandes del país y se nutre de la energía que proviene de encontrar nuevas culturas, nuevos idiomas y nuevas ideas. Comenzó a tocar el violonchelo hace aproximadamente un año y lo aprecia tanto por su belleza como por su recordatorio diario de su propia imperfección abrumadora. Deborah es rectora de St. Luke's, South Glastonbury.

- **Songwriting: I didn't know I could do that! - Bob Bergner**

Everybody loves a good song and much of the story of our lives takes place against the background score of our favorites—songs from our youth, songs of love and romance, patriotic songs, hymns, etc. Most people don't realize, however, how easy it can be to create our own lyric gems. In this workshop, equipping ourselves with a few basic musical and linguistic tools, we will create an original song (maybe more than one) and talk about ways that we can take this same inspiring and transformative process back into our churches, our neighborhoods, our circle of friends and our individual lives. You will leave this workshop singing! (No previous musical or lyric writing experience or talent necessary.)

Facilitator: See *3M's of Good Health*

- **The Abundant Life in the Anglican Tradition - The Rev. Molly F. James, Ph.D**

The session will examine what it means to have an abundant life. What makes life valuable for each of us, as individuals and as faithful followers of Jesus? This course is inspired by the work of the Yale Center for Faith & Culture on Joy, Human Flourishing and their "Life Worth Living" course. The aim here is to foster conversation about what makes our lives feel abundant, and what provides us with meaning and value in our daily lives. Additionally, the hope is to provide a model that will allow participants to then foster conversations in their own current and future ministry contexts.

Facilitator: *Molly F. James* was ordained by The Rt. Rev. Chilton Knudsen in 2005. She has served as a hospital chaplain and a parish priest. She currently serves on the Bishops' Staff for The Episcopal Church in Connecticut as the Dean of Formation. In addition to her work in ECCT, Molly is involved with a Standing Commission of The Episcopal Church. She also serves as an adjunct professor at Hartford Seminary and University of St. Joseph. Molly and her husband Reade (a mechanical engineer) live in West Hartford, CT with their two children, Katherine and Halsted.

- **The Soul: A User's Manual** - The Rev. Dr. Deborah Meister, OSB

We go to church, at least in part, to grow in grace, but too often that spiritual growth can seem elusive at best. How do we nurture our connection to Christ from one Sunday to another, amid the stresses and demands of our everyday lives? This workshop will offer participants a variety of hands-on spiritual practices that can foster the kind of rich spiritual life that enables us to flourish in our homes, in our workplaces, and in our souls.

Facilitator: See *Seasons of Grace, Seasons of Hope*

- **Write Poetry? Come, explore where the church is. Accept a gift of creative time, settle down, write about it, or at least write a first draft!** - Barbara A. Campbell, Ph. D

This workshop will start with a conversation based on a booklet of poetry prompts, check a Bible, BCP or poem, get comfortable (in a classroom!) and write. There will be time to hear what has been written (or your poetry you brought with you - that's not cheating!), and see how to keep a network of poets in touch with each other.

Facilitator: *Barbara Campbell*, Diocesan Poet for ECCT, is a member of St. Mark's, New Britain. She is retired from New Britain public schools where she taught writing and was Assistant Superintendent, as well as from the University of Connecticut where she also taught writing. Her poetry has been published by UCONN, by her seminary, Seabury Western Theological Seminary (now Bexley-Seabury) and by Bard College.

STEWARDSHIP

- **Rethinking the Every Member Financial Canvass** - The Rev. Dr. Jonathan H. Folts

This workshop will take you through the stewardship program that has been used at St. John's Parish, Essex for over a decade. The goal is for participants to leave with some different ideas and concepts to "try on" or to incorporate into their own stewardship parish campaigns back home, especially regarding the messaging, the delivery, and the organization of this annual project which is so fundamental to the financial health of our congregations.

Facilitator: *Jonathan Folts ("Fr. Jonathan")* is the Rector of St. John's, Essex, where he has served for fifteen years. In a previous life as a Texan, he was a Stewardship Consultant in the Diocese of West Texas and offered workshops at their conventions. He has been intricately involved in all of the stewardship and capital campaigns at his churches for the past twenty-five years, and looks forward to sharing some of this information with you!"

WORSHIP

- **Latino Music Jam - Members of the Hispanic Ministry Network**

In the Hispanic/Latino cultures music is essential to worship. In this bilingual workshop musicians lay and ordained, professional and amateur, will celebrate the wide variety of successful ways in which culturally appropriate music enhances their worship experience. Attendees will sing and play together (bring your instrument!), swap ideas and favorite music selections, and take away a list of resources for Sunday worship Latino-style.

Música Latina Atasco - Miembros de la Red de Ministerios Hispanos

En las culturas hispanas / latinas la música es esencial para el culto. En este taller bilingüe, músicos laicos y ordenados, profesionales y aficionados, celebrarán la gran variedad de formas exitosas en que la música culturalmente apropiada mejora su experiencia de adoración. Los asistentes cantarán y tocarán juntos (¡traigan su instrumento!), Intercambiarán sus ideas y sus selecciones de música favoritas, y se llevarán una lista de recursos para la adoración dominical al estilo latino.

- **Morning Prayer 101 - The Rt. Rev. Ian Douglas**

Our Book of Common Prayer includes the wonderful service of Morning Prayer, one of our Daily Offices. This short service for the start of each day and can be used by individuals in their homes or by congregations in parishes. Designed to be led by clergy or laity, Morning Prayer may be offered by lay leaders in a parish on those occasions when a priest cannot be present to preside at the Eucharist. In this workshop participants will experience the beauty of Morning Prayer and learn how to lead it.

Facilitator: See *Recognizing, Understanding and Appreciating Differences ...*

Link to electronic evaluation for this event: <https://form.jotform.com/90286766855170>