



# EPISCOPAL CHURCH IN CONNECTICUT

PARTICIPATING IN GOD'S MISSION

## SPRING TRAINING AND GATHERING ~ APRIL 18, 2020

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## 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 21<sup>st</sup> Century* (2014). Living in Norwalk, she writes at [www.rowsofsharon.com](http://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).

- **Collaborative Youth Ministry** - The Rev. Margie Baker, the Rev. Matt Lindeman and Maureen Lucas

What can youth ministry look like when we reach out across generations, across churches, and across denominations to collaborate with others? This workshop will offer theologically grounded perspectives on forming, building, and maintaining collaborative relationships across these spaces and others. It will also include practical examples and “how-to’s” for creating collaborative relationships and events in the context of youth ministry, and will offer an opportunity for engagement and interaction as you get a chance to try on some collaborative conversation.

**Facilitators:** *Margie Baker* began her ordained ministry in June 2019 at St. John’s, West Hartford. Before attending Virginia Theological Seminary (class of 2019), Margie spent twelve years teaching public high school in North Carolina. She oversees the children and youth programs at St. John’s and is passionate about collaboration.

*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.

*Maureen Lucas* has been the youth minister at St. Peter's Church in Milford for over five years. Her approach values students' curiosity and hard questions as she seeks to offer them space to form a foundation on which to grow closer to God at their own pace. She has planned and led annual mission trips, taught Bible study lessons and youth group sessions, assisted with Confirmation classes, created curricula, curated devotional resources, and developed special events to help youth and adults go deeper into their faith. She holds a Certificate in Youth and Theology from Princeton Theological Seminary and regularly attends lectures at The Yale Youth Ministry Institute.

## 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.

**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 on the digital communication team for her parish, 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 at @singingcarolyn on Twitter.

## CONNECTING AND COLLABORATING

- **What box? Innovation Tools for Creating New Ways** - Carolyn Clement

God is calling us to new ways, but how do we begin to think outside of the box? In this workshop, we'll start with a couple of innovation improv activities, then learn about and try out some innovation frameworks. You'll come away with ideas for exercises and activities you can use in your parish to generate new ways of thinking and doing.

**Facilitator:** In her life outside of the pews, *Carolyn Clement* is a product manager trained in the agile/scrum methodology, who frequently uses innovation frameworks to solve problems and work with teams on product development. She has taught innovation exercises to insurance executives and in the church parish hall, and is happiest when building something - whether that's community, theatre props, or compliance products. Connect @singingcarolyn on social media.

## ESSENTIAL PARISH OPERATIONS

- **Emergency and Disaster Preparedness for Parishes; Developing or Updating a Response Plan** - Robert Bagioni and Mike Corey

The workshop will be divided into two parts. Part one of the workshop will focus on the possible emergency risks a parish might encounter. We will explore the probability of those events occurring, and what you need to know about your parish and the location of your church in developing a response plan.

Part two will focus on using hazards and risks identified to begin building an emergency plan. We will use the emergency plan template from Episcopal Relief and Development. Attendees will have an opportunity to follow up with presenters to assess the plan for their parish or worshiping community.

**Facilitators:** *Robert Bagioni* has BS and MA degrees in Chemistry. Bob was a chemistry instructor in both public schools and colleges for 46 years. He has served as Deputy Chief of the New Britain CD Rescue Squad, Chief of Newington EMS and as the Newington representative to North Central EMS, serving on the CMED committee and the Board of Directors for over 20 years.

*Mike Corey* has nearly two decades experience in emergency management, public safety and non-profit management. He has worked in law enforcement agencies in Indiana and Mississippi, has served as an emergency management police officer, Red Cross volunteer, and managed a national level volunteer-based disaster response program. He currently serves as director of Meals on Wheels for Western Connecticut, as chairperson of Connecticut Voluntary Organizations Active in Disaster, Chairperson of the National Voluntary Organizations Active in Disaster Volunteer Management Committee, and on the Bureau of Indian Affairs Tribal Assistance Coordination Group. He is a postulant for the priesthood in ECCT and a seminarian at Hartford Seminary.

- **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 Glastonbury with her husband and two children.

- **Parish Buildings: Better Serving You and Your Community - Facilitator TBA**

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.

- **Q & A on the Sexual Harassment Training Materials and Requirements - Kayla Tubolino**

This year Connecticut State Legislation passed additional requirements mandating additional training on the topic of Sexual Harassment. The Q & A is for folks that have questions about their parishes responsibilities. It is also a place for those who have participated in the two hour mandatory training to ask questions about the material.

**Facilitator:** See *Maintaining a Staff as a Religious Organization*

- **Safe Church and Christian Community: Policies & Training - Canon Robin Hammeal-Urban**

This workshop will explore how the current safe church policies and online training support healthy Christian communities in which people are accepted regardless of who they are, differences are recognized as part of God's creation, and boundaries of all are observed and respected. Topics covered will include:

- Theological underpinning of safe church practices
- New roles for vestries, Region Leadership Teams, Ministry Network event organizers
- Visiting vulnerable adults in private residences and residential facilities

- Inclusion of gender non-binary children, youth and vulnerable adults
- Nuts & bolts of background checks and safe church training attendance

Bring your questions and concerns! Participants may want to review ECCT's Model Policies for the Protection of Children and Youth OR ECCT's Model Policies for the Protection of Vulnerable Adults beforehand which can be found on our website in the File Repository folder called Safe Church: Model Policies-Safe Church. And there is no requirement to do so.

**Facilitator:** *Robin Hammeal-Urban* joined the staff of ECCT in 2000 to promote and support safe and healthy boundaries by equipping ECCT to respond to misconduct and violations of clergy professional standards, overseeing appropriate background checks, and coaching parish leaders to respond to misconduct by laity. Additionally, Robin facilitates educational opportunities for lay leaders with a focus on multi-cultural awareness, strengthening relationships and capacity, and safe church training. She is a member of St. James' Church in Glastonbury.

- **Transition is the New Normal: Parish Leadership in a New Missional Age** - The Rev. Canon Lee Ann Tolzmann

The "old" models of clergy transition processes are no longer working, due to a variety of changing circumstances. Sixty-two per cent of ECCT's parishes are served by part-time clergy, necessitating a shift in lay leadership. This workshop will describe the current landscape and ECCT's models for leadership as we seek to live more faithfully into a new missional age.

**Facilitator:** *Lee Ann Tolzmann*, ECCT's Canon for Mission Leadership, began her ministry 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.

- **Treasurer's Treasures: "Where your treasure is, there will your heart be also."** - *Matthew 6:21* - Canon Rosanna Rosado and Diana DeJesus-Medina

Mission Matters are correlated to the long-term sustainability of our parish, ministries and the impact in our communities. In this workshop you will gain insights on aligning your parishes mission and money by integrating sound non-profit practices. The focus will be to embrace God's mission in our parishes and communities through programs, outreach and advocacy in a way that will ensure ongoing financial support and new charitable contributions.

Objectives: After attending this workshop you'll have gained insight on:

- Classifying Parish Financial Resources
- Aligning the Resources to Mission
- Tracking Growth and Measuring Viability

Who should attend? Priest, Wardens, Treasures and Vestry Members.

**Facilitators:** *Rosanna Rosado* is the Canon for Mission Finance and Operations for ECCT. She holds a Masters in Business Administration with a concentration in

Management & Finance and a Certificate in International Business from the Hagan School of Business at Iona, and is currently pursuing her credentials as a Certified Management Accountant. Rosanna brings 20 years of leadership experience in non-profit finance and operations management and a diverse work experience with a number various religious and not-for-profit organizations, most recently with LatinoJustice PR Legal Defense and Education Fund, a national nonprofit organization defending the human and civil rights of Latinxs. Her core strengths are in management and operations for maximum utilization of resources, strategic planning, identifying opportunities and building alliances, establishing sound financial footing, improved business structures, ensured compliances, systems and internal controls, reducing budget deficits, mitigating risks and augmenting revenue streams.

*Diana DeJesus-Medina* is Chief Development Officer at LatinoJustice PRLDEF, a national nonprofit organization defending the human and civil rights of Latinxs. With more than 25 years of expertise in nonprofit management, Diana specializes in organizational, leadership and fund development, as well as strategic planning. A fund development generalist, Diana has managed Capital Campaigns, launched new organizational fundraising programs and trained and coached boards to become more successful fundraisers. She has a strong commitment to mentoring up and coming nonprofit talent and launched a young professionals board at LatinoJustice. Diana currently supports Family Promise, a national nonprofit serving families experiencing homelessness, as a National Associate providing organizational development facilitation for their affiliates throughout the country.

- **Vestry 101: What is a vestry and what does it do? - Facilitators TBA**

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**

As Episcopalians, our system of governance and accountability is part of our identity, and must be faithfully attended to. This workshop reviews business practices to equip vestry members to be faithful leaders and good stewards of parish resources. Topics include:

- Administration as Pastoral Care
- Parish Finances
- Church as Employer
- Property/Casualty Insurance
- Real Estate and Property

**Facilitator:** See *Transition is the New Normal*

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

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.

*Susan Pinkerton* is the first woman rector of St. John's Church, West Hartford. She began her vocation in ordained ministry after a successful career as a trial attorney. Susan values wise and dynamic leadership who benefit a faith community when they work in concert toward specifically defined goals with transparency and good will.

## 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. Bring your examples and questions!

**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 this 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. This self-evaluation form becomes a roadmap for self-

improvement. Revised versions of this workshop have been delivered to in excess of 2,000 people throughout the United States & Canada.

**Facilitator:** *Jon Laing* is an experienced facilitator who conducts workshops throughout the United States and Canada on a wide variety of topics including Management Coaching, Teamwork, Negotiation Skills, Social Style Awareness, Presentation Skills, Lean Business Practices, Time Management etc. Jon is a member of St. Andrew the Apostle in Rocky Hill where he is on the vestry and coordinates St. Andrew's men's group activities.

- **Addressing Problematic Behavior in Christian Communities** - Ron Casey, Ph.D.

From time to time, almost all Christian communities experience problematic behaviors including triangulation, sabotage, secret-keeping and bullying. These behaviors can prevent even the most faithful of communities from functioning well and fully engaging in God's mission. Sometimes these behaviors can continue for years before they are addressed. This workshop will help participants recognize problematic behaviors and learn ways they and others can work to minimize these behaviors in their parishes.

**Facilitator:** *Ron Casey* is the consulting psychologist to ECCT and director of ECCT's Clergy and Family Assistance Program, a mental health triage and treatment service for clergy and their families as well as lay employees and their families. Ron is also a psychologist in private practice, an Assistant Clinical Professor of Psychiatry at the Yale University School of Medicine and a former CREDO faculty member. As a program of the Episcopal Church, CREDO offers wellness conferences and related services for clergy.

- **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.

## **PASSION & CALL**

- **Discernment & Formation: It's Not Just for the Clergy** - The Rev. Marcus Geo. Halley and Members of the Commission on Ministry

Do you have gifts that you want to share with your parish or community but aren't quite sure how? Have you struggled to find where you fit into the life of your parish or know others who share this experience? Have you just finished a major ministry/commitment that leaves you wondering about what is next in your life with Christ? The Dean of Formation and the Commission on Ministry invite you to a

workshop that explores the nature of discernment as a part of ongoing Christian discipleship. This workshop will also facilitate the exploration of innovative and non-traditional formation frameworks within different parish contexts. Participants will leave with a greater understanding of discernment beyond Holy Orders as well as resources to help individuals and groups wrestle with these questions.

THIS WORKSHOP WILL BE GIVEN IN ENGLISH AND SIMULTANEOUS TRANSLATION INTO SPANISH WILL BE AVAILABLE.

**Discernimiento y formación: no es solo para el clero** - el reverendo Marcus Geo. Halley y miembros de la Comisión de Ministerio

¿Tiene regalos que desea compartir con su parroquia o comunidad pero no está seguro de cómo? ¿Has luchado por encontrar dónde encajas en la vida de tu parroquia o conoces a otros que comparten esta experiencia? ¿Acabas de terminar un ministerio o compromiso importante que te hace preguntarte qué será lo próximo en tu vida con Cristo? El Decano de Formación y la Comisión de Ministerio lo invitan a un taller que explora la naturaleza del discernimiento como parte del discipulado cristiano en curso. Este taller también facilitará la exploración de marcos de formación innovadores y no tradicionales dentro de diferentes contextos parroquiales. Los participantes se irán con una mayor comprensión del discernimiento más allá de las órdenes sagradas, así como recursos para ayudar a las personas y grupos a luchar con estas preguntas.

ESTE TALLER SE ENTREGARÁ EN INGLÉS Y LA TRADUCCIÓN SIMULTÁNEA AL ESPAÑOL ESTARÁ DISPONIBLE.

## PASTORAL CARE

- **Maintaining the Dignity of our Vulnerable Adults** - Tokunbo Green and Mary Hart

In this workshop we will delve into the area of vulnerable adults, the challenges they face and what we can do to help maintain their dignity. We will touch on important resources and documents, i.e. POA's and health directives, as well as fraud targeted at this population. The discussion will also include the area of caregiver stress and warning signs.

**Facilitators:** *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.

*Mary Hart* a Safe Church trainer for ECCT and the administrator of The Workman, an independent living community for the elderly in Torrington, CT. She is member of Trinity, Torrington where she serves on the vestry and is a member of the choir.

- **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

- **Living into ECCT's Season of Racial Healing, Justice, & Reconciliation: Tools and Resources for Truth-Telling and Reflection** - Racial Healing, Justice, & Reconciliation Network

Join members of the Racial Healing, Justice, & Reconciliation Ministry Network and learn about resources and tools for truth-telling and reflection you and your congregation can use to live more fully into Year Two of ECCT's *Season of Racial Healing, Justice, and Reconciliation*. Share stories, ask questions and be open to discovering how you can fully engage in this faithful and holy work.

**Facilitators:** Our network includes 160+ lay and clergy members from across the Episcopal Church in Connecticut who are passionate about confronting the sin of racism and providing strategies and tools for action. In 2020, we are focused on equipping clergy and lay leaders to create sacred spaces for truth-telling and reflection about the White privilege and racial injustice in our midst. In addition, we will lead a weeklong pilgrimage to Montgomery and Selma, Alabama where we will visit civil rights memorials including the National Memorial for Peace and Justice, 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*, see *Maintaining the Dignity of our Vulnerable Adults*

## SOCIAL JUSTICE AND ADVOCACY

- **A Pilgrim's Window into Israel/Palestine: Conflict or Peace?** - Holy Landers' Ministry Network

Attendees/participants will experience a brief presentation of the June 2019 ECCT Pilgrimage on which both Bishop Ian Douglas and Bishop Laura Ahrens went with 29 other pilgrims. You'll see holy sites and hear discussion about the challenges of living in Israel/Palestine today, the ministries on the ground that are making a difference in people's lives (regardless of religious tradition), the conflict that faces peoples of the land daily. You'll experience a window into the holy and learn more about how conflict impacts daily life that many of us take for granted. The living stones of Israel/Palestine speak loudly to all who travel there and teach how we all might discover the courage to be a voice for peace in our Holy Land. Is peace possible among such conflict?

**Facilitators:** The Holy Landers Ministry Network raises the awareness of our Holy Land in a variety of ways. Whereas we are far from Israel/Palestine, the land is our home with the holiest sites for Christians, Jews, and Muslims. The land is home to Abrahamic sisters and brothers whose ancestors have walked the land for centuries and continue to coexist in the land. The Holy Landers are lay and ordained ECCT folks who helped sponsor the June 2019 ECCT Holy Land Pilgrimage, and we include representatives from The American Friends of the Episcopal Diocese of Jerusalem (AFEDJ), Jerusalem Peacebuilders, and ECCT parishes at large. We have passion for continuing to keep our Holy Land in the minds and hearts of ECCT peoples through programs, pilgrimages, resources, and other experiential opportunities.

- **How to Become a Community Co-Sponsor for Refugees** - Christopher George

The Integrated Refugee & Immigrant Services (IRIS) community co-sponsorship program continues to operate despite the overall decrease in the number of refugee arrivals. This workshop will provide an update on the status of refugee resettlement in the US, with a focus on Connecticut. IRIS Executive Director Chris George will describe how a congregation or a community coalition can become a

co-sponsor -- welcoming and resettling a refugee family -- or a family of asylum seekers -- in or near their neighborhood.

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

- **How to assist undocumented immigrants, what is involved in offering sanctuary, what is the situation at our southern border?** - Chris George

IRIS staff, other experienced members of grassroots groups, and people involved in sanctuary congregations will discuss ways congregations can help undocumented immigrants. The workshop will explain the legal status of undocumented immigrants and implications regarding assistance. Presenters will discuss the responsibilities and risks of becoming a sanctuary church. One of the presenters will provide an update on the situation at the southern border.

**Facilitator:** See *How to Become a Community Co-Sponsor*

- **Visiting Incarcerated Immigrants in Massachusetts Prisons** - Dax Crocker

Sanctuary means protection! Traditionally, it means a house of worship providing relief to someone at risk of deportation. But all of us individually are also houses of worship. And sometimes people at risk of deportation can't come to us. But we can come to them! We can bring sanctuary to them. The Massachusetts jails visitation program is designed precisely for this purpose: to bring sanctuary to our parishioners wherever they are. Because Connecticut doesn't have ICE jails, most CT immigrant residents are detained in Massachusetts jails. This program will teach how to visit your parishioners and in the process bring sanctuary to them.

**Facilitator:** *Dax W. Crocker* is a U.S. Latino who as a child migrated to the U.S. during the Central American civil war. Migration runs through his veins. His ancestors migrated from Ireland to the U.S. in the late 1800s and settled in Guatemala. His hometown is Los Angeles, CA where he was ordained to the ministry in a Latino Pentecostal organization. After missionary work in Sweden, Italy, and Spain he came back to the U.S. and pastored churches in Providence, RI and Tucson, AZ. It was in Arizona where he witnessed U.S. citizen children being left in foster care when their parents were deported in the aftermath of SB-1070. As a result, he decided to go back to school to pursue education in social justice. This route took him to Yale where he earned a M.Div. with a focus on faith-based community organizing and a S.T.M in Political Theology.

- **Transgender 101: All those questions you are afraid to ask** - Jessie O. Karpf

Bathrooms and the "boundaries" around their use are all over the news but being transgender is much more than that. This workshop will discuss questions that many assume but are surprised to know the true answers to. There will also be an opportunity to ask questions that you aren't sure are ok or taboo.

**Facilitator:** *Jessie Karpf* is the parent of a transgender daughter and an ordained deacon in the Episcopal Church in Connecticut.

## 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 has 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.

- **Contemplative Photography as an Interior Practice** - The Rev. Wilfredo Benitez

This workshop will introduce participants to photography as a contemplative interior practice with a focus on "seeing beyond seeing" (opening one's eye to the holy that surrounds us). The presenter will share some of his own photography and poetry, and offer some guidelines on doing contemplative photography.

**Facilitator:** *The Rev. Wilfredo Benitez* hails from the Bronx, NY. He is a priest, artist, poet, and activist. He was ordained to the priesthood in 1991. He is the former Rector of historic Saint George's Church in Flushing, New York. As of July 2019, Wilfredo became the Provisional Priest In-Charge of Saint John's Church, Stamford, Connecticut. Wilfredo is a trained Spiritual Director. His photography and poetry can be found on his webpage: ReligionIsGarbage.com. He's done numerous photography exhibitions and his photographs have been published in

journals such as *Reflections* (Yale Divinity School) and *Image Magazine: Art • Faith • Mystery*. In 2019, he published his book: *Pathways to the Soul: Contemplative Photography and Poetry*. Most recently he did a webinar on Contemplative Photography presented by Spiritual Directors International.

- **Fully Alive: How Christ Can Transform Every Part of Your Life** - The Rev. Justin E. Crisp

In 2019-20, St. Mark's, New Canaan has, in collaboration with the Yale Center for Faith and Culture, piloted a year-long curriculum that explores how Jesus Christ is the power and pattern for our flourishing as human beings. Anchored by a Sunday forum that explores key moments and features of human life—family, money, sex, food, aging, dying, and more—and supplemented by multiple small group offerings for adults and youth, *Fully Alive* invites the whole community into discipleship. The curriculum is scalable for parishes of all sizes, and all core materials are open-source. Join Justin Crisp for a hands-on pedagogical workshop on how to bring *Fully Alive* to your worshiping community.

**Facilitator:** *Justin Crisp* is Associate Rector and Theologian-in-Residence at St. Mark's Episcopal Church in New Canaan, Connecticut and a Ph.D. candidate in Religious Studies at Yale University. As a parish priest, he provides pastoral oversight for St. Mark's liturgical, pastoral care, and youth ministries, in addition to regular preaching and teaching. He also teaches at Berkeley Divinity School at Yale and in the formation programs of the Episcopal Church in Connecticut and Province I of the Episcopal Church. He is co-editor with Miroslav Volf of *Joy and Human Flourishing: Essays on Theology, Culture, and the Good Life* (2015).

- **Spiritual Practices & Spiritual Direction: Why It's Important and Why It's for Me** - The Rev. Canon Tim Hodapp

Whether it's swinging a bat, playing scales on a keyboard, or working with Excel, for anything to become a habit, we need practice. Learn it, do it, and do it again. The same is true of following Jesus. Revisit classic spiritual practices and, perhaps, discover new ones as we spend time exploring the value of these blessed habits that are devoted to our spiritual growth. In addition, we'll examine what spiritual direction is and how this is a gift for anyone who's of a mind to follow Jesus this side of heaven.

**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 worshiping 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."

## STEWARDSHIP

- **Caring for Creation: Contemplation, Conversation and Commitment** - The Rev. Robert Bergner

In this workshop, we will reflect on important Creation focused biblical passages, using the Genesis 1 narrative as the heart of a brief liturgical meditation. We will hear Creation centered texts from other spiritual traditions. We will share personal stories that evoke our connection to the natural world. Finally, and perhaps most importantly, we will consider and commit ourselves to, as individuals and a community, ways that we can become better stewards of God's Creation.

**Facilitator:** See *3M's of Good Health: Movement, Meditation and Music*

- **Creating Effective Stewardship Materials** - The Rev. Adam Thomas

There are many approaches to funding God's mission in our parishes and worshipping communities, but they all share one thing in common. Effective communication is key in a world where dozens of other charitable concerns compete for the hard-earned dollars parishioners will give. In this workshop, we will examine this communication and look at a case study for a successful annual drive. Design elements will also be available for customization in your own context.

**Facilitator:** *Adam Thomas* is the rector of St. Mark's, Mystic and an avid graphic designer. He was part of the bishops' deputation to Project Resource in Colorado in 2015 and used much of what he learned in the stewardship annual drives every year since at St. Mark's, all of which have been very successful.

## WORSHIP

- **Liturgical Experiments in the 21st Century** - The Very Rev. Miguelina Howell and Theresa Greave

There are many ways to connect with God and God's people in this new missional age. Offering opportunities for doing so in the context of creative and life-giving liturgy seems particularly important as God's church seeks to be fully present for God's people in this new age. This workshop will provide space for lively conversation and learning opportunities about liturgical experimentation and community engagement through new liturgical practices.

THIS WORKSHOP WILL BE GIVEN IN ENGLISH AND SIMULTANEOUS TRANSLATION INTO SPANISH WILL BE AVAILABLE.

**Facilitators:** *Miguelina Howell* is our Cathedral Dean. She also serves as one of the Chaplains for the House of Bishops, Spiritual Faculty for CREDO conferences and as a conference leader for CPG's Wellness Conferences. Miguelina has extensive experience in liturgical planning and leading spiritual retreats. Exploring ways to deepen God's people's connection with the sacred is at the heart of her calling.

*Theresa Greave* is a life-long member of our Cathedral Congregations where she has served as member of the Cathedral Chapter and Congregations Committee. Theresa

is a co-convener of our Cathedral 's Church Street Eats ministry and her current ministry also includes leadership with Wellness Wednesday (A Zumba class and meditative gathering) as well as Hip Hop mass.

### **Experimentos litúrgicos en el siglo XXI - La Muy Reverenda Miguelina Howell y Theresa Greave**

Hay muchas maneras de conectarse con Dios y con el pueblo de Dios en esta nueva era misional. Ofrecer oportunidades para hacerlo en el contexto de una liturgia creativa y vivificante parece particularmente importante ya que la iglesia de Dios busca estar completamente presente para el pueblo de Dios en esta nueva era. Este taller proporcionará espacio para conversaciones animadas y oportunidades de aprendizaje sobre experimentación litúrgica y participación comunitaria a través de nuevas prácticas litúrgicas.

ESTE TALLER SE ENTREGARÁ EN INGLÉS Y LA TRADUCCIÓN SIMULTÁNEA AL ESPAÑOL ESTARÁ DISPONIBLE.

**Facilitadoras:** *Miguelina Howell* es nuestra Decana de la Catedral. Ella también sirve como uno de los Capellanes de la Cámara de Obispos, Facultad Espiritual para las conferencias CREDO y como líder de la conferencia para las Conferencias de Bienestar de CPG. Miguelina tiene una amplia experiencia en planificación litúrgica y retiros espirituales líderes. Explorar formas de profundizar la conexión del pueblo de Dios con lo sagrado es el corazón de su llamado.

*Theresa Greave* es miembro de toda la vida de nuestras Congregaciones de la Catedral, donde ha servido como miembro del Capítulo de la Catedral y el Comité de Congregaciones. Theresa es co-coordinadora del ministerio Church Street Eats de nuestra Catedral y su ministerio actual también incluye liderazgo con Wellness Wednesday (una clase de Zumba y reunión meditativa), así como la misa de Hip Hop.

- **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>