

# Equipping the Servants

Day of Workshops

October 24, 2009

Trinity Cathedral

Trenton



Build up the Body of Christ

&

Reach out to the world

Sponsored by the Congregational Development Committee of the  
Diocese of New Jersey



## **Workshop Information**

In order to choose your workshops, read through the workshop descriptions beginning on page 4, match them to the schedule on page 3, & select the workshops that you wish to take. You can select from a variety of workshop offerings that speak to your different interests in the work & mission of our church. The day concludes with a worship service in Trinity Cathedral at 2:30.

## **Registration Information**

### **REGISTRATION:**

PRE-REGISTRATION IS IMPORTANT. Lunch is ordered in advance & cannot be provided for registrations received the day of the event.

DEADLINE: Monday, October 19, 2009. Submit one form per person.

Full payment must accompany registration. Make checks payable to THE DIOCESE OF NEW JERSEY. Mail forms and payment to:

The Diocese of New Jersey  
Sarah Paige—Registration  
808 West State Street  
Trenton, NJ 08618

**COST:** Suggested donation—\$15 per person, or \$10 per person for a group of 5 or more registering at the same time from the same church. Lunch is included. Coffee will be available at registration. Lunches will be available in Synod Hall from 12:00 to 1:00. Individual dietary requests cannot be honored.

**ACCESSIBILITY:** Please be aware that not all of the Cathedral grounds are handicap accessible. If you have any physical limitations, contact Debbie Crall at 609-394-5281 ext. 20, and we will try to accommodate your needs.

**OCTOBER 24, 2009:** Check-in at Synod Hall, between 8:15 & 9:00 am. Sessions begin promptly at 9:15. Upon check-in, you will receive your schedule & location of workshops. Walk-in registrants cannot be guaranteed choice of workshops & cannot order lunch.

For additional forms or information, call the Diocesan House at 609-394-5281.

Registration forms may be duplicated as needed or downloaded from [www.newjersey.anglican.org](http://www.newjersey.anglican.org). Online registration is also available.

### Schedule of Workshops

Please consult the *Workshop Descriptions* for a brief description of workshops & presenters.

Session 1		Session 2		Session 3	
9:15 AM-10:30 AM		10:45 AM-12:00 PM		1:00 PM-2:15 PM	
A	Temple of the Spirit	A	Labyrinth	A	Labyrinth
B	Faith Formation for Children with Learning Differences and Their Families	B	The Theology of Difference and Disability: Children with Special Learning Needs and Their Families in Faith Formation	B	Spiritual Development in Spouses & Families
C	Ministry with Emerging Adults	C	The Spirituality of Hospitality	C	Seeking Deacons
D	Being Bartimaeus	D	Darfur: The Crisis Continues—Organizing a Christian Response	D	Spiritual Life in a Season of War
E	Living Into the Millennium Development Goals	E	Living Into the Millennium Development Goals	E	Desert Spirituality
F	Praying with Scripture	F	Faithful Stewardship in Tough Times	F	Stewardship Is ....
G	Companions of Jesus	G	Bringing Hymns to Life: Praying with Hymns	G	Saying the Daily Office
H	Developing Your Spiritual Personality (styles of prayer, meditation, mystical theology)	H	Prayer Beads	H	Youth Ministry
I	ABCs of Addiction & Recovery in a Church Setting	I	Let Go, Let God—12 Steps for Spiritual Growth	I	

## Workshop Descriptions

**I1 ABCs of Addiction & Recovery in a Church Setting.** Learn how to identify the symptoms of the disease of alcoholism and other drug addictions, and their effects on the family and the congregation, as well as treatment options. In addition, receive information about AL-ANON, its purpose, and how this 12-Step program intertwines with Alcoholics Anonymous. Learn what a Recovery Sunday service is and how to conduct one. The Diocesan policy on alcohol use at church functions will be reviewed. Ample time will be provided for questions and answers. Sponsored by Recovery Ministries of the Diocese of New Jersey. *Polly Horvath—St. Andrew’s, Mount Holly; The Rev. Judy Krom, Dcn—Holy Innocents, Beach Haven.; The Rev. Joe Sweeney, Dcn.—Grace Church, Pemberton; The Rev. Cathy Brunson, Dcn.—St. Barnabas, Monmouth Junction*

**D1 Being Bartimaeus: Welcoming LGBT People to the Church Family** Using the story of Jesus and Bartimaeus as a model, this workshop will examine the role of personal and church-wide healing on the journey to full inclusion of LGBT people in the Body of Christ. Resources will be available to share with individual congregations, including updates from the recent General Convention. *Kristen Claire Foley—Grace Church, Plainfield; Members of the Oasis Ministry of the Diocese of New Jersey*

**G2 Bringing Hymns to Life: Praying with Hymns.** Have you ever wondered about the stories behind the hymns you sing in church? Did the words surprise you, challenge you, or inspire you? These poems from every era of Christian history can beckon us into the presence of the divine. They also reveal to us something about the context and historical periods in which they were written, as well as the personalities and spiritual outlook of their writers. During our time together, we will discover the background of selected texts and explore how they can be used in Christian formation and prayer. Finally, we will sing them, for, in the words of Augustine of Hippo, “the one who sings prays twice!” *The Rev. Nancy Roth—Author, Retreat Leader, Assisting Priest, Christ Episcopal Church, Oberlin, OH, Adjunct Faculty at the General Theological Seminary*

**G1 Companions of Jesus.** *They couldn’t take their eyes off of them -- Peter and John standing there so confident, so sure of themselves! Their fascination deepened when they realized these two were laymen with no training in Scripture or formal education. They recognized*

*them as companions of Jesus...* Acts 4:13 in **The Message**, by Eugene Peterson. This presentation will focus on those corporate spiritual practices that help groups to build up trust in God and gain confidence in discerning God's will together. Lay and ordained leaders of churches are fiduciaries. All those called to leadership are charged with holding the resources of the Church in trust. Our accountability is most often expressed as a matter of meeting legal and canonical requirements for sound business and financial practices. But, when clergy, wardens, officers, vestries and other leadership groups come together, do we seek to know and to do God's will? If so, how? Are there spiritual resources and practices that would help us undertake all decision-making as spiritual opportunities for growth in our relationship with our Lord and an increase in our confidence to advance the mission of our Church? Are we responsible stewards and fiduciaries of our spiritual resources (prayer, Scripture, Sacraments, discernment practices)? Do we welcome our Lord to our business meeting tables as well as to our Altars? Do we see any connections between our work and God's will? Any overlap among the following: our personal spiritual life, the spirituality of our congregation and the life of our Diocese? Does anyone ever look at, say, a Vestry, and recognize them as "companions of Jesus?" If not, why not? *The Rt. Rev. George Councill—Bishop of New Jersey*

**D2 Darfur: The Crisis Continues—Organizing a Christian Response.** The Crisis in Darfur/Sudan continues. Hundreds of thousands of persons have already lost their lives in one of the world's worst human rights crisis. Thousands more have been displaced and are refugees. Thousands have been victims of brutal rape, poverty and other crimes against humanity. The killing continues; the refugee crisis continues; civil war continues in southern Sudan. The people of Darfur/Sudan desperately need a prophetic voice within the Episcopal Church, Anglican Communion, and wider Christian family. Our Baptismal Covenant calls the people of God to "strive for justice and peace among all people and respect the dignity of every human being." This workshop will give individuals and parishes tools to serve as advocates and teachers on behalf of the people of Darfur/Sudan and equip our congregations to be instruments of prophetic voice and partners in the work of Christian compassion with Darfur/Sudan. Come join us and receive some concrete ideas for Christian work in the area of peace and social justice within the human family, and how our parishes and our Diocese can respond to the human rights crisis in Darfur and Sudan. *The Rev. Dr. Hugh Brown, III—Committee on Darfur, Rector, All Saints' Church, Princeton*

**E3 Desert Spirituality.** Desert Spirituality comes to us from the early days of the Church's history. It began to define its legacy as the search for God in the solitude of the Egyptian desert. Starting from without, the soul seeks insight concerning its connection to the Divine which eventually leads us on an interior journey. Have you ever experienced a paradox? The desert mothers and fathers took that for granted, after they found a way to look for and follow God. If so I invite you to another path for your faith journey. *Brother Carl—Anamchara Fellowship*

**H1 Developing Your Spiritual Personality (styles of prayer, meditation, mystical theology).** Each of us is a unique person. We know that our finger prints distinguish us as well as other external aspects of our physical being. However, most of us don't realize that we are also spiritually unique... each responding to God's grace in particular ways with our own unique personality. Are you a person who prefers silence and solitude in prayer, or are you someone who is best nurtured by corporate worship, music and artistic expression? Learn about the distinctions of the apophatic and kataphatic spiritual traditions and how to embrace the unique prayer life already budding within you. *Sister Barbara Jean—Anamchara Fellowship*

**B1 Faith Formation for Children with Learning Differences and Their Families.** "Educate each child according to his ways."—Proverbs 22:6. We'll map the basic tools that clergy and staff who work with children with learning differences and their families need to welcome those families and to be aware of the broader social and emotional landscape those families find themselves in. The goal is to help staff increase understanding and support for the children and parents in their particular parishes and to feel more comfortable with their own questions and uncertainties. *The Rev. Dr. Susan Richardson—Assistant Minister, Christ Church, Philadelphia & Episcopal Church Foundation Fellow*

**F2 Finding Hope in Hard Times—Seven Spiritual Practices: A Faithful Steward's Guide.** This Stewardship workshop will reflect on several spiritual practices for coping with these very uncertain times and how these times can lead to opportunities for renewal and spiritual growth. Using the widely distributed resource from the Episcopal Church's Stewardship Office, *Finding Hope in Hard Times*, participants will interactively reflect, discuss and discern possible solutions for the tensions and difficulties individuals and parishes are encountering in our current challenging economic circumstances. *James W. N. Murphy—Associate Program Director, Planned Giving & Endowment Management, Episcopal Church Foundation*

**A2, A3 Labyrinth.** What is a spiritual journey... a holy pilgrimage? Come and experience this ancient tradition of walking the path of healing, of insight, of discernment and of exploration. This workshop will be held twice since space is limited. *Bernard McMullan—Trinity Cathedral, Trenton; Sister Cassandra Grace—Anamchara Fellowship; Sister Kara Aidan—Anamchara Fellowship*

**I2 Let Go, Let God—12 Steps for Spiritual Growth.** This workshop examines the 12 steps of Alcoholics Anonymous and explores their application as a foundation for all healthy spiritual practice. Come discover the uniquely Episcopal connection with the 12 steps as well as their fundamental principles of spirituality that have universal application for all people of faith. People inside and outside the recovery community will find this workshop to be a rich treasure for spiritual growth. Ample time will be provided for questions and answers. *Harriet Stuart—Trinity Church, Princeton; The Rev. Mark Van Sant—St. John's, Little Silver; The Rev. Cathy Brunson, Dcn.—St. Barnabas', Monmouth Junction*

E1, E2 Living Into the Millennium Development Goals. The purpose of the workshop is to provide resources that congregations can use to become educated and to take action in helping to achieve the Millennium Development Goals locally and globally. Resources include a short 12 minute DVD, a six session curriculum on the MDGs, and specific suggestions/information (brochures and lists) of ways to get involved locally and globally. Please note that this workshop is divided into two separate sessions. *The Rev. Jarrett Kerbel—Executive Director of Crisis Ministry; The Rev. Lisa Caton—Chaplain at The College of New Jersey; Aline Haynes—Trinity, Princeton; Trisha Thorne—Trinity Princeton*

C1 Ministry with Emerging Adults. Why are twenty-something missing from the church, and how can we bring them back? *The Rev. Gregory Bezilla—Chaplain of the Episcopal Campus Ministry at Rutgers, centered on Canterbury House on the New Brunswick/Piscataway campus.*

**H2 Prayer Beads.** This workshop will explore meditation and the centered life using the spiritual aid of prayer beads. The workshop will include Christian and Muslim prayer beads and prayers. *The Rev. Frank Wismer; Ms. Connie White*

**F1 Praying with Scripture.** Christians have always believed that God speaks to us through the words of the Bible and that the words of

the Bible inform our prayer as we speak in our hearts to God. In this workshop, we will explore and practice two classic ways of using Scripture in prayer. Discussions and handouts will enable participants to take these ways of praying home and build them into their spiritual lives. *The Rev. Jack Zamboni—Vicar, St. Francis', Dunellen*

**G3 Saying the Daily Office.** The Daily Office has a long and treasured history in the Episcopal Church. Learn about the different tools to utilize in saying the Daily Office. Gain a theological understanding of the use of the Office, in personal and corporate settings. *The Rev. Richard Wrede—Rector, Christ Church, Riverton*

**C3 Seeking Deacons.** Who are deacons? What do they do? How are they called? Is this ministry for you or someone in your parish? *The Rev. Carol Sue Cumings, Dcn.—Committee on the Diaconate, Deacon, St. Stephen's, Waretown; The Venerable Victoria Cuff, Dcn.—Archdeacon for Discernment*

**B3 Spiritual Development in Spouses & Families.** How do you include Christ, the third person, in any marriage? How does this make its mark on family life? Discover the value of praying and studying the bible together—as a couple and as a family. *The Rt. Rev. Sylvestre Romero—Assistant Bishop of New Jersey*

**D3 Spiritual Life in a Season of War.** This workshop will explore religious support to U.S. Military personnel and their families during periods of deployment. We will explore ministry to the “military” as one of the great mission fields of the 21<sup>st</sup> century. We will also consider religious support for deployed military personnel and their families at all points along the operational continuum from peace keeping to low intensity conflict to all out war to nation building. *The Rev. Frank Wismer*

**C2 The Spirituality of Hospitality.** The practice of hospitality can help a congregation grow, but hospitality is more than just another program of the church. Biblical hospitality is central to the spiritual life and affects all of our relationships, including those within our congregations, families, and communities. This workshop will help participants understand the spiritual basis of hospitality and how its practice can deepen your self-understanding as well as your relationships with others and with God. *The Rev. Debra K. Bullock—Vicar, St. Barnabas by the Bay, Villas and Assistant to the Rector, St. Mary's, Stone Harbor; Dr. Cynthia Sosnowski—St. Mary's, Stone Harbor*

**F3 Stewardship Is....** An exploration of the meaning and purpose of stewardship—what it is and what it isn't. Included will be some timely hints about strengthening one's spiritual commitment to true stewardship. This will be an opportunity to embrace a variety of stewardship values and their relationship to God. *Members of the Diocesan Stewardship Commission*

**A1 Temple of the Spirit.** St. Paul said that the human body is a "temple of the Spirit," a holy space. What does that mean in terms of our own bodies, our life, and our prayer? We will explore the theme not merely through spoken reflection but through simple "spiritual exercises" which help us to integrate body and spirit: movements drawn from hatha yoga and t'ai chi, breathing exercises, walking meditation, circle dances, and movement mantras. This workshop is suitable for people of any age or ability. Wear comfortable clothes in which you can move freely. *The Rev. Nancy Roth—Author, Retreat Leader, Assisting Priest, Christ Episcopal Church, Oberlin, OH, Adjunct Faculty at the General Theological Seminary*

**B2 The Theology of Difference and Disability: Children with Special Learning Needs and Their Families in Faith Formation.** Ministering to and with those who seem different from us, including those whose learning and intelligence styles differ from what we see as the norm, gives clergy, staff, and congregations both the challenge and opportunity to look more closely at their own assumptions, comfort zones, and *discomfort* zones. This workshop will be a space for dialogue around the theology of differences and disabilities, all toward the chance for parishes to look more deeply at their "radical welcome," their belief in the breadth of God's love, and the way it affects faith formation for those in their individual parishes. *The Rev. Dr. Susan Richardson—Assistant Minister, Christ Church, Philadelphia & Episcopal Church Foundation Fellow*

**H3 Youth Ministry.** Are you looking to start or revive youth ministry at your church? Do you wish you had the right plan for long-term youth ministry? This is a workshop to help you gain a solid and sustainable vision and structure for youth ministry to grow and thrive at your church! We will explore the basics of volunteer leadership, program, safety, behavior, and formation. *Canon Kep Short—Director of Youth Ministry, Diocese of New Jersey; The Rev. Debi Clarke, Dcn.—Program Assistant for Youth Ministry*

Workshop Registration Form  
Equipping the Servants—October 24, 2009

Name (please print) \_\_\_\_\_

Church Name \_\_\_\_\_

Church Location \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Select workshops individually, listing each workshop's number on the corresponding line.

SESSION 1 \_\_\_\_\_

SESSION 2 \_\_\_\_\_

SESSION 3 \_\_\_\_\_

Please use a separate form for each person who is registering.

Online registration is also available at [www.newjersey.anglican.org](http://www.newjersey.anglican.org).

Registration: Suggested donation—\$15 per person, \$10 per person for groups of 5 or more from the same church, registering at the same time. The fee includes lunch. Please include payment with forms.

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**The Diocese of New Jersey**  
**Sarah Paige—Registration**  
**808 West State Street**  
**Trenton, NJ 08618-5326**

