

Stewardship; Rev. Susan Ranous, Director of Christian Stewardship, UNY Conference: A culture of generosity enables the church to do the ministry God is calling it to do. Stewardship of personal life, creation, time and talent, and finances transforms discipleship! We'll talk about how discipleship relates to stewardship. Let's talk about generosity and how talking about it and being generous is important to the future of every church.

Christian Yoga; Rev. Meredith Vanderminden. A worship experience with gentle, inspiring movement! This time together is suited to all levels of experience and abilities. Using Christian language and imagery, we'll hear a Scripture, share prayer concerns, sing, and move fluidly through accessible poses chosen to help you tune into the Spirit of Christ that dwells within you. Please bring a mat if you are comfortable moving on the floor. Chairs will be provided for those who want more stability or prefer to sit higher. Wear clothes you can comfortably move in. Come be inspired and leave with a greater awareness of Christ! Limited to 12 participants.

Blending Lectio divina and Mandalas; Rev. Nancy Dibelius: This workshop will blend two ancient spiritual practices; lectio divina and mandalas. Lectio divina is a practice that invites us to listen for God's invitation to us in scripture. Mandalas are an ancient form of artistic expression that were adopted in the Christian church as a form of meditation and prayer. Using art as a means of expressing what we are hearing enables us to use more of who we are and encourages us to engage our creative nature; a gift that God the Creator has given to each of us. You will be invited to listen carefully for God's word to you in the scripture and then, as you reflect on God's word, to express your prayer through the art form known as mandalas.

Covenant Discipleship Groups; Bruce France, Certified Lay Speaker from the Chestertown UMC in the Adirondack District. Covenant Discipleship Groups (CDG), based on the Wesley Class Meetings, provide mutual accountability for holy living and growth as disciples of Jesus Christ. This session will explore what, how and why of CDG. Revisit an important method Wesley used and how that same method can help your congregation today.

Mission Insite; Rev. Debbie Earthrowl, Adirondack/Albany District Superintendent Mission Insite provides information about our communities to help us better understand our local mission field and the opportunities we have for serving and discipling. A report will be provided for your area, and we will dive into it together. You might also be interested in taking the Asset-Based Community Development workshop as a follow-up. (Session Two)

Local Church Finances; Rev. Rev. Susan Ranous, Director of Christian Stewardship, UNY Conference: Are you a finance chair, a treasurer, a financial

secretary, a pastor, or just someone interested? Everyone has a job to do so the financial picture of the church comes together. This workshop will give you the basic knowledge needed to understand the various tasks, the procedures necessary, and the steps needed. Several resources will also be shared!

Congregational Care; Rev. Debbie Earthrowl, Adirondack/Albany District Superintendent: We want to do it – care for ALL of our members and others in the community! So, how do we get organized to be more intentional and comprehensive in our care? Let's get started!

Prayer Beads; Rev. Nancy Dibelius: Prayer beads have been a Christian practice since the earliest centuries of the church. We'll explore the history of prayer beads and how and why we use them. We'll explore several different designs for prayer beads and make our own set of beads (kits will be provided to each participant). We'll explore formal liturgies for prayer beads and writing our own liturgies. Limited to 12 participants.

Harm Reduction in Faith Communities; Katherine Chambers, Director of Restorative Practices, Council for Prevention/Hope and Healing RCOG of Hudson Falls: Harm Reduction is a Recovery Pathway in and of itself but also an approach to engage with individuals who are active in their addiction. The approach looks at reducing the harms associated with active use; from disconnection to disease and everything in between. It's a restorative practice in that we are maintaining connection and empowering choice and wellness for individuals as they move through the stages of change along their recovery journey. The only folks who can't come into recovery are those who don't survive, so harm reduction keeps folks alive, safer, and connected until they find their own happier and healthier lifestyle.

Asset Based Community Development (ABCD); Kristina Clark, UNY Conference Director of Missional Engagement: ABCD creates resilient and thriving communities by teaching local people and organizations how to identify, nurture, and mobilize existing community assets and talents for change. In this workshop learn the basics of ABCD and tools you can use in your ministry context to identify the gifts (assets) in the people around you. You may also be interested in taking the Mission Insite workshop. (Session One)

Using Drama in Bible Study; Rev. Meredith Vanderminden: Bibliodrama puts Bible Study participants right into the sandals of age-old characters in scripture. No memorizing lines. No acting skills required. Learn how to introduce Bibliodrama in your church and receive a 4-week curriculum with a leader's guide

Exploring Opportunities for Lay Servant Ministry; Darlene Suto, Albany District Lay Servant Director and Bruce Hazard, Adirondack District Lay Servant Director

In the United Methodist Church, both lay and clergy are called to ministry. Explore some areas of service through the Lay Servant Ministries and CLM programs to learn more about those areas where you might feel called to use your strengths in service for the Lord.

Simplifying Your Church Leadership Structure; Rev. Derek Hansen: Could your congregation benefit from a simplified, accountable structure but you don't know where to start? We'll explore why and how simplifying leadership structure can lead to greater missional effectiveness. We'll also cover some common questions and challenges for congregations to be aware of.

Suicide Prevention and Grief: Katherine Chambers, Director of Restorative Practices, Council for Prevention/Hope and Healing RCOC of Hudson Falls: This workshop will explore suicide prevention, tools to foster "the ask," as well as available resources. Participants will also have an overview of engagement strategies and supports for folks experiencing grief.

Discernment as a Spiritual Practice; Rev. Nancy Dibelius: This workshop will invite you into the spiritual practice of discernment. Discernment is a spiritual practice that guides us in the process of listening for God; it gives us guidance in how to 'sort and separate' (the meaning of the Latin root this word comes from) all that we hear and determine that which is of the world and that which is of God. There are a number of different ways to practice discernment; some are designed for individual decisions, some are designed for group decisions, some are designed for a specific decision, some are designed to look more broadly at all of our life. All of them are designed to listen carefully for God and seek to understand what God's invitation is to us. This workshop will focus on looking at the key ministries in your life and listening for God's deep desire as you move forward. In preparation for the workshop, consider the key ministries you are currently involved in and any opportunities that may be in front of you.

Harmony from Division; Rev. Debbie Earthrowl, Adirondack/Albany District Superintendent: The United Methodist Church, our nation and our world have experienced, and are experiencing stressful and heart-breaking divisiveness. Get some experience with methods to break through what divides us to bring blessed harmony.