



“Come to the Table”

“Come here....and take your place at the table” Luke 17:7

2019 Fall Gathering Workshops

FEAST FOR THE BODY...

- 1) **Knitting 101** **Gayle Backiel**
Would you like to join a prayer shawl team at your church and make some of those beautiful shawls? Would you like to make a baby blanket for your grandchild or just make pair of slippers? Then come and learn to knit in this simple class for beginners. I have lots of yarn leftovers but *you will need to bring knitting needles or donate \$2.00 to buy a pair* at the workshop.

- 2) **Henna** **Kelly Penrod**
Learn how to create a beautiful henna tattoo – and you get to wear it for the weekend!
Supply Fee: \$3.00

- 3) **Laughter Yoga 101** **Trixie Richter**
In today’s world, people want to be healthy, they want to be happy, but instead they are getting stressed out, depressed, getting less sleep, more negative thoughts and feeling isolated. Does this sound like you? Are you someone who wants to move on and bring more laughter and joy into your life? You are in the right place. You’re about to laugh like you have never laughed before! But before we begin to laugh, I’ll share with you the origins of Laughter Yoga. It is being touted as perhaps the best alternative health therapy for complete body-mind wellness. Come and listen as we explore this zany idea of laughing for no particular reason.
Class size limited.

- 4) **Laughter – Advanced** **Trixie Richter**
(Must have attended a previous Laughter Yoga workshop led by Trixie Richter)
Let’s jump right into a Laughter Yoga Class! No talking just playful exercises and laughter!! It has been scientifically established that laughter has a profound impact on the body and mind. Not only does it help to prevent the onset of sickness by way of strengthening the immune system, it also has a healing effect. A daily dose of laughter is the one solution which has the power to unwind stress and uplift joy; the power to slow down a racing heart and strengthen the mind; the power to raise the spirit and fend off pessimism...Let’s go!
Class size limited.

- 5) **Living in the Moment** **Diane Spicer**
Are you mindful or are you fretting about yesterday and worrying about tomorrow? Live your best life by trusting in God.

FEAST FOR THE MIND...

- 6) **President/Vice-President Q & A Session** **Tracy Moffatt/Lisa Klima**
Are you a president / vice-president of your Unit or Conference? Do you have questions or concerns? Come find the help you need to lead! Find out who to call and where to find the resources you need! We'll also discuss ways to organize your unit!
- 7) **Secretary/Treasurer Q & A Session** **Donna Person/Laurie Nelson**
Are you a secretary /treasurer of your Unit or Conference? Do you have questions or concerns? There have been several changes in the forms. Secretaries/Treasurers are strongly encouraged to attend. Join us for an open discussion and find the answers you need to lead!
- 8) **"Women in Ministry - Finding Our Voice and Allowing God to Use ALL of Our Unique Gifts and Experiences"** **Pastor Joanie Holden**
The temptation for pastoral candidates and congregations is to view the historical male pastor as the ideal and role model and to expect female pastors to act, sound and look like the male pastors the church is used to. On internship I thought I was supposed to learn to do it like Pastor Keith - Thank God that Pastor Keith kept that from happening.
- 9) **Simple Tech Solutions** **Georgie Schuttauf**
Simple social media and live-streaming; and, if there's time, other issues like fundraising and group texting apps.
- 10) **Twelve Guys at the Table** **Tracy Moffatt**
There were twelve around the Table at Last Supper with Jesus but how much do you know about each of them? This session will explore the lives of the twelve apostles and introduce you to their symbols and gemstones as found on the Breastplate of Aaron. You'll learn which apostle is represented by the symbol of Three Shells, who lived through being boiled in oil, and whose gemstone is Chrysolite. We'll also touch on the Symbols of the Gospel Writers and who they really were.
- 11) **The Wired Word** **Pastor Lynn Ash**
Some Christians think that God wants us to prosper. Versus Lutheran teaching.
- 12) **Everyone, Come to the Table** **Elaine Heine**
We all come from different backgrounds and some of us are more privileged than others. Learn about what privileges we have that we don't even notice and consider how to level the playing field for others. We will use a Powerpoint presentation based on Women of the ELCA materials that you can use in your congregation.
- 13) **"How Many Slaves Do You Own?"** **Phyllis Wade**
We will discuss how our shopping choices contribute to human trafficking, modern day slavery, and which countries condone forced labor and/or child labor.
- 14) **"Come to the Table" and LOVE** **Judy Clark**
What? When? Really? Short presentation on reading and interpreting the Bible and its many verses. Do you have any questions? I do. Let's see if we can ask and answer these questions together. Let us look at this through the lens of theology. Let us think theologically. Let conversation ensue. Listen, learn and most importantly
- 15) **"Come to the Table: The Power and Impact of Your Legacy Gifts in the life of your church"** **Rev. Ana L. Lugo**

Regional Gift Planner
Florida-Bahamas Synod
ELCA Foundation

In this workshop you will learn how your legacy gifts can benefit your church, and why that is important.

FEAST FOR THE SENSES...

- 16) Choir** **Valerie Monroe**
Organist and music director
St. John's Lutheran Church Hollywood, Florida.
- Make a joyful noise unto the Lord! Music is an important part of worship. Let's join voices to praise our Lord – you will then sing to the Lord during Saturday worship! Session 1 only.
- 17) Workshop: Learn to Paint: Winter/Holiday** **Stacy Magee**
- So you don't know how to paint a picture? It's more about the experience and having some fun! Give it a try, you will be surprised and will have a great time. Learn to paint a picture from start to finish with acrylics. Bring a old smock or apron to protect your clothes.
Supply Fee: \$10
- 18) Workshop: Learn to Paint: Angel** **Stacy Magee**
- So you don't know how to paint a picture? It's more about the experience and having some fun! Give it a try, you will be surprised and will have a great time. Learn to paint a picture from start to finish with acrylics. Bring a old smock or apron to protect your clothes.
Supply Fee: \$10
- 19) Hot Chocolate Christmas Ornament** **Sharon Crochet**
- Come make a Hot Chocolate Christmas Ornament to keep or give as a gift to someone special. You fill the ornament with hot chocolate, marshmallows and other goodies and tie it with a bow. Then decorate the outside and give it to someone as a gift. Yummy goodness all around.
Supply Fee: \$3
- 20) The Magic of Bach and Handel** **Karen Weinrich**
- Come learn about J.S. Bach and G.F. Handel, two famous German composers who were born in the year 1685. Both were baptized into the Lutheran faith, but their personal and musical lives were very different. We will examine their lives, hear some of their music and learn about their influences on the Lutheran church today.

FEAST FOR THE SOUL...

- 21) "Less Stress, More Peace."** **Anne Storan**
- Identify sources of stress that block full access to the abundant life God intends for his children. Learn strategies to reduce stress. Change thinking and behavior to enjoy peace.
- 22) Fill My Cup** **Linda Greilick**
- The Women of the ELCA Theater players return for a second season. As we sit around our table, we'll contemplate how God fills our lives. We'll need five actresses to participate in this year's skit so come prepared to join in. Find out how the crazy cup lady Connie will shake everyone's lives up!
- 23) "Table Food for Thought - Why We Have An Open Table"** **Pastor Joanie Holden**

Sooner or later we all bump into someone who believes in a "closed table" or limiting access to the meal. The more we know about why we have an open table, the better prepared we are to welcome everyone.

24) "The Prodigal Son" in Luke - What Is and Isn't Happening with this Family?

Pastor Joanie Holden

There is so much going on here that can't possibly be covered in a sermon. How do we define our own worth - what defines us for us? For others? Where is the Mother's voice in all of this?

25) Advent by Candlelight

Patricia Shipley

A short time spent in preparation for the celebration of the Advent Season. Come to the table to prepare for the birth of our Lord. There is candle light and a service of word and song, with dessert served at the end of the service.

26) Praying with Others again.

Elaine Heine

Instead of saying "I'll pray for you," learn to pray out loud with the person right then. Based on the book Christian Caregiving a Way of Life by Kenneth Haug and William McKay.B

27) Encounters with Jesus

Pastor Lynn Ash

The Gospel of John as taught in the early 2019 issues of "Gather" magazine: Encounters with Jesus. Meeting Jesus in the Fourth Gospel had at least two reactions in those who interacted with Him: faith or obstinate disbelief. How do we ourselves meet Our Lord?

28) Guyana & Suriname

Chris Klafs

Experience these beautiful countries and their people Pictures and stories will be shared.

29) Called to Obey God - It's not easy being Jonah

Sandra Grier

Churchwide Board Representative

Jonah is a man of faith. He knows God, and he believes in God's love, mercy and compassion. Jonah never doubts God's love or his relationship with God. This is not a story about an unbeliever and God. This is a story about a believer who is having a deep theological debate with God. Jonah wanted to play judge and jury for the Ninevites. Yet God used Jonah to speak His message to them. In spite of our own shortcomings and lovelessness, God can also use us to bring a message of hope and love to all we meet.

30) "Spiritual practices for Healing in Body, Mind, and Spirit"

Dr. Mary Jacobs

Spiritual Director

Psychiatric Nurse Practitioner (retired)

This workshop will offer an array of spiritual practices including centering prayer, meditation, walking prayer, study and journaling (both individual and group), with an emphasis on the healing quality of encountering God as source of all healing.

ALMOST TOO LATE TO THE TABLE..

31) Pysanky Ukrainian Easter Eggs

Jaycine Lester

Ukrainian Easter Egg decoration has been handed down through generations of the Ukrainian people. Before the time of Christ, people decorated eggs believing that great powers were embodied in the egg. The eggs symbolized the release of the earth from the shackles of winter and the coming of spring. With the advent of Christianity, Easter eggs symbolized the Resurrection and the promise of eternal life. (bring a plastic container to take your egg home)

Class size is limited.

Materials Fee: \$2.00