

Tracks, Topics & Speakers

Attendees may chose to attend all the sessions in one track (example: all starting with "S") or chose to attend a variety (pick 1, 2, 3, 4).

KEYNOTE PRESENTATIONS

Living Lightly: Inside, Out Exploring Mary's story (Luke 1) as a starting point, Keynote Speaker Sue Steege will take us along a journey to explore the way real transformation takes place: from the inside out, as a gift from God. Stewardship of the Incarnation will be considered the framework for taking good care of ourselves. Additionally, she will help us examine how we often exchange our own manufactured light for The Light of the World (Jesus) and settle for light that is not truly Light in our lives.

Living Lightly: Everyday and Ordinary When we respond to God's grace by offering our "sleeping, eating, going-to-work, and walking-around life" as an offering to God, the results are rich and profound. We need not look any further than this day for transformation. Using Romans 12:1-2 as a foundation, Sue helps us see the evidence of God's transformation where it lives best: in the everyday and ordinary sacred acts of living.

Keynote Speaker Sue Steege accepted a call to First Trinity Lutheran Church in Tonawanda, NY serves as Director of Transformation Ministries. Visit her blog at www.sweetsoup.wordpress.com.

Track 1: LIGHT IN MY SOUL

Be Thou My Vision, O Lord of My Heart (S-1) The hymn "Be Thou My Vision" is a prayer that our hearts be open to "seeing" the needs of the world in the light of the risen Christ's redeeming presence. This interactive workshop will focus on how the redeeming love of Christ opens our eyes again and again to "see" the resources God gives women to live as children of the Light. With "eyes of the heart enlightened by Christ" (Ephesians 1:15-23), we are given His vision to recognize the emotional, physical, and spiritual needs of others. *Speaker Marie Meyer, Deaconess*

Faith-Full Yoga (S-2) Do you multi-task while you pray? Bass finds herself making grocery lists, replying to e-mails, and simply listening to the constant "monkey-talk" in her mind. The practice of yoga offers a way to pray that draws focus away from your mind, through your body, to hear the voice of God speaking to you in the Spirit. This workshop will provide a brief introduction to a prayer practice of yoga and an introductory practice of yoga you can do at home. Plan to be in bare feet and comfortable clothes that enable movement. *Speaker Rachel Bass, RYT200*

Centering Prayer (S-3) Centering Prayer is a method of prayer developed by Roman Catholic monks in the 1960s to assist lay people in developing their personal spirituality. This workshop provides background for this method, guides participants in a 20-minute prayer experience, and offers suggestions for extending the effects of centering prayer into daily life. *Speaker Lorraine S. Brugh, Ph.D.*

What Do You Mean, I Can Only Have One Carry-On? (S-4) This workshop will focus on our busy, full lives and how we so frequently find ourselves with too much baggage and no space. In a fun and humorous way, the discussion will center on how we can lighten our loads. Through exercises and interaction, attendees will encounter ways to turn over burdens and extra baggage to the One prepared and waiting to share them. *Speaker Bonnie Kinschner, M.A.*

Track 2: LIGHT IN MY LIFE

Best Practices for Nourishing the Spiritual Lives of Children (L-1) This session explores 10 practices for nurturing the spiritual lives of children. These practices have been emphasized throughout the Christian tradition and are supported by several contemporary studies on the moral and spiritual lives of children. Valuable for parents, grandparents, pastors, lay leaders, religious educators, and all those interested in children and their moral and spiritual formation. *Speaker Marcia Bunge, Ph.D.*

How to Quiet Your CrazyMakers (L-2) What's wrong with them? Or what's wrong with you? If someone in your life is making you crazy, finding an honorable way to respond can be a challenge. Fortunately, God knows all about dealing with CrazyMakers! Join psychologist and author Dr. Melanie Wilson for a Bible study that will help you identify your problem people and give you a prescription for saner living. *Speaker Melanie Wilson, Ph.D.*

Cultivating Spiritual Friendships (L-3) Do you ever wonder if you will get beyond discussing surface topics with your friends and neighbors? Would you like to go deeper in your conversations? Talk about something other than gas prices and the weather? Instead of looking at evangelism as a program, this workshop will focus on the practical "how to" of cultivating spiritual friendships. Participants will learn questions to ask and discover their own personal style of reaching out to others. Come discover how you can have a part in growing God's Kingdom, one person at a time. *Speaker Amy Meyer*

Connect Your Pocketbook to Your Soul (L-4) Our attitudes and feelings about money deeply affect our lives, work, self-image, relationships, and community involvement. Since money triggers powerful emotions and often conflicting messages, especially for women, we begin this workshop by exploring our money mythology. Uncover the hidden attitudes that influence our daily financial lives through teaching, conversation, and experiential exercises. Participants will learn to integrate their spiritual and financial lives and create an initial plan to connect their pocketbooks and their souls. *Speaker Rosemary Williams*

Track 3: LIGHT IN THE WORLD

Life with Each Other—How Missions Change Individuals and Societies (WI-1) Many travel to find adventure on foreign shores, but embarking on a mission enterprise means plunging head-on into an experience that will transform lives forever. Those who go out, as well as those who receive them, experience a steep learning curve—gaining unpredictable new insights about the other and self. Explore the ways local and global missions impact both the "missionary" and the community

served, and gain insight into the dynamics of mission, as you plan or participate in your own mission opportunities. *Speaker Nelly van Doorn-Harder, Ph.D.*

The Blessings of Servant Trips (WI-2) Servant trips can be a triple blessing: to those who are served, to those who participate as servants, and to the congregations of those who serve. Susan will take us on a very practical walk through the job of organizing servant trips and share how a vibrant attitude of serving can change the culture of a congregation. *Speaker Susan J. Mullen*

All Sizes and Shapes—Individual Responses to the Call to be Light (WI-3) God calls each of us to serve out our life's mission, but sometimes we feel compelled to respond in extraordinary, non-traditional ways. Through her personal story and those of others, Olga will discuss programs available through the LCMS and ELCA that provide support and opportunity to fulfill the call to bring the Light of Jesus to the dark corners of our world. Discover ways to match your heart, your gifts, and your personal situation to available synodical programs. *Speaker Olga C. Eckert, R.N., B.S.N., C.C.M.*

The Expanding Role of a Grass-Roots Organization Project Neighbors was initially established in Valparaiso more than two decades ago to address housing issues for indigent families with young children at risk. Since then, this local not-for-profit has expanded its areas of assistance to include healthcare services to those without coverage; the establishment of new locally-owned and operated businesses; mentoring services to first generation, college-bound high school graduates; financial and hands-on support for an orphanage in Africa; construction of low-cost housing in Chiapa, Mexico; housing and mentoring assistance to a destitute family in Gary, IN; and financial leadership and professional services to V.U.'s chapter of Engineers Without Borders' clean water initiatives in NW Kenya. Come learn about the success behind this grass-roots ministry. An optional tour of Project Neighbors' Hilltop Development will be offered at the conclusion of this session. *Speakers Lois Bertram Reiner and Elizabeth Reiner Gingerich, J.D.*

Track 4: LIGHT IN THE WORD

Sharing God's Good News—How to Write Bible Studies and Devotions (Wr-1) Theory and practical guidelines are the essentials for designing original Bible studies and devotions. Through practice and engaging dialogue, participants will learn these essentials from a master at the craft. *Speaker Donna Streufert*

Mary, Mother of Jesus, Bearer of Light (Wr-2) This Bible study expands the traditional image of Mary, the Mother of Jesus: the unwed teenager, the God-bearer in the world, courted not recruited, model of discipleship, seeker of community, discerner of needs, suffering mother, and woman of prayer. Study the Gospels and Mary as a model of light in the world, bearing Light, being light. *Speaker Phyllis Kersten, M.Div.*

Dare to Be Light—Risk-taking Skills and the Call to Discipleship (Wr-3) We all know we should “shine” in our world for Jesus, but our commitments to family, work, and even church, seem to frequently preclude stepping out into risky areas. How can we be at once responsible to our societal obligations and that calling—and still be cutting-edge Christians, shining light into the dark places in the part of the world in which we live? With humor, love and gospel, this workshop will address ways women can be brighter lights within their worlds. *Speaker Jan Struck*

Resistance to and Readiness for Change—Risk, Trust, and Transformation

(Wr-4) Although we most often remember Israel's desert journey through the Ten Commandments and Moses' courageous leadership, a central element of Israel's story is that God calls Israel to make changes in its relationships. To what changes might God be calling you and your communities? How is God's call to Israel a source of strength, wisdom, and insight for our willingness to change? *Speaker Mary Streufert, Ph.D.*