

Workshops 2022 Spring Annual Meeting

Faith Imagination and Healing (offered at all three workshop times)

Workshop Leader: Rev. Wanda D. Craner,
Covenant Minister, Shenkel UCC; Gestalt Pastoral Care Minister and Trainer, GPCA, Inc.

Our interaction with God in prayer happens in many ways. For example, God may answer our prayers through our mind, giving us new ideas and new perspectives; God may speak through our emotions comforting us, stirring us up, giving us peace; and God may speak through our imagination, showing us internally what we need pay attention to and hear. "Faith imagination is 'using our natural, human capacity for imaginative thought and inviting Jesus (or another connecting Divine image) to join us in a place' yearning for growth and healing." - *Stretch Out Your Hand Exploring Healing Prayer*. During this workshop you will have the opportunity to experience faith imagination prayer, and to hear how recent scientific research affirms its effectiveness in the healing process.

Meditation & Energy Movement (offered 1:30-2:30 on Friday and on Saturday)

Workshop Leader: Rev. Ann Cormier

This workshop will introduce you to an active meditation based on the Prayer of St. Frances of Assisi. It is also an instrument of world and community service. During the meditation there is an active time of blessing the world and all beings with loving kindness, faith, joy, peace, light, and so on. There is also a time of receiving and resting in the Divine energy. Prior to, and after the meditation, participants will be lead through a series of gentle exercises to help open up the 12 major energy centers (chakras) of the body to facilitate the receptivity, flow and assimilation of the Divine energy. If you have physical limitations, no worries; all exercises can be modified to accommodate them and you can do them sitting or standing.

The Examen (offered at all three workshop times)

Workshop Leader: Janeen Adil, Commissioned Minister of Christian Spirituality and is a trained, experienced spiritual director. Through her Hungry Soul Ministries, Janeen offers spiritual direction, workshops, and retreats

It only *sounds* like a test! In reality, the Examen is a short, daily, and gentle spiritual practice. Developed 500 years ago by Jesuit founder Ignatius Loyola, this is a time of collaborating with God's Spirit, to understand how God is acting in your life. Together you examine how you lived your day: What brought you closer to God? When did you move away? In addition to the classic version of the Examen, we'll look at many other versions as well, including ones appropriate for children. The Examen can be done individually, with a spouse or spiritual friend, or within a family setting. It's a simple practice with transformative potential!

The Spirituality of Justice : Becoming Contemplative Activists (offered at both workshop times, Friday only)

Workshop Leaders: The PSEC Racial Justice Team

From the Abolitionist Movement, to Apartheid, to Black Lives Matter, the followers of Jesus have exposed, given witness to, and worked against the suffering and injustices inflicted upon generations of our human siblings, from evil and sins embedded in cultural and institutional structures and practices. As people of faith, how can we cultivate our roles as *contemplative activists* to ensure we embody the love and justice of Jesus? How do we recognize evil? What is the path to discerning its presence and actively pushing back?

Join us in becoming *contemplative activists* in furthering Christ's love and justice in our communities and the world. This workshop will provide a contemplative process -- a reflective action model -- for leading with Christ's love to discern and help dismantle the evil hidden and present within our social structures, organizations and institutions.

Open Your Ears (offered at both workshop times on Friday only)

Workshop Leader: Elissa "Lisa" Fairman

Rhythms are part of every hour of every day.

How closely do we pay attention to the rhythms of our daily life?

Join us as together we'll begin to pay conscious attention to rhythm, creating an interactive music circle designed to increase your rhythm awareness and joy in making music as a community.

Finding the Rhythms Within (offered on Saturday only)

Workshop Leader: Karen "Magic Fingaz" Smith, Brooklyn Native, Philly Resident, is a Professional Percussionist, Playwright, Poet, Teaching Artist, Curator and now Pie-Maker!!! Karen has facilitated workshops around the Tri-State area and beyond with the focus being, finding the rhythms within and sharing that finding to the instrument (drum). Besides her percussionist presence on YOUTUBE, Ms. Smith has released her first CD project, "Spiritual Atmospheric Cleansing" that can be found on all the digital music distribution sites. "Possible is Possible" is my daily mantra.

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