

Tentative Schedule

Friday, August 9

Leave IPC @ 7:30 a.m.

4:00-6:00 pm - Registration and Check In in Assembly Inn

5:30 pm - Dinner

7:00 pm - Opening Worship

8:30 pm - Conference Fellowship

8:30 pm - Workshop Leaders Meeting

Saturday, August 10

7:30 am - Breakfast

9:00 am - Opening Program/ music/ announcements

10:00 am - Break with Coffee and time for Fellowship

10:30 am-12:00 noon - Workshop Session 1

12:00 noon - Lunch

2:00-3:30 pm - Workshop Session 2

3:30-5:30 pm - Free Time

5:30 pm - Dinner

7:30 pm - An Evening with Valarie Kaur

9:00 pm - Conference Reception & Fellowship in Assembly Inn

Sunday, August 11

7:30 am - Breakfast

9:00 am - Special Guest Amy Grant

10:30 am - Break with Coffee and time for Fellowship

11:00 am - Closing Worship with Communion

Arrive back to IPC approximately 8:00 p.m.

Check-in/Check-out for Housing

- **Housing Check-in:** Friday, August 9, 2019 **AFTER** 3:00 pm
- **Housing Check-out:** Sunday, August 11, 2019 **BEFORE** 11:00 am

Workshops are optional. Everyone is invited to sign up for two workshops. Workshop times are on Saturday from 10:30 am-12:00 noon and 2:00-3:30 pm. Workshops are limited and are available on a first come, first serve basis, so please sign up ASAP

1.) Take HeART: Experiencing, Exploring and Expressing the Love of God Creatively

Come ready to imagine, reflect and create! Through several hands-on art-making practices, participants will explore the conference theme, scripture and the connection between faith, spirituality and art. The best part about this workshop? Participants will "Take HeART" with them at the end of our time together! Both seasoned artists and those just beginning to explore their creative gifts (and everyone in between!) are welcome to attend. Materials will be provided. *Led by Chandler Guess*

2.) Love in Public

“Tenderness is what love looks like in private; justice is what love looks like in public.” Cornell West. We are called to love, to love deeply with a preference for the poor and marginalized. The question of how to love justly those whom the world has forgotten but Jesus calls us to center in our work is the question Rev. Tutu and Rev. Morrow will focus on in their workshop entitled “Love in Public”. Rev. Morrow and Rev. Tutu will share stories from their work at Kairos West Community Center in Asheville, as well as their own personal encounters with Justice seeking Love. Join them to unpack the churches colonial impulse in “mission work” and to form together the theology and explore the practical application of transformational, relational, mutual ministry. *Led by Milly Morrow and Naomi Tutu*

3.) Diving Deep into Vulnerability and Courage (Showing Up, Being Seen, and Living Brave)

In this 90 minute workshop the participant will...

- be able to define vulnerability, looking at what she was taught vulnerability is, the myths and paradoxes of vulnerability, and how vulnerability and courage go hand in hand;
- understand and identify how when one is feeling vulnerable and stepping into the metaphorical arena, the common methods that one “armors up” for protection;
- look at the “shields” that are learned in childhood that “protect” from being harmed.

Much of this work is based on Dr. Brené Brown’s research and books, “The Daring Way” and “Dare to Lead.” *Led by Frances Baldwin*

4.) Reproductive Justice

Reproductive Justice (RJ) is a new framework for thinking and talking about women’s

reproductive healthcare that seeks to expand public attention beyond the narrow framework of abortion. While RJ supports a woman's right to choose, it embraces a much broader agenda that includes contraception, comprehensive sex ed, the right to have children, and the right to parent in safe and healthy environments. In this workshop, participants will learn about the RJ framework and discuss how to talk about about pregnancy, childbearing, and parenting in ways that move beyond the divisive politics of the current debate. *Led by Rebecca Todd Peters*

5.) Praying: A talk with God

Praying is communication with God. It is the heart of worship and what we are asked to do continually. Prayer can be beautiful, private, public, spoken, or heart given. Yet, prayer remains elusive to so many. We find it hard to pray because we don't what to say or how to pray or for what to pray or even when we should pray. In this workshop, we will dispel any fear or remaining concerns about prayer. We will look at passages of the Bible and see what Scripture has to say about prayer, then we will talk very practically about prayer, postures of prayer, and the different kinds of prayer. Communication with God will much easier for us to do; no more fear. Find the joy in prayer. *Led by Veronica Cannon*

6.) Let's Talk About Love - Valarie Kaur's Revolutionary Love

Our keynote speaker this year, Valarie Kaur, is a courageous and creative activist whose wisdom and inspiration we will examine and learn from together in this workshop. She may not have written any books yet, but her words and insights are all over the internet and on her wonder-filled website, ValarieKaur.com. Here is a sample of her dynamism: "We believe Revolutionary Love is the call of our times...Our mission: to equip our movements and communities with tools to labor in love — love for others, our opponents, and ourselves. When we pour love in these three directions, then love becomes revolutionary." It seems to me that, as followers of Christ, equipping ourselves and one another to "labor in love" ought to be our goal as well. After all, whose love is more revolutionary than that of the Triune God whom we adore? During this workshop, we will watch Valarie's TED talk entitled, "3 Lessons of Revolutionary Love in a Time of Rage" together and then discuss it. Bring a notebook, your favorite pen, and an open heart - and let's talk about love. *Led by Gail Henderson-Belsito*

7.) Infusing the Spirit: Practices for Grateful Living

"To be grateful is to recognize the love of God in everything...Every breath we draw is a gift...every moment of existence is a grace..." Thomas Merton. What if you discovered that living with awareness and intention, focusing on what makes you feel alive, grateful and in wonder, allows you to: live longer, inspire others, experience joy, hold pain and grief with compassion, and deepen love, generosity and respect for all life? Grateful living is a way of life that does all of the above and, in doing so,

contributes to a peaceful, thriving, and sustainable world - held as sacred by all. In this workshop, you will learn the transformative power of living your life gratefully, with appreciation for what is already present and abundant in your life. *Led by Heidi Gessner*

8.) The Story of Love

Yes Paul said that of the three, faith, hope and love, love was the greatest. What does it mean to love? What is the story love tells? What does love look like in our lives? In this workshop, we will look at three faces of love and help each other come up with how we can live it our everyday. *Led by Dianna Wright*

9.) Love's Journey

What does your journey with love have to do with your faith? And how might delving into the beautiful and bumpy aspects of your closest relationships expand your capacity for experiencing the Holy? We will explore these queries through the images and reflections from Jeannie's newest book, *Tending The Fire: The Story of a Marriage*, an intimate account of her own tender and difficult junctures in relationship. Whether you are with a long-time partner, on the precipice of new romance, or flying solo at the moment, come explore how you might live more deeply into the presence of God by being willing to encounter the fullness of your humanity, brought most especially into relief through your closest relationships. *Led by Jeannie DuBose*

10.) Prayerful Walking among the Elements

The spiritual practice of prayerful walking requires patience and agility. We need not be in a hurry if the purpose is to heighten our awareness of the sacredness of creation all around us. Mindfully gazing, gently touching, breathing deeply, and hearing the delicate sounds of the stirring spirit in nature calls us out of the frenetic rhythm of daily life and into the sacredness of the natural elements. On Saturday morning, while the air is still crisp and cool, we will hike a beautiful loop following the Julia Woodward, Harry Brian, and Sanctuary Trails. In the afternoon, we will take an easier, prayerful hike using the Lower Piney Trail. Plan to wear comfortable shoes and bring a full water bottle. *Led by Heather Ferguson*

11.) Slow Flow Yoga

This all-levels yoga workshop is the perfect way to take care of your mind, body & spirit. Join Katie for a practice of basic yoga postures, breathing, and meditation. Strengthen, stretch, and center. This workshop is open to beginners and seasoned yogis alike. Some yoga mats provided. You may also bring your own mat or towel. Wear comfortable clothes you can move in. *Led by Katie Hay*

12.) Living into your True Self: Vocation, Discernment, and Sustenance for the Journey

Living into your true calling; living as you were created to be; living alive and in relationship with God and one another is the most important calling we have.

Vocation isn't a prospective job title, or the answer to the question of whether you're going to serve inside the church or outside of it, or what your family expects, or your friends expect, or your church expects. Vocation is the answer to the question asked by Mary Oliver at the end of her poem, *The Summer Day*: "Tell me, what is it you plan to do with your one wild and precious life?" Our vocation is inextricably linked to God's unique creation of each one of us. We come to know the person whom God has created us to be through a lifelong process of discernment. We are uniquely and wonderfully made in God's image and granted gifts and passions by a God who loves us and yearns for us to be whole—a God who has dreams and visions about how we might co-create together. Join us as we explore a theology of vocation, a practical and prayerful path of discernment, and tools to sustain us on this journey. *Led by Katie Ricks*

13.) Anti-racism Work is Healing Work

Anti-racism work is healing work--and the healing is spiritual, embodied, and collective. But many people who identify as white resist the notion that even anti-racist white people are carriers of white supremacy. And many progressive white people especially resist the notion that our resistance diminishes the progress American culture has made to heal the wounds of racism. This workshop will explore embodied practices of power sharing, spiritual grounding, and sitting with tension to build spiritual capacity for anti-racism work. We will engage in self-reflection and group exercises to discern next steps in this work that the world so desperately needs all human beings to do more deeply. This workshop is for anyone who is dedicated to the hard work of anti-racism. The focus will be on common patterns of white behavior and white culture. *Led by Marcia Mount Shoop*

14.) Parenting as Activism

Who has time for political action when you're the parent of young children? How do you find energy and devotion for social change in the midst of diaper changes and dinner dishes and bedtime routines? Well, it depends on how you think about activism. Activists carry protest signs and diaper bags. Activists write articles and read bedtime stories. As parents we are activists because when we parent a child, we parent the future. In this workshop we will reimagine activism together as it relates to the ways we parent our children. When time is short, how do we work for meaningful change? How do we raise children who are compassionate and committed to social justice? Let's create community around these questions and inspire one another. *Led by Ginny Taylor Troutman*