

SPIRITUALITY DAY 2023
KEYNOTE SPEAKER AND WORKSHOPS

Keynote Speaker – Jeanne Ellen

Jeanne Ellen is director of St. Rita's Retreat House located near Grants Pass. She will speak to our theme, Everyday Desert. Come ready to be inspired by her words and see where you find the deserts in your life.

Anglican Prayer Beads Presented by Marlene Pryts, Companion AF

Marlene is a Companion in the Episcopal monastic order of Anamchara Fellowship and a member of the DECW Board. She is retired and lives with her husband in McMinnville. They attend St. Barnabas Episcopal Church. In the past I have been Lutheran, Fundamentalist, and Eastern Orthodox. I enjoy knitting, spinning, hiking and being involved in my church and monastic order.

In the Anglican Prayer Beads workshop you will learn the history, symbolism and use of prayer beads from many different religions. If you have a set of Anglican prayer beads feel free to bring them to class. If not and you would like a set, some will be available for \$25. All the sets are handmade by Marlene, and are made of a variety of natural stones. They come with a carrying case and a set of prayers that you can use. Praying with prayer beads is a beautiful way to enrich your prayer life and to keep you focused during meditation.

Bringing Hope Presented by Steve Roe and Hope

Steve Roe lives in Grants Pass with his wife Kristi and Hope and Finn, their registered therapy dogs. He is the general manager of Roe Motors, a Buick and GMC dealership in town. He is personally committed to community organizing and contribution, through both his professional and personal life. Hope is a three-year-old registered therapy dog through Pet Partners.

Steve will share his experience of working with therapy dogs as his way of giving back to the community. He will talk about the steps to register a therapy dog and share interesting stories about how lives are changed with therapy dog visits. And of course, you will get to meet Hope!

Centering Prayer Presented by Sr. Jenny Adaryn

Sr. Jenny Adaryn is professed member of the Anamchara Fellowship and Prioress of the Lindisfarne Priory. She attends St. Paul's, Oregon City and has been a member of the diocese since 1967. Last year she graduated from the Spiritual Direction Training Program of the Franciscan Spiritual Center.

Centering Prayer is a method of silent prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. Centering Prayer adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer — verbal, mental or affective prayer — into a receptive prayer of resting in God.

Healing Quilts Presented by Joan Collins

Joan Collins is an active member of St. Luke's, Grants Pass, a Stephen Minister, and a Daughter of the King. She has served as Altar Guild Directress, and served as a Lay Eucharistic Minister and Visitor for her parish. In 2011 she helped start the parish's Needle and Thread sewing group which continues today.

Come see and learn about this creative ministry that has given over 80 quilts to members of our congregation experiencing health issues and other events in their lives. We also have made pillow cases and pajamas for Hearts with a Mission which works with youth to save lives and build a brighter future for those experiencing homelessness.

Impediment to Inspiration Presented by Candace Morasch

Candy is a Speech-Language Pathologist and the founding director of Once Upon a Horse, as well as founder and manager of the Saddletime Morgan Horse Farm in Williams, Oregon.

How does one go from impediment to inspiration? Perhaps it can happen when one gets on a horse. In this workshop you will learn about a non-profit, therapeutic riding lesson program for kids with invisible, communication-based handicaps. Disabilities fade and skill strengths emerge in response to the magic of Morgan horses.

Labyrinth: An Interactive Discussion Presented by Jeanne Ellen

Jeanne Ellen is the director of St. Rita's Retreat House.

Many of us have walked a labyrinth, following the path before us in contemplation and prayer. But was the labyrinth always used in this way? Come find out more about labyrinths, their history and their many uses. Perhaps you can share your own experiences of walking a labyrinth. It will be interesting to hear the many places and the many types of labyrinths we have walked.

Racial Reconciliation Presented by the Rev. Ernestine Flemister

The Rev. Ernestine Flemister is the rector of St. Luke's, Grants Pass, and is the Diocese of Western Oregon Missioner for Racial Reconciliation.

Reconciliation must happen between us and God, as well as with one another regardless of differences in ethnicity, culture, gender, sexual orientation, or political preferences. We are all created in the image and likeness of God; that is our true identity and comes before all other identities we may claim.

Tai Chi Presented by Karen Glass

Karen Glass graduated from Chapman University in California where she majored in Physical Education and minored in the Recreation program. She worked for Douglas County as Senior Services Coordinator, and during that time she was introduced to xi gong and tai chi. She has practiced these disciplines with four different masters over a span of 17 years. She presently teaches tai chi classes at the Grants Pass YMCA.

Tai Chi is practiced by over 180 million people each day! Created as an internal or 'soft' martial art, it is promoted worldwide as a wonderful health benefit, especially for those who face problems with balance, reduced range of motion, or have loss of flexibility, and strength. It is practiced with relaxed muscle, and is both graceful and comforting. Known for improving coordination, Tai Chi reduces stress and tension. No special clothing is required for this workshop.