

2024 SPIRITUALITY DAY

Living a Life of Grace

ECW 32nd Anniversary Spirituality Day

Saturday, September 14, 2024 - 8:30 AM - 3:30 PM
St. Barnabas Episcopal Church, McMinnville, Oregon

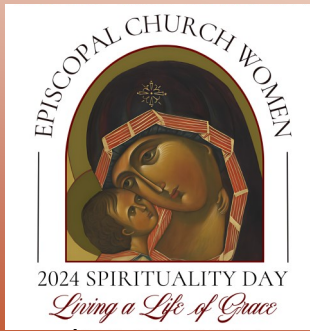
Dear Friends,

We are excited to be hosting the diocesan Episcopal Church Women's Spirituality Day at St. Barnabas Church. It is especially wonderful to have this day focused around the Icon of Mary and the baby Jesus, and our theme of Living a Life of Grace. There are many wonderful workshops and worships offerings for you today, along with our Marketplace of vendors and a delicious lunch. While this event is designed for the women of our diocese, all are welcome! We recommend you register soon, so you can have your first choices of workshops. We don't know how many will register, but we know how many we can have attend. We give special thanks to those at St. Barnabas who have stepped forward and planned this day for all of us. We are very grateful.

Now, follow the instructions on the registration form, send it to us via mail or email, and we will see you on September 14th.

The Spirituality Day Planning Committee

Charlene McCreight, Chair The Rev. Cathy Clark The Rev. Dcn. Nancy Crawford Lyn Giammanco Katharine Hunt
Mary Knutsen Sister Marlene Ita JacE Macy Jo Martin Laurie Muench Hester Phillips Robin Powel



ECW Spirituality Day
September 14, 2024
St. Barnabas Episcopal Church
822 SW Second Street
PO Box 539
McMinnville OR 97128

Registration

Registration includes coffee/tea/water and assorted pastries.
 Bring your water bottle if you like.

Name _____ Church _____

Preferred Name for Name Tag _____

Address _____

Email _____ Phone _____

Lunch Menu:

Build Your Own Taco Fixing Bar

Please Indicate Special Dietary Needs: _____

Group Workshop Choices:

We are offering morning worship and an afternoon session for all, plus **9** workshops during the day; you will be able to attend 2 workshops that address a variety of spiritual and practical issues. Please choose 5 workshops, with #1 being your first choice, then #2, #3, #4, #5. We want you to be pleased with your choices. Refer to the attached sheet for workshop descriptions and workshop leaders, or go to our Facebook page, **Episcopal Church Women of Oregon** or our webpage <https://ecwo.org/ecw/> for workshops, longer bios, and registration form.

Workshops

Embracing Our Gifts & Strengths _____ LGBTQ Ministry in TEC _____ Life After Presiding Bishop Curry _____ To Live a Life of Grace _____ Handbell Fun _____	Faith in Action (Social Justice) _____ Labyrinths _____ Praying with Icons _____ Women of the Bible _____ Experience w/handbells ____ Can read music ____
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TO REGISTER: Complete the Registration Form, include a \$30 check payable to DECW and return to: Robin Powel, DECW, 3347 NW Walnut Blvd., Corvallis OR 97330.

Registrations are due by **September 9th, please.** Late reservations will only be available if we have space available. Some partial scholarships are available. Contact: Robin Powel at (541)760-0098. robin.powel@gmail.com.

To pay by credit card (includes a \$5 fee), you must register by mailing or emailing all your information above to Robin Powel, putting all the requested information into the body of your message. Your credit card will be scanned at the Registration Table.

Registrar Only: Date Received _____ Registration # _____ Check# _____

ECW SPIRITUALITY DAY SCHEDULE (Tentative)

St. Barnabas Episcopal Church, McMinnville
Saturday, September 14, 2024
8:30 AM to 3:30 PM

8:30 AM	Registration, Light Refreshments, Vendors – Open all day
9:15 AM	Welcome. ECW Candle Ceremony. Distinguished Woman Presentation
9:30 AM	Holy Eucharist. The Rev. Cathy Clark, celebrant and preacher
10:45 AM	Break
11:00 AM	Workshops, Session 1
11:45 AM	Break
Noon	Keynote Address “Icons for Worship and Prayer” Laurie Muench, Iconography Instructor at St. Barnabas Church
12:30 PM	Lunch
1:15 PM	Workshops, Session 2
2:00 PM	Break
2:15 PM	Contemplative Worship Service ECW Candle Ceremony. Blessing and Dismissal
3:30 PM	Go in Peace

Please read the descriptions of the workshops being offered and number them on your registration form according to your first, second, third, fourth and fifth choices. Early registration is encouraged, as some workshops may be limited in size. Registrations are due by Monday, September 9, 2024.

Late registration will only be available if we have space availability. Please contact Robin Powel for more information. Robin.powel@gmail.com.

SPIRITUALITY DAY KEYNOTE, WORKSHOP DESCRIPTIONS, AND LEADERS

Keynote Speaker ~ Laurie Muench

For 2000 years, Christians have used icons as an aid for worship and prayer. In this presentation, we will learn what icons are, and the historical development of icon imagery through the ages. We will also explore the ancient technique used to create icons, and the use of shape, color, and perspective to portray symbolic meaning.

Laurie is an Iconography Instructor and Parish Administrator at St. Barnabas Episcopal Church in McMinnville. She took her first iconography class through the Classical Iconography Institute in 2017. Since then, she has written more than 30 icons. Writing icons is one of her favorite forms of worship. There is something soothing about applying each brushstroke with prayerful intention. During Covid, the time she spent painting was her spiritual anchor in a whirlpool chaos. She is excited to share with you this ancient and deeply spiritual practice.

***Embracing Our Gifts and Strengths* ~ Terri Hoffmann**

God gave every one of us gifts and strengths and God knows this world needs them. Even more profound than that? When we use our gifts and strengths, we get stronger and our insecurities get weaker. This is a HUGE win win! Let's look closely at our lives, let's find and name our gifts and strengths, and let's figure out how to use them for those people and purposes we love and those we don't even know about yet.

Terri's service to the church is through adult formation, mostly as catechist and confirmation mentor at St. Francis of Assisi in Wilsonville. In the diocese she has served on the Commission On Ministry and at the Academy for Formation and Ministry. She serves on the Board of the Association of Episcopal Deacons. Her prayer life centers on song and intercession. She is convinced that we all have gifts and strengths to offer to each other and the world.

***Faith in Action: Advocating for our Neighbors in Need (Social Justice)* ~ Marcia Kelley and Patti Whitney-Wise**

Patti will share her work at Ecumenical Ministries of Oregon and provide ways for participants to engage in local efforts and public policy around affordable housing, homeless youth, and immigration. Marcia will share the resources available from the Government Relations office and how to engage on a local level, gleaned from her participation in the weekly Episcopal Public Policy network calls.

Marcia is a member of Prince of Peace in Salem and has served on its BAC, Diocesan Council, and the Board of Trustees. She is current president of the Willamette Convocation. A graduate of Willamette University, she has advocated at the Oregon Legislature since 2001 for economic justice and social issues.

Patti Whitney-Wise is a member of St. James Episcopal Church in Tigard where she serves on the vestry and as a Eucharistic Minister. Patti has worked in the Public Policy arena for more than 40 years including as ED for the Ca. Council of Churches (poverty, church/state issues), staff to the Oregon Hunger Task Force (hunger issues), and founder of Partners for a Hunger-Free Oregon (poverty issues). Currently she works as a consultant for Ecumenical Ministries of Oregon, focusing on affordable housing.

From Welcoming to Affirming, LGBTQ Ministry in The Episcopal Church ~ Aimee Fritsch

We will talk about LGBTQ ministry in The Episcopal Church, drawing primarily on the experience of St. Paul's Pride Ministry at St. Paul's, Salem. You can expect an engaging session with conversation, questions, and reflection. You will walk away with both practical next steps for doing LGBTQ+ ministry in your parish, as well as a deeper understanding of the challenges and joys of this community.

Aimee lives in Salem with the beloved black cat Xerxes, and has been a member at St. Paul's, Salem since 2019. Aimee was formally received in 2021, the same year Aimee co-founded St. Paul's Pride, the parish LGBTQ ministry. Other church ministries include leader with Godly Play, social justice efforts, and the midweek worship service. In her paid work, Aimee is a professional trainer at the Oregon Department of Human Services and a leader in the PRIDE Employee Resource Group. Free time enjoyments include knitting, e-bike riding, and playing cozy video games.

Handbell Fun! ~ Hester Phillips

Have you ever wanted to try your hands at ringing an English handbell? We will set up our St. Barnabas handbells and guide you towards making a Joyful Noise. We will tailor the workshop to the experience level of the attendees. We even have some music designed so that you don't have to officially read music to play on this workshop day. There will certainly be a sprinkling of laughter.

Hester serves her parish in many capacities, including ministry leader for the bell choir and member of the pastoral care team. Most recently she was thanked for "the tremendous amount of work she spent in research and writing to compile" the 150th Anniversary booklet for St. Barnabas' celebration on June 15, 2024.

Labyrinths: A Tool for Balance, Connection, Healing and Transformation ~ Gina M. Halter

This workshop is designed for both those who have limited or no experience with labyrinth walking and for those who want to deepen their prospective on the connective power of labyrinth walking. We will watch a Power Point presentation, timed to music, and followed by discussion.

Gina is the current chair of the Labyrinth Committee at St. Hilda's Episcopal Church in Monmouth. She previously served as chair of the Labyrinth Guild at Church of the Good Samaritan, Corvallis.

Life after ++Michael Curry: What we can expect? ~ The Rev. Maureen-Elizabeth Hagen, Deacon

On All Saints Day, The Episcopal Church comes under the leadership of a new presiding bishop, The Rt. Rev. Dr. Sean Rowe, Bishop of Western Pennsylvania and Western New York. How was he chosen? As we transition from Michael Curry, what might one expect? After briefly recapping the polity of TEC, this workshop looks at the 3-year process of discerning the slate, what happened at General Convention, and what to expect going forward.

A native New Yorker, Maureen has lived in Portland for 32 years. She discovered her calling at All Saints, was ordained a deacon in 2004, and served in 8 congregations. In the diocese, Maureen was active in Cursillo and loved working as Academy for Formation and Mission dean for 10.5 years. In TEC, Maureen served on the Association for Episcopal Deacons board (10 years) and three interim bodies (Clergy Leadership Formation, Theological Education Network, and Joint Nominating Committee for Election of the Presiding Bishop). Her husband is tribal attorney for the Grand Ronde people. They have two Frenchtons, Jean-Luc and Phoebe. They love traveling (80 countries so far!)

Praying with Icons ~ Laurie Muench

Laurie will introduce various ways to incorporate icons into your prayer life. These will include both individual prayer worship and the Praying with Icons group service which St. Barnabas has used for its Lenten Studies. Each attendee will receive a prayer card with the Spirituality Day icon image on one side and a prayer on the back.

Please see Keynote Speaker above for Laurie's biography.

What does it mean to live a life of grace? ~ The Rev. Nancy Gallagher

As followers of Jesus, we strive to live with compassion and generosity, and to be aware of God's grace around us. Grace, a central concept for women of spirit, is often defined as "getting what you don't deserve". It is believed that God's grace works to change people's hearts and lives.

We'll explore

- acknowledging God's help
- Being humble
- Living fueled by God's power
- Receiving God's grace
- Speaking words of life
- Serving because God gives the strength

Grace is also the compassion that we give to and receive from each other. Internalizing grace in everyday interactions can help us see good in ourselves, accept forgiveness, and be more aware of others' compassion.

The Rev. Nancy Gallagher was ordained to the priesthood in 2012 and serves as rector of St. John the Divine, Springfield. She was selected by the diocesan ECW board members to be our Distinguished Woman, an honor bestowed on a woman from each diocese at the 2024 ECW Triennial Meeting in Louisville.

Women of the Bible: Living a Life of Strength and Grace ~ The Rev. Nancy Crawford, Deacon

Using the book *Bible Women: All Their Words and Why They Matter* by the Rev. Lindsay Hardin Freeman, Nancy will guide us through an exploration of some women in Scripture who performed deeds and spoke words that reflect lives of strength and grace. Discover how you might take this study guide home for more group and individual learning.

Nancy Crawford is a deacon at St. Mary's, Eugene, serving there since her 2006 ordination. Her ministry has revolved around women and children, most notably the parish's HO! HO! HO! stocking project begun in 1995. She has served on ECW boards at the parish, diocesan, province, and national level, serving as President of the National ECW Board from 2012 to 2015. She currently assists as co-mentor of her Education for Ministry group in Eugene.