

Cedar Falls United Church of Christ: Workshops 2017-2018

September 9, 2017

9:30am—2:00pm

Prayers of Hand and Heart

We will experience a variety of prayer styles which will help you whether you are new at prayer or seasoned, and whether you sit in silent contemplative prayer each day, or most of your prayer is on the run. We'll explore prayers from Protestant, Catholic and Orthodox Christian traditions, and also prayers from other world religions. We'll also work with some of the questions, experiences and problems that prayer has raised for us, and we'll explore ways to make our prayer life deeper and more meaningful.

October 11, 2017

Wednesday 9:30am—2:00 pm

Fresh and Faithful Resources for Advent and Christmas Worship

This workshop, a resource for those who plan or lead worship, will look at liturgy (prayer, litanies, poetry, story, reader's theatre), sermons and children's messages for use during Advent and Christmas, and we will learn how to use them effectively. The resources presented work well in either traditional or contemporary worship settings. People of all ages and theological positions respond powerfully to them. You will go home with a packet of tools and resources ready to use this year in your church.

November 4, 2017

9:30 am —2:30 pm

Studying, Praying, Chanting and Writing the Psalms

Praise and thanksgiving. Violence and vengeance. Betrayal. Doubt. Trust. Joy. All our human emotions, even the ugliest ones, are represented in the psalms. These are the ancient prayers, poems and hymns that Jesus knew so well, and which shaped his life. We will approach them not as academics or scholars but as people of faith, seeking their meaning and relevance for us.

January 9, 2018

9:30 a.m. – 2:30 p.m.

Fresh and Faithful Resources for Lent and Easter worship

This workshop, a resource for those who plan or lead worship, will offer creative worship services, sermons, liturgies, and children's messages. We'll learn ways to bring our foundational story to life for the saints and the seekers, the believers and the doubters. These resources have been well received in both traditional and progressive congregations. You will go home with a packet of tools and resources that you can use this year.

February 3, 2018

Learning to Read

9:30am---2:30 pm

The Bible is a very strange book! How can we read it faithfully but expansively? What assumptions do we hold, often unconsciously, that influence how we read? There are various ways to read scripture: how can we move beyond labeling some right and some wrong? How does this book relate to our 21st century lives? What do we do with some of the uglier verses, like Leviticus 20:9 (If your children talk back to you, stone them)?

March 3, 2018

Poetry as Prayer

9:30am---2:00pm

Poetry can be prayer, and can serve as a catalyst for the spiritual journey. Poems can help us explore the movement of Spirit in our own lives. The poems we will look at today will speak to our deepest yearnings and greatest fears and name our elusive hopes, our surprising courage, and our persistent dreams. We will hear/read many poems, but this is not a study of poetry; rather in the poetry, exercises and practices that we'll share, we'll discover a tool for deepening our prayer life and our walk with God.

April 7, 2018

9:30am---3:00pm

Reframing Illness and Wellness: A Broader Perspective

You are invited to join us as we consider, through the lens of faith, counter-cultural concepts of illness and wellness. We'll explore issues like these:

What are some of the world's different medical models, and the perspective of health and healing that forms the basis of each?

How can we be served but not limited by the medical model of our culture?

Disease care and health care are not the same. How can we access both?

How can we reframe our spiritual practices to support us in time of illness?

Your body believes every word you say: what does that mean?

How do we relate to our bodies in sickness and in health?

How can we be healthy in a fear-based culture that is obsessed with disease?

How can our words impact our health and the health of others?

How can we pray when we struggle with illness?

We will try to model some of the ideas we discuss, so we will **not** share the gory details of our last operation or our nasty illness; we will **not** trash the medical personnel that serve us; we will **not** wallow in negativity and fear!

Because we are providing food for these workshops, please pre-register by e-mail or phone for this event. We will be taking a free will offering to help cover our expenses. All workshops are held at the Cedar Falls UCC 9204 University Avenue Cedar Falls, IA 50613.

E-mail: cedarfallsucc@gmail.com
cedarfallsuccpastor@gmail.com

Please register by calling or sending us an e-mail for the workshops at least a week before the event so that food may be prepared accordingly.
Church Phone: 319-266-9686

Workshops are Led by Rev. Janice Springer, a pastor in the United Church of Christ, will lead this event. She has served churches for 35 years and is currently the Minister of Spiritual Formation at the UCC in Missoula, Montana. Her articles have been published in several journals including *Christian Century*. Janice is the author of *Spiritual Depth in Christian Worship: Ten Practices*, and is working on her second book. She has led workshops and retreats in the United States and Canada. She serves as a spiritual director and lives in Iowa and Montana.