



Join us for our annual Puget Sound District training event, Roots and Wings! Our theme this year is "The Inward Journey, The Outward Journey."

**Morning Keynote Speaker Rev. Daniel Foster**  
**"Inward Journey"**

We will worship together and hear from District Superintendent Daniel Foster in the morning about the "Inward Journey" and after lunch we will hear from Rev. Sandy Brown about the "Outward Journey". Workshops will focus on leadership and mission taught by Rev. Cara Scriven, Anita Foster, Rev. David Parker, and Rev. Jenny Smith.

**Afternoon Keynote Speaker Rev. Sandy Brown**  
**"Outward Journey"**

In registering, we encourage you to choose one "leadership" course (labeled "L" on the workshop offerings list) and one "missional" course (labeled "M" on the workshop offerings list). We recognize that, while there are certainly times when we need to attend to the business of the church, there must be balance between the work of church and the mission of the church. Choosing one workshop from each category will better equip you to grow the influence of your church in the community.

**Workshop descriptions are attached**

Early bird registration through February 8<sup>th</sup> is \$20. On, February 9<sup>th</sup> through day of it will be \$40. Scholarships are available to those who need financial assistance. Please contact the District Administrator, Hollie Swanson at 206-870-6814 or hswanson@pnwumc.org for inquiries about scholarships or questions.

***Lunch & On-Site Childcare will be provided.***



## Afternoon Workshops

**We invite you to choose one Missional workshop, labeled (M), and one Leadership workshop, labeled (L), between the morning and afternoon.**

### **Edging Closer to Connection in Community (M) with Rev. David Parker**

Focus: Letting the world into the church and getting the church out into the world can be challenging and frightful for many parishioners. Familiarity, predictability and low risk are normative values in mainline church culture. But what happens when all of that gets shaken up? What happens to a church when they step in faith and choose to get closer - close enough to connect, converse, care and collaborate on homeless ministry? How does a church take steps to be in relationship and response to homelessness while staying united and excited, instead of divided and upset? Oak Harbor First United Methodist Church wants to share our story with your church and help you consider your own transformational models for "Connection in Community."

### **Finance Leaders Basics (L)**

We will cover the basics of this critical ministry within the life of the church from Shared Ministry calculations, to salary worksheets, to W-2 forms, to property tax exemptions and everything in between.

### **Second Annual Clergy Spouse Wellness Forum (M) with Anita Foster**

Life is full of changes. As clergy spouses, this can involve an appointment change, a season of life change, and changes in people – just to name a few. During our forum this year, we will talk about some ways to adapt to the inevitable changes. Also, we will discuss a few helpful ways to handle criticism when we experience it in our lives. Come join us for a look at these two important topics and for the opportunity to be together as clergy spouses!

### **Staff-Parish/Pastor Relations Committee Basic Training (L) with Rev. Cara Scriven**

SPRC works with the bishop and cabinet for the best possible pastoral appointment for your church and with that pastor to make his or her ministry the most effective it can be. The responsibilities of SPRC seem daunting, but we will share resources and training to make the work manageable and a help to both pastor and parish.

### **Trustees Basic Training (L)**

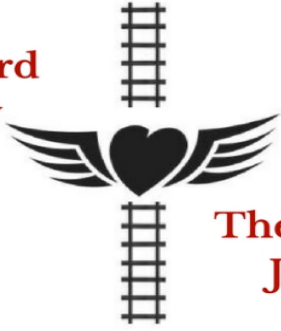
Our time will focus on items important to those in attendance but might include: insurance, building management guidelines, non-profit status, parsonage standards, workers compensation, and Safe Church responsibilities.

### **Releasing Your Creativity (M) with Lindsey Eklund**

We are created in the image of a Creative God. But somehow, along the way many of us have decided that we're simply not the creative type. We secretly wish our ideas will fly and soar on the wings of eagles, but instead we find that our ideas are more like mice. We set them free, hoping they'll fly, but they dig down in deep dark holes called experience, common sense, knowledge, belief, principles, convention, doubt, and fear. These holes are warm and comfortable. They've been dug by us and by those who have come before us. This workshop can't teach your ideas to fly, but we can lure them out of their habitual comfort, to a fickle and treacherous surface called Creativity. And, maybe take them for a little walk. Come and explore, dream a little, release your creativity!

# Roots & Wings

The Inward  
Journey



The Outward  
Journey



# Morning Workshops

We invite you to choose one Missional workshop, labeled (M) and one Leadership workshop, labeled (L) between the morning and afternoon.

**Easy, Meaningful, and Practical Tips for Reading through the Bible (M) with Anita Foster**

Have you ever wanted to read through the Bible? Have you felt guilty because you haven't? Perhaps you have started but didn't finish, or you have never started because you didn't think you were "theologically smart" enough? If you resonate with any of the above, please come and join us for a new look at how to experience the most important book ever written. Learn some easy and practical tips for navigating your way through the Bible in a way that can be transformational for you!

**Finance Leaders Basics (L)**

This training will cover the basics of this critical ministry within the life of the church from Shared Ministry calculations, to salary worksheets, to property tax exemptions, to W-2 forms, and everything in between.

**How to Get Quiet in a Noisy World: A Meditation Class (M) with Rev. Jenny Smith**

Life moves fast but we can learn how to slow down and get quiet. Learn tools to begin or restart a meditation practice. We'll even set aside some time to practice together! As little as 5 minutes a day of quiet can make a big difference. All are welcome.

**Staff-Parish/Pastor Relations Committee Basic Training (L) with Rev. Cara Scriven**

Staff-Parish/Pastor Relations Committee (SPRC or SP/PRC) works with the bishop and cabinet for the best possible pastoral appointment for your church. They also work with that pastor to make his or her ministry the most effective it can be. The duties of SPRC seem daunting, but we will share resources and training to make the work manageable to help both pastor and parish.

**The Inward Journey Continues (M) with David Foster**

Rev. Daniel Foster will follow-up on "The Inward Journey" by allowing time for questions, further suggestions and practical ideas for how to grow in one's faith.

**Trustees Basic Training (L)**

Our time will focus on items important to those in attendance but might include: insurance, building management guidelines, non-profit status, parsonage standards, workers compensation, and Safe Church responsibilities.