

# QUESTS

Workshop Quests with both a  
Middle School & High School Session

## Arts and Crafts

*Marissa Thompson (HS) (MS)*

Join us for a trip down memory lane back to the summer camp craft cabin! Possible projects include friendship bracelets, lanyards, and bead animals. Make something to help you remember your time at Convo 2014!!!

## Be Inspired! (Yoga)

*Tracy Faulkner Carlson (HS) (MS)*

Why yoga? Yoga is different for everyone. It can enhance every part of your life: physically, emotionally and spiritually. Yoga brings balance and awareness to self and those around you. It has many positive benefits and it makes you feel good. We will learn about breath, daily meditation practices, and compassionate communication.

## Joyful Noise

*TBA (HS) (MS)*

Whether you just want to sing or play your guitar, come for a session of music making. We'll pass the tambourine and drum around while we sing, sing, sing!

## LARPing/Boffing

*Gary Simpson (HS) (MS)*

Battle with your friends to find the Holy Grail! At this workshop, we will have the opportunity to fight one another in a safe environment with foam swords.

## Legends and Lore

*Stephen Palermini (HS) (MS)*

Join in as we dive into the history, myth and legend of King Arthur, Norse, Roman and Greek gods and ancient history. We'll look at where these stories came from, the heroes that made them legendary and their modern incarnations. If you like history, movies or even comic books there will be something here for everyone.

## Life as a Call

*Rev. Christy Fisher (HS) (MS)*

Theologian Frederick Buechner has written that 'Vocation is where our greatest passion meets the world's greatest need'. So what does that mean for us? What if I can't be the President of the United States or get a job as a professional athlete or professor at a college? Let's reframe the conversation about "Call" and "Vocation". Come and explore Life as a Call with pseudo comedian/magician and REAL chef and minister, Christy Fisher.

## Mission Quest

*Rev. Jeff Lowery (HS) (MS)*

Join Rev. Jeff Lowery an ordained deacon and director of the Portland-based youth mission program L.A.S.T. (Learning and Serving Together) in a workshop that will help answer many questions about how youth can deepen their faith and make a difference in their communities and the world through mission.

## No More Malaria: Our Church Is Helping to Transform the World

*Julia Frisbie (HS) (MS)*

Come and learn about how Imagine No Malaria can transform lives! Get an in-depth look at the reality of malaria and our strategy to end preventable deaths. Field coordinator Julia Frisbie will also share how churches across the conference are engaging with this campaign. She will provide tools to help your church get involved!

## Stump the Bible Wiz

*Rev. Ruth Marston (HS) (MS)*

Join Pastor Ruth and a panel of adults to play a game of Stump the Bible Wiz. The object of the game is to ask a question related to the Bible that leave them scratching their heads. No fair asking how many ridges are on the side of a quarter.

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**You are Wonderfully Made**

*Ronnie Slimp (HS) (MS)*

This workshop explores developing a healthy self-image. God made you beautiful just the way you are - in God's own image. How we look at ourselves, our self-image, is a cornerstone to how we look at everything else. It filters our thoughts on everything, and determines whether we will react bravely or shrink timidly. Explore ways to improve your self-image by building your self-esteem and remembering God's unconditional love.

**Ultimate Frisbee**

*Ted Brosius (HS) (MS)*

Build team work and have a lot of fun playing Ultimate Frisbee with friends!

**Walking a Labyrinth**

*Angie Ritchey (HS) (MS)*

Searching your soul for answers you can't find? Come walk the labyrinth and experience how its ancient turns help you to connect with God and make those answers clear.

**Whose Line is it Anyways?**

*Paul Bland (HS) (MS)*

Have you ever watched the television show, "Whose Line is it Anyway?" and wished that it was you up there performing? Here is your chance. You will learn through various improvisational games how to think on your feet, take direction and work well with others in a creative setting. All are welcome, beginner to experienced.



(HS) - Available for High School Participants  
(Adult) - Available only for Adult Participants

*Workshop Quests with only a  
Middle School Session*

**Don't Let Grandma See Your Underwear**

*Kate Palermini (MS)*

Are you on Facebook, Tumblr, Pinterest, Snapchat? Do you really know who is looking at your stuff? Have you protected yourself completely? Let's talk about the ins and outs of internet use and how to keep yourself safe online.

**Showcase of Originality: Talent Show Practice**

*Carrie Bland (MS)*

If you have a talent, a song to sing, a dance to dance, a joke to tell, or you can juggle with your eyelids or whatever and you would like to take part in the talent show on Sunday then book this workshop and work on your act.

*Workshop Quests with only an  
Adult Session*

**Safe Social Media for Youth Ministry**

*Patrick Scriven (adult only)*

Effective youth ministry often requires us to be in communication with young people online. While safe church policies deal directly with physical interactions, these online interactions require our careful attention as well. In this workshop, we'll discuss how we can apply safe church guidelines to our work online before moving toward a broader conversation about different opportunities to engage with young people online. This workshop can count as recertification (as Safety Advocate) for previously certified Designated Safety Officers.

**Life in a Blender**

*Joan Thorson (Adult only)*

Self-care is a difficult practice, In this workshop we will be talking about techniques and tricks to make sure we have time to rest, energize, recharge while honoring all our other commitments. All adults involved in ministry, whether paid or volunteer, are welcome.

(MS) - Available for Middle School Participants  
Page 2

## Workshop Quests with only a High School Session

### Capture the Dragon (Photography)

*Rev. David Valera (HS)*

Like photography? The best photos taken by participants of this workshop will be placed on the slideshow at the end of CONVO to become a fun memory for all! Participants will need to bring their own cameras.

### Definitions for Life

*Rev. Austin Adkinson (HS) (Saturday only)*

What is success? Family? Freedom? Values? How we define the important things in life can make the difference between chasing after false promises or continuing a faithful quest for the holy grail of God's love. Together we will explore how faith plays helps us define and interact with the world around us.

### Discovering the River Within

*Rev. John Reinmuth (HS)*

Learn how the Holy Spirit's gifts flows through us like a river, blessing others as our lives become channels of God's love and grace. Learn the components of your unique Spiritual SHAPE and how that SHAPE can help point you to a vision for your future career and/or your service as a disciple of Jesus Christ.

### Never Enough Time... Life in a Blender 2.0

*Joan Thorson (HS)*

Taking time for self-care can be difficult. In this workshop we will be discussing techniques and tricks to make sure we have time to get what we need done and still have time to rest, energize, and recharge.

### Strangely Warmed: Wesleyan Theology

*Rev. Joanne Carlson-Brown (HS) (Saturday only)*

Is your heart strangely warm or warmly strange? Many look at John Wesley's theology and think it is strange and quite frankly impossible. But as Wesley said, "My God does not demand the impossible." We'll look at the core of Wesley's theology, just what in the heck is a quadrilateral, and what difference does it make in this post-modern, post-christian, and even post-denomination time that we claim to be Wesleyans. Just what does some 18th century dude have to say to us?

### Stuff a Sock in It

*Kate Palermini (HS)*

They say a picture is worth a thousand words. Now that social media is so popular, there are a lot of posted pictures, statuses and gifs. These may affect you longer than you think. Let's talk about the idea of oversharing and how it may get us into trouble online.

