



# ***Weathering the System***

***Sat., January 21<sup>st</sup>***

*Snow Date: Jan. 28<sup>th</sup>*

*It will be posted on Channel 69 WFMZ-TV, [www.wfmz.com](http://www.wfmz.com) by 6am*

## ***Emmanuel Lutheran Church***

***69 W. Broad St., Souderton 18964***

***9am – 3pm***

***Cost: \$10. Per person (includes light lunch)***

*Scholarships available*

*Maximum of \$50. per congregation*

*make checks payable to: UB Conference*

*Childcare will be provided*

***Keynote Speaker: Sylvia Havlish***

*Owner & founder of Inside Out Counseling and Seminars*

*Alburtis, PA*

### ***Workshops:***

*\*The Body of Christ: Living Together through the Storm as a Christian Community*

*\*Keeping your Balance when the Winds of Change and Conflict are Blowing*

*\*Living Well in the Midst of the Storm: Managing Stress*

*\*Conflict: Opportunities for Growth & Change*

*\*Personality Types: The Stressor and the Gift for Each*

*\*Communication: Making Yourself Heard Amidst the Winds*

***All Lay Members & Rostered Leaders are invited to attend!***

***To register:***

***Call Pastor Carolann Hopcke at 215-536-3193***

***Email: [christselca@verizon.net](mailto:christselca@verizon.net)***

***Registration Deadline: Tuesday, Jan. 17<sup>th</sup>***

## ***Weathering the System Speakers:***

**Keynote: Sylvia Havlish** is the owner and founder of INSIDE OUT COUNSELING AND SEMINARS in Alburdis, Pennsylvania. The center is dedicated to providing a preventative approach to human problems. Her counseling specialty is bereavement counseling and support. Sylvia specializes in blending her professional counseling expertise with her 32-year career as a Senior Sales Director with Mary Kay Cosmetics to present unique workshops and retreats focusing on "the total woman."

### **Workshops:**

**The Body of Christ: Living together through the storm as the Christian Community by The Rev. Dr. Jennifer Phelps Ollikainen**, Director of Ministries for Lutheran Congregational Services (LCS). Prior, she served as Associate for Worship Resources at the ELCA Churchwide offices. St. Paul writes that we are the body of Christ: diverse in parts and functions yet tied together as a unit. Paul's vision stands in contrast to our culture and society. In this workshop we will explore the joys and challenges of living in the diverse yet unified body of Christ and work together to find ways we can support our congregations to live together through good and tough times.

**Keeping Your Balance When the Winds of Change and Conflict are Blowing by The Rev. Dr. Dolores Littleton**, pastor at Trinity, Havertown and a licensed Marriage and Family Therapist and an approved supervisor for AAMFT.

Learn some skills, techniques and attitudes to keep your "sure footing" when the storms are raging. We will discuss how to prepare and to be ready for the storm, how to weather the storms and to "clean up" after the storm. We will also talk about marveling at God's promised rainbow after the storm passes.

**Living Well in the midst of the storm: Managing Stress by Gina Formica**, PT, DPT, Director of the Becoming Center at the Artman Home. Dr. Formica has over 25 years of Geriatric physical therapy experience in a variety of settings. She is also an adjunct professor for Montgomery County Community College.

**Conflict: Opportunities for Growth & Change by The Rev. Dr. Dennis Ritter**, Executive Director of LCS. He is also a member of the Association of Lutheran Development Executives and a member of LAMPa Policy Council.

Participants in this workshop will receive tools that will enable them to view conflict as a transformative experience that brings opportunities for growth.

**Personality Types: The Stressor and the Gift for Each by Mark Goodwin** who is a credentialed speaker on the Enneagram from the Enneagram Institute, Deacon class of 2012. **The Rev Dr. Laurie J. Andersen**, pastor of Emmanuel, Pottstown.

Each person responds differently to stress, and each combination of people operate differently in times of crisis or loss. The Enneagram is the study of personality types. In this course, we will give an overview of personality types and the "fear" and the "gift" of each.

**Communication: Making Yourself Heard Amidst the Winds by The Rev. Margaret Spring Ainslie** who served as Pastor of Atonement, Phila., and is now serving her 2<sup>nd</sup> year chaplain residency at Thomas Jefferson University Hospital.