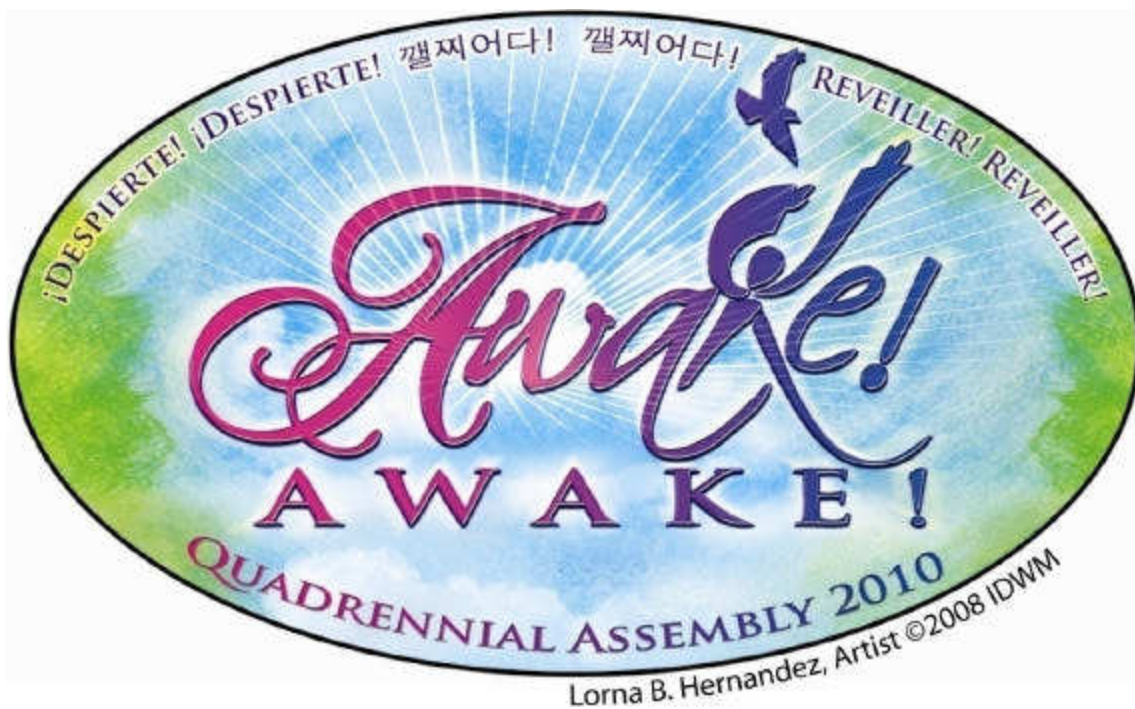


2010
*Disciples Women
Quadrennial Assembly*



Workshop Listing

2010 Quadrennial Assembly

WORKSHOP & MISSION OPPORTUNITIES LISTING

PRE-EVENT MISSION OPPORTUNITY

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|----------------------------|-----|-------------------------------|----|---|
| Habitat for Humanity Build | 321 | Awake to the Dance of Mission | 75 | This is an opportunity to participate in a Habitat for Humanity pre-event beginning with dinner on Sunday June 20. Participants will work at a local Habitat build on Monday, Tuesday and through lunch on Wednesday. The cost for this pre-event is \$75 which will include 9 meals and is available for both men and women over the age of 18. Housing will be provided at the First Christian Church Greensboro or participants may choose to stay at the QA event hotel at the event rate. For more information, you may contact Brenda Tyler at bt Tyler@d hm. disciples. org or by calling (317) 713-2642. |
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THURSDAY, JUNE 24

SESSION A

1:45 PM - 3:15 PM

| Session Name | Session Code | Session Type | Capacity | Session Description |
|---|--------------|---------------------------------|----------|---|
| A Spiritual Life | 500 | Awake to the Treasure of Wisdom | 45 | There seems to be a growing call to explore who we really are...as believers, as individuals, as women. Women are longing for ways to express their spiritual side. This workshop is one gentle answer to those callings and longings. This workshop unfolds in three phases: First we explore answers to the question, What is Spirituality? Then, we discuss how we might respond to the call for a more spiritual life. Finally, we explore practices which may be useful by helping us make those connections to God. |
| Assembly Choir | 400 | Awake to the Song of Praise | 150 | Be a part of the QA Assembly Choir! <u>Signing up for the choir will require that you attend the rehearsals held during the first workshop session each day (from 1:45 p.m. - 3:15 p.m.)</u> |
| Awake to the Treasure of Wisdom: An Often Ignored Jewel | 506 | Awake to the Treasure of Wisdom | 45 | This workshop will lead participants on a journey of discovery to: increase overall awareness by acknowledging that we sometimes become numb and indifferent to things around us and the power of God within us; recognize value by learning to deliberately identify God's generous and rich blessings; understand that wisdom is a gift from God that, if fully embraced, can guide us into a more balanced and fulfilled life in God. |
| Awakening Music Ministry in the Smaller Church | 405 | Awake to the Song of Praise | 45 | This is an open forum for those involved in the music ministry of small to medium sized churches (congregations under 250) to discuss how they are creatively using music to facilitate the worship experience within potentially limited resources. Attendees will share how they are using music in worship in their churches, what resources they have found useful, problems they have experienced, and any solutions they may have. The goal is to get new ideas, new resources, and to be encouraged to find new ways to use music to awaken the congregation to their spiritual journey. |
| Beyond the Yellow Ribbon | 306 | Awake to the Dance of Mission | 45 | This workshop offers practical and compassionate methods which Disciple's Women can use to encourage and support soldiers and their families before, during and after deployment. <u>Please note this workshop is not about politics</u> , instead it is about caring in a multitude of ways from praying, to babysitting, to lending an ear. It is also about showing the love of Christ and helping to keep families in tact during this difficult time. |
| Books & Purses | 309 | Awake to the Dance of Mission | 50 | During this workshop we will sort the used books and purses that have been brought to QA by the attendees. The books and purses will be distributed to local shelters following the Quadrennial Assembly. |
| Cancer Stories - Survivors and Supporters | 218 | Awake to the Body of Christ | 45 | This workshop will be a forum or open discussion for cancer survivors and supporters of survivors. As a breast cancer survivor, I will share my story including how supporters make a difference, and then open the floor for other's stories. All sisters are welcome to this forum even if they are not a survivor themselves, for who among us in this great body of Christ has not been touched by this disease? |
| Christmount - What are we and how can you and your church be benefit? | 221 | Awake to the Body of Christ | 45 | We will talk about the need for personal retreat in the life of faith and how Christmount offers a place for personal retreats, local church retreats and programs that enhance both personal and community life. We will look at Christmount's relationship to all manifestations of the church. |
| Faithful Shopping OR Spending at the Mall | 112 | Awake to Awaken the World | 45 | An interactive workshop where we will see how our faith and what we consume either works together or against each other. This workshop will be held at the mall near the convention center. We will track lots of different things like money, miles, advertising, quality vs. quantity, etc. We will do a critical probing of scripture in regards to spending our resources and living in our means. |

| THURSDAY, JUNE 24 | | | | SESSION A | 1:45 PM - 3:15 PM |
|--|--------------|---------------------------------|----------|--|-------------------|
| Session Name | Session Code | Session Type | Capacity | Session Description | |
| Feeding the Souls of Marginalized Women: Teaching the Bible to Nurture, Heal, Empower and Liberate | 115 | Awake to Awaken the World | 45 | This workshop will address some of the spiritual needs of women in recovery from sex work, drug and alcohol addiction, domestic violence and sexual abuse, and how the Scriptures can be taught in non-traditional ways, inviting these women to experience new life in Christ. | |
| How is your heart? | 530 | Awake to the Treasure of Wisdom | 45 | Do you have a healthy Heart? Is it forgiving? Is it full? Is it clean? Is it strong? Is it loving? These are just a few of the areas we will explore in a self guided workshop. There will be time to visit each station at your own pace, reflecting on what you are see, feel and hear. | |
| How to use Just Women magazine for your women's ministries | 536 | Awake to the Treasure of Wisdom | 45 | Just Women is the new official material for Disciples Women's Ministries provided by the International Disciples Women's Ministries and Office of Disciples Women, in partnership with Disciples World, Inc. This workshop will explore how the magazine might be used by groups, circles, individuals, regions, clusters, and/or areas to enliven women's ministry today. | |
| International Sisters from Africa | 342 | Awake to the Dance of Mission | 45 | Join our sisters who are participating from the Africa region of Global Ministries. Hear their stories, learn about our partners, ask them questions and grow in your understanding of how you can walk in solidarity with them and other women from the African continent. | |
| International Sisters from East Asia and the Pacific | 345 | Awake to the Dance of Mission | 45 | Join our sisters who are participating from the East Asia and Pacific region of Global Ministries. Hear their stories, learn about the work of our partners, ask them questions and grow in your understanding of how you can walk in solidarity with them and other women from East Asia and the Pacific. | |
| International Sisters from Latin America and the Caribbean | 348 | Awake to the Dance of Mission | 45 | Join our sisters who are participating from the Latin America and Caribbean region of Global Ministries. Hear their stories, learn about the work of our partners, ask them questions and grow in your understanding of how you can walk in solidarity with them and other women from Latin America and the Caribbean. | |
| Life Decisions | 545 | Awake to the Treasure of Wisdom | 45 | The general topic will be concerned with life decisions. This includes (but is not limited to) when to move out of the home into congregate living, how to select a nursing home, how to complete powers of attorney, living wills/directives to physicians, do not resuscitate orders and other matters of this nature. | |
| Lovers and Church Ladies: Women Sorting Out Sexuality | 412 | Awake to the Song of Praise | 45 | Far too many religious models for women in our culture are either asexual or, worse yet, repressed. And, there are not many biblical passages to help us awaken our bodies sensually or sexuality...with one notable exception. In this workshop we will playfully explore the stereotypical 'Church Lady' alongside the character who is the unnamed woman from the Song of Songs. As the leader employs drama and poetry we will be able to laugh at our quandary and learn how to more fully awaken the Body of Christ by awakening to the beauty of our own physical selves. | |
| Pictures of Gold in Frames of Silver | 551 | Awake to the Treasure of Wisdom | 45 | This workshop presents an introductory look into this extraordinary treasure called Wisdom that God has made available for our current day living. We will gain an awareness of the depth and breadth of this ever-ready resource for making today's decisions. | |
| Prayer Shawls & Peace Quilts | 251 | Awake to the Body of Christ | 45 | Prayer Shawls and Peace Quilts can be a spiritual experience for both the maker and the receiver. Bring your knitting, quilting or crocheting and learn our you to can be a part of this popular ministry. | |
| Sabiduría en Dirección de Tiempo Piadosa con una Vida de Equilibrio | 603 | Awake to the Body of Christ | 45 | Dirección de Tiempo Piadosa: Por esta razón esto dice, "Despierto, durmiente, y provienen de los muertos, y Cristo brillará en usted." (Ephesians 5:14). Este es exigencias que Dios nos diera para manejar nuestro tiempo. Vida de Equilibrio: "y Jesús aumentó en sabiduría y estatura, y en el favor con Dios y hombre" (Luke 2:52). Es decir Jesús, cuando en tierra, desarrollada intelectualmente, físicamente, espiritualmente y emocionalmente. Un modelo excelente para seguir. Este mira como nosotros dirección nuestro tiempo, esto es un modelo, transmite. | |
| Table Talk - What is happening at your church? | 254 | Awake to the Body of Christ | 45 | This is a time for you to talk to others in a small group. You will be guided through a series of questions, then you will be able to ask questions which are of interest to you. | |
| Thriving as a Caregiver: You can't sprint a marathon | 569 | Awake to the Treasure of Wisdom | 45 | As women, we often become caregivers, by choice, expectation or necessity. Finding joy in these complex responsibilities requires finding ways to cope; physically, emotionally, socially and spiritually. This interactive workshop will help you develop personal strategies for growing in the care giving experience. | |
| Time for Me | 409 | Awake to the Song of Praise | 45 | How can you praise God if you don't take care of yourself? This time is all about you! This a non-workshop, workshop. I am giving you permission to go shopping, have a massage at the Grandover, take a nap, go for a swim, visit the exhibits or just veg out. With our busy lives we forget we don't need to schedule every minute. Take a time out for YOU. | |

| THURSDAY, JUNE 24 | | | | SESSION A | 1:45 PM - 3:15 PM |
|--|--------------|---------------------------------|----------|--|-------------------|
| Session Name | Session Code | Session Type | Capacity | Session Description | |
| Women Rule! | 130 | Awake to Awaken the World | 45 | The workshop will bring together young aspiring women leaders who are looking to help create change and engagement within their communities. It is one part self-advocacy, one part project planning, and one part getting ideas into action. As Helen Kromer said 'One mind awake can awaken another, the second awake can awaken their next door brother. Three awake can awaken the town, by turning the whole place upside down. Many awake can make such a fuss, that they finally waken the rest of us.' Young women will leave this workshop feeling capable and motivated to do just what Kromer suggests. | |
| Women's Action Web | 369 | Awake to the Dance of Mission | 45 | The Women's Action Web will enable and train participants to return to their own communities to replicate the WAW experience in their local region. The logistics and organizational aspects of creating a WAW experience will be addressed. Funding issues will be discussed. Needs assessment tools will be introduced. Information on how to organize and empower community will be offered. | |
| THURSDAY, JUNE 24 | | | | SESSION B | 3:45 PM - 5:15 PM |
| Session Name | Session Code | Session Type | Capacity | Session Description | |
| Am I My Sister's Keeper OR Her Problem? | 200 | Awake to the Body of Christ | 45 | We are called to love our sister as we love ourselves. How are we doing in that area? What does it look like to love her as much as I love myself? This interactive and experiential learning workshop will help us to answer these questions in a fun way. You will leave laughing and examining yourself. | |
| Awake to Dreaming with God or Dream Walking with God | 103 | Awake to Awaken the World | 45 | Do you sometimes find it difficult to dream beyond what is already in your life? Do you desire to be more aware of God's dreams for you and for the world? If so, experience an interactive spiritual discipline that can awaken an awareness of God's dreams in you and your part in fulfilling them. Participants will leave the workshop with a prayer process that can be used individually or in groups to develop a greater awareness of our ongoing partnership with God. | |
| Awake to the Song of Praise | 403 | Awake to the Song of Praise | 45 | There will be a short lecture on Praise with questions and answers. What is Praise? Why Praise? When do we praise? Who can praise? To whom do we praise? What's included in praise? How can we praise with confidence? There will be a simple worksheet. | |
| Awake to Your Disciples Heritage | 203 | Awake to the Body of Christ | 45 | An overview of Disciples beginnings through sharing, discussion, Heritage Sunday Drama (using persons in the group) and other handouts. | |
| Books & Purses | 309 | Awake to the Dance of Mission | 50 | During this workshop we will sort the used books and purses that have been brought to the QA by the attendees. The books and purses will be distributed to local shelters following the Quadrennial Assembly. | |
| Breath Prayer | 509 | Awake to the Treasure of Wisdom | 45 | Breath Prayer is the simple practice connecting prayer forms with the natural flow of our breathing. It is a calming, affirming, opening prayer experience--perfect for those who are new to Spiritual Practice as well as those who are more experienced. This workshop will include a variety of breath prayers and will allow time for exploring and practicing each. There will be plenty of time for questions, discussion and laughter. | |
| Building by Prayer | 215 | Awake to the Body of Christ | 45 | This workshop will give guidance on 1 hour prayer practice and how to build and encourage each other through prayer. | |
| Disaster as a Life Defining Moment | 313 | Awake to the Dance of Mission | 45 | Disasters are never desired life events, but they are defining moments in life. Human dignity, esteem, strength, hope and love are so precious and powerful that they are truly live-sustaining in the midst of brokenness. We'll discuss a variety of disasters – personal to global – and the interactive impact of faith. | |
| Feasting on Seven Layer Silence: Reawakening our Understanding of Fullness, Emptiness and the Spirit of the Fast | 118 | Awake to Awaken the World | 45 | This workshop will examine the themes of emptiness and plenty and how the spiritual disciplines of fasting, silence and simplicity can deepen our inner lives and extend our commitment to peace and justice. | |
| Fondo Misión Discipulos & Ministerios Mujeres Discipulos | 312 | Awake to the Dance of Mission | 45 | ¿Cómo las mujeres Discipulos han apoyado la misión de la iglesia y cómo podemos continuar apoyando al Fondo Misión Discipulos? | |
| How can I remember to bring the bread when I can't find my keys? Making the most of your memory | 527 | Awake to the Treasure of Wisdom | 45 | This interactive and fun workshop offers learners the opportunity to apply the newest research findings in nutrition, exercise, and spiritual practices to their own lives to improve memory and other cognitive functions. Come ready to make some new connections in your brain. There will also be a brief discussion of age associated changes and dementia. | |
| How is your heart? | 530 | Awake to the Treasure of Wisdom | 45 | Do you have a healthy Heart? Is it forgiving? Is it full? Is it clean? Is it strong? Is it loving? These are just a few of the areas we will explore in a self guided workshop. There will be time to visit each station at your own pace, reflecting on what you are see, feel and hear. | |

| THURSDAY, JUNE 24 | | | | SESSION B | 3:45 PM - 5:15 PM |
|--|--------------|---------------------------------|----------|---|-------------------|
| Session Name | Session Code | Session Type | Capacity | Session Description | |
| Increasing the Awareness of God in Our Lives | 539 | Awake to the Treasure of Wisdom | 45 | This workshop will use simple mindfulness techniques to teach the workshop participants how to become more fully aware of the presence of God in their lives. The participants will learn how to incorporate all five senses when observing the beauty of God's creation, when listening to the still small voice inside our hearts, and when accomplishing everyday routine tasks. | |
| Innovative Ways to Bring New People to Your Congregation | 339 | Awake to the Dance of Mission | 45 | We will talk about the different ways to: entice non-church, de-churched, and un-church people to attend church; what works and what doesn't work; understanding the different types of people out there; and asking yourself why do you want to bring new people to your church. | |
| Motivational Interviewing | 548 | Awake to the Treasure of Wisdom | 45 | For those who have struggled with communicating with a loved one. Hosea 14:9. 'Let those who are wise understand these things. Let those who are discerning listen carefully. The path of the Lord are true and right, the righteous people live by working in them'. Some people in a church environment feel all alone and think no one can relate them or to someone who has a loved one in crisis. An introduction to Family Anonymous and ALONON. | |
| Sharing Resources, Changing Lives: Supporting Women through Week of Compassion | 360 | Awake to the Dance of Mission | 45 | How do the gifts of compassion we give through Week of Compassion help to transform the lives of women all over the world? How can you be a part of this critical ministry? How can Week of Compassion not only be a catalyst for changing the lives of those who suffer in the world but also in the lives of those who give? Come and explore outreach possibilities and ways to revitalize your commitment to mission in the world, especially as it relates to women. | |
| Table Talk - What is happening at your church? | 254 | Awake to the Body of Christ | 45 | This is a time for you to talk to others in a small group. You will be guided through a series of questions, then you will be able to ask questions which are of interest to you. | |
| Time for Me | 409 | Awake to the Song of Praise | 45 | How can you praise God if you don't take care of yourself? This time is all about you! This a non-workshop, workshop. I am giving you permission to go shopping, have a massage at the Grandover, take a nap, go for a swim, visit the exhibits or just veg out. With our busy lives we forget we don't need to schedule every minute. Take a time out for YOU. | |
| Therapeutic Yoga | 257 | Awake to the Body of Christ | 45 | The workshop will begin with a brief introduction to yoga and a few expectations and cautions (such as Yoga is not a competition and it is necessary to listen to your own body). We will move into yogic breathing and stretching. As we warm up, we will move into yoga postures: Standing, sitting and floor. We would end with relaxation and a meditation. | |
| Transformation through Mission | 363 | Awake to the Dance of Mission | 45 | Immersion with people who are different in some way - culture, color, economic, religious - is transforming. This happens even in the short mission/service trip and we don't need to travel to another country for this experience. We begin to see people in a new way - all of us are God's children. We are better able to see God's work in the world, and how God can work through us. In this workshop, I will briefly present my mission experiences, including Israel-Palestine, and how I have been transformed - how God is working through me because of my trip. I will discuss how to choose and prepare for a mission experience, how to best experience the trip, and what to do upon returning home. | |
| Two Degrees of Separation-Wisdom from the One Next to You | 572 | Awake to the Treasure of Wisdom | 45 | Using quilt block designs, we will practice an effective way to discover shared interests, networking and maybe just the piece of information you've been looking for! | |
| Using Music to Awaken your Christian Journey | 418 | Awake to the Song of Praise | 45 | This workshop would present and demonstrate methods of using music as part of a daily personal time with God to help invigorate and awaken the individual's Christian journey. No music skill is necessary, but a love of music and the willingness to explore how it can be used to facilitate personal time with God is required. | |
| Women-oriented Retreats at Christmount | 578 | Awake to the Treasure of Wisdom | 45 | Christmount's programs include two women-oriented retreats, Discovery Weekend (for adult women) and Middle School Girls Camp are two unique programs of Christmount. The Middle School Girls Camp addresses the issues of girls becoming women, dealing with things like clothing and fashion, make-up, physical changes, dating and how these things are influenced by faith and spirituality. | |
| Writing for publication | 581 | Awake to the Treasure of Wisdom | 45 | The editors of Disciples World and Just Women will offer ideas and instruction on the best ways to get your writings into print. Learn not only what Disciples Worlds and Just Women may be looking for in writers, but also take home some tips for how to get your work in front of other publishers. | |

Other Thursday Options (takes both session times)

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| Hands & Hearts in Mission: Heavy Physical Activity | 330 | Awake to the Dance of Mission | 300 | Participants will be performing hands-on building, maintenance or repair work at a church, or shelter. Possible work to be done includes painting, sanding, cleaning, etc. This mission opportunity takes place from approximately 1:00 p.m. - 5:00 p.m. |
| Hands & Hearts in Mission: Moderate Physical Activity | 327 | Awake to the Dance of Mission | 300 | Participants will be doing hands-on work at a location such as a community garden or park doing work such as preparing the land, planting, weeding, trash pick-up and beautification. This mission opportunity takes place from approximately 1:00 p.m. - 5:00 p.m. |
| How to create a temporary labyrinth in your church | 533 | Awake to the Treasure of Wisdom | 45 | Participants will be led through the steps of building an indoor Chartres style labyrinth out of masking tape, with ideas for use. This workshop will be 2 sessions in length (from 1:45 p.m. - 5:15 p.m.) |
| FRIDAY, JUNE 25 | | SESSION A | | 1:45 PM - 3:15 PM |
| Actualización Sobre Ofrendas Globales | 600 | Awake to the Body of Christ | 45 | Entérese de lo que las Mujeres Discípulos han hecho para apoyar a los compañeros en misión de Ministerios Globales alrededor del mundo – desde Kenia a Corea, Colombia al Caribe, y otros lugares entre éstos. Veá fotos, oiga historias, y conozca cómo puede continuar apoyando los proyectos enfatizados en los estudios de cada año, incluyendo el énfasis del 2010-2011's sobre Israel/Palestina. |
| Assembly Choir | 400 | Awake to the Song of Praise | 150 | Be a part of the QA Assembly Choir! Signing up for the choir will require that you attend the rehearsals held during the first workshop session each day (from 1:45 p.m. - 3:15 p.m.) |
| Awake to 'IMPACT' Your Community | 300 | Awake to the Dance of Mission | 45 | This workshop is designed to awaken the possibilities for us to ignite the spark within us and our congregations to respond to the needs of the communities surrounding our church. |
| Awaken your Congregation for Mission by Resettling Refugees | 303 | Awake to the Dance of Mission | 45 | Are you looking for a mission project that will transform your congregation? Come hear how congregations in the Greensboro area have been transformed through refugee resettlement. Refugees and congregational members will share their stories of lives changed and congregations revitalized. |
| Becoming a Guest of the Holy | 209 | Awake to the Body of Christ | 45 | Exploring ways of prayer that open us to God's hospitality |
| Being Sexual Women in a Hook-up Culture | 212 | Awake to the Body of Christ | 45 | It's a sexual jungle out there for young women; frat parties, date rape drugs, pornography, and hooking up. There are eating disorders, sexuality transmitted diseases, and the ever-present objectification of the female body. So, what does it mean to embrace our beautiful, sensual and sexual selves in the midst of this reality? How can Christian women be as "wise as serpents" without submitting to a mentality of fear of the body or repression of our god-given sexuality? |
| Christian Coaching - To Awaken the Inner Treasure of Wisdom | 512 | Awake to the Treasure of Wisdom | 45 | There are times in our lives when we would like to improve ourselves, a skill or our life, but we are stuck. This exciting Christian based ministry helps the person being coached to move forward in areas of their life where they may be unable to see new possibilities. The person being coached brings a topic to discuss with the Christian Coach. Christian coaching uses scriptural principals, led by the Holy Spirit, and powerful questions that to help the person being coached to recognize new insights to construct a plan to improve or move forward to greater accomplishments in their personal, professional and spiritual life. |
| Christian Women in the 21st Century | 106 | Awake to Awaken the World | 45 | Preparing Women to be Leaders and Serve in the 21st Century. |
| Dancing Before the Lord | 406 | Awake to the Song of Praise | 45 | This workshop will give guidance on liturgical dance. Participants will leave with a dance to present to their church. |
| Faith & Health: Interconnected to Mind, Body & Spirit | 230 | Awake to the Body of Christ | 45 | This workshop is designed to show how our faith is connected to our health. Just as we are to treasure our bodies as temples, our faith allows us to connect our minds, and spirits with our bodies to live spiritually healthy lives. |
| FUNdraising 101 | 318 | Awake to the Dance of Mission | 45 | Whether its to raise money for a mission trip, a Disciple Mission Fund pledge or for a local cause, learn new, unusual and 'tried n true' ways to raise funds. |
| Gifts in Action: Revitalizing Congregation for Ministry | 233 | Awake to the Body of Christ | 45 | Come join us for an informative, interactive and enjoyable discussion on transforming our congregations for ministry. Traditionally we approach ministry from a NEEDS mindset ('we NEED more young people,' 'we NEED a new roof'). This workshop encourages congregations to start thinking of ministry from an ASSETS mindset, focusing on the gifts and resources we already have to bring new life and vitality to ministry. Come experience how an 'attitude of gratitude' can inspire and uplift! Come celebrate the gifts God has given your congregation. |
| God's Extreme Makeover: From the Inside Out The Missing Ingredient | 518 | Awake to the Treasure of Wisdom | 45 | In this workshop you will gain insight and techniques on how to recognize and achieve win-win solutions based on biblical foundations for conflict resolution. You will engage in positive inter-active sharing in conversations that encourage resolution. |

| FRIDAY, JUNE 25 | | | SESSION A | 1:45 PM - 3:15 PM |
|--|--------------|---------------------------------|-----------|--|
| Session Name | Session Code | Session Type | Capacity | Session Description |
| Green Cleaning Party | 121 | Awake to Awaken the World | 45 | We will have a green cleaning party using materials created by an inspiring women's environmental health organization working to educate consumers about chemicals in cleaning products, <i>Women's Voices for the Earth</i> . You'll go home with recipes for easy-to-make cleaning products that have been tested for effectiveness and are good for your health and environment. |
| Have Faith. End Hunger | 333 | Awake to the Dance of Mission | 45 | God is acting right now to liberate millions of people from poverty and hunger throughout the world. We can be part of it! By urging our nation's decision-makers to change policies, programs and conditions that allow hunger and poverty to persist, we can provide help and opportunity far beyond the communities in which we live. |
| How is your heart? | 530 | Awake to the Treasure of Wisdom | 45 | Do you have a healthy Heart? Is it forgiving? Is it full? Is it clean? Is it strong? Is it loving? These are just a few of the areas we will explore in a self guided workshop. There will be time to visit each station at your own pace, reflecting on what you are see, feel and hear. |
| Hygiene Kits | 336 | Awake to the Dance of Mission | 50 | In order to provide help for struggling families in the midst of natural disasters, violence, or grinding poverty, we will be collecting items for Hygiene Kits which can mean the difference between sickness and health. During this workshop we will sort and prepare the kits for shipment. |
| Labyrinth as a Spiritual Practice | 542 | Awake to the Treasure of Wisdom | 45 | Participants will be lead through several ideas of using the labyrinth within several prayer/meditation/discernment forms. Participants will come away with greater knowledge about how to incorporate this ancient Christian spiritual practice into their personal, church and women's group lives. |
| Prayer Bracelets | 248 | Awake to the Body of Christ | 20 | Make a prayer bracelet and learn the spiritual benefits of this creative expression. There is a \$5.00 fee for this workshop - payable upon arrival. |
| Recreating Your Sunday School Program with the Workshop Rotation | 554 | Awake to the Treasure of Wisdom | 45 | If your Sunday School program seems to be a thing of the past, with declining numbers and tired teachers, it is time to reinvent your Sunday morning program. This workshop will introduce the Workshop Rotation Model, which teaches major Bible stories and concepts through kid-friendly multimedia workshops including Art, Drama, Music, Games, Media, Puppets, Storytelling, Computers, and any other educational media you can get your hands on. You will share in the journey of First Christian Church Torrance and how we implemented and experienced this program. |
| Roadmap to Riches on \$12.50 per week | 557 | Awake to the Treasure of Wisdom | 45 | Take charge of your financial and physical future! Money—how to control it rather than letting it control you—is the topic of the seminar Roadmap to Riches on \$12.50 per week. Ms. Whitley creates an awareness of simple strategies to help you achieve your goals starting with only \$12.50 per week! Learning belly dance steps in the middle of the presentation encourages the class to lighten up, laugh, and consider that physical health is as important as financial health. Bring a calculator, paper, and pencil. |
| So You Thought Picture Books Were for Children? | 560 | Awake to the Treasure of Wisdom | 45 | Everyone loves a good story. Add illustrations and we are hooked. No wonder picture books are so popular with children. But wait - picture books are for everyone! Their topics connect to scripture and all aspects of the human experience. Come mine the riches of wisdom in a picture book discovery session. |
| Table Talk - What is happening at your church? | 254 | Awake to the Body of Christ | 45 | This is a time for you to talk to others in a small group. You will be guided through a series of questions, then you will be able to ask questions which are of interest to you. |
| The Cleansing Power of Water | 563 | Awake to the Treasure of Wisdom | 45 | A relaxing exploration of the cleansing power of water on our lives, with Biblical references involving all the senses of smell, touch, taste, sound and sight. |
| Time for Me | 409 | Awake to the Song of Praise | 45 | How can you praise God if you don't take care of yourself? This time is all about you! This a non-workshop, workshop. I am giving you permission to go shopping, have a massage at the Grandover, take a nap, go for a swim, visit the exhibits or just veg out. With our busy lives we forget we don't need to schedule every minute. Take a time out for YOU. |
| World Day of Prayer 2011 - Chile | 133 | Awake to Awaken the World | 45 | Each year, we continue our journey around the world, in prayer with women in a different country. For 2011, we will worship with the women of Chile. |
| You are You...for a Reason | 260 | Awake to the Body of Christ | 45 | God made you, 'knitting you together in your mother's womb,' Psalm 139 says, so how do we know who we are--as our authentically, God-created selves? How do we discover and put to use the gifts we have been given? This isn't about duty, guilt or ought to's. This is about joyfully identifying and responding to God's call, doing our part in the Body of Christ. |

| FRIDAY, JUNE 25 | | SESSION B | | 3:45 PM - 5:15 PM |
|---|-----|---------------------------------|----|---|
| Are You Awake to Scripture's Message about Immigrants? | 503 | Awake to the Treasure of Wisdom | 45 | Immigration has been in the news for years. We've heard a lot of rhetoric, and we've seen an abundance of legislative proposals on how to fix things, but we haven't spent a lot of time in reflection from a Biblical perspective. This workshop will explore what scripture has to say about today's immigration issues and will provide you with tools to take back to your congregation to continue the dialog on immigration from a faith perspective. |
| Awake the World in the Flow of the River | 100 | Awake to Awaken the World | 45 | Tilda D. Whitaker, founder of S.W.I.M. Network, Inc. (Single Women In Mission) will share this faith community based program which provides support to all single women. This support is achieved through one-on-one mentoring and offering needed resources for home, work and church. Founded in 1998 on Ezekiel 47:1-12, this program has reached over 5000+ women. Learn about a great opportunity to witness to the lost in a dying world by taking it to the street. |
| Awake to Your True Self | 206 | Awake to the Body of Christ | 45 | With the use of Myers Briggs & Temperament Theory, each person will be encouraged to discover their own 'true self'. They will identify strengths and challenges and learn how and when to 'perspective shift' to reach their goals. |
| Breaking the Chains | 311 | Awake to the Dance of Mission | 45 | This group will take a look at the problem of modern day slavery and explore ways we might help combat human trafficking. |
| Churches and Seminary Students learning together | 224 | Awake to the Body of Christ | 45 | Part of a seminary student's training is to serve in local congregations. Sometimes the congregations or settings in which they work have limited experience with seminary students. Meanwhile the seminary does not always know the needs and expectations of the local church. This workshop will explore the roles and relationships between seminary students and local congregations and how they can learn from each other. |
| Come to Me: The Sophia Wisdom of Jesus in the New Testament | 515 | Awake to the Treasure of Wisdom | 45 | Of all the titles given to Jesus in the New Testament, the title of 'Wisdom' is the most exalted. In Proverbs 8, Lady Wisdom is seen as co-creator of the world with God, Intertestamental wisdom books lavish praise on her. Many New Testament writers use wisdom language ('Sophia' in Greek) to explain Jesus' nature. Understanding Jesus as Sophia can be a rich resource for Christian women. |
| Disciples Connect to the Democratic Republic of Congo | 227 | Awake to the Body of Christ | 45 | We, as Disciples, have a long history with our brothers and sisters of the Democratic Republic of the Congo. This workshop will provide a brief reminder of the Missionary Era through today. We will look at the current state of things in DRC, reflecting on the war over DRC's natural mineral wealth which includes the death of millions of Congolese and the raping of tens of thousands of its women. From this dark side of life in the DRC, we will return to the Community of Disciples of Christ in Congo. We will hear about the Christian Church in Indiana's partnership with the Mbandaka District. |
| Disciples Women in Global Mission | 315 | Awake to the Dance of Mission | 45 | Disciples women have always had an important part in our church's global mission efforts. The Office of Disciples Women and Division of Overseas Ministries/Global Ministries have built a relationship to make this possible. We would like to celebrate what women in your congregation are doing to continue this legacy. We also want to be more effective in accompanying Disciples women on the global mission journey. During this workshop women will have an opportunity to share what they are doing and learn about new ways that they can connect to God's mission in the world through prayer, education, seeking justice, receiving, giving, sending and growing. |
| Global Giving Update | 236 | Awake to the Body of Christ | 45 | Come to hear about what Disciples Women have done to support Global Ministries Partners around the world - from Kenya to Korea, Colombia to the Caribbean, and places in-between. See photos, hear stories, and learn how you can continue to support the projects lifted by each year's study emphasis, including 2010-2011's |
| Hard Pillows: Some Lessons on Forgiving Yourself and Others | 524 | Awake to the Treasure of Wisdom | 45 | This workshop will help you understand the dynamics of guilt and forgiveness and offer the opportunity for healing for past regrets and painful experiences. |
| How is your heart? | 530 | Awake to the Treasure of Wisdom | 45 | Do you have a healthy Heart? Is it forgiving? Is it full? Is it clean? Is it strong? Is it loving? These are just a few of the areas we will explore in a self guided workshop. There will be time to visit each station at your own pace, reflecting on what you are see, feel and hear. |
| Hygiene Kits | 336 | Awake to the Dance of Mission | 50 | In order to provide help for struggling families in the midst of natural disasters, violence, or grinding poverty, we will be collecting items for Hygiene Kits which can mean the difference between sickness and health. During this workshop we will sort and prepare the kits for shipment. |
| International Sisters from Southern Asia | 351 | Awake to the Dance of Mission | 45 | Join our sisters who are participating from the Southern Asia region of Global Ministries. Hear their stories, learn about the work of our partners, ask them questions and grow in your understanding of how you can walk in solidarity with them and other women from Southern Asia. |

| FRIDAY, JUNE 25 | | | SESSION B | 3:45 PM - 5:15 PM |
|--|--------------|---------------------------------|-----------|---|
| Session Name | Session Code | Session Type | Capacity | Session Description |
| International Sisters from the Middle East and Europe | 354 | Awake to the Dance of Mission | 45 | Join our sisters who are participating from the Middle East and Europe region of Global Ministries. Hear their stories, learn about the work of our partners, ask them questions and grow in your understanding of how you can walk in solidarity with them and other women from the Middle East and Europe. |
| Listening to the Hope | 242 | Awake to the Body of Christ | 45 | Exploring ways of relating across generations to be women in ministry and faith together. |
| Made in God's Image: Body Image and Women of Faith | 245 | Awake to the Body of Christ | 45 | From the impossibly thin to the unbelievably voluptuous, women today are constantly bombarded by images of what their bodies 'should' look like. No wonder that when comparing ourselves to these ideals, we feel lacking and spend millions of dollars each year improving, enhancing and sometimes mutilating our bodies towards these, for many women, unobtainable goals. This seminar will offer participants the opportunity to reflect on their personal relationship with their own bodies, consider the positives about their physical beings, and establish reasonable strategies to move toward a healthier life; physically, emotionally and spiritually. |
| Metamorphosis: Embracing the Transformation | 124 | Awake to Awaken the World | 45 | The Bible tells us to not be conformed but to be transformed. This workshop will facilitate discussion among the women of the importance of embracing the transformations that are necessary in our own lives so that we can help someone else to embrace theirs. |
| Stories of Survival and Strength from around the world | 127 | Awake to Awaken the World | 45 | We see their pictures on TV everyday but do we really know their stories? Come and hear first hand from our sisters from around the world how they lived through, survived and found strength in the midst of war and its aftermaths. |
| Synergic Worship: Communicating the message today's way | 415 | Awake to the Song of Praise | 45 | This workshop is designed to awaken the church to the need of providing the community with a more significant and relevant experience with God. Through this workshop we will obtain alternative tools that will encourage a more welcoming worship experience using elements like tradition, culture, the arts, interaction and technology. |
| Table Talk - What is happening at your church? | 254 | Awake to the Body of Christ | 45 | This is a time for you to talk to others in a small group. You will be guided through a series of questions, then you will be able to ask questions which are of interest to you. |
| The Shack - a book discussion | 566 | Awake to the Treasure of Wisdom | 45 | This is an opportunity to talk with other readers of <i>The Shack</i> by William Paul Young. You may have lingering questions/ observations. Come join us. |
| Time for Me | 409 | Awake to the Song of Praise | 45 | How can you praise God if you don't take care of yourself? This time is all about you! This a non-workshop, workshop. I am giving you permission to go shopping, have a massage at the Grandover, take a nap, go for a swim, visit the exhibits or just veg out. With our busy lives we forget we don't need to schedule every minute. Take a time out for YOU. |
| When Blankets Save Lives | 366 | Awake to the Dance of Mission | 45 | Through an interactive process, participants will experience the different uses for which simple blankets and basic tools can be put to provide life, health and hope. After a short AV presentation, workshop participants will - through a participatory 'de-briefing' exercise - come up with innovative ways in which this vital, 60 year old Church World Service program can continue to rescue vulnerable populations around the world. They will leave the workshop with the vision of a unique mission opportunity, and equipped with new skills and resources which will enable them to work effectively with their congregations and groups. |
| Wisdom from the Red Tent | 575 | Awake to the Treasure of Wisdom | 45 | The fictional account of women in <i>The Red Tent</i> by Anita Diamant raises interesting issues of life in the Old Testament. Come and discuss their lives. |
| Young Women...the Past, the Present and the Future | 263 | Awake to the Body of Christ | 45 | Looking at the role of young women in the life of the church and world. |
| Other Friday Options (takes both session times) | | | | |
| Hands & Hearts in Mission: Light Physical Activity | 324 | Awake to the Dance of Mission | 300 | Activities could include working at a local food pantry or soup kitchen stocking shelves, handing out food, cooking, serving a meal or interacting with guests. The "Light Physical Activity" option is only available Friday and Saturday. This mission opportunity takes place from approximately 1:00 p.m. - 5:00 p.m. |
| Hands & Hearts in Mission: Moderate Physical Activity | 327 | Awake to the Dance of Mission | 300 | Participants will be doing hands-on work at a location such as a community garden or park doing work such as preparing the land, planting, weeding, trash pick-up and beautification. This mission opportunity takes place from approximately 1:00 p.m. - 5:00 p.m. |
| Hands & Hearts in Mission: Heavy Physical Activity | 330 | Awake to the Dance of Mission | 300 | Participants will be performing hands-on building, maintenance or repair work at a church, or shelter. Possible work to be done includes painting, sanding, cleaning, etc. This mission opportunity takes place from approximately 1:00 p.m. - 5:00 p.m. |

Saturday Unique Worship Experiences & Choir

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| Biblical Storytelling | 705 | Awake to the Body of Christ | 110 | Awakening our ears and hearts to hearing the scriptures as reflected through oral storytelling, mid-rash and Biblical interpretation. |
| Disability/ Different Ability | 710 | Awake to the Body of Christ | 75 | The main focus for Saturday will consist of sharing in a variety of worship experiences with your sisters. By selecting this workshop you will be able to choose from a variety of worship offerings. Your selection will be made on-site when you arrive. |
| Family/ Children's Worship | 715 | Awake to the Body of Christ | 35 | Children and families are welcome to share in this worship/communion service. Discover new ways to worship, pray, sing and love God together. Jesus said, "Let the little children come to me, and do not stop them; for it is such as these that the kingdom of heaven belongs." Matthew 19:14 |
| Global Worship Experience | 720 | Awake to the Body of Christ | 125 | <i>Sharing in the richness of worship styles from God's whole wide world, come experience and enjoy worship which will include offerings from our International Sisters.</i> |
| Gospel | 725 | Awake to the Body of Christ | 350 | Be awakened in spirit and praise through gospel music to be heard and sung and dynamic Word shared in this joyful worship experience. |
| Human Trafficking | 730 | Awake to the Body of Christ | 30 | Awakening awareness of Human Trafficking will be the focus of this worship service of sharing and prayers for healing, grieving, and hope. Global and home stories will be shared. |
| Labyrinth | 735 | Awake to the Body of Christ | 50 | <i>Overwhelmed by the activity and busy-ness of QA? Would you like some time in quiet, centering and healing? Come walk the Labyrinth created by the QA sacred path workshop. This walking meditation allows you to grow closer to God in the silence.</i> |
| NAPAD | 740 | Awake to the Body of Christ | 100 | Come and experience a traditional NAPAD (North American/Pacific Asian Disciples) worship service. |
| Native American - Sacred Earth Eco-Worship | 745 | Awake to the Body of Christ | 60 | Come awaken your spirits and celebrate the sacredness of all creation. This earth-honoring worship experience with Native American elements will nourish your spirit by strengthening your sense of connection with one another and with God's earth. |
| Open & Affirming | 750 | Awake to the Body of Christ | 70 | This worship service is open to all GLBTQ community, families, allies, and friends. This worship service is for those who color outside the lines and makes a place for everyone at the table and in safe and sacred space for all. |
| Praise | 755 | Awake to the Body of Christ | 150 | Awake to the dance of the Holy Spirit in a casual and informal setting? Want to Tweet, blog, or "update your status" while you get off your feet and experience God with praise music and interactive/communal worship with other young women? Bring your coffee or afternoon snacks and join us! Specially focused for women 35 and under and those who love/support them. |
| Sacred Song: A Psalmist Heart | 760 | Awake to the Body of Christ | 100 | This ecumenical community music tradition from the colonial period and the rural south. The worship emphasizes participation not performance, and all voices will sing together. Each person is invited to bring or purchase "The Sacred Harp" hymnal to use in worship. This Regional worship is for those who crave harmonies and the blessing of music. |
| Spanish Worship | 765 | Awake to the Body of Christ | 150 | Come and experience a traditional Spanish worship service. |
| Taize | 770 | Awake to the Body of Christ | 90 | This quiet and communal candle light worship experience is based on the pattern of worship from the ecumenical community in Taize France. The session will include singing, scripture, prayer and silence. |
| Traditional | 775 | Awake to the Body of Christ | 50 | "Awake to the Treasure of Wisdom" by participating in a tangible experience of: liturgy, the Gloria Patri, Scripture Readings in the KJV or NIV tradition, hymns written between 1850-1950 with grand music style? Worship in this historic form of worship practiced in many centennial disciples communities. |
| Assembly Choir | 400 | Awake to the Song of Praise | 150 | Be a part of the QA Assembly Choir! Signing up for the choir will require that you attend the rehearsals held during the first workshop session each day (from 1:45 p.m. - 3:15 p.m.) |

Saturday Mission Opportunities

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| Hearts & Hands in Mission: Project Linus 'No Sew' Blankets | 357 | Awake to the Dance of Mission | 100 | Join with your sisters to make handmade 'no sew' blankets for children who are seriously ill, traumatized, or otherwise in need. Signing up for this workshop will also allow you to attend a worship experience. |
| Hands & Hearts in Mission: Light Physical Activity | 324 | Awake to the Dance of Mission | 300 | Activities could include working at a local food pantry or soup kitchen stocking shelves, handing out food, cooking, serving a meal or interacting with guests. The "Light Physical Activity" option is only available Friday and Saturday. This mission opportunity takes place from approximately 1:00 p.m. - 5:00 p.m. |
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WORKSHOP & MISSION OPPORTUNITIES WORKSHEET

Use this sheet as a guide to help you plan your schedule at QA. After reviewing the available workshops and mission opportunities listed above, please enter the SESSION CODES in the boxes below by entering your 1st, 2nd and 3rd preference for each session. Refer to this sheet when registering for Quadrennial Assembly.

| | Thursday June 24th Session 1A | Thursday June 24th Session 1B | Friday June 25th Session 2A | Friday June 25th Session 2B | Saturday June 26th Session 3A |
|------------------------------|--|--|--|--|--|
| 1st Choice | | | | | |
| 2nd Choice | | | | | |
| 3rd Choice | | | | | |