

Resources for the Journey

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Spiritual Spa: Stilling and Stirring

By Dianne Del Giorno and Rosemary Senjem

How could a small Episcopal church in White Bear Lake invite the curious, the timid, and the enthusiastic to explore body, mind, and spirit connections? A shared cup of tea and a conversation between two parishioners sparked the question in early spring 2005. The answer came several months later, in mid-October, when St. John in the Wilderness Episcopal Church sponsored its first "Spiritual Spa," offering sixteen different presentations and workshops on exploring and balancing BodyMindSpirit connections.

The path from initial question to glorious event was a four-month journey shared by four women. After her first conversation with Rosemary Senjem, Dianne Del Giorno met with The Rev. Joanie Delamater, Associate Priest at St. John's. Reverend Joanie suggested involving fellow parishioner MaryJo Lohn, President of Healing Waters in White Bear Lake. With the strong support of The Rev. Mark Kelm, Rector of St. John's, these four women became a

team that created St. John's "Spiritual Spa: Stilling and Stirring the BodyMindSpirit."

Envisioning the event began with InterPlay exercises, facilitated by Rosemary and held at Healing Waters in White Bear Lake, where the team often met. Using movement, music, and storytelling, the four began to explore what opportunities they wanted to offer to those in the White Bear community and beyond: information about wellness resources, connections with like-minded people, spiritual celebrations, and a sampling of BodySpirit practices that support Christian faith.

By mid-July, the team had decided that the Spiritual Spa would begin on Friday evening, October 14, with a Celtic invocation service, and it would conclude on Saturday afternoon, October

15, with a special healing service. Both services would be free and open to all. Those wishing to participate in the Saturday workshops and presentations would need to register in advance.

The event drew over 100 participants. During the Friday night invocation service, Rev. Joanie, as celebrant, presented and explained the central image for the Spa, the ancient Celtic circle

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drawn into three interconnected spirals. This triple spiral reflected the connections of body, mind, and spirit, as well as the Trinity. For those present on Friday evening, the bagpipe and harp music plus the experience of the entire congregation united in body prayer was extremely powerful.

Presentations and workshops on Saturday offered a broad array of BodyMindSpirit experiences:

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An Overview of Curriculum Options

Sample kits of the 2006 Vacation Bible School Materials have arrived at the Resource Center. Here's an overview of each kit.

From Cokesbury

Adventure of the Treasure Seekers: Exploring God's Promises.

Archeology is fun and exciting! Children will embark on daily "discovery digs" and explore five of God's most precious promises. Daily themes include: God Loves You (Ruth 1:1-22); God Knows You (1 Samuel 16:1b-13); God Treasures You (John 10:1-14); God Forgives You (Luke 15:11-24); and God is With You (John 20:19-22).

From Augsburg Fortress

All Aboard! Gospel Express.

Climb on board with Melvin for a fast moving adventure on God's Celebration Train! Daily themes include: Celebrate! Jesus Comes to Us (Luke 2:1-20); Celebrate! Jesus Surprises Us (John 2:1-11); Celebrate! Jesus Forgives Us (Luke 7:36-50); Celebrate! Jesus Loves Us (Luke 15:3-7); Celebrate! Jesus Blesses Us (Mark 10:13-16).

From Group

Fiesta: Where Kids are Fired Up about Jesus.

Experience high-energy faith-filled fun at Fiesta. Daily themes include: Jesus Is Our Friend (Luke 5:17-25); Jesus Is Our Life (John 11:1-44); Jesus Is Our Leader (Matthew 4:18-22); Jesus Is Our Savior (John 19:17-20:29); Jesus Is Our Helper (Acts 9:1-19).

Holy Land Adventure: Bethlehem Village.

Incorporating ideas and activities from the Marketplace series, children will journey back in time to explore the chaotic and extraordinary events surrounding Jesus' birth. Daily themes include: We All Need a Savior (Isaiah 7:14, 9:2, 9:6, Micah 5:2); Make Room for the Savior (Matthew 1:1-2:23, Luke 1:1-2:6); Jesus Is Our Savior (Luke 2:6-7); Tell About the Savior (Luke 2:8-20); Give Yourself to the Savior (Matthew 2:1-12).

From PC(USA)

Around the World in Five Days:

A Visit to the U.S.A. Travel by boat to explore the wonderful world of mission right here in the United States. Daily themes include: Evangelism: Share the Good News (Matthew 28:18-20, Psalm 98:4-8); Hospitality: Welcome All People (Acts 16:11-15); Prayer: Keep Us In Prayer (Philippians 1:3-11); Generosity: Give Cheerfully (2 Corinthians 9:6-8, 11-15); Action: Do As I Have Done (John 13:3-5, 12-15, 34-35).

In addition to these materials—which are new for 2006—we also have copies of the following tried and true VBS materials...and many more.

Holy Land Adventure: Jerusalem Marketplace (Group).

Incorporating the Marketplace 29 A.D. materials, children will journey back in time to explore the events of Holy Week. Daily themes include: Jesus is King (Matthew 21:11), Jesus Showed God's Love (John 13:1-17), Jesus Loves Us (John 17:1-18:11), Jesus Died for Us (Luke 23:26-55), and Jesus Lives (Matthew 28:1-10).



Under Construction: A Habitat for Humanity

(Smyth and Helwys). Using a construction theme, children are involved in activities that teach the value of Christian service and "building" Christian community. Daily themes include: The Community Shares (Exodus 35:20-29); The Community Cares (Luke 5:17-26); The Community Learns (Acts 8:26-40); The Community at Worship (Joshua 24); The Community Celebrates (Nehemiah 12:27-43).

To arrange for a preview, please contact the Resource Center for Churches by phone at 612-870-0861 (in the metro area) or 888-293-9901 (toll-free from greater Minnesota) or by e-mail at info@resourcesforthejourney.org.

VBS Preview Events

Tuesday, March 7, 2005
10:00-11:30 a.m.

OR

Thursday, March 9, 2005
7:00-8:30 p.m.

at the
Resource Center for Churches

RSVP: 612-870-0861

Resources for Lent and Easter

Here are some ideas to help you plan for Lent and Easter. For more ideas visit the "Seasonal Resources" page on our website: www.resourcesforthejourney.org.

New *Let Us Break Bread Together* (BK3227) by Michael Smith and Rami Shapiro.

Jews have been celebrating the Passover through a special meal, called a seder, for millennia. Jesus himself celebrated the Passover feast with his disciples in what we refer to as The Last Supper. This special book, co-authored by a rabbi and a pastor, provides an opportunity to experience an authentic Jewish Passover seder, from a distinctively Christian perspective. It includes: a complete guide (plan and script) to a meaningful seder experience; a deeper knowledge of the great themes of the Exodus story, in combination with Christian insights; rich opportunities for a better understanding of Lent and Holy Week; and fuller knowledge of why Jesus placed such importance on the universal themes of slavery, freedom, and community around the seder table.

New *The Prophecies of the Passion* (DV85). Explore the Messianic prophecies fulfilled during the final week of Christ's life on earth. The Gospels clearly describe Jesus' betrayal, arrest, death and resurrection. Remarkably these events were foretold by Hebrew prophets—in specific detail—centuries before they actually happened.

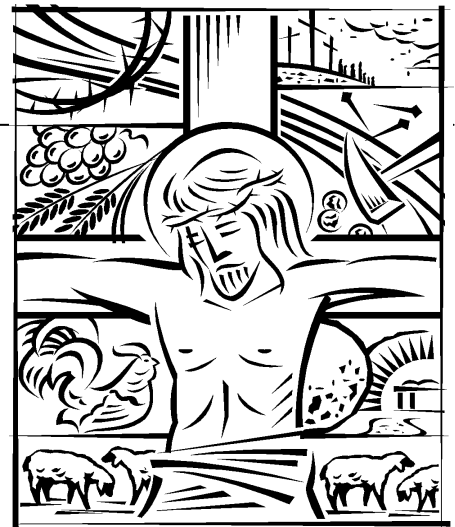
New *Victory and Peace or Justice and Peace* (DV75). In this series of four lectures, John Domonic Crossan explores the juxtaposition of Roman Imperial Theology and the Kingdom of God.

Lecture 1: Justice and the World: What is the Character of Your God. Lecture 2: History and Jesus: What is the Content of Your Faith. Lecture 3: Worship and Violence: What is the Purpose of Your Prayer. Lecture 4: Resurrection and Community: What is the Function of Your Church. Also includes a bonus sermon: Justice as Love. Each lecture runs approximately 50 minutes. Includes a discussion guide for flexible use over the course of 4, 8, or 12 weeks.

New *In the Footsteps of Jesus* (VD4048). They are the sites spoken of in the Scriptures, the places where Christ is said to have been born, performed miracles, endured his trials and returned to Heaven. But the destinations that draw millions of pilgrims are not necessarily what they are believed to be. This series reveals how some of Christianity's most sacred sites were identified by one celebrated, dedicated and controversial figure: Empress Helena of Rome, the mother of Constantine and how modern archeology is both supporting and renouncing the claims made by the imperial pilgrim. Session One: The Lost Youth of Jesus. Session Two: From Galilee to Jerusalem. Session Three: The Way of the Cross. Session Four: The Mysteries of Golgotha.

Canvas Labyrinths. We have two canvas labyrinths: a 30' Chartre replica (EQ1) and a 20' Vision Quest (EQ7). Both see significant use during Lent as congregations plan special events to encourage prayer and reflection. At this point, both still have some availability during Lent.

Holy Land Adventure: Where Jesus Walked to the Cross (KS52) Group Publishing. Incorporating the Marketplace 29 A.D. materials, participants journey back in time to explore the events of Holy Week. Originally created for use in Vacation Bible School, this material probably has more potential for use during Lent or Holy Week—with children or an intergenerational group. Themes include: Jesus is King (Matthew 21:1-11), Jesus Showed God's Love (John 13:1-17), Jesus Loves Us (John 17:1-18:11), Jesus Died for Us (Luke 23:26-55), and Jesus Lives (Matthew 28:1-10).



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New *Abuelita's Secret Matzahs* (CL239) by Sandy Eisenberg Sasso. Jacobo loves to visit his abuelita, especially at Easter time. Abuelita does things differently than Jacobo's friends do. During Semana Santa, Holy Week, his grandmother never makes bread or his favorite sopaipillas with honey, only tortillas made without yeast. But whenever Jacobo asks her about it, she answers, "Ah, mijito, my child, it is the way of our family." But one day, Abuelita is finally ready to share the key to the mystery. "Sit with me on the porch. It is time to tell you the secret of our family...." *Abuelita's Secret Matzahs* illustrates the universal importance of faith for people of all religious denominations. Parents and children will find in Jacobo's story an opportunity to discuss their own family traditions and history.

Resource Center Bulletin Board:

News and Events

Pastoral Care with Children and Youth

A Training and Enrichment Series

Children and youth experience crises differently than adults, but their faith and development are impacted in significant ways by the crises they encounter.

Designed to equip participants to better care for children and youth in the midst of crises, the remaining sessions include:

- Special Issues in Pediatric Care February 9, 2006 (including an exploration of boundaries, child abuse, responsibilities related to mandated reporting, child advocacy, and medical ethics)
- Grief and Loss—March 9, 2006
- Methods, Models and Approaches—April 20, 2006 (including an exploration of play, storytelling, art, and rituals, undergirding families, and mobilizing the congregation)

This series has been planned in partnership with and leadership is being provided by the chaplaincy staff at Children's Hospitals and Clinics of Minnesota.

The cost: \$40/individual session. Registration brochures are available by calling the Resource Center at 612-870-07861 or by visiting the Resource Center website at www.resourcesforthejourney.org and clicking on "Consulting Services and Workshops".



New Series of Book Clubs

Beginning in February, we will launch a **new series of discussions** around several different books. We will be reading a different book each month and volunteers will take responsibility for facilitating discussions. The book clubs will meet the third Tuesday of each month from 10:00-12:00. The schedule is as follows:

- February 21, 2006—*The Practicing Congregation: Practicing a New Old Church* by Diana Butler Bass (Alban Institute, 2004)
- March 21, 2006—*Real Kids, Real Faith: Practices for Nurturing Children's Spiritual Lives* by Karen Marie Yust (Jossey-Bass, 2004)
- April 18, 2006 - *Practicing Passion: Youth and the Quest for a Passionate Church* by Kenda Creasy Dean (William B. Eerdmans, 2004).
- May 16, 2006 - *Coming of Age: Exploring the Spirituality and Identity of Younger Men* by Roland Martinson (Augsburg Books, 2006).
- June 20, 2006 - Title still to be determined, but one possibility is: *Postmodern Children's Ministry: Ministry to Children in the 21st Century* by Ivy Beckwith (Youth Specialties 2004).

For more information, please contact the Resource Center at 612-870-0861 or by e-mail at info@resourcesforthejourney.org or visit our website and click on "Consulting Services and Workshops".

Searchable On-Line Catalog

Want to know if we've got a particular resource?

Want to know if we've got something on a particular topic.

Want to know more information about a resource you are (going to be) using?

Check out our new searchable on-line catalog. We've been promising you it was coming. And it is finally here. You can now access up-to-date information about any of our cataloged resources (DVD, video, canvas labyrinth, curriculum, computer software, audio-visual equipment) in our on-line catalog. Go to www.resourcesforthejourney.org and click on any of the "library" buttons in the tool bar.

Summer Closure

The Resource Center for Churches will close at 4:00 p.m. on Friday, June 30, 2006 and will reopen at 9:30 a.m. on Tuesday, August 1, 2006. Please plan accordingly, making arrangements in advance for any resources you might need during that time.

What's at the Resource Center

On Video and DVD

As always, we only have room here to offer you a sampling of what's new. For a complete list, check out our website.

The Widow's Mite (DV78). We all have to make a choice: to hold tightly or to let go. A woman who can't seem to get enough meets a woman who gives all she has. At the heart of generosity is letting go. The Widow's Mite explores what it means to give, showing us that generosity has nothing to do with how much we have and everything to do with the willingness of our hearts. Includes a discussion guide.



God at Work (VD4056). Fun, fast and full of stories, Mark Greene uses his experience in international advertising to provide a stimulating Biblical introduction to God's view of work and an inspiring, practical vision for ministry and evangelism in the workplace. Part One: Introduction to Workplace Theology - Exploring the importance of work in God's eyes. Part Two: Introduction to 6 Levels of Witness @ Work - Exploring ministry and evangelism in the workplace.



The Congregation: Questions of Faith in Changing Times (DV80). A compelling story of two ministers--one undergoes a trial by jury, the other a trial by

fire--at a church trying to re-invent itself for the 21st century. Chronicles the life of First United Methodist Church in Germantown, Pennsylvania as it struggles with pas-

toral change. The newly-appointed Reverend Fred Day, causes a bitter divide among the congregation. The church seeks consultants to help re-evaluate his leadership—and their spiritual mission. Meanwhile, the congregation rallies in support of Reverend Beth Stroud in her challenge of the Methodist church law banning gays in the clergy—from her sermon announcing that she is a self-avowed practicing homosexual to her eventual clergy trial in which she loses her credentials and stirs a national debate in the American press. A discussion video and a discussion guide are available: both offer interviews/articles representing a broad array of religious expression and questions for discussion.

Growing Together (DV79). A lasting, healthy marriage may be a gift from God, but it never is an accident. For most couples a blessed, directed work shapes and saves the relationship. Love finds its place within that shape. Whether newly married or celebrating a fiftieth anniversary, couples often question whether their relationship is strong, lasting, and fulfilling. *Growing Together* gives a practical and thought-provoking perspective on helping couples craft a loving and enduring marriage. Ten sessions focus on: Looking at Your Spouse in Reality; Forgiveness in the Marriage Relationship; Building Trust; Sharing the Work of Marriage; Talking and Listening; Physical Intimacy; Avoiding Adultery; and Assessing Your Marriage.



When Tempers Flare (DV74). Anger is an emotion that is often expressed in extremes. Some people avoid showing anger at all costs, while others explode in rage and

even violence. Both approaches can have detrimental effects on physical and emotional health. When *Tempers Flare* explores why and how we experience anger and offers practical strategies for expressing anger in constructive, rather than destructive ways.

Nooma: Rhythm (DV76). What does it mean to have a relationship with God? What does it look like? For a lot of us it's a hard thing to fully understand. If God is an infinite spirit with no shape or form, how can we relate to that? And what about Jesus?

He said he came to give everyone life in its fullest. He came to show us how to live. Maybe it's through trusting Jesus and living the kind of life he taught us to live—a life of truth, love, justice, compassion, forgiveness, and sacrifice—that we have a relationship with God. Maybe the way we live everyday, every single choice we make, determines how in tune with God we are. (There are 11 other titles in this series for youth.)



In Print

The Handbook of Spiritual Development in Childhood and Adolescence (BK3218).

The Competent Pastor: Skills and Self-Knowledge for Serving Well (BK 3192)

In preparation for a conference on worship. We have purchased several new resources related to worship planning and contemporary service music.



Resource Center for Churches

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Website: www.resourcesforthejourney.org

Your Partner in Ministry

The Resource Center for Churches partners with congregations in ministry by providing print and audio-visual resources, consultation services, training, and networking to facilitate the journey of faith.

It is an ecumenical ministry of the: Episcopal Diocese of Minnesota; Minnesota Annual Conference United Methodist Church; Minnesota Conference United Church of Christ; Presbytery of the Twin Cities Area; Synod of Lakes and Prairies (PCUSA).

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Spiritual Spa: Stilling and Stirring Continued

- Discovering the Power of Work/Life Balance *with Bethany Lacy and Michelle Pape*
 - Visual Play and Our Spirit: Expressed in Color and Form *with Maarja Roth*
 - Tai Chi: A Moving Meditation *with Lisa Schlingerman*
 - Benedictine Wisdom for Everyday Living *with Dr. Barbara Anne Keely*
 - The Science of Serenity: A Path to Spiritual Awakening *with Therese Jacobs-Stewart*
 - The Labyrinth—Sacred Steps, Paths of Peace *with Lisa Gidlow*
 - Finding the Sacred Reality in Story *with Gail Anderson and Lydia Huttar Brown*
 - Good Vibrations: Resonating with the Sacred through Musical Whimsy *with Jame Schattauer*
 - Waters Within and Without *with Diane Jankord*
 - The Breath of Life: Using Breath and Simple Movement for Rejuvenation and Healing *with Claire Cassell*
 - Re-Inventing YOU—The Transformative Power of Change *with Sarah Kennedy*
 - Moving with Desire, Intention and Ease *with Rosemary Senjem*
 - Healing Touch *with Sister Jan Halbach*
 - Introduction to Yoga *with Tina Starjash*
 - Spiritual Parenting: Creating Harmony in Your Own Home *with Mark Brandenburg*
 - InterPlay: Awakening Your Playful Self *with Becky Myrick*
- The Spa concluded with a spe-

cial healing service during which participants could seek healing, for themselves or others, at one of four healing stations. The experience proved so powerful that several of the participants have since begun training in healing touch spiritual ministry.

Overall, this first-time event succeeded well in extending wellness and spirituality ministries beyond the walls of St. John in the Wilderness Episcopal Church. Participants came from all over the metro area and Wisconsin, and over half of them were not members of the parish. Encouraged by strongly positive verbal and written feedback on the event, the organizers plan to hold future “Spiritual Spas” at St. John’s.

For more information go to www.stjohnwilderness.org/SpiritualSpa/.