



SCAN TO REGISTER!

NORTHERN VIRGINIA DISTRICT TRAINING DAY



Jan. 14, 2023

# WELCOME TO NOVA DISTRICT TRAINING DAY!

Over the last 2.5 years we have needed to learn how to be resilient and adapt to the messiness of constant change. As we realize that the mess is not going away, we now need tools to sustain us today and in the foreseeable future. We are SO excited to welcome Kate Bowler AND Tod Bolsinger as our NoVa District Training Day keynote speakers to help give us context and perspective as we navigate the challenges ahead.

Plan to spend **Saturday, January 14** with Kate and Tod live via webinar and then explore the 40+ additional prerecorded workshops we've prepared for you!

This year our schedule looks a bit different. We will all log into the first Keynote Presentation (Kate Bowler) at **9:00** for opening remarks, introductions, and some information about our day. Kate Bowler will begin speaking at **9:30**.

Then, at **11:15** we will move to the second Keynote Presentation (Tod Bolsinger) together.

At **12:45** we break for lunch and all additional workshop content releases. Spend your afternoon exploring the prerecorded workshops that will enhance your ministry.

## Event Schedule

<b>9:00 AM</b>	Introductions, Opening Remarks
<b>9:30 AM</b>	KEYNOTE 1: Kate Bowler
<b>11:00 AM</b>	Break
<b>11:15 AM</b>	KEYNOTE 2: Tod Bolsinger
<b>12:45 PM</b>	All Additional Content Releases

## CATEGORIES

An event with 40+ workshops can be overwhelming, so we've created some categories or 'tracks' to help you choose the workshops that are most important to you and most applicable to your ministry area. Workshop categories are marked with these icons in the following pages.

★ KEYNOTE PRESENTATION

➔ ALL

👤 CHILDREN'S MINISTRY

📺 CHURCH COMMUNICATIONS

💚 CONGREGATIONAL CARE

📖 DISCIPLESHIP

🌱 GREEN CHURCH

🗨️ KOREAN LANGUAGE

👤 LEADERSHIP

👥 MEETING AND CONNECTING WITH NEW PEOPLE

🧠 MENTAL HEALTH

🎵 MUSIC & WORSHIP ARTS

👴 OLDER ADULT MINISTRY

🤝 OUTREACH & PARTNERSHIPS

🗣️ SOCIAL JUSTICE

➔ SPIRITUAL FORMATION

💰 STEWARDSHIP

🎮 YOUTH MINISTRY

🏠 YOUNG ADULT MINISTRY

🔄 REPEATED WORKSHOP

REGISTRATION IS NOW OPEN!

TO REGISTER FOR NOVA DISTRICT TRAINING DAY, VISIT

**2023.NOVATRainingDay.COM.**

# LIVE KEYNOTE SESSIONS

**KEYNOTE: NO CURE FOR BEING HUMAN: RESILIENT FAITH FOR TOUGH TIMES 9:30 AM**  
**A WORKSHOP BY KATE BOWLER**



In light of COVID and the many tragedies and losses we have experienced in the past several years, Dr. Bowler invites us to acknowledge our collective brokenness and to give up on the myth of perfectibility. When things fall apart, how do we find hope and joy and what does it mean to try?



**KEYNOTE: LEADERSHIP AND DISCIPLESHIP FOR A WORLD OF CONTINUAL CHANGE 11:15 AM**  
**A WORKSHOP BY TOD BOLSINGER**



In this presentation, Tod Bolsinger, the author of *Canoeing the Mountains* and *Tempered Resilience* will explore how we can form church cultures for forming people who are resilient and faithful disciples in the face of constant, rapid, and disruptive change



## PRERECORDED WORKSHOPS

ALL AVAILABLE STARTING AT 12:45 PM

Please note: Workshops are listed here in the order they are listed on the Schedule tab of the event website.

### CHILDREN'S MINISTRY CONVERSATION: CHOOSING CURRICULUM

CHILDREN'S MINISTRY LEADERS

Choosing the right curriculum can be a daunting task. Kids/Children's ministry leaders from across Northern Virginia have a conversation about curriculum.



### INTRODUCTION TO THE ENNEAGRAM

KELLY JOHNSON

The Enneagram is a powerful, scientifically validated framework with ancient roots. It speaks to the age-old questions of being human, still relevant today – Who am I really? What motivates me, and how is that different than other people? How can I feel more fulfilled? Why does change sometimes seem hard?

This workshop will introduce each of the 9 enneagram types and offer insight on using the enneagram as a compassionate and practical tool for personal and spiritual growth. Participants will deepen their understanding of themselves and develop more compassion for others.



### TOWARD A NEW PARADIGM OF FINANCIAL STEWARDSHIP

DR. ANN A. MICHEL

How can congregations think more creatively about their economic sustainability? In a post-attractional, post-pandemic era when church membership is declining and our donor base is aging, can congregations continue to fund ministry through tithes and offerings alone? This presentation invites you to think outside the box and consider how leveraging physical assets, new ways of deploying ministry, and the potential of electronic giving can create an abundant future.



### STEWARDSHIP, DISCIPLESHIP, AND THE CHRISTIAN CALL TO GENEROSITY

DR. ANN A. MICHEL

It is often said that stewardship is an essential expression of discipleship. This is true because generosity is an essential expression of faith. This presentation considers how congregations can develop a culture of generosity grounded in our belief in a generous God and our call to be generous as God is generous.



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## CALLED TO CREATION CARE

KAREN MCELISH AND TRACY WINES

A conversation between laity and clergy on the opportunities, responsibilities, and resources for creation care in our churches and our communities.



## SPIRITUAL LIFE BEFORE AND AFTER THE PANDEMIC (팬데믹 이후: 신앙생활 어떻게 할 것인가?)

YOUNG BONG KIM

The pandemic transformed a lot. Spiritual life has been also deeply affected by the pandemic. We will identify the changes the pandemic made to our life settings and see what to embrace and what to resist. This is a constructive discussion to help ourselves to grow further after the pandemic.

**This workshop will be presented in Korean.**



## THE IMPORTANCE OF STORY

MADLINE PILLOW WHITE

The best writers, orators, and teachers throughout human history realized a fundamental fact about human beings— we respond to stories. Stories can call us to action, help us see another’s point of view, or consider something we didn’t know before.

Stories are all around us. We can’t get enough of unique animal friendships or stories of crazy vacations from complete strangers on booking review websites.

When our loved ones are experiencing loss, or sorrow, or great joy, we want to know the who, the what, the where, the why, so that we can walk alongside them.

A good story will entertain, teach, and comfort. Doesn’t the Church have a story to share as well? Are we, as lay and clergy people, sharing that story?

Madeline Pillow White, Virginia Conference Director of Communications of The United Methodist Church, talks about the importance of story for our churches and their ministries in this video.



## MISSIONAL BUDGETING FOR FINANCIALLY VITAL CONGREGATIONS

ANNE MURADAZ

Within a church, a budget is far more than a set of numbers; it reveals the true mission and purpose of the congregation. This workshop will cover what makes a congregation “financially vital”, what are the steps in preparing a missional budget and real-world examples of documents and reports used in a missional budget process.



## THE POWER OF COMMUNITY PARTNERSHIPS

REV. BRIAN JOHNSON

Churches are often tempted to do everything - when we see a need, we often think that we have to meet it. But, the reality is that people in your community are already doing good work - nonprofits, schools, neighbors, and other churches are blessing others. What if, instead of trying to create your own ministries and programs, you chose to use your time/energy/resources to strengthen the ministries that are already happening in your community? In this session, Brian Johnson, pastor of Haymarket Church, talks about how Haymarket Church has chosen to embrace community partnerships - and how this strategy has helped the church multiply their impact AND has created opportunities to build relationships in the local community.



## DEVELOPING AND IMPLEMENTING OFF-SITE CHURCH

REV. DONOVAN ARCHIE  
AND REV. EMILY MOORE-DIAMOND

What would it look like to start small churches in the neighborhood? How can we build relationships with people who may not come in a church building or stay online? What would it look like to focus on discipleship, worship, and mission outside the church? Ebenezer UM Church is developing and living into a new three-pronged model for ministry: onsite, online, and off-site.

Join in conversation with the lead pastor and the Love Your Neighbor Network pastor to learn more about why and how it got started, what next steps are, and how this is part of an overall new approach to ministry.



## FAILED IT!

REV. DR. KATIE PHILLIPS

There’s more than one way to success -- but failure is a good one! Try, try, try again isn’t embraced in the professional world as much as it is on Little League teams - but it should be. Failure is an essential, important, and potential life-giving part of growth - as individuals and as organizations. Join us for “Failed It” as we learn to make healthy space for failure as an important part of the work we do as innovators in God’s Kingdom. I’m a failure; you can be too!



## FRESH TAKE ON FRESH EXPRESSIONS

REV. DR. KATIE PHILLIPS

Fresh Expressions are opportunities to be the church through places and methods church isn’t normally formed. Come learn from Katie Phillips about 3 “Fresh Expressions” her church has engaged: Yoga Church, Diner Church, & Improv Church. How may God be calling you to be innovative as church in your community?



## SIMPLIFIED, ACCOUNTABLE STRUCTURE: AN OVERVIEW

LISA BARBERY

This presentation will provide a brief and basic overview of the leadership model known as Simplified, Accountable Structure (SAS).

What would it mean to change the work and conversation around your church's leadership table to focus on mission and less on structure? SAS is a modified governing model that combines the traditional functions of Church Council, Finance, Trustees, and SPRC to create a holistic leadership lens for the church to ensure all ministries and use of resources align with the congregation's mission, vision, and values. Grounded in missional accountability, a SAS Board is able to claim opportunities and face challenges with more agility and flexibility for our postmodern culture.



## THE SUPERPOWER OF LAY MINISTRY

MARTHA STOKES

Our call as laity is to see all that we do as ministry - at school or work, with family and friends, in the greater community as well as church. We are called to continue the work of Christ for the redemption of the world. What does that really mean and how do we live this calling out in this extraordinary time in the history of our church and world? We must use our superpowers of creativity, risk-taking, steadfast leadership, and faith in action.



## DIGGING DEEPER: A DISCIPLESHIP DIALOGUE

ADULT MINISTRY DIRECTORS & LEADERS

Directors of discipleship from four large churches come together to talk about how their churches approach discipleship.



## CREATING WITH CANVA

KIM JOHNSON

Quality graphic design is critical and Canva makes it easy (and mostly free!). Learn how to take your designs to the next level using Canva.



SCAN TO REGISTER!

## THE CHURCH HAS LITERALLY LEFT THE BUILDING: PROPERTY REDEVELOPMENT TO LIVE INTO GOD'S VISION

REV. SARAH HARRISON-MCQUEEN AND REV. ALLIE ROSNER BASS

Two unique stories of living into God's vision through redevelopment of a church's property. In the summer of 2021 Central UMC temporarily relocated so that their existing structure could be demolished. The new structure will be an eight-story building to provide space for worship, pre-school, a commercial kitchen for continued feeding ministries, and 144 committed affordable rental units. The many challenges along this journey grew the resiliency of Central UMC, and they are excited about this new space that will allow them to continue to worship God, serve others, and embrace all. In late 2022 Arlington Temple UMC will temporarily relocate so that their existing structure can be demolished. The new facility will be built to relate better with the emerging community as Rosslyn redevelops with hi-rise commercial and residential properties intermixed. A relocated entrance and building design to serve future generations will allow this congregation to live into God's vision for their future. A workshop by Rev. Sarah Harrison-McQueen and Rev. Allie Rosner Bass



## GRIEF AND LOSS DURING COVID-19

REV. JUANITA STOKES

The COVID-19 Pandemic has increased the burden of grief and loss. Death of a loved one is not the only cause of grief. This workshop will provide an overview of the losses experienced during the pandemic; recognizing the related symptoms of grief; tips for coping with the grief; recognizing when you need professional help; and how to get help.



## WHO IS MY NEIGHBOR?

KIM JOHNSON AND CYNTHIA LOPYNSKI

Take the guesswork out of ministry decisions. Mission Insite is a tool that will help you understand your community, identify community needs and make informed decisions about ministry offerings. Find out how you can use this resource to bless your community.



## REDISCOVERING IMPORTANCE:

50+ MINISTRIES IN A NEW ERA

MARTHA STOKES

Our understanding of what it means to be "church" has changed over the last two years. How we are the church in the world will continue to evolve. How, then, do we validate the contributions of our senior adults as we guide intentional ministries for those who are age 50+ into this new era?



## LIVE HERE, LIVE NOW

REV. JAMES HENRY

This workshop will focus on contemplation as seeing God in everyday living. Richard Rohr says that contemplation is “a long, loving look at the Real.” I will share some thoughts and practices that help us to “keep awake,” as Jesus instructed. God is all around: in us, in others, and Other-than-us. Perhaps we may catch a glimpse of the Real, the Mystery, the Divine? Join me for an introductory view of contemplative living.



## THE LIFE CYCLE OF YOUR CHURCH

REV. DR. MICHELLE HOLMES CHANEY

Using the Life Cycle, churches can assess their current realities based on vision, relationships, programs and management. Discover where your church is on the Cycle to begin important conversations about how to create more life in the church.



## MULTICULTURAL WORSHIP

REV. DELISHIA A. DAVIS

This workshop will focus on planning worship services to include worship elements that are inclusive for a variety of cultures and age groups.



## SPIRITUAL COMPANIONING

REV. JANET SALBERT

Have you shared your story? Have you listened for the stories of others? What is God speaking to us through the stories of others? This workshop will focus on the practices of listening and discernment.



## WHO, WHY AND HOW OF RADICAL HOSPITALITY

PAM BENTLEY

When people feel truly welcome in the church, there is a greater chance they will listen to the messages that are shared and want to come back to hear more. Learn about the deeper meaning of radical hospitality and practical steps to take to offer a genuine and consistent welcome in your community.



## SECRETS OF A SECRET SHOPPER

CYNTHIA LOPYNSKI

Ever wonder how guests are experiencing your church? The Northern Virginia District offers churches the opportunity to have a mystery worshipper attend worship, online or in person, and provide feedback on their experience. Listen in as we talk with one of our mystery worshippers about how guests are feeling about the hospitality they are offered.



## AN EFFECTIVE APPROACH TO COOPERATIVE PARISHES

REV. JASON C. STANLEY

Are you interested in learning how two or more churches can come together as one in ministry? This workshop will introduce cooperative parishes, the various forms they can take, and how to begin discernment if this form of cooperative ministry is right for you and your congregation(s). Recommended reading: “An Effective Approach to Cooperative Parishes” by Kay Kotan and Jason Stanley.



## THE HEALING CHURCH

REV. DR. DANIEL PARK

This workshop explores how healing is intrinsic to the gospel of Jesus Christ, and how the church can be a movement of healing in our world today. We live in a culture marked by disillusionment with religion. We are a generation with mixed experiences of church and Christianity. People wrestle with brokenness in a variety of forms. How can the church be vital in the face of this reality? What is the role of the church? What is the message and experience of Christ we can proclaim and live into? Join this workshop to do a deeper dive into the theology of salvation as healing and practical tips on how to be a healing church.



## GETTING STARTED WITH MESSY CHURCH

KELLY CRESPIN

The strength of Messy Church lies in its simplicity and its underlying values. A warm welcome, hands-on activities around a Bible theme, and a meal around tables helps gradually build community. Join us as we talk about Messy Church and how we can change the world, one messy finger at a time!



## SHIFT: COMPASSION FOCUSED CONNECTION

MOLLY RIEDEL

Staying Healthy in fluctuating times- SHIFT- can be challenging. Many times we lose our ability to be compassionate and caring to others because we are lacking that for ourselves. Learn ways to experience compassion-focused connection.



## INTENTIONALITY IN YOUNG ADULT MINISTRY

LAUREN TODD

We will review effective practices for creating engaging and intentional community with young adults and review helpful theoretical groundings to understand the work of faith needed in this phase of life.





## LIVING OUR WITNESS: EMBODYING GOD'S PRESENCE THROUGH COMMUNITY-BASED RELATIONSHIP BUILDING

REV. LAURA KIGWEBA JAMES

As people of faith, we are the living witness of God's love and grace in our communities and throughout the world. Our witness tells the story of the Gospel message, of God's love and presence through Jesus Christ. This means that our relationships in and outside of the church must reflect God's transformative love and grace. In this workshop, you will receive faith-based community organizing tools from the General Board of Church and Society of the United Methodist Church to strengthen your church's ability to build community relationships that reflect God's love and grace.



## 포스트 팬데믹 시대의 회복과 치유 (RECOVERY AND HEALING IN THE POST-PANDEMIC ERA)

임진옥 JINOK LIM

팬데믹 이후 번아웃과 정신건강 실태를 돌아보고 회복과 치유를 위한 제안을 드립니다.

We look back on burnout and mental health after the pandemic and offer suggestions for recovery and healing.

This workshop will be presented in Korean.



## CREATIVE WORSHIP FOR A NEW NORMAL

REV. DEBORAH PORRAS

The pandemic has heightened our sense of disconnection. We are also in a rapidly evolving time for history, society, and the church. We can help bring people together through worship by utilizing creativity, arts, and even time beyond the one hour on Sunday or Saturday. We also see people less often in person and we need more than just a simple livestream or recording in order to truly feel connected to one another as a church body. We have growing diversity in churches which also means we need to rethink how we worship and grow together. We will explore how creative, out-of-the-box elements can deepen the sense of community, meaning, and connectedness, and foster worship that can reach and bring together diverse people.



## DIGITAL MINISTRY

KIM JOHNSON

In 2023 it is more important than ever for your church to have a digital presence. This workshop will offer some insight and ideas about varying aspects of digital ministry. We will touch on audience, livestreaming, email marketing, texting, podcasting, and more.



## LET'S TALK ABOUT WEBSITES

KIM JOHNSON

Church websites provide a critical front door for guests, but often our church websites are out of date or hard to navigate. This workshop will provide an overview of what is important for your church website in 2023.



## IMPACTING THE BOTTOM LINE

KIM JOHNSON AND CYNTHIA LOPYNSKI

Church Communications is more than just promoting the next event or enticing volunteers to serve. Church communications, done strategically and authentically, can change how members of the congregation as well as guests financially support the church. Come hear how you might encourage and inspire people to ... (becoming financial stewards, growing in their giving, share their financial resources with the church).



## BUT WAIT THERE'S MORE!

KIM JOHNSON AND CYNTHIA LOPYNSKI

You've seen the basics of Mission Insite but there's even more available in this amazing tool. The American Beliefs Study is a national religious survey of American beliefs, preferences, and practices conducted every 4 years. There are two reports in The American Beliefs Study series for 2021. The first report is called ReligiousInsite. It provides insights into community beliefs and religious preferences. The second report is called MinistryInsite. Find out how these reports can inform your ministry decisions!



## CRISIS RESPONSE & CHILD PROTECTION POLICY

RUTH ANNE LUCKENBAUGH AND KARA STUEBING

This workshop will share real-life situational response to crisis, lessons learned, and best practices. We will also cover Child Protection Policy and Procedures to help mitigate crisis in the realm of child safety. We will speak from our experience navigating response to abuse allegations within our congregation, including care for victims, congregation, staff, and the accused. We will share ways that the church has responded to better implement Child Protection Policy and Procedures in all areas of church life.

Both Kara and Ruth Anne have gone through training in writing Child Protection Policies and have helped write and implement the policies currently used at St. Matthew's UMC in Annandale. Additionally, both have attended and continue to seek out trainings to make sure policies and practices are current in the congregations they now serve.



## YOUTH MINISTRY CONVERSATION: HOW TO CHOOSE CURRICULUM (& MORE)

NOVA YOUTH MINISTRY COHORT

Choosing the right curriculum is difficult and can sometimes be overwhelming. Jump in to a conversation with one of NoVa's Youth Ministry Cohorts where they talk about how they choose and contextualize curriculum for their varying youth ministry contexts.

This conversation also explores finding volunteers for ministry, ministry best ideas and pro tips and more.



## ROOTS & WINGS: ANCIENT-MODERN WORSHIP

### AARON MILLER

Incorporate ancient hymns and prayers in modern worship settings creatively and effectively. This workshop explores what it means to plan and facilitate worship that is rooted and relevant, ancient and modern, transcendent and timeless.



## ANCIENT PRAYERS FOR MODERN VOICES: PRAYING WITH THE EARLY CHURCH

REV. ANNA ADAMS PETRIN

This workshop will explore popular prayers from early Christian communities that have remained important to Christians for the past two thousand years, and which continue to help us encounter the living God today. The first part of our discussion will focus on two short prayers, the Jesus Prayer and the Veni Creator Spiritus ("Come, Holy Spirit") that can act as companion prayers for daily life and ministry. And the second part of our discussion will focus on the "Liturgy of the Hours," or a broader pattern for sanctifying the whole day.



## RE-IMAGINING FUTURE MISSION, MINISTRY, AND BUILDING THROUGH PARTNERSHIP

VAUMC RELATIONSHIP PARTNERS

The mission is a work of collaboration. In deciding how to continue the work of God's mission in this world, we invite you to learn from the VAUMC Relationship Partners how they partnered with local churches for the mission. A re-imagining of mission can happen by looking back at the past. Join us re-imagining!



All prerecorded workshops will be available starting at 12:45 p.m. after the Keynote presentations conclude.

## REGISTRATION IS NOW OPEN!

TO REGISTER FOR NOVA DISTRICT TRAINING DAY, VISIT [2023.NOVATRainingDay.com](https://2023.novatrainday.com).

## TICKET TYPES

### DAY-OF PASS

**\$30/PERSON**

Have access to ALL NoVa District Training Day content on January 14.

Access to Day-Of and Replays  
All content available for 24 hours.

### ALL-ACCESS PASS

**\$50/PERSON**

Get access to ALL NoVa District Training Day content for 6 months. Beginning on Training Day (January 14) all content will be available to you until July 15, 2023.

Access to Day-Of and Replays  
All content available until July 15.

### TEAM TICKET (5 PEOPLE)

**\$175**

Team tickets grant access to all Training Day content (live and prerecorded) until July 15, 2023.

Available for purchase until **January 5**.

Access to Day-Of and Replays  
All content available until July 15.

### TEAM TICKET (10 PEOPLE)

**\$350**

Team tickets grant access to all Training Day content (live and prerecorded) until July 15, 2023.

Available for purchase until **January 5**.

Access to Day-Of and Replays  
All content available until July 15.