



Women's Weekend 2023 Workshops

Growing God's Garden: Cultivating Community



Pinch Pot Workshop with Barb Ruble: Working with clay is about finding center: your center, the center of the clay, and learning how to expand from that center. Working with clay reminds us that God is at work in us. In this session, we will learn to make simple pinch pots with clay. Making pinch pots is an ancient and meditative process. While we slowly form and stretch the clay, from the center, we have time to consider how God is working in our lives. These pots will not be fired, so that if participants choose, they may be filled with your prayers and returned to the earth. We will provide the clay and some objects that may help create texture. Your hands are the only tools you will need.

Choir Workshop with Susan Yoe: "Join us in making a joyful noise. The choir workshop will gather to practice an anthem to be sung during Sunday's closing Eucharist. All are welcome ~ no experience necessary."

Introduction to Zentangle with Christian Imagery with Linda Dochter, a Certified Zentangle Teacher®: This workshop offers basic instruction in The Zentangle Method®, a practice combining patterned drawing and calming meditation. As a grateful believer in Jesus Christ, Linda sees many parallels between Zentangle® and her Christian faith. This class offers the same elements intended by the founders of the method, Maria Thomas and Rick Roberts, when the class is offered in a secular setting. We will learn basic terminology, basic strokes and the 8-step drawing process. Participants will complete a small piece of custom artwork. All necessary supplies will be provided. No prior experience is needed.

Zentangle and Meditation with Linda Dochter, a Certified Zentangle Teacher®: Join Linda as we explore a passage or two of Scripture and meditate on its meaning. Then we will each create a personal piece of artistic expression to share or just to hold close to our heart. All materials will be provided to produce an illustration or coloring page in black and white. Feel free to bring colored pencils, crayons or your other favorite coloring tools to add to your creation either in the class or during some other time during the weekend.

Making an Anglican Rosary with Sans Gundlach: We will discuss a brief history of the Anglican Rosary, make a rosary out of stone, bone or glass, and briefly discuss how to use it.

Printing a T-shirt using Foam Stamps with Martha Brodsky: Please bring a pre-washed, 100% cotton, dark colored t-shirt. I will provide the foam stamps and gel bleach for you to create your own unique t-shirt!



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An Ecotheological Approach to Gardening at Home and at Church *with The Rev. Dina van Klaveren, Episcopal priest & Master Gardener:* "And God saw that it was good!" Join Dina to explore a creation-centered approach to outdoor spaces that feeds our beloved backyard birds, restores habitat for butterflies and other insects, and heals our souls in the process. Practical tips will be offered for discerning how, where, and why to embrace ecotheology, a way of living into the wholeness of God's good creation.

Bible Study *with The Rev. Canon Shancia Jarrett:* The cultivation of God's Garden is often credited to men; however, worship trends may tell a different story. Join us for bible studies to explore the narratives of Esther, Ruth, and Mary Magdalene. Together, we will revisit their courageous faith and explore how their faith cultivated biblical history and the modern church. This bible studies will also engage ancient and contemporary trends of worship and challenge history's depiction of female embodiment.

Native Plants and Invasive Species at Claggett: A Walking Tour *with Lisa Marie Ryder, Co-Executive Director of the Claggett Center:* Did you know that Claggett has converted over 60 acres of land into conservation easements and implemented a Grounds Stewardship Plan? Explore these areas and learn how you can implement environmentally conscious gardening practices at home and in your community. Walk and learn with Lisa Marie, discovering the flower beds at the Directors' residence and Claggett's sweeping meadows and riparian areas. Learn how to identify some of the most common Maryland native plants and invasive species. Stretch your legs, get some fresh air, and discover natural habitats at Claggett!

Would You Give this to Your Neighbor? *with Miranda Marks:* "One of the more common experiences since the COVID-19 pandemic began has been clearing out and organizing closets. Many of us have found clothing we are no longer wearing and have donated them to free resource centers, Good Will, or shelters in our community. What happens when these clothes are donated? What happens to donations that, for one reason or another, cannot be used? What can we do to ensure that in-kind donations can be used by the people to whom we are giving them? Join Miranda Marks, Community Engagement and Volunteer Coordinator for the Interfaith Works Essential Needs Center in Montgomery County, MD, for a conversation on giving back mindfully; what it can look like, and ways that we can seek and serve Christ in all others."

Joy Collage *with Sam Alger:* Spend some time considering what brings joy into your life and gives you meaning. Make a collage of colors, images and words that remind you of the sources of joy and inspiration in your life. No artistic skills required!

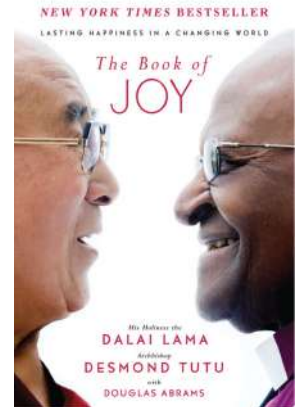


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Book Study of *The Book of Joy* with Sam Alger and Sans Gundlach:

Come discuss this thought provoking book sharing the wisdom and love of Archbishop Desmond Tutu and His Holiness the Dalai Lama as they explore how to live a life of joy despite the troubles of the world. Reading the entire book is not a requirement to attend the discussion, however, read as much as you can before the retreat and come ready to listen and share ideas. The first two sections are recommended, but once you read those you may not be able to put it down!



Painting Wine Glasses with *Jeanie LesCallett*: This is a fun filled and easy workshop, all you will need is an open mind and a willingness to let your creative side show. These glasses can be as simple as painting dots or as intricate as you want. I will be there to guide you along the way. I will have both regular and stemless wine glasses for you to choose from. I will also have some examples to see. I will supply all everything you will need to complete a painted glass at the workshop..I look forward to meeting and working with you.

Prayer Meditations on the Joy of Laughter with *The Venerable Ruth Elder, Archdeacon*: Prayer is the way we speak with God. The prayer exercises in this session focus on humor, laughing at ourselves and situations in our lives. We will contemplate three aspects of laughter through silent prayer periods of 5-, 10-, and 15-minutes. In the community of God's garden everything has a way of receiving and giving nourishment. Silent meditation helps us to be nourished in the stillness as we speak to and hear from God. I believe humor and laughter nourishes our mind, body, and soul then radiates outward to others.

Prayer Meditations on Joyful Practices with *The Venerable Ruth Elder, Archdeacon*: We will pray in silence as a small community of believers. Each participant will choose three of the eight topics to meditate on during this session. We will spend 10 minutes in quiet meditation on each topic. In God's garden everything has a place, a unique color, a particular shape, a way to receive nourishment, a way to give support, and an interconnectedness with others in community.

Self-directed Prayer Walk and Labyrinth Meditation: Materials will be made available.

Ropes course