



WORKSHOP OFFERINGS

PW Fall Retreat

October 15-16, 2010

Workshop A: What's Golden About the "Golden Years"? presented by
Rev. Connie Alexander

Growing old is tough: our bodies won't do what they used to do, in fact confounding us over and over again. That's the tough part of growing older. But growing older also has some rewards: we reach a point where we don't really care what others think, and we find we can experiment with and learn many new things without castigating ourselves because we don't do them perfectly. Join Connie for a fascinating look at how to make the most of the Golden Years. Connie's goal is to age so well that, when she meets St. Peter, he will see that she has nothing left, nothing of the talents God gave her which she hasn't tried.

Connie is currently on disability, having served several small churches. Connie is definitely a late bloomer. Before she came to Texas in 2007 to be married to Paul Alexander, she was a pastor in Louisiana. She met Paul when she was 60 on a trip to Jordan. She didn't start seminary until she was 47! Prior to being a minister she was a high-school English teacher and then a banker. She has lived in many different places, including 23 years in northern California and 4 years in Naples, Italy. She has two adult sons, one of whom is a Presbyterian minister.

Workshop B: What is Your SPARK? presented by Mary Marcotte

What was that special quality, skill or interest that made you light up when you were a youngster? Is it still in your life today? Explore how that God-given spark impacts your life and how you can nurture the SPARK of those around you. Learn how SPARKling conversations can make a difference in the lives of older children and teens and help them thrive.

Mary is the Associate General Presbyter for Discipleship & Leadership Development in New Covenant. She is a certified Christian Educator with more than 15 years of experience working as a professional church educator. As a Christian Educator Mary has served presbyteries in a variety of ways including planning & facilitating a variety of training events; leading presbytery-wide educator support groups; developing and implementing Spirituality Center resources & working with other churches to design retreats. She is married to Michael, her former high school sweetheart and has two grown children, Matt & Meg.

WORKSHOP OFFERINGS, cont'd.

Workshop C: Stretching Body and Soul presented by Dell Schooler

Stretching Body and Soul incorporates gentle stretching and relaxation, prayer and meditation. As a Christian, I believe that God has given us a wonderfully made body and mind to use for His glory. Although this earthly body experiences disease, debilitation and pain, I know that the spirit within will live forever. What better way to honor Him than to keep our bodies and minds as spiritually fit and healthy as we can.

Participants should dress in comfortable, loose closing and bring a yoga mat or large bath towel and an open heart for our time together.

Dell and Gary Schooler have been members at Conroe First Presbyterian for 15 years. We participate in several ministries including CanCare, a Houston faith-based cancer support organization and Kairos Prison ministry.

Dell started taking Hatha yoga in 1970 and began studying and teaching yoga in 1974 with her first real teacher, Sally Porter, a Christian who became her good friend. In the late 70's Dell was asked to lead a gentle yoga/exercise group at a local Senior Citizen Center in Oklahoma. To be certain that the postures and stretches would not hurt or injure anyone, she took classes through the Arthritis Foundation and certified as an Arthritis Self-Help teacher. She has continued to study stretching and Christian meditation practices and lead adult, senior and children's groups for many years.

Workshop D: We Built It, But They Didn't Come: Renewing Our Relationship Between Young Adults and the Presbyterian Church presented by Rev. Kyle Walker

Barriers exist between our most spiritually committed, socially conscious college students and the churches that seek to involve them in their life and ministry. Based upon Rev. Walker's doctoral project and interviews he conducted with Aggies, this workshop investigates these barriers and offers ways a church might begin to lower them so young adults and the church may enter into a relationship of mutual Christian growth.

Rev. Kyle Walker is the Presbyterian campus minister at Texas A&M University. A native Texan, Rev. Walker previously served as an Associate Pastor for Christian education, youth and evangelism in Louisville, Kentucky. He received a Master of Divinity degree from Louisville Presbyterian Theological Seminary with a focus in mission and evangelism in 1997. Recently, he fulfilled all the requirements for a Doctor of Ministry degree at Columbia Theological Seminary in Decatur, Georgia where he will graduate in December.