



Joy in the Journey

Fri. May 24th ~ Sun. May 26th, 2019

Niagara College – NOL Campus

135 Taylor Road, Niagara-on-the-Lake, ON L0S 1J0
Emergency (Cathy Calvin's Cell) #1-289-700-4070

REGISTRATION FOR PARTICIPANTS

Name: _____ Telephone: _____

Address: _____

City: _____ Postal Code _____

Email: _____

I give permission for my email address to be used by the organizing committee.
If yes made an X in the box above.

Congregation: _____

Room Mate Preference: _____

Indicate Food Allergies/Special Diet needs (if any) : _____

COST: (please check appropriate box(s))

- | | | |
|--------------------------|--|------------------|
| <input type="checkbox"/> | Package A – Friday-Sunday (includes – accommodation, double occupancy and meals) | \$275.00 |
| <input type="checkbox"/> | Package B– Saturday only (Saturday day program only including meals and banquet) | \$ 150.00 |
| <input type="checkbox"/> | Thursday night accommodation (on your own for meals Fri) \$60.00 | \$ _____ |
| <input type="checkbox"/> | Off-site Bus Tour Saturday Afternoon (make separate cheque) \$60.00 | \$ _____ |
| <input type="checkbox"/> | Niagara Teaching Winery Wine Tour (make separate cheque) \$20.00 | \$ _____ |
| <input type="checkbox"/> | Add-on Late Registration – after March 31, 2019* | \$50.00 \$ _____ |

Total Enclosed \$ _____

If you would like to attend any of the breakout sessions please fill out page two and return it with your registration.

Registration deadline: March 31, 2019*

Return registration form and breakout preference form with your cheque(s) to

Dorothy Frook, Registrar
#20-17 Heritage Way, Walkerton, ON N0G 2V0
Telephone: 519-881-2798
Email: dbfrook@wightman.ca

MAKE ALL CHEQUES PAYABLE TO: Eastern Synod

Joy in the Journey

Break Out Session Request Form

Name _____

Please include this form with your registration – Breakouts are on a first-come basis and some are restricted for as to the amount of people per session. Wherever possible, your first choice will be honored.

Morning Session (please mark appropriate boxes with an 'X')

| 1 st Choice | 2 nd Choice | Breakout Session and Description |
|------------------------|------------------------|--|
| | | ROUND TABLE DISCUSSION Workshop Leaders Strong Water Women, Pastor Karen Kuhnert Join us as we explore with our guests from Strong Water Women our similar issues as spiritual, and faithful women. The challenges we face to find “Joy” in our spiritual life journey. The health challenges of, stress, mental health, cancer, diabetes, weight, mobility, common to all women. What is the story of your journey to regain or maintain your wellness? How has your spirituality affected, and enhanced your journey? |
| | | JOIN IN THE CIRCLE Workshop Leaders Strong Water Women Join some of our guests for a time of music, drumming and interactive story-telling. A time to get to know our indigenous sisters in the Niagara Area. |
| | | WAMPUM BEADING: A COLLECTIVE EXPERIENCE OF CRAFTING SELF-AWARENESS Wampum is well known for enlivening communication. In this craft, participants will contemplate when and where they have had or missed out on joy in their journey awakening to their own stories of self and others. Limited Space for this breakout. |
| | | DEPRESSION Workshop Leader Joanne Goodwin How do you walk in victory in Jesus when you are suicidal? Does faith mean we should never get depressed? Explore this topic with Joanne Goodwin. |
| | | LABYRINTH – Self Guided and Meditative – Located in the courtyard (weather permitting) this can be done at any time during the weekend |

Afternoon Session (please mark appropriate boxes with an 'X')

| | | |
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| | | BIBLE STUDY ON PSALM 139 Workshop Leader Pastor Karen Kuhnert Pastor Karen Kuhnert will lead participants in a study of Psalm 139: 1-24. The session will include time for self-reflection, Scriptural analysis, prayer and sharing |
| | | MENTAL WELLNESS-MENTAL ILLNESS Workshop Leader Rev. Dr. Peter Kuhnert Faith, Hope and accompaniment across the spectrum of Mental wellness to mental illness. Rev. Dr. Peter Kuhnert is a pastor, and also a family physician serving the Freeport Specialized Mental Health Unit and the Delton Glebe Counselling Centre |
| | | LET THERE BE JOY IN ME Workshop Leaders Heather Rundstedler, Dianne Yungblut Joy to the World - It seems so easy to be filled with joy at Christmas time! Is it possible to carry that joy throughout the year, in the ordinary and difficult times? Come and explore the meaning and power of God's Joy and the difference it makes in our life journey in an enjoyable, interactive workshop. |
| | | SING WITH JOY! Workshop Leader – Bette Rempel Come let us sing with joy as we journey. Let's sing in canon, rounds, call-and-response and other types of worship songs. They are easy to learn and you'll even find yourself singing in harmony, whether you're a part-singer or not. These songs are beautiful and fun! |
| | | CHAIR YOGA Workshop Leader Cheryl Caverly Lift your spirits with some gentle exercise – this type of class can be done by ANYONE! Fun with fitness! |
| | | LABYRINTH – Self Guided and Meditative – Located in the courtyard (weather permitting) this can be done at any time during the weekend |

Free Time (if you are looking for something to do) (please mark appropriate boxes with an 'X')

| | | |
|--|--|--|
| | | Craft Session – Make a “Tree of Joy” – An easy project to while away the afternoon with Heather! |
| | | Journey of the Senses Experience. Visit Niagara College Teaching Winery and Brewery for tour and tastings. \$20.00 (please make out a separate cheque payable to Eastern Synod for this tour) Transportation arranged. |
| | | Bus Tour –Stops include the Butterfly Conservatory, Botanical Gardens, Journey Behind the Falls (admission is included in tour for all of these) as well as many stops along the Niagara Parkway for pictures. Surprise “sweet” stop included \$60.00 (please make out separate cheque payable to Eastern Synod for this tour) |