

## FEEDING THE SOUL V



Feeding the Soul is an annual interfaith conference for professionals & volunteers in the caring fields—including clergy, hospice caregivers, care team volunteers, nurses, chaplains & other care givers.

Wednesday, October 29, 2008

8:30 AM to 3:30 PM

at our new venue for 2008:  
Shepherd of the Hills Presbyterian Church  
11500 W 20th Ave (at Simms)  
Lakewood, CO 80215

### Schedule and Event Details

8:30AM	Registration
9:00AM	Opening Plenary – Rev. Dr. Barbara Flood
10:15AM	Break
10:30AM	Track 1 Workshops: Care of Self
12:00 Noon	Lunch
1:00PM	Track 2 Workshops: Care of Others
2:30PM	Break
2:45PM	Closing Plenary – Taize Service—Judy Hagerman
3:30PM	Adjourn

Conference Sponsored By CENTUS Counseling, Consulting & Education

Supporting Sponsor, Horan & McConaty

### Course Credit

0.5 CEUs available through the Iliff Institute at the Iliff School of Theology. Please register for CEUs at the conference. A \$10.00 processing fee will be charged.

### Cost

\$65/person or

\$50/person if registration is received prior to October 15<sup>th</sup>.  
Scholarship assistance may be available. Please apply to CENTUS.  
Registration fee includes snacks and luncheon.

You may make your payment by check (payable to CENTUS) or VISA/Master Card.  
See registration form inside for complete details.

### Contact

CENTUS Counseling, Consulting & Education  
Attention: Cheryl Crane  
1385 S. Colorado Blvd., Suite 210  
Denver, Colorado 80222  
303.639.5240 ext. 20  
Email: [crcrane@CENTUS.org](mailto:crcrane@CENTUS.org)

To contribute to the Feeding the Soul Scholarship Fund please contact Cheryl Crane at 303-639-5240 x 20 or go to [www.CENTUS.org](http://www.CENTUS.org), *GIVE, Donate Now*, designate *Other* and type in Feeding the Soul Scholarship Fund.

## OPENING PLENARY (9:00-10:15 AM)

*Alive With Joy!*

with Rev. Dr. Barbara Flood

Joy is the unmistakable heartbeat of our Soul. What is Joy; where does it live; where does it come from; what is our personal call to joy? How does joy support us in expanding times; challenging times; times of loss and times of abundance? Joy fuels our passion for life and gives us the resources we need to fulfill our purpose. Joy is our call to awaken and be glad.

Dr. Flood author of the award winning book *Illumination; Contemplations for an Awakened Life* is a Spiritual Director and Retreat Leader. In taking us through the reflection on joy she will be drawing from the wisdom of the ages as well her personal experience of cultivating joy in difficult times. Together we will explore the obstacles to joy and how to overcome them as well as the power of standing in joy as we celebrate our lives and the lives of our loved ones.

## CARE OF SELF

### TRACK 1 (10:30AM – 12:00PM)

These workshops focus on encouraging care providers to take care of themselves for their own health as well as to enable better functionality in their work.

#### **1A: *Meditation for Life: Buddhist Practices of Mindfulness, Lovingkindness, and Compassion***

presented by Richard Baer

The Denver Hospice

Meditation offers us tools to "be with" ourselves and others in the midst of our joy and sorrow. This workshop will describe several types of meditation practices and give participants an opportunity to experience and discuss them. References and a bibliography will be provided for further investigation of these practices. While the presenter's background is in the Buddhist tradition, these practices can be used by persons of any (or no) spiritual tradition.

#### **1B: *Feeding your Soul with Music***

presented by musicians

Judy Hagerman ~ Violin

Diana Mapes ~ Drums

Jacqueline Shaffer ~ Piano

Relax, release and reward yourself. This is an interactive time to listen and participate in the moods of sound, melody and rhythm as we experience Mindful Music together.

Go to [www.CENTUS.org](http://www.CENTUS.org)  
to view our workshop presenters' biographies.

#### **1C: *Alive With Joy!***

presented by Rev. Dr. Barbara Flood

Spiritual director, retreat leader and coach

In this interactive and multi-media workshop we will joyfully partake in our own renewal. Our lives are filled with the care of others; our families and our loved ones, our work and careers, our spiritual community. It can be very difficult to find time for ourselves, to rejuvenate, join with our inner joy and realign with our purpose and our passion.

#### **1D: *Healing into Wholeness***

presented by Dr. Michelle Johnson, DC

Spiritual director and chiropractor

Traditional and alternative methods for wellness – integration of mind, body and spirit enhances natural processes that lead to healing. Natural methods focus on signs and signals of imbalance that lead to simple and effective solutions based in body wisdom, creating balanced functioning for a whole lifetime.

#### **1E: *Aging As a Spiritual Pilgrimage***

presented by Dr. Kent Ira Groff

Oasis Ministries

Come on a pilgrimage - track unique gifts, losses, and transitions—beginning with childhood. These provide a lens for creative growing oneself and caring for others. Using insights from Ecclesiastes, Ashley Montagu on *Growing Young*, Kierkegaard's stages along life's way, film clips and quiet reflection times, discover spiritual resources for developing resilience.

## CARE OF OTHERS

### TRACK 2 (1:00 – 2:30PM)

Ways that care providers can protect and support those under their care.

#### **2A: *Healing for Kids from Addicted Families***

presented by David Meggitt

Betty Ford Center

This workshop moves beyond the problem of addiction and into solutions. The Betty Ford Center Children's Program is focused on helping kids from addicted families heal using fun and engaging techniques. Join me as I share the Betty Ford Center's unique approach in helping these children learn, heal and develop hope for their future.

#### **2B: *Soulful Aging***

presented by Rev. Les Avery

semi-retired Presbyterian minister

Building on the work of Dr. Henry Simmons who discusses the four transitions or "crises" we all go through from retirement until death. This period can prove to be one of the most creative and enriching parts of our entire lives.

#### **2C: *Stages of Faith Continuum***

presented by Rev. Elizabeth Thompson

CENTUS Director of Consulting Services

Using James Fowler's classic *Stages of Faith* as a launching point, we will explore various faith stances, how that influences someone's thinking, needs and belief system, and how to provide appropriate pastoral care to people especially when their stance is different from yours.

#### **2D: *Physical, Mental & Emotional Changes in the Older Adult***

presented by Luci Draayer

Lutheran Family Ministries

Growing old is different than it used to be, but it's still 'growing older.' What actually happens as one ages? How much control do we have over that process? Learn about the changes that come to older adults, and about the ways in which many continue to lead rich and fulfilling lives.

#### **2E: *Creating Joyful Moments & Events for Families***

presented by Dr. Susan Shamos & Rev. Tom Shelly

CENTUS counselors

Do you and your family sometimes struggle with busy schedules? Does it seem like you or families you know, rush from one lesson, event, or meeting to the other? How often do you sit down with the whole family around the kitchen table for a home-cooked meal and a lively discussion about everyone's day? Come and learn how you can deepen ordinary events into extraordinary events for your family or families you know. We will focus on how to be with kids and family in a meaningful and joyful way.

## CLOSING PLENARY (2:45-3:30PM)

*Taize' Meditation Service*

Judy Hagerman ~ Violin

Diana Mapes ~ Drums

Jacqueline Shaffer ~ Piano

*Welcome & Centering (Tibetan Bowl)*

*Reading*

*Song*

*Mindful Silence*

*Song*

*Blessing*

*Tibetan Bowl*

A selection of books related to the presenters' topics will be available at the conference through Cokesbury Bookstore.

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_  
(required)

Select 1 workshop from Track 1 and 1 workshop from Track 2. (e.g. 1B and 2C).

Please indicate the workshops of your choice:

Track 1: \_\_\_\_\_

Track 2: \_\_\_\_\_

The fee is \$65/person or \$50/person if postmarked by October 15th.  
(Fee includes lunch).

Check to request vegetarian meal.

Check for other dietary need \_\_\_\_\_  
(specify)

Complete and detach this form; mail with your VISA/Master Card info or check made payable to:

CENTUS Counseling, Consulting & Education  
1385 S. Colorado Blvd., Ste 210  
Denver, CO 80222

All information is required for charges:

VISA/MC # \_\_\_\_\_  
(Circle One)  
Expiration Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Email: \_\_\_\_\_

