Each year, the Board of Christian Education proudly offers First Congregational Church of Winter Park (FCCWP) a day of educational workshops. These LEARN workshops continue our celebration of the United Church of Christ’s love of education, FCCWP’s embrace of community, and our own personal commitments to the health and well-being of our congregation. Think of Saturday, February 25, 2017 as a day to celebrate the joy of learning!

This year, we’ve designed a day with four opportunities to attend a one-hour workshop that will allow everyone in the First Congregational Church family to learn something new, explore new worlds, have new experiences, and maybe even meet a new friend! The choices are plentiful and diverse—from physical activities to mental challenges; we know you’ll find a variety of sessions to suit every member of the family. Take a look on the following pages to see what we’re offering to YOU!

First Congregational Church of Winter Park
United Church of Christ

LIFE and COMMUNITY
- First Aid Basics
- Wills and Estate Planning
- Beer Crafting
- Family Games

ENVIRONMENT and TECHNOLOGY
- Sustainability & Green initiatives in the City of WP
- Hot Trends in Urban Farming
- The Roses at FCCWP
- Memory Keeping 101

ART and CULTURE
- Artist Trading Cards
- The Art of Preserving Family Heirlooms
- Chinese Calligraphy as Spiritual Practice
- Marching Forward

RELIGION and HISTORY
- The Synoptic Parallels
- Life of a Hospital Chaplin, Inside and Out
- STEM Stories
- The Gospel of Mary Magdala

NUTRITION and HEALTH
- Introduction to Mindfulness
- Eye Health & Nutrition
- Meditation, Breath, & Gentle Stretching
- Introduction to Yoga
The Art of Preserving Family Heirlooms (Session II) “How can I preserve my mother’s acceptance letter to Rollins?” “Where should I store my father’s army photographs?” “What is the best way to protect my grandmother’s scrapbook?” Family heirlooms represent our history, heritage and memories. We treasure these items for different reasons. Join Rachel Simmons, a History Center Archivist with the Winter Park Public Library, as she leads a workshop and best practices discussion on preserving small family heirlooms – whether it’s a treasured wedding photograph, a vintage comic book, or a handwritten family recipe. Simmons will give recommendations for the care, handling, and storage of your family heirlooms to safeguard them for future generations. Led by Rachel Simmons. Adults – you may bring your heirloom to show, share or get feedback on how to protect.

Artist Trading Cards: Art for Everyday Life (Session I) Come and create your own Artist Trading Cards. These fun collage type cards, are the perfect way for your inner artist to create mini masterpieces while celebrating community and creativity. We will also learn about the collage artist, Romare Bearden. If you have magazines or newspapers lying around bring them: we will re-purpose them into art. Led by Tracy Gore. Youth and Adults.

Beer Crafting (Session III) Beer Crafting resides at the intersection of art and science. Come and learn how to home brew your favorite beverage and take a taste of your future brew. Led by Drew Gillespie. Ages 21 and up.

Chinese Calligraphy as a Spiritual Practice (Session III) Calligraphy (artful writing) is one of the most important genres of art in China. Characters are used as symbols in the written Chinese language. The roots of this language are over 3000 years old – making it one of the oldest continuously – used writing systems in the world. Join Professor Roy Wang as he leads a discussion on why Chinese calligraphy and poetry are regarded as an expression of scholarship, character, and cultural attainment – and for him, a source of spiritual practice. Participants will be able to try their hand (and brush) at writing a few Chinese characters using the Bible as a primary source. Led by Professor Roy Wang. Adult.

City of Winter Park Sustainability and Green Initiatives (Session I) Join Kristopher Stenger, Building and Sustainability Manager for the City of Winter Park as he shares the path the city has taken to become more Green and Sustainable. He’ll share with us how the city built a plan for Sustainability and started a Green Team, as well as how volunteers with an interest in Green initiatives can get involved. Led by Kristopher Stenger.

Family Games (Session IV) Bring your friends, bring your family, bring your “A” game to a good old fashioned “Family Game Night” and earn bragging rights when you play twister, Jenga, Monopoly etc. Led by Jaime Tremaine and Allie Sinclair.

First Aid Basics (Session I) When in an emergency situation don’t panic, be prepared. Learn the basics of first aid CPR, bleeding control, and tourniquets from a first responder. Led by Eric Miller - Lieutenant Orlando Fire Department.

The Gospel of Mary Magdala (Session IV) Lost for more than 1500 years, the Gospel of Mary is the only existing early Christian gospel written in the name of a woman. We will examine the English translation of the Gospel illuminating Mary’s vital role in the life of Jesus and the formative period after his crucifixion. Led by Rev. Talia Raymond.

Hot Trends in Urban Farming – The Growth of Fleet Farming in Orlando (Session II) Join Daniel Schreiber as he shares the story of how Fleet Farming has grown in Orlando. Learn how it works from recruiting the yards to farming them to commercially working with the produce. Led by Daniel Schreiber, JD. Middle School – Adults.

Introduction to Mindfulness (Session I) What is Mindfulness and what does it have to do with me? Why is it in the news? How does one become mindful? Who should practice mindfulness? When and where is mindfulness helpful? Join life coach Kelly Wheeler to learn the basics of mindfulness, the current science behind it, and how the ancient practice of mindfulness promotes health and well-being in our modern lives. Take away a deeper understanding of Mindfulness and practical resources to help foster mindfulness in adults, teens, and even young children. Led by Kelly Wheeler, Life Coach & Founder of XLR8 Success, LLC.

MATERIAL FEE $5.00
**Introduction to Yoga** (Session IV) This class is great for anyone new to yoga, as well as those recently returning to practice after time away. This class covers a brief history of yoga and a description of various yoga styles. We will also practice various yogic breathing techniques and yoga asanas (poses). Explanations and details will be given for each pose, making this class a wonderful option for those looking to build a solid foundation and knowledge base for yoga asana practice. **Led by Melissa Davis.**  
**Ages 10 – Adult.** Please wear comfortable clothing and bring a mat if you have one.

“Life of a Hospital Chaplain, Inside Out” (Session II) Ngan Ling Lung has worked as a hospital chaplain since 2001. She has served in Hong Kong, California and Orlando both in Christian and secular hospitals. Come and listen to some of her heart-warming stories when she ministers to people in crisis, grief and loss. Through curiosity and dialogue, we may enrich each other’s compassion and wisdom in sharing kindness in this world. **Led by Ngan Ling Lung**

**Marching Forward** (Session IV) – A film about the Jones High Marching Band. The class will be a screening of the film “Marching Forward” about the successful activities connected to convincing the city of Orlando to send and fund the Jones High Band, a historically black high school with the white Edgewater School to represent the city of Orlando at the 1964 World’s Fair. **Led by Lisa Mills, Robert Cassanello, Nikki Mariutto, Kyle Aulow and Oswmer Louis.**

**Meditation, Breath & Gentle Stretching** (Session III) In this class, we will start out on the mat with breathing exercises and meditation strategies to promote peace, clarity, and relaxation. We will then use the breathing and meditation tools and move into slow, gentle stretching to promote deep release and healing, a true physical and mental meditation. **Led by Melissa Davis.**  
All ages welcome. — Please bring a yoga mat if you have one. A few extras will be available to borrow.

**Memory Keeping 101: A Simple, Stylish, Way to Get Your Photos off Your Phone and Into Albums Using Pocket Pages.**  
(Session IV) Let’s face it, phones and shoe boxes weren’t meant to hold memories. In this class, master-crafter, Mariacristina Rolon will teach you simple, beautiful techniques to get those photos into albums for generations to cherish. Scrapbooking novices and enthusiasts can learn how to celebrate memories using pocket pages. Participants are encouraged to bring some of their favorite photos. **Led by Mariacristina Rolon.**  
**Adults**  
**$10 MATERIAL FEE**

**Nutrition and Eye Health** (Session II) Didn’t your mother always say, “Eat your carrots! They’re good for your eyes.” Come find out if they are really OR if something else might be even better! We will explore the findings of the 20-year-long Age Related Eye Disease Study (AREDS) and what it found out about healthy habits you can develop for better vision as you age. You are never too young or too old to begin! **Led by Dr. Sandy Barker.**  
**Adult**

**The Rose Garden at FCCWP** (Session III) Why have a rose garden at the church? The colorful history of roses through the centuries and in every country of the world, and parallels the history of Christianity. So what varieties of roses do we have at FCCWP and why? **Led by Mrs. Phoebe Miller Carpenter**

**STEM Stories** (Session III) Please join us for a roundtable discussion of life as experienced by women of all generations in science, technology, engineering, and mathematics fields. Inspired by the remarkable lives of the women portrayed in the blockbuster Hidden Figures, we invite FCC women to join us and share their stories. We will consider the following: *What is the world of work like for women in science? What are the challenges? What deep satisfaction can be found in the work? Why has progress towards gender parity in STEM field been so slow?* Suggested prerequisite: attend "Hidden Figures" prior to this workshop. **Led by Lorelei Anderson-Francis and Dr. Susan Singer**

**The Synoptic Parallels:** (Session I) Looking at Matthew, Mark and Luke. Have you ever looked at the first three Gospels in parallel with one another on a page? When you do, you’ll notice some similarities and you’ll also notice some differences. Why is that? In this session, we’ll take some time to look at Matthew, Mark and Luke together and see where they share stories and where they’re different. Find out about a thing called “Q” and share a bit about why the similarities and differences are there in the first place. **Led by Rev. Shawn Garvey.**

**Wills and Estate Planning** (Session II) Join Linda Solash-Reed as she discusses and answers your questions on wills and estate planning. Linda is a local attorney who specializes in Elder Law and is also certified financial planner. **Led by Linda Solash-Reed.**
<table>
<thead>
<tr>
<th>LEARN</th>
<th>SESSION I 9:30-10:30 AM</th>
<th>SESSION II 10:45-11:45 AM</th>
<th>SESSION III 1:00-2:00 PM</th>
<th>SESSION IV 2:15-3:15 PM</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
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<td>Monet Style Watercolor Painting</td>
<td>Make Your Own Soap</td>
<td>Cooking</td>
<td>Family Games</td>
</tr>
</tbody>
</table>

### LEARN Schedule: Saturday, Feb. 25, 2017

- **9:00 - 9:30 am** Registration with Continental Breakfast
- **9:30 - 10:30 am** Session I
- **10:45 - 11:45 am** Session II
- **12:00 - 1:00 pm** Lunch in Fellowship Hall
- **1:00 - 2:00 pm** Session III
- **2:15 - 3:15 pm** Session IV
- **3:30 - 4:00 pm** Closing Community Worship

_Snacks and drinks will be available in Fellowship Hall throughout the day._

Individual adults are $10 each; kids are $5 each; families are $25. Please note that a few workshops have an additional materials fee. Some sessions have a maximum capacity. Registration forms and payment may be turned into the church office or at the registration table in Fellowship Hall on Sunday, or during the Lenten Series for Wednesday Night Live.

**CHILDCARE** is available for infants through kindergarteners throughout the day. Our trained staff will provide fun and engaging activities for your child.

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_God is still speaking, UNITED CHURCH OF CHRIST_  
First Congregational Church of Winter Park  
_United Church of Christ_