

To register, call 717-299-1113 or visit [www.parishresourcecenter.org](http://www.parishresourcecenter.org). All events are located at the Parish Resource Center unless otherwise noted.

## Workshops & Events:

### **Monday Morning Meditation**

Every Monday morning (except holidays)

8:00 – 8:30 am

FREE to all attending!

Led by Allen Rushmer, Centering Prayer and Contemplative Meditation Group Leader

Each morning meditation will consist of a daily reading, a simple chant, and a 25-minute silent meditation. The readings and meditation are based on the World Community for Christian Meditation (WCCM) tradition.

### **Teaching Life to Children through a Death and Dying Class**

Monday, March 4

7:00 - 8:30 pm

Led by Michele DeRosa, Licensed Funeral Director at Groff Funeral & Cremation Services

How and when should you teach children about death and dying? Difficult aspects of life can be challenging to explain to children since their developmental age determines what they are able to understand.

You will learn:

- information to assess a child's developmental age
- how to discuss life and death with children
- how to learn from children what they already know about death and dying

### **The Intersection of Faith and the Movies**

Tuesday, March 5

7:00 - 8:30 pm

Led by Penn Ketchum, Founder and Co-owner of Penn Cinema IMAX

Join us for a discussion about faith and modern day storytelling in the movies. Find out about at the business behind the movies and learn how traditionally "faith-based" messages are woven into the fabric of the best movies.

### **QuickBooks 101**

Tuesday, March 12

7:00 - 8:30 pm

Led by Robin Ingram and Diana Miller, PRC Staff

Did you recently begin using QuickBooks to track your congregation's income and expenses? Or are you uncertain if QuickBooks is the right fit for your congregation?

Join us to learn the basics of this widely-used accounting software. We will cover:

- check and deposit entry
- setting up a chart of accounts
- QuickBooks reporting options
- bank reconciliations

### **Choosing Resilience in the Midst of Stress and Trauma**

Saturday, March 16

9:00 am - 3:30 pm

Led by Lindsey Frye, MA

Explore themes of resilience through storytelling, movement, and neurobiology and create a strategy of resilience to be applied in your own life.

You will learn:

- the impact of stress and trauma in our bodies and brains
- 6 critical body/brain connection exercises
- several techniques that incorporate mindfulness

### **Mindfulness Practice and the Presence of God (4-class series)**

Tuesdays, March 19 and 26, April 2 and 9

7:00 - 8:30 pm

Led by Marygrace Lomboy, MSN, CRNP, ACHPN, CWCN, Family Nurse Practitioner at Hospice and Community Care, Lancaster, PA

Learn to practice Christian mindfulness, engaging all of your senses while stepping back from the chaos of everyday life and stepping into the present moment. Experience viewing the world and ourselves as God sees us—with truthfulness, compassion, and love.

### **Lenten Rose Labyrinth Walk**

Wednesday, March 20

6:30 – 8:00 pm

At St. Thomas Episcopal Church, Lancaster, PA

Led by Carmel Stabley, Regional Representative Coordinator for The Labyrinth Society (TLS) and a Veriditas Certified-Advanced Labyrinth Facilitator

March 20th is Spring Equinox in the Northern Hemisphere. Come walk this labyrinth path, marking your own winter-to-spring change. All faith traditions are welcome to this indoor walk.

- Enrich your Lenten Reflections
- Learn about and experience the benefits of labyrinth walking as a meditative practice
- Set an intention for your meditation from the teachings of Christ spoken from the cross
- Learn about the cultural richness of the Spring Equinox

- Internalize the last words spoken by Christ
- Experience the soothing effects and inner reflection of walking a labyrinth.

### **Restoring Your Congregation's Grounds: The Benefits of Creating a Sustainable Habitat Landscape**

Saturday, March 23

9:00 am – 12:00 pm

At Church of the Apostles, Lancaster, PA

Led by Linda Ferich and Mary Lou Weaver Houser, with testimony from local church members and a short documentary by Natural Light Films

Beautify your congregation's grounds with a certified, natural habitat that celebrates all the diversity of God's stunning creation. The National Wildlife Federation (NWF) Garden for Wildlife program, Sacred Grounds, offers congregations, houses of worship, and faith communities concrete ways to link faith practices with caring for the environment.

In this three-hour Sacred Grounds seminar, attendees will learn simple steps your faith community can take to:

- attract and feed our diminishing bird/insect species
- reduce lawn and lawn maintenance costs
- improve air quality by planting more trees
- teach all generations ways to care for our challenged environment
- integrate habitat awareness into religious activities
- discuss ways to eradicate invasive/exotic species of trees, shrubs, and flowers
- provide spaces for families to be in the out-of-doors with a simple picnic area, playground, or a memorial or prayer retreat garden
- address water quality and storm water runoff
- connect these practices to the greater community

### **Work/Life Harmony: It's an Inside Job**

Monday, March 25

7:00 – 8:30 pm

Led by Lynelle Trigalet, Transformational Leadership Coach and Retreat Facilitator

Do you ever wish there were more hours in a day? Feel pulled in too many directions? It's time to find some work life harmony, and that requires some heart work.

During our time together, you will learn:

- Why choose work life harmony instead of work life balance
- The three biggest obstacles to work life harmony
- What's needed to move beyond the obstacles
- How to get in touch with your soul's deepest longings so that you can lead yourself from a place of integrity with what's most essential and important to you.

**Roundtable: Managing a Multi-Generational Team**

Wednesday, March 27

12:00 – 1:30 pm

FREE to all attending! Bring a brown bag lunch and the Parish Resource Center will provide coffee, tea, and water.

Led by Jeannette Scott, Life Coach, Minister, Author at “Mission: Thrive! Coaching & Consulting”

There are currently four generations in the workforce. Most likely, at least two or three are represented in your staff, board, or ministry team. This brings challenges, but even greater potential.

In this workshop, we will look beyond stereotypes to:

- Appreciate the unique motivations, values, and work preferences of these four generations.
- Communicate most effectively with each generation.
- Lead and manage a multigenerational team for success and longevity.