

ReFresh: Motivation, Enlightenment, and Spiritual Enrichment

On September 28, 2019, Mechanicsburg Church will host **ReFresh**, an event that seeks to restore faith, revitalize lives, and fortify .The Presbytery's Education committee is sponsoring the event.

MaryAnn McKibben Dana will be the keynote speaker. Author of *God, Improv, and the Art of Living* (Eerdmans Publishing, 2018), a book that focuses on the life practice of embracing improvisation as a spiritual practice bringing balance in a 24/7 world, as well as *Sabbath in the Suburbs* (Chalice Press, 2012), MaryAnn will lead an improv workshop.

The event will begin at 8:30 AM with registration. Following the keynote, two sessions of five workshops each will be offered, separated by lunch. During these sessions, participants can choose from workshops such as: **Messy Church, Community Outreach, Who Is Your Neighbor, Worship Transformed, Enneagram (101 & 102)**, and more.

See the [brochure](#) for workshop details and a printable registration form.

