**WORKSHOPS**

**CENTERING PRAYER–Angier Brock**

Centering Prayer is a method of wordless contemplative prayer based in part on Matthew 6:6—“Whenever you pray, go into your room and shut the door and pray to the Father who is in secret….” Developed in its modern form by the late Fr. Thomas Keating and further elucidated by teachers such as Cynthia Bourgeault and Martin Laird, it has deep roots in ancient contemplative Christian spirituality. This workshop will introduce the basic elements of Centering Prayer and also provide a Centering Prayer experience.

**PAPERCLIP ANGELS – Betty Landes**

You will make a small angels made out of a paperclip, pearl bead and satin ribbon. These angels make wonderful thank you gifts, necklaces, bookmarks, tree ornaments and more. They are fun to carry with you to share with others. All materials will be provided.

**RESOURCES FOR ADVENT: CHRIST IN THE FINE ARTS – Carrine Etheridge**

As we anticipate beautiful fall days at Shrine Mont, many of us are involved in teaching, liturgy preparation or otherwise engaged in faith formation for our parish (or for our personal spiritual lives!). As we begin to think a few weeks ahead to the gentle days but often hectic season of Advent.

In our time together, we will explore Christ in the fine arts…old and new…visual arts, music, poetry, and storytelling if time permits centered around Advent themes you may find to be just the jumpstart you need to begin your Advent preparation.

**TIME – CHRONOS and KAIROS – Marian Windel**

How do we organize our time? Is it different from how the church orders time? How are our hours, days, months, and years ordered? How does the church organize its hours, days, months and years? Does our organization and the church’s organization overlap? Come and let us explore these questions and more.

**YOUR IMAGE OF GOD IN COLLAGE – Patty Rosenberg**

Using prayer and contemplation of the biblical and artistic representations of God for inspiration that are meaningful to each of us, we will create a collage. Your collage will be on a panel using various media including painting and decoupage of napkins, paper and fabric while adding embellishments. If you have favorite stamps, please bring them! Limit 8

**EMBROIDERY ON PAPER – Loretta Mann and Jane Bass**

Participants will be given a piece of card stock that has been pierced with a design. With your needle and thread, you will create your masterpiece! The needles will already be threaded for those of us who believe they are making the hole in the needle smaller and smaller!! Limit 12

**TAI CHI – Bill Judge**

Medical research shows that Tai Chi practice has many physical, mental, and even spiritual benefits.  Originating many centuries ago in China, Tai Chi is increasingly popular in the West with its emphasis on slow coordinated movements, balanced and relaxed postures, and calmness of mind.  This brief session will explore the nature and benefits of Tai Chi, and provide experiential training behind this lifelong practice.

**COLORING WITH SOFT MUSIC – Toni Hogg**

Join with others for a quiet time of coloring while listening to soothing music. Pictures to choose from and coloring pens will be provided.

**CHRISTIAN SACRED MUSIC FROM BYZANTINE CHANT TO PRAISE – John Gilliom**

Christian sacred music has its roots in the first-century churches planted by the Apostle Paul. We will hear highlights from Byzantine and Gregorian chant; early harmony and counterpoint from the middle ages; the first complete setting of the Latin mass; renaissance polyphony; the baroque, classical, romantic and modern eras; folk traditions from broadside to shaped note singing; African-American traditions from spirituals to jazz and blues, and contemporary praise music.

**Genealogy with Ed Smith**

Ed will meet with individuals by appointment to assist in the search of family histories. Please sign up if you are interested.