Lord, Teach Me To Pray
practical applications for prayer

Offered in three locations this year:

<table>
<thead>
<tr>
<th>Location</th>
<th>City</th>
<th>Date</th>
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<tbody>
<tr>
<td>Timberlake UMC</td>
<td>Lynchburg</td>
<td>May 17th</td>
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<tr>
<td>St. Thomas</td>
<td>Manassas</td>
<td>October 25th</td>
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<tr>
<td>Williamsburg UMC</td>
<td>Williamsburg</td>
<td>February 21st (2015)</td>
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Event includes Plenary session, lunch, and 3 great Workshops!
9:30 a.m.-3:00 p.m.

$20 Registration  www.vaumc.org
.5 CEU offered

Keynote Speaker: Wendy Miller
Professor Emeritus of Spiritual Formation, Eastern Mennonite Seminary
Adjunct professor of spiritual formation, Garrett Evangelical-Theological Seminary
Adjunct faculty, Perkins School of Theology
Wendy’s extensive background in prayer and spiritual disciplines
Spans from publishing several books to teaching seminary students to leading retreats and training spiritual leaders.

Using Words: There are so many ways to put word to prayer. Lectio Divinia, Journaling, Praying the Psalms, Contemplative, Writing, Intercessory…. Learn about many and practice a couple with Wendy Miller

Using Hymns as Prayers and Devotion: “Our hymnals serve as instruments by which the spiritual heritage received from the past is celebrated in the present and transmitted to future generations.” Lead by Rev. Celeste Heath (October) and Rev. Norman Ramsey (February)

Beyond Words: Color, Movement, and Laughter as Prayer:
Praying through the visual arts is an ancient spiritual practice. We will embrace our creative nature; engaging our whole self as we pray. Exploring the use of icons, mandalas, breath, movement, and humor is a way to open up to God’s presence already here. Participants will share in hands on experience emphasizing application on their own prayer journey.
Lead by Rev. Lisa Blackmonson (October) and Rev. Gretchen Simpson Nelson (February)