



Workshops

1. For the Beauty of the Trinity

Lydia Collin

At this workshop, you will be invited to explore a vision for music that brings us into the dance of the Trinity as Lydia intermingles teaching, music, and interaction for an enlivening time together.

Lydia Collin is the Regional Gathering's Praise Leader. She lives on Vancouver Island where she serves as the Worship Leader at St. Andrew's Presbyterian Church in Duncan, BC.

You can read more about Lydia on page 5.

2. Gifts for the Journey

Rev. Sumarme Goble

As we age, we shift from asking “What do you want to be when you grow up?” to “How do you want to ‘be’ as you grow older?” With the wisdom of the Psalms to guide us, and the insights of participants, we will explore the gifts God has given to us to face our fears and failings, and meet the challenges of living wholehearted lives in Christ as we age.

Rev. Sumarme Goble is Chaplain and Director of Community Life at St. Andrew's Hall – A College of the Presbyterian Church in Canada. She holds a B.A. degree in Christian Education from Seattle Pacific University and a M.Div. degree from Fuller Theological Seminary. She worked two years at Ban Vinai refugee camp in Thailand for Food for the Hungry International and served 14 years in two congregations in Seattle, Washington.

Sumarme and her husband, Scott, live in Vancouver with their two school-age girls.

3. Lampstands and Bushel Baskets: Exploring the Light of the World

Rev. Dr. Nancy Cocks

How does our experience of different sources of light help us understand our own gifts and possibilities for mission?

What “bushel baskets” do we use to obstruct the light of the world in our lives and congregations? How can we become more effective “lampstands” for the Light of Christ in our relationships and communities?

Rev. Dr. Nancy Cocks recently completed 40 years in ministry with the PCC, serving as both pastor and professor in five different presbyteries. Nancy also worked at Iona Abbey in Scotland as part of the program team, leading creative worship and workshops on many different themes. She has published sixteen books for children and two collections of worship resources with reflections on faith development, Growing up with God (Novalis 2003) and Invisible We See You (Novalis 2006). She lives in Medicine Hat, AB.

4. sereKNITy dot calm...Spirituality in Knitting

Lisbeth Duncan

Knitting provides an antidote to the current chaos of modern day life. Its very nature helps us slow down and pay attention: its spirit invites contemplation. God waits for us in the inner sanctuary of the soul: God waits for us there. Knitting—praying with our hands—enables us to practice the presence of God; a practical way of being in the moment, setting aside the busyness of the day. The captivating rhythm of knitting gives us a chance to step back and view our lives from a little bit of a distance. Spinning a yarn is a creative by-product!

Lisbeth Duncan is a long-time elder at Varsity Acres Presbyterian Church in Calgary and has held leadership positions within the national church. Lisbeth grew up in Scotland where knitting is a way of life, and where she trained as a registered nurse and midwife. She has been married for 52 years to George and they have three children (one set of twins) and seven grandchildren (one set of triplets) and love to holiday in Hawaii in their retirement.

5. When Love Hurts: Understanding Women's Experiences of Abuse in Intimate Relationships
Rev. Karen McAndless-Davis

One in three Canadian women will experience abuse from a partner. Abuse can be verbal, emotional, physical or sexual. It may also include elements of social isolation or financial control. Abuse has a devastating impact on women and it is important for all of us to know how to respond with compassion and understanding. This dynamic workshop will equip and enliven you to be a helpful support person for women experiencing abuse.

Rev. Karen McAndless-Davis has been providing support, advocacy, and counselling for women with experiences of abuse for over 20 years. She is the co-author of the book When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships which helps women recognize signs of abuse and provides practical tools for decision-making. Karen is an experienced trainer and facilitator, and travels widely to deliver workshops. She has a busy private counselling practice in New Westminster, BC. Karen has a Master of Divinity degree from Knox College and is a pastor in The Presbyterian Church in Canada.



Event at a Glance

Friday March 29

- 10:30 a.m. Registration
- 1:00 p.m. Welcome
- 1:15 p.m. Opening Worship and Communion
- 3:00 p.m. Keynote Address with Dr. Mary Jo Leddy
- 4:00 p.m. Hummingbird Ministries Performance
- 5:45 p.m. Reception
- 6:30 p.m. Welcome Banquet

Saturday March 30

- Breakfast on your own
- 9:00 a.m. Worship
- 10:30 a.m. Keynote Address with Dr. Mary Jo Leddy
- 12:00 p.m. Lunch Buffet
- 2:00 p.m. Forums
- 3:30 p.m. Forums
- 5:30 p.m. Dinner Buffet

Chaplain

There will be a chaplain available during the Gathering: the Rev. Karen McAndless-Davis from New Westminster, BC.