

First United Methodist Church presents...
AN OFFERING OF EXPERIENTIAL PRAYER WORKSHOPS

SERENITY

FINDING PEACE, JOY,
LOVE AND HOPE
IN THE PRESENCE OF GOD

SATURDAY, SEPTEMBER 26
8:30 A.M. THROUGH LUNCH

WORKSHOP BROCHURE AND
REGISTRATION FORM



TEL: 859.233.0545

Join us for a wonderful day apart to focus on finding God's peace, joy, love and hope in His presence. Choose from six remarkable interactive experiences led by a gathering of notable prayer workshop guides and facilitators.

Learn...wait...listen...discover...explore...and surrender to God's leading through:

- Loving, Listening and Receiving Jesus (led by Margaret Therkelsen)
- Praying Ancient Lectio Divina (led by Sr. Iris Ann Ledden)
- Victorious Living (Led by Robert and Ramona Maxwell)
- Praying With the Singers of Israel (led by Rev. Dr. James Stratton)
- Mental Prayer: Visioning Scriptures (led by Dr. Sandra Gray)
- Conversational Prayer (led by Ann Broderson)
- *And including a special workshop for elementary children...*
Praying Like Jesus and Prayer Walking (led by Kathie Beach, Becky Scott, Hilda Kinghorn, Colleen Stratton and Susan Nelson)

“Yet give attention to your servant's prayer
and his plea for mercy, O LORD my God.

Hear the cry and the prayer
that your servant is praying
in your presence this day.”

1 Kings 8:28



WORKSHOP DESCRIPTIONS AND LEADER INFORMATION

Loving, Listening and Receiving Jesus

Led by Margaret Therkelsen

In this presentation on Contemplative Prayer, Margaret will teach on the power of waiting on God and learning to listen for His Word in and through the indwelling Holy Spirit. As important as telling God our heart's desires is to listen to Him.

Margaret Therkelsen was reared in a parsonage home where prayer was a vital part of family life. Her prayer life has been greatly influenced by the lives and wisdom of such people as Agnes Sandford, Glenn Clarke, Frank Lauback, and others from the Camps Farthest Out prayer movement. These early influences and her great interest in the classical prayer methods and literature through many years enriched her prayer life and deepened her call to live a life of prayer. Margaret was a professional musician for over 30 years and was guided to become a counselor, leader and retreat speaker on prayer and spiritual life. Margaret now leads a multi-denomination intercessory prayer group and contemplative-prayer group.

Praying Ancient Lectio Divina

Led by Sr. Iris Ann Ledden

This is an ancient practice of praying God's Word, which is relevant for us today. You surrender your thoughts and interests, then listen to God's Word, and be transformed by the Holy Spirit.

Sr. Iris Ann Ledden is the informal co-director of the Peace and Justice Commission of The Catholic Diocese of Lexington and a member of Witness for Peace. Her ministry over the past 51 years has involved education,

lay formation programs, spiritual guidance, conference on prayer and spirituality and retreat director. Her current ministry is in spiritual guidance, retreats and spirituality workshops.

Victorious Living

Led by Robert and Ramona Maxwell

Robert and Ramona will share their journey of seeing God answer the prayers for their son who had his first encounter with alcohol and drugs at age 15. It is a story of lessons in love and God's faithfulness to their family. They also experienced and faced the death of their young son-in-law and learned God is faithful in all things even when you don't get the answers you want.

Robert Maxwell was born and raised in Lexington, Kentucky. He graduated from Lafayette High School and attended the University of Kentucky until his father's illness, at which time Robert left UK to begin working for the new family business, *Sallee Horse Vans*. When he retired after 43 years, the company had become the largest horse transportation company in North America. Robert is a member of Immanuel Baptist Church in Lexington, and has served there from 2005-2009 as a Deacon, Vice Chair of Deacon Board, Chair of the Finance Committee and serves as Treasurer.

Ramona was born and raised in Nurnberg Germany. After coming to America and teaching herself English, she met and married Robert. She spent her time raising their four children and now is the proud grandmother of four grandchildren. Her biggest joy has been being part of the intercessor prayer group with Margaret Therkelsen for the past 24 years.

Praying With the Singers of Israel

Led by Rev. Dr. James Stratton

In this class, Jim will have us take a look at selected psalms and how we can let them guide our prayers and inspire our faith.

Rev. Jim Stratton is a United Methodist minister, receiving his first appointment to a church in 1956 and retiring in 1998, after serving seven years as senior pastor of First United Methodist Church, Lexington. Jim is a native Kentuckian born in Pike County, Kentucky. His wife, Colleen, is his partner in ministry. Jim and Colleen have three sons: Stephen, Jon, and Chris.

Mental Prayer:

Visioning Scriptures

Led by Dr. Sandra Gray

This class will focus on the personal and intimate dimension of Jesus. We will explore ways in which He steps into our daily living to love and empower us with our families, at work, in social gatherings, in corporate worship, etc. The format will be teaching, guided prayer and personal prayer.

Dr. Sandra Gray is president of Asbury College and a woman of faith. For more than 11 years she has participated in and/or led women's retreats on and off campus regarding faith and prayer. She has been a mentor, counselor, and advisor. Other speaking engagements have included the United Nations, where she served on the Committee for Education. Sandra is actively involved in Centenary United Methodist Church in Lexington, Kentucky. She has served as chair of the church's finance committee and she and her husband, Ken, have taught a Sunday school class for young married couples.

Conversational Prayer

Led by Ann Broderson

The goal of this class is to help us become comfortable and confident lifting our voices in

prayer with others as we move from a monologue prayer by one person in a group to a dialogue-conversational prayer, which makes corporate prayer a meaningful and purposeful experience.

Ann Broderson is a wife, mother, grandmother and teacher. She has been on her prayer journey over 25 years under the guidance of Margaret Therkelsen and the Tuesday night Intercessory Prayer group. Ann has been a member of Centenary United Methodist Church for 36 years and has served in many capacities. Ann sings in the choir, attends the Fidelis Sunday School Class, and is a member of a small-group Bible study.

Praying Like Jesus

Prayer Walking

Led by Kathie Beach, Becky Scott, Hilda Kinghorn, Colleen Stratton and Susan Nelson

Children will look into the prayer life of Jesus to discover how, when, where and why Jesus prayed so they can learn to pray following His example. They will experience the joy of praying "on sight with insight" during a prayer walk.

(Note: If a child or children are coming with you to participate in the prayer workshops, you may choose to join in the prayer walk with the children. For children in grades K—5)

Registration Form

Saturday, September 26, 2009, 8:30 a.m. through Lunch
Class size is limited to 20 people to enhance experiencing prayer interactively. Each class is offered twice allowing each attendee to attend two classes. Indicate your priority of three classes. Every effort will be made to honor your #1 and #2 choices. During the week of September 21, we will contact you to confirm your two classes.

PLEASE FILL OUT ONE FORM FOR EACH ADULT ATTENDING

Please mark your top three choices for workshops in the boxes below using the numbers 1, 2 and 3 to indicate priority, with 1 being your first priority. Workshops are offered twice and will be from 9:30—10:45 a.m. and 11:00 a.m.—12:15 p.m. We will notify you the week of September 21 to confirm your times and class selections.

- Loving, Listening and Receiving Jesus
- Victorious Living
- Conversational Prayer
- Lectio Divina
- Praying with the Singers of Israel
- Mental Prayer: Visioning Scriptures
- Prayer Walking with My Child at 10:45 a.m. only

To enroll children in Praying Like Jesus and Prayer Walking, list child's name and grade level below (K—5):

Please complete one form for each adult attending.

Name

Address

Email Address

Need childcare? If yes, please provide ages—bring a sack lunch for your child

Phone

Registration Cost (includes lunch) is \$10 per person and \$15 per family. Please include payment with registration form. Submit form and fee to: First United Methodist Church, 200 West High St., Lexington, KY 40507, Attention: Amanda. Make checks payable to First United Methodist Church and mark "Prayer Workshop" in the memo line. For more registration information, call 859.233.0545 or email 1stumc@1stumc.org or tonigreider@insightbb.com.

REGISTRATION DEADLINE: SUNDAY, SEPTEMBER 18, 2009

First United Methodist Church
www.1stumc.org

Downtown Campus (all workshops at this location)
200 West High St.
Lexington, KY 40507
859.233.0545

Andover Campus
4131 Todds Road
Lexington, KY 40509
859.263.3602



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