

Living Compass Congregational Wellness Advocate Trainings

Hosted at The Nicholas Center of the Diocese of Chicago

THE TRAINING WORKSHOPS

Monday 6:00 PM--Thursday 12:00 PM Trainings in 2014: July 14-17, October 20-23, November 10-13.

Thursday 6:00 PM--Saturday 7:00 PM Trainings in 2014:** July 24-26, September 18-20.

Cost: \$300 includes all meals, nightly accommodations (single rooms with private bathrooms), and all training and CWA facilitator materials. Scholarships are available.

Wellness ministries are an ideal way to enhance congregational vitality.

Grounded in Scripture and the tradition of the Church Living Compass Faith & Wellness Ministries provide resources, education, training, and support to individuals, families, and congregations as they seek to enhance vitality and to live into the abundant life God intends for them.

Healing and wellness ministries are central in the ministry of Christ and of the Church. Living Compass helps congregations offer ministries of wholeness and wellness to their members, as well as to people in their surrounding communities.

Come to a Living Compass training to learn and plan how to use Living Compass materials in your ministry location. In our Certified Congregational Wellness Advocate (CWA) training you will learn

how to enhance your congregation's vitality by beginning or expanding a wellness ministry in your church.

Our team will help you develop skills to facilitate small wellness groups and lead wellness classes in your community on a breadth of topics including adult, parent, and teen wellness.

You will meet and learn from others from around the country who are increasing the vitality of their congregations and communities by offering a variety of wellness opportunities.

These trainings are for people excited about integrating faith and wellness in their own lives and to helping others to do the same. Lay and clergy leaders are all welcome to attend. Congregations are encouraged to send several people to be trained together whenever possible.

For more information contact mkrings@episcopalchicago.org or visit www.livingcompass.org.

*Several short pre-retreat assignments will be required prior to the workshop.

**Note that the Thursday to Saturday workshops will cover the same information, but there will be limited free time and additional pre-retreat work.

SCHEDULE

MONDAY*

Living Compass Introduction

- 6:00 PM Dinner and introductions
- 7:00 PM Introduction to the Living Compass Ministry
- 8:00 PM Compline

TUESDAY

Living Compass Mindset

- 8:00 AM Breakfast
- 8:45 AM Morning Prayer
- 9:00 AM Workshops
- 12:00 PM Lunch
- 1:00 PM Workshops
- 6:00 PM Dinner
- 7:30 PM Activity
- 8:30 PM Hospitality and Free Time

WEDNESDAY

Living Compass Skillset

- 8:00 AM Breakfast
- 8:45 AM Morning Prayer
- 9:00 AM Workshops
- 12:00 PM Lunch
- 1:00 PM Workshops
- 6:00 PM Dinner
- 7:00 PM Eucharist With Healing Prayers
- 8:00 PM Hospitality and Free Time

THURSDAY

Living Compass Congregational Wellness Plan

- 8:00 AM Breakfast
- 8:45 AM Morning Prayer
- 9:00 AM Workshops
- 12:00 PM Lunch and Departure

Please Note: There will be planned free time and group outings built into the schedule.