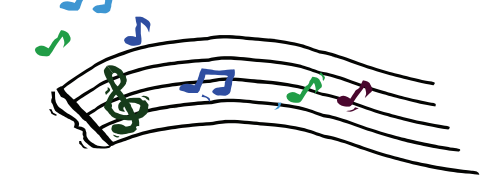


PARISH LIFE DAY

Living Simply

'Tis the Gift to be Simple



NOVEMBER 20, 2010
8:30 A.M. - 3:15 P.M.
St. Anne's Episcopal School
Middletown, Delaware

Register Online!
www.dioceseofdelaware.net

First 50 online registrants to receive a Diocesan Cooler Chair!

 The Episcopal Church
 Diocese of Delaware



MARKET PLACE Exhibitors

Anamchara Fellowship
 Cathedral Choir School
 Church Publishing
 Community Organics
 Distant Neighbors Fair Trade

Seekers
 Episcopal Campus Ministry
 Silpada Designs,
 Cindy Richards, Ind. Rep.
 Sterling Silver Jewelry
 & Specialty Spiritual Pieces

MINISTRY & TRADE Exhibitors

AIDS Delaware
 Anamchara Fellowship
 Brotherhood of St. Andrew
 Camp Arrowhead
 Church Periodical Club
 Delaware Ecumenical Council
 Delaware Hospice
 Delaware Pharmacists Society
 ECW of Delaware
 Edward Jones - Anthony Johnson
 Episcopal Deacons of Delaware
 Griswold Special Care
 Habitat for Humanity
 Higgins & Associates

Interfaith Community Housing
 Interfaith Resource Center
 Memorial House
 Pilot Congregation
 Rosenthal Chiropractic
 Spiritual Companions
 St. Andrew's School
 St. Anne's School
 Sunday Breakfast Mission
 Sussex Episcopal Ministries
 Work Camp
 The Way Home
 United Thank Offering
 Youth Council



DIRECTIONS TO ST. ANNE'S

211 Silver Lake Road; Middletown, DE 19709

From South:
 Take route 13 or 1 North to Odessa and turn left onto 299 going to Middletown.
From North:
 Take route 13 or 1 South to Odessa and turn right onto 299 going to Middletown.

In one mile, at traffic light immediately past Middletown HS, turn left onto Silver Lake Road. Approximately 1/4 mile turn right into the lane for St. Anne's Episcopal School. There are two brick piers at the entrance. Follow the curved lane back to the school at the rear of the property. Please park in the lot.

REGISTRATION FORM

-OR-

Register online! www.dioceseofdelaware.net
 (first 50 online registrants receive Diocesan Cooler Chair)

Morning Workshops (please check one)

- The Practice of Simplicity
- Eat Your Way to Optimum Health
- Simply Yoga
- I Am What I Love

Afternoon Workshops (please check one)

- Simple Steps to Optimum Health
- Organic Living
- Simple Appliqué Quilt Squares
- Living Intentional Simplicity in a Complex World

- Medical Decisions When They Count Most
- Financial Foundations
- Parish Leadership Development

- A Compline Primer
- Simple Bible Study for Complex Lives
- Next Year in Jerusalem

Children's Program

Child's Name _____
 Age _____
 Food Allergies _____
 Special Needs _____

Child's Name _____
 Age _____
 Food Allergies _____
 Special Needs _____



CHILDREN'S PROGRAM

Free for Ages 4-12

All Day Program

This program will explore what it means to *Live Simply*. The children will learn simple things they can do that will make a difference in God's world and their own life. The day will include a Bible story, activities, crafts, and cooking their own lunch. The children will also participate in the afternoon worship with a presentation that will illustrate what they have learned during the day.

SCHEDULE

8:30	Register & Browse Displays Continental Breakfast <i>Opus One Vocal Jazz Ensemble</i>
9:15	Gathering Worship Bishop's Message
9:45	Break
10:00-11:30	Morning Workshop
11:45	Lunch & Browse Displays
12:45-2:15	Afternoon Workshop
2:30	Door Prize Drawing Announcements
2:45	Children's Presentation Closing Prayers
3:15	Go In Peace

DOOR PRIZES

- 2 night stay at **Memorial House**
- Summer Camp session at **Camp Arrowhead**
- Personal Retreat at **Pendle Hill**
(2 night, includes meals)
- Book - **Unclutter Your Life in One Week**
Author, Erin Rooney Doland
- Jewelry by **Silpada Designs**, donated by
Cindy Richards, Independent Representative

MORNING

WORKSHOPS

AFTER NOON

The Practice of Simplicity: In our home and work lives we are surrounded by stuff. It's in the form of piles of paper and/or a seemingly endless list of things to do. The stuff can quickly grow out of control and create unnecessary stress and anxiety. These things can become so overwhelming that they impede a rich, spiritual life. What matters most is lost among the clutter. Explore generations of Christian writings on simplicity and their relevance and applicability to modern life. Discover concrete strategies for getting rid of the distractions that create barriers to or hinder the formation of a remarkable life. This workshop will be led by **Erin Rooney Doland**, editor-in-chief of the home and office organizing website Unclutterer.com and the author of *Unclutter Your Life in One Week*.

Eat Your Way to Optimum Health... Simplified! In a country where the two leading causes of death are heart disease and cancer, people are burdened with low energy and 95 percent of dieters regain weight and add even more pounds within three years, the solution is a realistic improvement in lifestyle rather than a succession of failed diets. Learn how to get fantastic results by choosing carbohydrates, proteins and fats that are superior, and by learning the correct time of day to consume them. Uncover the true you! Making the best nutritional choices is easy... when it's SIMPLIFIED! Presented by Dr. Scott E. Rosenthal.

Simply Yoga: Transformation from the womb. A yoga program that encourages deep release physically, mentally, and emotionally, including visualization from our time spent in the womb-when it was all so simple.... Presented by Ellyn Stanek Hutton, RN, BSN of Wellness Within by Ellyn, LLC. www.wellnesswithinbe.com

I Am What I Love: From the personal to the institutional level, the lack of purpose and vision contributes to unhappiness and ineffectiveness. On an individual level, a personal sense of mission or purpose can get lost in the need to make a living instead of following a true vocation, leading to discouragement and dissatisfaction. For an individual to pursue what he or she loves to do as a true vocation is to live in God's love and purpose, and is the path to joy and fulfillment. In this workshop, led by The Rev. Emily S. Gibson, an accelerated Appreciative Inquiry process for personal discernment of purpose will be conducted. Through dyad interviews and other reflection tools, each participant will begin to craft a personal mission statement.

Medical Decisions When They Count Most: Advanced Directives
Presented by Delaware Hospice's Community Education Coordinator
♦ How Communicating What Care You Want In Case Of A Healthcare Emergency Can Help Ease Emotional Stress Within Your Family ♦ The Importance Of Expressing Your End Of Life Wishes And How To Properly Document Them ♦ Five Wishes Discussion ♦ A Complete Review Of Delaware's Advanced Directives Form

Financial Foundations: Investing 101 - Building your investor IQ starts with Understanding the Basics. Don't let fear of the unknown prevent you from investing in your future. Getting started can be easier than you think if you understand the basics. Presented by Anthony B. Johnson, Financial Advisor.

Parish Leadership Development: This workshop, presented by The Rev. David T. Andrews, will introduce four core frameworks that can be used to assess overall leadership of a parish. These frameworks are designed to assist vestries with how best to determine how to faithfully live out their mission in their communities. Each of these core frameworks are grounded in individuals and congregations to live out their mission in prayer, formation, worship and service. Assessment tools will also be introduced to help a parish begin the important work of developing a healthy Christian Community.

Simple Steps to Optimum Health - presented by Dr. Scott E. Rosenthal
Improving your level of health is SIMPLE when SIMPLE action steps are taken each day! In this entertaining and life-changing workshop you will learn:
♦ A philosophical understanding that allows for the expression of optimum health.
♦ Simple action steps for each day that nourish a healthy body and mind. ♦ Simple nutritional concepts for weight control, detoxification and energy. ♦ Simple yoga techniques to get your day going and release stress. ♦ Simple meditation that will help bring focus, clarity and peace. ♦ Simple changes in how you think that will create a positive and healthy consciousness. www.rosenthalchiropractic.com

Walk the Walk, Talk the Talk (organic living)
-presented by Aspen and Tim Bell from Community Organics
Throughout the day we make choices that change the course of our lives. Choices that impact our lives, and the planet. We can accept the natural flow of life which brings us harmony or be in resistance which keeps us in fear. We have the ability to make positive changes only if we're willing to step out of our fears. Join us in exploring the possibilities of transforming our lives and planet through an organic lifestyle

Simple Appliqué Quilt Squares ~ Experience a whole new approach to quilting! Create a 12x12 one of a kind quilt square with simple images or geometric shapes. Choose from a variety of colorful and beautiful fabrics to design a piece of original artwork. You can hang it up, make a pillow, or combine it with other squares for a church banner. A good craft to learn for church groups to do also! Charlotte Howard

Living Intentional Simplicity in a Complex World
What is Christian Simplicity? How does one live more simply in a world of increasing diversity and complexity? Using Biblical stories and personal examples to illustrate the freedom that can be found in a simple lifestyle, members of the Anamchara Fellowship will lead participants on an exploration of practical ways to meet the demands of life without over-indulging or becoming extravagant. How to live counter-cultural to all the marketing ads that try to tell you what you need in order to live a fulfilled life. www.anamcharafellowship.org

A Compline Primer: presented by Canon Darryl Roland
People throughout the world are experiencing a renewed interest in singing Compline, a rite that is over a thousand years old and is traditionally sung at the close of day. As we focus on the possibilities of "Living Simply," we are reminded that St. Benedict wanted Compline to be kept simple. The ancient texts and chants of Compline can serve to quiet our minds and calm our souls in private devotion as well as in public worship.

Simple Bible Study for Complex Lives - led by The Rev. Jo Ann Barker: Let's face it - We are dependent upon technology and all gimmicks new and innovative. The Bible? We hear it read and preached on Sunday but what can it do for our hectic lives? Our hearts yearn for more when we are open to listening. The Bible is accessible even to us who have put the old ways behind. There is new and fresh learning as the Spirit continues to move through those ancient pages. Let the words of Holy Scripture move you to embrace a simpler, holier life. Amen.

Next Year in Jerusalem presented by The Very Reverend William B. Lane
The land of Israel/Palestine, the Holy Land, is the land of three monotheistic religions: Judaism, Christianity, and Islam. It is the land of Jesus, who came of age in the Galilee and was crucified in Jerusalem. Christian pilgrims have been coming to the Holy Land since at least the Fourth Century of the Common Era. Followers of Jesus have been there since the First Century. In this session, you will explore what it means to be a pilgrim. You will also be introduced to Saint George's College in Jerusalem as a place for enabling your pilgrimage.

COMPLETE REGISTRATION FORM (one form per applicant please)

\$15/person

~ Deadline - November 7th ~

Register online!

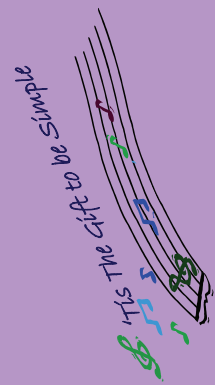
www.dioceseofdelaware.net (first 50 receive Diocesan Cooler Chair)

Name _____ Parish _____
E-Mail Address _____ Phone # _____

PLEASE MAKE ALL CHECKS PAYABLE TO: Diocese of Delaware
Mail completed registration with check (\$15 registration fee) to:
Diocese of Delaware, Attn: Cynde Bimbi, 2020 N. Tattall Street, Wilmington, DE 19802.

Payment must be received prior to event - please do not plan to bring payment to the event.

- ✓ On reverse side, please indicate one Morning and one Afternoon workshop of your choice
- ✓ On reverse side, please list child's name, age, and other necessary information if planning to attend
- ✓ **Registration for event is necessary**
- ✓ if you need to register more than one individual, please make copies of this registration form



If you have any questions, please contact Cynde Bimbi: cyndeimbibi@dioceseofdelaware.net or (302) 656-5443, extension 106