



NURTURING COMMUNITIES FALL '24



ALL IN COMMUNITY LUNCH, LEARN, & LIVE WELL WORKSHOPS August 21 & 28, On Zoom

Worship and music both aid in self-regulation/healing and each holds value individually and collectively. In 2023, the National Institute on Health reported that more than 1 in 5 adults live with mental illness. This is heavily attributed to the variety of traumatic experiences one has endured in a lifetime. However, there is an antidote readily available to assist. Music has been intricately woven into society's fabric, and held individuals, entities, and movements together for more than two centuries. From ancient medical practices to modern day science, music has been consulted for its' vast healing properties. This session offers participants the chance to unpack the gift known as music while identifying its' neurological impact. Additionally, participants will learn how to incorporate trauma-informed worship practices within their respective churches to assist congregants navigating challenging times. Lastly, participants will have the opportunity to depart with 2-3 practical applications that promote positive emotional health and well-being. Come join Dr. Camisha Chambers for this invigorating – and timely - conversation designed to build and maintain thriving congregations! There are two different options to attend. Registration details are below.

Time: 11:30AM-1PM

Cost: Free

Facilitator: Rev. Dr. Camisha Chambers, All In Community Nurturing Communities Coordinator

Registration Links:

August 21:

<https://wocumc.zoom.us/meeting/register/tZMtfuiurj0vE9YOrlcaPIFV6ajl0sQG74we>

August 28:

https://wocumc.zoom.us/meeting/register/tZAqdO6trTspG9DYBn3Dv_EMe5EuhP2pS63p



ALL IN COMMUNITY RESILIENCE CLERGY RETREAT

October 3 (Wedgewood UMC, Akron)

October 22 (Bexley UMC, Columbus)

Jesus' story reflected so much of our everyday lives. He was surrounded by and encountered deeply traumatic situations and highly traumatized people. And if we dare to be involved in ministry work, it's safe to conclude that experiencing some form of trauma is inevitable. However, there is hope for us all. A resurrected person is a resilient person. Jesus IS alive, and because we are resurrected with Christ, we, too, can live a resilient life.

Resilience is not about being the toughest, strongest, or having the most 'grit'. It's about acknowledging our complete dependence on the triune God and accepting that we cannot navigate life on our own. A resilient life is a gift from God, and it's a gift that's accessible to everyone

This one-day workshop recognizes the beauty in every individual, as well as, the pain we experience as pastors in walking with justice-impacted persons. In this retreat, we will recognize the special burdens carried in this area of ministry and learn resilience with a simple approach of identifying and strategizing. We will identify the variety of traumas that have impacted our human nervous system, local churches, and surrounding communities and strategize ways to become resilient through customized, evidence-based educational and interactive sessions.

Time: 10AM-3PM

Cost: \$20 for meal and materials

Facilitator: Rev. Dr. Camisha Chambers, All In Community Nurturing Communities Coordinator

Registration Links:

October 3: <https://www.westohioumc.org/event/clone-all-community-clergy-resilience-retreat> **Deadline to Register is *Sept 26***

October 22: <https://www.westohioumc.org/event/all-community-clergy-resilience-retreat> **Deadline to Register is *October 15***



TRAUMA-RESILIENCE WORSHIP ARTS WORKSHOPS

October 15 (Bexley UMC, Columbus)

November 6 (Wedgewood UMC, Akron)

What if people left your worship service with some sense of healing from the pain and suffering of living in today's world? This workshop is designed for pastors, worship leaders, and music ministers who are responsible for creating worship environments. We will explore ways in which we can use scripture, music, and liturgy to promote resilience among those gathered.

Time: 10AM-3PM

Cost: \$20 for meal and materials

Facilitator: Rev. Dr. Camisha Chambers, All In Community Nurturing Communities Coordinator

October 15 Registration Link: <https://www.westhioumc.org/event/all-community-trauma-resilience-worship-arts-workshop> **Deadline to Register is *October 9***

November 6 Registration Link: <https://www.westhioumc.org/event/all-community-trauma-resilience-worship-arts-workshop-0> **Deadline to Register is *October 30***

Questions or Request for Support?

Please reach out to:

Dr. Camisha Chambers, Nurturing Communities Coordinator:

nurturingcoordinator@gmail.com || 614-966-0281