

a deacon gathering hosted by region 4

**REST  
RENEW  
RECO  
CONNECT**

10/06-10/09 | carol joy holling | ashland ne

# Loggiss tics

arrive by 5pm on October 6

depart at 11am on October 9

\*shuttle services are available from the  
Omaha airport, please let us know if needed\*

\$175 for a shared room

\$205 for an individual room

\$85 for commuters

(travel costs not included)

subsidized funding provided by region 4 and the elca

packing:

layers for changing weather

walking shoes

casual camp comfy clothes

book(s), craft items, other spiritual practice items

# speakers

## **carol olson | body movement & body prayer embodied spiritual practices**

Carol Olson is a Spiritual Director and a Physical Therapist from Lincoln, NE. She is a member of First Lutheran Church and is the Lead Dean of the Benedictine Oblates of Nebraska affiliated with Sacred Heart Monastery, Yankton, SD, where she also obtained her Certificate in Spiritual Direction. Carol will introduce Embodied spiritual practices for greater understanding and inspiration. Participants will be given opportunities to try out various ways to connect with the Divine through body awareness and gentle movement practices. All abilities are welcome!

## **rev tim schroeder | presenter**

Pastor Tim Schroeder, Regional Representative for Portico Benefit Services. As a ministry of the ELCA, Portico Benefit Services provides retirement, health, life, disability, and wellness benefits to enhance the total well-being of those who serve faith-based organizations. Pr. Tim is looking forward to joining us for our time of rest and renewal while we learn more about how our benefits can support us in that goal of sabbath.

## **lisa kramme | presenter**

Lisa Kramme started telling stories so early that her elementary teacher had to place a time limit on show and tell! Now Lisa tells the fairytales of Hans Christian Andersen through the Nebraska Humanities Speakers Bureau, and through the years has discovered she loves to listen to the stories of others just as much as she loves sharing her own. In 2022 Lisa completed a certification in Community Storytelling through The Hearth in Ashland, Oregon, and she's helped coordinate community story sharing events through her congregation, Sinai Lutheran Church in Fremont, NE, and through various ministries of the Nebraska Synod, ELCA. Lisa is delighted that her grandchildren love stories as much as she does. She and her husband Keith raised two children and enjoy watching their children start their own households. Lisa currently serves as the Director for Campus Ministry and Spiritual Wellness at Midland University in Fremont and as a spiritual director.

## **diane reece | using your phone camera as a spiritual practice tool**

Retired High School Speech and Drama teacher, lifelong Lutheran and lover of all things creative, Diane and husband Bill currently live in Wahoo, NE and attend Bethlehem Lutheran Church. She is continually in awe of the unique and often overlooked ways God shows up in our lives every day. It is just that creativity that fuels her life. She loves her retirement and fills her life with coffee, reading, five grandkids, more coffee, being artsy and pondering life with friends. She also enjoys the occasional summer and fall camping trips in a 13' Scamp trailer to add to life's excitement!

## **diane harpster | zentangling**

Certified Zentangle® Teacher and lover of all things creative. She has always loved to create. As a child, she was surrounded by women who made beautiful things with their hands using fabric, yarn, flowers and fruits of their gardens, and more. It was through them that she learned that creating brings joy to the creator and blesses others as well.

Diane received a degree in Textiles, Clothing and Design from the University of Nebraska-Lincoln. After several years given to the creative roles of wife, mom of two sons, crafter, and church worker, she took an introductory watercolor class. This new medium called her back to the wonder of color and creative expression. She enjoyed the process but wasn't sure what to do with it. Painting is something for artists after all, and she wasn't sure that she could call herself an artist. In 2015, Diane discovered Zentangle® drawing and completed her Zentangle Certification Training with Rick Roberts and Maria Thomas in 2020. She began to combine watercolor and ink drawing and found more ways to enjoy the creative process as She began to discover my own unique artistry. She quickly found that the Zentangle method was a way to explore connections between art and spirituality. The art she creates can be found at

[www.dianeharpsterart.com](http://www.dianeharpsterart.com) and on social media Anyone who can hold a pen and write their name can do this. It's a joy to share it with YOU!

# s c h e d u l e

## **Sunday 10/06 (official programming starts Monday)**

before 5:00p Arrive at Carol Joy Holling

5:00–6:30p Supper in Ashland (covered by participants)

7:00p Welcome and Land Recognition

7:30–8:00p Opening Prayer

8:00p Reconnect Time

9:00p Compline

## **Monday 10/07**

7:30–8:30a Breakfast

9:00a Morning Prayer

9:30a Bible Study with Bishop Johnson

10:30a Deacon Conversations

11:45a Prayer

12:00p Lunch

1:00–3:00p Activities

(labyrinth, zentangle, portico meetings, free time)

3:00p Large Group Session – Storytelling with Lisa Kramme

6:00p Supper

7:00p Campfire with Lisa Kramme

8:00p Compline

## **Tuesday 10/08**

7:30a Breakfast

9:00a Morning Prayer

9:30a Portico Presentation with Rev. Tim Schroeder

10:30a Breakout Sessions

(body movement and prayers, phone camera as spiritual practice, free time and rest time)

11:30a Prayer

12:00p Lunch

1:00p Cloisters on the Platte

4:00p Breakout Sessions

(see above)

6:00p Supper

7:00p Glacial Til Winery

9:30p Evening Prayer

## **Wednesday 10/09**

7:30a Breakfast

8:30a Pack and Load Vehicles

9:00a Closing Worship with Communion led by Bishop Scott Johnson

11:00a Head Home