

CoastalVA District Training

New Creation UMC
Chesapeake, VA
Jan. 11, 2025
9 am - 2:30 pm

Grace UMC
Parksley, VA
Jan. 12, 2025
1:30pm - 5:00 pm

The Coastal Virginia District Ministry Team invites you to the 2025 District Training Weekend. The weekend will be split into two locations with exciting workshops for each location. Our guest speaker is Dr. Ashley Boggan D., General Secretary of the General Commission on Archives and History.

You will find a short description of each workshop included in this booklet. The front section is for the January 11, 2025 meeting at New Creation UMC in Chesapeake. The second half of the booklet outlines the workshops on January 12, 2025 at Grace UMC in Parksley. You may register for one or both days. Clergy that register and attend both days will be eligible for 1 CEU or .5 CEU's for one day.

Deadline for Registration is January 2, 2025.

Costs:

New Creation UMC event—January 11, 2025

\$25.00 per person registered or

\$20.00 per person with 5 or more from the same church.

(Price includes: light breakfast, lunch, coffee, water and tea)

Saturday, Jan 11 Registration

Grace UMC event—January 12, 2025

\$10.00 per person registered or

\$40.00 for a group of 5 from the same church.

(Price includes: light refreshments, coffee, water and tea)

Sunday, Jan 12 Registration

New Creation
January 11, 2025

8:30 am	Registration opens
9:00 am	Welcome, Worship & Plenary
10:00 am	Break
10:15 am	Session 1 Workshop
11:45 am	Lunch
1:00 pm	Session 2 Workshop

Session 1 Workshops (pick one)

Crash Course for Lay Speakers: We will cover what are some elements that help make a meaningful message. We will also cover picking a scripture, and how best to handle last minute calls. Whether you are a seasoned lay speaker or brand new, our conversation can help you be better prepared to share some good news with others. *(led by Rev. Tom Durrance, Ebenezer UMC)*

Wellness Ministry in the Local Church: What kinds of Wellness programs can your church conduct for its surrounding community? Would you like to experience a Yoga Class [Chair or Mat Yoga] exploring how Classical Yoga theory dovetails with Wesleyan tradition for improved health for Mind, Body & Spirit? Are you interested in developing Wellness Support Groups for the community your church serves for those in Chronic Pain, in Grief, for Support of Caregivers in the home, or to promote Healthy Habits and Lifestyle Changes? This Workshop will give you hands on ideas for Wellness Ministry and the Yoga Class could be your most relaxed and de-stressing experience ever — while showing you a new way to reach out and serve the needs of adults dealing with Pain, Grief, Anger or Frustration and Fear. This is a gentle Yoga Class with options that assures you of success from the start. *(led by Jimmy Jones, Certified Lay Minister, Registered Yoga Teacher)*

Strengths' Based Ministry: This workshop will explore how to tap into the strengths of the laity, pastor(s) and staff of a congregation. Using Clifton Strength finders is a great way to foster growth, resilience, and harmony in church staff and leadership teams. Strength finders has helped churches revitalize, come hear how it can help your congregation! *(led by Rev. Amanda Webber, Oak Grove UMC and Certified Strengths-Based coach)*

Tech on a Budget: We'll explore how to build an online presence with minimal time and money investment—no tech expertise required. Anyone can get started! Ideal for a church wanting to create a website, looking at how to stream Sunday's service, or up their tech presence on a budget! *(led by Rev. Tim Stockton, Community UMC Portsmouth)*

Safe Sanctuaries Part A: The Reason, The Reality and the Foundations of Safer Sanctuaries: Shifting our focus from fear to flourishing. This workshop will explore the foundations and reasons why each church needs safe sanctuaries. If your church is new to safe sanctuaries, please sign up for this workshop. *(led by Rev. Teresa Woodworth, Associate Pastor Community UMC Va Beach and Safe Sanctuaries coordinator for Coastal VA District)*

What does it mean to be 'Method-ist'? Workshop: Where did that name come from? How has its meaning changed over time? What exactly is the 'method' of Methodism? These questions will be posed and some historic context provided so that we might be able to fully reclaim ourselves as *methodists*. *(led by Dr. Ashley Boggan D., General Secretary for History and Archives)*

Connecting with your community: Join us as we discover ways to connect with our communities! Churches often start with a mission to serve their local area, but as times change, they can lose touch with the people around them. Let's come together and explore fresh ideas and strategies for reconnecting with our neighbors and making a positive impact in our surroundings. *(led by Rev. David Jimenez, Memorial UMC)*

Faith Stages Workshop: This workshop helps to explore how just as our bodies and minds grow, so too does our faith. It's important to know the stages and parts of our journey as we grow and help others to grow. This workshop is great for anyone who leads children and youth classes as well as adults! *(led by Rev. Kimberly Barker-Brugman, Founder and CEO of Soul Story Ministry)*

Faith Sharing for the Rest of us:

'I can't share faith -- I never took a class.'

'I can't share faith -- I don't know a lot about the Bible.'

'I can't share faith -- I'm not a pastor.'

'I can't share faith -- (a few hundred more reasons).'

But what if you are the only person who can share faith at an important moment? What if you have all the tools to help someone find the hope and grace they need?

This workshop is designed to take the SCARY out of faith-talk, and make it as natural as...well...talking! *(led by Retired Rev. Everett Bassett and Sharon Bassett, former Conference Lay Leader for Upper NY Conference)*

For the Transformation of the World: A Deeper Dive into Mercy + Justice: Leaning on our strong United Methodist Heritage of being missional, this workshop will explore the theology of mission through our United Methodist lens. It will also explore justice ministry as we are called to help God in transforming the world. *(led by Rev. Jo Ann Batteiger, Assistant Director of Missional and Community Engagement for the Va Conference)*

Session 2 Workshops (pick one)

Small Church Strategies: Reaching the Community; Many of our small churches remember a time when the church had more financial and human resources available for ministry. How can we now reach the community and be effective in outreach with less. This workshop will explore ways the small church can be effective in reaching the community being seen as a partner and participant in the life of the community – relevant and connected. The workshop explores how each church can find and follow not what other churches are doing, but find and follow its own niche that will organically weave into the fabric of the community. *(led by Rev. Tracy Bass, Impact SoNo)*

How to create a Welcoming Environment: Hospitality is a core component in helping guests feel welcome when they visit your church. But creating a welcoming environment goes beyond coffee and refreshments. This workshop will present key elements learned from the hospitality industry that can be applied to the local church *(led by Bob Howard, Board Chair for District Admin Team and Chief Investment Officer, Gold Key/PHR)*

Older Adult Ministry Workshop: This workshop will identify the physical and spiritual needs of the elderly. It will also provide information on how to determine a need for an older adult ministry in your congregation and an outline for establishing one. *(led by Rev. Tim Farabaugh, retired pastor who also worked in long-term care administration)*

Using AI In Ministry: Discover how AI can enhance your ministry in this hands-on workshop designed for pastors and lay staff. We'll explore practical prompts, address common fears, and discuss how AI can serve as a valuable tool in areas like sermon preparation, communication, and community engagement. Join us to learn how AI can support your mission while staying true to your church's values. *(led by Jeremy Crum, Director of Communications and Connections for New Creation UMC)*

Safe Sanctuaries Part B: The Specifics of Safer Sanctuaries: Laying the groundwork for a plan and response. This workshop will help you create or update a safe sanctuaries plan to help ensure the safety of all in your congregation. This workshop is ideal for those who also sign up for Part A and those churches needing to update their safe sanctuaries policy. *(led by Rev. Teresa Woodworth, Associate Pastor Community UMC Va Beach and Safe Sanctuaries coordinator for Coastal VA District)*

Creating an Intentional Discipleship Pathway: This workshop will explore how to help people grow into mature disciples of Jesus Christ. As we know: Transformed lives, transform lives. How do we create system to help people walk from being new believers into a deeply formed life with Christ? *(led by Rev. Sarah Locke, Hickory UMC)*

Wellness Ministry in the Local Church: What kinds of Wellness programs can your church conduct for its surrounding community? Would you like to experience a Yoga Class [Chair or Mat Yoga] exploring how Classical Yoga theory dovetails with Wesleyan tradition for improved health for Mind, Body & Spirit? Are you interested in developing Wellness Support Groups for the community your church serves for those in Chronic Pain, in Grief, for Support of Caregivers in the home, or to promote Healthy Habits and Lifestyle Changes? This Workshop will give you hands on ideas for Wellness Ministry and the Yoga Class could be your most relaxed and de-stressing experience ever — while showing you a new way to reach out and serve the needs of adults dealing with Pain, Grief, Anger or Frustration and Fear. This is a gentle Yoga Class with options that assure you of success from the start. *(led by Jimmy Jones, Certified Lay Minister, Registered Yoga Teacher)*

Stewardship Basics in a Changing Landscape: This workshop will cover a few simple best practices to encourage generosity in your congregation. It will also help you think about alternative revenue streams and new approaches to financial sustainability. This workshop will also include understanding apportionments and how they are calculated. *(led by District Superintendent Beth Givens)*

What can the Church Vitality office offer to help you and your church?: Come hear from our Breakthrough Prayer team about how a breakthrough prayer can inspire and change your church, learn about Discover the Possibilities, Vision Day, and Signature Ministry Workshops, Simplified, Accountable Structure and Fresh Expressions as you consider how God is inviting your church to continue to be a vital presence in your community. *(led by our Breakthrough Prayer team Kristin Fogle and Bill Slingerland and Rev. Stephanie Parker, Coordinator for Church Vitality for Coastal VA District)*



Leader Spotlight

CELEBRATING UNITED METHODIST LEADERS

Dr. Ashley Boggan Dreff

General Secretary

General Commission of Archives & History

Dr. Ashley Boggan D.

Dr. Ashley Boggan D. is the General Secretary of the General Commission on Archives and History. In this role, she ensures that The UMC understands its past in order to envision a more equitable future for all Methodists. Boggan earned her PhD from Drew Theological School's Graduate Division of Religion, specializing in both Methodist/ Wesleyan Studies and Women's/Gender Studies. She earned an M.S. from the University of Chicago's Divinity School, in American Religious History. She has previously worked as staff at the General Commission on Archives and History and the Connectional Table of The UMC. She was the Director of United Methodist Studies and Assistant Professor Christian History at Hood Theological Seminary, and AME Zion Seminary and was the Director of Women's and Gender Studies and Assistant Professor of Religion at High Point University. Boggan is a lay member of the Greater New Jersey Annual Conference and the daughter of two ordained UM ministers. Her Methodist lineage dates beyond this, back to the early 1900's when her great-great-grandfathers were Methodist circuit-riders. Boggan is on the Advisory Board for the National Museum of American Religion and is the author of *Nevertheless: American Methodists and Women's Rights*; *Entangled: A History of American Methodism, Politics, and Sexuality*; And added to the revised *American Methodism: A Compact History*.

Grace UMC
January 12

1:00 PM	Registration opens
1:30 PM	Welcome and Worship
1:45 PM	Session 1 Workshop
3:15 PM	Break
3:30 PM	Session 2 Workshop

Session 1 Workshops: (pick one)

How to utilize digital and regional resources in modern evangelism efforts: This workshop will look at Social Media, Websites, and Local Resources. It will also share the ways the Virginia Conference and the Board of Communications can help. *(led by Rev. Bill McClung, Grace UMC)*

Older Adult Ministry Workshop: This workshop will identify the physical and spiritual needs of the elderly. It will also provide information on how to determine a need for an older adult ministry in your congregation and an outline for establishing one. *(led by Rev. Tim Farabaugh, retired pastor who also worked in long-term care administration)*

Safe Sanctuaries Part A: The Reason, The Reality and the Foundations of Safer Sanctuaries: Shifting our focus from fear to flourishing. This workshop will explore the foundations and reasons why each church needs safe sanctuaries. If your church is new to safe sanctuaries, please sign up for this workshop. *(led by Rev. Teresa Woodworth, Associate Pastor Community UMC Va Beach and Safe Sanctuaries coordinator for Coastal VA District)*

What does it mean to be 'Method-ist'? Workshop: Where did that name come from? How has its meaning changed over time? What exactly is the 'method' of Methodism? These questions will be posed and some historic context provided so that we might be able to fully reclaim ourselves as *methodists*. *(led by Dr. Ashley Boggan D., General Secretary for History and Archives)*

Community Resources for Eastern Shore: The presentation by Eastern Shore Rural Health System, Inc. will first review important demographic information about the region and how that affects our community's health and second, review the full breadth of Eastern Shore Rural Health services and potential ways to partner with the UMC community. *(led by Amy Bull, Chief Communications and Development Officer for Eastern Shore Rural Health)*

Engaging the Bible: The Bible reveals who God is and how God has been in relationship with human beings and all of creation from the beginning. Understanding the Bible, its application for us today, and how God continues to speak through those words written so long ago can be a challenge. Together we will explore how the Holy Spirit continues to allow the Bible to speak to us, and we will experience ways to engage and teach the Bible so that we continue to leave room for the Spirit to move. *(led by Dwayne Stinson, Director of Connectional Ministries for Discipleship and Congregational Vitality for the Virginia Conference)*

Open Table: Open Table is a non-profit training organization that develops and trains models to teach people how to co-invest their relational and social capital in individuals to provide solutions to daunting social challenges. This workshop will teach participants about Open Table's Network Table model and provide an opportunity to volunteer on a Network Table in the Tidewater area. *(led by Rachelle Butler, LCSW, Senior Director of Community Initiatives at Open Table)*

Session 2 Workshops: (pick one)

Tech on a Budget: We'll explore how to build an online presence with minimal time and money investment—no tech expertise required. Anyone can get started! Ideal for a church wanting to create a website, looking at how to stream Sunday's service, or up their tech presence on a budget! *(led by Rev. Tim Stockton, Community UMC Portsmouth)*

Strengths' Based Ministry: This workshop will explore how to tap into the strengths of the laity, pastor(s) and staff of a congregation. Using Clifton Strength finders is a great way to foster growth, resilience, and harmony in church staff and leadership teams. Strength finders has helped churches revitalize, come hear how it can help your congregation! *(led by Rev. Amanda Webber, Oak Grove UMC and Certified Strengths-Based coach)*

Safe Sanctuaries Part B: The Specifics of Safer Sanctuaries: Laying the groundwork for a plan and response. This workshop will help you create or update a safe sanctuaries plan to help ensure the safety of all in your congregation. This workshop is ideal for those who also sign up for Part A and those churches needing to update their safe sanctuaries policy. *(led by Rev. Teresa Woodworth, Associate Pastor Community UMC Va Beach and Safe Sanctuaries coordinator for Coastal VA District)*

Stewardship Basics in a Changing Landscape: This workshop will cover a few simple best practices to encourage generosity in your congregation. It will also help you think about alternative revenue streams and new approaches to financial sustainability. This workshop will also include understanding apportionments and how they are calculated. *(led by District Superintendent Beth Givens)*

What can the Church Vitality office offer to help you and your church? Come hear from our Breakthrough Prayer team about how a breakthrough prayer can inspire and change your church, learn about Discover the Possibilities, Vision Day, and Signature Ministry Workshops, Simplified, Accountable Structure and Fresh Expressions as you consider how God is inviting your church to continue to be a vital presence in your community. *(led by our Breakthrough Prayer team Kristin Fogle and Bill Slingerland and Rev. Stephanie Parker, Coordinator for Church Vitality for Coastal VA District)*

Using AI In Ministry: Discover how AI can enhance your ministry in this hands-on workshop designed for pastors and lay staff. We'll explore practical prompts, address common fears, and discuss how AI can serve as a valuable tool in areas like sermon preparation, communication, and community engagement. Join us to learn how AI can support your mission while staying true to your church's values. *(led by Jeremy Crum, Director of Communications and Connections for New Creation UMC)*

For the Transformation of the World: A Deeper Dive into Mercy + Justice: Leaning on our strong United Methodist Heritage of being missional, this workshop will explore the theology of mission through our United Methodist lens. It will also explore justice ministry as we are called to help God in transforming the world. *(led by Rev. Jo Ann Batteiger, Assistant Director of Missional and Community Engagement for the Va Conference)*

CAMP OCCOHANNOCK'S

17th Annual

POLAR DUCK DIP

We're Freezin' For A Reason



SATURDAY, JANUARY 18, 2025

2025 CELEBRITY DIPPERS



REVEREND BETH GIVENS

COASTAL VIRGINIA DISTRICT SUPERINTENDENT



BLAKE JOHNSON

OWNER ISLAND HOUSE RESTAURANT



9403 CAMP LANE ~ BELLE HAVEN, VA 23306

757.442.7836

WWW.OOTBAY.ORG



\$20,000

\$15,000

\$10,000

\$7,500

\$5,000

\$2,500

How far in will she go?

Join DS Beth's team

DS Beth is asking the Coastal Virginia District and friends to support Camp Occohannock's Polar Duck Dip. The more we raise the further she will go into the water. For every \$1000 raised a \$100 camp scholarship will be made available for summer campers.

Sign up below to put DS Beth underwater at the Polar Duck Dip on January 18, 2025. We can accept cash, check or credit card payment.

[Sponsorship Form](#)

Thank you to our hosting churches.

Rev. Randy Duncan
New Creation UMC
4320 Bruce Road
Chesapeake, VA 23321

Rev. Bill McClung
Grace UMC
18484 Wilson Ave
Parksley, VA 23421

Thank you to our District Board of Ministry for all the time putting this event together. A special thanks to our 2024 Lay Leader, Barbara Mason for her leadership.

2025 DISTRICT BOARD OF MINISTRIES
*Responsible for planning District Training Days
and supporting the Ministry Teams*

Kristin Fogle:Lay Leader, Co-Chair

Rev. Stephanie Parker:Director of Church Revitalization, Co-Chair

TBD: Youth Rep

Gail VonMosch:Lay Servant Ministry Chair

TBD: United Methodist Men President

Julie Kissell:United Women in Faith President

Joel Coleman:District Coordinator of Youth Ministry

TBD: District Coordinator of Children’s Ministry

Devon Blair:.....District Coordinator of Young Adult Ministry

Jeffrey Witt:Cross Cultural—Cross Racial Team Representative

Brenda Laws:Special Needs Camp

Bertrand Griffin:Disaster Response Team Coordinator

At– Large Members

Desiree FloraSarah Chandler

Jeri BurtchellOlga Caalim

Barbara Mason



Coastal Virginia
DISTRICT