

CoastalVA District Training

March 1, 2025

March 2, 2025

8:30 am - 2:30 pm 1:30 pm - 5:00 pm

New Creation UMC

Grace UMC



Coastal Virginia
DISTRICT

New Creation UMC

4320 Bruce Road

Chesapeake, VA 23321

Grace UMC

18484 Wilson Ave

Parksley, VA 23421

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 February 24, 2025.

Costs:

New Creation UMC event—March 1, 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, March 1 Registration

Grace UMC event—March 2, 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, March 2 Registration

New Creation
March 1, 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)*

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)*

8 Essential Systems of a Growing Church: Just like the human body, churches have systems. And these systems must all be functioning well in order for a church to grow. In this seminar, you will learn about each of these systems and how they can help your church to reach new people, make disciples, increase your small groups, and have more volunteers than you can handle! *(led by Rev. Brandon Robbins, Lynnhaven UMC)*

Attracting Emerging Generations: Amanda planted and served for years at Rise, a church plant that intentionally cultivated community for young adults ages 18-30ish. She is passionate about creating new spaces for new generations. While she's not an expert, she's learned some tools along the way. This workshop will offer best practices and space for

conversation. *(led by Rev. Amanda Garber, Director of Missional and Community Engagement for the Conference.)*

Session 2 Workshops (pick one)

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 lead Bill Slingerland and Rev. Stephanie Parker, Coordinator for Church Vitality for Coastal VA District)*

Grace UMC
March 2

1:30 PM	Registration opens
2:00 PM	Welcome and Worship
2:15 PM	Session 1 Workshop
3:45 PM	Break
4:00 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)*

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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)*

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)*

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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)*

the work of the people
rethinking

church culture

When

Saturday,
March 29, 2025
9 am - 3:30 pm

Where

Oak Grove UMC
Chesapeake, VA

who is is for?

- your church leadership (Pastor & 1+ laity)
- churches looking to rethink their culture and find small shifts to renew their energy and passion
- churches hoping to position themselves in their communities as open and affirming
- churches looking for ways to meaningfully attract and connect with new folks

Costs:

Teams of 1-4 \$100

Teams of 5-8 \$150

Teams of 9-12 \$200



Coastal Virginia
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Notes

Notes

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



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