



ATTENTION LAITY AND CLERGY!  
SAVE THE DATES!

The Grow and Equip Teams of the Susquehanna Conference are thrilled to offer three learning experiences in 2023 to help pastors and laity grow and be equipped to live into this new reality in which we find ourselves.

**Refresh Your Soul, Saturday, February 18, 2023, 10:00a-3:30p**

**Refresh Your Community, Saturday, April 22, 2023; 9:00a-4:00p**

**Refresh Your Plan, Saturday, September 30, 2023, 9:00a-4:00p**

**Cost per each event-\$10.00**

**CEU's are available**

[REFRESH REGISTRATION HERE](#)

The first experience of the REFRESH series is: **Refresh Your Soul; Living and Leading Well (in a not-so-well world)** Saturday, February 18, 2023, 10am -3:30pm at Mount Nittany UMC (1500 E Branch Rd, State College, PA 16801)

Deadline to register for this first experience is Saturday, February 11, 2023.

- As a pastor, have you wondered where you are going to find the energy to keep going? Do you feel physically emotionally and spiritually drained? Does your Sabbath and day off not seem long enough?
- As a layperson and a leader in your church, do you feel that you are running out of ideas, running out of people, and running out of steam to keep it all going?

You are not alone. **Living and Leading Well (in a not-so-well world)** will help you name the issues taking you hostage and find practical help to live whole and well. Our time together will be rooted in hearing personal testimonies, having a safe space to reflect on where we truly are and creating a personal plan to achieve being well in body, mind, and spirit.

The second learning experience of the REFRESH series will be **Refresh Your Community by Seeing with God's Eyes** Saturday, April 22, 2023, 9:00a-4:00p at The Journey Church, UMC (750 S 29<sup>th</sup> St, Harrisburg, PA 17111)

Deadline to register for the second experience is Saturday, April 15, 2023.

- As we wrestle with our desire to be followers of Jesus who make more followers of Jesus, we must see the possibilities that are right around us.
- Topics will range from welcome and invitation, to recognizing the ways we can connect new people to new ways of following Jesus.
- We are especially pleased to have Michael Beck, from Fresh Expressions US, lead us with his vision for the future!

Part of our time with Michael Beck will be to discuss specifically how to create Fresh Expressions of church in a rural setting as well as in a plethora of other contexts. This event is open to everyone.

The third learning experience of the REFRESH series will be **Refresh Your Plan.**

September 30, 2023, 9am-4pm at Christ Community UMC (3939 Park Rd. Selinsgrove, PA 17870).

Deadline to register for the third experience is Saturday, September 23, 2023.

- Do you want to make a difference in your church and community, but don't know where to begin or how to make a plan? This event is for you!
- We are especially pleased to have Ken Willard, Director of Congregational Vitality for the West Virginia Annual Conference, lead us in a training around how to develop a strategic focus to ministry planning!

Part of our time with Ken will be to discuss how to create and/or refresh your ministry plan. He will offer training around how to have a strategic ministry focus. This event is open to everyone, and we especially encourage ministry teams to attend this training together!

Questions? Please contact Equipping Vital Congregations at [evcoffice@susumc.org](mailto:evcoffice@susumc.org)