



**ONE BODY + ONE SPIRIT**



**87TH DISTRICT ASSEMBLY  
MAY 9-11, 2024 + WATERTOWN, NY**

**WORKSHOPS**

# Workshop #1

Friday, May 10th at 10:25 AM



## Sewing Seams for a Cause

Sewing Seams for a Cause was established in 2018. The workshop will cover the steps we use to find the needs in the community that match with our passions and skill set. We will share ideas in how to recruit workers, keep them, and how to build support in your church and in your community for a successful ministry.

### **Karen Sutton, Laurie Arria, and Yolanda Danko Matlock**

My name is Karen Sutton. I have been a follower of Jesus Christ since 1974. Very soon after being baptized as a new Christian, I was called to work with children in the teaching ministry at the church I attended. Since that time my passion has been to teach and share the gospel of Jesus Christ in many different settings and with different age groups. Sewing Seams for a Cause was established in 2018 when I became aware of the need for comfort items for breast cancer patients. Not being much of a sewer, I really did not know if I would be of much use, but I learned early on that if God was calling, He would equip. So, with my granddaughter we started to sew and this ministry was born. The ministry has grown and spread God's comfort and His plan for salvation to many who have breast cancer. I consider being a part of Sewing Seams for a Cause as one of the greatest blessings of my life.

Hi! My name is Laurie Arria. I have been a Christian all my life. I was raised catholic and converted to the Nazarene denomination in 2013. My love for sewing started at an early age when I completed my girl scout sewing badge. Over the years, as many of my family and friends were plagued by cancer, I became passionate about raising money for cancer research, reaching out to families who were struggling with watching a loved one suffer and to the patients that were inflicted with the pain and suffering associated with cancer. In 2018 when I had the opportunity to make comfort care items for patients of this dreadful disease, I saw it as a chance to utilize my love for sewing, fulfill passion for helping people plagued with cancer and to help to spread the word of God to people who were at a point in their life where they truly needed him to walk with them. This ministry has blessed me in so many ways and I am so grateful to be a part of it.

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## We Aren't Broke— We Have Options

Designed for those pastors and churches who feel as though they lack what they need to fulfill their mission, this workshop will help each church begin to identify possible steps to becoming financially viable and missionally vibrant.

### **Pastor Jarrod Spalding**

Jarrod is an ordained elder in the Church of the Nazarene whose experience stems from serving as a youth pastor and then lead pastor for 15 years at Dayspring Community Church in Ohio. While there, Jarrod became a master trainer through Dynamic Church Planting International and helped to assess, train, and launch new churches at the local and district levels. Jarrod is married with four kids, one grandson, and one furry baby. In 2019 Jarrod co-founded Vision Partners - a non-profit designed to partner with leaders and churches helping them to follow God's lead. Jarrod's formal education includes a BA in Business Administration from Eastern Nazarene College and a MA in Pastoral Ministry from Northwest Nazarene University along with several certificates in consulting and coaching.

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## Youth Ministry 101: No Resources? No Problem!

Ministry to teens doesn't require fancy equipment, giant spaces, or million dollar budgets. (It doesn't even require a youth pastor, but don't tell my boss that!) In this workshop we will not only talk about what it looks like to connect with today's students, but how you can do it with small spaces, simple supplies, and a shoestring budget. You will leave this workshop with resources, ideas and encouragement. Ideal for both those who work with youth and those who are praying for a fledgling youth ministry to begin.

### Pastor Carey Dunlop

Pastor Carey is a wife, mom, and ordained elder in the Nazarene Church. She currently serves as the Pastor to Students and their Families at Rochester Calvary where she has been for 8 years. Prior to her time in pastoral ministry she worked as a middle school teacher in the public school system and both callings have given her the opportunity to observe the incredible passion and potential in this next generation. As an advocate of holistic family ministry, she is passionate about the faith formation and leadership development of students as well as the equipping of those ministering to them. To this end she has participated in the development of a wide variety of curriculum and teen devotionals as well as youth safety and ministry policies. She is the Upstate NYC coordinator, a former camp director, and sits on the Stakeholders Board of her local school system. When she isn't chasing or driving around teens, including her own 3, she loves to stare at the ocean, read copious numbers of books, and drink black coffee, ideally at the same time.



## Cultivating Daily Wellbeing: Patterns and Practices

This training invites participants to learn both why a Rule of Life or Plan to Flourish is necessary AND how to develop one. Participants will be introduced to the Flourishing in Ministry research findings with particular focus on daily wellbeing as viewed through the lenses of relationships, rhythms, responsibilities, and rest. A final step will help participants take meaningful steps toward developing and implementing daily patterns and practices.

### Pastor Jeffrey Barker

Prior to launching Jeff Barker Coaching, Rev. Dr. Jeffrey Barker served as the Director of Clergy and Congregational Life for the Metro New York District Church of the Nazarene. In that role he worked closely with pastors and churches. Before moving to NYC, he served as College Chaplain and Professor of Practical Theology at Eastern Nazarene College. He maintains teaching relationships with several colleges, universities, and seminaries, focusing in the areas of ecclesiology, ethics, pastoral care, and practical theology. In his spare time, he travels with his wife, Stacey, and competes in road races and triathlons. Together they have two daughters -- Emily (married to Miguel) and Abigail.

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## Teach Us How to Pray: Contemplative Prayer and the Wesleyan Tradition

A review of Wesley's practice-based methods for experiencing divine grace, followed by a discussion on how the contemplative prayer practice of communing with God in stillness complements and nurtures holiness in the midst of our distracted and noisy lives.

### Pastor Shane Ash

Shane is a Spiritual Director, formed by 25 years of pastoral experience in congregations and healthcare environments. Shane holds a Master's in Pastoral Counseling and a Doctorate of Ministry in Spiritual Formation and Discipleship. He is motivated by an abiding curiosity about the theological imagination, spirituality and trauma, and the healing capacities of contemplative practices and compassionate presence. Shane is also the founder of Restwork – a wellness program designed for professionals within the healthcare and care-giving fields. Above all, Shane finds joy in moments with his partner Ashley and their three children. Together, they practice the arts of Adirondack homesteading, laughter, and good coffee.

# Workshop #2

Friday, May 10th at 2:45 PM



## Reignite Your Leadership

This interactive workshop equips pastors with the APEST framework for building a strong, motivated ministry team. Based on the fivefold ministry gifts outlined in Ephesians 4 (Apostolic, Prophetic, Evangelistic, Shepherding, and Teaching), APEST empowers you to: Identify your own strengths and those of your team members. Unlock the full potential of each team member by placing them in roles that align with their God-given gifts. Develop a cohesive leadership team that functions with greater efficiency and impact. Empower your team to take ownership and flourish in their ministries.

### Pastor Jarrod Spalding

Jarrold is an ordained elder in the Church of the Nazarene whose experience stems from serving as a youth pastor and then lead pastor for 15 years at Dayspring Community Church in Ohio. While there, Jarrold became a master trainer through Dynamic Church Planting International and helped to assess, train, and launch new churches at the local and district levels. Jarrold is married with four kids, one grandson, and one furry baby. In 2019 Jarrold co-founded Vision Partners - a non-profit designed to partner with leaders and churches helping them to follow God's lead. Jarrold's formal education includes a BA in Business Administration from Eastern Nazarene College and a MA in Pastoral Ministry from Northwest Nazarene University along with several certificates in consulting and coaching.

# Workshop #2

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## Small Church. Big God. Imagining the Possibilities of Missional Grants

Do you have a big dream for your church to bless your community but aren't sure how to get there? Do you need help being creative and navigating the missional grant process? Join Pastors Aimee McCroskey and Noelle Eichenberger as we discuss how we discovered that God was at work in our churches and what led us to apply for the District Missional Grant Program. We will discuss how we explored our communities in order to determine how our churches could help and how we took the next step!

### Pastors Aimee McCroskey and Noelle Eichenberger

Noelle is a pastor, wife and mother. Passionate about initiating change, community building and encouraging others, Noelle desires to bring people to a place of hope and transformation through an encounter with Christ. She is an ordained elder in the Church of the Nazarene and currently pastors Keeseville Good Shepherd Church of the Nazarene in Upstate NY. She also serves as District NYI President and Fall Retreat Coordinator, District NDI Secretary and is enrolled in the MDiv program at Nazarene Theological Seminary. Her church will be fully launching the Hope Kitchen, a certified kitchen created for community eating, education and empowerment, later this year. In her spare time, Noelle can be found chasing her two year old, exploring the Adirondacks and drinking excessive amounts of coffee.

Pastor Aimee is the lead pastor at Hope Community CotN in Penn Yan. As a native Floridian, she's thrilled to have survived her second Upstate winter and is looking forward to summer! She's passionate about community flourishing, exegesis her community, getting to know her neighbors and discovering where God is already at work! In her spare time, she loves listening to all the podcasts and using words like "lament" and "co-labor". She's also a mom of four amazingly talented teenagers and wife to a chess-loving, sweater-knitting, IT guru named Kent.



## Resistance, Relinquishing, and Receiving

In an era where so many ideologies vie for our attention and allegiance, how can Christian individuals and communities faithfully discern and live? Drawing from the story of Daniel and Nebuchadnezzar, this workshop will explore the art of discernment and the daring proclamation of gospel freedom- learning how to relinquish what has failed and receive the new thing God is giving.

### Pastor Shane Ash

Shane is a Spiritual Director, formed by 25 years of pastoral experience in congregations and healthcare environments. Shane holds a Master's in Pastoral Counseling and a Doctorate of Ministry in Spiritual Formation and Discipleship. He is motivated by an abiding curiosity about the theological imagination, spirituality and trauma, and the healing capacities of contemplative practices and compassionate presence. Shane is also the founder of Restwork – a wellness program designed for professionals within the healthcare and care-giving fields. Above all, Shane finds joy in moments with his partner Ashley and their three children. Together, they practice the arts of Adirondack homesteading, laughter, and good coffee.

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## Grace Mapping: Forming New Communities of Faith



Are you feeling called to start a new outreach ministry or perhaps embark on a new church plant in your community? Drawing from nearly three decades of experience in participating in and supporting church planting endeavors, we've discerned a consistent pattern in how this process unfolds. Our insights and observations have coalesced into what we term 'Grace Mapping.' Essentially, Grace Mapping is the synergy of the people of God cooperating with the progressive grace of God to establish new communities of faith through intentional presence and prayer. It serves as a practical framework for discussions centered around identifying and actively joining in God's work of reaching communities or specific people groups. We invite you to engage in this conversation as we explore how to discern and participate in God's grace at work in our midst.

### Pastor Jay Sunberg

Dr. Jay Sunberg and his wife Teanna have dedicated nearly three decades to missionary work for the Church of the Nazarene, spanning various cultures and countries including Moscow, Russia; Sofia, Bulgaria; Budapest, Hungary; and Poznań, Poland. Dr. Sunberg served as the Central Europe Field Strategy Coordinator for 15 years, overseeing church expansion across 12 nations and establishing new works in three. They actively engaged in aiding refugees during the 2015-16 Middle Eastern migration crisis and the 2022-23 Ukrainian migration crisis, organizing volunteer teams across Eastern Europe. Now, as Directors of Mission New York, the Sunbergs have relocated to New York City, with a vision to revitalize and replant a church in Manhattan.



## FYP v Discipleship: Following Jesus in an Overwhelmed World

Are you trying to figure out how to follow Jesus while also managing socials, a school schedule, friends, and more? It's hard. Come learn some ways to get excited about Kingdom life and also practices for a lifestyle that lines up with your passion. Spoiler: Don't go it alone!

### Pastor Chelsea Fry

Hi! I'm Chelsea. Over the past ten years, I have served the Lord in youth ministry, immigrant resettlement, and foreign missions with my husband, AJ, and our crazy dog, Charlie. Now, we are living in Syracuse, NY, where we are trying to be mission-minded neighbors. I'm passionate about learning how to love our neighbors well, making really good food, and playing loud games with friends. I'm excited to explore more of God's Kingdom with you!

# Workshop #3

Saturday, May 11th at 10:30 AM



## African Perspectives on Holiness Insights for a Global Church

This presentation explores the unique insights that African Christians offer to our understanding of holiness. While the Church of the Nazarene's core values unite us globally, expressions of the core value "We are a Holiness People" may naturally vary. This presentation argues that the substance of holiness remains constant, but its expression can be enriched by diverse perspectives.

### Dr. Filimão Chambo

Dr. Filimão Chambo is a General Superintendent in the Church of the Nazarene. He grew up in Mozambique, where both of his parents served in full-time ministry for the Church of the Nazarene. Before his election as the 42nd general superintendent in 2017, he earned an MA in Biblical Studies in 2000 and a Ph.D. in Biblical Studies in 2009 from the University of Johannesburg. He has pastored churches in South Africa and Mozambique, and was an educator at NTC-South Africa and at Seminário Nazareno em Mozambique, where he later became the seminary president. He served as the Africa Education Coordinator, and was then elected Africa Regional Director. As Regional Director, he was responsible for overseeing the church planting and development efforts of the Church of the Nazarene across Africa. Dr. Chambo is married to Dr. Samantha Chambo, who is also an ordained elder, and is the current Education Coordinator for the USA/Canada region for the Church of the Nazarene. They have two children, a daughter, Tsakani Gabriella, and a son, Emanuel.



## Spiritual Conversations with People Far From God

Open to anyone who seeks to initiate conversations with people who don't know Jesus. It's designed to create an environment where participants can practice what they are learning in real time. Participants leave with a small plan to engage those God brings together.

### Pastor Heather Ardrey

Heather serves as an Associate Navigator with Vision Partners, as well as the Executive Director of Love and Serve Albany. Heather is an ordained elder in the Church of the Nazarene with experience as lead pastor, associate pastor, and interim pastor. She previously served with Intervarsity Christian Fellowship as a campus minister, planter, and staff supervisor/coach. Heather completed her doctoral studies in Leadership in a Changing Church Context, with a specific focus on leveraging adaptive leadership to navigate differences within the church. She lives in Albany, NY with her husband and 2 kids. Heather's formal education includes a B.A. in Religion from Eastern Nazarene College, an M.Div. from Nazarene Theological Seminary, and a D.Min. from Gordon Conwell Theological Seminary. Heather's passion is helping leaders grow in their own adaptability and creativity in ministry.

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### Pastor Jeffrey Barker

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## Finding Hope: Addressing Youth Mental Health

This workshop is intended to help students, parents, and pastors understand the realities of the current youth mental health crisis—including the extremely high prevalence of anxiety and depression. We will discuss factors that support youth resilience and mental health as well as ways that the church can come alongside youth in crisis.

### Pastor Chelsie Maynard, LCSW

Chelsie is an ordained elder in the Church of the Nazarene and a clinical social worker who directs a children's mental health clinic in Elmira, NY. She specializes in trauma and attachment and is passionate about intentional neighboring and equipping the church to walk alongside families in need of hope. When she's not working or with people she loves, you can find her chasing her escape-artist border collie, Ivy, around the neighborhood.



# Workshop #4

Saturday, May 11th at 1:30 PM

## Mission Presence Matters For Our Communities and Cultures



What can we learn about the role of the church to immigrant communities? This workshop combines emerging data around the humanitarian response in Ukraine with our new urban experiences in Manhattan to explore how the presence of the local church fills essential gaps in stressed and stretched community structures. You come away with practical and missiological ideas about how a local church can build its capacity to meet needs in spaces that are desperate for the presence of God's people.

### Pastor Teanna Sunberg

Rev. Teanna Sunberg is working on her PhD at Biola with a dissertation focus on emerging systems of humanitarian presence at borders. She works as a consultant for the National Immigration Forum and teaches intercultural studies classes at NNU and MVNU. She is an ordained elder and an advocate for women in ministry. She lives in Manhattan New York where she and her husband, Jay, co-lead Mission New York. They served in eastern Europe as Nazarene missionaries for 29 years and have 4 young-adult children.

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## Before You Change Things



Have you ever felt resistance when trying to lead change in your church? Ever felt like you're alone in trying to lead needed changes? If so, you're not alone but there are a few things that can help. In this hands-on workshop we'll explore how to lead change in your church and give you a simple way to understand how to help your people move forward.

### Pastor Jarrod Spalding

Jarrod is an ordained elder in the Church of the Nazarene whose experience stems from serving as a youth pastor and then lead pastor for 15 years at Dayspring Community Church in Ohio. While there, Jarrod became a master trainer through Dynamic Church Planting International and helped to assess, train, and launch new churches at the local and district levels. Jarrod is married with four kids, one grandson, and one furry baby. In 2019 Jarrod co-founded Vision Partners - a non-profit designed to partner with leaders and churches helping them to follow God's lead. Jarrod's formal education includes a BA in Business Administration from Eastern Nazarene College and a MA in Pastoral Ministry from Northwest Nazarene University along with several certificates in consulting and coaching.

# Workshop #4

Saturday, May 11th at 1:30 PM



## Hot and Hangry!

Conflict is hard! But communication doesn't have to be. In this interactive workshop, Pastor Liz and Pastor Noelle will empower students to be better communicators, providing them with tools on how to voice what they need and face conflict head on.

### **Pastors Noelle Eichenberger and Elizabeth Criscuolo**

Noelle is a pastor, wife and mother. Passionate about initiating change, community building and encouraging others, Noelle desires to bring people to a place of hope and transformation through an encounter with Jesus Christ. She is an ordained elder in the Church of the Nazarene and currently pastors Keeseville Good Shepherd Church of the Nazarene in Upstate NY. She also serves as District NYI President and Fall Retreat Coordinator, District NDI Secretary and is enrolled in the MDiv program at Nazarene Theological Seminary. Her church will be fully launching the Hope Kitchen, a certified kitchen created for community eating, education and empowerment, later this year. In her spare time, Noelle can be found chasing her two year old, exploring the Adirondacks and drinking excessive amounts of coffee.

Pastor Liz has been the lead pastor at Schenectady Nazarene since 2018 after having spent seven years in the Southern Tier. She attended ENC and graduated with her B.A. in 2006 and from there went on to attend NTS graduating with her Master of Divinity in 2011. Pastor Liz has also served as the District NDI President since 2021. During her time of serving in pastoral positions she also worked for a non-profit organization, ACCORD, gaining experience in mediation for the unified court system of New York, facilitation, and restorative practices (and also received certifications for each of those practices). She is passionate about seeing conflict resolution and restorative practices utilized by pastors and laity on the Upstate district. Pastor Liz and her husband, Gabriel, are competitive bowlers and have a senior pup named Tucker.



## Mission Area Support and Sharing

Each Mission Area will have an opportunity to discuss how Local Churches can (re)connect and partner in ministry. They will also be encouraged to select a Mission Area Representative to help facilitate local partnerships as well as communicate directly with the District NMI Council.

### **Sally Mellinger**

Upstate New York District's NMI President since 2015, I am also currently serving as the Eastern Field's representative to the Global NMI Council.

# Workshop #4

Saturday, May 11th at 1:30 PM



**Pastor Shane Ash**

## Addiction and Grace

How can the church respond with compassion to persons caught in the grip of addiction? This workshop overviews the complexities of addiction, including substance use and other compulsive and harmful behaviors and attachments. Participants will be encouraged to cultivate a perspective of grace in the process of healing and recovery and will be offered insights and practical tools for compassionately responding to persons who are suffering with addiction.

Shane is a Spiritual Director, formed by 25 years of pastoral experience in congregations and healthcare environments. Shane holds a Master's in Pastoral Counseling and a Doctorate of Ministry in Spiritual Formation and Discipleship. He is motivated by an abiding curiosity about the theological imagination, spirituality and trauma, and the healing capacities of contemplative practices and compassionate presence. Shane is also the founder of Restwork – a wellness program designed for professionals within the healthcare and care-giving fields. Above all, Shane finds joy in moments with his partner Ashley and their three children. Together, they practice the arts of Adirondack homesteading, laughter, and good coffee.

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