



2160 Lincoln Highway East, #18
Lancaster, PA 17602
717-299-1113
parishresourcecenter.org
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Solutions For Churches & Communities

Parish Resource Center (PRC) is a non-denominational collaborative hub focused on finding solutions for churches and communities. We are a growing nonprofit organization in Lancaster, Pennsylvania with a 40+ year history. Our approach is practical; we share resources, ideas, and support by networking churches, nonprofits, volunteers, and other organizations to address pressing needs around us.

Examples include:

- providing professional trainings by experts on needed topics which can range from restorative practices to organizational leadership;
- offering contemplative programming such as retreats and yoga;
- connecting our local initiatives to national movements, which has recently included sharing quarantine best practices, learned first-hand during COVID, with national partners;
- reimagining spiritual direction training to produce spiritual directors equipped to work with those on the margins;
- organizing volunteers and funds to address issues such as immigration and food insecurity;
- bringing in nationally-known speakers like Anne Lamott and Father Greg Boyle to energize local conversations;
- and offering shared professional services like bookkeeping.

PRC's small but skilled staff allows it to shift quickly and nimbly to address pressing needs as they arise. In the last 18 months, PRC has shifted to online training which allowed workshops and Spiritual Direction Training to continue despite pandemic restrictions, reaching over 1000 people. We have served over 7000 meals to the community with a team of 142 volunteers and provided 8 vaccine clinics. We have paid \$38,000 in bond so that asylum-seekers could be released from detention and worked with dozens more asylees.

We currently have 85 members but work regularly with many more—393 churches came to a PRC training in the last 18 months. PRC member churches are from 13 denominations as well as independent churches, primarily in Lancaster County, but also in surrounding counties and Maryland.

Visit us at the Virtual Expo
on October 2!



Upcoming Workshop — for members & nonmembers

Excel 201

Oct. 18, 7:00 - 8:30 pm
Webinar

Rhoda Shirk
PRC Staffer

Build more skills in using Excel formulas and other tools for data management in this second level of Excel.

Black Religion: A Theology Resurrected from White Oppression

Oct. 21, 7:00 - 8:30 pm
PRC

Dr. Larry Covin,
Systematic Theologian

Dr. Larry Donell Covin, Jr., Senior Pastor of Historic Trinity UCC Church in York, explores themes of systemic racism in Christianity in his new book *Thirteen Turns: A Theology Resurrected From The Gallows of Jim Crow Christianity*.

For more information, and
to register, please visit

www.parishresourcecenter.org

or call (717) 299-1113

How to Ask Good Questions

Oct. 26, 7:00 - 8:30 pm
Webinar

Vicky Scheid,
Spiritual Director

This workshop will explore the important components of good listening and good questioning for all those providing spiritual care. Learn to remain in the present moment and engaged as a contemplative listener.

A Church Dismantled, A Kingdom Restored

Oct. 18, 7:00 - 8:30 pm
In Person, TBD

Conrad Kanagy,
Professor & Pastor

Conrad Kanagy is launching his new book that draws upon nearly three decades of teaching sociology, 35 years of sociological research, 15 years of church consulting, 20 years of ministry, and my diagnosis 3 years ago of Parkinson's Disease.

Restorative Practices in Your Home

Nov. 4, 7:00 - 8:30 pm
PRC

Rob Fennimore
Restorative Practitioner

Apply the 7 C's of Restorative Practices in the home: 1. Connection; 2. Context; 3. Communication; 4. Currency and Competence; 5. Capacity; 6. Care; 7. Curious

Using Intuition in Your Life

Nov. 6, 10:00 - 11:30 am
Webinar

Annmarie Early
PhD, LMFT

Learn to integrate your intuitive skills in your everyday life. Through guided exercises you will experience firsthand how accessing intuition can play an important role in navigating both life and relationships.

Art of Church Hospitality

Nov. 9, 7:00 - 8:30 pm
PRC

Misty Wintsch
Pastor

Hospitality isn't just a nice idea to grow your church numbers, it's a vital function. Learn how to guide your congregation to better understand the need to be hospitable and what that looks like in practice.

Google Workspace (formerly G Suite)

Nov. 16, 7:00 - 8:30 pm
Webinar

Rhoda Shirk
PRC Staffer

Become familiar with Google Workspace, a collection of cloud apps like Docs, Sheets, and Photos. Use it to backup your computer, collaborate on shared documents, manage photo storage, and much, much more.

Silent Retreat

Nov. 6, 9:00 am - 4:00 pm
Wittle Farm, Elizabethtown

Amy Shutt
Spiritual Director

We have been busily reawakening from COVID, like farmers bustling through a harvest season. But now we slow down in our anticipation of winter, a time to settle into the long nights of darkness. This silent retreat day is an invitation to take a long pause amidst the harvested, fallow fields.

You will have an opportunity to cultivate your own practices, participate in guided reflections, walk an outdoor labyrinth, enjoy a campfire, and receive spiritual direction.

Kairos Spiritual Direction Training



2160 Lincoln Hwy East Ste. 18, Lancaster, PA 17602

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Kairos Spiritual Direction Training (SDT) is a contemplative program that teaches the art and practice of spiritual direction – deep listening, walking alongside others, and recognizing God in your own life and the lives around you.

SDT is designed not only for spiritual directors, but for all those who offer spiritual care and companionship. Training in spiritual companionship provides effective tools for improved interpersonal relationships.



Spiritual Kinship

Broaden the application of spiritual direction by meeting with and offering spiritual kinship to someone on the margins, through PRC's work in the Community Meal Program in Lancaster City and/or with immigrants at York Detention Center.



Diverse Instructors

Students receive input from Spiritual Direction faculty, Contemplative faculty, and Guest Experts. SD faculty bring years of SD experience to synthesize teachings to apply specifically to SD as well as supervising students as they put new skills into practice. The Contemplative faculty member curates a varied and cohesive course of contemplative practices and learning. These four faculty members form the consistent core of the SDT program. Guest Experts, from a variety of religious, educational, and professional backgrounds, are invited to bring their own experience to each month's topic.



Supervised Direction

Students begin by observing Faculty give Spiritual Direction in the Fishbowl sessions each month before engaging in real-world practice with directees of their own. In small supervision groups, students reflect on their sessions as student directors and receive feedback and guidance by the faculty. This intensive, hands-on learning process increases each student's skills and confidence.



Cohort Training

Participants come from a wide variety of backgrounds and bring a range of expertise to contribute to your unique cohort. Each cohort of students remains together through both years, encouraging deep connections to form between peers on this shared journey.



Comprehensive

The topics offer a comprehensive course of study while allowing for students to pursue particular interests. Topics include: Attending to the God-Person Relationship, Director-Directee Relationship, Ethical Considerations & Boundaries, Discernment in Spiritual Direction, Contemplative & Religious Diversity, Spiritual Practices, Dark Night Experiences, Self-care & Professional Resilience, and Contemplative Practices in Community.



Certificate Program

Students receive a certificate at completion of their two-year program to certify their advanced training in Spiritual Direction and accompanying skills. SDT includes desirable professional and skill development for many career paths.

Kairos Spiritual Direction Training 2022-2023 Cohort



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FACULTY



Rev. Dr. Eldon Fry, D.Min. was a Campus Pastor at Messiah University before founding Open Hands, a nonprofit focusing on spiritual direction and formation for pastors and church leaders. Eldon has spent much of his career serving in interdenominational settings and has provided coaching and mentoring to those in ministry across 14 denominations.

Eldon had been ordained in The Wesleyan Church for over 50 years and has pastored multiple congregations. He is an author and has trained in Spiritual Direction at Kairos and Shalem.



Rev. Julia Bruton-Sheppard, M.Div. is ordained as a Baptist Minister. She is the Program Facilitator for Communication and Leader Development at the Philadelphia Baptist Association where part of her work is providing spiritual direction for pastors and writing diversity curriculum on Cultural Humility.

Julia's previous career was as a hospice Registered Nurse.

She recently renewed her nursing license to join the COVID vaccine effort. She is a seasoned Spiritual Director and Kairos SDT alum. She specializes in Jungian dreamwork.



Amy Shutt, MBA, is a long-time spiritual companion and retreat leader. She is a Kairos SDT alum and former Kairos board member. She has an MBA from Drexel and a Bachelor's in Architectural Engineering. Amy is employed as a Senior Mechanical Engineer, managing HVAC system design and construction in the pharmaceutical sector. She especially enjoys mentoring the next generation of engineers.

Amy is a ruling elder in the Presbyterian Church, USA and active as a teacher and leader in her church – First Presbyterian in Pottstown.



Jean Lengacher, M.Div. has 20+ years of connection with Kairos as a student and faculty member, and is returning in the newly formed position of Contemplative Faculty. She received her M.Div. in Christian Spiritual Formation and a Certificate of Spiritual Direction from Eastern Mennonite Seminary.

She has completed additional training through Kairos, Shalem Institute, Maryland Center for Reiki Training, and Common Awakening.

Jean specializes in mindful meditation, awareness, and compassion-based practices, honoring Christian and Buddhist traditions. She is a reiki master and attends to energy and body movement as prayer practices.

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Guest Experts



Lesley Huff holds a Doctorate of Psychology, specializing in Family and Marriage Therapy. She is a licensed psychologist and certified teacher of Mindful Self-Compassion. Working in a relational and systemic way, she helps clients to build a sense of balance and compassion for self and for others.



Jenny Schulder Brant is an ayurvedic practitioner and yoga teacher. She finds great joy in sharing her love of Jewish ritual and the spirituality that accompanies it. Her focus is on creating a community where it is understood that the health of our own bodies and minds directly connect to the health of our communities and the world. She is a certified Vaginal Steam Facilitator.

Annie Lengacher Browning is an intuitive practitioner, spiritual guide, LCSW, and an ordained minister. Annie experienced a spiritual awakening and as her clair senses expanded, she began to integrate this into her life's work – to connect people with their soul and divine image.



Annemarie Early, Ph.D., is trained as a psychotherapist and an Integrative Energetic Medicine practitioner. She is a Reiki practitioner. She uses these modalities in her practice as an intuitive where she provides Divine guidance and energetic support for healing— body, mind, and spirit.



Conrad Kanagy is a Professor of Sociology who was diagnosed with Parkinson's Disease in middle-age. This diagnosis was a major impetus for change in his life, calling, and ministry. It was a massive disruption in his life, identity, and plans that brought grief and losses, but also some gifts.



Carla Wilson, M.Div., is Associate Pastor at Lutheran Church of the Good Shepherd. She is also the Assistant to the Bishop in Charge of Justice Ministries of Lower Susquehanna Synod in the Evangelical Lutheran Church in America – one of the first out LGBTQ Black women ordained in her denomination. She specializes in storytelling, community-based advocacy, survivor empowerment, trauma-informed care, mindfulness, and cultural competency.

Kairos Spiritual Direction Training 2021-2022 Cohort



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Schedule

Teaching Saturdays (attended in-person or via Zoom) are listed below. Monthly small group time will be schedule as convenient for students.

2022

Mar 5, 2022
Apr 2, 2022
May 7, 2022
June 4, 2022
Sep 10, 2022
Oct 1, 2022
Nov 2, 2022
Dec 3, 2022

2023

Jan 7, 2023
Feb 4, 2023
Mar 4, 2023
Apr 1, 2023
May 6, 2023
June 3, 2023
Sep 9, 2023
Oct 7, 2023
Nov 4, 2023
Dec 2, 2023



Tuition

Members receive a 10% discount.

Early Bird Price

(Apply before Nov. 31, 2021)

\$6,200 for two-year program

Pay Monthly (18 payments)

Set up automatic, monthly payments of \$345

Pay Yearly

\$3,100 due upon acceptance
\$3,100 due on Jan. 15, 2023

Regular Price

(Apply after Nov. 31, 2021)

\$7,200 for two-year program

Pay Monthly (18 payments)

Set up automatic, monthly payments of \$400

Pay Yearly

\$3,600 due upon acceptance
\$3,600 due on Jan. 15, 2023

TEACHING SATURDAYS

Students can choose to participate in person or online via Zoom

9:00am Contemplative Gathering
9:30am Main Teaching Time with Guest Expert
12:30pm Lunch
1:30pm Contemplative Time
2:30pm Teaching Integration (practicums, discussion, readings)
4:30pm Fish Bowl
5:30pm Contemplative Closing
6:00pm Departure

MONTHLY SMALL GROUPS

Students will all participate via Zoom.

Small groups of students will meet with a faculty member for two hours each month at a time convenient for students for supervision and practicums tailored to students' needs.

Application fee of \$150 is due with your application. Limited financial aid scholarships are available. Applicants are encouraged to seek funding from their church, religious affiliations, or employer.