



Hello Church Family,

I would like to try out a yoga ministry program at FCUCC. Yoga is something that I have used for my self-healing, self-awareness, and physical and mental fitness. It isn't a religion but a practice ANYONE can do, no matter what your fitness level or spiritual beliefs.

Celine Smith will be our yoga instructor. I have taken yoga classes with her before and this is her wonderful biography.

A Grand Ledge native, Celine Smith went on to study Anthropology and Human Rights, leading her to her Peace Corps Service in Nepal. After her service she traveled India where she completed her 200 hours of Yoga teacher training in the spring of 2017. She has also completed a 10-day intensive silent meditation course. Yoga has always been more than a physical practice for Celine. Connecting mind, body, and spirit through the breath never fails to center her in a place of stillness and quiet that no other practice can do. After teaching yoga for over a year, she is looking for more ways to share yoga and the transformative effects it can have in one's life. Celine also spends time working with refugees in Lansing and is always looking for ways to connect inter-culturally and to help others.

She had humbly agreed to give a yoga ministry at FCUCC a try!

We are thinking about starting with a 75-minute session twice a month, most likely on a Wednesday, Thursday, or Friday evening.

If you have ever had, even a tiny bit of interest, in yoga please send me an e-mail at tamara.lipsey@gmail.com by **September 3rd**. I will be in contact with you to figure out times and details that will work best for a group at FCUCC.

Tamara Lipsey

Pastoral Care Specialist Certificate Program

A 60 hour certificate program of specialized training in the area of pastoral care and brief, supportive pastoral counseling, designed for pastors, students, and lay pastoral care providers who are, or will be, responsible for meeting the pastoral care needs in congregations and other institutions.

Taught by a Fellow in the American Association of Pastoral Counselors (AAPC) with significant congregational experience. The course follows AAPC guidelines.

Objectives of this program include:

- Strengthening personal and professional identity, spirituality, and pastoral care practice
- Integration of resources from faith traditions with current theoretical understandings and practical skills

Course components include:

- Didactic seminars
- Peer support group
- Case consultation
- Assigned readings
- Written assignments

Upon successful completion of this program, participants will receive a certificate of completion as a Pastoral Care Specialist from American Association of Pastoral Counselors.

This certificate program is particularly useful for:

- new professionals needing further education and training in order to provide effective pastoral care
- more experienced professionals wanting to refresh, update, and expand their pastoral care expertise for general ministry or for more specialized professional work

Second Tuesdays -- September, 2018 - June, 2019

9:00 a.m. - 4:00 p.m.

The Ecumenical Center for Christian Leadership

at St. Francis Retreat Center

703 E. Main Street

DeWitt, Michigan 48820

Application and Registration fee (nonrefundable): \$50 (to be included with application)

Due by August 27, 2018

Tuition for ten months: \$1,500 (books not included)

(\$750 due at the September meeting, \$750 due at the January meeting)