

**God Chat Apps: A Life of Prayer**  
**October 7, 2017**  
**Hosted by the Presbytery of Minnesota Valleys**

[Plenary Session and 11 am Workshop Speaker](#)

**Prayer and the Presence of God**  
**(watch for description)**

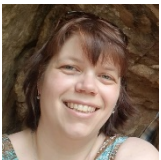


**Rev. Kara Root** is the pastor of Lake Nokomis Presbyterian Church in Minneapolis, a Christian community that shapes its life around worship, hospitality and Sabbath rest. She is a trained Spiritual Director, and Teaching Elder and Certified Christian Educator in the PCUSA. Being Mom to two imaginative kids, and wife and proofreader to a wily theologian spices up her vocational calling and keeps her fully immersed in life. She's written for the likes of Sparkhouse, Working Preacher and Patheos, and blogs about ministry and motherhood at [in the hereandnow](#).

[Workshop Topics and Speaker Bio's – 11 am and 1 pm \(except Chris Lim's\)](#)

**Let's Talk: The Basics of Prayer**

Are you at a loss for words when you try to talk to God? Does prayer seem like something you just don't have time to do? Do you live in fear that you will be asked to pray out loud? This workshop, designed for people of all ages and experience levels, will explore *why* we pray, *how* we pray, and *what* we say when we spend time talking with God. It will focus on overcoming discomfort with prayer to grow more deeply in relationship with God.



**Rev. Leanne Thompson** is a wife, mother and pastor living the dream in Willmar, Minnesota, where she Co-Pastors with her husband Scott at First Presbyterian Church. She dabbles in photography, collects cookbooks (imagining that she will one day make all the fabulous dishes), makes music every chance she gets, and spends too much time reading and binge-watching science fiction and fantasy. She enjoys walking with Cocoa the pug and exploring the great outdoors with her family.

**Yoga, Meditation & Devotion**

We'll discuss different approaches to yoga & meditation, benefits of meditation, how to incorporate devotion into your yoga practice, and how to make time and space for yoga in your home. Come as you are! The class primarily focuses on meditation with optional gentle movements that can be done from a chair. Level: All / Intensity: Low



**Angie Ray** is the owner of The Bend Studio in Marshall, MN. She is a Registered 200RYT Yoga Teacher, Certified Barre Fitness instructor, and Certified Life Coach. When not devoting time to her 3 children, she enjoys teaching a variety of classes at her studio and being involved in her community.

**Why pray? In the valley, on the mountaintop and everywhere in between**

Life is crazy busy! We make lists so we don't forget our daily obligations. But Scripture admonishes us to "pray without ceasing". How and why do we need to become more intimate with the God who loves and guides us through each day? This session will offer suggestions to assist us in our daily walking with Jesus. Participants will be invited to share experiences of praying through all of life's experiences.



**Robin Hasslen** worships at First Presbyterian Church in St. Cloud, Minnesota and lives on a farm in Kimball. She retired in 2012 after teaching for 25 years in the Education Departments of St Cloud State University and more recently at Bethel University. She attributes her joy in living and serving others to her faith and reliance on daily communication with her loving Lord.

### **Centering Prayer: A One Hour Introduction**

Centering Prayer is a simple method of silent prayer rooted in the Christian tradition. This one-hour session will introduce Centering Prayer within that context, present its Guidelines, provide a short experience of the prayer, and conclude with time for comments and questions and information regarding available resources for continuing to develop the practice.



**Sister Katherine Howard**, OSB, is a member and former prioress of Saint Benedict's Monastery (1981-1989), Saint Joseph, Minnesota. Her current work there includes spiritual direction, occasional retreats, classes and workshops on Centering Prayer and on Benedictine spirituality. She recently completed 12 years as Novice Director at the monastery. Past professional work includes teaching theology and Latin at the College of Saint Benedict and serving there as Alumnae Director and Vice-President for Academic Affairs. As a member of the Monastic Inter-religious Dialogue board from 1983-1993 she worked with others fostering communication between Christian and Eastern monastics. Publications include occasional Reflections for *Give Us this Day* (Collegeville, Minnesota: The Liturgical Press), *Praying with Benedict* (Winona, Minnesota: Saint Mary's Press, 1996); *Waiting in Joyful Hope: Daily Reflections for Advent and Christmas 2005–2006 and 2006-2007*; *Not by Bread Alone: Daily Reflections for Lent 2008 and 2009* (Collegeville, Minnesota: The Liturgical Press.), Sister Katherine also writes book reviews and has published short articles on topics in theology and spirituality in *Faith Alive*, a publication of Catholic News Service. April, 2017

### **Aids to Contemplation: Tools and Resources for the Journey**

During this class we will look at a variety of contemplative tools and resources that can assist in contemplative prayer. From the simple to the latest technology, we will briefly touch on ways that chimes, beads, books and apps can help lead us into the life of contemplation.



**Nathan Lamb** grew up in Northwest Iowa and came into the Presbyterian fold by the way of small Presbyterian church he attended during his college years. A recent graduate of PrairieFire, a program of spiritual formation developed by the Des Moines Pastoral Counseling Center, Nathan is a budding spiritual director and interested in topics of spirituality and historical spiritual practice in the church.

### **One session only – at 1:00 pm:**

#### **Personal Prayer for Everyone on Earth: How prayer apps help us fulfill the Great Commission.**

In this session we will briefly survey the landscape of prayer apps to see how God is using them to transform lives and uniquely advance the Gospel. Then we will specifically dive into the design of the app Ceaseless to see how you can incorporate prayer apps into your personal devotions and in the life of your church.



**Christopher Lim** is founder of [TheoTech](http://TheoTech.com), a company activating technologists to use their gifts for the Gospel. His company is behind [Ceaseless](http://Ceaseless.com), an app that helps people pray for others and [spf.io](http://spf.io), a system providing real-time translation of worship services and conferences. He blogs at [meritandgrace.com](http://meritandgrace.com).

**Links:** <http://ceaselessprayer.com>

1-page handout:

[http://www.ceaselessprayer.com/assets/downloads/how\\_to\\_use\\_ceaseless\\_in\\_churches.pdf](http://www.ceaselessprayer.com/assets/downloads/how_to_use_ceaseless_in_churches.pdf)