by singing and chanting. We’ll allow our hearts to guide and inform each unfolding moment and help us stay awake to Mystery throughout the day.

Lisa Daugherty, born and raised in Indianapolis, received a bachelor’s degree from Purdue University, and then, promptly moved to Tucson, Arizona. During the “Arizona” years, she found community through social justice and environmental activism, and herbal healing and midwifery. She also began to explore the philosophy, postures, breath and meditations of the yoga tradition. She’s made Indianapolis her home again, and has been busy raising 4 teenage daughters, with her husband/partner of 25 years. She has taught yoga in central Indiana since 2002, and has worked as a doula (emotional support person for pregnancy and childbirth), for 20+ years. She’s a lifelong musician and singer. Her yoga classes are creative and nurturing, and influenced by a deep reverence for nature and the human condition.

Schedule of Events

8:00 am Registration & Breakfast
9:00 am Opening Worship led by Summer Cushman
9:45 am Keynote Gathering: Summer Cushman
12:00 pm Lunch
1:15 pm Workshop Session I
2:45 pm Workshop Session II
4:15 pm Closing Gathering

ONLINE REGISTRATION: https://esr.earlham.edu/SG20

We are made for and by rhythms. The rhythms that we develop in our lives end up developing us, for good or ill. The ancient practice of creating a rhythm, or “rule” of life, reminds us that we can live our rhythms by design instead of default. We can install practices and routines into our schedule that remind us of our true nature and our truest work. This workshop will guide you through the process of creating your own rule of life, designing regular rhythms that prioritize the life-giving people and practices you want to shape your year. We will start with a brief time of teaching and centering then follow the steps of reflection and exploration until we are ready to design our personal rules.

Andy Stanton-Henry lives with his spouse Ashlyn and blue heeler Cassie in Mt. Gilead, Ohio, where he works at a local public library. He is a member of the Friends of Jesus Fellowship and Old Stone Presbyterian Church. Andy is a graduate of Earlham School of Religion and is the founder of Recovering Abundance Ministries. His ministry interests are focused on the renewal of rural churches and communities. Learn more about his thought and ministry at www.recoveringabundance.com
Our one constant is change. We’re continuously moving between here and there, up and down, happy and sad, hopeful and fearful, and any other pair of opposites we can think of! It often feels like the roller coaster will never stop and the to-do list will never end. And in the midst of it all, we forget our divine nature and misidentify with our attachments and fears. We take ourselves to be our accomplishments, our failures, our anxiety, or whatever thought or emotion is currently passing through. This is why daily spiritual practice is so important. We have to actively work to remember who we truly are. Personal practice calls us back to our Center and supports our efforts to find and root our identity in Divine Mystery always and already present within.

Join us for a day long retreat designed to help you remember what matters most in the midst of everyday life. Learn simple practices that will support your ongoing efforts to ground your identity in Divine Mystery and remember what matters most in the midst of everyday life.

Summer Cushman has spent her life seeking Divine Mystery and trying to learn how to love better. She’s an artist, minister, yoga teacher, and yoga therapist. All her work is dedicated to helping people live their everyday lives with intention, meaning, and mystery. She works with people one-on-one to dive deep into the hard work of moving beyond the patterns that cause us pain. If you’re ready to integrate spiritual practice into everyday life, please visit summerscushman.com.

A small reminder can have a huge impact. Through breath work, meditation, and journaling we’ll each uncover one useful word—a word that helps us remember who we are and what really matters most. Then we’ll craft a way to wear our word. Supplies will be provided for you to make an individualized bracelet or necklace that can serve as a visual reminder throughout your day and help you stay grounded in the truth of your Being.

Marci Becker, E-RYT 200 & YACEP, fell in love with the practice of yoga through the Healing Spirit yoga studio in Bloomington, Indiana. While living a hectic life with a full time job, family responsibilities, and many other activities, the sanctuary of the yoga studio became more and more important in her life. No matter what else was going on at any given time, going to yoga class always brought her back to a beautiful place within herself. She became fascinated with the rejuvenating and healing effects of the practice so she decided to study formally. She completed the 200-hour training program with Marsha Pappas and Nikki Myers at the CITYOGA School of Yoga and Health in Indianapolis in the summer of 2010. The training program was everything she wanted and more and she is honored to now share her love of this sacred practice with others.

It can be so easy to get swept up in the activities and distractions of our daily lives and forget the things that makes us feel the most grounded, centered, and alive. What are your favorite scents, foods, activities, places? Who and what do you have in your life that bring you joy and contentment? In this workshop, participants will play with a mix of journaling and collage to remind themselves of the ideas, images, and connections that make their soul come alive. No artistic experience is needed and all supplies will be provided!

Mandy Ford is Director of Community Engagement for Earlham School of Religion, a licensed illustrator, lettering artist, and teacher. She has a gift for finding beauty in the small things, and her artwork inspires joy, authenticity, and coming back to the life your soul wants you to rediscover. She has published two adult coloring books and her artwork has appeared on products in HomeGoods and Home Depot. In addition to her B.A. in Communications, Mandy’s twelve years of experience working for ESR have informed her artwork and writing, imbuing both with a sense of spirit, calm, hope, and purpose. You can find her online at www.mandyford.co and on Instagram @mandyfordart. She calls Richmond home and very much enjoys the small town life with her husband and twin boys.

In this workshop we’ll connect to ourselves, each other, and the earth. We’ll explore singing and music making, free form, mindful movement, and restoration through listening and stillness. We’ll discuss and practice using the hands to be in service to the world, by awakening the creative and healing potential held in the hands. We’ll use our heads to focus our minds and access our authentic voices for truth telling and creating resonance among our selves, each other, and the earth.

Please register early. Space is limited to 25 participants.

**Workshops**

- **Wear Your Truth**
  - Marci Becker
  - **Hands, Head & Heart: Connecting to Ourselves, Each Other, and the Earth**
  - Lisa Daugherty
  - **Art Journaling for Your Soul**
  - Mandy Ford

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**Registration**

Send to: ESR Spirituality Gathering 2020, Mandy Ford, Earlham School of Religion, 228 College Avenue, Richmond, IN 47374. 1.800.432.1377, Email: fordma@earlham.edu

Online registration:

https://esr.earlham.edu/SG20