

You are invited to the

**ELCA PARISH NURSE ASSOCIATION
SPRING GATHERING 2010**

DATE: Thursday, April 29, 2010

TIME: 9am Registration
9:30am - 12:30pm Workshop and Meeting
Lunch and networking @ 12:30pm

PLACE: Gloria Dei Lutheran Church
700 Snelling Ave. S.
Saint Paul, MN 55116 (Phone: 651-699-1378)

SPEAKER: Rev. Karen Stevensen, MSW, LICSW

TOPIC: *Integrity, Living Life as our "True Self"*

In this workshop, Karen will guide us through a process of increasing our self-awareness of when we are becoming reactive as opposed to being open and relaxed and in our own skin. She will also teach us effective ways to bring ourselves back to the center of our True Self, so that we can experience living in the freedom God wants us to experience.

Karen's wide range of professional experience includes: parish pastor, social worker, therapist and marriage counselor. She has done clergy boundary training, provided pastoral care to ELCA overseas mission personnel, taught pastoral care at Luther Seminary and conducted workshops at churches on a range of issues based on her experience.

ELCA PNA Update: Ann Rabie, Chairperson

National Update: Annette Langdon, National Chairperson

CEUs: 2 **Cost:** \$16 (includes lunch)

Send registration and \$16 registration fee (payable to ELCA PNA) to:
ELCA PNA, c/o Carolyn Torp, 10783 53rd Ave. No. Plymouth, MN 55442

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Church Affiliation: _____