

# MO PAUMCS FALL CONFERENCE

## Mind-Full and Mindful Administrators

### Virtual Conference Agenda

Friday, September 10, 2021

10:00 - 10:30 AM



#### Opening Session

Join us for the opening session. We will have an opening devotion and introduction to the conference theme, "Mind-Full and Mindful Administrators".

10:30 - 11:45 AM



#### Seminar: Networking & Collaboration

During this session, attendees will learn the art of collaborating with others and how to make meaningful connections with others. We will be utilizing small breakout groups to apply learning and developing strong networks with PAUMCS conference attendees.

11:45 - 12:45 PM

#### Lunch Break

12:45 - 2:00 PM



#### Seminar: Methodist 101-How to Understand United Methodist Terminology and Conferences by Rev. Sandy Nenadal

Rev. Sandy Nenadal will guide us in the basics of United Methodist terminology and the connectional relationship between Annual Conference, General Conference and Jurisdictional Conference. Hopefully, you will see the big picture of how these pertain to the work of the local church.



#### Rev. Sandy Nenadal, Assistant to the Bishop

Rev. Nenadal serves in the Episcopal Office as the Assistant to the Bishop. Previously, Sandy served as District Superintendent of the SW District from 2005-2013. Sandy also served as senior pastor at Marshall First UMC, Waynesville UMC, Mt. Vernon First UMC and as Associate at Aurora UMC. Over the years, Sandy has served on the District Committee and Conference Board on Ordained Ministry.

Sandy grew up a United Methodist in NE Ohio. She earned both a bachelor's and master's degree in history at the University of Akron. She and her husband, Tom, moved to Missouri in 1978 and lived in Lee's Summit until 1992. Sandy earned a Master of Divinity from Saint Paul School of Theology in 1992 and was ordained an elder in 1994.



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#### Friday, September 10, 2021 Cont.

**2:00 - 2:30 PM**

Afternoon Break

**2:30 - 4:30 PM**



Seminar: Copyright & Graphics

"I love this image but can I legally use it?" This question may not be at the top of your mind but there are many rules when it comes to using images, videos, music, etc. During this session we will explore the basics of copyrights including the rules and regulations associated with images, photographs, music and video/movies. Then we will look at places where you can get and create high-quality photos, images and music. The session will end with tools to create designer quality social media, fliers, web banners and more for free.



Lauren Miers, Missouri Conference Senior Communication Specialist

Lauren is a freelance writer and designer based in the Midwest. For over six years, she has been designing for nonprofits and writing about a variety of topics, including food, business, productivity and religion. Avid reader, decaf drinker and lifelong learner: She is a red-headed communication strategist who appreciates a well-constructed sentence and has a passion for reaching others in fresh and innovative ways.



Megan Hayes, Northwest District Executive Assistant

Megan is an executive assistant for the Northwest District. The favorite part of her job is connecting pastors, laity and clergy with resources to grow God's kingdom. With an undergraduate and master's degree in Marketing, she enjoys learning new tools for outreach and communications.

**4:30 - 4:35 PM**

Closing Prayer & Dismissal



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**Saturday, September 11, 2021**

**8:30 - 9:00 AM**



#### Opening Session

Grab a cup of coffee or tea and join us for a time of connection and spiritual renewal as we explore ways to center our minds so we can take on the challenges of the day.

**9:00 - 10:30 AM**



#### Seminar: Emotionally Healthy Spirituality 2.0 by Revs. Angie & Curtis Olsen

Angie and Curtis are thrilled to share more about emotionally healthy spirituality. As office administrators and professionals, you have a lot coming at you all day long and this can impact relationships both at work and home. We plan to offer practical tools to help you stay healthy emotionally and spiritually. Our hope is to offer tips to help you sustain positive and fruitful relationships with God, church, family and friends.



#### Revs. Curtis and Angie Olsen, Pastors at Community UMC

Revs. Angie and Curtis were married in 2004 and ordained as elders in 2008. They enjoy ministering together and currently serve as pastors at Community UMC in Columbia, MO. The Olsens enjoy helping people grow in their love of God and love of others while helping to deepen a person's understanding of themselves. This is one of the reasons why emotionally healthy spirituality has become so important for the Olsens during the last three years of ministry. Curtis and Angie have two boys, Andrew (15 years old) and Zach (12 years old), who keep the parents busy with activities and energy.

**10:30 - 11:00 AM**

#### Morning Break

**11:00 AM - 12:15 PM**



#### Seminar: Conversations with Difficult People & Other Helpful Admin Tips by Amy Sanders

No one enjoys the prospect of facing a difficult congregant, co-worker, or community member, but they happen. We can learn from them, and we can employ proactive strategies to avoid (some of) them in the first place! We will take some common scenarios and walk through how to approach them when they happen, and more importantly, we will learn some tips to make those conversations few and far in between.



#### Amy Sanders, Executive Assistant at The Gathering

Amy Sanders is the Executive Assistant to Lead Pastor Matt Miofsky at The Gathering in St. Louis. She has spent the past seven years keeping things running smoothly, helping the church grow, and occasionally herding cats. Although her path to church administration is an unlikely one (formerly a litigation attorney), she enjoys using her talents to support The Gathering. Her other roles include wife, mom of three, and writer (St. Louis Mom blog).

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#### Saturday, September 11, 2021 Cont.

12:15 - 1:00 PM

Lunch Break

1:00 - 2:30 PM



Seminar: Handling a Full Cup with a Steady Hand by Rev. Charity Goodwin

When you're giving all your time away to other people, your ideas, vision, and dreams get the leftover you and the leftover time. We use the teachings from Rev. Charity Goodwin to explore how to combat compassion fatigue through the challenges of serving in ministry.



Rev. Charity Goodwin, Clayton Site Pastor at The Gathering

Rev. Charity Goodwin provides dynamic preaching, coaching and facilitation. Her mission is to inspire emotional wholeness in leaders who are ready to come out of overwhelm and walk in purpose and confidence. Rev. Goodwin is a Mizzou Journalism graduate. She completed a Master of Divinity from Saint Paul School of Theology in Kansas City. She is an ordained elder and is serving as the Clayton Site Pastor of The Gathering in St. Louis, MO. In 2015, she became a The Daring Way™ Certified Facilitator. She facilitates groups in the curricula created by Dr. Brené Brown and a coach with Coaching for Clergy.

2:30 - 3:00 PM

Afternoon Break

3:00 - 4:00 PM



Seminar: Tightrope by Rev. Paul Klepees

Do you feel like you have to be ALL THINGS to ALL PEOPLE? Are you so tired at the end of the day that there is nothing left for YOU? Join us for a discussion on the practice of Sabbath and the balance that God calls us to in our everyday life.



Rev. Paul Klepees, Pastor at Pleasant Grove UMC

Rev. Paul Klepees is the father of 4 who is the Pastor at Pleasant Grove UMC. During his time at Pleasant Grove UMC, Paul and Margie have done a lot. They've grown their family to a total of 6, built a miniature farm, and Paul completed his Masters degree. Paul is currently working on a MBA emphasizing Nonprofit Church Leadership from Dakota Wesleyan. He is passionate about people and life.

4:00 - 4:30 PM

Closing Session & Worship