

2026 WORKSHOPS

1. **Teen and Young Adult Suicide Prevention:** Task Force, Jennifer Miller. Mental Health First Aid is an evidence-based program that equips individuals to recognize, understand, and respond to signs of mental health challenges or crises. Participants learn practical tools for offering initial support to someone who may be experiencing depression, anxiety, or suicidal thoughts, and how to connect them with appropriate professional help. This training is especially valuable for community members, educators, and anyone seeking to promote mental wellness within their circles. Leader: Jennifer Miller.
2. **Q&A with Churchwide Rep. and SC WELCA board members:** Your questions will be answered by our Churchwide WELCA board member, Ginger Cutrell, and members of the SCWELCA board.
3. **Craft Project:** Calling all crafters! We will be making crosses made from nails and wire. Leaders: Denise Warren & Ella Shumpert.
4. **Women on a Mission:** This interactive workshop introduces a simple, Christ centered process for working through conflict and restoring connection. Rooted in Matthew 5:22–26, the Clearing Model helps us name what’s happening inside us, speak honestly with others, and invite the Holy Spirit into moments of tension. Participants will learn the five steps of the model through a brief teaching, role play, and guided practice. This can be used with spouses, friends, coworkers, and within circles of women seeking deeper community. The Clearing Model equips us to approach one another with respect, humility, and truth so our relationships can grow stronger and more grace-filled. Led by Michelle Gantt, Wanda Peery, & Elaine Clawson.
5. **Chair Yoga:** Chair yoga is a gentle, modified form of yoga practiced while seated i a chair or using it for balance, making it ideal for seniors, beginners, or those with limited mobility. It adapts traditional yoga poses to improve flexibility, strength, and relaxation without requiring floor work. Leader: Susan Wessinger, Co-owner of Newberry Yoga and member of Redeemer.
6. **Lutheran Disaster Response Carolinas:** Learn how LDR assists individuals and congregations prepare for disaster and build a network of resources across North and South Carolina to respond when disasters occur. Although Hurricane Helene hit over a year ago, LDR is still working in western North Carolina rebuilding bridges. Led by Rev. Ruth Ann Sipe and Kelli Fulmer.
7. **“I’m Leading a Bible Study, Now What?”** Learn the best way to lead a Bible Study. Leader Pastor Rebecca Wicker, our Convention Chaplain.
8. **Life of a Lutheran Missionary:** Growing up as the daughter of Lutheran Missionaries in Japan. Leader: Joy Derrick
9. **The History of Lutheran Women in South Carolina:** James R Crumley Jr Archives: The Story Behind Our Story. SC WELCA is supporting a school in Japan this year - but

what if that story is also our story? Discover how early church women throughout the Southeast shaped global mission and how their legacy continues in us. Leader: Dr. Susan McArver, assisted by Virginia Herlong.

10. **Mapping Your Personal Care Circle:** What would happen if you needed a little more help tomorrow? In this interactive workshop, we'll guide you through building your Personal Care Circle—a simple way to identify the people, resources, and support systems that help you stay safe, independent, and confident as you age. You'll leave with a clear picture of your support system—and a plan to strengthen it. What Attendees Will Learn: 1. Why planning ahead protects independence, 2. The four key layers of support everyone needs, 3. How to identify gaps before they become crises, 4. Ways to start conversations with family, 5. When and how professional support fits in. Leader: Beth McLean with The Heritage at Lowman Home.
11. **Hide 'n Go Seek:** Congregation Unit Leaders, Conference Leaders, and any others that are interested. Join us for a roundtable discussion on how to assist inactive congregation units to become active again.
12. **Nutrition Class:** You will learn about dietary habits, food science, and the impact of nutrition on your health, equipping you with practical skills. Leader: Lindsay Piersol, Nurse Practitioner.
13. **Transgender Experience and the Misconceptions:** Leader Ginger Cutrell, Churchwide Board member.

TOURS:

14. **God's Abundance for All People (GAAP):** Take a tour of the O'Neal St. Food Pantry. This is one of our local projects. They are supported by various churches in the Newberry area including Redeemer.
15. **The Newberry Museum:** Celebrate the 250th Anniversary of the American Revolution. See this exhibit of an important time in our history.
16. **Newberry Nursing School Tour:** Tour the new Health Science Center on the Newberry College campus. They provide state-of-the-art facilities for nursing and health science programs. This new building includes modern classrooms, simulation labs, and a partnership with Newberry County Memorial Hospital for an urgent care center. Several years ago, SC WELCA created a Nursing Scholarship Fund which is awarded to one nursing student annually.