

Personal Spiritual Practice of Welcoming

Learn to deepen your relations with others by closing the gap between intentions and actions. Learn the skills and tools to use in your life to create connections.



1st Parish Church Groton
Saturday September 29, 2007
9 am - Noon

Open to all
RSVP 978.448.6307
office@uugroton.org



Your Life is a Journey

David Rynick brings many years of experience and training as a professional coach. He has been in the coaching field since 1991 and is a Professional Certified Coach (PCC) through the International Coaching Federation and Certified Professional Co-Active Coach (CPCC) through the Coaches Training Institute.

He's created and led numerous professional workshops and classes on leadership, systems thinking, coaching, meditation, diversity, and creativity. As well as taught coaching as a faculty member at Cambridge College.

"What most excites me about coaching is supporting, challenging, and empowering people to bring their unique gifts into the world. I want to work with individuals who are eager to continue their learning about themselves so they can bring about the results

they truly want to see in the world. I know the challenges of leading people in a way that honors your values and meets performance objectives. I am pleased to share my experience as the Executive Director of Dynamy, Inc. during a 13-year period of organizational growth and change with clients in my Leadership Coaching.

As a minister's son, I have made a lifelong inquiry into the sacred. My own spiritual journey, including 20 years of Zen practice and active engagement in the leadership of First Unitarian Church of Worcester, informs my Faith-Based Coaching."

The Spiritual Practice of Welcoming Workshop

What does it mean to be welcoming? Most of us want to be warm and welcoming, to be experienced by others as an open, hospitable person, and most of us want our church community to be this way as well. But much gets in the way of being truly welcoming to others – shyness, busyness, uncertainty. Welcoming is a spiritual practice – a way of being in the world that has deep and real benefits for us and for others.

The Spiritual Practice of Welcoming is a three-hour participatory workshop that gives a personal context and specific tools for becoming more inviting and inclusive as an individual and as a church community. This workshop approaches welcoming as a spiritual practice that can allow us to deepen our relationships with each other, with ourselves, and with our truth.

The workshop will focus on closing the gap between our intentions and our actions. Through discussion, activities, and brief presentations, participants will learn and practice specific skills to increase their capacity and confidence around welcoming. We will talk about what gets in the way and look at individual strategies to move from fear to connection. Participants will leave with a greater sense of connection to each other and with tools to take back into their lives, the congregation and the larger community.

The workshop was designed and will be led by David Rynick, a Zen Buddhist and Unitarian Universalist, who will also be our Sabbatical Coach during the minister's sabbatical from mid-January through mid-May 2008.

All elected leaders, committee chairpersons, and Youth Advisors are asked to save the date and plan to attend and EVERYONE in the congregation is encouraged to attend. Please RSVP to the church office at 448-6307 or office@uugroton.org to let us know you are coming. Child care will be provided if requested by September 21.

For more information, visit David's inspirational website at www.rynickcoaching.com.