How to Love Ourselves While Still Loving Others :
The Art of Self-Care

The Gathering
Saturday April 27, 2019

10 AM – 3 PM

The Chiara Center
4875 LaVerna Road - Springfield, IL
phone (217) 523 – 0901

Link for directions: http://www.chiaracenter.org/index.cfm?pID=3535



Our Keynoter Rev. Chesla T.

was born and raised in Newport News, Virginia where she led and participated in a multitude of church, community and school activities. In 2005 Chesla received a Bachelor of Arts in Psychology with a minor in Religion from Spelman College. As a college student, Chesla played an integral role in HIP 4 HOP (**H**appiness **I**n **P**raise **4** **H**is **O**verflowing **P**resence), a campus ministry that worked with local churches and other organizations to develop youth and young adult ministries as well as ministry with people who have never been associated with a faith community and people who have been hurt by and thus disassociated from faith communities. In 2013 Chesla received both a Master of Divinity and a Master of Arts in Marriage and Family Therapy from Christian Theological Seminary in Indianapolis, Indiana.

Chesla has worked as a mentor and tutor for the YMCA, volunteered as a Chaplain for spirituality groups for homeless veterans, and continues to facilitate workshops and therapy groups concerning young adult Christians, marital preparation, sexuality and spirituality, social justice and clergy self -care among others.

Chesla became a Disciple when she joined Ray of Hope Christian Church (Atlanta, GA) in 2001. Since that time, Chesla has been immersed in various aspects of the Christian Church. She has served with the Executive Committee of the Disciples Peace Fellowship and the Disciples Leadership Institute and has been an intern for Global Ministries (Division of Overseas Ministries) and Reconciliation Ministry. Most recently, Chesla was the Minister of Leader Development for Hope Partnership for Missional Transformation. Currently, Chesla serves as the Co-President of the Young Adult Fellowship of the National Convocation.

As a member of Light of the World Christian Church (Indianapolis, IN), Chesla has served as the Assistant Youth Minister and serves with the Young Adult Ministry. She is a fan of the Justice League, loves roller coasters and is the reigning Game Night Champion of Taboo.

As Chesla strives to live out her purpose and calling in a way that pleases God, she lives by a two word command; Love unconditionally.

REGISTRATION - REGISTRATION COST $50.00 **DEADLINE April 5. 2019**

MAIL TO CCIW
401 West Jefferson
Bloomington, IL 61701

NAME _____ **CHURCH** _____

ADDRESS INC. TOWN AND ZIP _____

EMAIL _____ **PHONE** _____

SPECIAL DIETARY NEEDS _____

Schedule

9	Registration
10	Welcome/ Worship
10:10	Introduction
	Keynote and questions
11:30	DW News
Noon	Lunch
1	Call Back Song
1:10	Breakout 1
1:45	Break
1:55	Breakout 2
	1:55 – 2:30
2:30	Worship and Blessing Box

Afternoon Breakout Sessions

Taking Time for Ourselves
Kelsie Bentley

is a 2010 graduate of the University of Spa and Cosmetology Arts and a 2016 graduate of Lincoln Land Community College. Currently, she is a self employed cosmetologist at Studio 410 Salon. After working as a cosmetologist for 7 years, her compassion for others showed her the crucial need for people to care for themselves and feel good from the inside as well as the outside, which led her to create both a blog and a YouTube channel dedicated to self care, mindfulness, and positive living. Kelsie's experience working with salon clients, combined with her interests in theology and spirituality provide continual inspiration for her content.

Kelsie has been an active member of First Christian Church, Disciples of Christ in Virden, Illinois for the past 9 years. She serves as recording secretary for the church board, is a member of the diaconate, and leads the outreach committee, which helps to plan events that benefit the local community.

Taking Time for God
Rev. Dr. Beth Rupe

will lead us as we explore journaling as a form of prayer and begin to create our own prayer book.