

## FESTIVAL SESSION DESCRIPTIONS

### THURSDAY

2PM–5PM Check-in & Afternoon Activities

2-4 p.m. **Craft cabin** is open. **Pool** is open.

4 p.m. **Hike** Moonlight trail (meet at flagpole)

**Make your own bug spray - Hanna Weimer - Thursday afternoon during check-in**  
[Dining Hall]

### FRIDAY

SESSION 1 - FRIDAY, JUNE 20 9:30 - 10:30 AM

**YOU are WORTH IT - Daily Practices for Self-Care - Rev. Evelyn Wald - Friday @ 9:30 AM**  
[Dining Hall]

*Most of us WANT to be diligent in our spiritual and self-care practices. This morning we'll explore what gets in the way and engage in some practices to jump start our day.*



Rev. Evelyn Wald is the pastor at St. Stephen's Lutheran Church in McAlevy's Fort. She went to Gettysburg Seminary and was ordained in 1984. She also has a Masters in Pastoral Counseling from Loyola College, Maryland. She was a grief and loss counselor for almost 30 years. She continues to work with TIDES, an organization for children, teens and adults who have experienced the death of someone they love.

**Animal Rescue As Creation Care - Pastor Kevin Shock - Friday @ 9:30 AM & 3:30 PM**  
[Bowersox Center]

*After I adopted my first dog, I began to volunteer at the shelter that rescued her. Not long after I learned more about animal rescue, I realized that shelter work was turning into a faith practice for me. Through animal rescue I became aware of different ways that creation groans (Romans 8) and how the children of God can respond. This session can help you to discover how you might faithfully respond to the groaning of creation.*



Kevin is an ordained pastor in the ELCA, serving as Assistant to the Bishop in the Allegheny Synod. His passions include exploring with others the intersection of scripture and daily life, reading fiction, and taking care of his family's pets and shelter animals.

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### **Nature - Meet a Tree & Barefoot Hike - Annie Baltzer - Friday @ 9:30 AM** [4-square]

*Come have fun in nature through this experiential session where you will deepen your connection and experience through your senses. Our hands will touch trees and our toes will touch the earth. Please be sure to wear shoes that can easily be taken on and off and clothes that are happy to be in nature! Open to kids & adults!*



Annie Baltzer is an educator, ecotherapist, herbalist, and life-long lover of nature who is passionate about helping people deepen their connection to the natural world. She currently serves as the Camp Naturalist at Sequanota.

### **Archery - Friday @ 9:30 AM** [Archery Range - behind wooden cabins]

## **SESSION 2 - FRIDAY, JUNE 20 11:00 AM - 12:00 PM**

### **Community Art -Realistic Resin Creek Sculpture – Neelum Hassan - Friday @ 10:30 AM & Saturday @ 10:30 AM** [Arts & Crafts Cabin]

*Inspired by Sequanota's stunning creeks, we will create a large and realistic, 4 feet sculpture using nature's ornaments such as rocks, earth, moss and sticks that we collect together. In this workshop we will learn how to work with multiple mediums to sculpt beautiful waterways using advanced epoxy resin techniques.*



Neelum Hassan is an artist, educator and design instructor. She has spent the past decade working with children and adults, teaching product design and fluid art techniques. She has a studio called Soulside in her hometown Karachi in Pakistan, where she creates and sells realistic resin ocean art pieces.

### **Building Faith, Community, and Advocacy in the Face of Christian Nationalism - Pastors Erin Jones and Jess Felici - Friday @ 11:00 AM** [Bowersox Center]

*Much ink has been spilled on the rise of "Christian Nationalism" in the U.S. - a force that (mis)uses the symbolism of Christianity and the United States to consolidate power in an increasingly small number of people. As Lutherans, we proclaim a Gospel that is expansive and trusts that power belongs ultimately to a loving and gracious God. What can individuals and communities do to*

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*counter the rise in Christian Nationalism as it appears in our congregations, and how can we be faithful witnesses in the public sphere while staying in community with those whose views are different from ours?*

*Join Pastor Erin Jones of Lutheran Advocacy Ministry in Pennsylvania and Pastor Jess Felici of Trinity Lutheran Church in Latrobe as they discuss how "Christian Nationalism" shows up in their contexts, and how the Church can respond with grace, peace, and community at the center of our actions as people of faith.*



Jess Felici serves as pastor at Trinity Lutheran in Latrobe with her spouse Jason. Together they have three children and a sweet dog named Oreo.

Erin Jones is called as the Communications and Advocacy Engagement Manager for Lutheran Advocacy Ministry in Pennsylvania (LAMPa), a state public policy office of the ELCA. She lives in Crafton with her husband, Tim, and their two kids.

### **Handbells For All - Ryan Custead - Friday @ 11:00 AM**

[Dining Hall]

*Join Ryan and experience playing music together in a group with handbells, keyboard, singing, and guitar. Participants will also get some basic music theory and take part in some fun "sound activities". Learn how music is a special part of our life in faith. No musical experience necessary!*



Ryan Custead is the Director of Faith Formation & Outreach at Zion Lutheran Church in Hollidaysburg. For the last 11 years, Ryan has used music and sound as a crucial part of his ministry. He is a father of three boys and a cat enthusiast.

### **Hike to East Rocks - Friday @ 11:00 AM**

[Meet at the flagpole]

*Sequanota staff will lead a hike to East Rocks - all ages are welcome.*

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### **SESSION 3 - FRIDAY, JUNE 20 2:00 - 3:00 PM**

#### **Nature Wall Hangings - Neelum Hassan - Friday @ 2:00 PM**

[Arts & Crafts Cabin]

*In this workshop, you will learn how to create mini wall hangings with resin and wood, inspired by the nature and beauty in your surroundings. You will learn some basic resin techniques to create these individual art pieces along with learning how to dehydrate and preserve flowers and leaves.*



Neelum Hassan is an artist, educator and design instructor. She has spent the past decade working with children and adults, teaching product design and fluid art techniques. She has a studio called Soulside in her hometown Karachi in Pakistan, where she creates and sells realistic resin ocean art pieces.

#### **Have You Lost Your Marbles? - Rev. Evelyn Wald - Friday @ 2:00 PM**

[Dining Hall]

*As we set out to create a self-care plan we will explore how we manage our time and energy. Now, create that plan. You ARE worth the time and energy.*



Rev. Evelyn Wald is the pastor at St. Stephen's Lutheran Church in McAlevy's Fort. She went to Gettysburg Seminary and was ordained in 1984. She also has a Masters in Pastoral Counseling from Loyola College, Maryland. She was a grief and loss counselor for almost 30 years. She continues to work with TIDES, an organization for children, teens and adults who have experienced the death of someone they love.

**Pool** is open from 2-5 p.m.

#### **Slip and Slide - Friday @ 2:00 PM**

[Main Field]

*The Sequanota staff will have the soapy slip and slide out and kids are welcome to join the fun before they go to the pool.*

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### **SESSION 4 - FRIDAY, JUNE 20 3:30 - 4:30 PM**

#### **Animal Rescue As Creation Care - Pastor Kevin Shock - Friday @ 9:30 AM & 3:30 PM** [Bowersox Center]

*After I adopted my first dog, I began to volunteer at the shelter that rescued her. Not long after I learned more about animal rescue, I realized that shelter work was turning into a faith practice for me. Through animal rescue I became aware of different ways that creation groans (Romans 8) and how the children of God can respond. This session can help you to discover how you might faithfully respond to the groaning of creation.*



Kevin is an ordained pastor in the ELCA, serving as Assistant to the Bishop in the Allegheny Synod. His passions include exploring with others the intersection of scripture and daily life, reading fiction, and taking care of his family's pets and shelter animals.

#### **Craft Cabin is open - Friday @ 3:30 PM** [Arts & Crafts Cabin]

*Continue a project or kids can pick a project they would like to complete with guidance from Sequanota staff.*

#### **Volley Toss and Gaga Ball - Friday @ 3:30 PM** [Basketball & Volleyball Courts area]

*Sequanota staff will lead an easy game of volleyball and dodgeball called Gaga.*

#### **Acoustic Music - Friday @ 4:15 PM** [Dining Hall]

*Enjoy a musical performance by Ryan Custead & Deb Bunnell from Hollidaysburg, PA*

## FESTIVAL SESSION DESCRIPTIONS

### SATURDAY

#### **SESSION 5 - SATURDAY, JUNE 21 9:30 - 10:30 AM**

##### **Wellness in a Climate of Uncertainty - Bob Skelly - Saturday @ 9:30 AM** [Dining Hall]

*Join us as we discuss the difference between sudden, unpredictable events that trigger intense survival mechanisms; and repetitive societal changes that elicit an ongoing sense of loss, uncertainty and the erosion of physical, mental and spiritual well-being. Using the Serenity Prayer, we will take a deeper dive into the question: "What do I Control"?*



Bob Skelly is a psychologist who lives in State College. He was in clinical practice providing [psychotherapy services between 1982 and 2022. He is a member of Zion Lutheran Church, Boalsburg and he enjoys outdoor activities and volunteering with Meals on Wheels.

##### **Breathe. Pray. Yoga. - Elizabeth Hunsberger - Saturday @ 9:30 AM** [Bowersox Center]

*Breathe. Pray. Yoga. is a faith-based yoga program taught by Elizabeth Hunsberger with the intention to build Christian fellowship and offer individuals opportunities that include:*

- 1. Expanding their awareness of the presence of God*
- 2. Promoting positive growth in their relationship with God*
- 3. Focusing upon and "stretch" elements of each individual's faith and prayer life*
- 4. Discovering individual wellness of mind, body, and spirit, and thus allowing cultivation of each person's unique God-given talents, gifts, and abilities.*



Elizabeth is a farmer's wife and a mother to Ellie, Anna, and Mollie. She is an occupational lymphedema therapist. She creates space in her life for spending time with her family, and engaging in various kinds of outdoor exercise in God's creation. She enjoys exploring healthy foods and planting and growing a variety of plants. Elizabeth obtained her 200 hour Kripalu-based yoga teacher certification in 2015 from Anjali Yoga. Since her training, she has created a yoga practice infused with faith in God and spiritual growth to nurture prayer and inspire the light of Christ within us.

##### **Prayer Labryinth - Pastor Nathan Pile - Saturday @ 9:30 AM** [4-square court ]

*Labyrinth patterns have been in existence since ancient times. One of the earliest Christian labyrinths is found in the fourth centure basilica of Reparatus in Algeria. A labyrinth is simply a place to walk and pray. It is a winding path usually in a circular direction. It is not a maze as there*

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*is only one path to the center and back out. This gives you the freedom to walk and focus on God without worrying about getting lost. Labyrinths are often seen as a metaphor for the spiritual journey, with the walk inward representing a journey to God's presence and the walk outward representing a return to the world with a renewed sense of purpose.*



Rev. Nathan Pile is the Executive Director of Sequanota and enjoys engaging the community in faith conversation in the great outdoors.

### **Archery - Saturday @ 9:30 AM**

[Archery Range - behind wooden cabins]

### **SESSION 6 - SATURDAY, JUNE 21 11:00 AM - 12:00 PM**

#### **Community Art -Realistic Resin Creek Sculpture – Neelum Hassan - Friday @ 10:30 AM & Saturday @ 10:30 AM**

[Arts & Crafts Cabin]

*Inspired by Sequanota's stunning creeks, we will create a large and realistic, 4 feet sculpture using nature's ornaments such as rocks, earth, moss and sticks that we collect together. In this workshop we will learn how to work with multiple mediums to sculpt beautiful waterways using advanced epoxy resin techniques.*



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#### **Empowering Laity - Rev. John Kratz - Saturday @ 11:00 AM**

[Dining Hall]

*The Holy Spirit moves in our midst and provides us with gifts, graces, and motivation to engage in kingdom work. Through the Go Tell It IN the Mountains Initiative, tools and resources have been discovered and created to help us put those gifts and graces into action. Learn what digital and inspirational resources are out there to serve God and discover your purpose in God's work.*



An ordained clergy serving congregations for 32 years, on 9/9/24 Rev. John Kratz became the Director of the Go Tell It IN the Mountains Initiative of the Allegheny Synod, Upper Susquehanna Synod, and Northwest PA Synods of the ELCA

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### **Creek Hike & Macroinvertebrate Study - Annie Baltzer - - Saturday @ 11:00 AM** [4-square court]

*Join us as we splash into the creek together! Not only will we enjoy the beauty of the creek trail, we will also get to know the amazing world of life that exists beneath the rocks and on the stream bottom! Macroinvertebrates are tiny creatures that cling to the rocks below. They are also indicator species that can inform us about the health of a stream simply by their presence or absence in the system. We will learn how to locate and identify these creatures as we walk through the stream. Please be sure to wear your "creek shoes" (shoes that can get wet and fully attach to your foot) and clothes or a swimsuit that can get fully wet for this event.*



Annie Baltzer is an educator, ecotherapist, herbalist, and life-long lover of nature who is passionate about helping people deepen their connection to the natural world. She currently serves as the Camp Naturalist at Sequanota.

**Zipline & Climbing Tower** is open 10:30 - noon.  
[Tower]

### **SESSION 7 - SATURDAY, JUNE 21 2:00 - 3:00 PM**

#### **Tend and Befriend Response to Chronic Stress - Bob Skelly - Saturday @ 2:00 PM** [Dining Hall]

*Most people have heard of the Fight, Flight and Flee Response in high school biology or 101 Psychology. It is a survival instinct that is triggered automatically when we perceive a life threatening situation. Come and join us as we discuss Tend and Befriend, a response that reflects more Christ-like characteristics. Fight and Flight, by its nature, does not help us manage the strains of our modern-day stress and uncertainty. Tend and Befriend refers to our instinct to reach out and connect with others during stressful moments and hardships. There will be opportunity to practice mindful reflection of how scripture invites Christ-like character and connections.*



Bob Skelly is a psychologist who lives in State College. He was in clinical practice providing [psychotherapy services between 1982 and 2022. He is a member of Zion Lutheran Church, Boalsburg and he enjoys outdoor activities and volunteering with Meals on Wheels.

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### **Fluid Art on Canvas- Neelum Hassan - Saturday @ 2:00 PM** [Arts & Crafts Cabin]

*Learn how to create beautiful abstracts on canvases using multiple acrylic pouring methods in this vibrant and fun, fluid art workshop.*



Neelum Hassan is an artist, educator and design instructor. She has spent the past decade working with children and adults, teaching product design and fluid art techniques. She has a studio called Soulside in her hometown Karachi in Pakistan, where she creates and sells realistic resin ocean art pieces.

### **Earthball & Parachute Games - Saturday @ 2:00 PM** [meet at flagpole]

*Sequanota staff will lead games with the giant (5 ft.) ball.*

**Pool** is open from 2-5 p.m.

### **SESSION 8 - FRIDAY, JUNE 21 3:30 - 4:30 PM**

### **Taize Chants - Ryan Custead - Saturday @ 3:30 PM** [Dining Hall]

*Join Ryan Custead and some of our TEND musicians for a time of music, reflection, and prayer. Taize chants are short, simple pieces of music that are repeated in a prayerful manner. We will move through a variety of chants along with some time of silence and scripture. You can join in singing these short songs or listen as you pray.*



Ryan is the Director of Faith Formation & Outreach at Zion Lutheran Church in Hollidaysburg. He uses a variety of music styles and instruments for worship; exploring ways that sound can shape and enrich our prayers and praise. He is the father of three boys and a cat enthusiast.

**Pool** is open from 2-5 p.m.

### **Craft Cabin is open - Saturday @ 3:30 PM** [Arts & Crafts Cabin]

*Continue a project or kids can pick a project they would like to complete with guidance from Sequanota staff.*

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### EVENING SESSION - SATURDAY, JUNE 21

#### **Night Hike & Skyfishing for Moths!! - Annie Baltzer - Saturday @ 9:00 PM**

[4-square court]

*Sequanota is a magical place after dark! Come join us a bit after sunset to hike the trails of Sequanota and explore nature from a different perspective. Bring a flashlight to start and end the hike, but don't plan to use it much, as we will let our eyes and senses adjust to the dark along the way. At the end of our hike, we will gather together to do a little skyfishing for the beautiful moths that inhabit Sequanota. Please dress in comfortable layers and wear shoes that can handle a light hike.*



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