

# 2020 Clergy Retreat

February 10<sup>th</sup> - 12<sup>th</sup>

## A Retreat for Clergy and Commissioned Ruling Elders of the Presbyteries of Western New York & Lake Erie



### *Unleashing the Power of Your Full Voice: A Practical and Transformational Approach to a Much-Overlooked Tool - With Barbara McAfee*

As pastors, we spend a good part of every day in conversation – with family members, colleagues, community members and parishioners. We also use our voices to convey the Word to our congregations. As important as our voices are, few of us know how to use them to their full potential. Many of us feel self-conscious about how we sound, but don't know how to make authentic, lasting change in our voices.

Learning to consciously tap the full range of expression available to you makes it much more likely that your message will reach the minds and hearts of your listeners – in spite of the background noise of these chaotic and challenging times. Working with your own full voice makes you a more skillful listener as well.

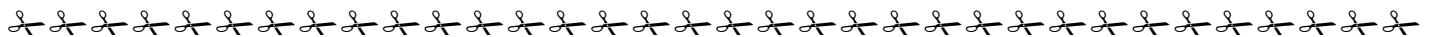
*In this joyful, embodied, and practical presentation, we will:*

- Assess our vocal strengths, habits, assumptions, and challenges
- Increase vocal awareness, flexibility, and expression using the Five Elements Framework
- Identify ways to use voice to project authority, express passion, extend compassion, and convey vision in everyday conversations
- Discover how to listen to what the voices of others are saying about them
- Gather a list of practices to continue individual vocal development

### Clarion Hotel in Dunkirk on Lake Erie

30 Lake Shore Drive East, Dunkirk, NY 14048, Phone (716) 366-8350

NYS I-90, exit 59. Take route 60N for 2 miles; turn left on route 5W. Hotel on right.



### Registration Deadline: January 27, 2020

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_ \$160 per person single room

\_\_\_ \$90 per person double room roommate: \_\_\_\_\_

### Meal choices (special dietary needs can be accommodated)

#### Monday Lunch

Cobb Salad  Beef on Weck  Turkey Sandwich

#### Monday Dinner

Chicken Marsala  Lemon Pepper Whitefish

#### Tuesday Lunch

Cobb Salad  Ham & Cheese Sandwich  Bacon Cheeseburger

Dietary Restrictions: \_\_\_\_\_

Send check made out to the Presbytery of Lake Erie, mail to:

Presbytery of Lake Erie, 2816 Elmwood Avenue, Erie, PA 16508

## About Barbara...

All of my work takes root in voice. As a voice coach I invite people to find their voices, whatever that means to them. My book, Full Voice: The Art and Practice of Vocal Presence, presents what I've learned from decades of "midwifing voices." Since 2013 I have been training other Full Voice Coaches.

My singing keynotes explore themes of leadership, meaning, voice and community for people in a wide variety of professions: training, health care, law, education, nonprofits and industry. My twelve years as an organizational development consultant helps keep things real and relevant.

I'm also a singer/songwriter with eight CD's of mostly original music. The lyric-rich songs tap into jazz, gospel and folk roots. My greatest joy is when people make use of the songs in their everyday lives and work.

In 2007 I founded the Morning Star Singers, a volunteer choir that sings for people facing illness, end of life, depression or grief.

And how I love inviting people to sing together! I carry thousands of nourishing community songs and am constantly inspired by how quickly a group of untrained strangers can create beauty and resonance together.

I live across the street from the Mississippi River in Minneapolis, Minnesota, USA.

*Barbara will also be leading a workshop while in WNY for the students at the Buffalo Academy of Visual and Performing Arts*