



# FOUNDATIONS OF FAITH

## Midwinter Power in the Spirit 2026

“For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline” - 2 Timothy 1:7

### Monday's Schedule

- 5:30 PM Zoom Rooms Open
- 5:45 PM Welcome
- 5:50 PM Bible Study
- 6:25 PM Workshops
- 7:00 PM Evening Devotion



### All Our Speakers

### About Our Presentations

Monday, February 2 - Power



**The Rev. Jessica Darty**  
Trinity, Pulaski

#### Bible Study Leader-"Who am I? Why am I Here?" - Isaiah 6:8

The other day, while I sat alongside confirmands talking about the freedom of a Christian, one of them said, "Complete freedom is knowing and being yourself." I admire the focus on self-awareness and discernment among younger generations. When I was growing up, the closest thing we had to discerning one's self was figuring out what we wanted to be when we grew up. I have found that self knowing is a lifelong journey. However, the answers to the two questions asked in today's Bible Study are the foundation for that journey. As Christians, our automatic Sunday School answer to "who am I" is likely a child of God. Yes! But what does that really mean about us? We will take a look at Isaiah's call story and a few others throughout scripture. Clues in their responses may lead us to answers of our own.

#### Workshops

##### Sharing Their Faith Story

The Rev. Harry Griffith, Rev. Joel Neubauer, and Deacon Lisa Geiger will discuss their faith journey, why they chose to serve in Virginia, and how they are currently serving the Synod.



**The Rev. Harry Griffith**  
St. John, Norfolk



**Deacon Lisa Geiger**  
Virginia Wesleyan University



**The Rev. Joel Neubauer**  
St. Mark, Yorktown



**Christine Nelson**  
Spiritual Director and  
Certified Enneagram Teacher

#### The Enneagram as a Tool for Spiritual Transformation and Liberation

The enneagram is a theory of personality that is rooted in psychology, neurobiology, and ancient spiritual wisdom. The gift of the enneagram is the invitation to wake up to our patterns, thoughts, and emotions that keep us stuck while also revealing a path to break free from them. In this brief introduction, we will unpack how we can discover our enneagram type, what to do with our type once we discover it, and why this work is so crucial to our spiritual growth.

