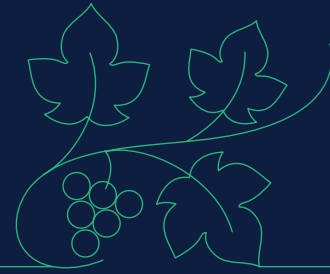


# Trellis



Connecting churches more firmly to the vine of Christ through inspiring personal spiritual practices, emotionally healthy relationship tools, and ways to develop a missionally healthy church culture.

## Guiding Scripture

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing” (John 15:5).

Presented by  
**Missional Vitality**

[www.covchurch.org/vitality](http://www.covchurch.org/vitality)

For more information, contact Mary Hendrickson, director of Missional Vitality, at:

[mary.hendrickson@covchurch.org](mailto:mary.hendrickson@covchurch.org),  
or 253-906-2512

How connected is your congregation to the vine of Christ? Trellis equips your church to connect more firmly by:

- Instructing the congregation in four basic spiritual practices
- Presenting and practicing tools for emotionally healthy relationships
- Exploring missionally healthy church culture and the pitfalls of unhealthy culture

This interactive workshop includes small group discussion, video examples, compelling teaching, and practical exercises to reach a wide variety of learning styles.

## Format

Available as a virtual or in-person experience.

Five-hour format including a meal break

