

August 2004 ATG  
Special Edition

# The EXCEL Voice

EXCEL International  
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**"EXCEL  
International De  
Colores celebrates  
God's Love  
throughout the  
world by providing  
tools to ignite  
spiritual growth"**

## ALL team Gathering 2004 Omaha, NE

**To Boldly Go Where?  
September 14 – 18  
2004**

Two hundred years ago, some men with a vision, the Corps of Discovery, led by Lewis and Clark, camped on a bank by a river. Fifty years later, some brave women and men followed and on the same campsite, established a city.

Omaha, Nebraska, "The Big O" Celebrates its' sesquicentennial (150<sup>th</sup> birthday) this year, remembering its past, present, and boldly going into the future.

What a better time and place could there be, than Omaha, Nebraska, to hold this years annual All Team Gathering? Why not come join Excel International, and all the teams involved, as Excel of the Midlands, hosts this years All Team Gathering, and celebrating as we "Go Into the Future" of Excel.

As you know Omaha is proud of it's hospitality and kindness, and Excel in the Midlands promises you a time of fun and fellowship, and as always- excellent food!

This year the theme of our All Team Gathering is "Into the Future".... We will remember where Excel has been, and will celebrate and enjoy where the Excel International is going.

Metropolitan Community Church of Omaha (MCC-Omaha), is excited about hosting ATG again for Excel International. Plan on coming and meeting the local congregation, and friends of Excel that live in Omaha. Plan your schedule to stay through the Saturday Night Worship, which is a new upbeat service. Plan on staying through the Sunday morning services where we are trying to have a special Excel Surprise for MCC-Omaha. See the exciting future of

MCC-Omaha as that congregation is planning on doubling its physical plant in the next two years.

Excel In The Midlands plans an exciting long weekend for your team and friends, as well. We will be giving "sneak previews" of some of the new programs coming to Excel International in the coming years. We will present some new ideas on invigorating your teams, and giving you and your friends you own exciting spirit filled weekend, as you lead your own participants through theirs.

Hurry! Act Now! Get on line and register for this year All Team Gathering and be part of the future of Excel International! Registration at:

For questions about Omaha or ATG 2004, please email:

[atg@excel-international.org](mailto:atg@excel-international.org)

## The *Excel* Voice

### ***Current EXCEL Programs***

#### **EXCEL**

*EXCEL* is the original program in the movement. It is similar in content and tradition to the "Cursillo" movement of the Catholic church in that it teaches the basic components of living a successful, effective, daily Christian life. Activities of the weekend focus on sustaining growth through of practical tools and everyday strategies. During the weekend you will hear speakers share their personal Spiritual experiences and journeys. As a "Christian Community", you will talk, laugh, play, sing and worship together: reflect, pray and listen! We can't tell exactly what happens between Friday evening and Sunday afternoon, everyone's experience is different. We can tell you that this weekend will change your life!



The Tripod

#### **EXCEL IN FAITHFULNESS**



This program builds on the concepts of Excel. This program stresses growth in faith. In order to attend this weekend, a participant must have graduated from an "EXCEL" weekend.

And I will show you a more *EXCEL*ent way! 1 COR 12:31

# The *EXCEL* Voice

## COUPLES IN EXCEL

The newest program of Excel International is "Couples in Excel". This program enhances the personal and the shared Christian experience.

Participants in this program are partners in a healthy, stable, primary relationship.



## EXCEL IN THE CHURCH



This program is a one-day program designed for entire church congregations. Excel in the Church is available to any denomination or congregation desiring to provide a one-day spiritual exercise for their members and friends. It also provides programming for children and youth.

### **Show us the peace**

Show us the peace  
Show us, good Lord,  
the peace we should seek,  
the peace we must give,  
the peace we can keep,  
the peace we must forgo,  
and the peace you have given in Jesus our Lord.

## Upcoming Weekends and Events



*Pray for peace*



O God of many names  
Lover of all nations  
We pray for peace  
in our hearts  
in our homes  
in our nations  
in our world  
The peace of your will  
The peace of our need.

The Oxford Book of Prayer

### September 2004

#### **EXCEL in the Southland**

September 10-12

Yucaipa, CA

Contact:  
[gravyboat9@yahoo.com](mailto:gravyboat9@yahoo.com)

#### **2004 All Team Gathering**

September 15-19

Omaha, NE

Contact:  
[elstrom99@yahoo.com](mailto:elstrom99@yahoo.com)

#### **EXCEL in Faithfulness of the Rainbow Eagle**

September 24-26

Navoo, AL

Contact:  
[barreras@msn.edu](mailto:barreras@msn.edu)

#### **EXCEL of the Armadillo**

September 24-26

Fayetteville, AR

Contact: [Turtles13@aol.com](mailto:Turtles13@aol.com)

### October 2004

#### **Two Steppers Couples in EXCEL**

October 1-3

Crystal Beach TX

Contact:  
[Coasterguy@houston.rr.com](mailto:Coasterguy@houston.rr.com)

#### **EXCEL of the Rainbow Zebra**

October 22-24

Navoo, AL

Contact: [barreras@msn.edu](mailto:barreras@msn.edu)

### November 2004

#### **EXCEL of the Armadillo**

November 12-14

Dickinson, TX

Contact:  
[turtles13@aol.com](mailto:turtles13@aol.com)

### March 2005

#### **Suitcase EXCEL**

March 4-6

Johannesburg, South Africa

Contact:  
[coasterguy@houston.rr.com](mailto:coasterguy@houston.rr.com)

### April 2005

#### **EXCEL in Faithfulness-Abunchovum**

April 1-3

Dickinson, TX

### May 2005

#### **O Excel Maka Palekaiko o ke Anuenue (EXCEL of the Rainbow Paradise)**

April 29-May 1 2005

Maui, Hawaii

Contact:  
[andrew540@aol.com](mailto:andrew540@aol.com)

#### **EXCEL in the Rockies**

May 20-22

Woodland Park, CO

Contact:  
[excelintherockies@yahoo.com](mailto:excelintherockies@yahoo.com)

### June 2005

#### **National Capital EXCEL**

June 3-5

Mau-Lu Camp, MD

Contact:  
[KathyGinny@aol.com](mailto:KathyGinny@aol.com)

### July 2005

#### **MCC Church General Conference and World Jubilee**

Calgary, Canada

Contact: [mccchurch.com](http://mccchurch.com)

### September 2005

#### **2005 All Team Gathering**

Location: To be determined

#### **Rocky Mountain EXCEL in Faithfulness**

September 30-October 2

Woodland Park, CO

Contact:  
[excelintherockies@yahoo.com](mailto:excelintherockies@yahoo.com)

### October 2005

October 21-23

EXCEL of the Armadillo

Dickinson, TX

Contact: [turtles13@aol.com](mailto:turtles13@aol.com)

*Don't see your weekend listed? Please send updated information to: [excelinfocord@yahoo.com](mailto:excelinfocord@yahoo.com)*

## Thoughts on Leadership....

**Windows of Opportunity**  
**By Rev. Elder Lillie Brock**  
**Regional Elder MCC Church Region 8**

I remember when I heard the phrase ***“Window of Opportunity”*** for the first time. I was about 32 and was serving as the President and Chief Operating Officer for a National Franchise Company. The context in which I heard it suggested that, with world markets changing so rapidly, we would have to seize our opportunities quickly because there would only be a small window to acquire a new client or produce a bigger dividend, and then the opportunity would pass.

Well, such is the world we live in. We get very little time to consider, decide and then plan our strategies for seizing opportunities. It becomes fairly overwhelming sometimes and it certainly seems to be wearing us down. Whether we are looking for a job or trying to keep up with the one we have, whether we are hoping for a significant relationship or trying to nurture the one we have, whether we are struggling to get by financially or struggling to use what we have wisely – we’re wearing ourselves out to do it.

It occurs to me, then, that it may be time for us to seize a different ***“window of opportunity.”*** I have grown to believe that the most important ***“windows of opportunity”*** in our lives are spiritual ones; and while we are so busy chasing other opportunities, we miss the ones that have life-saving benefit.

Perhaps, then, we should take ourselves again to the life of Jesus and see what his ***“windows of opportunity”*** looked like. Jesus never put himself above others; he was able to seek out the poor, the ill, and the disenfranchised. He kept company with lepers and prostitutes. He was not a gospel for the rich and famous or the spiritual elite. It was a gospel for every man and woman. It empowered even the lowest of the low with dignity and respect. Jesus sought to raise everyone up.

These ***“windows of opportunity”*** required that Jesus be aware of those around him and see them through eyes of love and grace. Perhaps, as we engage in a new season, it would be good for us to look for more of these kinds of ***“windows of opportunity.”*** NOTICE someone who needs a kind word; SACRIFICE a minute of your time to listen to someone who is hurting; OFFER a dollar to someone who is hungry; PRAY for someone who is sick; LAUGH with someone who is sad.

I suspect that if we miss these ***“windows of opportunity,”*** more than another client or another dividend will have been missed.



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We're on the Web!

*See us at:*

WWW.EXCEL-  
INTERNATIONAL.ORG

## About Our Organization

Excel International is a laity led movement within the Metropolitan Community Churches (MCC Church). Our goal is to develop and provide programs to stimulate Spiritual growth and Spiritual renewal and to teach methods that equip individuals to serve the Body of Christ in

local congregations. Excel is self-governed, self-administered and self-supporting.

The participants we serve are from all walks of life.

We seek to serve those who are seeking some

Spirituality in their life. Excel first started presenting weekends in January of 1976 and has served over 16000 participants since that time.



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Return Service  
Requested

