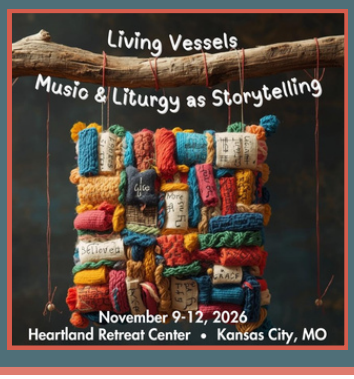


Living Vessels
Music & Liturgy as Storytelling

NOVEMBER 9-12, 2026 • HEARTLAND RETREAT, KANSAS CITY, MO

hosted by the Omaha Presbyterian Seminary Foundation

Is this for me?

We gather each week around scripture, song, and ritual—not simply to tell a story, but to let a richer, fuller picture of God's story take shape in us. Liturgy, music, and the lectionary offer their own narrative threads, and when woven with care, they invite our congregations to experience the gospel in deeper, more embodied ways. Yet this weaving doesn't happen automatically. It asks for imagination, intention, and a listening heart.

This retreat invites you into that creative work. Through conversation and worship, we'll explore how melodies, prayers, patterns, and texts can come together to form a cohesive arc each Sunday—an arc that surprises, deepens, and carries us toward the holy. Set within the peaceful space of the Heartland Retreat Center, with room to breathe, walk, and reflect, our time will offer both inspiration and practical pathways. Guided by retreat leader Karl Heimbuck, whose pastoral and musical sensibilities naturally blend, we'll explore how the elements of worship can harmonize into a living story that shapes the life of the community.

What is included in the cost?

- **Mindfulness, Prayer, Vespers, and Worship** - to mark your day
- **Workshops** - We will delve into the contexts of our bible texts with Drs. Amy Robertson and Bobby Williamson to discern how God might be calling us and the church to be in the world.
- **Lodging and Meals** - All lodging and meals are included in the cost.
- **Free Time** - Participants will have time to do what helps them fill their souls: read, pray, nap, hike, play games, crafts, ride into town, etc.

How much does it cost?

- **Are you registered as a full participant in Pastoral Leadership Revitalization (PLR) ?** This event was included in your PLR registration cost.
- **Are you a PLR alumni?** The cost is $100, double occupancy.
- **Are you a registering as a regular participant and reside within OPSF's 13 state territory ?** The cost is $200, double occupancy.
- **Are you a registering as a regular participant and live outside OPSF's 13 state territory?** The cost is $250, double occupancy.
- **Add $150 for single occupancy.** Limited spots available.

Retreat Leader

Rev. Karl Heimbuck



Karl Heimbuck is a musician, imposter poet, and the pastor of First Presbyterian Church in Sheridan, Wyoming. Since childhood, music has been a primary way he has shared life with others. He played country gospel music with his family early, trained vocally at the University of Wyoming and was immersed in choral singing, and spent a dozen years playing rock and roll throughout the Rocky Mountain region. He now finds hymnody and church music to be his heart's home whether that's a pipe-bursting organ accompaniment, a cello's drone under the congregation's chant, or a bluegrass favorite. He is passionate about sharing music in spiritual communities as a means of deep connection, exploration, and reflection. If not singing, at the church, or fly-fishing, you will find Karl at home with his wife, Kendra, reading a book out loud at the bequest of their curious but demanding four-year-old.

Where is the Retreat?

Located in Parkville, Missouri, just minutes from Kansas City, Heartland Retreat Center has long been a welcoming space for hospitality, spiritual growth, and renewal. Operated as a Christ-centered retreat and conference ministry, Heartland offers peaceful lodging, nourishing meals, and gathering spaces nestled among rolling meadows and wooded trails. It provides a spacious setting where participants can step away from daily responsibilities and enter a sacred rhythm of rest, reflection, and connection in a truly serene environment.



What does the schedule look like?

The sample schedule below will give you an idea of what to expect. The schedule may change slightly.



Monday, November 9

4-5:45 PM	Check-In
6:00 PM	Dinner
7:00 PM	Welcome, Introductions, and Overview
8:00 PM	Social Hour

Tuesday & Wednesday November 10-11

8:00 AM	Breakfast
9:00 AM	Worship & Keynote
10:15 AM	Break
12:00 PM	Lunch
1:00 PM	Workshop
3:00 PM	Free Time
6:00 PM	Dinner
7:00 PM	Evening Vespers

Thursday, November 12

8:00 AM	Breakfast
9:00 AM	*Evaluations/Check out of room
9:30 AM	Interest Groups
10:30 AM	Closing Worship with Communion

How do I register?

Register at:
https://tinyurl.com/OPSFLivingVessels



Questions?

Contact the Omaha Presbyterian Seminary Foundation's Director of Programs, Rev. Tricia Dillon Thomas, at programs@opsf-omaha.org

