

Dena Douglas Hobbs, M.Div.

Dena Douglas Hobbs, M.Div., served as an ordained United Methodist minister in the South Georgia Annual Conference for six years before leaving to raise her two young children. She is a certified yoga instructor that began practicing yoga at 25 when she was first diagnosed with anxiety disorder. In addition to sharing her healing journey through anxiety with others, Dena is passionate about family spirituality. Through her involvement with Bare Bulb Coffee and the Light Church in Kathleen, Dena has received grant money from the Calvin Institute to lead Advent, Lenten and family spirituality workshops for The Light community. She also recently led an advent workshop for All Saints' Episcopal Church in Warner Robins. Dena preaches at her home church of Saint Francis, Macon, as well as other local churches of various denominations in her area. She earned a master of divinity from Union Presbyterian Seminary (formerly Union Theological) in Richmond, and a bachelor of science in biology from the University of Georgia. She has authored the Advent devotional *Lighten the Darkness* and blogs at denadouglasshobbs.com.

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