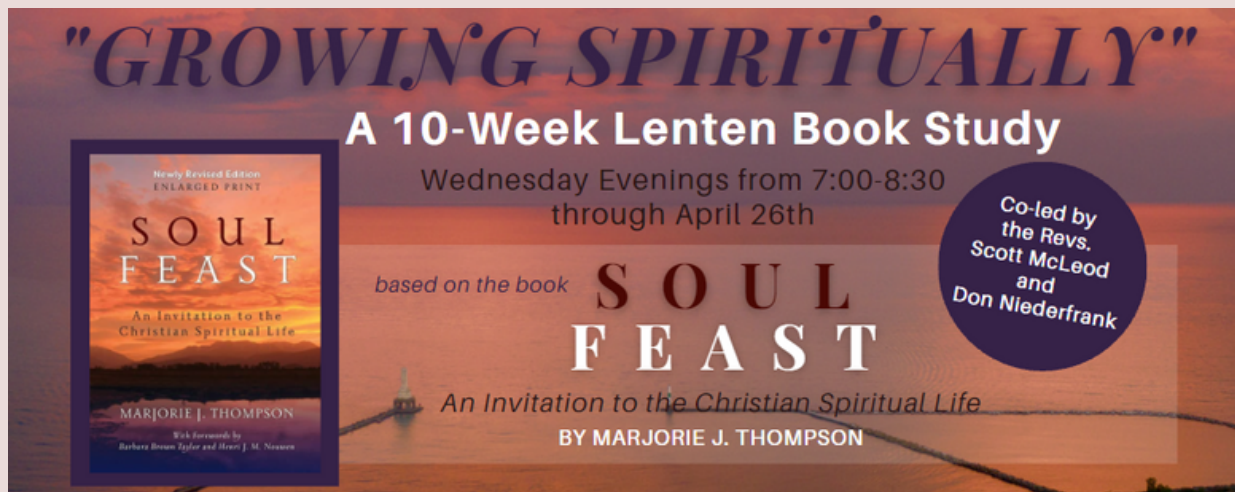


AN INVITATION TO THE CHRISTIAN SPIRITUAL LIFE!



Pastor Scott and Don Niederfrank will be exploring a book called “Soul Feast” over a 10-week period. While the series started after the Ash Wednesday Worship service it is not too late to join. The book, by Marjorie J. Thompson, is an invitation to learn about and begin practicing different forms of prayer and devotion that will help renew and form our Christian spiritual lives. Many of us yearn for a deeper spiritual connection with the Divine—this is a great opportunity to grow in your faith. We will be meeting in person, but if you would prefer to participate from home, the class will be available “live” over Zoom.

The book is available for purchase in the church office (\$14) or you can order your own copy online. And really, don't worry if you haven't started reading. Because each week will focus on a single chapter, you can quickly catch up with the group! The material in each session is based on a chapter each week and forms the basis for discussion during class. We will meet each Wednesday evening from 7:00 to 8:30 - in-person and online. During Lent, the class will meet immediately following the 6:30 Wednesday evening worship services. Here are the 10 sessions; and remember, don't worry if you miss a week (or more), just keep moving through the chapters!

March 1, Session 2: *Chewing the Bread of the Word: The Nature & Practice of Spiritual Reading*

March 8, Session 3: *Communication and Communion with God: Approaches to Prayer*

March 15, Session 4: *Gathered in the Spirit: Our Common Worship*

March 22, Session 5: *Reclaiming Sabbath Time: The Sacred Art of Ceasing*

March 29, Session 6: *The Practice of Self-Emptying: Rediscovering the Fast*

April 5, Session 7: *Of Conscience & Consciousness: Self-Examination, Confession, & Awareness*

April 12, Session 8: *Companions on the Journey: The Gift of Spiritual Direction*

April 19, Session 9: *Entertaining Angels Unawares: The Spirit of Hospitality*

April 26, Session 10: *Putting it All Together: Developing a Rule of Life*