

## FOR HELP IN DEMANDING TIMES: SPIRITUAL AND PASTORAL SUPPORT

From the front lawn on Main Street to the persons we care for in our daily lives, Church of the Holy Trinity has been reaching out among its members and to the community at large with Christ's faith, hope, and love. This is such demanding and important work! Never before has this community faced such ongoing challenges as are routine for us today.

And it is for this reason we are inviting the congregation to participate in three ways:

- 1) ***spiritual support*** for all members through an Advent book study of the Universal Christ by Richard Rohr which will also introduce contemplative prayer (the prayer of the heart)
- 2) ***establishment of a voluntary pastoral care team*** which will meet together monthly with Ted and Mary for support and companionship as we walk with others who are struggling in this challenging time
- 3) ***small covenant groups of 6 -10 people*** from within and without the church for ALL of US that will meet monthly to support each other

That's a lot of support! But when you're carrying heavy loads that's what you need. See below for some details:

### ***Contemplation: The Prayer of the Heart***

Contemplation brings you to your "God place" where prayer becomes communion with Christ, dwelling with him and following his way into the swirling world around you. With him you may find his way to be simple, humble, and joyful, reaching out with self-giving love to bring healing and care. Never perfectly, yet always faithfully. *To join, call Valerie for the book: 860-989-4390 or just show up to first meeting* after church and coffee hour on SUNDAY NOV. 29 future mutually agreed on meeting time will be decided at that time. Please read intro and first chapter before first meeting.

For more information, call Ted Coolidge, 860-301-3603

### ***Pastoral Care***

*Let us (or Valerie) know if you are willing to join our mutually supportive pastoral care team!*

### ***Covenant groups***

*Across the congregation, we are asking that you join a group of 6-10 people that will meet monthly to dwell in a word (whether biblical or spiritual or topical...or share a piece of music) and listen to each other. Each person will take a turn sharing material. Followed by reflection and conversation and a closing prayer or poem. 40 minutes. You are free to include a friend or family member from outside the congregation or outside the church altogether as long as they make a commitment to meet monthly. This is for you and for all of us. More details to follow.*

For more information, call Mary Barnett, (203) 915-0561