

Spiritual Formation is the lifelong process of spiritual growth and development that deepens our relationship with God. As we learn, practice, and live out our Christian faith, we tune into the movements and the voice of God in our lives, conform to the image of Jesus (become more like Him, loving as He loves), and are shaped into the persons God created us to be. The Episcopal church places high value on pursuing spiritual formation in community, informed by Scripture, Tradition, and Reason.

Saint Michael's vestry created several strategic goals around spiritual formation, and we'd like to share a bit about what we are doing these days.

Committee - Rev. Andy, our interim rector, re-formed the Spiritual Formation Committee, and Rev. Megan has continued to gather us to develop a vibrant spiritual formation program. We meet quarterly to talk about what we might offer for each coming season and how to meet any needs of our formation ministry leaders. If you have suggestions for formation events or activities, let [Rev. Megan or the office](#) know.

Funding – we have a small fund for spiritual formation that helps pay for curriculum and supplies for classes and events and scholarships to help offset the fees for an event for those who might have need. If you'd like to contribute to the fund, you can make a special donation and mark it "Spiritual Formation".

Programming – Saint Michael's has a goal to offer a variety of opportunities to engage in Spiritual Practices communally or individually for all ages. We currently have offerings in education, prayer, contemplative practices, and bible study. Here are our current and upcoming education activities:

- Children's Education – Nursery (ages 0-5) and Godly Play (ages 6-12) following the Children's Homily on Sunday mornings. If you have any questions (or want to volunteer!), reach out to Pastor Katie.
- Adult Education – Education For Ministry is meeting on zoom each Tuesday evening. We have nine Classic participants and three Wide Angle participants this year! If you have any questions, contact Jan Bowdler or the church office.
- Adult Sunday Class – Rev. Megan and Marilyn McEntyre will be teaching a class after coffee hour during the four Sundays of Advent. Stay tuned for more details!
- Adult Dinner and Documentary – Marilyn and John McEntyre are bringing back our popular dinner and documentary program! Details on the first three events are in the church bulletin. If you're interested in participating, please contact Marilyn McEntyre or the office.

Next week, we'll share more about our contemplative practice and prayer offerings.