



The Board of Christian Education Presents...

**4 Week Lenten Series  
2017  
March 8, 15, 29 & April 5**

**Join together for a 4 Week Lenten Series**

**Dinner 5:30 – 6:15 p.m.**

(late pick up that you can take to class or “to go” is available; see registration form)

\$7 adults and youth 6<sup>th</sup> grade and up; \$5 children age four years – 5<sup>th</sup> grade;

no charge for infants and toddlers through age three years

Childcare is available (6:15-7:30 p.m.) for children infant - Kindergarten

**4 Week Lenten Series Sessions 6:15 p.m. – 7:25 p.m.**

Sign up for each week’s dinner and session reservations, some classes have limited space. Please place completed form in the offering plate or bring it to the church office. Thank you!

Session 1  
4 Week Series

**TED TALKS**

Join us as we watch TED talks on the topics of God, compassion, faith, love, redemption, hope, courage and happiness. We will explore these topics through discussion after we watch great thinkers of our times make presentations on the TED stage.



- March 8** – Karen Armstrong – The Charter for Compassion
- March 15** – Matthieu Ricard – How to Let Altruism be Your Guide
- March 29** – Billy Graham – On Technology and Faith
- April 5** – Leslie Hazleton – The Doubt Essential to Faith

Session 2  
4 Week Series

**WHITE PRIVILEGE**

White Privilege: Let's Talk—A Resource for Transformational Dialogue is an adult curriculum from the United Church of Christ that's designed to invite church members to engage in safe, meaningful, substantive, and bold conversations on race.

Divided into four focused parts, each one introduces a different aspect of the dynamic of white privilege:

- March 8** - The Spiritual Autobiography Told Through the Lens of Race
- March 15** - Whiteness as the Norm: Five Loci of Insights on the Binary of Light/Dark and Black/White
- March 29** - The Cash Value of Whiteness or Whiteness as a Tax-Exempt Status
- April 5** - On Becoming an Ally

In all four parts, each author contributes a different view of the subject matter presented based on their unique personal experiences. We will then engage in discussion and reflection on each topic and the author's reflections. These classes do require you to read the author's reflections before each class, it should not take more than 30 minutes each week to read the selections.



**4 Week Series**  
**Kids Club**

Join Allie Sinclair for 4 weeks of "How To Fill *Your* Bucket" !

Kindergarten and Up!

March 8 – Your Bucket!  March 15 – Zen Gardens

March 29 - A Million Blueberry Muffins  April 5 – Yoga & *your* filled bucket!

**Registration each week is important for supplies**



Session 3  
4 Week Series  
**WEDNESDAY NIGHT LIVE LENTEN SERIES**

*H & W Theme: Seasoning Lent*



**March 8<sup>th</sup> Seasoning Lent: How to Declutter and De-Stress**

Research has found that our stress levels at home or work are at their highest when we are surrounded by too much stuff. Reducing the clutter in our life helps to create a calming environment where we feel more relaxed and better able to focus.

**Want professional advice on how to make that happen?** Then attend this presentation by **Steph Garber**, owner of "From Chaos to Order", located in the Orlando area for more than 10 years. Her experience, combined with training from the National Association of Professional Organizers, makes her an expert on sharing the most effective tips and strategies for de-stressing as you tackle clutter and organize your home and workspaces!

**March 15<sup>th</sup> Seasoning Lent: How to Live From Your Heart**



When we live from our hearts, we make a conscious decision to choose feelings of love and to live in harmony with others. We accept responsibility for the feelings we create and we strive to connect to God's Love to make it all happen. Our presenter will share practical ways to generate and hold feelings from our heart as we face life's daily challenges. **Pamela Frank**, *Pathfinders Counseling*, is a *Psychotherapist specializing in Mind/Body awareness, with thirty years experience in private practice.*

**March 29<sup>th</sup> Seasoning Lent: Understanding the Mind-Body Connection**

The mind and body are closely linked, and their relationship is a major influence on our health and quality of life. During this session, the many ways the mind and body are interconnected will be explored with a special emphasis on the role of physical activity in promoting optimal levels of both mental and physical health. **Presenter Kelly Wheeler** is a professional organization and productivity coach and founder of *XLR8 Success, LLC*



**April 5<sup>th</sup> Seasoning Lent: Improving Physical & Emotional Health with Qi Gong**



This ancient art has been around for thousands of years because of its plethora of health benefits. Qi Gong is a practice of breath work and gentle moments, much like yoga, but done standing up or sitting down. A few health benefits of Qi Gong include increasing circulation, calming the mind, increasing your life force (Qi) and reducing inflammation. Come learn more about Qi Gong as well as practice some basic movements. **Presenter Amy White** is a *Acupuncture Physician, Licensed Massage Therapist, Certified Aromatherapist and Registered Yoga Teacher.*

**March 8**

Session 1 \_\_\_\_ Session 2 \_\_\_\_ Session 3 \_\_\_\_ Kids Club \_\_\_\_

Dinner: Adults \_\_\_\_ Children \_\_\_\_ (Pay at the door.)

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**OR Late dinner pick up? Must be prepaid.**

Adults \_\_\_\_ @ \$7 = \_\_\_\_ Children \_\_\_\_ @ \$5 = \_\_\_\_

.....  
Material Fee if applicable \_\_\_\_

Paid by cash or check (payable to First Congregational Church) amount \$ \_\_\_\_\_

Name : \_\_\_\_\_ E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_  
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**March 15**

Session 1 \_\_\_\_ Session 2 \_\_\_\_ Session 3 \_\_\_\_ Kids Club \_\_\_\_

Dinner: Adults \_\_\_\_ Children \_\_\_\_ (Pay at the door.)

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**OR Late dinner pick up? Must be prepaid.**

Adults \_\_\_\_ @ \$7 = \_\_\_\_ Children \_\_\_\_ @ \$5 = \_\_\_\_

.....  
Material Fee if applicable \_\_\_\_

Paid by cash or check (payable to First Congregational Church) amount \$ \_\_\_\_\_

Name : \_\_\_\_\_ E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_  
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**March 29**

Session 1 \_\_\_\_ Session 2 \_\_\_\_ Session 3 \_\_\_\_ Kids Club \_\_\_\_

Dinner: Adults \_\_\_\_ Children \_\_\_\_ (Pay at the door.)

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**OR Late dinner pick up? Must be prepaid.**

Adults \_\_\_\_ @ \$7 = \_\_\_\_ Children \_\_\_\_ @ \$5 = \_\_\_\_

.....  
Material Fee if applicable \_\_\_\_

Paid by cash or check (payable to First Congregational Church) amount \$ \_\_\_\_\_

Name : \_\_\_\_\_ E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_  
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**April 5**

Session 1 \_\_\_\_ Session 2 \_\_\_\_ Session 3 \_\_\_\_ Kids Club \_\_\_\_

Dinner: Adults \_\_\_\_ Children \_\_\_\_ (Pay at the door.)

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**OR Late dinner pick up? Must be prepaid.**

Adults \_\_\_\_ @ \$7 = \_\_\_\_ Children \_\_\_\_ @ \$5 = \_\_\_\_

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