



The Board of Education & Fellowship Presents...

4 Week Lenten Series 2018

Feb 21, 28, March 7 & 14

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)

\$10 adults and youth 6th grade and up; \$5 children age four years – 5th 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!

Location:

First Congregational Church of Winter Park

225 S. Interlachen Ave.

Winter Park, Fl. 32789

407- 647-2416

Session 1
4 Week Series
Come to the Table

Discovering Our Family's Spiritual Meal

- Have you ever wondered what Jesus was really doing at that last Passover meal with his disciples in the Upper Room?
- Do you want to learn more about why we continue to celebrate this spiritual meal as a focal point of our worship?
- Would you like to deepen your experience of God's presence each time we share this meal together?



Then you're invited to join us for *Come to the Table* this year's Lenten Series. During this four-week series we'll take an experiential and interactive approach to discovering the origins of this spiritual meal, the reasons we continue to celebrate it, and ways we may experience it more fully together. We'll look at how Jesus prepares this meal for us and our response to him. We'll consider how we set the table for it including who we invite to share it with us. We'll explore the ways in which we participate and share this meal with each other. And finally we'll explore how we go out into the world to feed others with the blessings we've received from this table.

February 21 - We look at what God brings and what we bring to the table. Here we will explore the "ingredients" of our lives we use to prepare the meal as well as how God uses them to prepare the meal. In our reflection and sharing of our stories, we will explore our past experiences with how we gather both at our family tables and God's table as we prepare for these meals.

February 28 - Here we explore the ways we create space at the table for ourselves, for each other, and for God. As we "set" the table for this spiritual meal, we begin to discover how God blesses us in this meal and we bless each other. And in this blessing and setting, we'll turn again to our own stories as we recount past experiences at family and communal gatherings around the table. We'll reflect on the ways places were made or not made for us at these tables. We'll also consider God's unconditional welcome to the table and our response to this invitation.

March 7 - Now with the meal prepared, the table set, we gather to eat and celebrate around the table. In this session we explore who is seated at the table; what special foods may be there; and what stories are told as part of our time together. We consider, too, how meal times like this nourish and shape us. We'll also ponder our gathering at God's table to share bread and wine and the ways this meal feeds and sustains us.

March 14 - Have been fed and nourished again at this table, we'll explore how we go out into the world to feed others with the blessings we've received from such a spiritual feast. We especially take some time to ponder how we may become both bread to sustain others who are hungry for the grace we've received; and wine to celebrate their joy that no matter who we are, or where we are on our life's journey, all are God's beloved and welcome at God's table.

Session 2
4 Week Series
Connecting with Your Spirit Through Clay

Join us in the pottery studio to learn the basic techniques for creating a piece of ceramics on the wheel. The steps of throwing on the wheel can be a metaphor for spiritual development and a tool for self-reflection:

Centering the clay: Go inward and mindfully breathe to calm yourself and center your attention

Opening the clay: Open yourself to God's Grace

Shaping the pot: Grow your spirit and shape your life with intention

Glazing the pot: Live fully and embellish your life in God's glory



February 21- Engage in a centering, "Breathprayer" and learn to center a piece of clay on the wheel. Create a cup and learn to attach a handle.

February 28 - Continue to practice basic pottery skills and learn how to create a bowl on the wheel. Use pottery tools to embellish your bowl.

March 7 - Receive fired pieces of pottery and learn techniques for glazing.

March 14 - Receive completed pieces of pottery. Learn to focus on different aspects of your cup as a metaphor for spiritual growth using techniques from Joyce Rupp's, *The Cup*

of Our Life: A Guide for Spiritual Growth

Session 3 4 Week Series

Health & Wholeness Lenten Series

Theme: Journeying Towards Health and Wholeness



February 21st - Breath - We all breathe naturally but there are controlled breathing techniques that can keep your mind and body functioning at their best. Pam will share breathing practices to integrate into your daily life that can lower blood pressure, promote feelings of calm and relaxation, and help you de-stress. **Pamela Frank, Pathfinders Counseling, is a Psychotherapist specializing in Mind/Body awareness, with thirty years experience in private practice.**

February 28th - Healing Oils of the Scriptures - Ancient civilizations understood the healing properties and benefits of essential oils and regarded them as highly prized possessions. We will refer to scripture to find where these treasures were used in biblical times in worship, healing and skin care and how they've now been rediscovered, investigated and proven effective for modern day living. You will have the opportunity to experience a variety of essential oils. Bring your Bible if you would like to reference the scriptures. **Jeanne Clark, a certified Holistic Health Coach, and her sister Sue Barnwell have spent more than 5 years helping others discover the amazing benefits of essential oils as natural tools for physical, emotional and spiritual well-being.**



March 7th - Improving Physical & Emotional Health with Qigong - The ancient Chinese practice of Gong (cultivating our) Qi (energy/life force) has been around for thousands of years because of its many health benefits. Often described as a meditation in motion, Qigong is a practice of breath work and gentle movements, much like yoga, but done standing up or sitting down. Research studies indicate health benefits of Qigong include reduction in pain, fatigue, stress and

anxiety while improving lung and cardiovascular function, balance and coordination. Come learn more about Qigong as well as practice some basic movements. **Presenter Amy White is a Acupuncture Physician, Licensed Massage Therapist, Certified Aromatherapist and Registered Yoga Teacher.**

March 14th - Creating More Balance in Your Life: It's a Journey, Not a Destination! - When we make our "to do" lists for the day, how often do we include activities that nurture and replenish our souls and bodies? Developing a routine which includes daily restorative, relaxing and joyful activities provides us the strength, resiliency and positivity we need to pursue our goals, while staying grounded and enjoying life's journey. You're invited to join a fellow pilgrim on this journey, who believes "All who wander are not lost." (J.R. Tolkien) **Brenda Dost is a certified yoga instructor with a life-long interest in helping others.**



Session 4 Final 4 Weeks

LIVING THE QUESTIONS

Join **Rev. Garvey** as he finishes the WNL series of "Living The Questions." Exploring what it means to be a Progressive Christian in the 21st century, this excellent presentation features prominent Progressive Theologians such as John Dominic Crossan, Marcus Borg, Diana Butler Bass, Matthew Fox, John Shelby Spong, Helen Prejean and many more. To see a video sample and get a sense of the series feel free to visit <https://vimeo.com/11843862>

February 21 – Lives of Jesus

February 28 – A Passion For Christ: Paul

March 7 – Out Into The World: Challenges Facing Progressive Christians

March 14 – Restoring Relationships



4 Week Series Kids Club

Join Allie Sinclair for 4 weeks of "Bible Chefs"!

Kindergarten and Up! Each week you will cook with foods from the Bible into yummy snacks. Go home with your own recipe card, prayer and holder!

Registration each week is important for supplies

February 21

Session 1 ____ Session 2 ____ Session 3 ____ Session 4 ____ Kids Club ____
Dinner: Adults ____ Children ____ (Pay at the door.)

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OR Late dinner pick up? Must be prepaid.

Adults ____ @ \$10 = ____ Children ____ @ \$5 = ____

.....
Material Fee if applicable ____

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

Name : ____ E-mail: ____ Phone: ____

February 28

Session 1 ____ Session 2 ____ Session 3 ____ Session 4 ____ Kids Club ____
Dinner: Adults ____ Children ____ (Pay at the door.)

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OR Late dinner pick up? Must be prepaid.

Adults ____ @ \$10 = ____ Children ____ @ \$5 = ____

.....
Material Fee if applicable ____

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

Name : ____ E-mail: ____ Phone: ____

March 7

Session 1 ____ Session 2 ____ Session 3 ____ Session 4 ____ Kids Club ____
Dinner: Adults ____ Children ____ (Pay at the door.)

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OR Late dinner pick up? Must be prepaid.

Adults ____ @ \$10 = ____ Children ____ @ \$5 = ____

.....
Material Fee if applicable ____

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

Name : ____ E-mail: ____ Phone: ____

March 14

Session 1 ____ Session 2 ____ Session 3 ____ Session 4 ____ Kids Club ____
Dinner: Adults ____ Children ____ (Pay at the door.)

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OR Late dinner pick up? Must be prepaid.

Adults ____ @ \$10 = ____ Children ____ @ \$5 = ____

.....
Material Fee if applicable ____

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

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