

# UPCOMING PARISH SPECIAL EVENTS

## Centering Prayer Wednesdays, 5 PM, Spencer Building

Seeking calm and peace among the rush of your daily life? Learn how to connect more deeply with the divine by joining our weekly Christian Centering Prayer Group. We shall start on Wednesday, March 4th at 5 PM in the back of the Spencer building on the St. James' campus, before the Holden Prayer service and Lenten program at 6 PM in the church.

Centering Prayer, a meditative approach that embraces silence and contemplation, is the ideal practice for Lent and beyond. Led by the Rev. Linda Lundgren and parishioner Martha Massey, this ancient method of prayer can deepen your experience of God, offer the opportunity for renewal, and help you stay more peaceful. Sessions include instruction and practice time, so it is appropriate for beginners as well as experienced practitioners. All are welcome. Come and see!

## FAITH CONFIRMED: An All Parish Course, *starting the first week of March*

What is the purpose of life? What happens after death? What is a sacrament? What is confirmation? What if I don't believe everything in the Creed? What is the Episcopal Church's stance on *(insert topic)*? Christians through the years have turned toward the Bible and the Church for answers. Faith Confirmed is an introduction to what Christians believe, particularly as our faith is lived out in the Episcopal Church. This course is particularly appropriate for those already baptized and those seeking to "confirm" their faith, known as *Confirmation*. This course is for everyone who wants to know more about the essentials of the Christian faith. Our bishop will be here on Sunday, May 24, to administer the sacrament of Confirmation and also to lay hands on those who would like to reaffirm their faith.

Participants will be provided the book, *Faith Confirmed*, by Peter Jackson. Each section of the book contains: a clear and accessible explanation of what Episcopalians believe; stories and illustrations to unpack these beliefs; thought-provoking questions and a Bible study; prayer and suggested prayer topics for the week.

**Each week, for five weeks, one of our parish clergy will present on one of the five sessions. The SAME session will be offered on three different days of that week,** giving as many folks as possible the opportunity to join in that week's presentation and discussion:

- Wednesdays, 6 PM at St. James' (starting with Holden Evensong and including a soup & bread supper).
- Thursdays, 5:30 PM at St. Columba's (starting with prayer and including a soup & bread supper).
- Saturdays, 3:30 PM before the Beach Mass under the tent (if available), light refreshments provided.

You can choose to attend whichever session best fits your schedule for a particular week.