

Meat and Potatoes -- FAQs:

Why “Meat and Potatoes”?

Discipleship is a way of being, one which requires deep and abiding sustenance, the “meat and potatoes” which sustain us in our life in Christ. The practices of prayer, study, and reflection that we’ll be engaging with have formed God’s people throughout the ages. Although we will draw from ecumenical sources, we will rely most heavily on our own Anglican tradition.

What about Pilgrimage?

Pilgrimage is the “on-ramp” for people joining St. Paul’s where they meet other parishioners, build relationships, and get introduced to the ways we worship and live in the world. M&P is more focused, more like a seminar which assumes both familiarity with the material and also significant commitment to the community.

This sounds like EfM!

EFM has enjoyed a long and productive season at St. Paul’s, with a significant number of graduates having completed the course. However, as with most ministry programs, the time has come for EFM to take a hiatus. M&P is not a “replacement” *per se*, even though there are similarities. With M&P being developed in-house, we will have more freedom to work with a wider and new selection of resources, as well as significantly less administrative finagling and cost.

What do the study components of the three years look like?

Year A focuses on Liturgy and Theology. Year B focuses on Scripture, both Old and New Testaments. Year C focuses on Church History. Each year will also have sub-units on contemporary issues. The years are *not* cumulative; that is, you can begin in any and still catch the full cycle.

What’s the time commitment?

Each class session will be 1.5 to 2 hours in length. There will be about 1-1.5 hours of reading per week. Additionally, as in a seminar style course, each member will share in the group facilitation 2-3 times per year, which requires a bit of extra preparation.

How much does it cost?

There are no registration or overhead fees. Participants will be responsible for books, which will be about \$100/year for physical copies; most are also available electronically. Participants will be responsible for procuring their books.