



First United Methodist Church of Ann Arbor

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Adult Faith Formation Resources – Summer 2022

Here is a list of Adult Faith Formation resources that you have thought about exploring, but put off for lack of time – give them a try this summer!

Books from Adult Faith Formation classes:

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants
Robin Wall Kimmerer

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
Resmaa Menakem

Being Heumann: An Unrepentant Memoir of a Disability Rights Activist
Judy Heumann

Right Here Right Now: The Practice of Christian Mindfulness
Amy Oden and Marjorie Thompson

Waking Up White and Finding Myself in the Story of Race
Debbie Irving

Short Stories by Jesus: The Enigmatic Parables of a Controversial Rabbi
Amy-Jill Levine

Other books:

Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior, Lord, Way and Presence
Diana Butler Bass

An Altar in the World: A Geography of Faith
Barbara Brown Taylor

Video:

The Black Church: This is Our Story, This is Our Song - <https://www.pbs.org/search/?q=The+Black+Church>

**You may need to sign up for Detroit Public TV Passport to see this video.

Podcasts:

Kate Bowler – *Everything Happens* (also a book!) - <https://katebowler.com/podcasts/>

Academy for Spiritual Formation - <https://academy.upperroom.org/podcast/>

The Bible for Normal People – Peter Enns podcast - <https://peteenns.com/podcast/>