

**“Do Not Be Anxious”**

**Education Opportunities  
September – December 2021**



330 Concord Road, Sudbury, MA 01776

Phone: 978-443-9151

Email: [pcsudbury@pcsudbury.org](mailto:pcsudbury@pcsudbury.org)

Web: [www.pcsudbury.org](http://www.pcsudbury.org)

Rev. 08.28.21

## EDUCATION OPPORTUNITIES FOR SEPTEMBER - DECEMBER 2021

### SUMMARY BY DAY-OF-WEEK

#### Sunday

<b>Time</b>	<b>Topic</b>	<b>Dates</b>	<b>Page</b>
9:00 a.m.	Adult Education	Every Sunday	4
9:50 a.m.	Children's Bible Stories	Every Sunday	4
After Worship	Practice of Mourning	October 17	5
After Worship	Practice of Healing	November 21	5
7:00 p.m.	Confirmation Class*	Every Sunday	7
7:00 p.m.	Youth Group*	Every Sunday	7

#### Tuesday

<b>Time</b>	<b>Topic</b>	<b>Dates</b>	<b>Page</b>
3:00 p.m.	Biography Hour: Stories That Inspire and Make Us Think	Every Tuesday	4
7:00 p.m.	The Contemporary Disciple	September 21 – November 9	4

#### Wednesday

<b>Time</b>	<b>Topic</b>	<b>Dates</b>	<b>Page</b>
10:00 a.m.	Women's Bible Study <i>Be Anxious for Nothing</i>	Every Wednesday	4
7:00 p.m.	Bible Study: Combat Anxiety by Knowing and Walking in God's Promises	November 17 December 1, 8	5

#### Friday

<b>Time</b>	<b>Topic</b>	<b>Dates</b>	<b>Page</b>
5:00 p.m.	TGIF! Happy Hour!	September 24	6
7:30 p.m.	Book or Movie Group "Field of Dreams" - movie	September 24	6
7:30 p.m.	Book or Movie Group <i>Walden</i>	October 29	7
7:30 p.m.	Book or Movie Group <i>An Almost Perfect Christmas</i>	December 10	7

#### Saturday

<b>Time</b>	<b>Topic</b>	<b>Dates</b>	<b>Page</b>
5:30 p.m.	Bon Appétit Menu: Seafood	September 11	6
5:30 p.m.	Bon Appétit Menu: Roasted Vegetables	October 9	6
5:30 p.m.	Bon Appétit Menu: Appetizers	November 13	6
5:30 p.m.	Bon Appétit Menu: Cookies	December 11	6
Saturday afternoons	Outdoor Church*	September 25 October 23 November 27 December 23 (Thursday)	7

## INTRODUCTION

### “DO NOT BE ANXIOUS” – EDUCATION THEME FOR THE FINAL QUARTER OF 2021

Anxiety is defined as *“an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry”*.

(Adapted from the *Encyclopedia of Psychology*)

The COVID-19 pandemic has had a significant impact on public mental health. The news about the increasing spread of the Delta variant continues to increase anxiety levels. Political division, racial tensions, fear of difference, global and domestic terrorism, fear of traveling, and economic insecurity are enough to cause us to hide in our homes and remain in a state of constant worry and fear. Many of us remain anxious about going out to dinner or socializing with family and friends. We fear being culturally insensitive and using the wrong pronoun when we address our LGBTQIA+ siblings. We remain silent because we do not want to offend and hurt others. We can't seem to keep up with the wave of politically-correct terminology or using the technology which gives us access to the coronavirus vaccine. We are living in anxious times.

Yet, as Christians, we are reminded by the Apostle Paul, *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* (Philippians 4:6-7)

As a Sailboat Church, Joan Gray reminds us that we have a unique and wonderful power source which helps us to cope and find contentment even during these unstable times. She states: *“The Holy Spirit is the source of power for the believing community. God's power changes things that we cannot change and provides resources beyond what we have ourselves to do God's work”*. (p. 23)

This quarter, we will seek God's truth about many of the things and people and circumstances, which cause us anxiety. Often it is the fear of the unknown or a lack of relationship and knowledge of others which keeps us in a state of anxiety.

This catalog is organized around the four, class formats:

1. Scripture-based discussion
2. Workshops
3. Books, Movies, and Other Discussion Groups
4. Youth Opportunities

Scripture-Based Discussions and Youth Opportunities are primarily scheduled for once a week, while the workshops and discussion groups will be on a less regular schedule. You can choose to participate at your own pace in one or several of the offerings. For the foreseeable future, every offering will be conducted remotely via the Zoom platform. Information necessary to log into each session and connect to the class will be included in the list of activities in the daily PCIS email and in the weekly summary of activities.

## 1. SCRIPTURE-BASED DISCUSSIONS

- ✦ **Sunday mornings at 9:00 a.m.** Ron Ten-Hove will continue to lead an **Adult Education** discussion, which explores the same scripture that will be the focus of that day's sermon.
- ✦ **Sunday mornings at 9:50 a.m.** Catherine Crow, Megan Hollembaek, Debbie Johnson and Andy Roosa will read and discuss **Children's Bible Stories** that are appropriate for ages 4 – 12.
- ✦ **Tuesday afternoons at 3:00 p.m.** Matt Crane will lead **Biography Hour: Stories that Inspire Us and Make Us Think**. The Biography Hour will place special emphasis on those biblical characters and historical figures who were able to take to heart the Apostle Paul's exhortation in Philippians 4:6-7: *"Have no anxiety about anything, but in everything, by prayer and supplication, let your requests be made known to God, and the peace of God which passes all understanding, will guard your hearts and minds in Christ Jesus."* Subjects for this fall and winter will include Naomi, Johnny Cash, Abraham, Phillis Wheatley, the Apostle Peter, Saints Perpetua and Felicity, John Amos Comenius, John the Revelator, Martin Luther and Gustavo Gutierrez.
- ✦ **Tuesday evenings at 7:00 p.m. September 21 – November 9.** Rev. Desiree Lawson, Matt Crane, and Wren Collé will lead an 8-week class called, **The Contemporary Disciple**.
  - In our American culture, there is a tendency for Christians to be comfortable in our faith. By attending worship services regularly, giving to the life and mission of the church, and observing basic devotions, we are generally satisfied that we are meeting God's expectations. Unquestionably, these are all important aspects of practicing our faith. Yet, if we look a little closer, we may find that we have set limits on how far we are willing to invite God into our lives. For, as God might tell us: *"If you are too comfortable, you are probably not living close enough to me"* (*Sailboat Church*, p. 124). What, then, have we overlooked or avoided? Discipleship is essentially a wholehearted commitment to Jesus's way of life, in order to *"bear the fruit of God's will in us, in the church, and in the creation"* (*Sailboat Church*, p. 43). In calling us to follow him, Jesus is asking us to give all of ourselves. At the same time, he is offering us the abundant life – to receive more than we could ever ask for or imagine. It is the gospel paradox of gaining by losing.
  - In this 8-week class, we will talk about the nature and meaning of discipleship as understood through the spiritual disciplines, scripture, prayer, friendship with God, the principles of the *Sailboat Church*, spiritual roots of social concern, and prospects for renewal / awakening. Please join us as together we seek ways to have a richer relationship with God.
- ✦ **Wednesday mornings at 10:00 a.m.** Jessie Robinson will lead a **Women's Bible Study** that plans to meet via Zoom only. Starting Wednesday, September 8, they will begin a 9-week study and explore, *Be Anxious for Nothing*, a book by Joyce Meyer. The Publisher's description tells us:
 

"Difficult times, trials, and tribulation are part of living in this world. However, God has provided a way for us to enjoy peace as a part of daily life. We can choose either to allow ourselves to be burdened with worry and anxiety or to live in the peace and joy the Father intended.

## 1. SCRIPTURE-BASED DISCUSSIONS (CONTINUED)

### ✦ Wednesday mornings at 10:00 a.m. **Women's Bible Study** (continued)

In *Be Anxious for Nothing*, Joyce Meyer teaches how to draw on the peace of God in the midst of negative circumstances instead of responding with restlessness, fear, and apprehension. She reveals the nature of the peace Jesus describes in John 14:27 – a peace unlike anything the world knows – and how it can fill every area of your life.”

**Joyce Meyer** is one of the world's leading practical Bible teachers. Her daily broadcast, *Enjoying Everyday Life*, airs on hundreds of television networks and radio stations worldwide. Joyce has written 130 inspirational books.

### ✦ Wednesday evenings at 7:00 p.m., November 17, December 1, 8. Pastor Desiree Lawson will lead a Bible study titled, **Combat Anxiety by Knowing and Walking in God's Promises**. Many of us are familiar with God's promise which states, *"Nothing can separate us from the love of God in Christ Jesus"*. (Romans 8:38-39) Even when the world is spinning out of control, with despair and tragedy all around, we are carefully in the grip of God's love. *"If God is for us, who, or what can come against us?"* (Romans 8:31) **Nothing**. God promises that we will never be without His love. When we keep our focus on Jesus Christ, life's struggles diminish and our faith becomes stronger. In Paul's letter to the Roman church, he asks, "Who can separate us from the love of Christ?" The answer: no one and nothing. *"Not life or death, angels nor demons, no power or living creature, nothing can separate us from the love of Christ."* (Romans 8:35)

## 2. WORKSHOPS

### ✦ **October 17 and November 21, after the Worship Service.** Jean Olson and Andy Roosa will facilitate a **Practicing Workshop** based on the book, *Practicing: Changing Yourself to Change the World* by Kathy Escobar. In the introduction to the book the author defines "practicing":

- ✓ To participate in an activity or implement a skill repeatedly to develop greater proficiency;
- ✓ To intentionally work toward growth through repetition and experience.
- **October 17.** The **Practice of Mourning** begins by reflecting on this season of illness due to COVID-19, the loss of loved ones and of being with one another, and delayed racial justice. We need to allow ourselves to feel hurt, sorrow, anger, loss, and grief. The Bible provides us with Psalms of lament to help guide us. Jesus tells us in the Beatitudes that those who mourn are blessed and will be comforted. We will share our laments in small group discussions.
- **November 21.** The **Practice of Healing** begins with ourselves and includes bringing relief to areas of distress. We all want to help others to heal but we need to look deep within ourselves first. We will share with each other in small groups how we can help one another to begin to heal ourselves.

### 3. BOOKS, MOVIES, AND OTHER DISCUSSION GROUPS

- ✦ **September 24 at 5:00 p.m.** The **TGIF! Happy Hour!** led by Christine Clark, gets into full swing this month. People join us on Zoom for lively conversation and a toast to great company. It is a time to relax, and share some of our favorite ways to stay connected. We have different virtual activities each time we get together. So, come join us. Cheers!
- ✦ **Second Saturday Each Month, at 5:30 p.m.** **Bon Appétit Group** will participate in a spirited discussion as we cook together, yet apart. The Fall Menus are:
  - **September 11:** Seafood
  - **October 9:** Roasted Vegetables
  - **November 13:** Appetizers
  - **December 11:** Cookies
- ✦ **Book or Movie Group, last Friday of each month at 7:30 p.m.** These sessions are organized by Catherine Crow.
  - **Friday, September 24.** "Field of Dreams" (movie). Ray Kinsella lives with his wife, Annie, and daughter, Karin, on their Iowa corn farm. Troubled by his broken relationship with his late father, John Kinsella, a devoted baseball fan, fears growing old without achieving anything. While walking through his cornfield one evening, he hears a voice whispering, "If you build it, he will come". He sees a vision of a baseball diamond in the cornfield and "Shoeless" Joe Jackson standing in the middle. Believing in Ray, Annie lets him plow under part of their corn crop to build a baseball field. This movie was based on the book, *Shoeless Joe* by W. P. Kinsella. Reading the book is optional (and encouraged!), but we will be talking about the film. There are options for seeing the movie and buying the book. These are listed below. Andy Roosa will lead September's discussion.
    - ◆ *Field of Dreams*: Amazon Prime – <https://www.amazon.com/Field-Dreams-Kevin-Costner/dp/B000I9S668>
    - ◆ *Field of Dreams*: Peacock – <https://www.peacocktv.com/watch-online/movies/drama/field-of-dreams/a9f5d1cd-7b4a-3192-ab67-d118664a6229>
    - ◆ *Field of Dreams*: NetflixMovies – <https://www.netflixmovies.com/field-of-dreams-1989>
    - ◆ "Field of Dreams": Purchase the Blu-ray on Amazon for \$19.69: [https://www.amazon.com/Field-Of-Dreams/dp/B00E20372C/ref=tmm\\_blu\\_title\\_0?\\_encoding=UTF8&qid=1629655868&sr=8-1](https://www.amazon.com/Field-Of-Dreams/dp/B00E20372C/ref=tmm_blu_title_0?_encoding=UTF8&qid=1629655868&sr=8-1)
    - ◆ *Shoeless Joe* (book) by W.P. Kinsella: Purchase the book on Amazon for \$9.29: <https://www.amazon.com/Shoeless-Joe-W-P-Kinsella/dp/0395957737>

### 3. BOOKS, MOVIES, AND OTHER DISCUSSION GROUPS (CONTINUED)

✦ **Book or Movie Group, last Friday of each month at 7:30 p.m.** (continued)

- **Friday, October 29.** *Walden* was first published in 1854, but as *Walden; or, Life in the Woods*. This is a book by the American transcendentalist writer, Henry David Thoreau. The text is a reflection upon simple living in natural surroundings. The work is part personal declaration of independence, social experiment, voyage of spiritual discovery, satire, and – to some degree – a manual for self-reliance. *Walden* details Thoreau's experiences over the course of two years, two months, and two days in a cabin he built near Walden Pond amidst woodland owned by his friend and mentor, Ralph Waldo Emerson. Thoreau makes precise scientific observations of nature as well as metaphorical and poetic uses of natural phenomena. He identifies many plants and animals, records in detail the color and clarity of different bodies of water, precisely dates and describes the freezing and thawing of the pond, and recounts his experiments to measure the depth and shape of the bottom of the supposedly "bottomless" Walden Pond. *Walden* is a paean to the virtues of simplicity and self-sufficiency. Catherine Crow will lead October's discussion.
  - ◆ [https://www.amazon.com/Walden-Woods-Henry-David-Thoreau/dp/1548742287/ref=sr\\_1\\_4?dchild=1&keywords=walden&qid=1629432922&s=books&sr=1-4](https://www.amazon.com/Walden-Woods-Henry-David-Thoreau/dp/1548742287/ref=sr_1_4?dchild=1&keywords=walden&qid=1629432922&s=books&sr=1-4)
- **Friday, December 10.** *An Almost Perfect Christmas* by Nina Stibbe. Christmas is a magical time, but it can also be a time of mishaps and misunderstandings. Stibbe's hilarious, non-fiction book is an ode to realistic Christmases, the kinds that feature dry turkeys and dodgy gifts. If you're feeling overwhelmed with the pressure to make Christmas perfect, *An Almost Perfect Christmas* will make you laugh, and remind you of the true meaning of the festive season.
  - ◆ [https://www.amazon.com/Almost-Perfect-Christmas-Nina-Stibbe/dp/0316415812/ref=sr\\_1\\_2?dchild=1&keywords=An+almost+perfect+Christmas&qid=1629433083&s=books&sr=1-2](https://www.amazon.com/Almost-Perfect-Christmas-Nina-Stibbe/dp/0316415812/ref=sr_1_2?dchild=1&keywords=An+almost+perfect+Christmas&qid=1629433083&s=books&sr=1-2)

### 4. YOUTH OPPORTUNITIES

- ✦ **Beginning September 19 at 7:00 p.m.** A **Confirmation Class will combine with Youth Group** to meet every Sunday to learn about what it means to be a Presbyterian, to develop a statement of faith, and to prepare for membership in the congregation.
- ✦ **Fourth Saturday each month from 12:30-5:00 p.m.** Matt Crane will organize youth and adults for a **Relationship with The Outdoor Church**. Everyone will work to provide food to a vulnerable population. They are building a relationship with the people of The Outdoor Church in Cambridge, and getting to know their stories and how their stories fit into the framework of larger social systems. They are examining how they can address the injustices experiences by the vulnerable people of Cambridge whom they are getting to know.
- ✦ **The Sudbury Youth Ministry Collaborative.** This group continues to meet and plan activities. Most recently, friends from Memorial Congregational Church and the Sudbury United Methodist Church have joined PCIS for our visits to Cambridge to distribute meals to our neighbors in need of a helping hand.

## IN CONCLUSION

We hope these offerings will Challenge you to step out of your comfort zone, explore your faith and seek how best to support each other. Peer support improves spiritual health that is critical to the ability to navigate increasingly-complex challenges in these times. God is challenging us to conquer Anxiety. We can learn how, but it takes an effort.

The effort to conquer anxiety involves prayer, sacrifice, and trust in God. Joan Gray reminds us: *“The Holy Spirit is the source of power for the believing community. God’s power changes things that we cannot change and provides resources beyond what we have ourselves to do God’s work”* (Sailboat Church, p. 23). We are in difficult days, but we do not have to face the rough waters on our own. We have the Holy Spirit to lead us and we have each other to lean on.

