

Nourish Your Body & Soul Wednesday Evenings in Lent

On Wednesday evenings, come for Dinner at **6:00** in the Parish Hall followed by **“ReNewing Your Spiritual Life,”** a four-week group study with presentations and discussion. Each class stands on its own. Come early at 5:30 and walk the **Stations of the Cross** in the main church with Fr. Scott. Childcare will be available in our nursery.

February 24 Christian Spirituality 101 – As Practiced by Episcopalians

It seems that everybody is talking about “spirituality” these days but what do they mean and what makes Christian Spirituality different? We will explore these themes along with the distinctive spiritual practices of Episcopalians as we develop basic Rule of Life for spiritual living.

March 3 Personal Prayer: A User’s Manual for Today’s Christian

Many people are drawn to prayer but have trouble finding the time or a method that suits them as individuals. Tonight we will learn several time-tested ways of prayer to enhance your spiritual life, including the Daily Examen, Lectio Divina, and devotions from the Book of Common Prayer.

March 10 The Spirituality of Imperfection: Finding Self-Acceptance and Forgiveness

“I am not perfect” states the simple truth about the human condition. Accepting our limitations and failures enables us to find serenity and wholeness – and the ability to forgive ourselves and others. The “Spirituality of Imperfection” will speak to anyone who yearns to find meaning in the trials and sufferings of life. Co-led by Fr. Scott and John Clark a Benedictine monk for more than thirty years.

March 17 Identifying Your Spiritual Gift-Abilities

After we enjoy a traditional St. Patrick’s Day meal, we will delve into the much-misunderstood topic of “spiritual gifts.” Fr. Scott will provide a down to earth overview and then offer participants the opportunity to take the “Spiritual Giftabilities Inventory.” The Inventory is an excellent tool for discerning a ministry to take up, for deciding a career path, or just to attain greater awareness of the person God created you to be.

Schedule for Wednesdays Evenings in Lent - February 24, March 3, 10 and 17

5:30	Stations of the Cross (Church)
6:00	Dinner (Parish Hall)
6:30	“ReNewing Your Spiritual Life” (Parish Hall)
7:30	Compline – a brief service of prayer to close our evening