

Adult Spiritual Growth

By Wayne Lambert Chairperson

FALL RETREAT:

Sixteen members from our church community participated in and thoroughly enjoyed this year's adult retreat held at The Wisdom House in Litchfield, CT on November 11 and 12, 2016. We were blessed to be led by Tricia and Kit McDermott, who are counselors and have led retreats for the past 30 years. We all enjoyed and benefitted from "going into the quiet," sharing fellowship with one another and finding ways to explore and grow our relationship with God. Special thanks go out to Amy Bobinski for leading a break-out session in yoga, to Deb Clifford for leading a break-out session in Praying in Color, and to Carrie Preiser for sharing her special music with us. Also, special thanks go out to Johnnie Denton, Claudia Nepley and Pastor Peter without whose self-less efforts this year's retreat would never have happened.

FALL STUDIES:

SUMC continues to be an active church with several adult spiritual growth offerings. Some fall studies have concluded, an advent study has just begun, a new Sunday morning offering has started and we are planning several more studies in the spring. Please feel free to join our small group discussions as you can.

SUNDAY: 10:30 a.m. in the Annex: "Invitation to a Journey: A Road Map for Spiritual Formation" by M. Robert Mulholland

Mr. Mulholland defines spiritual formation as "the process of being formed in the image of Christ for the sake of others". In this book, Mullholland reviews the classical spiritual disciplines and demonstrates the importance of undertaking our spiritual journey with (and for the sake of) others, Please come join this group as we journey together to become more like Jesus. Although the study began on November 6, the group is always blessed to receive new members. Please contact Amy Stillman Kulig at either astilkul@cox.net or 860.593.9186 if you have any questions or would like to join in the learning and laughter.

MONDAY: 4:30 to 6:00 p.m. in the Annex: "An Altar in the World; A Geography of Faith" by Barbara Brown Taylor

This twelve week study that started in September is continuing toe explore how we can discover the sacred in the mundane, and how we can better connect with God through the everyday ordinary experiences of life. The materials are an easy read, with short chapters and no daily assignments or video. The study is being facilitated by Pastor Peter.

THURSDAY: 9:00 a.m. in the Annex: The prophet EZEKIEL.

The group finished discussing "Why Did Jesus, Moses, The Buddha, and Mohammed Cross the Road?" (Christian Identity in a Multi-Faith World)" by Brian D. McLaren and has returned to the Bible to discuss the prophet Ezekiel. The group is being led by Leslie Kirkwood who can be reached at wkirkwood1@sbcglobal.net or 860.658-0097 if you would like more information.

SATURDAY: 9:30 a.m. in the Annex: Advent Study: "Names for the Messiah" by Walter Brueggemann

This year's Advent study began on November 26 at 9:30 am in the Annex and will run through Saturday, December 17. The sessions are being led by Pastor Woody. This book examines the four royal titles given to the Messiah and ponders how the people once understood them, how Jesus did or did not fulfill them, and how Christians interpret Jesus as representative of that title. Books are available for pickup in the office if you are interested in joining.