



STAYING GROUNDED

ANCIENT PRACTICES FOR TODAY

SUNDAY ADULT FORUM 9:45 a.m.

Staying Grounded: Ancient Practices for Today

Our Lenten focus this year centers on rediscovering ancient practices for contemporary life and faith. This three week exploration of how Christians throughout the ages have sought to connect with God and with each other will explore:

WEEK 1: Christian Practices for Today

WEEK 2: Keeping Time (Sabbath, Prayer, Liturgical Year)

WEEK 3: Our Bodies in Worship (Tithing, Fasting, Sacred Meal and Pilgrimage)

This study will be led by the Reverend Javier Vierra.
Adult Forum meets every Sunday at 9:45 a.m.