

I plan to be a part of the following  
Growth Groups



### Spiritual Disciplines

Sundays at 9:45 in Session Room

### Christ and the Chocolaterié

Thursdays at 6:30 p.m.

Wednesdays at 6:30 p.m.

Thursdays at 3:30 p.m.

### Praying in Color

Thursdays at noon in Youth Room

Sundays at noon in Youth Room

(Please choose a time that would work best for you. Class times will be finalized based on interest).

Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

Email address \_\_\_\_\_



**Growth Groups  
Spring 2020**

**Growth Groups begin the week of February 23 and will run through the season of Lent.**



## Spiritual Disciplines

For the six Sundays in Lent we will meet in the Session Room during the Sunday School hour to explore the nature of the Spiritual Life. We will go over several spiritual disciplines that

will help you on your journey to get closer to God. Spiritual disciplines are those practices found in Scripture that promote spiritual growth among believers in the gospel of Jesus Christ. They are habits of devotion, habits of experiential Christianity that have been practiced by God's people since Biblical times that create opportunities in growth, especially during this season of Lent. Some of the disciplines we will cover will be silence, prayer, fasting, the Psalms, and journaling. We will begin each class doing a spiritual discipline and then have a discussion.

Bring a notebook and pen to record your thoughts. Hope to see you there! Rev. Dr. Barry Shatzer.

## Christ and the Chocolaterié



is an original, innovative, and lively Lenten course inspired by the film Chocolat, based on the bestselling novel by Joanne Harris. Using the film as a starting point for exploring issues about God, the world, and what it means to be human, Hilary Brand has designed five group sessions on the themes of community, growth, the gift of tranquillity, the power of acceptance, and the process of change for the good of God's world. Come and be a part of this inspiring study about how God is at work in the lives of community!

- △ Thursdays at 6:30 p.m.  
Karan Bundrick's residence, 2715 Eastlawn Dr.,  
Columbia. Teacher to be determined.
- △ Wednesdays at 6:30 p.m.  
Shelly Hawkes residence, 610 Montrose Dr.,  
Lexington. Jana Creighton teaching
- △ Thursdays at 3:30 p.m.  
Donna Moore's residence, 1738 Nursery Hill Rd,  
Columbia. Kathy Keane teaching

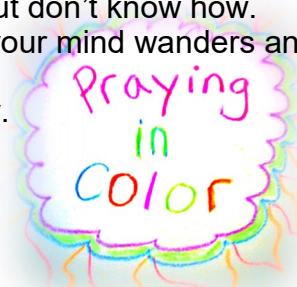
## Praying in Color

Praying in color began when its founder, Sybil MacBeth found herself exhausted by the words of her prayers and stymied by a lack of focus. She took time one day to doodle, she drew a shape, put the name of a friend inside, and added lines and color. She drew another shape with another name and added detail and color. When the page was covered with designs and names, Sybil realized she had prayed. The action of drawing was a wordless offering of friends and family into the care of God. The page of drawings became a visual reminder to pray. This was the beginning of Praying in Color. This Lenten season we will explore basic praying in color techniques and group experiences as well as take time to use Lenten daily praying in color calendars as part of our experience. You do not have to be artistic or crafty to pray in color! Praying in color is for everyone, all ages, all life stages, and all abilities!



### Reasons to Pray in Color:

1. You want to pray but words escape you.
2. You have trouble sitting still and staying focused.
3. Your body wants to be part of your prayer.
4. You want to just spend time with God but don't know how.
5. You want to be a listener in prayer but your mind wanders and your body complains.
6. You want a visual, concrete way to pray.
7. You want a NEW way to pray.



Praying in color serves as a new and inventive way of looking at prayer and is a meditative process for many who use the technique quite often. In a group, setting it provides a safe and open space to share the burdens of everyday life while giving things over to God.