

Wednesday Nights for Women in 2009

Beginning on January 14th, studies available for women on Wednesday evenings at First Presbyterian from 6:00 – 7:30 p.m. Programs for men and children will also offered on Wednesdays during these same dates and times with additional information listed in the Community News.

Books are now being ordered. You may place your order through the church office or on Sunday mornings in January in the Atrium at First Presbyterian.

“Lectio Divina”: January 14 – April 8

Small groups meeting and using the “lectio divina” style of reading scripture, meditating for a short while and then sharing what God is revealing about Himself and your life through the evening’s reading, followed by prayer. There is no homework or book to purchase. Just show up! You may attend all of the evenings listed or when it works for your schedule.

Lenten Study: February 18 - April 8

“Faithfully Fit: A 40 Day Devotional Plan to End the Yo-Yo Lifestyle of Chronic Dieting” by Claire Cloninger and Laura Barr. Book cost is \$14.

“Faithfully Fit” is not a diet and not an exercise plan. Instead, the study offers motivation, encouragement and inspiration to help you change from the inside out, the only change that lasts. Complete with 42 daily meditations, scripture readings, encouraging affirmations, and practical activities, this unique book provides day-today spiritual support for your eating and exercise efforts. An ideal companion for your favorite eating or exercise program, this book also provides daily uplift for those who aren’t dieting or working out, just trying to make healthy eating and regular exercise a part of their lives.” Linda Randolph will facilitate.

“The Knowledge of the Holy”: Begins April 15

Join us as we study the nature of God through this Christian classic. Spiritual discipline exercises and questions have been prepared by Jasona Brown. Study facilitated by Linda Randolph. The cost of the book is \$12 (paperback), \$19 (hardback).

For more information on these classes, please call Linda Randolph, Director of Women’s Ministry at 352-3030, ext. 103.