

PRACTICES OF FAITH



Summer Sundays 2016

In July and August, we will explore practices of Christian faith both ancient and modern. Using resources from *The Thoughtful Christian*, we will explore pilgrimage, prayer, compassion, simplicity, and gratitude. These interactive sessions are intended to be multi-generational from youth to adults.

July 3: Introduction

Led by Martha Langford

Throughout the centuries, committed Christians who have been interested in deepening their relationship with God have turned to spiritual disciplines. But what are they? And of what relevance are they for twenty-first-century Christians?

July 10: Practices for Vacation

Led by Becky D'Angelo-Veitch

Summer presents us with opportunities for different life rhythms. As summer vacations lead us to different activities and places, what spiritual practices can we take with us wherever we go?

July 17: The Labyrinth

Led by Candice Dustman Lucas

Take this opportunity to engage in an "active" prayer practice. Johnston Hall will be transformed into a Creton Labyrinth, and Candace Lucas will shepherd participants through the practice of labyrinth walking.

July 24: Simplicity

Led by Lynette K Sparks

At the heart of our ability to simplify our lifestyle, commitments, and relationships is simplicity of self: being able to see ourselves made in the image of God. But such simplicity is not automatic or easy. It requires desire and effort on our part to simplify the soul. Explore the practices of simplicity and the ways that these allow us to say yes to grace, healing, and hope.

July 31: Pilgrimage

Led by Paul Gongloff

Pilgrimage is a powerful journey that leads us through unknown territory, exquisite landscapes, and occasional challenges to a place of divine-human encounter and spiritual transformation. This interactive morning allows participants to join in the Celtic practice of *peregrinatio* pilgrimage.

August 7: Compassion

Led by Paul Gongloff

Holocaust survivor and author Elie Wiesel writes, "the opposite of love is not hate, it is indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference. Indifference is the enemy." Explore the practice of compassion, and how intentionally engaging in acts of compassion encourages spiritual growth.

August 14: Prayer Stations

Led by Martha Langford

Daily prayer has been a way of life and practice of faith for the people of God for millennia, from the psalmists of ancient Israel through the saints of the Christian church. Over these years, a variety of prayer practices have grown and flourished. After a brief introduction, participants will have opportunity to explore a wide variety of different prayer practices.

August 21: Labyrinth

Led by Candace Dustman Lucas

Take this opportunity to engage in an "active" prayer practice. Johnston Hall will be transformed into a Chartres Labyrinth. Candace Lucas will shepherd participants through the practice of labyrinth walking.

August 28: Gratitude

Led by John Wilkinson

Prayers of thankfulness help us notice God's abundant gifts. Thankfulness is a wonderful companion to other forms of prayer, and it brings balance to our prayers. In thanking God, we grow closer in intimacy with God. Explore the role of gratitude in the Christian life and to discuss the obstacles to thankfulness we experience and the habits that help us nurture gratitude.



Third Presbyterian Church
Seeking the Light