

Shaughnessy Heights United Church Presents

# LIVING FAITH

## A Lenten Exploration of Spiritual Practices for Adults

“In an **age of information overload**,

when a vast variety of media delivers news  
faster than most of us can digest -  
when many of us have at least two e-mail addresses,  
two telephone numbers, and one fax number -

**the last thing any of us needs is more information  
about God...**

We don't need to know more about God,  
we need to **know God...**  
we need more meaning, more feeling,  
more connection, more life.”

~ Barbara Brown Taylor, *An Altar in the World*

## How do we live our faith?

**What are ways we can know God more fully?**

Join us for the six WEDNESDAYS in Lent,  
starting February 24th, 7 - 9 pm at the church, to explore  
ways we can live our faith and find meaning in our lives.

All are welcome!

**For more information, please contact Pamela Jeffery at  
pamelaj@huc.ca or Ph: 604-261-6377.  
www.shuc.ca**

## A Closer Look at the Six Weeks...

Wednesday, February 24

### Discover your Spiritual Type

By discovering our spiritual type, we are able to understand more fully our spiritual needs. This workshop will explore four spirituality types. You will have an opportunity to find the type that best describes you in order to deepen your individual experience of the God.

*Leadership: Pamela Jeffery*

Wednesday, March 3

### Voluntary Simplicity

Participating in a voluntary simplicity circle allows individuals to consciously reflect on their quality of life, on the impact they have on the planet and on their relationship to each other. The path of voluntary simplicity assumes that our happiness is tied up together as a global community and that the planet will benefit to the degree that humans live more consciously. *Leadership: Aryne Sheppard joined the David Suzuki Foundation in May 2008 and currently serves as their Manager of Community Leadership. Her career in the environmental field has included work in provincial parks, wild bird rehabilitation and education with the Jane Goodall Institute. One of her life-long passions is the voluntary simplicity movement.*

Wednesday, March 10

### Music and Spirituality

“...of all the art forms, music is most synonymous with faith. It is invisible, it does not depend on the given world for its inspiration, it appeals to the mind, the heart, the body, and the imagination. It can therefore nourish devotion in a more all-pervasive way than art or literature.” - John Bell Come to listen, sing, and perhaps be inspired by music that will be familiar and not so familiar. *Leadership: To be announced.*

Wednesday, March 17

### An Introduction to Meditation

In essence, meditation is the practice of quieting the mind by becoming centered and grounded in present time, in the body, and in the reality of the moment. This workshop is an introduction to the spiritual practice of meditation.

*Leadership: Elaine Stevens is a master gardener, writer and herbalist. She has led the Monday night meditation group at Shaughnessy Heights United Church for the past six years.*

Wednesday, March 24

### Praying with our Hands and Feet

Faith leads to imagination, which leads to sharing, which leads to a plan, which leads to action, which leads to transformation, which leads to hope. Through video clips, discussion, study, and prayer, we will ask ourselves, what is God calling us to do? How do we live our faith out in the world? These conversations *may* lead to the planning and organization of a social justice project. *Leadership: To be announced.*

Wednesday, March 31

### Feasting with God: An Adventure in Table Spirituality

Something mystical and deeply nurturing takes place in the context of a meal shared...we feed not only our bellies, but our spirits and our sense of community. We come away from the table knowing that we have shared food and the stories of our lives in the presence of God.

*Leadership: Elizabeth Kerklaan is hosting and leading this session at 4692 Elm Street, Van.*