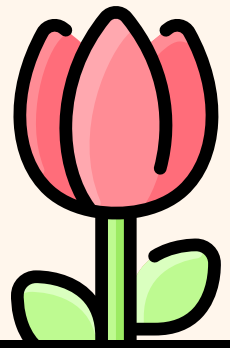




Adult Forum

*Spring 2025
You are invited!
Sunday mornings before worship!
9:00-10:00 a.m.*



MARCH 2 - Living Hope: Preparing

Spiritual disciplines are practices or habits that help deepen our faith and build spiritual strength. And they take discipline —attention and dedication— to challenge ourselves to stay committed in order to grow in our knowledge and love for God.

MARCH 9 – Praying

Prayer is the simplest and most elegant of spiritual disciplines. Nothing is needed. It is the primary avenue for reaching out and engaging with God. Anyone can pray, anytime, anywhere.

MARCH 16 – Fasting

Fasting, as a spiritual discipline, is the practice of voluntarily abstaining from food for a set period of time with the primary intention of deepening one's connection with God, seeking spiritual guidance, and demonstrating a commitment to a higher purpose by setting aside physical needs in favor of spiritual focus.

MARCH 23 – Almsgiving

While almsgiving (charitable giving) is most closely associated with Lent, almsgiving should be a year-round spiritual exercise for all Christians. Giving alms fosters a deep spiritual life because it allows us to step outside of ourselves and focus on the needs of others. How might we commit to almsgiving, the giving of ourselves to others, over the long haul.

MARCH 30 – Reading

The spiritual discipline of reading is the practice of intentionally reading texts, particularly religious scriptures, with a focus on deepening one's spiritual connection and understanding.

APRIL 6 – Harmonizing

Music has the ability to connect individuals to God, while deepening an awareness of oneself. Through its emotional impact, music creates a space for reflection, transcendence, and a feeling of unity with something greater than oneself.

APRIL 13 - Volunteering

Volunteering embodies several key Biblical principles—charity, willingness to put others before oneself, hospitality, compassion, and sacrificial love. When we engage in acts of service, we mirror the biblical call to live out our faith through tangible expressions of love and compassion.

APRIL 20 - EASTER - No Adult Forum

APRIL 27 - Durre Sharif

Community Relations Specialist at church World Service, Harrisburg, will update us on the current challenges facing those who work to receive and help the diminishing numbers of refugees with resettlement and integration.

MAY 4 - Lee Barrett

Artist and theology professor at Lancaster Theological Seminary will challenge and inspire us as he talks about New Life in Jesus according to the Visual Arts.

MAY 11 - Mother's Day - NO Adult Forum

MAY 18 - Lee Barrett Returns

Artist and theology professor at Lancaster Theological Seminary will challenge and inspire us as he talks about New Life in Jesus according to the Visual Arts.



Lent Book Study



Lent is always a good time to explore and deepen our Christian beliefs.

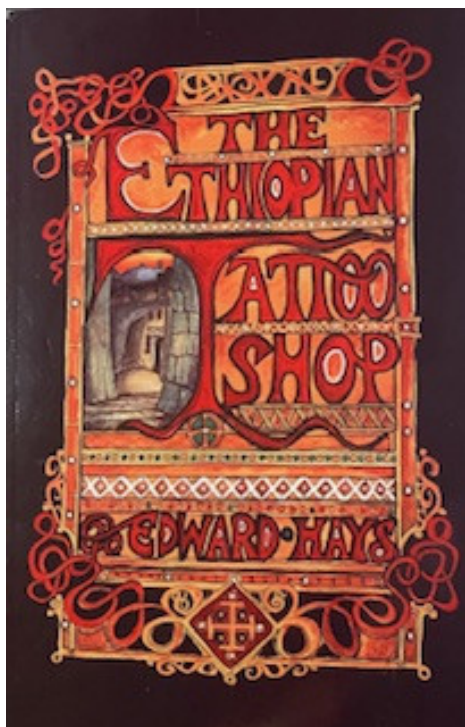
Adult Forum has a wonderful program series planned for Sunday mornings in Lent on Spiritual Disciplines. It will be worth your time and energy to join us as we explore ways to deepen our faith through a variety of practices and actions.

Pastor Arlene plans to host a short 6-week class on Thursday evenings, beginning March 6. Meetings will begin at 7:00 and last about an hour. The group will meet over Zoom. This will make participation easy for those who prefer to stay at home or avoid driving in the evening, while offering an opportunity for face-to-face discussion as well.

We will be reading selected chapters of *The Ethiopian Tattoo Shop* by Edward Hays. It was published by Forest of Peace, a subsidiary of Ave Maria Press. Jesus often used parables, simple stories to illustrate moral or spiritual lessons, to teach. Hays follows this tradition. There are suggested reflection questions for each chapter, and Pastor Arlene will also provide biblical readings that will inform our discussion. Each chapter is short and will provide interesting topics of conversation. You can plan to attend every gathering or just attend 1 or 2 as your schedule allows.

Unfortunately, the book is out of print, but copies can be purchased through used book dealers on-line. Pastor Arlene has also received permission to distribute electronic or printed copies of specific chapters to members of the group.

All Are Welcome!



*Thursday Evenings
7:00-8:00 p.m.*