



WESTMINSTER
PRESBYTERIAN
CHURCH

Spiritual Formation for Adults

April 2019



Sunday Morning Programs for Adults ~ 10:10 a.m.

APRIL 7

Stress: Why Can't I Find My Keys and Why Can't I Touch My Toes?

Presenter: Kathleen S. Matt

Kathleen S. Matt, PhD, is the dean of the University of Delaware's College of Health Sciences. In this presentation, she will discuss the impact that stress has on the mind and body and share strategies for reducing stress and improving overall health. Come learn how nutrition, mindfulness, and other tools can be used to live your best life.

Let's Talk About It – Caregivers' Edition

Facilitator: Yvonne Nass

Calling all caregivers of children – parents and grandparents! Join us for a lively discussion on how to approach the topic of race with our children and/or grandchildren. At some time in every child's life, he or she will have to deal with racism either personally or inadvertently. Will they be well equipped as children of God to understand what is happening? Let's share our experiences as caregivers on how to best equip one another by talking about race and the implications on children's lives. All are welcome to join us on April 7 as we embark on a journey of exploring ways to empower each other as parents/grandparents, with openness and respect for one another's opinions.

Staying Connected: How to Use Your Phones and Tablets to Connect with Loved Ones

Facilitator: Hugh Underhill

This workshop will focus on texting, facetimeing, emailing and using some social media to communicate with loved ones. This is especially designed to help grandparents. Please bring your device with you to the workshop. Note: this workshop will *not* focus on repairing devices.

APRIL 14

Criminal Justice Reform in Delaware

Presenter: Representative from the Delaware Coalition for Smart Justice

Criminal justice reform is likely to get significant legislative attention this session. Come learn about the topic and legislative priorities of the newly formed Delaware Coalition for Smart Justice. It is a statewide group of organizations and individuals who advocate for a criminal justice system that fosters public safety by reducing mass incarceration, recidivism and racial disparities.

APRIL 28

Family Planning, Population Growth, and Reproductive Rights in the U.S. and the Developing World

Presenter: Stacie Murphy

The Earth Care Task Force has arranged for Stacie Murphy of Population Connection (formerly Zero Population Growth) to talk about a few of the most pressing issues related to population: consumption patterns, contrasting the U.S. with other countries, as well as the history and future trajectory of global population growth. She will also discuss U.S. policy on domestic and international family planning and explain how lack of access to family planning contributes to too-rapid growth and poor outcomes, specifically for women and girls in the developing world. Ms. Murphy earned a Master of Public Policy at George Washington University and has been with Population Connection since 2009. Please join us on April 28 to learn more about this most urgent topic.

Let's Talk About It – A Periodic Series

Facilitator: Sue Linderman

White people are unaccustomed to talking about race and its implications in their lives. Yet, at some level, everyone recognizes that racism and prejudice have a profound impact on our communities and our country. We need opportunities to experience the challenges and benefits that come from bringing racial issues into the light of day.

MAY 5

God's Amazing Winged Creatures: An Interactive Experience

Community Hall

Experience and appreciate God's amazing winged creatures! Plan now to join us for a visit from Phung Luu and his birds. Phung Luu is owner/operator of Animal Behavior and Conservation Connections. Our goal is to help Westminster members and children realize their intimate and spiritual connection to the natural world by experiencing the wonder of these birds. Author and environmental activist Thomas Berry said: *We need the sun, the moon, the stars, the rivers, and the mountains and birds, the fish in the sea, to evoke a world of mystery, to evoke the sacred.*



The Rev. Dr. Gregory Knox Jones • The Rev. Sudie Niesen Thompson • The Rev. Jill Getty
Westminster Presbyterian Church • 1502 West 13th Street • Wilmington, DE 19806 • (302) 654-5214 • www.wpc.org