



WESTMINSTER
PRESBYTERIAN
CHURCH

Spiritual Formation for Adults

March 2019



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

MARCH 3

The Gospel of Mark

Presenter: Greg Jones

What does it mean to be a follower of Jesus? How do his teachings speak to us today? Join us for an in-depth look at the teachings of Jesus, the final week of his life, and the enigmatic ending of this gospel. We will focus on the last half of the Gospel of Mark, but knowledge of the first half of this gospel is not essential.

Bustles to Bras – *Connecting Women, History and the Clothes That Tell Their Story*

Presenter: Karen Jessee

Join Karen as she combines humor and history on this fashion journey of women's most outrageous silhouettes... and a peek underneath them all... to see how the culture of the times influenced the fashions of the era from Marie Antoinette of the 1770s to the British Invasion of the 1970s. A small display and audience participation are all part of the fun.

MARCH 10

Preparing for the Public Reading of Scripture

Facilitators: Sudie Niesen Thompson and Chip Pfleegor

"How beautiful are the feet of those who bring good news!" (Romans 10:15). At Westminster, we value having a diversity of voices "bring good news." That's why we invite congregants to read Scripture aloud in worship. Whether you are a seasoned Lay Reader or someone who is new to the public reading of Scripture, proclaiming the Word requires practice and preparation. This session is an opportunity to learn techniques for the oral interpretation of Scripture so that you are equipped to read aloud with confidence and clarity. Whether you would like to hone your skills as a Lay Reader or try your hand at reading Scripture in worship, this session is for you!

MARCH 10 AND 24

Healthy, Wealthy, and Wise: Making a Meaningful Life

Presenter: Janet Steinwedel

The media seems to be awash with how to be happy, but is happiness enough? Are we all meant to be happy? Do we even know what makes us happy? More than happiness, most people want lives that have value. How can we truly make a meaningful life for ourselves? Our health, our wealth and our wisdom are important aspects of making a truly good life. Come and share your thoughts and go home with some new insights and ideas for making the most of "your one wild and precious life."*

*From "Summer Day" by Mary Oliver

MARCH 17

Becoming a Stigma-Free Church

Facilitator: Dr. Josh Thomas

One in five Americans will experience a mental illness. Mental health challenges impact many who are living with these diseases or love someone who lives with mental illness. As a church community, we can support each other in a way that helps dissolve the stigma associated with mental illness and create a safe space for everyone. Josh will also share five life lessons from his law enforcement career and apply them to mental health. Dr. Josh Thomas is the Executive Director of the National Alliance on Mental Illness in Delaware (NAMI Delaware).

Guatemala Partnership: A New Chapter

Presenters: Meg Burich and Chris Hickey

Please join our recent Guatemala travelers as they share stories about the new partnership with CEDEPCA, how Westminster's microloan groups are blossoming, and the impact the water filters, stoves and latrines are having on indigenous communities. The progress of our partnerships is exciting!

MARCH 24

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.

MARCH 24, 31 AND APRIL 7

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. Please bring your device with you to the workshop. Note: This workshop will *not* focus on repairing devices.

MARCH 31

What's Happening in Anti-Aging Research?

Presenter: Jim Lee

Futurist and investment advisor Jim Lee of StratFI will share insights on how and why we'll live longer, look better, and be happier. Join us to learn more about: the factors behind aging and where progress is being made, recent advances in regenerative medicine, and simple things you can do to extend the quality of your life.

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.

