

Would you like more information on any of these spiritual growth offerings? Visit www.ipcmclean.org or contact office@ipcmclean.org.

Sunday Morning Spiritual Growth Opportunities

Join us for coffee at 8:45 a.m. in the Meeting House. Classes are open to everyone unless specific registration requirements are noted.

Current Issues, Weekly Throughout the Year

This class explores worldwide issues that impact our lives, call upon the resources of our faith, and invite us into dialogue on challenges we face as followers of Jesus in an imperfect world. Join us for a discussion of social, spiritual and political topics.

Bruce Douglass: 500 Years and Counting – Protestantism's Next Chapter

Following the 500th anniversary of the Protestant Reformation, it is appropriate to consider these questions: Why do Protestant churches still exist? Are we Protestants still protesting something? Should we assume the present division of the Christian religion into institutionally separate (and even competing) expressions will persist indefinitely? Or are we entering a "post-Protestant" era?

January 7 The Origins of "Protestantism" | Jan. 14 Protestantism and Modernity

Jan. 21 A "Post-Protestant" Era? | Jan. 28 The Global South: Is the Protestant Reformation Being Repeated?

Questions I Want to Ask God When I Get to Heaven, February 4, 11 and 18

Back by popular demand! What are some of the questions you have wondered about and would like to ask God? Please join us for a three-week class as we consider and discuss what questions you would like to ask God when you get to heaven. Each week will provide an opportunity for discussion of the questions that interest the class and areas to consider for the following week. (Facilitator: Henry Haigler)

Contemplative Dialogue with Pastor Katie: Traveling Your Road to Joy

February 25, March 4, 11, 18 and 25 (signup and attendance commitment required)

This five-week series will teach "contemplative dialogue" as a small-group faith practice, using *Bridges to Contemplative Living with Thomas Merton*. Participants will enter into periods of reflection,

silence and sharing based on the principles of contemplative dialogue in weekly readings from scripture and Thomas Merton. No preparation is required; however, a commitment of presence for at least four of the five scheduled classes is important for developing the group dynamic of contemplative dialogue sessions. This class is limited to twelve participants due to the nature of the contemplative dialogue. Watch for sign-up information in January.

Drop-In Bible Study, April 8, 15, 22, and 29

Whether you are new to reading the Bible or simply wish to reengage your study in the company of others, join us for this four-week DVD and discussion series. During each class we will watch a 30-minute video from *Reading Biblical Literature: Genesis to Revelation* followed by guided discussion. Participants are encouraged to read the Biblical selections prior to the class (check the E-Presence and bulletin for full details), but drop-ins are welcome and will be able to easily participate without preparation. During each video lesson, Luther Seminary Professor Craig R. Koester, Ph.D., will guide us in learning about basic themes, story arcs, and characters. Class leaders Helyn Hoft and Pastor Katie will raise conversation questions. We will announce which DVDs and Bible verses we will study as the time approaches.

First Century Identity Politics in Matthew and Luke, May 20, 27 and June 3

Is Christianity a Jewish or a Gentile movement? This was the central question of the first century of the faith. This three-part series will explore how two early Christian writers, the authors of Matthew and Luke, responded to this question. By examining the similarities and contrasts between parallel passages, modern readers can better understand the identity politics at play in the formation of the gospels. Please join us for an introduction to comparative methods of Biblical study as we critically examine select passages in order to shed light upon the convergence of political and theological anxieties and arguments embedded in these narratives. (Facilitator: Dr. Scott Strednak Singer)

Sharing Our Faith... 11:20AM Sundays

International Mission

Dennis and Maribel Smith, January 28

As PCUSA Regional Liaison for South America, from his base in Buenos Aires, Dennis Smith works with partner churches from Colombia to Argentina. Like the U.S., this region is experiencing polarized politics and complex social change. During their forum, Dennis and Maribel will start by looking at the peace process in Colombia, future scenarios for Venezuela, corruption and democracy in Brazil and emerging challenges for urban ministry in Argentina and Uruguay.



Gordon and Dorothy Gartrell, April 22

Gordon and Dorothy are PCUSA Leadership, Growth and Evangelism missionaries working with the United Presbyterian Church of Brazil in Governador Mangabeira, Bahia, three hours from Salvador, Brazil's third largest city. They have been missionaries for 25 years and worked in 7 locations. There are more churches than pastors in their national church, so they help develop skills to lead worship and Bible study, teach Sunday school, and plan and carry out special activities. (They will also answer questions after the evening service.)

Real World Real Faith

This fascinating series of intimate forums allows IPC members an opportunity to share stories of how their personal faith journeys have intersected with their daily lives and careers.

February 11, Marilyn DiLoreto

April 29, Dean Silverman

6:45PM Sunday Evening Events

Front Porch Stories

Front Porch Stories are designed to engage Immanuelites in a casual, small group setting using discussion leaders to address important life questions, share personal stories and encourage small group discussion and reflection.

February 25, Helyn Hoft and Alec Parker: Service in the Peace Corps

Helyn, who served in Ecuador from 1962 to 1964, and Alec, who served in Cambodia from 2014 to 2016, will discuss the challenge of living outside their comfort zones and how their experiences changed their lives.

March 11, Martha Whitney and Jenna Litschewski: Zen, Running, Hiking: In the Zone

Jenna and Martha, who have run and hiked in exotic and not-so-exotic places, will share their experiences running and hiking as well as the spiritual dimensions they are discovering.

June 3 – Susan Graceson: Conversation About Prayer

They will discuss their personal prayer practices, favorite prayers and the ways in which prayer has influenced their relationship with God.



May 13, Night at the IPC Improv!

Last fall, Theologian in Residence MaryAnn McKibben Dana led us through a lively exploration of the theology of improvisation and improv as a spiritual practice. Comments from attendees were uniformly enthusiastic: "So smart and fun and holy!" "I especially liked the interactivity of this." "This program was extraordinary." "In many ways I think this was the best [Theologian in Residence] we've done — energy, creativity, thoughtful, engaged."

We're inviting MaryAnn back to celebrate the release of her new book, *God, Improv, and the Art of Living*. Join us for an evening of play through improv and other interactive games. We'll have activities for all levels—including enthusiastic spectators.

Weekday Spiritual Growth Opportunities

LENTEN STUDY GROUPS, Small groups meeting at various times during Lent.

This year's Lenten book, *In God's Presence: Theological Reflections on Prayer* by Marjorie Hewitt Suchocki, addresses the philosophical underpinnings of prayer approaches and beliefs in a thoughtful, readable manner. Each small group will meet 3-5 times during Lent. If you are interested in participating in or leading a small group during Lent in your home or at Immanuel, please contact office@ipcmclean.org.

FAITH MATTERS, Mondays, 1:30-3:00pm

We are currently watching the video "Reading Biblical Literature" by Professor Craig R. Koester. It is very enlightening, and we discuss each section afterwards. We usually study the Advent or Lenten books read by the congregation. We also choose books from the Bible to study in depth and other books the group selects. All are welcome; the discussions are lively and thought provoking.

MEN'S BIBLE STUDY, Tuesdays, 7:30-8:45am

Topics range from Biblical studies to theological issues, to reading and discussing books related to faith and spiritual practices.

GRACE YOGA, Tuesdays, 10:30-11:45am, \$15 per class

An ongoing exploration of movement and breath to encourage flexibility, strength, balance and peace of mind in a welcoming, light-hearted environment. This multi-level class welcomes newcomers! Mats and props provided. (Instructor: Kathy Bagden)

IMMANUEL BOOK GROUP, Monthly (dates vary), 11:45am

We meet for a brown-bag lunch and book discussion led by one of the participants. All are welcome! We read both non-fiction and fiction across many genres and topics.

Next meeting—January 16

"Destiny of the Republic: A Tale of Madness, Medicine and the Murder of a President" by Candice Millard

SPIRITUAL MEDITATION, Tuesdays, 7:15pm, \$15 per class

Experience a weekly reading of a meditation from a modern Christian mystic. These meditations are associated with an often tangible spiritual experience and sense of deep peacefulness.

(Instructor: Sue Johnston) **Special Session: Tuesday, January 30, 7:15—8:30pm.** All are welcome at a special session of Immanuel's Tuesday night spiritual meditation group. Lyn Demeré, Ph.D., Msc.D., pastoral counselor, medical intuitive, and spiritual healer, will lead a guided meditation and answer questions. There is no fee and no need to register for the January 30 session.

WOMEN OF SPIRIT, Wednesdays, 7:45am

We meet weekly for spirited discussion, including sharing celebrations and concerns. We read and discuss specific books of the Bible as well as other recommended books, often in conjunction with Lenten or Advent books that the congregation is reading.

LECTIONARY STUDY GROUP, Thursdays, 9:45am

This group meets weekly with our pastors to explore the Biblical texts to be used as a basis for sermons for upcoming Sunday worship services.

CAREGIVER'S SUPPORT GROUP, Second and Fourth Fridays, 1:30pm

This group is for anyone who is providing care for another person. For more information, contact Pastor Susan at sgraceson@ipcmclean.org.

Questions about an event/a group at IPC?

We encourage you to contact any of our pastors—Rev. Aaron, Rev. Katie, or Rev. Susan—or contact Russ Carlton at office@ipcmclean.org.

Immanuel Presbyterian Church
1125 Savile Lane
McLean, VA 22101

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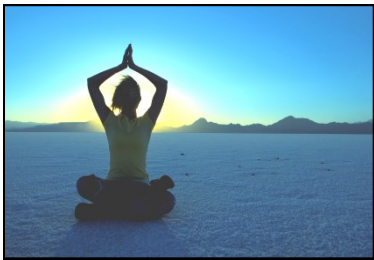
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Upcoming Winter/Spring 2018 Spiritual Growth Opportunities VISIT US ONLINE! WWW.IPCMCLEAN.ORG

Saturdays at Immanuel!

Beyond Islam 101, January 27, 9:30am – 12:15pm, McLean Islamic Center
(Carpool from Immanuel at 9:00am)

Mr. Tariq Mangru of the McLean Islamic Center will lead a discussion for Immanuelites regarding key ideas and concepts in Islam. Topics include Islamic law, Islamic thought and practice, and the Islamic concept of virtue. Those who sign up will be given a short article to read prior to attending, to provide a basic understanding of Islam and aid the discussion. Please RSVP to office@ipcmclean.org to receive the materials in advance.



A Day of Deep Healing

Saturday, February 3, 10:00am - 3:00pm

Lyn Demeré will lead two extended meditation sessions with discussion, sharing and questions. Advance registration required. Fee of \$160.00 covers lunch and speaker's fees.

50 Ways to Pray, March 24, 9:30-11:30am

Join Immanuel's pastoral staff for a morning workshop on prayer! Pastor Susan, Pastor Katie, Pastor Aaron, and Immanuel in the Evening Worship Leader Billy Klutz will each share their prayer journeys and the evolution of their prayer lives. Then they will lead us in trying out 4 of the 50 ways to pray found in *50 Ways to Pray: Practices from Many Traditions and Times* by Teresa A. Blythe. Books will be available for purchase, but are not required for participation.

Young Adult Events at IPC

YA 1st Sundays, 6:45pm

Dinner every 1st Sunday evening following Evening Service, sometimes at Immanuel and sometimes at a nearby restaurant. Check YA texts, bulletin and email for details.

2018 Trivia Nights, Jan. 17, Feb. 21, March 21, August 22, Sept. 12, Oct. 17 at 8:00pm

Join fellow Immanuel young adults at Clare and Don's Beach Shack in Falls Church for fellowship and fun! Appetizers and your first drink are on us. Friends welcome, as always!

Designing Your Future: Do You Dare to try to Make Your Career Amazing, Exciting and Fun?
March 4 at 6:45pm

Are you a young adult in the early stages of your career? Are you in college or grad school and wondering what's next? Do you lie awake at night, tossing and turning, anxious about such questions as: "Can my work life be amazing and exciting? Can I really get paid to do what makes me happy? Can I ever earn enough money to move out of my parent's basement/that little apartment?" Join us in the Meeting House after the Sunday evening service, share a meal (dinner will be provided), and play games to help you start designing your fantastic future. We will also have a contest to see who has the best and most inspiring mentoring and networking stories. Bring your A-game stories! Watch for sign-up information in February.

Trampoline Dodgeball + Afternoon Fellowship, Saturday, May 5, 1:00 - 3:00pm

One-hour trampoline dodge ball, FREE for the first 12 YAs who sign up! We will meet at Flight Trampoline Park in Springfield, VA: flighttrampolinepark.com/springfield (Bring your own water + \$3 for your required special socks and \$ for your post-game snack.)

YA BUBBLE BALL!!! Saturday, June 2, 1:00 - 3:00pm

You do not want to miss this fellowship event! We will have 10 bubble balls for 2 hours, which should accommodate 20 young adults. **What is bubble ball, you ask?** "We think of it as a remix of bumper cars, sumo wrestling, and ridiculousness. Anyone can play, no matter your age or sports skills. Each player is protected by a large, transparent bubble that covers the entire body except for the lower legs, with an opening above the head." Check it out here and get ready to laugh and play with your fellow Immanuelite young adults! <http://www.bubbleballdc.com/how-it-works>

The Enneagram

Saturday, April 21, 9:00am – 12:00 p.m.

(and Wednesdays, April 25, May 2, 9, 16 at 7-8:30 p.m.)

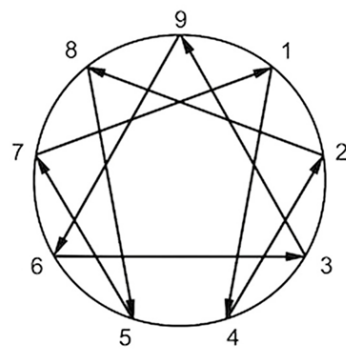
"Nine Personalities, Nine Points of View"

Join us for a workshop to learn about your spiritual personality type. The Enneagram is a powerful tool for self-discovery. It is based on the theory that each of us is a variation on one of nine core personality types. In discovering our type, we gain access to the underlying motivation and focus of attention to which each of us is predisposed.

By observing our motivation and attention, we can broaden our experience of life. Over time we have become "blind" to our automatic behaviors and ingrained motivations. The Enneagram helps us look at our "blindness" in an accepting way and move our individual lives into a more humble and effective balance. The workshop is open to all without registration and at no charge. For those who want to delve further, there will be four subsequent Wednesday evening sessions for which participants must register and pay a \$25 fee, which covers all four weeks.



Barbara Jaquette, MSW, has been studying and teaching the Enneagram for more than 25 years. Barbara is certified to teach the Enneagram in the narrative tradition of Helen Palmer. The Enneagram has been an important tool for Barbara's spiritual journey, and she is committed to sharing the Enneagram with others who are on a journey of self-understanding.

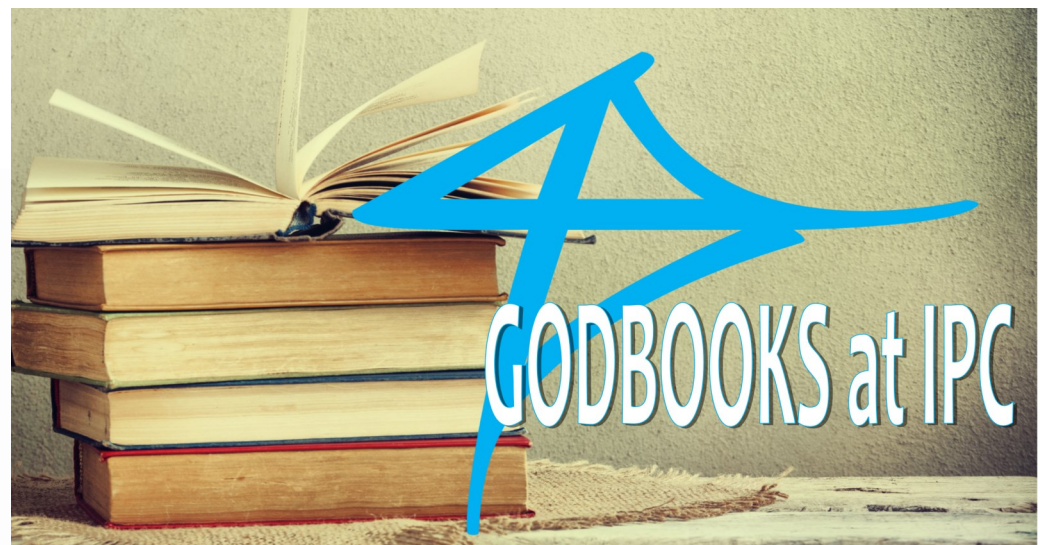


Immanuel Women's Annual Retreat, Friday and Saturday, May 18 - 19

Join the women of Immanuel for an overnight stay at the lovely Bon Secours Center in Marriottsville, MD. This is a great opportunity to relax, refresh and deepen relationships with IPC friends and acquaintances. The cost will be \$160/person and includes a private room, private bath, and all meals. It will be a wonderful time of fellowship, relaxation, spiritual sustenance and fun. Activities will include scripture study, prayer, sharing, meditation, silence, art, games, walking/stretching, and more.

Dinner and an Outdoor Movie, July

Be on the lookout for details to come!



Looking for great books to read recommended by your friends at Immanuel?

A "Godbook" is any book about God, Jesus, the church, religion, spirituality, or just life, that you think a member of Immanuel might enjoy or learn from and grow spiritually.

Visit ipcmclean.org/godbooks to read Godbook reviews submitted by Immanuelites and recent blog posts about our Godbook selections! You'll also find a link to add a review of your own!