

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 begin at 9:00 a.m. and 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.

Parenting Support Group, September 9–November 25

Many parents are facing challenges such as work/life balance, discipline, academic pressure, economic stress, and children with special needs (anxiety, ADD, depression, etc.). This new group, facilitated by skilled leaders, will offer support and encouragement through prayer, devotional readings, and personal sharing. There will also be time for parents to share resources and strategies with one another. Childcare will be available.

Contemplative Dialogue with Pastor Katie: Adjusting Your Life's Vision September 30, October 7–28

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. According to *Bridges to Contemplative Living*, "Merton knew that the only way to change the world is by changing individual people. *Adjusting Your Life's Vision* helps participants adjust their visions of life to encompass constant compassion and self-giving love." 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.



Dietrich Bonhoeffer Class November 4–18

Join with us to go beyond the historic Bonhoeffer. Scott Fisher and Tom Evans lead a three-week discussion of this great 20th century pastor and theologian's writings on grace, discipleship, ministry and who Christ is for us in the 21st century. The focus will be on some of Bonhoeffer's shorter works. Knowledge of German or theology not required!

P.O.L.O. (Parents of Little Ones), First Sunday of each month

Calling parents of young children! We are starting a 'Parents of Little Ones' small group that will meet Sundays (Sept 2, Oct 7, Nov 4, Dec 2). Our study materials will vary, from the Bible to books to blogs to podcasts. Childcare (and donut holes) will be provided. Please contact Bizzy Bracken (bizzybracken@gmail.com) or Pastor Katie for more information.

Drop-In Bible Study for Advent, December 2

Whether you are new to reading the Bible or simply wish to reengage your study in the company of others, join us. We will watch a 30-minute video from *Reading Biblical Literature: Genesis to Revelation* followed by guided discussion. No preparation required! During the video lesson, Luther Seminary Professor Craig R. Koester, Ph.D., will guide us in learning about basic themes, story arcs, and characters. The class leader will raise conversation questions.

Sharing Our Faith... 11:20am Sundays

Forum with Community Coalition for Haiti (CCH) October 21

The CCH is a faith-based, 501(c)3 non-profit organization that transforms lives, one by one, through long-term and community driven solutions in healthcare, education and community development. Come learn more about CCH as Immanuelites consider participating in a mission trip to Haiti.



Bryan Stevenson at Immanuel! Special Forum and Q&A November 4

"The opposite of poverty is not wealth. The opposite of poverty is justice."

Bryan A. Stevenson is an American lawyer, social justice activist, founder and executive director of the Equal Justice Initiative, and a clinical professor at New York University School of Law. Based in Montgomery, Alabama, Stevenson has challenged bias against the poor and minorities, especially children, in the criminal justice system. He has assisted in cases that have saved dozens of prisoners from the death penalty, advocated for poor people, and developed community-based reform litigation aimed at improving the administration of criminal justice.

Bryan initiated the National Memorial for Peace and Justice, informally known as the National Lynching Memorial, in Montgomery, which honors the names of each of the over 4,000 African Americans lynched in the 12 states of the South from 1877 to 1950. **Tickets for this event (free of charge) will be available soon.**

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.

October 28—Speaker TBA

6:45pm Sunday Evening Events

Front Porch Stories, September 9

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.

September 9—**Reaching Out to Women in Africa**, with Nancy Harris & Munch Stanton.

Munch and Nancy will share stories about the challenges faced by women in developing countries, and will discuss how American women can effectively reach out to them.



MaryAnn McKibben Dana on Improv, September 16

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; therefore, we are inviting MaryAnn back to celebrate the release of her new book, *God, Improv, and the Art of Living*. Copies will be available for purchase prior to her visit. Join us for an evening of play through improv and other interactive games and a book signing.

MaryAnn McKibben Dana

Human Rights in Christian Perspective September 23, 30, and October 7

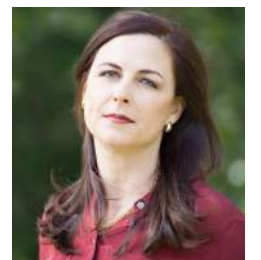
This interactive Christian adult education course offers insight into human rights from theological, spiritual, historical, and legal perspectives. Christian faith and scriptures call us to emulate God's love for justice.

September 23—**The Idea of Human Rights**

September 30—**Human Rights Under International Law**

October 7—**Living Human Rights**

Allyson McKinney Timm, a theologically-trained human rights lawyer, will lead this course. She is founder and Executive Director of Justice Revival, a faith-based community dedicated to inspiring, educating, and mobilizing its supporters to stand in solidarity with the oppressed and defend the human rights of all.



Allyson McKinney Timm

Weekday Spiritual Growth Opportunities

FAITH MATTERS, Mondays, 1:30-2:45 p.m.

We will begin a study of the book of Isaiah in the fall and continue the video: "A Literary Study of the Bible." Reading material varies from selected books to videos chosen by the members. All are welcome; the discussions are lively and thought-provoking.

MEN'S BIBLE STUDY, Tuesdays, 7:30-9:00 a.m.

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

GRACE YOGA, Tuesdays, 10:30-11:45 a.m., \$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), 11:45 a.m.

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. Upcoming books:

September 11—*Varina* by Charles Frazier

October 9—*News of the World* by Paulette Jiles

November 13—*The Spirit Catches You and You Fall Down* by Anne Fadiman

December (Date TBA)—*Angle of Repose* by Wallace Stegner

SPIRITUAL MEDITATION, Tuesdays, 7:15 p.m., \$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, October 16, 7:15–8:30 p.m.** 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 October 16 session.

September 23—**The Idea of Human Rights**

WOMEN OF SPIRIT, Wednesdays, 7:45-8:45 a.m.

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, 9:45 a.m.

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, 1:30 p.m.

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

Saturday Spiritual Growth



Joel Baden

**“What the Bible Has to Say about Immigration”
Presented by Reformed Institute Professor Joel Baden
September 29, 9:30 a.m. (Registration required.)**

Some prominent Protestant figures in this country have claimed in recent years that immigration is not a Biblical topic. Joel Baden disagrees, arguing that the issues raised by the migration of peoples across political borders is a recurring theme in both the Old and New Testaments. But does the Bible offer any sort of coherent message for people of faith who are seeking to make sense of the challenges posed by immigration?

In Prof. Baden’s writing and lecturing on this subject, he seeks to provide an answer to that question. Dr. Baden is professor of Hebrew Bible, Yale Divinity School, author of *The Promise to the Patriarchs*, *Reconceiving Infertility* (with Candida Moss) and *Bible Nation* (with Candida Moss), among other works. His writing has also appeared in such popular outlets as the New York Times, the Washington Post, Slate, Politico, and The Daily Beast. [Click to register.](#) For more information, contact Mary Hill, at the Reformed Institute (703-518-5125, mhill@reformedinstitute.org).

A Day of Deep Healing

Saturday, October 20, 10:00 a.m.– 3:00 p.m.

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.



Lyn Demeré

Fall Day Hike, Saturday, October 13, Sky Meadow State Park

Join hiker Martha Whitney, Pastor Katie and your fellow Immanuel outdoors lovers for a hike at Sky Meadows State Park. This is a great way to build your excitement for IPC’s first weekend hiking retreat next spring! All are welcome. The group will hike 5 ¼ miles (with the option of an additional 3 miles) and includes a spectacular overlook across the valleys to the Shenandoah Mountains. This will coincide with Fall Farm Days, with programs, music, and food for sale. The park is about an hour away on I-66, near Delaplane, VA. We will carpool from IPC in the morning and return mid to late afternoon. RSVP to office@ipcmclean.org.



Sky Meadow State Park



SOULCOLLAGE®

Saturday, November 10, 9:00 a.m.– 1:30 p.m.

SoulCollage® is a fun, creative way to express your inner world. Using intuition, imagination and a willingness to explore, we will each create a deck of personal wisdom cards. Our theme will be “Healing Ourselves and Honoring Those We Love.” These collages can lead you on a journey of self-discovery that will surprise even the most seasoned traveler on the path of healing and self-awareness. No artistic ability required!

For questions and to find out about attending free by volunteering to help, contact Sue Johnston at sue.johnston@comcast.net. To register, send a check for \$65 registration fee to Immanuel, made out to Immanuel Presbyterian Church, with *SoulCollage* written on the memo line.

Immanuel NEXT (Ages 22-36ish) Events

Trivia Nights at Mister Days in Arlington, Tuesdays, 7:00 p.m.

Join fellow Immanuel young adults, ages 22 – 36ish, for trivia nights! Appetizers and your first drink are on us. Friends welcome, as always! **RSVP required for seating purposes.**

Oct. 16—Immanuel “young adults” vs. Immanuel “adult adults” (rematch edition!)

Nov. 13—Trinity Presbyterian Arlington vs. Immanuel Presbyterian Church



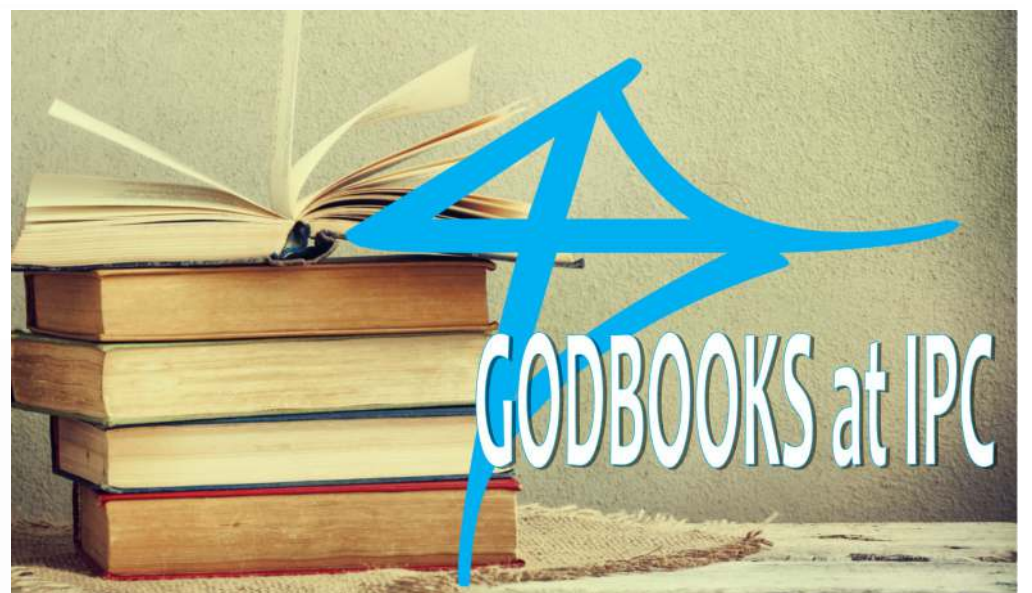
Bubble Ball, Arlington, Saturday, September 15

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.”

Get ready to laugh and play with your fellow Immanuelite young adults! RSVP to office@ipcmclean.org.

IPC Pathways Career Mentoring Initiative

Join Immanuel adults and young adults who have participated in dozens of career mentoring conversations over the last year. All that is required is time for a cup of coffee and a willingness to share and hear stories about career paths. Visit www.harraseeketfoundation.org/immanuel-pathways to register to be a mentor and learn more about IPC Pathways.



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!

