



Upcoming Winter/Spring 2019 Spiritual Growth Opportunities at **IMMANUEL PRESBYTERIAN**

Sunday Morning Spiritual Growth Opportunities

Join us for coffee at 8:45am in the Meeting House. Classes begin promptly at 9:00am.

Programs are subject to change. Please check the weekly E-Presence and Sunday bulletin for updates.

Current Issues, Weekly Throughout the Year

This class explores worldwide issues that impact our lives, calls upon the resources of our faith, and invites 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.

Drop-In Bible Study, January 13 and 20

Whether you are new to reading the Bible or simply wish to re-engage your study in the company of others, join us. We will watch a 30-minute video followed by guided discussion. No preparation required! The class leader will raise conversation questions. *Facilitator: Helyn Hof*



Likewar: Weaponizing Social Media, January 27

Peter Singer, Immanuelite and co-author of the acclaimed new book *Likewar*, will lead a discussion of how the internet is changing war and politics, just as war and politics are changing the internet. Terrorists livestream their attacks, “Twitter wars” produce real-world casualties, and viral misinformation alters not just the result of battles, but the very fate of

nations. The result is that war, tech, and politics have blurred into a new kind of battlespace that plays out on our smartphones.

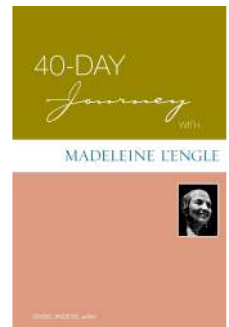
Nationalism and Religion since the Protestant Reformation February 3, 10, 17 and 24

Nationalism, like the nation-state itself, is a modern creation, and is a product of cultural differences created by the Protestant Reformation. But it also raises profound theological issues that are still very much in play in today’s world. This lecture series explores those issues in the light of the relevant history. Particular attention will be paid to the views of Christian (especially Protestant) theologians who have had noteworthy things to say about the subject. *Instructor: Dr. Bruce Douglass, Director, Reformed Institute of Metropolitan Washington*

Lenten Study Group,

March, 17, 24, 31 and April 7

This year’s Lenten book, *40 Day Journey with Madeleine L'Engle*, is a daily devotional containing reflections on a number of inward-looking subjects, Biblical passages, questions for discussion, and suggestions for journaling.



Presbyterians 101 with Pastor Aaron, March 31

Are you new to the Presbyterian tradition? Are you up for a refresher course? Come join Pastor Aaron at 9:00am as he shares his take on the basics of Presbyterian-flavored theology and what the PC(USA) *Book of Order* calls “the essential tenets of the Reformed faith.”

God's Love for the Marginalized, May 19 and 26

One of the most consistent themes in scripture is God's love for the marginalized in society. As Paul states in 1 Cor. 1:28, God “chooses the lowly and despised in the world;” this as a rebuke of the misguided ways humans assess the value of the lives of others. Join us as we interactively study two sets of stories in which God inverts social understanding about who has value and meaning in society. Classes can be attended individually for those who can't make both sessions. *Leader: Dr. Scott Strednak-Singer*

Science and Spirituality: Collaboration or Conflict? June 2 and 9

How are our views of God and religion affected by our understanding of science? What role has science played in the development of religious traditions and beliefs? How can science make us more devout Christians? What would science accomplish without the presence of spirituality? These and other topics will be debated as we watch YouTube videos and read short materials on the subject. *Facilitators: Rich Bissell and Henry Haigler*

Sharing Our Faith... 11:20am Sundays

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 10, Frank Winston April 7, **Marjorie Fox**



“Breaking the Silence about Mental Illness, Family, and Church”

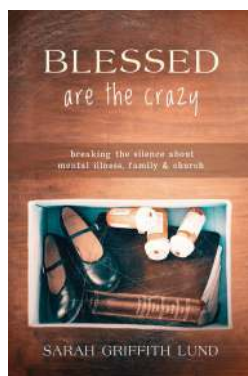
Rev. Dr. Sarah Lund, UCC Minister for Disabilities and Mental Health Justice

**February 24, 11:20am and 6:45pm
(Preaching at 10:00am & 5:30pm)**

Join us as Rev. Lund preaches at both morning and evening worship services on Feb. 24. After each service, Rev. Lund will lead a forum and Q&A period filled with transformational insight and challenge regarding mental health issues for the church today. Rev. Dr. Lund is the author of the highly regarded [*Blessed are the Crazy: Breaking the Silence About Mental Illness, Family and Church*](#). You can purchase your copy after services throughout February as we prepare to hear from Rev. Dr. Lund.

Sarah is an ordained minister in the United Church of Christ (UCC) and the Christian Church (Disciples of Christ) and has served as pastor to several churches. She currently is the senior pastor of First Congregational UCC of Indianapolis, IN. She is on the UCC National Staff as Minister for Disabilities and Mental Health Justice.

Sarah has degrees from Trinity University (BA), Princeton Theological Seminary (MDiv), Rutgers University (MSW), and McCormick Theological Seminary (DMin). She received the Princeton Engle Preaching Prize in 2002 for excellence in preaching and the Bob and Joyce Dell Award for Mental Health Education from the UCC Mental Health Network in 2015 for "leadership in breaking the silence about mental illness in family and in church and offering healing and hope." She blogs at sarahgriffithlund.com.



Sunday Afternoon & Evening Events

International Mission: Students Helping Honduras

February 3, 4:00pm

Shin Fujiyama, with Youth Director Liz Pruchnicki, will speak about the upcoming mission trip to Honduras to build a school for young children. The trip will be from July 20 – 27, 2019. There are no age restrictions on the trip, so all interested are encouraged to attend this program to learn more.

Conversations about Vocation Mentors, February 10 6:45pm

What role has mentoring played in your search for vocation? Have you been a mentor to someone (older or younger)? A mentee? A seeker in the [IPC Pathways mentoring program](#)? Whether or not the answer is yes, and if you're thinking about improving your skills benefiting from, or being, a mentor, join us for a very informal conversation about mentoring, and how it can make a difference in how we discern our vocations. Who is an ideal mentor? How can they be most productive for discernment of vocation? What role(s) should they play?

Rev. Dr. Sarah Lund, February 24, 6:45pm (See description in previous panel.)



Front Porch Stories, 6:45pm

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.

March 17

Flynn Bucy and Mark Fowler: Vulnerability and Faith

Flynn and Mark will lead a conversation about the events in our lives when we experience vulnerability and learn that we aren't in control, and how they influence our faith journey.

May 5

Scott Fisher and Bill Barton: Social Issues in the Military

Scott and Bill, both veterans, will lead a conversation, with anecdotes from their experience, commenting on how the military minimizes social, cultural, partisan, and economic issues with a mission-focused orientation.

Weekday Spiritual Growth Opportunities

LENTEN STUDY GROUPS

Small groups meeting at various times during Lent
March 10 – April 21

This year's Lenten book is *40 Day Journey with Madeleine L'Engle*, author of *A Wrinkle in Time*. This daily devotional uses short observations by L'Engle and Biblical passages as a foundation for thoughtful reflection and optional journaling, and is well-suited to small group discussion. Each small group will meet three–five times during Lent. 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, 1:30-2:45pm

A small discussion group that selects topics to study covering all areas of faith. Pastor Katie helps us understand ideas and often goes beyond what we are reading. We have just finished a study of the Book of Isaiah. We have selected *The Misunderstood Jew: The Church and the Scandal of the Jewish Jesus* for our current read. All are welcome!

MEN'S BIBLE STUDY, Tuesdays, 7:30-9:00am

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, 12:00pm

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.

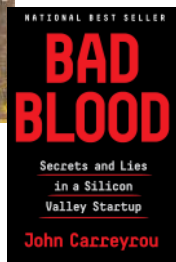
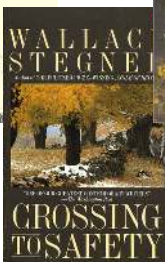
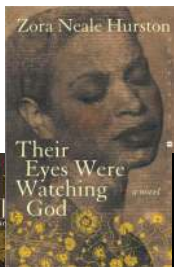
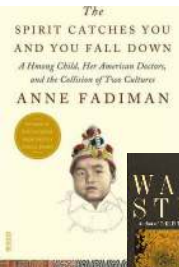
Upcoming books:

January 8 *The Spirit Catches You and You Fall Down*, Anne Fadiman

February 12 *Crossing to Safety*, Wallace Stegner

March 12 *Their Eyes Were Watching God*, Zora Neale Hurston

April 9 *Bad Blood*, John Carreyrou



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*)



Meet Lyndall Demeré, Ph.D., Msc.D., pastoral counselor, intuitive spiritual director, and spiritual healer on Tuesday, Feb. 5 when she will lead the meditation.

WOMEN OF SPIRIT, Wednesdays, 7:45-8:45am

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.



Capital Caring will offer a drop-in group at Immanuel, 1:30-3pm, Fellowship Hall (back of the sanctuary)

First and Third Wednesdays, starting January 16

This group is open to anyone at Immanuel and in the Northern Virginia community. If you have experienced grief within the last year, or if grief feels fresh once again, this group is for you. Come to one or all meetings, as this is a continual group.

Saturday/Weekend Programs

Still People of the Book? Protestant Identity in Our Time

January 26, 9:00am-12:00pm, Dr. R. Bruce Douglass, Reformed Institute

Does it matter whether Christians know anything about the Bible? For most of their history Protestants assumed the answer was obvious. Not only did they seek to make the Bible as widely available as possible, but they also made a concerted effort to enable people to understand church doctrine.

Today that does not appear to be true in the industrialized world. In the United States, the level of Biblical knowledge among Protestants (including evangelicals) seems quite low, and churches seem unable to do anything about it. What does this mean? Does it portend a fundamental change in Protestant identity?

There is no charge for this event. Register at www.reformedinstitute.org. Registration is helpful but not required. Anyone interested in carpooling can meet at Immanuel at 8:30 am. Event takes place at National Presbyterian Church, Stone Hall, 4101 Nebraska Avenue NW, Washington, DC 20016



Spiritual Meditation Experience to Enhance an Immediate and Intimate Connection with the Holy Spirit

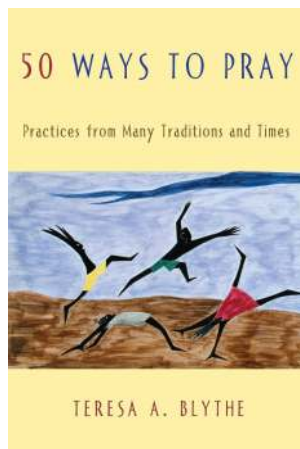
February 9, 10:00am – 3:00pm



Lyndall Demeré, Ph.D., Msc.D., pastoral counselor, intuitive spiritual director, and spiritual healer, will lead two meditation experiences and answer questions. \$160 for speaker expenses, fees and catered lunch. Advance registration required. See also the description of the Tuesday evening Spiritual Meditation program.

Prayer Workshop, 9:30 – 11:30, March 2

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 Kluttz 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.



Labyrinth Walk as Lenten Discipline, Saturday, March 16

Walk the large outdoor labyrinth near the Georgetown waterfront. Leave from Fletcher Cove Parking Lot at 10:00am, walk 4 miles to the labyrinth along the C&O canal. Guided walk on the labyrinth followed by coffee at Peets nearby or on to lunch at Munchies. [8 miles round trip, flat surface]. Rain date April 6. Contact Martha Whitney with questions at mowhitney@gmail.com.



Holy Sauntering: Hiking Retreat at Shenandoah National Park, May 10–12

Hike in Shenandoah National Park; with glorious views; guided meditations; and sharing ideas, experiences, and favorite texts! John Muir, the Scots naturalist responsible for raising awareness of the need for national parks, was once asked about hiking. "I do not hike," he said, "I saunter." He explained that in medieval times when pilgrims headed for Rome or Jerusalem passed through villages and were asked about what they were doing, they often replied that they were going, "a sainte terre," or "to the holy land." To Muir, all nature is holy. Explore this idea with fellow Immanuelites as we encounter scripture, hymns, poetry, and thoughts of great naturalists throughout the weekend! Registration cost includes two nights at a cabin sleeping 20. Leadership: Martha Whitney, Billy Kluttz, and Pastor Katie.

Women's Retreat, June 7 – 8

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 \$163/person and includes a private room/bath, and all meals. It's a wonderful time of fellowship, relaxation, spiritual sustenance and fun. Activities include scripture study, sharing, meditation, silence, art, games, walking/stretching, and more!



Immanuel NEXT (Ages 22-36ish) Events

Trinity Arlington Young Adult Trivia Nights at Mister Days, Arlington (One block from the Clarendon Metro, Orange Line)

RSVP to Pastor Katie the day before each event for seating reservation. Friends welcome! Appetizers and your first drink are on us. This is a great opportunity to get to know Immanuelite young adults!

Tuesday, January 15, 6:45pm *Tuesday, March 26, 6:45pm*
Tuesday, February 12, 6:45pm *Tuesday, April 30, 6:45pm*

**Immanuel NEXT “Young Adults” vs. Immanuel “Adult Adults”
 The Rematch-Rematch! Thursday, May 22, 6:45pm**

**College-Age Trivia Night, Clare and Don’s Beach Shack, Falls Church
 Thursday, June 5, 8:30 pm**

Join Youth Director Liz Pruchnicki and Pastor Katie for a college-age trivia night! Appetizers are on us! Friends welcome!



**POLO (Parents of Little Ones)
 1st & 3rd Sundays of each month,
 Jan. 19 – June 2 (except Easter)
 Meeting House, Room 204**

Calling all parents of young children! POLO study materials vary from books to blogs to podcasts. Materials are chosen by each week’s leader in consultation with group facilitators Bizzy Bracken and Pastor Katie.

If you are wondering if your kids count as “little ones,” then the invitation to this group is for you! Donut holes and childcare provided. Friends welcome! Contact Bizzy or Pastor Katie to be added to the POLO email list for details about upcoming discussion materials.



Game Night in Ballston, June

Join Immanuelite young adults and friends for an evening of pizza and laughter! RSVP info, and address will be sent out via text. Text “youngadult” to 97000 to receive Immanuel NEXT invitations for game night and other events.

August Movie on the Lawn

Outdoor movie in DC – bring your own blanket or lawn chair. Text “youngadult” to 97000 to receive Immanuel NEXT invitations for movie night and other events.



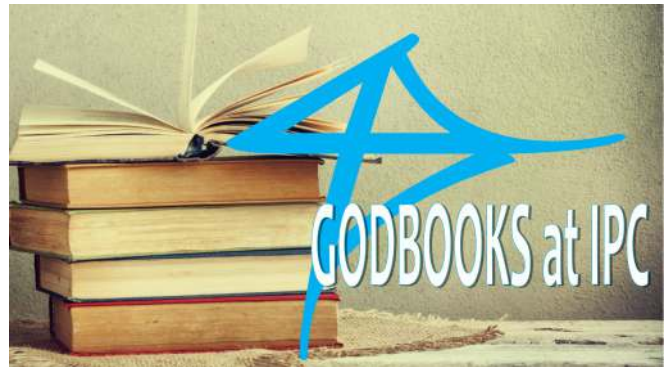
NEW at Immanuel!

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!

