

Labyrinth Walking Weeks



The Labyrinth is an ancient spiritual tool that has many applications. It can be used individually and with groups to explore life's questions, to experience prayer, to quiet one's heart and mind or to simply be. It is a walking meditation - a path of prayer.

We will hold three *Labyrinth Walking Weeks* during this year for our congregation to experience this meaningful way to meditate and pray.

On Wednesday evening of each week, there will be a facilitated workshop about the Labyrinth - its history and ways to use it with a walking time included.

dates: October 3 - 7, March 13 - 17 and May 15 - 19

Facilitator: Connie Capes-Leslie

Contact: Betty Heining, 416-964-0389

Lenten Mid-Week Opportunity

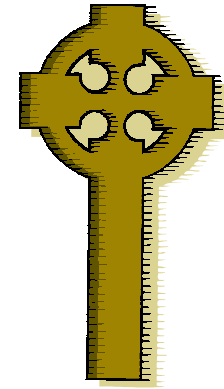
Have you wondered *how* to pray? During Lent, on Wednesday evenings, a series on ***Ways to Pray*** will be held. We will explore the Ignatian Way to Pray, Lectio Divina (praying with scripture), the Labyrinth, Centreing Prayer, Journaling, Embodied Prayer along with other methods of prayer.

date: Wednesday evenings, March 8, 15, 22, 29, April 5

Facilitator: Connie Capes-Leslie

Contact: Jennie Keating, 416-762-4021

published: August 2005
subject to change



ADULT EDUCATION AND GROWTH OPPORTUNITIES

2005-2006

Eglinton St. George's United Church
35 Lytton Blvd.
Toronto, Ontario
M4R 1C3
416-481-1141
www.esguinted.org

Faith Formation:

FAQ (Faith Asking Questions)

FAQ Groups began at our church in fall 2004. These groups provide an opportunity for small groups of adults to gather to explore faith questions such as: *How do you experience God in your life? Who is Jesus for you? The Bible – what does it mean to you?*, along with many other interesting faith based questions. Feedback has been very positive. During the coming year, FAQ groups will be held during each season. Using a United Church resource entitled, *Exploring Faith Questions*, facilitators will lead groups in spiritual practise, prayer and discussion.

Fall: Wednesday afternoons, October 19, 26, November 2, 9, 16, 23, 12:00 noon – 2:30 p.m.

Watch weekly announcement sheets for winter and spring start-up dates.

Small Groups:

Do you have a passion for something that you'd like to share with others in the friendship and intimacy of a small group (6-8 people)? Please contact Peter Wilkins at 416-482-9389 for assistance in starting a small group.

Library:

An adult lending library is available in the Hearth Room on the main level, where you will find books on a variety of topics, including the Bible, family life, theology, meditation, spirituality and more.
contact: Pam Velos, 416-944-9113

Weekend Retreat:

'Come And Find Your Quiet Centre' will be the theme of our spring retreat at Crieff Hills Conference Centre near Guelph, Ontario. On this weekend, we will experience this theme through guided prayer, quiet reflective time and discussion. We will learn about ways to pray, how to carve out quiet time in your day and how to meditate. Registration will begin in the New Year date: Friday, May 5 – 7, 2006

cost: \$150.00/person (includes two nights of accommodation and five meals)

Facilitator: Connie Capes-Leslie

Contact: Patti Thompson, 416-489-4316



Adult Education Working Group:

Peter Wilkins (chair), Jennie Keating, Betty Heininger,
Joan Bowden, Gail Brown and Olive Frame

Sunday Mornings:

Sundays @ 9

Sundays @ 9 (formerly *The Gathering Place*) is held most Sunday mornings and is an informative, interesting way to begin your day. Educational in nature, there are a variety of series planned on topics such as:

- World Religions
- Celtic Spirituality
- Aging Well
- Sustainable and Ethical Investments
- The One Tonne Challenge
- Bible Study for Advent and Lent

Coffee is available at 8:45 a.m. From 9:00 – 10:00 a.m., we will gather for learning and discussion.

Please watch your weekly announcement sheets for topics and dates beginning October 23rd.

Contact: Joan Bowden, 416-222-0102

ESG Book Club

Throughout the year, the congregation is once again invited to participate in a *Book Club*, reading four books of interest, discussing them in a small group and hearing a reflection on the book in the Sunday Sermon. This year the titles are *Gilead: A Novel* by Marilynne Robinson on October 16 and *The Kite Runner* by Khaled Hosseini on November 13. Like last year, on February 5 we will reflect on the 2005 winner of the Governor General's award for English Language Fiction and on May 7 the chosen title from CBC's Canada Reads. The Book Club includes a pre-service book discussion the book, a topical sermon during morning worship and a sermon talkback following worship to engage in further discussion. It's a book lover's dream!

October 16, November 13, February 5 and May 7

Contact: Flo Marson, 416-481-8336

OTHER OPPORTUNITIES



Sing with Comfort and Joy

For those who love to sing, it really is all “comfort and joy”. For those who don't, singing can be the exact opposite! John Bell coined a phrase for those for whom singing is profoundly uncomfortable and unjoyous—the “vocally disenfranchised”. If you are among their number, or just want to learn more about music and singing, then this 4-week course, led by Peter Merrick, might be for you. You can expect to:

- Learn how to hear music in a new way
- Learn the basics of reading music
- Find your own unique and irreplaceable voice
- Let go of physical tensions and psychological inhibitions
- Have fun!

Course fee \$25

Monday evenings, October 17 to November 7

Contact: Betty Heining, 416-964-0389

Final Friday Film Nights @ ESG

On the last Friday of every month, the Adult Education Committee presents a video for both entertainment and theological reflection. Following up on our Reel Theology Lenten Sermon Series and the Reel Theology Video Nights in the Spring of 2005, this will be an opportunity for people to watch a film together, share questions and insights and to learn the basic tools for theological reflection. Film titles will be announced a couple of weeks ahead. Watch the weekly announcement sheets.

Contact: Olive Frame, 416-485-7796