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| **Soul Feast: An Invitation to the Christian Spiritual Life** | Text  Description automatically generated   |  | | --- | |  | |  |  |
| **Schedule:**  One Saturday per month, 9am -10:30am in the Hospitality Room   |  |  |  | | --- | --- | --- | | Chap | Date | Description | | 1 | 21-Jan | Hunger and Thirst for the Spirit: The Spiritual Yearning of Our Time | | 2 | 18-Feb | ​Chewing the Bread of the Word: The Nature and Practice of Spiritual Reading | | 3 | 18-Mar | Communication and Communion with God: Approaches to Prayer | | 4 | 15-Apr | Gathered in the Spirit: Our Common Worship | | 5 | 13-May | Reclaiming Sabbath Time: The Sacred Art of Ceasing | | 6 | 10-Jun | The Practice of Self-Emptying: Rediscovering the Fast | | 7 | 16-Sep | Of Conscience and Consciousness: Self-Examination, Confession, and Awareness | | 8 | 14-Oct | Companions on the Journey: The Gift of Spiritual Direction | | 9 | 18-Nov | Entertaining Angels Unawares: The Spirit of Hospitality | | 10 | 9-Dec | Putting It All Together: Developing a Rule of Life |   If there are particular topics of interest, please feel free to join anytime.  We will send/post a Zoom link closer to the date (in case of bad weather, illness, etc)  If Lucas County has a level 2 snow emergency we will meet on Zoom only.  In preparation for Session 1 (Jan 21st) please read and reflect on the Introduction and Chapter 1. We will discuss the Group Study questions together.  Session 1 will run one hour as there is a Deacon/Elder retreat at 10am.  Book info: |  |  |  |
| [https://www.amazon.com/gp/aw/d/0664239242/ref=tmm\_pap\_swatch\_0?ie=UTF8&qid=1666790684&sr=8-1](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.amazon.com%2Fgp%2Faw%2Fd%2F0664239242%2Fref%3Dtmm_pap_swatch_0%3Fie%3DUTF8%26qid%3D1666790684%26sr%3D8-1&data=05%7C01%7Cjeannine.crumley%40bp.com%7C3186b1dd6cd1461cc69408dab758073e%7Cea80952ea47642d4aaf45457852b0f7e%7C0%7C0%7C638023885942403095%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=f7ttsaAYmhhmIHMUPrzML5kS8Q2UrrVX5CVhuL8ASB4%3D&reserved=0)  ASIN: B00PAZOQCS  Publisher: Westminster John Knox Press; New Rev edition (September 26, 2014)  Publication date: September 26, 2014  **If you need a book, contact Jeannine Crumley or Sandy Townsend**  Jeannine Crumley [uriah3192@gmail.com](mailto:uriah3192@gmail.com)  Sandy Townsend [sltown@bex.net](mailto:sltown@bex.net) |  |  |  |
| Peace and blessings  CPC Christian Discipleship |  |  |  |