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| **Soul Feast: An Invitation to the Christian Spiritual Life**  | Text  Description automatically generated

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| **Schedule:** One Saturday per month, 9am -10:30am in the Hospitality Room

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| 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: B00PAZOQCSPublisher: 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.comSandy Townsend sltown@bex.net |  |  |  |
| Peace and blessingsCPC Christian Discipleship |  |  |  |