

Christian Education Hour

Adult Offerings

Fall and Winter
2015

September - December 2015

9:00-9:50 am



Fox Valley
Presbyterian
Church

love · grow · serve

Note: There will not be any classes held on Sunday, December 27, and only one worship service that morning at 10:00 am.

Large Group Events

These events will be held in the Sanctuary.

Presentation on the Pastor Nominating Committee Process

September 20; Led by Pastor Gavin Meek

Pastor Gavin will make a presentation on the Pastor Nominating Committee (PNC) process and answer questions. The PNC, which will be entrusted to do the search for the next pastor, will be elected at the congregational meeting on Sunday, September 27. Come and learn about the work of the PNC and ask Pastor Gavin any questions you may have about the process.

Congregational Meeting To Elect Church Officers and the Pastor Nominating Committee

September 27; Moderated by Pastor Gavin Meek

The purpose of this meeting shall be: 1. To elect members for the Pastor Nominating Committee. 2. To elect Elders for the Class of 2018 and one youth elder. 3. To elect Deacons for the Class of 2018 and one youth deacon. 4. To elect members-at-large for the 2016 Nominating Committee. 5. To act on a recommendation from the Session regarding new By-Laws. However, throughout the parts of the meeting, Pastor Gavin will provide informative explanation about Presbyterian polity and history.

Presentation on Preventing Domestic Violence

October 25; Led by Alisa Neary, Clinical Director of *Mutual Ground* in Aurora, Illinois

As October is Domestic and Sexual Abuse Prevention Month, we welcome one of our local service providers to educate us on how best to respond when confronted with domestic violence. Domestic violence is rarely an isolated incident. Rather, it is an ongoing pattern of behavior aimed at establishing and maintaining power and control over an intimate partner. This pattern is typically described as a cycle of violence. Since the seriousness and effects of abuse escalate as each cycle is repeated—the pattern of domestic violence can also be described as a spiral. If the cycle of violence is not broken with an intervention, it may result in the death of a victim.

Here are the phases that occur in the cycle of violence: set-up, abuse, guilt and fear of reprisal, rationalization, normal behavior, fantasy and planning; and then it repeats itself—always escalating. Learn how to recognize abusive behavior and how to help those caught in these escalating cycles.

Four New Adult Education Tracks

Our new adult religious education program will generally be broken into four tracks – except on September 20, September 27 and October 25.

No-Prep Bible Study (Conference Room)

The *No-Prep Bible Study* track includes classes that may be experienced as stand alone, even when they are part of a greater series. There is no advance reading required and all are invited to participate in any class. Classes will meet in the Conference Room.

Track 1

**No-Prep
Bible
Study**

Animate: Bible

October 4, 11, 18; November 1, 8, 15, 22 (7 weeks); Led by Pastor Jen Kottler

Animate Bible is a seven-session exploration of the Bible. Each week, we will address a different issue of Biblical history and scholarship. Every session stands alone, and you are welcome to attend any or all of them. The session topics are: the creation of the Biblical canon, the history of the Bible, the Testaments as one story in two parts, the Gospels as unexpected good news, the genre of the Biblical texts, Biblical interpretation and grace as the bottom line of all our scripture.

If you are interested, an optional journal is available for purchase by contacting the church office (630-232-7448 or office@foxvalleypres.org) by September 20, if possible.

A Season of Hope and Anticipation

November 29; December 6, 13, 20 (4 weeks of Advent); Led by Pastor Gavin Meek

This four-session, adult Advent study examines the Advent themes found in the four gospels, focusing on hope and anticipation. Written by New Testament scholar Marianne Blickenstaff, each week will include small-group discussion and reflection questions, group reflection, word study activities, and more.

Book Study (Chapel Room)

The *Book Study* track will look at books that are religious, theological or spiritual in nature. Participants are invited to read the book to be ready for discussion on Sunday. Classes will be held in the Chapel Room (formerly the Chancel Room).

Track 2

**Book
Study**

Amazing Grace: William Wilberforce and the Heroic Campaign To End Slavery by Eric Metaxsis

October 4, 11, 18; Led by John Jacobsma

Amazing Grace tells the story of the remarkable life of the British abolitionist William Wilberforce (1759-1833). This accessible biography chronicles Wilberforce's role as a human rights activist, cultural reformer, and member of Parliament. A group met in the summer to discuss this book, and this was so popular that we asked John to lead a discussion again in the fall. To learn more, contact John (630-232-0599 or john@jacobsma.net).

***Falling Upward: Spirituality for the Two Halves of Life* by Richard Rohr**

November 1, 8, 15, 22; Led by Beverlee Ludema, PsyD, Licensed Clinical Psychologist

In *Falling Upward: A Spirituality for the Two Halves of Life*, Franciscan priest Richard Rohr invites us to understand the arc of our spiritual journey as beginning in the first half of life with the tasks of identity, security, and significance that build our life "container," followed by a collapse of that "container," inviting the transformations of the second half of life. Rohr explains that the collapse of our "personal salvation project" is built into the plan, a falling that can move us upward into something much bigger than ourselves. Beverlee will lead a four-week discussion of this fascinating book.

***The Journey: Walking the Road to Bethlehem* by Adam Hamilton**

November 29; December 6, 13, 20; January 3; Led by Pastor Jen Kottler

Journey with Adam Hamilton as he travels from Nazareth to Bethlehem in this fascinating look at the birth of Jesus Christ. As he did with Jesus' crucifixion in *24 Hours That Changed the World*, Hamilton once again approaches a world-changing event with thoughtfulness. Using historical information, archaeological data, and a personal look at some of the stories surrounding Jesus' birth, the most amazing moment in history will become more real and heartfelt as you walk along this road.

This five-session study includes (in addition to the book) a short weekly DVD and great discussion. You are invited to be as involved as you like – read the book during the week, or just show up to see the video and join in the discussion.

Current Issues Forum (Adult Lounge)

The *Current Issues Forum* track is a series of conversations about current issues and the impact these issues have on our faith and understanding of who God is and what God is doing in the world. Each week, this class will endeavor to understand these issues in light of what we believe as Christians, and how we understand God. Each of these classes will stand alone and no advance preparation is necessary. The classes will meet in the Adult Lounge.

Track 3
***Current
Issues
Forum***

October 4; Led by Pastor Gavin Meek

Topic: *Immigration*

Immigration is a hot topic of discussion in our society and few of us have any personal or first-hand knowledge or experience with it. Pastor Gavin will moderate a panel discussion that will include several members from the Fruto de Vida congregation sharing their personal experiences. There will also be time for questions from those gathered.

October 11; Led by Jenny McAdams, Financial Associate, Thrivent Financial

Topic: *Financial Planning in Retirement*

Retire Wisely is a session that focuses on how one can best protect their financial investments during retirement. While many people focus on saving for retirement, few think about how to safely protect their investments during their retirement years. Based in Geneva, Jenny McAdams helps people of faith protect and steward their money well.

October 18; Led by Nancy Kuhn, LMTF

Topic: *The Importance of Self-Care To Manage Stress*

Nancy will present on the importance of self-care in managing stress. If we fail to care for ourselves, we will lack the resources to respond to life with balance, self-control, and objectivity. We will be reflecting on how we care for ourselves using Monica Reed's (2007) model of self-care. This model concentrates on eight areas of life, which are covered in the acronym "CREATION." These eight factors can help transform and revitalize your overall health, help you to maintain a balanced emotional mood, and improve your state of mind, physical strength and spiritual life.

October 25; Led by Alisa Neary, MSW, LCSW, Clinical Director of Mutual Ground

Topic: *Preventing Domestic Violence*

As October is Domestic and Sexual Abuse Prevention Month, we welcome one of our local service providers to educate us on how best to respond when confronted with domestic violence. Domestic violence is rarely an isolated incident. Rather, it is an ongoing pattern of behavior aimed at establishing and maintaining power and control over an intimate partner. This pattern is typically described as a cycle of violence. Since the seriousness and effects of abuse escalate as each cycle is repeated—the pattern of domestic violence can also be described as a spiral. If the cycle of violence is not broken with an intervention, it may result in the death of a victim.

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November 1, 8, 15, 22; Led by Pastor Gavin Meek

Topic: *Homosexuality, Same-Sex Marriage and the Church*

This four-part conversation will include Bible study as well as a conversation on how to interpret scriptures in light of what we know about the context and intent of the Biblical writers who mentioned homosexuality or homosexual acts in both the Hebrew and Christian scriptures. You are welcome to attend all or only one of these classes – and broaden your understanding of how and why the PCUSA recently voted to amend the *Book of Order* to include same gender couples within the definition of marriage.

November 29; Led by Rev. Loy Williams and Linda Williams

Topic: *Mental Illness*

Suicide is not usually talked about until an incident grabs the headlines. The focus of this discussion will be on how we can help to prevent suicide, and respond to suicide and support the families left behind.

December 6; Led by Krista Brennforder, M.A., LCPC, and Sara Schramer, M.A., LPC of Centennial Counseling Center

Topic: *Talking to Your Kids about Marijuana*

In this era of legalization, marijuana use is a hot topic. It can be especially challenging to talk with kids about marijuana use. Join us as we discuss how to engage your kids in a conversation about smoking pot that will lead to a closer relationship rather than an argument or debate.

December 13; Led by Wilma Van Arragon

Topic: *Addiction*

The goal of this conversation is to have an understanding of addiction as a chronic brain disease. We will provide an introduction to addiction, look at the legal and medical issues and share the latest information on treatment and current research. Handouts will be distributed at the session.

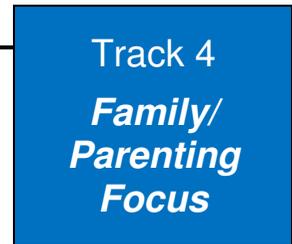
December 20; Led by Rev. Loy Williams and Linda Williams

Topic: *Water Shortage*

Desertification is a world-wide problem. It is no longer confined to developing countries. It is beginning to affect life in the United States. This discussion will focus on the growing problem of water shortage in North America and what can be done to help.

Family/Parenting Focus (Room 1)

The *Family/Parenting Focus* track will focus on the needs of parents (with children at all stages of life) and families (broadly defined) but is not exclusive to those groups! If the course is of interest to you, by all means know that you are welcome to come to any or all of the classes in each series. No preparation is necessary. Classes will meet in Room 1.



Teaching Our Children About...

October 4, 11, 18; Led by Pastor Melinda Hinners

This three-session series will focus on teaching young children about the Bible (October 4), worship (October 11), and the sacraments (October 18). In addition to learning ways to talk to our young children about these issues, this class will also explore spiritual formation in young children and adolescents.

24/6: Taking a Sabbath

November 1, 8, 15, 22; Led by Elder Leigh Kiesewetter

Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing.
Eugene Peterson

We know that God wishes for us to observe the Sabbath and keep it holy, but how in the world can we possibly do this in this fast paced, constantly connected world in which we live? Join Leigh for this four-week video study as we learn the importance of keeping the Sabbath. We will discover why we need a 24/6 life, how to achieve it and what it looks like in practice. Dr. Matthew Sleeth will be our guide, along with Eugene Peterson, David Green and Mark DeMoss. Come journey with us and travel to the most wonderful places imagined—one Sabbath at a time.

(Participants will have the option of purchasing the book, *24/6*, in book or electronic form; however, it is not required. All participants are welcome to attend any of the sessions as they are able. Attending all sessions is not required to benefit from the class.)

A Different Kind of Christmas

November 29; December 6, 13, 20; January 3; Led by Rachel and Steven Zahn

Every year, we say we are going to cut back, simplify, and have a family Christmas that focuses on the real reason for the season: Jesus. But every year, advertisements beckon, the children

plead, and it seems easier just to indulge our wants and whims. Overspending, overeating, materialism, and busyness rob us of our peace and joy and rob Jesus of his rightful role as the center of our celebration.

This Christmas, cut through the hype that leaves you exhausted and broke at the end of the year. Instead, experience the peace of knowing that God is truly with us, the joy of giving sacrificially, and the love of a Savior who gave everything for us. In five short, engaging chapters, Pastor Mike Slaughter inspires readers to approach Christmas differently, and be transformed in the process.

Calendar of Adult Offerings – September through December 2015

Date	No Prep Bible Study (Conference Rm)	Book Study (Chapel Room)	Current Issues Forum (Adult Lounge)	Family/Parenting Focus (Rm 1)
September 20 in the Sanctuary: Presentation on the Pastor Nominating Committee Process by Pastor Gavin				
September 27 in the Sanctuary: Congregational Meeting to Elect Church Officers				
October 4	Animate: Bible	Amazing Grace	Immigration and the Church	Teaching Our Children About the Bible
October 11	Animate: Bible	Amazing Grace	Financial Planning in Retirement	Teaching Our Children About Worship
October 18	Animate: Bible	Amazing Grace	The Importance of self-care to manage stress	Teaching Our Children About the Sacraments
October 25 in the Sanctuary: Speaker on Domestic Violence by Alisa Neary, MSW, LCSW, Clinical Director, Mutual Ground, Inc., 418 Oak Ave., Aurora, IL www.mutualground.org				
November 1	Animate: Bible	Falling Upward Book Study	Homosexuality, Same Sex Marriage and the Church	24/6: Taking a Sabbath
November 8	Animate: Bible	Falling Upward Book Study	Homosexuality, Same Sex Marriage and the Church	24/6: Taking a Sabbath
November 15	Animate: Bible	Falling Upward Book Study	Homosexuality, Same Sex Marriage and the Church	24/6: Taking a Sabbath
November 22	Animate: Bible	Falling Upward Book Study	Homosexuality, Same Sex Marriage and the Church	24/6: Taking a Sabbath
November 29	Seasons of Hope and Anticipation	The Journey Advent DVD Study	Mental Illness	A Different Kind of Christmas
December 6	Seasons of Hope and Anticipation	The Journey Advent DVD Study	Talking to Your Kids about Marijuana	A Different Kind of Christmas
December 13	Seasons of Hope and Anticipation	The Journey Advent DVD Study	Addiction	A Different Kind of Christmas
December 20	Seasons of Hope and Anticipation	The Journey Advent DVD Study	Water Shortage	A Different Kind of Christmas



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SUNDAY SCHEDULE

WORSHIP

8:00 am

10:00 am

CHRISTIAN EDUCATION HOUR

9:00 am

CHILDREN'S SUNDAY SCHOOL

For 3 year olds through 5th grade

10:15 am (following the

Children's Time)

FISHER FOLK (FF)

for middle school youth

4:00 pm

FELLOWSHIP OF THE CARPENTER (FOTC)

for high school youth

5:30 pm