



St. Mary's Invites You  
To join us for four weeks of  
*Feeding  
Your  
Body and Soul*

Each Wednesday, October 26 through November 16  
From 5:00 to 7:30

A Dinner will be served and three different classes  
will be offered for your enjoyment

The Nightly Cost will be:  
\$7.00/person \$15.00/family

**Please make Reservation no later than the Monday evening  
before each Wednesday. Sign-up in the Narthex or by phone.  
253-588-6621**

**Prepaid standing reservations will be accepted, money due the  
first night.**

**Scholarships are available, if needed, for ALL costs.**

**Friends are welcome**

*St. Mary's Episcopal Church  
10630 Gravelly Lake Dr. SW  
Lakewood WA  
253-588-6621*

## Schedule for the Evening

- 5:00 Begin to Gather  
5:30 Dinner Service Begins  
6:30 Separation for Classes

### **Adults:**

The Arts -  
The Bible –  
The Art of Living

### **Children:**

Preschool –  
K thru 6<sup>th</sup>

### **Youth:**

7<sup>th</sup> thru 8<sup>th</sup> –  
9<sup>th</sup> thru 12<sup>th</sup> –

*See Facility map in Parish Hall for class room assignments.*

7:30 Homeward Bound  
*All children should be picked up  
no later than 7:45*

## Weekly Menus

October 26 . . .

Chicken Noodle Soup  
Sesame Chicken with Rice  
Green Salad  
Rolls  
Cobble Topped Berries

November 2 . . .

Vegetable Soup  
Braised Country-Style Pork Ribs  
Creamy Polenta  
Roasted Vegetables  
Green Salad  
Rolls  
Eton Mess

November 9 . . .

Chicken and Rice Soup  
Chicken in Mustard  
Super Buttered Noodles  
Leek Salad  
Green Salad  
Rolls  
Cinnamon Apple Crisp & Ice Cream

November 16 . . .

Lentil Soup  
North African Meatballs  
Couscous  
Grilled Carrots and Pea Pods  
Green Salad  
Rolls  
Banana Split

**Three classes will be offered. They will run simultaneously and each will run for four weeks. Your choices are:**

## *The Arts*

The Kerygma Program

*Hallelujah* - The Bible and Handel's Messiah

Instructor: Sid Cloud

Handel's Oratorio "Messiah" is well known within Christian Churches and secular classical music choirs. What is less well appreciated is the origin of the message sung. All of the librettos, the words sung, are quotations from the Bible. This class will be an in depth study of those bible passages and of the way the music presents the meaning. This will be a two part class with the first four lessons presented this fall and the remaining six lessons during Lent, The Kerygma program 'HALLELUJAH, the Bible and Handel's Messiah' will be a resource and provide the organization of the classes, There is no singing required, but attentive listening and lively discussion will be desired.

1<sup>st</sup> October 26 . . . Comfort, Comfort My People

2<sup>nd</sup> Nov. 2 . . . Who May Abide the Day of His Coming

3<sup>rd</sup> November 9 . . . For unto Us a Child is Born

4<sup>th</sup> November 16 . . . Glory to God in the Highest

The cost of the resource book is \$17.00 and will be used in both the fall and Lenten sessions. One book per family will suffice. Books will be available in Parish Hall, Sunday, October 23 for those who want to be prepared for the first session.

Scholarship money is available for ALL costs

## *The Bible*

A Bible Study for Learning-Sharing-and having fun.

Instructor: Father Goddard

Each Sunday in the Episcopal Church we hear the bible read to us. For some, including the clergy, it is not always easy to comprehend the meaning or meanings of four diverse pieces of scripture. This weekly bible study will try to unpack some of the scripture so that when we hear it read and preached on the following Sunday all will have a better chance to understand and be fed by the Word of God.

The weekly study will focus on all four pieces of scripture with one lesson being the main focus. For the first week there will be a hand out in the narthex for those attending the first week of *Feeding Your Body and Soul* adult offering of Bible Study the following Wednesday evening.

The cost is your time and commitment to do a little amount of study before coming to the class and willingness to share in the Feeding of your Soul. Our new Priest in Charge will facilitate this journey of exploration of scripture. Join the fun and come with an open mind and spirit to hear what the Spirit is saying to God's People.

## The Third Offering

### *The Art of Living Home and Family*

Preparing for the Holidays. The great Christian Tradition of Hospitality. Ways to make it more joyful.

Various Instructors

#### **Week 1 - Be Prepared**

Instructor: Darlene Cloud

We all seem to be busy during the Holidays. Having special food in the freezer when people drop by, is what this class is all about.

#### **Week 2 Healthy Holidays**

Instructor: Anna Courie

Strategies to ensure the glut of the holidays do not take over our waistlines and healthy living during the holidays.

#### **Week 3 The Artistic Touch**

Instructor: Rosemary Kennedy

Seems like we always run out of tags, or just want to do something special for someone. Rosemary will show us how to make those special tags and give us ideas for beautiful cards and invitations.

#### **Week 4 Let's do Christmas Decorating the Easy Way**

Instructor: Liz MacGowan

Using Garlands for trees, mantles, tables, doors, wherever you might need a bit of glitter and color.

## *Children and Youth*

### *Pre School*

From 6:15 until 7:45 free childcare will be provided. Have dinner with your children and then bring them into the nursery as you go off to class.

### *Kindergarten thru Sixth*

Leader: Fred McIlroy

Kids will be experiencing the basics of music through singing, games, and other activities. We may even offer a performance near the end of term

### *Seventh thru Eighth*

#### **Rite-13**

Leaders: Frank McCracken, Holly Bocchi, Terri Locomo

Rite-13 is a two-year program designed to celebrate the individuality of each young teen and their creative potential, while exploring Biblical stories of God and God's People.

### *Ninth thru Twelfth*

Leader: Roberta Newell

Mission and ministry is the goal for our high school students. We want to enhance our community outreach in areas that our high school kids want to work. This will be more student-led than adult led. Come share your ideas with us.