

Opportunities for Growth and Renewal

Building a Healthy Self Workshop

During these stressful times how do we step off the emotional rollercoaster, reduce anxiety and maintain a healthy self-identity? If you are interested in acquiring the tools to do this then you should attend the Building a Healthy Self Workshop on Tuesday, September 21, from 6-8 pm in the Fellowship Room. The workshop is led by Jamie Palmer. Jamie has degrees in psychology, mental health and extensive training in brain science. She brings a wealth of experience as a counselor, educator and years of experience in helping people. Please indicate below if you are interested.

Spiritual Companionship

Spiritual Companionship is a group of 4-6 people who gather together on a monthly basis to listen and discern where God is at work in their lives. This is based on the old Moravian Choirs (small groups) in which folks would gather for spiritual support. On Thursday, September 23, at 6:30 pm, Rev. Mary Lou Plummer will be leading a class which explains the history and process of spiritual companionship and how to join groups that are being formed across the Moravian Church global community via zoom. Please indicate below if you are interested.

I am interested in: _____ Building a Healthy Self

 _____ Spiritual Companionship

Name: _____

Email: _____

Phone #: _____

Please email your requests to bongle@sbmoravian.org, drop in collection plate at church or leave in drop box outside by church office.