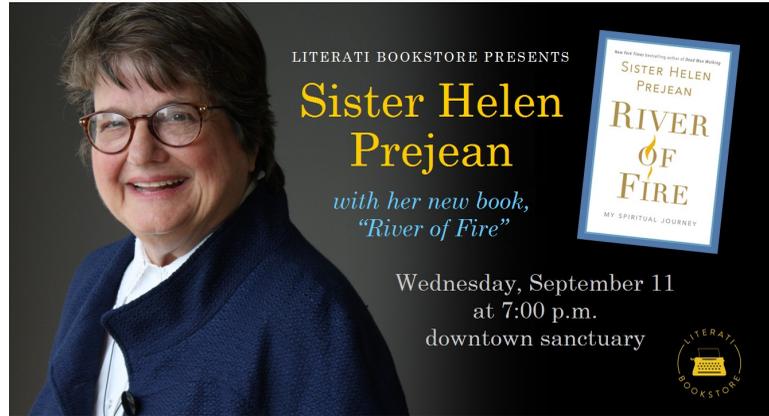


Adult Faith Formation Fall 2019 Offerings



LITERATI BOOKSTORE PRESENTS

Sister Helen Prejean
with her new book,
"River of Fire"

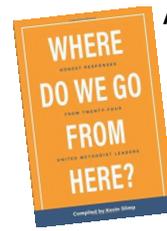
Wednesday, September 11
at 7:00 p.m.
downtown sanctuary

LITERATI BOOKSTORE

SISTER HELEN PREJEAN, author and activist, visits in September!

As part of our ongoing partnership with Literati Bookstore, we are happy to announce that Sister Helen Prejean, author of *Dead Man Walking*, and longtime social justice activist, will present her latest book, *River of Fire*, in our sanctuary on **Wednesday, September 11** at 7 p.m. (Go to <https://www.fumc-a2.org/riveroffire> to read more and get your ticket!) Are you a fan of Sister Helen? Form your own pop-up book club to discuss *River of Fire*, Sister Helen Prejean's new autobiography or her classic, *Dead Man Walking*!

ANN ARBOR FIRST CHURCH READS: *Where Do We Go From Here?*



The General Conference of 2019 was several months ago — what is the direction of the United Methodist denomination? This fall, you are invited to join a congregational read of *Where Do We Go From Here?*, a collection of essays from 24 United Methodist leaders, who respond to the outcome of the General Conference and the adoption of the Traditional Plan, which excludes the LGBTQ+ community from ordination and marriage in the church. Why a congregational read? FUMC considers itself to be a thinking and learning community, and this book can help us to have thoughtful conversations about the controversial decision of the 2019 General Conference. This congregational read may give us an opening to practice compassionate listening. You are invited to use *Where Do We Go From Here?* with your small groups as a study, or join us in a to-be-announced discussion group of this book.

MIND THE GAP is a group with a passion for learning about and solving food insecurity issues in our community and in Michigan

We will kick off our annual **Bread for the World Offering of Letters** on **September 21 & 22**. You can advocate for those who are experiencing hunger and food insecurity by writing a simple letter to your representative encouraging their support and improvement of government programs to help recipients maintain food security and move out of poverty. Beginning September 21 at Sunday Connections, and in a basket at Green Wood, we'll have additional information, sample letters, a letter you can personalize, and envelopes so it will just take you a few minutes to get a letter completed and ready to send to offer your support!

More FALL 2019 info >>>

LIVING THE QUESTIONS

An eight week study

Are you new to FUMC? Do you have questions about Christian practices and beliefs? This class, *Living the Questions*, may be for you — join us for eight weeks as we discuss topics like Lives of Jesus, A Kingdom Without Walls, Evil, Suffering, and a God of Love. *Living the Questions* has been called a curriculum that “does not aim to spell out a new doctrine, but to encourage people to have a lifelong conversation about the mysteries of faith and life.” *This Sunday morning class will begin September 22 and run through November 10, from 11am – 12:15pm, (Room TBA)*. Please contact Debbie Houghton if you are curious or interested (debbie@fumc-a2.org)

Adult Faith Formation Fall 2019 Offerings

SUNDAY MORNINGS

Our Sunday morning Adult Faith Formation opportunities are offered in a rotation schedule. Each Sunday has a different focus:

- Linking to the Center – *First Sundays*
- Living in creation – *Second Sundays*
- Loving the community – *Third Sundays*
- Learning to be Christ followers – *Fourth Sundays*

Classes will meet in the same location and time on Sundays: 11:00am – 12:15pm in Calkins Hall. (Keep an eye on the bulletin for location changes.)

◆ **FIRST SUNDAYS: Centering Through Faith** We are all searching for deeper meaning and divine connection in our life. Join us as we share and learn practices that nourish our faith journeys. Sessions will introduce centering practices like expressions of prayer, drumming circles, Advent yoga, and visio divina. Come along on the journey to learn and practice new (and very, very old) ways to celebrate the Divine and deepen your spiritual connection.

First meeting: October 6 – Forgiveness practice with Shonagh
November 3 – Breath prayer with Debbie
December 1 – Befriending the Inner Critic with Elaine

◆ **SECOND SUNDAYS: Conversations About Science and Religion** Join us for our fourth year of monthly conversations about Science and Religion. This year will include discussions to identify scientific and religious values and an ecumenical essence of God to meet the challenges of science, technology, and our large civilization.

*Watch the bulletin and Salt & Light for the topic of our first **October 13** conversation.*

◆ **THIRD SUNDAYS: Vital Conversations** Explore how we all use and experience white privilege in our lives, even though we believe we are not racist. Elaine Shaw begins Vital Conversations this fall with a book study of *White Fragility: Why It's So Hard for White People to Talk About Racism* by Robin DiAngelo.

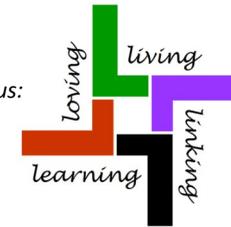
*Book discussion planned for **September 15, October 20, and November 17**.*

◆ **FOURTH SUNDAYS: (DATs) Disability Awareness Talks** Are you curious about the challenges faced by those with disabilities? Do you have a disability and want to share your experiences? Join us for Disability Awareness Talks! Each talk will begin with a presentation by a person experienced with the disability, and then will open up to group conversation. Becoming more aware is the first step in being more welcoming.

First meeting: September 22 – “Getting Around with Limited Mobility” Whether you use a cane, crutches, wheelchair, scooter, walker or other device, everyday obstacles can become a problem. Come hear from a panel of folks with limited mobility what obstacles are most limiting and become aware of simple things others can do to make navigating easier and more welcoming and accessible.

October 27 – “ADHD: It's not just for kids anymore!” It's not just about time management – it's directly linked to low frustration tolerance, rejection sensitivity, and a host of other traits that can make us tough to live with. It's also associated with strong empathy and sense of justice, and creativity. If someone in your life is dealing with ADHD – adults or kids – come to a talk and dialog with Mike Fedel, who's been active in the ADHD community since being diagnosed in 2013.

(We will break for November and December and meet again in January.)



TUESDAY MIDDAY

Bring your lunch and join us for this hour-long Bible study on the book of Jeremiah this fall. This drop-in weekly “Brown Bag” study is a great place to either begin a regular practice of reading Bible, or to ponder books of the Bible you have yet to read. No home work! Just jump right in and join the conversation! *Tuesdays, beginning September 10 from noon to 1:00pm in the Chapel.*



A GUEST SPEAKER



Dr. Robert Breakey will be with us **Sunday, September 29** beginning at 11:00 AM in the sanctuary to speak about the science of treating and reversing many chronic diseases with a plant-based whole food diet. Dr. Breakey is a local Ann Arbor general practitioner and a renowned speaker to large audiences on this topic.

SALT & LIGHT

Subscribe to our email newsletter, *Salt and Light*, to keep up-to-date on all of our Adult Faith Formation offerings. It is published a couple of times during the programming year. With interest contact [Debbie Houghton at debbie@fumc-a2.org](mailto:debbie@fumc-a2.org).