

The Center for
Spiritual
growth



presents
program offerings for
Spring 2012

Plymouth
UNITED CHURCH OF CHRIST



Purpose, Mission & Values

Purpose: The Plymouth Center for Spiritual Growth provides diverse opportunities for spiritual growth and development. The Center seeks to help persons grow in understanding their spiritual nature, including their relationship with each other and their relationship with God.

Mission: The Center, as part of the ministry of Plymouth Church, develops and implements spiritual growth programming including educational classes, retreats, renewal offerings and a resource center.

Values: This ministry is open to seekers of all denominations and religious and non-religious backgrounds. It provides a safe and confidential space for honest and open discussion for all.

Goals

- To support persons in exploring and developing their relationship to God, others and themselves within the whole of creation.
- To encourage lifelong spiritual growth and learning.
- To prepare persons to celebrate and live their ministry in everyday life.

A Place Apart...

In addition to scheduled program opportunities, the Plymouth Center for Spiritual Growth provides quiet space and spiritual resources for all people. The Center maintains a fully stocked library with a wide range of materials on spirituality, religion and biblical studies. Rooms at the Center are available for individuals or groups to use. Whether you want to schedule a retreat, start a prayer and meditation group or just set aside some time for yourself, the Plymouth Center for Spiritual Growth is an ideal setting. Contact Matt Mardis-LeCroy or Marta Hawkins at 255.3149 to learn how the Center is here for you.

Board of Spiritual Growth

2011-2012

Leigh Ebbesmeyer
Cheryl Sypal

2012-2013

Aaron Harpold
Sandi Smith
Adele Ver Steeg

2013-2014

Suzan Brooks
Rick Kecso
Marcia Lippold

Spiritual Direction

*Celebrate growth,
Treasure awe,
Embrace humility,
Proceed prayerfully.*

--Gerald May (adapted)

All of life—our relationships, our circumstances, our life stage—is used by God. The ministry of spiritual direction invites us to a growing awareness of God's presence and activity in our life, and then to respond. Although not well-known in Protestant and Reformed traditions, spiritual direction has a rich history in Christian spirituality. Recently there has been a rediscovery of this ministry among those seeking a time and place for discerning God's presence.

Whether in a group or individual setting, the focus of spiritual direction is on the seeker's relationship with God. Trained spiritual directors accompany those wanting to explore their sense of God's presence as well as absence, to find expression for experiences of God, and to broaden prayer life. Spiritual direction is also sought by people trying to make sense of life from a deeper place, who wonder how their spirituality fits with their beliefs.

In keeping with our progressive heritage and mission, and thanks to the generosity of the

Plymouth Foundation, a grant was received to expand the services available through the Center for Spiritual Growth. Two trained spiritual directors are available to provide spiritual direction to the greater Plymouth community.

After an initial meeting to discern whether spiritual direction is what you seek, sessions of approximately an hour in length are scheduled on a monthly or semi-monthly basis. Payment is accepted, based on a sliding scale. For more information or to schedule a session, contact the Center for Spiritual Growth at 255.3149 or spiritualdirection@plymouthchurch.com.

Sunday Morning Adult Education Programs

FELLOWSHIP FORUM
Sundays, 10:10-10:50 a.m.
Greenwood Room
Led by: Matt Mardis-LeCroy

This group is open to all for the study of scripture and to discuss current events/topics as they relate to our Christian faith.

Matt Mardis-LeCroy is Executive Associate Minister at Plymouth Church.

Youth Education Programs

omg: how (not) to pray and stuff
Youth Bible Study—The Gospel of Mark
Wednesdays, beginning January 18
4:45-5:45 p.m.
Caribou Coffee (3220 Ingersoll)
Led by: Anthony Livolsi
No Fee

Do you struggle to take the whole God thing seriously? Ever doubt? Have secrets? Screw up? Good news: there's a book in the Bible written by and for people just like you. Come to Caribou and we'll hang out, talk about life, school and how it can be hard. We'll also go way deep into a Bible study on the Gospel of Mark. Seriously, this stuff will rock you. Contact Anthony Livolsi at alivolsi@plymouthchurch.com for more info.

**omg: how (not) to pray and stuff
Jesus for President
Sundays, beginning January 22
10-11 a.m.
Youth Room
Led by: Anthony Livolsi
No Fee**

Face it: the world can be a crazy place. But Jesus shows us how we can do more than whine about it. There's a way we can get hardcore about justice and—hint—it's easier than you think. We'll talk about that and do weird/random/fun/awesome stuff, too. (Think: mud pits meets rap meets hanging out with homeless people.) Come join us. For more info, contact Anthony Livolsi at alivolsi@plymouthchurch.com.

Anthony Livolsi is an Associate Minister at Plymouth Church.

Weekly Groups

**WEEKLY CENTERING PRAYER
Mondays, 6-7 p.m.
Center for Spiritual Growth
Inspiration Lounge
Led by: Lay Leaders**

Centering Prayer is a prayer of quiet, a form of meditation grounded in scripture and the Christian contemplative tradition. It is intended to deepen our relationship with the God who is at the center of our being. All are welcome at these times of prayer, and are encouraged to take the *Introduction to Centering Prayer* workshop, which is offered yearly through the Center for Spiritual Growth.

**MEN'S SPIRITUALITY
(AMENS: ALL MEN EXPERIENCING
NURTURING SPIRITUALITY)
Tuesdays, 6:45-7:45 a.m.
Burling Room**

All men are invited to meet for the purpose of spiritual growth. The statement of purpose for AMENS group reads: *The main purpose of this fellowship of men of all ages is spiritual growth. Centered within the beloved community of Plymouth Church, we seek to improve our understanding of ourselves, our relationship*

with God and our connectedness with one another, our families and our work. Meeting weekly, we hope to create a spiritual vision of what we can be as men in our various roles as fathers, husbands, brothers, sons and friends. We welcome all men who share in this vision.

SHAWL KNITTING MINISTRIES

Tuesdays, 5-6:30 p.m.

Center for Spiritual Growth

Welcome Lounge

Led by: Jean Walker and Janet Jennings

People of all ages who are interested in knitting or learning to knit shawls of comfort are invited to attend. More than 400 shawls have been given to people undergoing surgery, suffering a loss, facing a long-term illness, celebrating a marriage or welcoming a new baby. New shawls are blessed the first Tuesday of the month.

WEDNESDAY MORNING BIBLE STUDY

Wednesdays, September-May

9:30-11 a.m.

Burling Room

Led by: Matt Mardis-LeCroy

An opportunity to enrich the experience of Sunday worship by going deeper with the texts for the week. Everyone is welcome and no preparation is required.

WOMEN'S SPIRITUALITY

(WISE: WOMEN IN SPIRITUAL EXPLORATION)

Thursdays, 7-8 a.m.

Burling Room

All women are invited to meet for the purpose of spiritual growth. The WISE statement of purpose reads: *To focus on and grow through the experience of Our Spirit, in a community of love, friendship and spiritual intimacy. To support, nurture and exercise Our Spirit through meditation, prayer, study, work and play...and by being together.*

Monthly Groups

PLYMOUTH BOOK DISCUSSION GROUP

First Sunday of the month, 10:10-10:45 a.m.

Center for Spiritual Growth

Harmony Conference Room

Led by: Lay Leaders

This group discusses a variety of books (classics, biographies, novels, plays, etc.). All are welcome.

SOMETHING'S BREWING

First Tuesday of each month

October-May, 6 p.m.

Raccoon River Brewing Company

(200 10th St, Des Moines)

Hosted by: Matt Mardis-LeCroy

No fee (Food and drink will be available for purchase.)

Join us on the first Tuesday of each month at Raccoon River Brewing Company for informal conversations about God, life and whatever else happens to come up. No prior knowledge of the Bible or theology will be expected, and all are welcome!

THE COMMON THREAD GROUP

First Thursday of each month, 7-9 p.m.

Greenwood Room

Facilitated by: Beverly Stone – 554.3089

Common Thread is a God-centered study group of spiritual/metaphysical topics. Speakers present on subjects pertaining to: Angels and Spirits, Alternative Healing, Manifestation, Past Lives, Spirituality, Psychic Ability/Intuition, Crystal Energy, Meditation, Astrology, Spiritual Communication, Earth and Universal Changes...and more.

Join us the first Thursday of every month for open, free meetings. You need no special knowledge to participate. Just bring your curiosity, or share your expertise in the subjects. All are welcome.

Adult Education Classes

ENNEAGRAM STUDY GROUP

Third Fridays of the Month

September 16-June 15

10 a.m.-Noon

Inspiration Lounge

Led by: Angie Witmer, Adele Ver Steeg

No Fee

Please register in advance. Register online or contact Marta Hawkins 255-3149 or mhawkins@plymouthchurch.com.

The Enneagram has been popularly used as a personality system in business and psychology, but its original and essential value is as a path for spiritual transformation. For those interested in expanding their understanding and deepening their experience of the Enneagram, we'll move beyond the beginnings. Join us in this study of the Enneagram's nine types, and discover how its wisdom can inform, inspire, and transform us.

Anyone with an interest in the Enneagram is welcome. It will be helpful if you have done some preliminary exploration into your type. Monthly meetings will draw from "The Wisdom of the Enneagram" by Don Riso and Russ Hudson, "The Enneagram Movie and Video Guide" by Tom Condon, and will include experiential type-based exercises. New and used copies of the books are available through online booksellers.

Angie Witmers' purpose in life is to give people the tools, insight and support they need to find their own path away from confining, life-draining habits. She is an ordained minister in the United Church of Christ, currently working with individuals and groups as the Minister of Small Groups at Plymouth UCC in Des Moines, Iowa. She is also a Certified Integral Coach (New Ventures West), specializing in individual and organizational work. And Angie is currently working toward certification as an Enneagram instructor, having completed 200+ hours of training through the Enneagram Institute (Riso/Hudson, New York). Her intention in all of this work is to help people realize their best self—the one that we all too often miss.

Adele Ver Steeg is a native Iowan, with a degree in Sociology from ISU. She received her certificate in spiritual direction from the Institute for Spiritual Growth and Formation, and is a member of Spiritual Directors International. She has been involved with Shalom groups in the Des Moines area for more than 10 years. Adele has an interest in the Enneagram, and completed Enneagram Spectrum training. A Plymouth member since 2003, she and her husband, Dirk, are parents of two young adults.

PLYMOUTH HAS LEFT THE BUILDING:

The Gospel According to Mark

Wednesdays, January 11-February 15, 2012

Noon -1 p.m.

Smoky Row Coffee Company

(1910 Cottage Grove, Des Moines)

Led by: Matt Mardis-LeCroy

No Fee (Food and drink will be available for purchase)

Contact Marta Hawkins for more information

mhawkins@plymouthchurch.com or

255-3149.

From now until Thanksgiving of 2012, our worship services will often focus on selections from the Gospel according to Mark—the earliest written record we have of the life of Jesus. The Jesus of Mark’s Gospel is mysterious, elusive and strangely compelling. To enrich your experience of worship and get better acquainted with this foundational text, join us for lunch on Wednesdays at Smoky Row. The class is designed for busy people, and no prior knowledge of the Bible or theology will be expected. Feel free to come late, leave early and grab some lunch while you’re there. All are welcome!

Matt Mardis-LeCroy is Executive Associate Minister at Plymouth Church.

INTRODUCTION TO THE ENNEAGRAM

Friday, January 20, 6-9 p.m.

AND Saturday, January 21, 8:30 a.m.-2:30 p.m.

Waveland Hall

Led by: Angie Witmer and Adele VerSteeg

Fee: \$50 (Includes lunch and snacks)

Group size: Minimum 10, maximum 75.

Pre-Registration is required prior to January 17.

Register online or contact Marta Hawkins

mhawkins@plymouthchurch.com or

255-3149.

Why do we do the things that we do?

Do you ever catch yourself thinking or doing the same things over and over, yet wishing you could figure out a better way? Do you try to “help” your partner see things more clearly?

Our own behavior can make us nuts, but we tend to feel that life would be easier if

others saw things more like we do. The Enneagram suggests there are nine points of view, personalities, called "types." Once you find your territory through this insightful system, a huge amount of personal information becomes available to you.

In this revealing workshop, we will uncover why people get stuck in habitual patterns, and most importantly, the way out of our frustrating, self-imposed traps. It is designed for those who want to bring more of themselves to their primary relationships, and to the ways they show up in the world. Specifically, we will:

- Describe the nine personality types, including strengths and blind spots
- Identify your type, along with key issues and blessings
- Introduce proven practices for managing our reactions to stress, conflict, and disappointment

You will emerge from this experience with a sound understanding of the Enneagram, a deeper appreciation for what drives us to behave as we do, and will have gained invaluable tools to better navigate the confines of your own personality.

Angie Witmers' purpose in life is to give people the tools, insight and support they need to find their own path away from confining, life-draining habits. She is an ordained minister in the United Church of Christ, currently working with individuals and groups as the Minister of Small Groups at Plymouth UCC in Des Moines, Iowa. She is also a Certified Integral Coach (New Ventures West), specializing in individual and organizational work. And Angie is currently working toward certification as an Enneagram instructor, having completed 200+ hours of training through the Enneagram Institute (Riso/Hudson, New York). Her intention in all of this work is to help people realize their best self—the one that we all too often miss.

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**MY SPIRITUAL JOURNEY:
Considering Where I've Been—Reflecting on
Where I'm Going
Mondays, January 23-February 27
6:30-8:30 p.m.
Room 304
Led by: Mary Kay Shanley
Fee: \$60
Group size: Minimum 8, maximum 16.
Pre-Registration is required prior to
January 15.
Register online or contact Marta
Hawkins mhawkins@plymouthchurch.com
or 255.3149.**

Each of us is on a journey—actually, many journeys heading off in multiple directions and serving varying purposes. You're in charge of some journeys—setting intent, determining direction, establishing pace. Other journeys seem nebulous, rather than clearly defined, more spiritual in nature. And you may have a sense that you aren't traveling alone. Names can be assigned to the undefined presence walking with you: God or Spirit. Wisdom or Intuition. Perhaps the Voice Within. When your "nebulous" journey started, where it has taken you, and where it may lead are worthy of consideration. But it is guided writing that will move you beyond consideration to understanding.

We'll discuss different aspects of the journey and practice writing techniques that deepen our understanding of that journey, incorporating the art and practice of reflection. Five take-home assignments build one upon the other, encouraging the writerly you to emerge.

Mary Kay Shanley is the author of 10 books, including "She Taught Me to Eat Artichokes," a national best-seller about the gift of friendship. Her latest, a memoir, is almost complete [a fact she views as a major miracle]. She is an instructor with the University of Iowa's Summer Writing Festival. Additionally, she and author-retreat leader Sr. Joyce Rupp offer Writing from the Soul women's retreats. Mary Kay says teaching at Plymouth always introduces her to fascinating, thoughtful people.

SELF OR NO-SELF: Buddha's Controversial Teaching

Mondays, February 27-March 12

7-9 p.m.

Rehearsal Hall

Led by: Charlie Day

Fee: \$30

Group size: Minimum 10.

Pre-Registration is required prior to

February 20.

Register online or contact Marta Hawkins

mhawkins@plymouthchurch.com or

255-3149.

Buddha's No Self/No Soul doctrine has been his most misunderstood, off-putting, controversial, and confusing teaching. Lectures, discussions, meditations, guided imagery exercises, and recommended online readings will be used to help class participants intellectually understand and transcendently experience "no self" as that exotic mystical state which is shared by and endures for mystics in all spiritual traditions, and which we all occasionally experience but rarely recognize as such.

The class is open to both new and experienced meditators and those with no or lots of knowledge of Buddhism. Participants are asked to commit themselves to meditating at least 20 minutes on at least three days of each week during the course and, hopefully, more often thereafter, in order to facilitate intuitive apprehension of the intellectual teachings.

It is recommended but not necessary to use the following book as a resource during the course: "Mysticism for Modern Times," by Willigis Jager. Liguori Publications, 2006. Order from local book stores or online at www.amazon.com.

Charlie Day graduated from Roosevelt High School, received a Ph.D. in Clinical Psychology from the University of Iowa and has worked in California, Iowa, India, and Thailand as a psychologist, psychotherapist, and teacher. He returned to Des Moines in 1994 to work for the Des Moines Child and Adolescent Guidance Center until retiring in 1997. Charlie has studied meditation practices and spiritual traditions for over 40 years. He founded and is the guiding teacher of the Des Moines Meditation and Mindfulness Group; leads weekly meditation groups and occasional retreats in Des Moines and at the Iowa State prison for women in Mitchellville; administers the Group's website www.DesMoinesMeditation.org, on which many of his articles appear; and guides individuals in their meditation and spiritual practices.

USE YOUR HEART—NOT JUST YOUR HEAD

Wednesday, March 7

7-8:30 p.m.

Greenwood Room

Led by: Jim Bell

No Fee

Pre-Registration is requested prior to February 29.

Register online or contact Marta Hawkins

mhawkins@plymouthchurch.com or

255-3149.

The Institute of HeartMath was founded in 1991. It is an evidence-based non-profit research and educational organization. It is presently being utilized in medicine, education, corporate policies, and government agencies helping thousands of people in over 50 nations on five continents. It teaches individuals to trust the intelligence of their hearts and use that in concert with their minds in dealing with stress and emotional management.

Dr Jim Bell is a semi-retired family physician presently limiting his practice to counseling clients who have symptoms of psychological disorders and grief. He has utilized HeartMath techniques with excellent success for many of his patients. He will offer a presentation partially summarizing "The HeartMath Solution," a book written by Doc Childre (the founder of HeartMath) and Howard Martin. He will also share an experiential with attendees, demonstrating one of HeartMath's "tools."

A NEW FREEDOM! An Introduction to Centering Prayer

Saturday, March 10

9 a.m.-1 p.m.

Greenwood/Burling Rooms

Led by: Paul Witmer

Fee: \$25

Group size: Minimum 10, maximum 30.

Contact Paul Witmer at

paul.witmer@centeriowa.org to register.

This introductory workshop teaches the method of **Centering Prayer** in easy-to-understand terms and with practical experience. There will also be six follow-up sessions that will help deepen the practice and understanding of centering prayer. The follow-up sessions will also be held at Plymouth UCC in the Inspiration Lounge, on Monday evenings 6-7:30 p.m. beginning Monday March 12 and continuing through April 16.

While this workshop is designed specifically for people in 12-Step recovery, it is open to all and teaches the same method of centering prayer that has been introduced throughout the world by Contemplative Outreach.

Everyone moves at his or her own pace in **Centering Prayer**. Just doing the prayer and opening yourself to the presence of your Higher Power in silence will encourage you to keep going. Growth will happen when we practice Centering Prayer in the context of the 12 Steps.

- ◆ Enhance our ability to “Let Go and Let God.”
- ◆ Develops in us a nonjudgmental attitude of ourselves and others.
- ◆ We grow in self knowledge which at times may be painful.
- ◆ Emerging capacity to listen and serve others.
- ◆ Nurtures our ability to live in the present moment and just for today.

The Rev. Paul Witmer, a Spiritual Director and ordained minister in the United Church of Christ, currently serves as pastor of Covenant Christian Church (Disciples of Christ) and as a co-coordinator of Contemplative Outreach of Central Iowa.

HOW TO BE A HEALING PRESENCE

Date: Tuesday, March 27

Time: 6:30-8:30 p.m.

Room 306

Led by: Kevin Pokorny

Fee: \$25

Group size: Minimum 8, maximum 20.

Pre-Registration is required prior to March 16.

**Register online or contact Marta Hawkins
mhawkins@plymouthchurch.com or
255.3149.**

Healing presence. You may be thinking that healing presence is for the role of clergy, doctors, or other healthcare givers. It is, but anyone can be a healing presence while providing service to those we serve or are in relationship with. It may be with family or friends, co-workers, or someone you know only briefly. It may occur while performing work, or as you're caring for others' physical, emotional, or spiritual needs.

So often we feel compelled to want to cure, fix, solve or relieve someone's emotional or physical pain, life or work struggles, or spiritual challenges. However, being a healing presence is about the "condition of being consciously and compassionately in the present moment with another or with others." One cannot cure, fix, or relieve another person's condition.

You are invited to join with others to learn and share what does being a healing presence mean, and how can we become a healing presence with others in our lives. Our learning and dialogue is based on the book "The Art of Being a Healing Presence: A Guide for Those in Caring Relationships" by James E. Miller and Susan C. Cutshall.

Discover the gift you can be to others and to yourself, "the art of being a healing presence."

Kevin Pokorny is the owner of Pokorny Consulting. He is a professional workplace trainer, facilitator, strategic planner, and listening coach. Kevin has completed PraireFire, a two-year program in spiritual renewal, growth, and formation. Kevin is currently on the team with the Consortium for Contemplative Leadership, a nine-month seminar series on contemplative leadership.

HEART WISDOM

**Fridays, March 23 and 30 (Registration
deadline March 16)**

9:30-11:30 a.m.

**OR Tuesdays, April 17 and 24 (Registration
deadline April 9)**

6-8 p.m.

Room 305

Led by: Mary Lea Holcomb

Fee: \$35

Group size: Minimum 2, maximum 20.

Pre-Registration is required.

Register online or contact Marta Hawkins

mhawkins@plymouthchurch.com or

255-3149.

When you think of your heart in your chest, it is the size of your hand squeezed into a fist. When you think of your heart “on stress” it is the *tension* of your hand squeezed into a fist. Continue that tension indefinitely and you have the many physical problems of stress. Come learn to listen more deeply to your heart’s wisdom as it communicates with you about your life. Beginning with the attitude-of-gratitude, we will share a variety of different ways to relax and open your heart – for your physical health and your emotional/spiritual health. Some basic physiology of stress (what your body does and how that can lead to physical and emotional symptoms) is included to bring a non-judgmental understanding about your life, to put you more in control of your own health. In small groups, we will experience heart-opening approaches. You will have one week to practice these methods at home and then come back to fine tune them to fit your particular needs so they will be even more effective. As you continue this practice, you can grow in your relationship to yourself and to others.

Mary Lea Holcomb has been a nurse since receiving her Bachelor of Arts in Nursing in 1970. In 1998 she began a private practice in Healing Touch, an energy therapy modality. She continues Certification in Healing Touch as well as her license in Nursing.

In her business, Healing Therapies, she works with a wide variety of clients to help them restore themselves to a state of harmony and balance so they can heal themselves. In her practice and in public classes, she loves to teach others that energy therapy is as simple as soothing a fussy baby or holding the hand of a sick friend, and they are able to use energy therapy for themselves.

**PRAIRIEFIRE: A Program of Spiritual
Renewal and Formation
3rd Monday of each month (September
through June)
September 2012 through June 2014
8:30 a.m.-4 p.m.
Greenwood/Burling Rooms
Led by: Kathy Reardon, Kay Riley**

**Applications are being accepted through
July 1st for the next class beginning in
September of 2012. Class size is limited to
25. Application materials are available
online at www.dmpcc.org or by contacting
Kathy Reardon at 515.274.4006 or
kreardon@dmpcc.org.**

PrairieFire is a two-year spiritual deepening program offered by the Des Moines Pastoral Counseling Center, utilizing space generously provided by Plymouth Church for its monthly classes which meet September through June.

The PrairieFire experience is based on a curriculum that integrates understandings from contemporary spiritual thought and psychological theory with the rich theological wisdom of the early Christian contemplative tradition.

Men and women desiring to develop and live from strong spiritual centers; grow in ways that positively impact their worldviews, life directions, relationships, and service to their communities; and receive education, guidance, and support in creating life-sustaining spiritual practices are encouraged to consider PrairieFire. This program is open to professionals and lay persons alike.

An optional third-year practicum is available for those interested in pursuing additional study and practice in contemplative listening and leading to a certificate in spiritual direction if desired.

Kathy Reardon, RN, MS, is a Plymouth member and a spiritual director at the Des Moines Pastoral Counseling Center. She is a founding member of Contemplative Outreach of Central Iowa, a network of individuals and small faith communities that support the teaching and practice of Centering Prayer in the Ames/Des Moines area.

Kay Riley, Plymouth member, is a spiritual director and experienced teacher of spiritual formation programs in the Des Moines area. She holds a Master of Arts degree in Christian spirituality from General Theological Seminary in New York City. Currently, she is co-director of PrairieFire, a spiritual renewal and formation program for the Des Moines Pastoral Counseling Center.

WALK A LABYRINTH DURING HOLY WEEK
Good Friday, April 6, 5-7 p.m.
Holy Saturday, April 7, 10 a.m.-2 p.m.
(Please arrive 30 minutes before end times)
Waveland Hall
Led by: Mary Riche
No Fee

Walking a candlelit labyrinth can enhance your Holy Week experience with meaningful preparation for the evening service on Good Friday, the prayer vigil, and the joy of Easter Sunday. This quiet, meditative walk occurs in the transformed Waveland Hall with the 32 foot by 32 foot canvas labyrinth where the center space has been called sacred. Many have described a renewed sense of personal clarity and joyful self-awareness as part of the experience.

Here's what some previous labyrinth walkers at Plymouth have said:

- ◆ *"This was a wonderful experience to share with my daughter and sister. We were a trio of strength when we reached the center."*
- ◆ *"I came out feeling ethereally light, cleansed and at peace. The labyrinth is a gift beyond measure."*
- ◆ *"I felt an inner forgiveness and healing during a time of personal crisis."*

All are welcome to experience the blessings that flow from walking the Plymouth labyrinth. Please invite your family, friends and neighbors to join us during Holy Week.

Mary Riche, Plymouth member and psychotherapist in private practice in Des Moines, believes in the interconnectedness of the mind, body and spirit. Years ago, her first walk on a labyrinth was during a spiritual experience. The labyrinth canvas used during Plymouth's Holy Weekend was a gift entrusted to Mary by a lifetime friend after they enjoyed one of several labyrinth walks together.

IN PURSUIT OF HAPPINESS

Mondays, April 9-30

6:30-8 p.m.

Waveland 4

Led by: Vicki Goldsmith

Fee: \$45

Group size: Minimum 8, maximum 30.

Pre-Registration is required prior to April 1.

Register online or contact Marta Hawkins

mhawkins@plymouthchurch.com or

255.3149.

The class will invite participants to explore the concept of happiness, to examine ways to deepen joy, to have a conversation about the connections between happiness and spirituality. Is happiness inherited? Is it just an attitude? Does money really not make you happy? We will write brief responses, work in small groups, and read short pieces. Participants are invited to bring any readings/ideas from the many publications about this subject. It is recommended that you purchase or borrow a copy of "Authentic Happiness" by Martin Seligman.

Vicki Goldsmith was born in Ohio and received two degrees from Bowling Green State University. She has taught English in six secondary schools and six universities. Her experience includes teaching Native American students, maximum security prisoners, and students in an Army Post and Air Force base. She taught American Literature in universities in Taipei, Taiwan and in Warsaw, Poland.

All groups are open to new
participants.

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For more information, call
Plymouth United Church of Christ at
(515) 255.3149

or

www.plymouthchurch.com

The Center for
Spiritual
growth

