

"Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God..." Romans 12:2

Church Life Series: PRA•X•IS The Experiment

Hypothesis: If we commit to five spiritual practices over the next year, our relationships with Jesus Christ and with one another will be radically transformed.

- P • Pray for the entire world
- R • Read through the Entire Word
- A • Add to the Community
- X • Ancient symbol for Christ
- I • Invest in the Kingdom
- S • Send Yourself to the Nation(s)

Add to the Community

Small groups are an important avenue of spiritual growth. We would love to get you connected!

Sunday Morning Groups

Meet at The Center (Southwest corner of church campus)

9:30–10:45 a.m.

Marriage By the Book: God's perspective on marriage.

Facilitators: Mike & Jane Smack; Joel & Paige Weaver

11:05 a.m. –12:05 p.m.

Holy Land Group: For people who have attended or plan to attend a Holy Land Pilgrimage in 2011/2012.

Facilitator: Mark Hugel

The Four Loves: Study and discussion of CS Lewis' book.

Facilitator: Jane Forehand (begins Oct. 9th)

Couples Group: For couples w/young children.

Facilitators: Ole and Anne Raustol

Twenty something Couples Bible Study: 1 John

1st & 3rd Sundays beginning in November

Facilitators: Andrew and Sarah Day Hendricks

Small groups meet almost every day of the week. If want to get connected contact kristine@fpcnorfolk.org.



The Vision of Saint Ignatius of Loyola
Pierre Hubert Subleyras (1745)

Read The Word

Wednesday Morning Women's Bible Study

September 14th–November 16th
9:30–11:30 a.m.

Fighting the Good Fight: A study of 1 Timothy

Come join us for this intergenerational Bible Study which meets in the main church building. We will be studying the Apostle Paul's short letter to the Timothy. Childcare is provided.

Teachers: Ellen Pearson, Kristine Rand, & Eliza Marks

Thursday Evening Women's Bible Study

October 20th–November 17th
7:00–9:00 p.m.

Come join us for this Bible Study that meets at The Center. We will be studying the book of Ruth and learning that God does have a plan for our lives.

Teacher: Debi Gorton

Prayer

Sunday Morning Prayer

A Nehemiah Prayer Minister is available after each worship service to pray with you.

Prayers for First Presbyterian Church

9:00 - 9:30: The Center for Prayer & Spiritual Growth

Nehemiah Ministry Monday Noon Day Prayers

Intercessory Prayer

2nd and 4th Monday of the month at 12:00 noon.

Facilitators: Betsy Phillips and Peggy Gatje.

The Way of Prayer

3rd Monday Prayers at 12:00 - 1:00 p.m.

Short Instruction & Prayer time

Facilitator: Kristine Rand

Saturday Morning Asides

Morning Aside: 2nd Saturday of the Month
9:00–12:00 noon.

Take a half day and come to our Center which offers you a quiet and peaceful place to pray, meditate on God's Word, and to hear Christ speak.

Oct. 8th: The Life & Imagination of St. Ignatius
Facilitator: Kristine Rand

Nov. 12th: Learning to Listen for God
Facilitator: Kristine Rand

Dec. 10th: Christ's Incarnation:
Reflecting on Our Redemption
Facilitator: Frank Drake, M.Div.

Writers Workshops

1st and 3rd Tuesday Evenings of the Month
7:00-9:00 pm
(no experience necessary)

Writing allows us to create sacred space to reflect on our God, our lives and our world. It is often through writing that we allow our pens to go where our minds will not. Through writing, we bring meaning to our individual experiences of life and through reflection, we are transformed. Go to our website for the weekly prompts.

Facilitators: Timothy Hatt, Anne Raustol, & Bruce Jones

Also at the Center

Discernment

*Facing a big question in your life
or need discernment on a decision?*

A Clearness Committee is a group of five to six people with the gift of discernment helping you discern your own God-given leadings and callings.

Spiritual Mentoring

Partner with a mature Christian who has been willing to be obedient to the call of God to walk with and guide another in their journey with Christ.

The Center for Prayer & Spiritual Growth A Ministry of First Presbyterian Church

Corner of Colonial & Raleigh Avenues

Kristine Rand, Director of Prayer & Spiritual Growth,
kristine@fpcnorfolk.org or 625-1697 ext. 303.

Fall, 2011

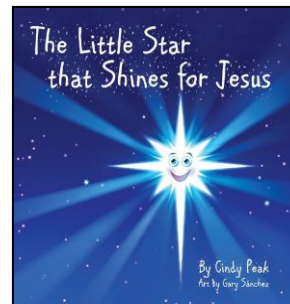
Special Events At The Center

Writers Symposium Inspiration, Flow and Publication

Sunday Afternoon, October 30th
5:00–6:30 p.m.

Come to this informal symposium and meet author, Cindy Peak. She will discuss the movement of inspiration from the your heart to your pen and from your pen to publication.

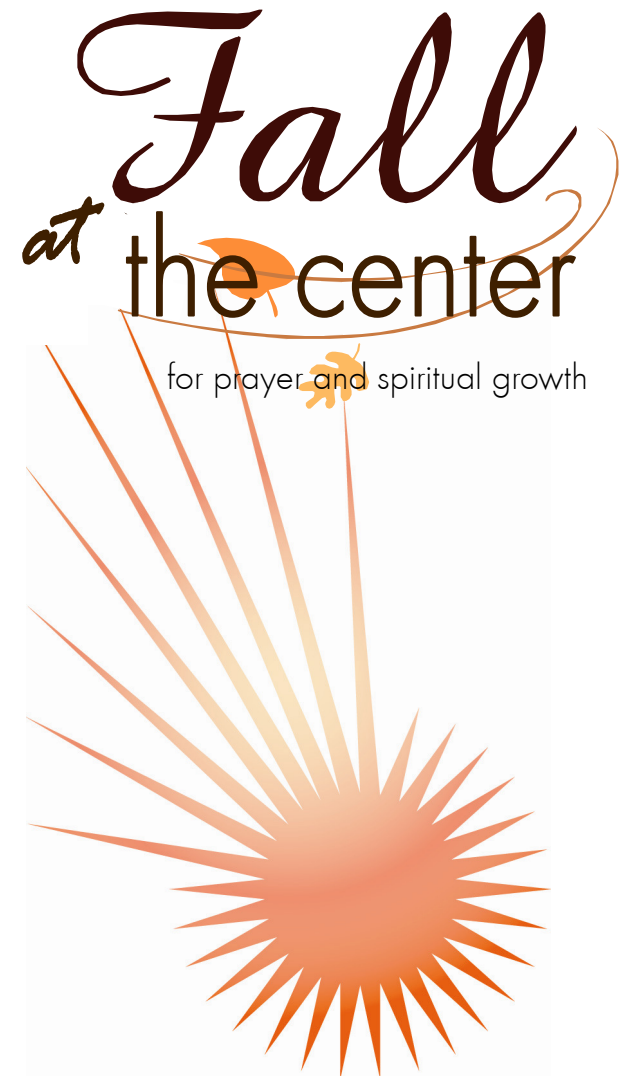
Her newly published book, *The Little Star that Shines for Jesus*, is a story about the Star of Bethlehem and how God chose it to play a major role in the universe – both at the very first Christmas and today.



Cindy Peak is a systems engineer, having worked for the Federal Aviation Administration, Harris Corporation, her own engineering company doing aviation research for the FAA and NASA, and as a consultant in the Aerospace and Defense industry. When not engineering, she teaches, develops curricula, and writes books and articles to support ministries in her church. Cindy and her husband Bob reside in Melbourne, Florida and Steilacoom, Washington.

First Presbyterian Church

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FIRST PRESBYTERIAN CHURCH



*Seeking Christ,
Sharing His Love*