

# Spiritual Formation at Christ Church Cathedral

Sundays 9:45 – 10:45 am  
Classes will resume September 13, 2009

## CHILDREN

Children between three years old (as of October 1) and sixth grade participate in the *Catechesis of the Good Shepherd* program. The aim of the program is to create an environment that supports children's spiritual development. This program uses hands on materials for children to explore parables, stories of Jesus' life, death and resurrection, prayers, music, sacred art and liturgical events. The motto of the program is "help me fall in love with God by myself."

## YOUTH

Youth (7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> graders) will travel the pathways of the Bible and the Book of Common Prayer through our own newly written *Christ Church Cathedral Curriculum for Youth*. This study challenges young people to test their values in the context of their Christian faith. It equips them to make smart choices about tough issues, while it allows them to discover roles as people of God through theological, biblical, liturgical, and historical aspects of faith.

The *Youth Confirmation Program* for 11th graders is a modern adaptation of an ancient church process by which adults were prepared for entry into Christian faith and life. This year-long preparation leads our youth toward the personal decision of receiving Confirmation in the Episcopal Church. The curriculum, *My Faith, My Life: A Teen's Guide to the Episcopal Church* is "an introduction to the essentials of what Anglican Christians believe."

High school seniors spend the year after Confirmation asking: "*Ok, so what do I really believe?*" This is a time for 12th-graders to explore their own theology and discern their role in the Church.

## SUNDAY ADULT OFFERINGS

*Focused and Faithful* – This class features lectures by a variety of speakers on Biblical, social and spiritual themes. Speakers will include priests, rabbis, and professors. (*Parish Hall*)

*Journey in Faith* –Led by the Rev. Anne Stevenson. This class is a modern adaptation of an ancient church process by which adults were prepared for entry into Christian faith and life. The fall will focus on inquiring into the Christian faith as it is lived out at Christ Church Cathedral, the Episcopal Church, and the Anglican Communion. Participation in this class may also prepare adults for Confirmation in the Episcopal Church; Reaffirmation of Baptismal Vows for those already confirmed; or Reception from the Roman and Eastern Catholic Churches. (*Wheeler Room*)

*Contemplative Prayer Class* – Led by the Rev. Geoffrey Butcher. The Contemplative Prayer Class practices Centering prayer - a prayer of the heart, a prayer of simplicity, a prayer of faith, a prayer of simple regard; a method of reducing the obstacles to the gift of contemplative prayer and of facilitating the development of habits conducive to responding to the inspirations of the Spirit. The principal text for those interested in contemplative prayer is Thomas Keating's book, *Open Mind, Open Heart*. (*Chapel*)

## WEEKDAY CLASSES

*Catechesis of the Good Shepherd Leader Training* – this adult learning experience encourages participants to explore their own faith in preparation for working with children from age three to six or children six to nine. This class meets for eighteen weeks on Tuesdays from 9am to 2pm. Registration required. Lunch and childcare provided.

*Contemplative Prayer Class* – meets year-round every Tuesday from 5:30 to 6:30pm and Thursdays 12:15 – 1:00 pm.

*Companions in Christ* – meets weekly for two hours. Participants prepare for their small group by reading, journaling and practicing various prayer disciplines. This experience is characterized by a deepening of spiritual awareness and a sense of fellowship. New groups form each fall. Registration required.

*EFM* – a four-year study of scripture, theology, church history, ethics and ministry that meets weekly throughout the academic year. Blending academic and experiential learning, the course offers students a broad-based foundation of Christian faith and the tradition of the Church. It is an extension course of the School of Theology at the University of the South. Registration required. Fee.

*Wednesday Evening Program* – beginning September 23, dinner 5:30, program 6:30 pm. Reservations required for dinner. Upcoming lectures will feature Dr. Amy-Jill Levine. Childcare provided.

## SACRED SPACE FOR THE CITY EVENTS

### EDUCATION SYMPOSIA

### “LIVING OUR FAITH – AT HOME, AT WORK AND IN COMMUNITY”

*J. Philip Newell* – (Internationally acclaimed poet, scholar and teacher on Celtic Spirituality) – Friday, October 16 and Saturday, October 17.

*Dr. William Countryman* – (Retired Sherman E. Johnson Professor in Biblical Studies at the Church Divinity School of the Pacific, Berkley) – Friday, February 26 and Saturday, February 27, 2010.

All Sacred Space Events begin with a Friday night reception at 5:15,  
dinner from 5:45 – 7:00 and lecture from 7:00 – 8:30.  
The events continue on Saturday from 9:00 to noon.  
Cost is \$25 and reservations are required for dinner.