If you would like more information about any of these groups, contact Mia McClain at MMcClain@myersparkbaptist.org or 704.334.7232 x 123.

SUNDAY MORNING YOGA
Cornwell Center Group Exercise Room | Led by Katie Kucich
Sunday Morning Yoga is an opportunity for adults of all ages and stages to connect with body, mind and spirit in this community of faith. If you’re interested in trying yoga as a spiritual practice that engages your body, mind, and spirit, join us! During our practice, we engage in beginner level yoga that will help you prepare for worship in new ways (and won’t get you too sweaty).

RUMBLING WITH THE WORD
Room 254 | Facilitated by Nancy Culp
“A rumble is a discussion, conversation, or meeting defined by a commitment to lean into vulnerability, to stay curious and generous...to be fearless in owning our parts.” – Brene Brown, adapted from Dare to Lead.

Rumbling with The Word(s) brings us together to read the Bible, and other Wisdom Teachings. We will base our readings on the Revised Common Lectionary, which we use in our worship, while enfolding complementary poetry, faith scriptures, and other writings. This space welcomes all voices to the table. Bring your Bible or electronic scroll or use one of the many versions we will have available. No homework required.

FAITH DEVELOPMENT
Room 250 | Facilitated by Jon and Teddi Benson
This class is for those who want the opportunity to examine their personal faith system in community with others. The five-month discussion class explores the following main areas:
- Developing a Personal Theology: Do you believe in God? Who was Jesus?
- How Can the Bible be a Faith Resource: An introduction to the Old and New Testaments?
• The Spiritual Life: What is the value of meditation? What happens when I pray?
• Missions: How do I identify my spiritual gifts? What is mission? How do I apply my gifts?

LIFE CLASS
Coffee House - Lower Level of Education Building | Facilitated by Eleanor Brawley and Ed Hinson

The Life Class is a lecture-based multigenerational class that works to create an atmosphere of free discussion and sharing while studying a wide range of topics, selected by the planning team for the class. Topics include biblical texts and themes, the teachings of important theologians, religious themes found in literature and plays, discussions of local, national, and international issues, and Christian responses and actions. “We believe we are on a faith journey and that we can learn from one another and from outside leaders.”

EXPLORERS
Room 255 | Facilitated by Jenny Martella

The Explorers class, formed more than 10 years ago, is an age-diverse group that hosts conversations led by group members who have committed to leading one month at a time. Recent topics have included a discussion of author Richard Rohr, meditation, and the intersection of faith and daily life. Another popular source for conversations is the Wired Word, a weekly iteration of current events and how they relate to faith. We host a potluck dinner at member homes up to twice a year.

Soulful Sundays
Library | Facilitated by Courtenay Monfore and Leigh D’Amico

Join us to enjoy a time for empowerment, purpose, happiness and gratitude. This self-improvement class is open to all ages to create a place of encouragement and spiritual growth. This will not be biblically led; instead, we’ll be showing up together to share real conversations, ordinary moments and exploring our own history through connecting our stories to our faith. We strive to create space where people feel heard and understood, furthering our awareness and connection of the other and self where we touch on topics such as self-care, parenting, relationships and life changes.
CENTERQUEST
Room 256 / Facilitated by Nancy Berry
Centerquest is a group that is rooted in the Centerquest model, based on the work of Carl Jung. Recent classes have covered material from Joseph Campbell, Karen Armstrong, Marcus Borg, John Dominic Crossan, and Serene Jones. At times we have experiential learning, exploring nature and creativity. Where it fits, we use the All are welcome to join or visit at any time.

A COURSE IN MIRACLES
Room 260 / Facilitated by Jim Hanley
A psychological approach to spirituality, based on the principles of “ACIM” as they relate to all-inclusive forgiveness. The focus is on coping with life’s challenges and discovering paths to inner peace.
Looking for an opportunity to grow spiritually through the week? Interested in some God-talk while your child is in choir rehearsal? Would you like to just chat over coffee? Join us on Wednesdays for a variety of fellowship and faith-filled activities. **Childcare will be offered from 5:00-8:00p**

**1:00p | Midday Women’s Bible Study | Meets in the Parlor**

This traditional bible study meets every other week. Led by Ellen Caldwell and Mia McClain.

**5:00p | Awakening Bible Study | Meets in the Library**

This is an opportunity for people of all ages to gather and walk through scripture together. We will focus on texts that relate to the *Awakening to Environmental Injustice* series, beginning with an unpacking of the Book of Genesis. Led by Mia McClain.

**5:00p | Coffee Chat | Meet in the Parlor**

All are invited to come chat about minivans, the school year, your recent family vacation, or the complexities of life. Led by Rev. Carrie Veal.

**6:00p | Food and Fellowship Hour | Heaton Hall**

Let’s break bread together and fellowship as a family. As catered meal will be available for purchase.

**7:00p | Awakening Bible Study II | Meets in the Parlor**

Led by Mia McClain.