



ST PAUL'S
EPISCOPAL

2023/2024

COURSE CATALOGUE



INTRODUCING THE LANTERN INITIATIVE

Your word is a lamp to my feet and a light upon my path.

Psalms 119:105

This brochure represents the work of dozens of St. Paul's parishioners over a two-year period, who prayed, imagined, and brainstormed what it would look like to create a space for people who want to go deeper in their faith. It is something new; however, it is built to be an extension of and complement to St. Paul's regular formation offerings (Sunday morning formation classes, Kanuga, Bible Studies, etc.). What you will find here are resources meant to shine a light on your path when you feel called to your next step and even help you shine a light for others.

So, welcome to your next step. Welcome to a place of spiritual formation and growth. Welcome to the Lantern Initiative.

THE THREE FORMATS:



Sunday afternoon seminars



Small group gatherings



Spring and fall retreats and pilgrimages



SUNDAY AFTERNOON SEMINARS

Sep 24, 2023

EYES REMADE FOR WONDER:

THE BIBLE, ART AND SEEING GOD IN THE EVERYDAY

Reynolda House Museum of American Art

Two Sessions: 1:45 to 3:30 pm, 3:30 to 4:15 pm

The Rev. Dr. D. Dixon Kinser and Allison Perkins, Executive Director of Reynolda House Museum of American Art

How do we learn to see the work of God in ALL the world around us? Are there exercises that keep us aware of the good, hopeful, and beautiful, even during dark and chaotic times? The answer is yes, and this class is designed to support participants in those very practices! Join the Rev. Dr. D. Dixon Kinser and Executive Director of Reynolda House, Allison Perkins for a spiritual formation experience that is a little bit Bible study, a little bit art appreciation, and a whole lot of learning how to be inspired by art and scripture so we can remake our eyes for wonder.

**Note this class meets at Reynolda House Museum of American Art: 2250 Reynolda Rd, Winston-Salem, NC 27106*



**This class has two sessions. Session One begins at 1:45 pm and ends at 3:30 pm. Session Two begins at 3:30 pm and ends at 4:15 pm. Registration for each session is limited to 15 participants and opens on Fri, Sep 15 via an email to the parish. Sign the interest list before to get started: bit.ly/lantern23*

Oct 29, 2023

SPIRITUAL DIRECTION FOR INDIVIDUALS AND GROUPS

The Station at St. Paul's

2:30 to 4:30 pm

Julie Smith and Skye Harvey

The work of spiritual direction asks, what is the shape of my life in God? How can I reflect on the path of my life honestly, with a trusted companion, and grow closer to God? How do I cope when someone tells me a hard truth, or confronts me with conflict? What do I do with spiritual doubt? This seminar will not only summarize the ministry of spiritual direction and friendship, but show how this work can deeply and holistically address one's growth in God over the long term.

Nov 12, 2023

WRITING AS A SPIRITUAL PRACTICE

The Station at St. Paul's

2:30 to 4:30 pm

The Rev. Lucy Strandlund and The Rev. Lindsey Ardrey

Whether you have well developed writing skills, or if you barely scratch the surface of a journal every now and then, this seminar will introduce tools for writing as prayer. Through spiritual autobiography, poetry, journaling prompts, and storytelling, we will explore together how writing can open doors for deeper engagement with God.

Jan 28, 2024

ACTION AND CONTEMPLATION:

PRACTICES FOR HOLY LEADERSHIP

The Station at St. Paul's

2:30 to 4:30 pm

The Rev. Erika Takacs

Are you new to leadership or a ministry leader who would like to grow? Whether you teach Sunday school, lead a small group, or coordinate outreach activities, we all need a chance to develop the internal and external practices that support our leadership. This seminar will offer leadership development tools, devotional practices for leaders, ways to address self-care and burnout in ministry, and ideas on how to build a truly collaborative ministry team.

Feb 25, 2024

THE FAMILY PATTERN:

THE SPIRITUAL PATH OF GENOGRAMS

The Station at St. Paul's

2:30 to 4:30 pm

The Rev. Sara Ardrey-Graves

Families are where we learn the best parts of ourselves. They teach us how to love and how to use our gifts and talents in the world. We learn we are deeply connected to the traditions our family upholds and the beliefs we practice. Families are also where we experience great pain, and we can witness patterns that are hard to unlearn: conflict, unmet expectations, estrangement, addiction, and toxicity. We can only forgive our families and strengthen our relationships once we recognize the patterns between us. This seminar will teach the practice of completing a Genogram chart for your own family, and allow for conversation about the complicated aspects of our families that need tending.

SMALL GROUP OFFERINGS

Specific meeting dates and times are still pending. If you are interested in joining any of these small group offerings, please sign the interest form on page 6.

SPIRITUAL WELLNESS:

LIVING COMPASS GROUP

What are the areas of my life that give me strength, nourishment and grounding? Where do I see areas of unhealth? How can I live intentionally, seeking balance between physical, mental, emotional and spiritual health? This six week small group will offer resources for reviewing one's own individual health and offer group support for living a life of wellness, beginning in March.

SPIRITUAL FRIENDSHIP:

4 NEW ENCOUNTER GROUPS

These small groups are dedicated to the work of building sacred friendships, and looking at how God is present in the most beautiful and messy parts of our lives. Over a meal together, we will practice sharing the stories of our lives, with a bit of theological reflection, and participate in supportive group processing. The offerings will allow you to find your unique place in a group, whether your interests are with men's ministry, an LGBTQIA+ group, or other general intergenerational gatherings. These are structured to be a once-monthly commitment through a year's time, beginning in September.

BECOMING BELOVED COMMUNITY:

SACRED GROUND GROUP

Sacred Ground is a film- and readings-based dialogue series on race, grounded in faith. This small group will walk through chapters of America's history of race and racism, while weaving in threads of family story, economic class, and political and regional identity. The 11-week series uses a powerful online curriculum of documentary films and readings that focus on Indigenous, Black, Latino, and Asian/Pacific American histories as they intersect with European American histories. The Sacred Ground group begins in November.

meet
this
season's
leaders

The Rev. Lindsey Ardrey,
Writing as a Spiritual Practice

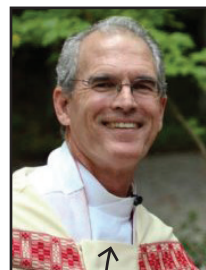
The Rev. Sara Ardrey-Graves,
The Family Pattern: The Spiritual Path of Genograms

Margie Hodgkin,
Living Compass Group leader

Shye Harvey,
*Spiritual Direction for
Individuals and Groups*

Jason Franklin,
LGBTQIA+ Small Group

Kathy Ausen,
Sacred Ground Small Group



The Rev. Dixon Kinser,
*Eyes Remade for
Wonder: The Bible,
Art and Seeing God in
the Everyday*

Stacy Holley,
Small Group leader

Julie Smith,
*Spiritual Direction for
Individuals and Groups*

Allison Perkins,
*Eyes Remade for
Wonder: The Bible,
Art and Seeing God in
the Everyday*

The Rev. Nancy Vaders,
Autumn Retreat Workshop

Bill Wells,
Men's Small Group

Nancy Montgomery,
Living Compass Group

The Rt. Rev. Porter Taylor,
Autumn Retreat Workshop

The Rev. Erika Takacs,
Action and Contemplation: Practices for Holy Leadership

The Rev. Lucy Strandlund,
Writing as a Spiritual Practice

NEXT, NO, AND NOT YET: A RETREAT ABOUT MAKING HOLY CHOICES

Oct 14, 2023

The Station at St. Paul's

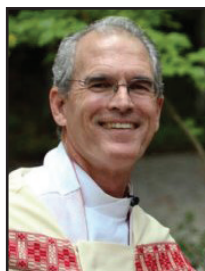
9:30 am to 3 pm

The Rt. Rev. Porter Taylor with The Reverends Dixon Kinser, Sara Ardrey-Graves, Lucy Strandlund and Nancy Vaders

In our baptism we promised to “proclaim by word and example the Good News of God in Christ.” It’s important that we don’t narrow our sense of what that means. St Francis of Assisi said, “Preach the Gospel at all times; when necessary, use words.” How is God using your life to preach the Good News? How can we cultivate an openness to the Holy Spirit so that we are the Spirit’s agents? One of the mystics wrote “for those who have surrendered completely to God... their lives are sermons.” The objective of this retreat is to dig deep into our personal stories so that we become clear about the ways in which our lives are already proclaiming the Baptismal Covenant. We will also explore how we might deepen and broaden that service, whether by serving as a lay or ordained minister. Whether you are discerning how to serve God in a new way, or are simply making a decision that will affect the people you care about, we will explore various spiritual practices that give us imagination for how God is using us to preach the Good News.

Join the Rt. Rev. Porter Taylor and members of the St. Paul’s clergy for a day retreat on how to pay attention to what is “next,” what is “no,” and what is “not yet” in your life. The retreat will include keynote sessions with Bishop Taylor and breakout sessions designed to teach tools for discernment in everyday life. This retreat is for anyone discerning questions about God’s invitation for their life; there will also be a special track for anyone curious about ordained ministry in the Episcopal Church. The retreat cost is \$20, which includes lunch.

retreats
and



Porter Taylor is the sixth bishop (retired) of the Episcopal Diocese of Western North Carolina. He earned an MDiv from the School of Theology at the University of the South and a PhD in literature and theology from Emory University. Previously, he served as the rector of St. Gregory the Great Episcopal Church in Athens, Georgia. Porter has published three books: *To Dream as God Dreams: Sermons of Community, Conversion, and Hope* and *From Anger to Zion: An Alphabet of Faith*. His most recent book is a memoir titled *Are You Persuaded? In and Out of Being a Bishop*, which covers the elections of Katharine Jefferts Schori and Michael Curry as well as his attendance at The Lambeth Conference. Bishop Taylor will have books for sale at the St. Paul’s bookshop. He is happily married to Jo Taylor and deeply grateful for his two children, Arthur and Marie. They live in Asheville, North Carolina.

SIGN THE INTEREST FORM

If you would like to participate or learn more in any of the offerings in the Lantern Initiatives, please fill out the interest form by scanning the QR code with your phone’s camera or visiting: bit.ly/lantern23





The Holy Island of Lindisfarne

IN THE FOOTSTEPS OF THE NORTHERN SAINTS: PILGRIMAGE TO ENGLAND

Two concurrent groups of pilgrims will travel in the fall of 2024 through the ancient Northumbrian regions of England and Scotland to explore the development of English Christianity through the lens of the Northern Saints. One group will visit holy sites in and around Durham, Hexham, the Camino Ingles, and Holy Island. The second group will hike the Way of St. Cuthbert along the border of Scotland, concluding at Holy Island, where both groups will overlap. Preparation for each trip will include small group formation, study of the region and its history, and a deep dive into the spiritual practice of pilgrimage.

TWO INFO SESSIONS

Sep 10, 2023 at 12:30 pm

or

Sep 17, 2023 at 12:30 pm
in Colhoun B

Come to one of two information sessions to learn more.





The Lantern Initiative:
St. Paul's Episcopal Church
520 Summit St.
Winston-Salem, NC 27101-1195

begin your journey

We will provide additional details about individual offerings via our weekly emails, print newsletters, and during announcements, including information on how to sign up, important dates, and leader bios.

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A House of Prayer for All People in the Episcopal Diocese of North Carolina
336-723-4391 · www.stpaulsws.org · info@stpauls-ws.org