

Hello Friends,

In light of 2020 and its challenges, I am letting you know of opportunities to further engage the work of emotional and spiritual maturity. Through Faithwalking Central and the regional Heartland Synod, Chris Godfredsen has been offering Faithwalking's six modules on a regular basis via Zoom.

Each Module is ten weeks in duration. You can sign up for the module you think best fits you. Of course, there are some foundational principles and skills that are good to have in place before moving onto the next module. To do the modules in order is probably the most helpful. However, if there is a module that fits your need or desire and you have not done the preceding work, Chris is open to welcoming you into that space. If you have done a retreat or 101, it seems reasonable to enter the modules at Module 2. For sure, the review of Module 1 would be beneficial as well. The Heartland Synod Module options are listed below, and the cost is \$100.00 per module, payable by using PayPal.

As well, Trinity may be offering a Module 1 in late January. You can learn more about Faithwalking at <https://www.faithwalking.us/> If you have questions or need additional information, please feel free to reach out to me at michellechristy.trinity@gmail.com

Register here: <https://tpoppen.wufoo.com/forms/q1c48wnz1mizxpd/>

Module 1: Awareness through Self-Discovery (10 Mondays, beginning Jan. 18 - 11:45-1 p.m.) Module One sessions focus on awareness, the impact of our first formation experiences, vows we created to be safe in the world, and writing positive declarations to live lives more in line with God's intended design.

Module 2: Authenticity (10 Sundays, beginning Jan. 19 - 4-5:15 p.m.) Module Two sessions focus on authenticity, shame, and its power in our lives, you are given a tool to live free of shame, and we do more work to place our negative vows behind us.

Module 3: Managing Anxiety (10 Mondays, beginning Jan. 18 - 2:00-3:15 p.m.) Module Three sessions focus on understanding anxiety, managing anxiety, personal responsibility, practices for becoming a less anxious presence.

Module 4: Emotional Maturity (10 Thursdays, beginning Jan. 21 – 11:45 a.m.-1 p.m.) Module Four sessions focus on differentiation of self and look at how Jesus was the most emotionally mature human to ever live, understanding and creating healthy boundaries for our lives, establishing guiding principles, and growing in the ability to stay connected with people we may be at odds with.

Module 5: Integrity (10 Wednesdays, beginning Jan. 20 – 11:45 a.m.-1 p.m.) Module Five sessions focus on defining integrity, understanding how we might align our lives with the life that Jesus would live if Jesus were living our life, growing our ability to engage diversity and dialogue, and how we might live as sent people – joining God in God's mission of restoring all things to their intended design.

Module 6: Living on Mission with God (10 Tuesdays, beginning Jan. 19 – 12:30-1:45p.m.) Module Six sessions focus on ways that we can increasingly live lives that reflect the heart of God, understanding and joining God in creating shalom, becoming aware of missional practices, and how we might love all of God's creation well.

May you each experience the presence and peace of Christ this Christmas.

On the journey with you,

Michelle Christy, Director of Adult Discipleship, Trinity Church