



## **Adult Classes**

Saturday morning will feature classes for kids and adults. Adult options are:

### **The Gifts of Silence, Stillness, and Solitude** (Harmony McMillan)

Henri Nouwen writes, "The farther the outward journey takes you, the deeper the inward journey must be. Only when your roots are deep can the fruit be abundant". The journey of life can be demanding and wearisome. I am learning that the practices of silence, stillness and solitude create space for God to nourish, to guide and to renew us. In this class, I will share about how I found myself at an 8-day silent retreat on the coast of Massachusetts, what the experience entailed, and why I hope to return soon!

### **Hidden In My Heart: A Testimony About Scripture Memorization** (Cherish Laliberte)

Originally driven to it by desperation, now drawn to it by love, this session is a testimony of how Scripture memorization has impacted my life. I'll share experiences from my journey, including the internal resistance I've overcome, practical strategies I've learned, and benefits I've gained as a result of hiding the God's Word in my heart. If you are interested in memorizing Scripture as a spiritual discipline, or just curious about it, this class will proceed like a visit over a cup of coffee!

### **Walking with the Spirit in Desert Times** (Phil Vanderveen)

As the most fully human person who ever walked the earth, Jesus kept in step with the Holy Spirit. With particular attention on his wilderness temptations, come rediscover some clues of how our Saviour modeled the habits and outcomes of a Spirit-led life.

|                                    | <b>Auditorium</b>  | <b>Fireside Room</b>  | <b>Youth Room</b>   |
|------------------------------------|--|---|---|
| <b>Session #1</b><br>10:00 - 10:45 | <b>Walking with the Spirit in Desert Times</b><br>Phil Vanderveen<br><br>Host: TBA | <b>Hidden In My Heart</b><br>Cherish Laliberte<br><br>Host: TBA | <b>The Gifts of Silence, Stillness, and Solitude</b><br>Harmony McMillan<br><br>Host: TBA |
| <b>Session #2</b><br>11:00 - 11:45 | <b>Walking with the Spirit in Desert Times</b><br>Phil Vanderveen<br><br>Host: TBA | <b>Hidden In My Heart</b><br>Cherish Laliberte<br><br>Host: TBA | <b>The Gifts of Silence, Stillness, and Solitude</b><br>Harmony McMillan<br><br>Host: TBA |