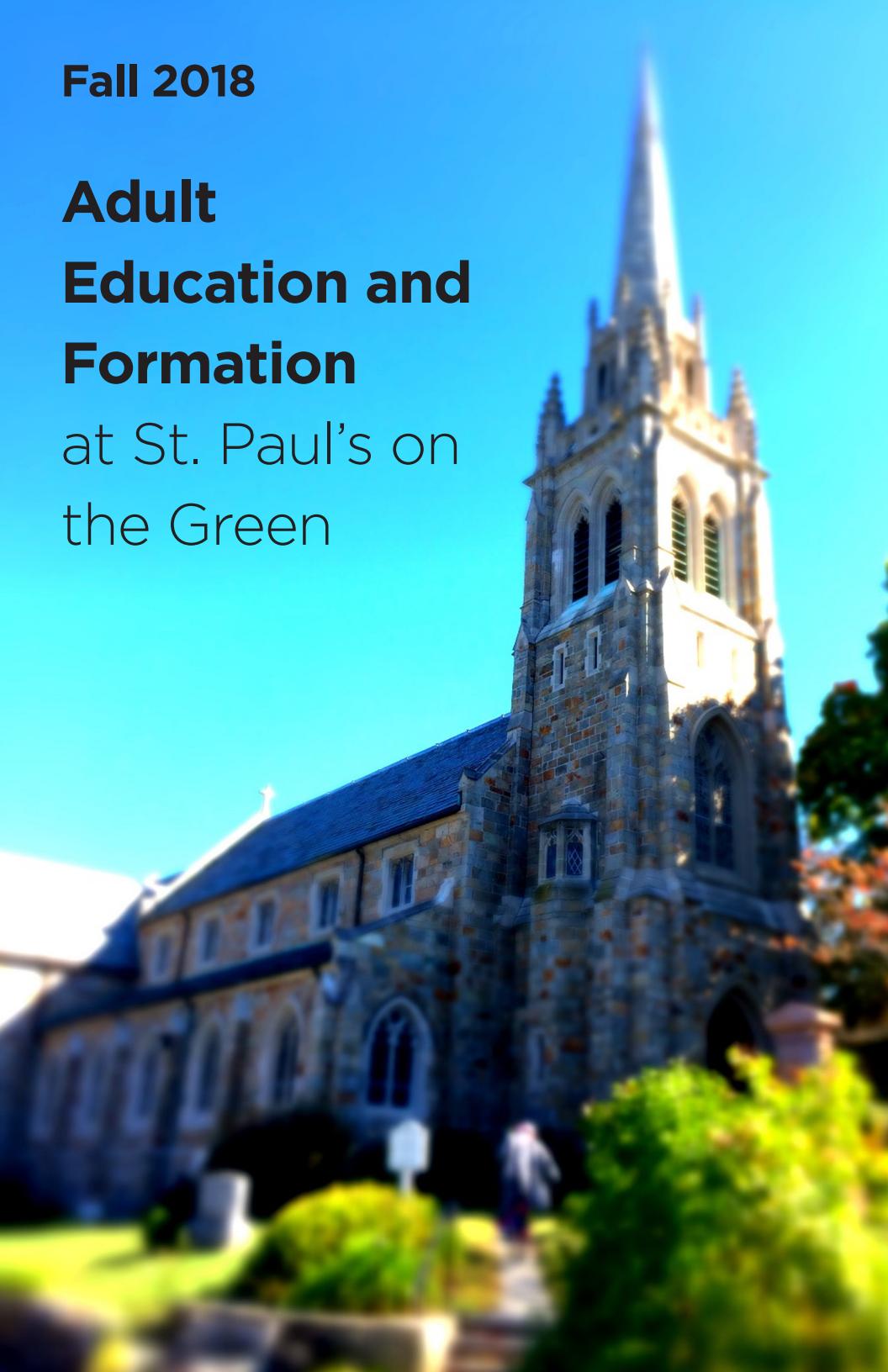


Fall 2018

Adult Education and Formation

at St. Paul's on
the Green



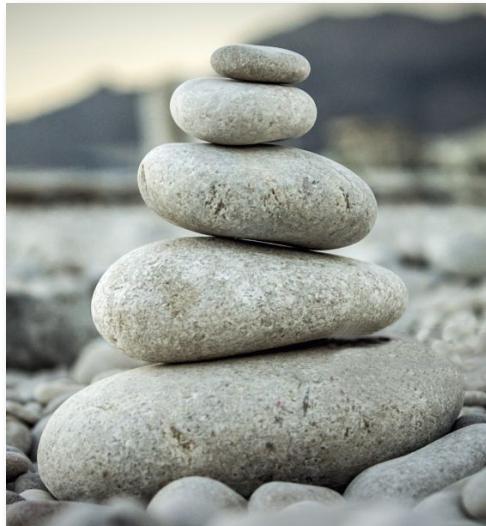
2018 FORUM SERIES

HEALTH and Wellness

Healing is at the center of the Christian story. Over and over again, Jesus makes clear that his mission is to improve the health of others: he feeds the hungry, raises the dead, and helps people see, walk, and hear. Healing is also at the center of our life

together at St. Paul's. Whether it is in the lovely music we enjoy or the healing prayers we participate in during communion or the conviviality we share when we gather as a community, most of us experience something at St. Paul's that makes us feel better and more whole.

In one of the healing stories in John's Gospel, Jesus asks a person in need of healing, "Do you want to be made well?" Achieving good health, Jesus suggests, requires some effort or intention on our



part. We have a responsibility to take care of our minds, our bodies, our spirits, and our communities. In order to help us in this endeavor, the 2018-2019 Adult Forum series will explore topics related to Health & Wellness. Topics of discussion will range from physical activity and healthy eating to forms of prayer and meditation to the state of our checkbook and bank accounts. Reaching a reasonable level of health and wellness in these and other areas will help us live happier, more productive, and more faithful lives.

All sessions take place at 10:10 AM in the St. Hilda Room unless otherwise noted.

The Eight Dimensions of Wellness: Striving for Health in All Areas of our Lives

Sunday, September 16th



Assistant Rector Peter Thompson introduces a holistic model of wellness that incorporates emotional, environmental, financial, intellectual, occupational, physical, social and spiritual health. How does such a model change our understanding of health? And what strategies might we employ to improve our health in each of these areas? Peter will share his thoughts and invite discussion from others.

Using the 23-1 Rule to Reach Your Fitness Goals

Sunday, September 23rd

Parishioner and certified personal trainer Russ Bulkley spends much of his time with personal training clients helping them to reach their goals inside the gym. But he knows that what his clients do outside of the gym matters just as much, if not more. Russ outlines the 23-1 rule for us and explains how it can help us lead healthier lives when we are not working out.

HIV Treatment and Prevention in the “End-of-AIDS” Era

Sunday, September 30th



Combatting HIV/AIDS is still an enormous challenge worldwide, but new treatments now exist which can mitigate the symptoms of HIV and in time bring an end to AIDS entirely. Dr. David Rubin, Medical Director of the Norwalk clinic Circle Care Center, has been caring for HIV/AIDS patients for over thirty years and has had a front row seat to developments in HIV treatment and prevention. He reflects on his three decades of experience and offers his thoughts on how we can best address HIV today.

Caring for Your Mental Health

Sunday, October 7th



In 2018, Mental health awareness is greater than ever, and yet many still do not receive the mental healthcare they need. Margaret Watt, a chorister parent and the Executive Director of Healthy Minds CT, talks about the importance of caring for your own mental health and the mental health of others and about how to obtain access to mental health services.

Field Trip: NorWALKER Group Walk Around St. Paul's

Sunday, October 14th

Note: This session will begin in the Undercroft. Wear comfortable walking shoes and be prepared to walk a little over a mile.



Walking is an easy, low-cost way to get exercise and see your local neighborhood. The NorWALKER program, an initiative of the Norwalk Health Department, aims to help citizens of Norwalk get out and about by scheduling regular community walks and providing suggested walking routes throughout the city. Join Norwalk Health Department's Health Education Associate Kaitlin Latham and St. Paul's parishioner and registered nurse Barbara McCabe as they take you on a lovely stroll around downtown Norwalk. You'll be back by 10:50!

Health Through Collaboration: The Southwest Region of the Episcopal Church in Connecticut

Sunday, October 21st

The Episcopal Church in Connecticut is divided into six regions, and St. Paul's falls within the Southwest Region, which roughly corresponds to Fairfield County. Southwest Region Missionary the Reverend Carlos de la Torre talks about what's going on in the larger region, what St. Paul's has to gain from being a part of the larger region, and what St. Paul's can contribute to the larger region.

An Introduction to Spiritual Health

Sunday, October 28th



We talk a lot about our physical health, but what about our spiritual health. Is it important? (The answer is: Yes.) The spiritual dimension of health may be the most abstract of health's various dimensions, and yet it is very influential in keeping the entire person whole. Lilian Revel, a parishioner at St. Paul's and the Associate for Pastoral Care at Trinity

on the Green in New Haven, will lead a discussion about what it means to lead a spiritually healthy life, how we can achieve it, what practices are helpful to get us there, and how spiritual health affects other areas of our life. While our spiritual health is important at all stages of life, Lilian will also touch on the topic of conscious aging and how our spiritual wellness may determine the way we live and enjoy the second half of our lives.

*NB: Lilian will be leading a series called *The Spirituality of Aging* that will meet on Tuesdays in November from 7:00 to 8:30 PM. See page 10.*

Financial Health in the Parish Church

Sunday, November 4th

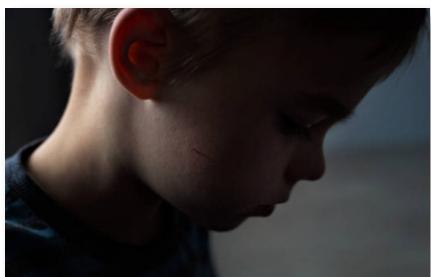


Even as it has grown and thrived in many ways, St. Paul's has for years struggled to achieve a balanced budget. What does financial health look like in a parish church? And how can it be attained? Canon Louis Fuertes, the Canon for Mission Finance and Operations for the Episcopal Church in Connecticut, shares his

thoughts on these questions based on his experience overseeing the financial health of the 160+ parishes and worshipping communities within the state.

Addressing and Preventing Child Sexual Abuse

Sunday, November 11th



Child sexual abuse remains a prevalent problem that has lasting effects. Some estimates indicate that 1 in 5 girls and 1 in 20 boys are sexually abused before the age of 18. Kari Pesavento directs Children's Connection, a program of the Norwalk-based Human Services Council that connects child abuse

victims and their families to needed resources. She discusses how to combat the problem of child sexual abuse, how to talk to children about keeping themselves safe, and how to look for warning signs of inappropriate behavior.

Mindfulness Mediation: Why You Should Do It and How You Can

Sunday, November 18th



Mindfulness meditation is now in vogue. Practically everywhere you look, someone is touting its importance for psychological and physical health, success in the workplace, and much more. What is this craze all about? Jeff Wells, who runs the New Canaan-based Community Mindfulness Project, provides us an overview of meditation and its benefits and then leads us as we mediate together.

The Current State of the HIV Epidemic in Connecticut and the Fight for an AIDS-Free Generation

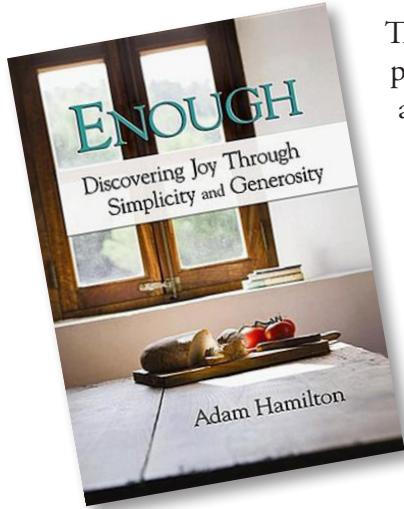
Sunday, November 25th



With the advent of preventive medication for HIV and the existence of several effective treatments for HIV/AIDS, it is a hopeful time for those who provide services to HIV positive clients, but much work is still left to be done. As we approach World AIDS Day on December 1, Stuart Lane, the executive director of the Mid-Fairfield AIDS Project, talks about the current prevalence of HIV in the area, offers information about new tools available to fight HIV/AIDS, and shares reflections on his work helping those who live with the virus or the disease.

ADVENT SERIES

Enough: Discovering Joy Through Simplicity and Generosity



The lead-up to Christmas presents us with plenty of opportunities to spend our money, and we might easily feel like we don't have enough. But, in fact, the Christian faith proclaims, we do. Assistant Rector Peter Thompson leads an Advent exploration of our personal approach to money based on Methodist pastor Adam Hamilton's book *Enough: Discovering Joy Through Simplicity and Generosity*. Sessions will include a video presentation and time for group discussion.

Participants are encouraged but not required to read the chapters in advance of the sessions. Books are available in the Parish Office.

When Dreams Become Nightmares

Sunday, December 2nd

What is the American Dream and what does it say about money? What is God's vision for us and how we spend our money? How are the American Dream and God's vision different?

Wisdom and Finance

Sunday, December 9th

How can we approach money in prudent ways? What habits do we need to end and what habits do we need to start?

Cultivating Contentment

Sunday, December 16th

What is keeping us from being satisfied? How can we learn to be satisfied with what we have?

Defined by Generosity

Sunday, December 23rd

Is generosity important to us? How can we be more generous?

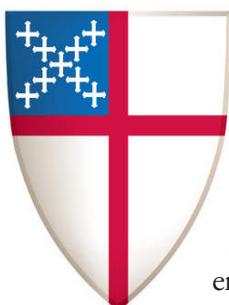
Exploring Christianity and the Episcopal Church:

Pillars of Faith

Tuesdays from September 11th to October 30th

7:00 to 8:30 PM in the Guild Room

Embark on an 8-week pilgrimage through the cornerstones of Christian faith and the Episcopal Church this fall as we explore the fundamentals of Christianity and the Episcopal Church and how we can live them out in our everyday world. Led by seminarian Greg Baker, we will together delve into discussions around Scripture, prayer, Baptism, Eucharist, Episcopal identity, and discuss how these things influence our self-perceptions, our relationships, and our walk through the world.



People at all stages of their spiritual journey are welcome. Whether you have never been to church before or have not been to church in a while or have been in church your entire life, this opportunity is for you!

Week 1, 9/11 – Getting a Lay of the Land

Week 2, 9/18 – Exploring the Bible

Week 3, 9/25 – Exploring Prayer

Week 4, 10/2 – Exploring the Sacraments: Baptism

Week 5, 10/9 – Exploring the Sacraments: Eucharist

Week 6, 10/16 – Exploring the Episcopal Church

Week 7, 10/23 – Relationship with God:

who am I? whose am I?

Week 8, 10/30 – Relationship with Community: who are we?

The Spirituality of Aging

Tuesdays in November

7:00 to 8:30 PM in the Guild Room



How do you view the aging process? Is it tinged with anxiety and regret? Or do you see it as an adventure, a time to find meaning, and a ripening? Or is it a little of both? Join Lilian Revel, parishioner at St. Paul's and Associate for Pastoral Care at Trinity on the Green in New Haven, over the four weeks in November and engage in small group and large group conversations about the spirituality of aging. Explore such questions as: what does it mean to age; how to live with integrity and intentionality; how to cultivate wisdom, resilience, love, forgiveness, and acceptance; how to live creatively; how to live a healthy emotional and social life as we age; taking care of the practical aspects of aging (housing, end-of-life papers, etc).

Come together to build community and to enrich our lives through the sharing of personal experiences and the telling of our stories.

Race and Social Justice

Wednesdays

7:00 to 8:30 PM in the Guild Room

Now in its second full year, the Race and Social Justice group has now been engaged in significant and timely discussions about the role of race in our society for quite some time. All are welcome to join the group as it engages in difficult but necessary dialogue around this most relevant of topics. For more specific information about the current focus of the group, see the eNews or the Sunday Announcements.

