



prepare for next week...

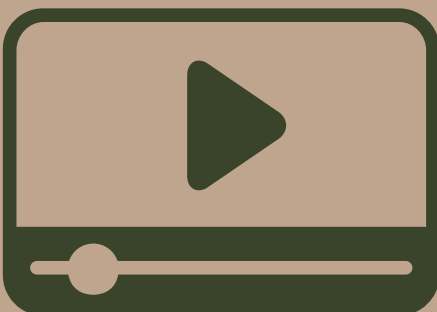
## Monthly Examen

Women of Peace,

Being a disciplined person is a worthy goal, and yet the work of being disciplined is often a difficult journey! The fruit of a discipline is often what keeps us going (peace from organization, health/strength from working out, rest from good sleep habits, etc.), but the work can feel gueling and unproductive at times. Spiritual disciplines are no different. Many of us can attest to the reality that when we put in the work to pray, study, listen, worship, confess, and mature, we reap the benefits of greater intimacy with Christ and deeper fellowship with one another. We recognize these as disciplines because they don't always come easy or without great intentionality. Life has a way of happening and even with signposts and fellow pilgrims along the way, we can find ourselves distracted and in need of rest.

Providing space to reflect over the past month, naming the places we've experienced the presence of the Lord, along with the experiences of feeling far from Him, has proven to be a fruitful discipline. Next week we will practice a monthly Examen, taking a loving and honest look at where we've been, confessing our sin, and setting intentions for the days to come.

- Tina



In case you missed it last week, here's the [video](#) from The Bible Project for 1-3 John. Don't forget to start writing out 1 John 2:1-11 for our next study!

# SHARING THE TABLE

## Tuesday Evening

Allergies: gluten & nuts

### Dinner Sign Up

Sep 23<sup>rd</sup> - Tessa

Sep 30<sup>th</sup> - Debbie & Teri

Oct 14<sup>th</sup> - Breanna & Elisa



## Thursday Morning

Allergies: cranberries and nuts

### Brunch Sign Up

Sep 25<sup>th</sup> - Michelle, Audra & Emily S.. (Kids)

Oct 2<sup>nd</sup> - Rachel & Judy (Kids)

Oct 16<sup>th</sup> - Emily S. & Michelle (Kids)

