First Presbyterian Church Santa Fe believes that the church is responsible for teaching, practicing, and living our faith in witness to the teachings of Jesus—that Christ is the center of the church—and we, as Jesus’ followers, must prepare and equip all who enter our doors for ministry in the world. Spiritual formation classes run throughout the year and are the primary focus during the adult education hour between services during the winter and spring.
The following classes run throughout the year:

**Evening Prayer/Mindful Movement**  
Each Sunday from 5:00-6:15pm in McFarland Chapel.  
We read selections from the *Magnificat* prayer book and use *Hymns for Morning and Evening Prayer* which follows the Liturgical Year. Mindful Movement focuses on a healthy lower back, gentle stretching, balance, concentration and synchronizing movement and breathing.  
Contact: Dana Moore, danananda@gmail.com.

**The Prayer Shawl Ministry**  
First and third Tuesday of each month from 9:30-11:30am in the Rendon Room.  
Creating prayer shawls to be distributed to those who are in special need of loving care, these women faithfully use the knitting time for prayer, meditation, and knitting together, as well as many hours of prayerful knitting outside the given meeting hour. From beginning knitters to well skilled in the art are welcomed.  
Contact: Betty Kersting, bettybetsf@gmail.com

**Contemplative Silence Hour**  
Each Tuesday from 10:30-11:30am in the Sanctuary of Westminster Presbyterian Church.  
This contemplative hour provides the time and space for silence in the lives of participants who come from many faith backgrounds.  
Contact: Jeannie, jeannie.bowman17@gmail.com

**Environmental Ethics Study Group**  
Each Tuesday at noon in the Rendon Room.  
We explore key American environmental writers’ approaches to environmental ethics and how these ecological issues relate to our own lives and faith. Through readings from the anthology *American Earth*, conversation and reflection, we hope to engage as a community about what it means to be good stewards of God's creation.  
Contact: Allie or Andrew at Earthkeepers360@gmail.com

**Fireside Chat with the Mystics**  
Each Tuesday from 5:00-6:00pm in the Rendon Room.  
This group studies those who have been identified as mystics and saints over the centuries, often emphasizing the women saints and mystics. A broad base of religions is sometimes included. Julian of Norwich will be the chosen subject in preparation for the Lenten Retreat in March. The meetings are facilitated by Elise, kelisepackard@gmail.com, and Jeannie, jeannie.bowman17@gmail.com

**Presbyterian Women**  
Second Wednesday of each month at 10:00am in the Volunteer Room.  
From January to May, the Presbyterian Women Bible study will be “Love Carved In Stone”: ten words — the Ten Commandments. Further understanding of the Words can help us unlock fresh insights for our daily lives.  
Contact: Helen Sutton, hsutton8134@outlook.com
Bible Study
Each Friday from 11:30am-12:30pm in the Rendon Room.
We use the Lectionary reading for the week in preparation for Sunday’s worship.
Contact: Pastor Harry, harry@fpcsantafe.org

Journaling as a Spiritual Practice
Last Friday of each month in Pope Hall from 11:30am-1:00pm.
The class includes study on a particular aspect of the spiritual journey for the first portion of the class followed by an extended period of time for writing from prompts taken from the text Life’s Companion: Journal Writing as a Spiritual Practice written by Christina Baldwin. Beginners to writing and those experienced in the art are welcomed. Jeannie Bowman, Spiritual Director, convenes the group. Contact: Jeannie, jeannie.bowman17@gmail.com

Spanish Bible Study
Each Saturday from 9:00-10:00am in the Volunteer Room.
This group has been in existence for fifteen years. We read Biblical passages, use the Presbyterian Women Study Guide, and discuss related topics, all in Spanish. There are women and men in the group who are on all levels of Spanish learning. We are a close-knit group, but always welcome newcomers.
Contact: Alice Tinkle, aotinkle@comcast.net

Circle of Friends
Second Saturday of each month at 10:00am in one of the members’ homes.
An open group with the purpose of spiritual growth, women new or old to the church and community who seek a deeper connection with other women in a smaller group are invited.
Contact: Jenny, harlandjn@gmail.com.

ACTS II Winter and Spring Offerings
These classes will meet at the Adult Education hour, 9:45-10:45am, in Pope Hall.

A Series on Gratitude
Patricia Varga, new member of FPCSF, a graduate of Stanford and Harvard, facilitates a four-week course that uses guided meditation, music, creative writing and art to explore your creative process, gratitude and how these are so intertwined with GRACE and COMPASSION. Gratitude, like the creative spirit, has the ability to change you. It gets you to tune in to what you love, to what inspires you, to shift your thoughts and perceptions, to befriend and embrace life, regardless of what you are going through.
January 5, 12, 19, and 26
Practicing Sabbath
Practicing Sabbath is a lost art, a seldom used but powerful antidote to the lightning pace of our society, and a calming salve for the current anxiety and division in our political climate. Long an ideal and rarely given life beyond a periodic holiday or weekend retreat, Sabbath can bring renewal and healing to our days and become a pathway to experience the Glory of God, which Iraeneus defined as “a human being fully alive.” This three-week series, facilitated by Pastor Harry Eberts and spiritual director Jeannie Bowman, will be based on the book *Sabbath, Finding Rest, Renewal, and Delight in our Busy Lives*, by Wayne Muller.

February 2, 9, and 16

Leisa Wagstaff serves with the Presbyterian Church of South Sudan (PCOSS) in education and trauma-healing, working with South Sudanese refugee populations in Kenya, Ethiopia and Uganda who have been displaced because of the country’s continuing conflict.

February 23

Facilitator: Jeannie Bowman, Spiritual Director.
March 1, 8, 15, 22, and 29

A Lenten Retreat – a contemplative day for you to receive, reflect, and renew with Julian of Norwich in the pastoral setting of the Immaculate Heart of Mary Retreat Center on Carmelite Road in Santa Fe. Linda Loving will present the one-actor play Julian of Norwich and the Santa Fe Women’s Ensemble will present music directed by Linda Raney. The Acts II Committee and Mystics Group will be sponsoring a churchwide and friends retreat for all.
March 14, 8:15-2:00, IHM Retreat Center, Carmelite Road, Santa Fe

Palm Sunday, April 5
Procession to the Plaza

Easter, April 12
No Class

Mission and Social Justice Program
April 19 and 26

Series on Living Prayer based on the book *50 Ways to Pray* by Spiritual Director Teresa A. Blythe. The topics include traditional Ignatian and contemporary Examen; the Prayer of Remembrance; Praying Ultimate Questions, and Prayers of Discernment.
Facilitator: Jeannie Bowman, SD.
May 3, 10, and 17