

# Opportunities to Connect and Serve

---

## **Quarterly Ministry Nights - January 13 and April 6**

We will meet in White Hall at 6:00 p.m. and begin with a light supper accompanied by a presentation from the Rector. Then, the various committees of the parish will break for regular discussion. Interested parishioners are always invited to sit in on any of the conversations and learn more about areas in which they may wish to become involved.

## **Chili Dinner and White Elephant Gift Swap**

This popular event for all ages is on Sunday, January 26 at 5:30 p.m. We'll enjoy chili and sides and then swap/steal "White Elephant" gifts!

## **Rise Against Hunger Event**

On Sunday, February 9 at 3:30 p.m., we will host our annual meal-packing event in partnership with Rise Against Hunger. With friends of all ages we will pack 12,000+ meals to be distributed to school children around the world. The event will feature bluegrass music by the Gospel Lights and friends, and we'll end with dinner!

## **Shrove Tuesday Pancake Supper**

On Tuesday, February 25, join us from 5:30-7 p.m. in White Hall for a festive evening of pancakes and fellowship as we prepare for the season of Lent.

## **Norfolk Emergency Shelter Team (NEST) Week**

From February 26 - March 4, we will once again host up to 60 homeless men and women in White Hall, as we provide warmth and food to neighbors in need. We need more than 20 volunteers each night, so please sign up to help!

## **Small Group Offerings**

Throughout the spring, our parish small groups will continue to meet. The Two or Three Fellowship is a group for young(ish) adult women. Women of the Way is a book discussion group focused on deepening faith and supporting each other in life's journeys. It is open to women of all ages. The Men's Fellowship meets monthly on the first Wednesday - either over breakfast with a guest speaker or at Smartmouth Brewery for fellowship time. Contact The Rev. Andie Wigodsky Rohrs to learn more or to get involved ([arohrs@standrewsnorfolk.org](mailto:arohrs@standrewsnorfolk.org)).



ST. ANDREW'S  
EPISCOPAL CHURCH



Adult Formation &  
Fellowship

*Winter/Spring 2020*

*St. Andrew's Episcopal Church*

1004 Graydon Avenue | Norfolk, VA 23507  
[www.standrewsnorfolk.org](http://www.standrewsnorfolk.org) | Phone: 757-622-5530

## Rector's Forum

---

The Rector's Forum is a monthly Sunday offering designed to engage a larger portion of the congregation in faith formation and fellowship. We gather once a month over breakfast in White Hall from 9:00 – 10:00 a.m. (with the program starting at 9:15 a.m.). Most sessions will be led by the Rector.

- |          |   |
|----------|---|
| Jan. 12  | An introduction to our series this season, Spiritual Practices for Today's World.   |
| Feb. 9   | Leaving a Legacy of Love: A presentation and breakfast sponsored by the Planned Giving and Stewardship Committees.  |
| March 15 | Praying the Eucharist: A video conversation with The Rev. Abby Kocher, co-author of the Eucharistic prayers we use during Lent. How can we craft prayers and rituals of worship that speak to our contemporary lives? |
| May 3    | Annual Meeting: Presentations on the State of the Church and Vestry Elections   |

## Lenten Series and Retreat

---

Our Lenten Series will continue our exploration of spiritual practices with a focus on discernment and discipleship, connecting our inner lives with a sense of purpose in the world. We will gather for dinner and discussion on Tuesdays from 6:00 - 7:30 p.m. on March 10, 17, and 24.

Our Lenten Retreat, sponsored by the Women of St. Andrew's and open to all, will feature The Rev. Connie Jones on Civil Discourse: Furthering Peace One Conversation at a Time. It is planned for Saturday, March 14 from 10:00 - 2:00.

## Adult Forum

---

Our Adult Forum this winter and spring will focus on Spiritual Practices in Today's World. What does it mean to practice the presence of God in a hectic, fast-paced world, full of distractions and divisions? How can we make space to invite God into our hearts, and at the same time share God's love with others?

We will meet on the following Sunday mornings from 9:15 – 10:00 a.m. in the Auditorium. Sessions will be facilitated by our clergy along with special guest presenters.

Everyone is welcome and there are no attendance requirements or expectations. Our hope is to explore together fresh ways of practicing our faith in today's world. Please join us!

- |         |  |
|---------|--|
| Jan. 26 | Loving God: Prayer in the Midst of Life              |
| Feb. 2  | Loving Neighbors: Encounter and Embrace              |
| Feb. 23 | Loving Yourself: Self-Care as Spiritual Practice     |
| Mar. 1  | Speaking Your Soul: In Art, Music, Word, and More    |
| Mar. 8  | Rest and Renewal: Keeping the Sabbath                |
| Mar. 22 | Friendship: Hospitality and Remembrance              |
| Mar. 29 | Walking through Wilderness: The Practice of Recovery |
| Apr. 19 | Practicing Resurrection: Healing the World           |
| Apr. 26 | Parenting as a Spiritual Practice                    |

