

First Presbyterian Church, Haddonfield

A Series of 3 Workshops for an Unprecedented Advent: *How do we prepare for the Light to enter the world in 2020? Each session will begin with an Advent scriptural study and group devotional, followed by practices that will help us prepare and carry the light during troubling times. There will be time for learning, ample time for discussion and sharing, and we will close together with prayer. [Zoom Link](#)*

Wednesday, December 2, 6:30-7:30pm

Naming What We Carry

While naming everything that's stressing you out right now sounds awful, it is, in fact, a helpful step towards developing inner peace. We will briefly discuss why this is true, have time to process our worries with friends, and invite Christ to grant us "the peace that passes understanding."

Wednesday, December 9, 6:30-7:30pm

Sensing the Divine Spark in Each of Us

We are preparing for the Light that darkness cannot overcome to once again break into our lives. Can we sense that light within ourselves? We will briefly discuss the meaning of Emmanuel, "God with us," and learn about contemplative prayer, using guidance from Richard Rohr's Center for Action and Contemplation.

Wednesday, December 16, 6:30-7:30pm

The Power of Gratitude

Are we a grateful people? How can we be during this unprecedented season?? It turns out that gratitude is not only an emotion; it is a skill that can be cultivated, and better yet, it can improve our well-being when we are intentional about practicing it, however imperfectly. As we draw nearer to the Manger, join us to learn how to embody gratitude.

