

## **Adult Faith Formation for the 2025-2026 Year**

We're trying something new! Rotations of sacred reading!

All Adult Faith Formation offered both in-person & virtually.

### Soup & Study

1st Wednesday of the month, 6-7 PM.

Come enjoy more traditional Bible study over a simple dinner of soup and bread with fellow sojourners. We'll get curious together with thoughtful grounding and exploration before embarking on more creative engagement with the text as the month progresses.

### Florilegia

2nd Wednesday of the month, 6-7 PM

What if all of scripture was a mountain meadow, and you're invited to pick a bouquet? This is the essence of an ancient reading practice called Florilegia. Everyone will get their own journal to pick words from the monthly text and create new verses from the old. We will notice what surfaces for us as a group before writing a new text together.

### Contemplative Walk

3rd Wednesday of the month, 6-7 PM

Join us as we consider the text of the month while walking the pollinator garden and labyrinth. Along with a reading of that month's text, there will be a meditative song as we walk and heart-question to ponder at the center of the labyrinth, followed by brief discussion and prayer.

### Lectio Divina

4th Wednesday of the month, 6-7 PM

Literally "divine reading", we will take all of the deep grounding in the last month's scripture to interact with the text. After choosing a particular prompt, participants will be released to create in relationship with the text before coming back together for reflection and prayer.