



A JOURNEY

TO RENEWED FAITH & WELL-BEING

EVERY WEEK:

Saturday: 4pm Contemplative Prayer | 5pm Contemplative Worship

Sunday: 8am Traditional Worship | 9am Journey Through The Bible | 10am Contemporary Worship

Wednesday: Sept 26-Oct 17; Nov 28-Dec 19, 3:30-5:30 Parent Wellness Circle | Story & Stretch | Kids' Yoga

SEPTEMBER

- 9TH 9am Sunday school meet & greet for parents, teens, & leaders
3-6pm Rest & Return Mini-Retreat
Christian Formation Registration due
- 14TH 7pm JourneyDance
- 16TH 9am Sunday School Journey Through the Bible begins for all ages
- 22ND 5pm Worship w/ guest preacher; 6pm Potluck, & 7pm "Stories From The Churchyard"
- 23RD Guest preacher: The Rev. Canon Scott A. Gunn, Executive Director, Forward Movement
- 26TH Parent Wellness Circles begin
- 28TH 7pm JourneyDance

OCTOBER

- 12TH Sacred Center 1st Anniversary: 6pm JourneyDance; 7pm Harmonic Healing Sound Concert
Light refreshments to follow
- 14TH 3-6pm Rest & Return Mini-Retreat
- 20TH Potluck following 5pm worship
- 28TH 9am Coffee & Conversation

NOVEMBER

- 3RD /4TH All Saints' Day Celebrated
- 11TH 3pm Rest & Return Mini-Retreat
- 16TH 7pm JourneyDance
- 17TH 6pm Harvest Dinner
- 30TH 7pm JourneyDance

Note: Advent begins December 2nd with Advent wreath making; Winter/Spring schedule to follow.



For more information on programs & events, worship, well-being & service:
www.smcportsmouth.org | 401.846.9700 | gabe@smcportsmouth.org | sacred-center.org

Dear Friends,

St. Mary's embarks on a journey of faith and well-being this year, nourishing ourselves with God's word, community, and opportunities to grow in mind, body, and spirit.

If you're committed, by the year's end, you'll find that you have a deeper knowledge and love for the bible, tools for navigating & balancing work and rest, and new relationships that enrich your life.

If you've been away from St. Mary's for a long while, or you're here every week, you're invited to go deeper, without judgement... you're invited to journey with us!

Jennifer+



WHAT TO KNOW FOR YOUR JOURNEY:

Christian Formation/Sunday School: Journey Through The Bible.

This is a parish-wide journey through all of the major stories of the bible. Classes are offered Sundays at 9am with sessions for adults, youth and teens, and children. Formation calendar and registration are enclosed and due back September 9th. Teen class (youth 12+) includes breakfast each week.

JourneyDance - Weaving simple, guided movement sequences, and free expressive movement, JourneyDance reconnects you with your innate state of joyous well-being. With inspiring music, your dance is an empowering journey of transformation. Led by our rector, Jennifer Pedrick.

Stories From The Churchyard: Performed by the award-winning Portsmouth Community Theater, the true stories of the historical figures resting in our churchyard will be brought to life with acting and drama. Don't miss it!

Rest & Return: a collaboration between St. Mary's and The Sacred Center. This three hour retreat invites you into deep relaxation, sabbath rest, silence, meditation, and nourishment by God's word and holy communion. \$30 requested offering.

Good News For Kids: A new addition to our Sunday programming. Children will be invited to go with a storyteller and hear an adapted children's gospel during the sermon at the 10am service.

Contemplative Prayer Practice: Every Saturday at 4pm in the church: centering, meditative practices including imaginative bible reading, centering prayer, the rosary and more. Check enews for updates.

Parent Wellness Circle | Story & Stretch | Yoga for Kids: An opportunity for parents to learn practices for personal and family well-being. Story & Stretch is for children ages 3-5 from 3:30 to 4:15. Yoga for Kids for grades K-4, 4:30-5:30 each with concurrent Parent Wellness Circles. A collaboration between leaders from St. Mary's and The Sacred Center. See our websites for more information and resources

Visit our websites for updates, schedules, & sermon recordings:

www.smcportsmouth.org | www.sacred-center.org

Like our Facebook page for updates and announcements: @smcportsmouth