



# *Jazz Up Your January*

**January Term 2012**

**Sundays, January 8-29, 2012 9:30-10:30 am**

**Please sign up by December 23 on the bulletin board across from the chapel or by contacting Leigh Perry at [lperry@fpcrichmond.org](mailto:lperry@fpcrichmond.org)**

## ***Presbyterians and Slavery -- The Troubled Road to Schism"***

From our nation's beginnings, there has been a moral disconnect between its founding documents and its "peculiar institution" of slavery. How did Presbyterians confront this issue? As we mark the 150th anniversary of the Civil War, we will look back at events within our denomination whose consequences would continue long past the war itself.

Teachers: Dr. Daniel Roberts is Associate Professor of History at the University of Richmond, and Stuart Nixon is a popular lay lecturer at First Presbyterian.

- **January 8: *Presbyterians in America -- Setting the Stage for Debate***  
How did Presbyterianism come to America? When did the issue of slavery first come up? Did events outside the Church affect that conversation?
- **January 15: *Fractures of Faith -- Thinking the Unthinkable***  
As tensions rose within the Church, what positions did Presbyterians take?
- **January 22: *The Confederate Church -- Drawing the Line in the Sand***  
What led to the break between Northern and Southern congregations?
- **January 29: *The Post-War Church -- Putting the Pieces Back Together***  
How did the two denominations (North and South) respond to Appomattox? How did each side view its relations with newly freed African-Americans?

## ***Spirituality and Aging***

As we age, our bodies, faith and spirituality change. We face the increasing loss of friends and diminishment of physical and, sometimes, mental abilities. What are the issues we need to be thinking about in advance? This class is for those who are aging, for adult children, and anyone who wants to understand some of the issues of aging and the ethical and spiritual aspects of care decisions

Teachers: Kathy Berry is the Westminster-Canterbury memory unit chaplain, and Karl Netting has had nine years' experience as chaplain at Bon Secours Hospice.

- **January 8: *Introduction to Spirituality and Aging***  
What are the common loss and grief issues which are faced by elders and caregivers? What are the support resources which are available?
- **January 15: *Emotional and Spiritual Concerns of Elders***  
Why and what kind of spiritual assessments are needed, and who can address the emotional and spiritual needs?
- **January 22: *Aging and the Cognitively Impaired***  
What are the frequently encountered issues when memory begins to fade? What are the benefits of life review and storytelling?
- **January 29: *Facing the Difficult Decisions***  
How do we go about some of the difficult elder and adult child/caregiver conversations? How do we approach some of the ethical and spiritual care concerns? What do we need to know about hospice?

## ***Does Holy Spirit Mean Holy Roller? A "Pentecostal" Study of the Book of Acts***

What is the Holy Spirit? What does it do? Much misunderstanding surrounds the work of the Spirit today, often wrapped up with stereotypes of contemporary "Pentecostal" or "charismatic" traditions.

In this study, we hope to clarify misconceptions of the "Pentecostal" Spirit rooted in the Book of Acts and to spark fresh interest in the Spirit's role in shaping our faith, strengthening our fellowship, and spurring our mission.

Teacher: F. Scott Spencer, Professor of New Testament and Preaching at the Baptist Theological Seminary at Richmond, is a past president of the Society of Biblical Literature. He is the author of *Journeying through Acts: A Literary-Cultural Reading* (Hendrickson, 2004); and *The Gospel of Luke and Acts of the Apostles* (Abingdon, 2008).

- **January 8: *Infusion—The Spirit Rushes In*** (Acts 1-2)
- **January 15: *Inclusion—The Spirit Reaches Out*** (Acts 8, 10-11)
- **January 22: *Fellowship—The Spirit Binds Together*** (Acts 2, 4-5, 15)
- **January 29: *Leadership—The Spirit Moves On*** (Acts 8, 13, 16, 21)

## ***Putting the Mind at Ease: An Introduction to Breath Work***

Many of us feel that our life is out of balance and fragmented. When we try to pray, our minds may jump from thing to thing that needs to be done or to people for whom we need to pray.

In this class, we will learn techniques of breathing that still the mind in preparation for meditation and prayer. Such techniques can also lessen anxiety, lower blood pressure and help prepare us for sleep. Each week we will learn about and practice the particular technique. Each lesson will build on the next so participants should make a commitment to be in class every week.

Teacher: FPC Elder Nancy Bowman is a life-long Presbyterian and has taught classes at FPC on grief and centering prayer. She is a licensed professional counselor who has been in practice for 26 years.