

# ST. PAUL UNITED METHODIST & INTERSPIRITUAL COMMUNITY

A Diverse Community of Faith

*We are an inclusive community celebrating the many paths to the Divine that is within us and surrounding us.*

*We believe that love and compassion are the essence of God.*

*We welcome individuals of every race, faith, culture, status, ability, sexual orientation, and gender identity.*

*We believe all people are sacred and blessedly made.*

*We believe in social justice and activism that empowers all people to be their best, most fulfilled selves.*

*We love God best by loving one another. Go forth in Love.*

## MORNING WORSHIP, SUNDAYS AT 10:30AM

In February, our morning worship will celebrate the ministry of Jesus as we journey towards Lent. On February 22nd at 7pm, we will celebrate Ash Wednesday worship with the Imposition of the Ashes to begin our journey of 40 days of prayer and contemplation. During this time, we will seek out new and diverse ways to grow in our relationship with ourselves, with one another, and with the Divine. We celebrate the many paths to the Divine that are within us and surrounding us. Sign Language Interpretation is provided at all morning worship services.

## INTERSPIRITUAL SERVICES, SUNDAYS AT 5PM



### **Feb 5: Dr. Bob Mischke – The Parallel Teachings of Jesus and Buddha**

Dr. Bob Mischke retired early from the practice of medicine in order to study and practice spiritual teachings from both East and West. Dr. Bob has experience with Centering Prayer, Vipassana and likes to combine the wisdom teachings of Jesus and Buddha as well as those of current teachers like Eckhart Tolle, Thomas Keating and Adyashanti.



### **Feb 12: Rabbi Brian Field – Faith: What It's Not and What It Might Be**

Brian Field was born and raised in Vancouver, Canada. In 2004 he moved to Denver to become the rabbi of Judaism Your Way, an 8-year-old Denver-based Jewish outreach organization. Judaism Your Way stands at Judaism's threshold, being accessible, inclusive, and responsive. Rabbi Field reminds us how we can connect to the Divinity within.



### **Feb 19: Rev. Jessie Nelson – 40 Days of Contemplation**

Lent is the Christian season that prepares us for the death and resurrection of Jesus, but the 40 days can be used for many types of spiritual growth and exploration. What commitments can we make to ourselves for these 40 days that will make Lent an inter-spiritual time of enlightenment?



### **Feb 26: David Young – A Pathway to the Divine**

David Atekpazin Young is an Apache Curandero (traditional healer) and spiritual teacher of the Iglesia de Aztlan, a Native People's Community Church. He is the founder and organizer of the annual International Wenakuo Traditional Spiritual Retreat. He also founded Kalmeka Aztlan, a school specializing in indigenous traditional medicine. Mr. Young teaches throughout North America and Spain.