

# Building Blocks for Christian Formation - Winter/Spring 2010

Wednesday evenings from 6 - 7 p.m.



## Film Forum - February 3 and 10

Room 107, Ben Fryer and Ircel Harrison, facilitators

What can contemporary films teach us about the Christian faith? On February 3, "Saving Private Ryan" will be discussed with a focus on the theme of sacrifice. On February 10, the featured film is "Babbette's Feast" and a consideration of grace. Even if you have not seen the films, clips will be shown and a synopsis of each will be presented.

## Family Care-giving...Finding a Balance! - February 24, March 3 and 10

Room 208, Elberta Dyer, facilitator

A Family Care-giving Model will be discussed that will help family caregivers to identify their role, develop self care skills and tips, understand the emotional and physical affects of care-giving, and discover avenues of resources that will assist the caregiver to have an emotional and spiritual balance as they care for their loved one(s).

- I. Define Care-giving - Formal & Informal
- II. Define Care-giving versus Care-receiving
- III. Self Care in Care-giving - Signs and Symptoms of Stress
- IV. Mental & Emotional Effects on the Caregiver - Coping Skills
- V. Spiritual Care - A Balance
- VI. Resources - Survival Tips



## Understanding Islam - February 24, March 3, 10 and 17

Room 107, Raouf Ghattas, facilitator

We hear a lot about Islam these days, but do we really know what Islam teaches and how it compares to Christianity? This 4-session class will offer a comparison of the major themes in Islam and Christianity, noting similarities and differences in the two religions and their effect on current issues. The texts of the Qur'an and Bible will be used to support each topic. Dr. Raouf Ghattas grew up in a Muslim country. He is the co-author with his wife, Carol, of a new book entitled: *A Christian Guide to the Qur'an: Building Bridges in Muslim Evangelism* (Kregel, 2009).



## Spirituality at Mid-Life - April 21 and 28, May 5 and 12

Room 107, Charles Nored, facilitator

Being a Christian at age 35-55 is different in many aspects from those believers in their teens and twenties. What can we do to avoid a dry, repetitive religious life and instead experience fresh growth and a spiritual adventure with God?

Weekend Classes

## Peer Coach Training - February 13, 21 and 28, March 7, 14 and 28

Room 302, Ircel Harrison and Phil Potratz, facilitators

Relationships are central to Christian growth and discipleship, but real growth happens best when these relationships are intentional and accountable. Peer coaching is a relationship where two or three friends meet together regularly to help each other grow. Ultimately, peer coaching is about listening, asking questions, and encouraging fellow believers in their discipleship goals. In a peer coaching relationship, partners identify their respective personal growth goals and help each other reach them.

## New and Prospective Member Orientation - March 7, 14 and 17

Conference Room, Phil Potratz and Pam Pilote, facilitators

Are you interested in finding out more about First Baptist Church? Please join our staff in a three-session orientation class beginning during the Sunday School hour on March 7. The first session will be a "Pastor's Coffee" to give newcomers a time to get better acquainted with our pastor, Mike Smith, and hear his vision of our church. The remaining two sessions will give new and prospective members the "inside scoop" about how First Baptist works, who does what, and where you may fit best.