

OFFICE OF PASTORAL CARE/ COUNSELING



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FALL 2018

DAY APART WORKSHOP: WORKING WITH THE THIRD AGE

The Third Age refers to Adult Experience beginning at 45. This is a time when people begin reflecting on spiritual life in new ways. Recent research indicates people in the Third Age are more active, inquisitive and on the go than for this cohort in previous times in history. Many of our church members now belong to the Third Age. Come join us for a day exploring the ministry possibilities, examining the psychological, spiritual, emotional and physical challenges and opportunities. Participants will receive ideas/resources about liturgy and preaching, forming groups and examine changing cultural norms for this season of life. DATE: SEPTEMBER 24. Conference Center. 10 a.m. to 3 p.m. Bring a sack lunch. RSVP DrMLBellon@gmail.com ; 515-419-6163

COVENANT GROUPS FORMING FOR FALL-WINTER-SPRING:

AMES: THIRD MONDAY OF THE MONTH; 10:30 – 2 P.M. COLLEGIATE UMC

WEST UNION: FOURTH THURSDAY OF THE MONTH: 2 P.M. – 4 P.M WEST UNION UMC

FAIRFIELD UNITED METHODIST CHURCH – THIRD FRIDAY THE MONTH, 10-NOON (bring a lunch and stay for that too!)

These groups explore personal stories and experiences in a trust-based confidential setting. They are designed to allow clergy to talk about their lives in personal expression in a safe setting. At times, readings are included. Please let Mary know if interested.

COUNSELING, SPIRITUAL DIRECTION AND CONSULTATION

URBANDALE MAIN OFFICE. SATELITTES: ATLANTIC, Mt. VERNON, WATERLOO, monthly

SKYPE, FACETIME AND PHONE APPOINTMENTS AVAILABLE. CONFIDENTIAL SUPPORT

