

About the “Growth in Faith” program:

- Growth in Faith (GIF) activities develop practices of Christian discipleship and foster confidence about engaging with God in one’s life and ministry.
- Growth in Faith classes and workshops are open to LSTC students in every degree program and to the entire community, including faculty, staff, spouses, partners, family members, and the public.
- MDiv students must complete five GIF credits before graduation.
- Direct questions to Pastor Joan Beck, [jbeck@lstc.edu](mailto:jbeck@lstc.edu).
- Sign up for GIFs near the Common Room (350) by Friday, Feb. 3, or send an email to the Community Life Office, [lwynard@lstc.edu](mailto:lwynard@lstc.edu).

# Growth in Faith

## Journey to wholeness, Lent to Easter

**WHAT** Experience spiritual direction in a group setting (at opening and closing sessions) and in three private sessions with an individual spiritual director. 1 GIF credit.

**WHO** Open to all students, faculty, and staff of LSTC who are not currently involved in a spiritual direction relationship. Coordinated by Institute for Spiritual Leadership spiritual directors, Esmé Peterson and Lea Murray.

**WHEN & WHERE** Opening Saturday, March

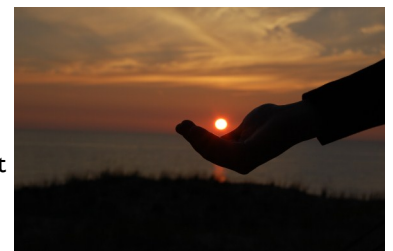
17 from 9:30-noon in LSTC’s Augustana Chapel. Closing Saturday, April 14 from 9:30-noon. The three private sessions will be scheduled at LSTC between the retreat participant and spiritual director.

The At-Home Prayer Retreat invites individuals to engage in a daily prayer practice and to experience spiritual direction in a group setting (twice) and with an individual director (three sessions). Each participant will be assigned an

individual director.

The At-Home Prayer Retreat is an opportunity to become acquainted with the practice and process of spiritual direction and is a way to nurture spiritual growth during Lent.

Pastor Joan Beck will accept registrations through Saturday, Feb. 18.



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## Learn to speak your truth in love

**WHAT** *Speaking One’s Truth in Love: The Art of Non-Blameful Confrontation*, a workshop based on the practices of Nonviolent Communication (NVC). 1 GIF credit.

**WHO** Taught by Allan Rohlf, certified instructor of NVC. ([www.cnvc.org/](http://www.cnvc.org/))

**WHEN & WHERE** Saturday, Feb. 18 from 8:30 AM—5:30 PM, Room 350. In addition, there will be 3 NVC practice sessions

during the semester facilitated by Pastor Joan Beck.

St. Paul urges Christian disciples to “return no one evil for evil,” and Jesus says to “judge not.” Nonviolent Communication (NVC), developed by Marshall Rosenberg, provides the “how to” for living out these exhortations.

Nonviolent communication helps:

- individuals break pat-

terns of thinking that lead to arguments, anger, and depression;

- families and couples communicate with mutual respect and understanding;
- school systems create healthy respect for diversity and differences;
- and congregations develop systems that support compassion, goodwill, and cooperation.

## Care for God's creation (humans, too!)

Christian concern for the environment is shaped by the Word of God spoken in creation, the Love of God hanging on a cross, and the Breath of God daily renewing the face of the earth..

—ELCA Social Statement:  
*Caring for Creation: Vision, Hope, and Justice*

**WHAT** Encourage, empower, and equip Lutherans in their calling to care for creation and care for themselves as part of that creation. 1 GIF credit.

**WHO** Facilitated by Kaila Hochhalter, MDiv student.

**WHEN & WHERE** Meets weekly all semester starting Monday, Feb. 6 at 4:30 PM in Room 204.

We will begin with the ELCA Social Statement *Caring for Creation* and a

small group study (ELCA material: *Awakening to God's Call to Earthkeeping*) to encourage, empower, and equip Lutherans in their calling to care for creation and caring for themselves as part of that creation. We will then dig deep into food and hunger and water and thirst issues from the streets of Chicago to around the world and see how climate change and our actions directly affect creation.

We will pray, worship, read, and discuss together. However, Martin Luther asks, "Should the Word of God only be subjected to endless discussion and never be put to action?" So then we will also go out, serve and directly care for God's Creation.

"I hope that we can look into and focus on our own call to Care for God's Creation in all that we do," says facilitator Kaila Hochhalter.



## Spring musical to present Katie Luther

**WHAT** Take part in spring musical. 1 GIF cr.

**WHO** Students Brock Klobe and Sara Suginaka.

**WHEN & WHERE** First meeting Sunday, Feb. 5 at 4 PM in Room 350. Participants schedule the rest.

We invite you to join us as we put on a spring performance! This follows in the tradition of *Solomon: The Musical* produced last spring. Working with an original script by Brock Klobe and Sara Suginaka, there will be plenty of

opportunities for your gifts to shine—whether on stage or through the process. Help bring the story of Martin Luther's spouse, Katharina von Bora, to a modern context.

## Dance, then, wherever you may be

**WHAT** Liturgical dance education, contemplation, brainstorming, and practical experience. Beginners welcome! 1 GIF credit.

**WHO** Facilitated by Kristin Reed Klade and Rachel Brocker, MDiv students.

**WHEN & WHERE** Meets weekly all semester starting Monday, Feb. 6, from 3-4 PM in the west wing under the library.

Liturgical dance can be a growing in faith experience similar to singing in the

choir or playing an instrument in worship. This type of artistic expression in a liturgical setting can be devotionally enriching to the artist and visually enriching to the people experiencing the art. Dance can be useful as a personal way to grow in faith, to stay physically and mentally healthy, and a way to artistically enrich the worship experience.

Sessions will include learning about what liturgical dance is in the Bible and in

modern times; what liturgical dance can and should look like at LSTC and in future ministries; and the experience of choreographing, dancing, and/or doing creative movement exercises in practices and for worship.

Kristin Klade, facilitator, has as a goal the creation of an organized liturgical dance group that could continue functioning in some capacity for years to come.



## Let's Talk! Living our multicultural story

**WHAT** A gathering of a diverse group to explore themes of cross-cultural encounter in Scripture and in the lives of LSTC students (U.S. and international). 1 GIF credit.

**WHO** Facilitated by Lucy Wynard, MDiv student, and Chaks Zadda, PhD student.

### WHEN & WHERE

Meets all semester starting Tuesday, Feb. 7 from 4:30-6:15 PM in Room 350.

At the heart of God's mission (*missio Dei*) is the creation of a people—specifically a multicultural, multiethnic, multilingual people. So why are our communities of faith so segregated? It's hard to live into the reality of our multicultural identity because encountering difference is difficult—and incorporating differences into genuine community is *\*really\** difficult! This GIF will focus on building genu-

ine multicultural community among its participants by focusing on story—exploring the stories of Scripture and learning one another's stories—as we seek to pursue that grand Gospel story.

Please join us as we take a journey together to grow into the people God is calling us to be, making use of Bible studies, personal stories and interviews, shared worship and meals, and other projects.



## Develop your voice through blogging

**WHAT** Start or continue a blog that employs theological and/or biblical reflection and may function as prayer or spiritual practice. 1 GIF credit.

**WHO** Facilitated by Emily Ewing, MDiv student.

### WHEN & WHERE

Meets ten times during the semester beginning on Tuesday, Feb. 7 at 1:30 PM in Room 205.

Participants will construct and write in one blog that is private so that only they

can see it and respond constructively to each other's blogging efforts. Together and individually they will look at examples of different types of blogs and then try these styles out in their own blogging.



## Write your candidacy endorsement essay

**WHAT** Juniors in candidacy process write drafts of their endorsement essays. 1 GIF credit.

**WHO** Hosted by Joan Beck, pastor; visited by guest panels; small writing groups facilitated by faculty and senior students.

### WHEN & WHERE

Meets all semester starting Tuesday, Feb. 7 from 4:30-6:15 PM in the Refectory. Soup and bread supper provided. (This is CLC for spring semester.)

Students who plan to be rostered in the ELCA need endorsement as the step preceding field ed and internship. One item considered by an endorsement panel is the ten-page personal paper from each candidate that reflects on call, confession, and faithful living. This GIF will help you draft and receive feedback for the endorsement essay that's due in part in May (at LSTC) and in total Sept. 1.

There will be panels of guests to discuss each of the three reflection areas—Call to Ministry, Faithfulness to the Church's Confession, and Faithful Living. Over supper, students will share their thoughts in small groups. As the semester continues, everyone will have the chance to read their draft essays to their small group members for feedback.

*Endorsement provides an opportunity to assess progress and review your development in your preparation for ministry. The ongoing discernment of your call has been a focus since your entrance decision was made.*

—2011-2013 Endorsement Essay manual from the ELCA

Additional  
GIFs:  
choir,  
spiritual  
direction,  
group and  
independent  
studies

GIF activities focus on living and serving in relationship with God in Christ—not simply *learning about* relationship with God but *engaging in* that relationship more fully; not with a focus on *ministering to* other people but *receiving nourishment* yourself. A full GIF includes at least ten hours of an activity, normally outside the ordinary rhythms of worship, recreation, eating, socializing, and community life.

In addition to the offerings detailed in this brochure, GIF credits are granted for:

- Singing in Cantorei or Gospel choir (.5 credit per semester, limit 1 credit)
- Completing 9 sessions with a spiritual director while on campus or on internship (at no cost to you; ask Pastor Beck for a referral) (1 credit)

For some GIFs, including independent studies, Pastor Beck requests a proposal before you engage in the activity. A proposal is 1-2 pages telling what you expect to do and how this will help you Grow in Faith. With Pastor Beck's go-ahead, you may enter the activity anticipating credit for it. At the end, seal your credit by submitting 2-4 pages of biblical and theological reflection about how you did, in fact, grow in faith. You can get credit for the following activities in Spring 2012 by following these guidelines:

- Greek Pericopes
- Hebrew Pericopes
- Attending the World Mission Institute April 12-13 (.5 credit)
- Augustine Reading Group
- Your own proposal

## Build interfaith skills

**WHAT** Workshop with Interfaith youth Corps (IFYC) leadership and reading of a book by Eboo Patel, *Acts of Faith*. .5 GIF credit unless the workshop last fall was also completed.

**WHO** Hosted by Sara Trumm, CCME/Center of Christian-Muslim Engagement for Peace and Justice program coordinator.

**WHEN & WHERE** Friday, Feb. 10 from 9 AM—1 PM in Room 201.

Sara Trumm, CCME program coordinator and host of this GIF, explains, “As communities become increasingly diverse, there are more opportunities and necessities for connecting with neighbors of different faiths. Religious leaders can play an instrumental role in creating positive, mutually enriching relationships that make interfaith cooperation a social norm and build bridge of mutual trust.”

## Knit prayer shawls

**WHAT** The healing ministry of knitting prayer shawls. 1 GIF credit.

**WHO** Hosted by Josh Buzbee, MDiv student.

**WHEN & WHERE** Six Thursdays from 7-9 PM in Room 350, starting Feb. 9.

The main activity will be to start and complete a knitted prayer shawl through the course of the class. In addition, each week there will be a time for prayer and a reading from *The Prayer Shawl Companion*.



All genders, ages, and abilities are welcome to this class. You will be taught to knit if you don't already know. Crocheters and quilters welcome, too. If you took this before you can take part again, but not for credit. There may be a cost for supplies—yarn and needles for beginners.