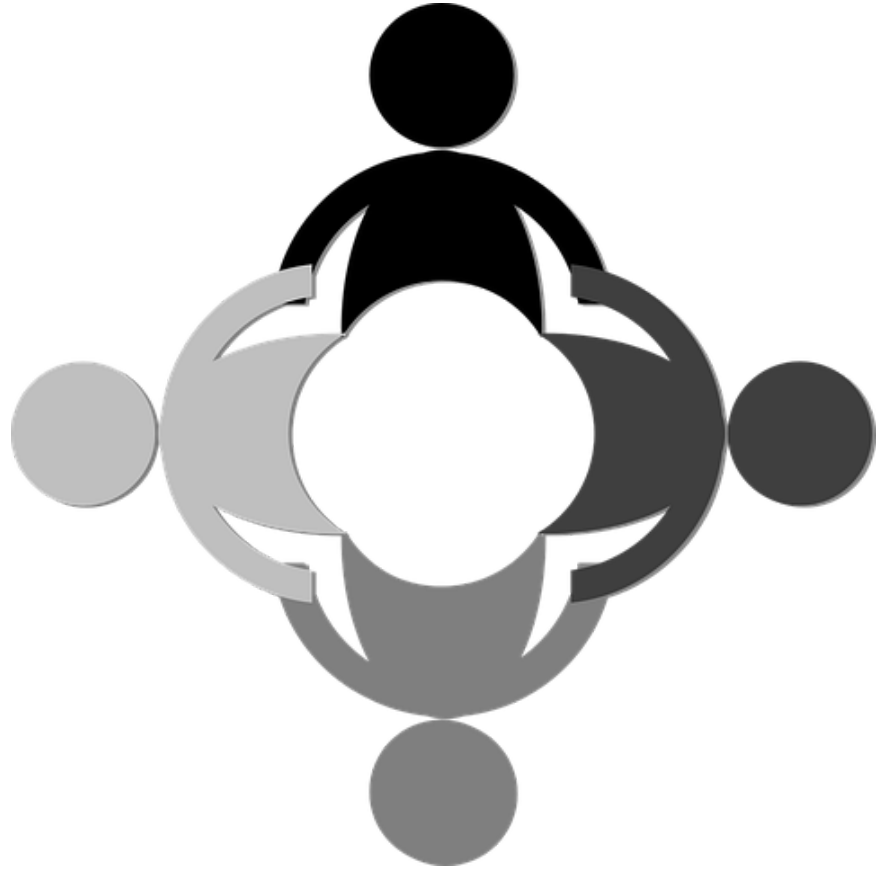


FOCUS GROUPS



A MINISTRY OF PEACE LUTHERAN CHURCH

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SPRING 2024
Mid April through May

Our 6 Spring Focus Groups

- Group 1 - Sundays: **Women of Peace: Rooted and Grounded in Love**
 - In this Easter season of new life, the women of Peace will gather for a time of contemplation and connection with scripture, song, and meditation.
- Group 2 - Sundays: **Talking to Kids**
 - Join other adults as we unpack our own barriers, shift our perspectives, and learn how to navigate hot topic conversations with our young people.
- Group 3 - Tuesdays: **Scripture, Nature & Us**
 - A chance for women to connect with each other, God's word, and nature via the ELCA Gather magazine's Bible study.
- Group 4 - Tuesdays: **Knowing God, Knowing Yourself**
 - In this group we will look at our lives through a spiritual lens, using scripture, powerful questions and life coaching to gain insight into our deeper selves and find courage and encouragement for transformation.
- Group 5 - Tuesdays: **Let's chat about it...**
 - Experience recorded and in-person meaningful conversations with four Peace church members about the pivotal moments when they realized they were different...each recording will be a celebration of the diverse paths that shape our identities.
- Group 6 - Thursdays: **Let's Take a Walk**
 - Sometimes we need some time to decompress and reflect on the beauty and blessings around us. In this group, we will meet at some of the beautiful parks in our area to walk and talk, to meditate and pray.

Women of Peace: Rooted and Grounded in Love

In this Easter season of new life, the women of Peace will gather for a time of contemplation and connection. Each session will follow a simple liturgy focused on a scripture and a song connected to the business of growth: putting down roots, tending soil, watering seeds, stretching towards light. There will be extended time for silence and meditation. You are welcome to come to any or all of our three sessions.

Preparation: No homework or preparation needed for these sessions.

Materials: No materials needed

Facilitated by Kathy Hanawalt, Lynn Longfield, and Sally Perkins

Sundays, 3-4 pm - in person at Peace in the Sanctuary

3 weeks: April 14, 21 & 28

Talking to Kids

Parents, guardians, and caring adults: do you ever feel like you're grasping at straws when trying to talking to youth about difficult or sensitive topics? Do you sometimes feel stuck or uncomfortable, and don't even know how to begin? Well, you're not alone! For five weeks, join Julia and other adults as we unpack our own barriers, shift our perspectives, and learn how to navigate hot topic conversations with our young people. Topics we will dig into will include: race, sexuality and gender identity, mental health, sex, injustices, activism and taking a stand. We will lean into each other's experiences and wisdom (and laugh a little) so that we can better engage the incredible youth in our lives.

Preparation: There will be mild readings and reflections in between each session. No more than 20 minutes will be needed to prepare.

Materials: The facilitator will share links to read but no books are needed.

Facilitated by Julia Kagochi

Sundays, 5-6:30 pm, sessions will be online with an option to meet in person at least one time if participants choose

5 weeks: April 21 & 28, May 5, 19 & 26 (no meeting Mother's Day, 5/12)

Scripture, Nature & Us

This will be a women's group and the sessions will follow the printed Bible studies in the ELCA Gather magazine. It's a time to deepen our relationship with God's word, with each other, and with creation. Conversation and information about our part in taking care of our environment will be offered.

Preparation: No weekly homework or preparation for participation.

Materials: Please bring a Bible. Copies of Gather magazine and any other materials will be provided.

Facilitated by Teresa Jackson

Tuesdays, 10-11 am, in person at Peace in the Ray Conference Room
3 Weeks: April 16, 23 & 30

Knowing God, Knowing Yourself

Join us as we discover what motivates us and what hinders us. Are you interested in learning more about yourself and growing in relationship with others? In this group we will look at our lives through a spiritual lens, using scripture, powerful questions and life coaching to gain insight into our deeper selves and find courage and encouragement for transformation. There will be an opportunity to schedule a follow up individual coaching session with Charissa if desired.

Preparation: The facilitator will give direction for preparation between gatherings.

Materials: No materials needed

Facilitated by Charissa Carroll

Tuesdays, 11:30 am-12:30 pm, in person at Peace in the
Ray Conference Room
4 weeks: April 16, 23, 30 & May 7

Let's chat about it...

Lenora Sneva and Max Brown will record meaningful conversations with four Peace church members about the pivotal moments when they realized they were different. During each Focus Group, we will watch the recording together and then open it up for a discussion with the featured guest. From childhood revelations to adulthood epiphanies, each recording will be a celebration of the diverse paths that shape our identities. This will be a platform inviting you to connect with others through story telling!

Preparation: No weekly homework or preparation for participation.

Materials: No materials needed

Facilitated by Lenora Sneva

Tuesdays, 6:30-7:45 pm, in person at Peace in the Ray Conference Room

4 weeks: April 23 & 30, May 7 & 14

Let's Take a Walk

Sometimes we simply need to walk-away from the stresses of the day, away from the demands of life filled with screen time. Sometimes we need some time to decompress and reflect on the beauty and blessings around us. In this group, we will meet at some of the many beautiful parks in our area to walk and talk, to meditate and pray. We can begin with Wright Park, since it's familiar and convenient to all. From there, we can choose the destination of our next excursion. My hope is to build a walking community that can continue past the ending date of this session. The goal is to walk home with a new peace and perspective.

Preparation: No preparation will be expected between gatherings.

Materials: You'll need comfortable shoes for walking.

Facilitated by Melody Duke

Thursdays, 5:30-6:30 pm, in person - the 1st week we'll meet at Wright Park across from The Hob Nob

6 weeks: April 18 & 25 , May 2, 9, 16 & 23

“Let us FOCUS on Jesus, the source and goal of our faith.” — Hebrews 12:2a

So, what is a Focus Group?

A small group (usually around 8-10 people)

Meets weekly for 3 - 6 weeks

Focuses on a specific topic of following Jesus in daily life

Offers fellowship and support, meaningful conversation, scripture study, exploration of faith, and prayer

What Focus Groups would YOU like to see?

The Focus committee loves hearing your new ideas for Focus Group topics and we're always on the lookout for people who would like to facilitate a group. Have ideas? Interested in facilitating? Please contact Pat Ferguson, (253) 627-1349. Thanks for your thoughts!

What people are saying about Focus Groups –

“I think these are very valuable for building and deepening relationships within the Peace community.”

“Learning, self-discovery, awareness of background, perspective and feelings of others.”

“Has reconnected me with my church family and my prayer for an area of commitment.”

“Participating with the members and listening to their ideas. It has been a terrific, terrific experience.”

“It let us explore new ideas and new ways of thinking.”