

Your guide to following Jesus together

this fall at First Pres

as we walk as Light + Life for the City.

FALL DISCIPLESHIP 2 0 2 2



FIRST PRES
COLORADO SPRINGS



WHERE THE SPIRIT OF THE LORD IS,
THERE IS FREEDOM.

2 Corinthians 3:17

FRIENDS,

"Where the Spirit of the Lord is, there is freedom," writes Paul in his second letter to the church in Corinth. "Freedom." We all seem to love the sound of the word, but what is it, really? Why does our faith proclaim true freedom, but some claim we are a mere religion of rules?

In following our sermon series this fall, titled ***Freedom***, we will explore the idea of Christian freedom throughout our discipleship opportunities.

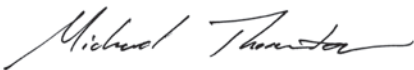
As I've stressed before, please do not pick up this publication and attempt to do everything in it. Instead, use this book as a guide to become more familiar with the opportunities at First Pres and then discern, with your Life Group, what will bless you and equip you.

Speaking of Life Groups, we're launching new Life Groups this fall through our 10-week Rooted experience (learn more on page 6). Is this fall the time for you to give authentic Christian community another shot? I pray so. It's worth it.

How are you doing? If you could take one key next step in your walk with God, what would it be? May you be greatly encouraged that here is no community blind to what is relevant, and here is no community apathetic to the way of Jesus; here is a community walking with our eyes open to our city, a committed and joyful community, committed to connecting our life to God's path, joyful to "Follow Jesus Together."

In other words, here is a community that has found a rare thing, true freedom, freedom in Christ.

You are loved,



Michael Thorton
Pastor of Discipleship



INTRODUCING A BETTER SUNDAY MORNING EXPERIENCE

SUNDAY COMMUNITY HOUR
9:45-10:45 A.M. STARTING AUGUST 14



Starting August 14, we're asking all gatherings outside of our four worship services to meet from 9:45 – 10:45 a.m., linking themselves to both the 8:30 and 11 a.m. worship service options.

We eagerly desire to offer a healthier pace to those who are seeking a two-hour worship experience on Sunday mornings (one hour of worship and one hour of community) with time to walk from one space to another and, for parents with little ones, time to pick up and drop off and still make it to a full hour of worship!

Thank you for your patience as we practice a new rhythm as a church family.



1HR

ONE-HOUR SUNDAY MORNING EXPERIENCE

8:30 a.m. Sanctuary
9 a.m. Worship Center
10 a.m. Sanctuary
11 a.m. Worship Center



2HR

TWO-HOUR SUNDAY MORNING EXPERIENCE

8:30 a.m. Sanctuary
9:45 – 10:45 a.m. New time for the Community Hour
11 a.m. Worship Center

LIFE TRANSFORMATION HAPPENS IN LIFE GROUPS

Imagine belonging to a family of 6 to 10 brothers and sisters where you, together, walk life God's way.


- You become trusted friends through exercising healthy vulnerability.
- You cultivate lives of prayer together.
- You hold one another accountable to the study and application of Scripture.
- You help one another become witnesses to God's grace in your neighborhood spaces, your workspaces and your recreation spaces.


We launch new Life Groups through our 10-week Rooted experience. Are you ready to go deeper into our life together as a worshiping community? Consider signing up today!

Register at firstprescos.org/rootedexperience



ROOTED EXPERIENCE

 **6:15 p.m.**

 **August 31 – November 2**

 **\$20 per person***

Rooted is a 10-week experience of Christian community. The rhythm of Rooted is marked by daily devotions and weekly gatherings. Join us on Wednesday nights that include a meal and childcare options or participate in the Rooted experience at the time that is best for your group.

Our great desire and prayer is that all new Rooted Groups will turn into ongoing Life Groups at the culmination of the Rooted experience.

*Scholarships available



INTRODUCING OUR NEW LIFE GROUP LEADERSHIP COHORT

LEAD FROM THE BEST YOU!

Calling all Rooted facilitators and Life Group leaders! You're not alone. Come join our upcoming cohort for mutual encouragement and equipping to lead well.

HOW TO LEAD A HEALTHY, TRANSFORMATIONAL LIFE GROUP

🕒 Sunday mornings at First Pres, 9:45-10:45 a.m.

📅 September 11 through October 30

👤 Led by Michael Thornton, Pastor of Discipleship

Register by contacting Ina Meyer at 719-884-6117 or imeyer@firstprescos.org

We are forming a cohort of leaders to engage together in a formation process to become even better at what the Lord has laid on our hearts: leading healthy, transformational Life Groups. Come process and grow together.

GROWING TOGETHER WEDNESDAYS (GTW)

The way we understand God, ourselves and the world influences how we live our lives. GTW exists to further equip you to think well about God, yourself and the world so that you are equipped through your mind to be transformed in your heart to "live a life worthy of the gospel," (Philippians 1:27).

SHARE A MEAL TOGETHER

GTW dinners are a place to build community. During the middle of our busy week, we come together in fellowship and celebration while building relationships. Meals are catered by restaurants in our community, including Raising Cane's, Louie's Pizza and Chick-fil-A, a different restaurant each week. Reservation not required.

🕒 4:45 – 6:15 p.m. each Wednesday of GTW

📍 Worship Center

💰 \$9 adults; \$4 children (11 and under)



KEEP GROWING TOGETHER



Wednesdays August 31 – November 2, 2022 (unless otherwise noted)

Session 1 Classes

🕒 3:45 – 5:15 p.m.

Dinner

🕒 4:45 – 6:15 p.m.

📍 Worship Center

Session 2 Classes

🕒 6:15 – 7:45 p.m.

Nursery childcare for
infants through preschoolers

🕒 6 – 8 p.m.

Kids GTW

🕒 6:15 – 7:45 p.m.

📍 3rd floor Gym

Middle School Youth Group

🕒 6 – 7:30 p.m.

📍 Weber Street Center

High School Youth Group

🕒 6 – 8 p.m.

📍 Weber Street Center

SIGN UP

Register for classes at firstprescos.org/gtwfall
or call the Welcome Center Registration Desk at
719-884-6100. Register nursery through 5th grade
at firstprescos.org/gtwkids



2 CORINTHIANS



August 31 through November 2



3:45 p.m. and 6:15 p.m.



Led by Pastor Pat Hartsock



We will be walking through Paul's Second Letter to the Corinthians. In this letter Paul transparently opens his heart and soul to the Corinthian church. Paul addresses a multitude of dichotomies in life: sufferings and comfort; hardships and hope; seen and unseen; faith and sight; in the world and not of the world; weakness and strength. In this powerful letter Paul gives us the keys to living life on the second side of all these dichotomies. In doing so, Paul connects the person, presence and power of the Holy Spirit in our lives as believers, so that we might yet live a more victorious Christian life. It is my prayerful goal that each of you will walk away from this study informed, encouraged and empowered to walk a stronger and fuller Christ-like life.

DEALING WITH THE AFTERMATH OF TRAUMA: MENTAL, EMOTIONAL, SPIRITUAL, PHYSICAL



August 31 through October 12



6:15 – 7:45 p.m.




Led by Christie Lee



Oftentimes there are effects from situations or events that are quite visible and other times those might take months or years to surface. Effects such as depression, anxiety and PTSD, PTS, TS, etc. can be tendencies or chronic issues. This 7-week session will provide assessment and give tips for management and restoration following traumatic experiences.



GROWING YOUR MARRIAGE THROUGH DATING

 **August 31 through November 2; every other Wednesday**

 **6:15 – 7:45 p.m.**

 **\$20/couple**

 **Led by Pastor Matt Holtzman**

Come find the space and time your marriage needs to flourish forward! This class will meet as a group every other week beginning August 31. On the off weeks, couples are encouraged to drop their kids at the church and go on a date together in the downtown area to practice what they are learning! For married couples or those soon-to-be married! Register at firstprescos.org/growthroughdating

HOW STORY SHAPES OUR FAITH: C. S. LEWIS



August 31 through November 2

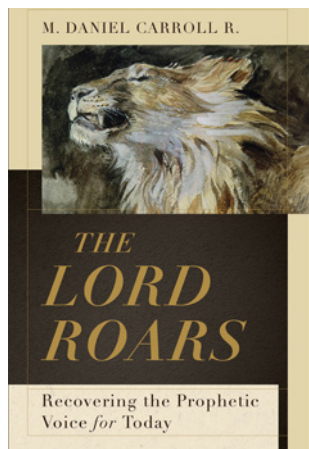


6:15 – 7:45 p.m.



Led by Pastor Junior McGarrahan, Heather Bauman and Amilia Poling

Using the works of C. S. Lewis, we will dive into the use of storytelling as it helps to create and sharpen our faith. We'll explore stories that take an allegorical approach, and some that are more direct. We will dig into *The Chronicles of Narnia*, *The Screwtape Letters*, and works that influenced Lewis. Join us as we revisit the stories that we have loved and that helped us grow in faith.



THE LION ROARS: HOW THE OLD TESTAMENT PROPHETIC VOICE ENHANCES OUR WITNESS TODAY



August 31 through November 2



6:15 – 7:45 p.m.



Led by Pastor Michael Thornton

Generation after generation, culture cries out for someone to speak into the felt chaos of ideas and offer something grounding, something true, something lasting. Join us for a guided journey through Dr. Daniel Carroll's (Professor of Biblical Studies, Wheaton College) latest book, *The Lord Roars*. Please have a copy of the book for better participation.



MEMBERSHIP CLASS



Aug. 31, Sept. 7 and 14



6:15 – 7:45 p.m.



Led by Pastor Jennifer Holz



Saturday, October 8



9 – 11:30 a.m.

or

Do you feel ready to put down roots in our community of faith? Our pastoral staff will help you explore your personal faith in Christ, the mission of First Pres and how the two intersect. Elders lead small groups through the sessions, and sharing our faith stories with one another is a key component of the course, which culminates in participants becoming members of First Pres. Sign up at firstprescos.org/joinfirstpres



MONEY MATTERS



August 31 through September 28



6:15 – 7:45 p.m.



Led by Louise Carlson

Want to manage your money in a more efficient way? Come see how establishing healthy personal finance patterns based on biblical principles including saving, spending, giving, investing, debt, insurance, wills and budgeting will help you reach your financial goals and provide peace and comfort for your family.



RESTING IN JESUS



August 31 through October 26



6:15 – 7:45 p.m.



\$35/person




**Led by Nancy Barber Landers
and Bennett Landers**

"Resting in Jesus" is a nine-week study, designed to help create a greater place in our heart and life for Jesus. It focuses on learning how to move toward a more trusting relationship with Jesus and surrendering more of our life to Him.

SHAPING WORDS

 August 31 through November 2

 6:15 – 7:45 p.m.


 Led by Dorothy Alvarez



Have you ever been curious about shaping words that shape others? Join us as we explore writing women's studies, which of course starts with how we are shaped by the Great Author and His Word.

TABLE TALK

 August 31 through November 2

 3:45 – 5:15 p.m.

 Led by Pastor Junior McGarrahan

Do you have questions about the Bible, things you've always wondered about? Do you have questions about Presbyterian beliefs and what they mean for our discipleship? This class will be spontaneous in format. You can bring any question and we'll have an open discussion. Resources will be the Bible, the *ECO Confessional Standards* and the *Essential Tenets* from ECO. (Available at theology-eco.org.)



BRASS ENSEMBLE

🕒 4:30 – 5:30 p.m., every Wednesday
starting September 7

📍 Youth Choir Room

👤 Led by Steve Hock

The First Pres Brass Ensemble is open to experienced adult and advanced high school brass players. This group performs in worship and seasonal activities September through May. Contact Steve Hock at 719-488-9791 or stephenhock@comcast.net for further information.



SANCTUARY CHOIR

🕒 6:15 – 8 p.m., every Wednesday

📍 Adult Choir Room

👤 Led by Sanctuary Worship Lead Jamal Sarikoki

The Sanctuary Choir welcomes all who love to sing and praise God through worship. We enjoy singing a wide variety of music, not only for weekly worship services, but also for concert settings during the special seasons of the year. Led by our Sanctuary Worship Lead, Jamal Sarikoki, this community of all ages enthusiastically prepares music and leads worship while gaining a depth of understanding of Scripture through music.



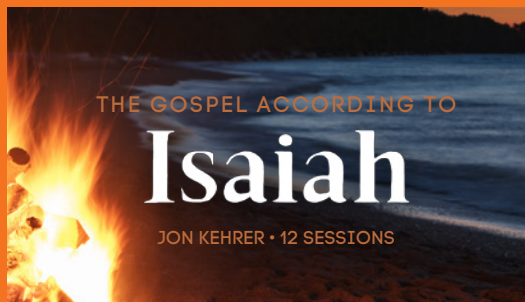


FIRST PRES LIBRARY

Every Wednesday during GTW the First Pres Library is open for you to read, relax and study. The Library is located on the first floor between the Plaza and the Nursery.

THE GOSPEL ACCORDING TO ISAIAH BY JON KEHRER

To prepare for the Advent sermon series, *The Great Rescue* (a study in Isaiah), we recommend *The Gospel According to Isaiah* by Jon Kehrer. This is a 12-episode video series (each video is less than 20 minutes) with online resources.



We also recommend viewing *How to Read Isaiah Parts 1-2*. Each whiteboard animation is eight minutes long. It is also part of the video series called *Read Scripture* and is a good overview of this majestic prophetic work of the Old Testament.

HAVE YOU TRIED THE RIGHTNOW MEDIA APP?

In addition to these recommended studies, the app is great for parents to have quick access to fun worship videos, Scripture memory songs, and soothing music for little and big souls. We like the Slugs and Bugs Show, Seeds Family Worship, and Rain for Roots.



This service is offered free to our congregation. To register for RightNow Media, send your email address to Ina Meyer at imeyer@firstprescos.org or call Ina at 719-884-6117.

WOMEN'S MINISTRY

WOMEN'S LIFE GROUPS

We launch new Life Groups through our 10-week Rooted experience where 6 to 10 women gather and explore rhythms of following Jesus. Are you ready to go deeper in cultivating prayer and growth? Let's go together. Sign up to join or lead a group. Register at firstprescos.org/womens-life

CLC WOMEN'S PRE-CONFERENCE



Thursday, November 10

Save the date for a night of prayer and worship as we prepare our hearts for what God has in store for us at the First Pres Christian Life Conference weekend.



MOPS & MOMSNEXT

MOPS

Running September 8 through May 4, MOPS (Mothers of Preschoolers) is designed to encourage and equip moms with young children from infancy to kindergarten. Join us on Thursday mornings from 9 to 11:15 a.m. in the Worship Center for dynamic speakers, small groups and the break you've been needing. We believe in the simple but revolutionary idea that remarkable things happen when moms come together! The cost per year is \$200. Learn more and register online at firstprescos.org/mops-momsnext.

PRECEPT WOMEN'S BIBLE STUDY



Tuesdays starting September 6, 9 a.m. – 12 p.m.

The women in Precept Bible Study at First Pres invite you to join us as we study God's Word. Women from all ages and walks of life have been challenged to grow in their walk with Christ and in community with one another for nearly 30 years through this study at First Pres. When we gather, we spend time in teaching and discussion, followed by small group sharing and prayer from 9 to 11 a.m., and then an optional video presentation by Kay Arthur. This fall we will be studying the Epistle to the Romans. For more information and to register, please contact Joan Sawyer at joansawyer@yahoo.com or 719-963-4146.



MOMSNEXT

MOMsnext meets Thursdays, September 8 through May 4 from 9 to 11:15 a.m. We know that your job as a mom does not stop when your children head off to school. Though new challenges and struggles arise as you enter the school years with your kids, the need for community, hope and friendship remains. That's why we offer MOMsnext. This group is specifically designed to meet the needs of moms with school-aged children. The cost per year is \$64. Learn more and register online at firstprescos.org/mops-momsnext.



MEN'S MINISTRY

MEN'S TUESDAY MORNING STUDY, PRAYER AND FELLOWSHIP



Tuesdays, 6:30 – 7:30 a.m. starting August 30



Led by Pastor Pat Hartsock

The men of First Pres are invited to consider devoting Tuesday mornings to Bible study and prayer this fall beginning Tuesday, August 30 at 6:30 a.m. Imagine how the Spirit might move in our hearts and throughout our families, church and city as a result of this time together. As First Pres enters our 151st year as a worshipping community, let's rally together in response to the Lord's grace being poured into our hearts.

Learn more and register at firstprescos.org/mens-life





21ST ANNUAL MEN'S GOLF CLASSIC



Monday, September 12



Check-in at 7:30 a.m., shotgun start at 8:30 a.m.



\$ \$75 per player, lunch included



my.firstprescos.org/golfclassic

The 21st Annual Men's Golf Classic is a four-man, 18-hole scramble hosted by Pine Creek Golf Club in Briargate. Join us for a fun morning of golf followed by lunch and a short program. Cost is \$75 per man, which includes green fee, cart, range balls, lunch and prizes. Check-in begins at 7:30 a.m. Golf with a Mission: Support our friends at Springs Rescue Mission by purchasing three mulligans for \$5.

MEN'S LIFE GROUPS

There are seasons when it's right for men to be with men, pursuing freedom in Christ together as a band of brothers. If a Men's Life Group is what you crave, email Michael Thornton, Pastor of Discipleship, at mthornton@firstprescos.org.

SUNDAY COMMUNITIES

Adult Sunday Communities are designed to meet the various needs of our diverse body of believers. We have ongoing gatherings on Sundays to help us “Prepare All Generations to Impact Lives for Christ.”

These communities provide:

- Connections to Christian brothers and sisters who care for one another and challenge each other to pursue Jesus Christ in all of life.
- Consistent series of biblical study presented by gifted and trained teachers.
- Opportunities for discussion, reflection and ministry involvement.

AGAPE JOURNEYS

🕒 9:45 – 10:45 a.m.

📍 Sheldon Jackson Room, Sanctuary lower level

A diverse group of adults seeking a personal and growing relationship with Christ, biblical teaching, contemporary music, fun social events, mission opportunities, lasting and loving friendships and laughter. Lead teacher is Mateen Ellass.

BASECAMP (20s)

🕒 9:45 – 10:45 a.m.

📍 Room 418, main building

Each Sunday, people college-aged through their 20s gather on the fourth floor in the Cathedral Room from 9:45 to 10:45 a.m. for “Base Camp.” In this time, we discuss Scripture and various topics together. This serves as a launching point into other opportunities for community. If you’re in college or in your 20s, this is a fantastic place to get connected with others in a similar life stage who are looking to follow the Lord!

BECOMERS

🕒 9:45 – 10:45 a.m.

📍 Room 209, main building

The foundations of this class for both couples and singles are: (1) verse-by-verse inductive study of the Bible, (2) support of God’s worldwide mission via missionary couples, (3) caring prayer for one another’s needs and (4) warm, meaningful fellowship. The lead teacher is Don Wallace.

HEADWATERS

🕒 9:45 – 10:45 a.m.

📍 Room 431, main building

This is for young married couples and couples with school-age children, with the goal to enhance Christ-centered marriages and establish healthy families through practical application of biblical teaching. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and marrow, and discerning the thoughts and intentions of the heart” (Hebrews 4:12). Led by community members.

KOINONIA

🕒 9:45 – 10:45 a.m.

📍 Room 204, main building

Koinonia, the Greek word for fellowship, is a warm and welcoming community of both single and married adults of all ages. Our time together focuses on encouraging one another to grow as Christ followers through interactive study of Scripture. We support each other by prayer and have a legacy of giving to the worldwide mission of the church. Led by community members.

NEW AMBASSADORS

🕒 9:45 – 10:45 a.m.

📍 Room 435, main building

With a focus on in-depth, expository teaching of Scripture and on living out Jesus' command to "love one another as I have loved you," Bible study, discussion and fellowship are at the center of this class. The lead teacher is Pastor Junior McGarrahan.

NEW HORIZONS

🕒 9:45 – 10:45 a.m.

📍 Room 218, main building

A supportive, friendly, biblically based community focused on spiritual growth and relationship-building is open to individuals and couples. Our gathering features interactive Bible lessons, sharing, prayer, mission support, music and social events. The lead teachers are Corat Moran, Ray Parry and Rich Potursalski.


NORTHLANDERS


🕒 9:45 – 10:45 a.m.

📍 Room 433, main building

Each Sunday the class discusses the sermon topic and Scripture from the 8:30 a.m. Sanctuary service. The majority of people in this community live in northern Colorado Springs, but this group is open to all. Led by community members.


PATHFINDERS


 **9:45 – 10:45 a.m.**

 **Multi-Purpose room of the YMCA**

The focus is Bible-based learning through lectures, but class time also includes praise singing, sharing prayer needs and fellowship with friends over coffee and snacks. Small social groups afford opportunities for strangers to become friends. The class supports multiple missionaries, scholarship funds and projects in the local community. The lead teacher is Pastor John Goodale.


REFLECTIONS


 **8:30 – 9:30 a.m.**

 **Room 219, main building**

This is a grace-based Bible study for all ages, meant to encourage a friendly and safe environment for dialogue. We follow a line by line, expository, semi-Socratic method of Scriptural presentation focusing on a traditional formula of observation, interpretation and application. Led by community members.


THE CONCERN


 **8:30 – 9:30 a.m.**

 **Room 210, main building**

A friendly, supportive class that is open to all single and married adults in our community. The class encourages spiritual growth through Bible study, lecture and discussion. We also enjoy serving God through friendship, fellowship and helping others. The lead teacher is Rick Yates.

WOMENCONNECT

 **9:45 – 10:45 a.m.**

 **Room 202, main building**

Designed for all women, WomenConnect provides an opportunity to join others for interactive group Bible study and supportive relationships. The lead teacher is Rebecca Hawkins.

STILL NOT SURE WHERE YOU MIGHT BEST FIT IN?

We'd love to help you find the right fit. Contact Ina Meyer at imeyer@firstprescos.org or call Ina at 719-884-6117.



CHRISTIAN LIFE CONFERENCE

Featuring this year's speaker, Rev. Dr. Jennifer Holz
 Friday, November 11—Saturday, November 12

THE SURPRISE OF SPIRITUAL HEALTH

A spiritually thriving life is not devoid of chaos. But sometimes we think that if we could just get our spiritual life together, everything else would fall into place. But what if God's path to life and health is surprisingly different?

Find all upcoming event details online at firstprescos.org/events



**FIRST
PRES**

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