

Small Groups for Summer

Sign up on Sundays, May 17 or May 31 or reach out to the group leader(s) to let them know of your interest.

Casual Biking Small Group



Leader: Claudia Wiebold

Saturdays, 8:30 am – noon

May 30, June 13, July 11, Aug 1, Sept 12

Bike at a casual pace, experience creation, and connect with others who enjoy biking. This group takes easy to moderate trails in the Twin Cities, meeting at each trailhead. The group bikes for 2-3 hours, up to 20 miles (approximately 10 mph) with devotions led by the group leader.

Men's Hiking Small Group **nearly full, contact leader if you'd like a spot*

Leader: Mark Oswood

1st Tuesday of May to September , 6:15pm meet at Incarnation; carpool to trail

Tuesdays, May 5, June 2, July 7, Aug 4, Sept 1



Practicing Meditation with the Psalms



Leader: Emily Schwieters

Mondays, 6:15 – 6:45 pm

June 1, 8, 15, 29 and/or

August 3, 17, 24, 31

(two sessions offered, pick one or two)

Come to the chapel ready to participate in a quiet, guided meditation of the Psalms. Participants can sit in a traditional chair or bring their own mat, blanket, or cushion to sit on the floor. We will listen to a Psalm and then do a traditional guided meditation together. This will include deep breathing, attention to the body, silence, and prayer.



THE SAINT JOHN'S BIBLE

The Saint John's Bible:

A 5-Session Overview

Leader: Grant Rykken

Tuesday evenings: 6:30-8:00 pm

June 16, 30, July 14, 28, Aug 11

The Saint John's Bible is an amazing story of project management, artwork and theology. We will take a look at each of the 7 volumes, using methods of Lectio Divina (sacred reading) and Visio Divina (sacred seeing).

Caring for the Earth: Stories from Faith Communities



Leader: Nancy Stutzman

Tuesday evenings, 6:45-8:00 pm

June 9, 16, 23, July 7, 14

A Creation Care Small Group video series and discussion with film series featuring faith leaders from diverse traditions across the US who share their experience, strength, and hope. You will deepen your knowledge around faith and climate, be inspired to take action, and strengthen your relationships with other people and creation. Explore why our faith moves us to care for water, work for justice, support biodiversity, center youth, build resiliency and preparedness, and strive for a healthy climate.