

Programming – Spring 2017

1	Title:	How to be MCC
	Day of the Week:	Wednesdays
	Date:	May 03 to June 14
	Time:	7:15p to 8:15p
	Location:	MCC New Orleans Room 101
	Facilitator:	Alisan Rowland
	Description:	<p>Have you had questions about MCC and what people in MCC believe? This is your opportunity to get the answers to all your questions.</p> <p>May 3rd - MCC History: The history of Metropolitan Community Churches; and how this movement/denomination got started.</p> <p>May 10th - MCC Polity: How are Metropolitan Community Churches organized? How are leaders chosen? How are decisions made?</p> <p>May 17th - MCC Theologies: What is the statement of faith of Metropolitan Community Churches? What do we believe? What values are most important to us?</p> <p>May 24th - MCC Stories: What are the stories of our people? What have we been called to do</p>

		<p>in our community and in our world? What is our unique role?</p> <p>May 31 - MCC Global Justice Institute: What efforts are Metropolitan Community Churches involved in to bring justice for the LGBT Community and allies around the world?</p>
	Spiritual Location:	Searching, Changing
	Spiritual Type:	Head
2	Title:	Gender 101
	Day of the Week:	Tuesdays
	Date:	May 02 to June 13 (No workshop on May 16 th due to Board Meeting)
	Time:	7:00p to 8:00p
	Location:	LGBT Community Center, 1001 South Broad Unit 212, NOLA 70125
	Facilitator:	Marcella Harker, Alisan Rowland
	Description:	<p>May 2nd - Gender and You: Do you see both masculine and feminine traits within yourself? Have you become more open to the traits of another gender?</p> <p>May 9th - Spirituality and Gender: How has gender been defined throughout the history of Christianity? In other religions and cultures?</p> <p>May 23rd - Feminism and Gender (US): How does the transgender or non-gender conforming community inform feminist efforts, moving away from binary genders, and efforts for gender equality?</p> <p>May 30th - Responding and Responsible: What actions can those in the non-gender</p>

		<p>conforming community take towards leadership? What role do allies have in supporting the transgender community?</p> <p>June 6th - Creating Safe and Welcoming Spaces for Non-Gender Conforming People: What is the best etiquette for people who identify as gender non-conforming? What are the practical struggles of the transgender community?</p>
	Spiritual Location:	Searching, Changing, Preparing
	Spiritual Type:	Head, Social Justice
3	Title:	Centering Prayer
	Day of the Week:	Wednesdays
	Date:	May 03 to June 14
	Time:	6:30p to 7:00p
	Location:	MCC New Orleans Room 101
	Facilitator:	Pamela Raptis
	Description:	<p><i>“Silence is God’s first language. Everything else is a poor translation.” - Thomas Keating</i></p> <p>Wanting peace and time to be in the stillness with God? The practice of Centering Prayer was established in part by Trappist Monk Fr. Thomas Keating in the 1970s, and provides a structure for silent prayer.</p> <p>If you find that you are usually the one speaking to God, this is an opportunity to empty yourself and quiet yourself in order to hear God speak to you. This is an excellent opportunity</p>

		to experience group mediation and you will find that the experience is quite different than that of individual prayer. It may just open up a whole new avenue on your path to a greater relationship with God.
	Spiritual Location:	Listening, Preparing
	Spiritual Type:	Mystic
4	Title:	Service Sunday
	Day of the Week:	4 th Sunday of the Month
	Date:	May 28th
	Time:	TBD
	Location:	TBD
	Facilitator:	Michele Broussard, Kristina Trahan
	Description:	Are you interesting in community service but don't know where to start? Starting May 28th, the fourth Sunday of every month will be Service Sunday. With each of these Sundays is the opportunity to volunteer your time with a different organization.
	Spiritual Location:	Serving, Connecting
	Spiritual Type:	Heart, Social Justice
5	Title:	Wellness Group: Lunch
	Day of the Week:	One Saturday a month
	Date:	May 13 th

	Time:	12:00p
	Location:	The Halal Guys, 5007 Freret St. (parking available behind the building.)
	Facilitator:	Andre Monte
	Description:	<p>“Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.”</p> <p>http://shcs.ucdavis.edu/wellness/what-is-wellness</p> <p>Does how you feel about yourself on the inside match with how you see yourself on the outside? Have you struggled with getting physically healthier? Do you have so much on your mind that it affects the course of your days or your attitude towards a healthier life? What do you feel God wants for your spirit and overall wellness?</p> <p>We want you to be happy in life. We want you to love yourself the way God loves you. Through healthy eating, healthy thinking, and healthy living, together let us nurture and evolve ourselves into the best beings God has always intended for us to be.</p>
	Spiritual Location:	Searching, Changing, Connecting, Listening
	Spiritual Type:	Heart, Head
6	Title:	Wellness Group: Walking Group
	Day of the Week:	One Saturday a month
	Date:	May 20 th

	Time:	2:00p
	Location:	City Park (Park by Morning Call.)
	Facilitator:	Andre Monte
	Description:	Once a month, the Wellness Group will get together at various locations throughout the New Orleans area and take a light stroll. Put your errands and responsibilities away for a while. Get your mind out of city life. Walk with us and walk with God.
	Spiritual Location:	Searching, Changing, Connecting, Listening
	Spiritual Type:	Heart