



## WALKING THE JOURNEY OF FAITH

### FALL SEASON 2023: SPIRITUALITY

**October 11**

Opening Prayer Service  
Laurie Porter, Sharon Chapman & Anne Perkins  
**Walking the Journey of WINGS**

**October 18**

Fr. Paul Vassar  
Retired Diocesan Priest  
**Living as Jesus People**

**October 25**

Women of WINGS  
**Spiritual Practices**

**November 1**

Eileen Halliburton  
Spiritual Director  
**What is Centering Prayer?**

**November 8**

Carrie Govan Skelly  
Artist

**Silence and Self-Knowledge: St. Theresa of Avila**

**November 15**

Rev. Julie Stokstad  
Pastor of Arlington Community Church  
**Joy**

**November 22**

**Thanksgiving Break**

**November 29**

Rabbi Alissa Miller  
Rabbi of Community Engagement  
Temple Isaiah, Lafayette  
**Jewish Spirituality**

**December 6**

Lydia Tinajero-Deck, M.D.  
Pediatrician, Children's Hospital Oakland  
**My Journey with Discerning Deacons**

**December 13**

**Christmas Holiday Gathering**

**WINGS is a faith enhancement group that encourages spiritual growth through prayer, scripture study, spiritual exploration, life sharing and community. Women in all stages of life come together weekly to grow in their relationship with God and each other and learn to recognize their own spiritual gifts.**

**Affirmed and strengthened by the support of their Christian sisters and the Holy Spirit, the women of WINGS can better share God's love in the wider community of family, parish, neighborhood, and world. Rather than being a service-oriented organization, the focus of WINGS is building up the Body of Christ by meeting its members' spiritual needs.**

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