



Check out our upcoming **faith formation opportunities** for adults > > >

We all struggle to find the time, the way, or even the desire to seek the things that nurture the spirit. Each of us is a work in progress, learning to be both human & holy.

Here at Central Union Church, we are all on a journey to grow and develop in our faith as we seek to build a deep and lasting relationship with God and with each other.

Let's learn and grow together!

Book Study

This fall, you're invited to a meaningful and engaging book study led by Pastor Rushan, exploring *Faith After Doubt: Why Your Beliefs Stopped Working and What to Do About It* by Brian D. McLaren. McLaren, a former pastor and influential voice in progressive Christianity, is known for his work on spiritual formation, interfaith dialogue, and reimagining faith for a changing world. In this book, he offers a compassionate and insightful guide for those wrestling with spiritual uncertainty, proposing that doubt is not the enemy of faith, but a vital part of its evolution.

Through McLaren's four-stage framework—Simplicity, Complexity, Perplexity, and Harmony—participants will reflect on their own spiritual journeys and discover pathways toward a more authentic and resilient faith. This study is ideal for anyone navigating questions of belief, identity, and transformation.

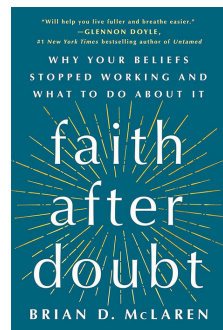
Come with your questions, your curiosity, and your open heart. All are welcome.

Register online: bit.ly/oct2025study
If you would like to purchase the book, copies are available for \$12 from Pastor Rushan and can be purchased at any of the sessions.

Thursdays • 10:30 AM – 12:00 PM
October 2, 9, 16, 23

Tuesdays • 6:00 PM – 7:30 PM
October 7, 14, 21, 28

Location: Rewick Board Room



This Advent, we invite you to a soul-stirring study led by Pastor Rushan. Drawing from the opening line of Luke's Gospel—"In the time of Herod..."—this series explores the fearful and uncertain world into which Jesus was born, one marked by oppression, instability, and economic disparity. It's a world not unlike our own. Yet, amid the darkness, the angels proclaim a radical message: "Do not fear." Through the stories of Mary, Joseph, the shepherds, and the magi, we'll reflect on how faith doesn't erase fear but moves through it with courage, trust, and hope.

This study invites us to name our fears, examine how fear operates in our lives and communities, and discover how God is breaking in with good news. Together, we'll explore how fear can be transformed into love and action, and how insisting on hope—even trembling hope—can be a powerful spiritual practice.

Come as you are—bring your questions, your fears, and your hope. Let's journey together toward the light of Christ.

Register online: bit.ly/advent2025cuc
Study materials will be available for pickup from the church office or directly from Pastor Rushan.

Thursdays • 10:30 AM – 12:00 PM
November 20, December 4, 11, 18

Tuesdays • 6:00 PM – 7:30 PM
November 25, December 2, 9, 16

Location: Rewick Board Room

UPCOMING SERMON SERIES

September (season of stewardship)
"Dreaming God's Dream"

October 5 – November 23
"The Lord's Prayer"

Save the date!
November 23: 9 AM worship + service to community
"The Church Has Left the Building"

November 30 – December 21 (season of Advent)
"What Do You Fear? Insisting on Hope this Advent"

SUNDAY WORSHIP
7 AM - Atherton Memorial Chapel
9 AM - Sanctuary + livestream on YouTube
11 AM - Parish Hall

CHILDREN'S MINISTRY
3 yrs – 5th grade: Sunday School
November 19: Messy Church - Advent Workshop
Contact: cayanna-herrera@centralunionchurch.org

YOUTH GROUP for 6-12th grade on Sundays
Contact: melissa-thach@centralunionchurch.org

YOUNG ADULTS (Generations X, Y, Z)
September 17: Dinner Church
Contact: youngish@centralunionchurch.org

STAY CONNECTED
for updates and more opportunities for faith formation and fellowship!

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MINDFUL MOVEMENT with BAMBOO STICKS



Strengthen body and spirit through Relaxing Mindful Movements with Marion Lyman-Mersereau—gentle exercises inspired by an elderly Zen Master to enhance flexibility, balance, and joint health. This 16-movement routine, followed by optional gentle yoga, supports relaxation and lower back care.

Join online **Wednesdays at 4:00 PM** or in person **Tuesdays at 2:00 PM** in the Women's Building. Bring a yoga mat if you'd like to participate in the second half. All are welcome to move, breathe, and restore.

MINDFULNESS CLASS ONLINE



Begin your week with calm and clarity from wherever you are in Marion Lyman-Mersereau's online mindfulness class, held every **Monday from 5:00–5:30 PM via Zoom**.

This gentle half-hour session offers guided practices to help you center your thoughts, release tension, and cultivate inner peace—an ideal reset for body, mind, and spirit. No experience needed, just your Zoom device, a quiet space, and an open heart.

Contemplative Prayer

*Deepen your relationship with God
through Centering Prayer,
a contemplative practice rooted
in silence and stillness.*



Join an intimate group of folks for sessions on **Wednesdays from 6:30–8:00 PM** in the Rewick Board Room, featuring meditation and video teachings from "The Spiritual Journey with Fr. Thomas Keating." Fr. Thomas was an internationally renowned theologian, speaker and author of dozens of books including *Open Mind, Open Heart*. He was a co-founder of the Centering Prayer movement which began in the 1970s to renew the Christian tradition of contemplation.

On the **third Saturday of each month**, join a **Morning of Centering Prayer from 9:00–11:30 AM** in the Women's Building*, with island-wide participants and a special class for newcomers. *At Wesley United Methodist Church in October.

*"God's first language is
silence. Everything else
is a poor translation."*

—Thomas Keating

SERVICE of HEALING & PRAYER



Rooted in the Iona tradition, this service offers a sacred space for rest, renewal, and spiritual healing. It includes scripture, silence, Taizé music, prayer, and the ritual of the laying on of hands—a gentle, ancient practice symbolizing the presence of God's healing grace.

Whether you are seeking physical, emotional, or spiritual healing, this service invites you to bring your whole self before God in trust and openness.

The liturgy of healing prayer affirms that while we may not always be cured, we are always being healed—drawn deeper into God's love, peace, and wholeness. In the Iona tradition, healing is not only personal but communal, reminding us that we are held in the care of one another and of the Divine.

Come as you are. You do not need to have the right words or the right answers—just a willingness to be present. In the quiet, in the music, in the touch, may you encounter the Spirit who brings comfort, courage, and hope.

Third Sundays • 5:30 PM
September 21, November 16
Atherton Memorial Chapel

JAZZ VESPERS

Experience the transformative power of music and spirit at Jazz Vespers. Jazz Vespers is a contemplative, creative worship service that blends live jazz, poetry, scripture, and readings from secular sources, all thoughtfully curated around a theme that speaks to the soul.

This fall on first Sundays of the month, we invite you to journey with us through rich spiritual landscapes:

- 🎵 **September 7 – "Lift Every Voice"** celebrates liberation, inclusion, and radical hospitality.
- 🎵 **October 5 – "Grace in the Dissonance"** explores how God meets us in tension, uncertainty, and unresolved chords.
- 🎵 **November 2 – "Breath Between the Notes"** honors those we've lost and the sacred pause of remembrance for All Saints.
- 🎵 **December 7 – "Improvising Hope"** offers a Christmas celebration of resilience, creativity, and divine surprises.

Whether you're a jazz lover, a spiritual seeker, or simply looking for a moment of peace and inspiration, Jazz Vespers welcomes you just as you are. Come and be uplifted by the harmony of music and meaning.

First Sundays • 5:30 PM
Sep. 7, Oct. 5, Nov. 2, Dec. 7
Atherton Memorial Chapel