



**Finding Peace in an Anxious World: A five part, in-depth
Spiritual Growth course sponsored by
Louisiana Conference United Methodist Women**

Finding Peace in an Anxious World uses the book of Proverbs and “The Serenity Prayer” as a guide to help Christians find their way through anxiety, worry, and fear and move towards God’s peace that surpasses all understanding. The four chapters each focus on a different aspect of the prayer—serenity, acceptance, courage, and wisdom—and each concludes with a spiritual practice to help further develop the biblical ideal of peace in our lives, our families and our church.

Our hope is that through this five part, weekly course, we can address the tumultuous events of this summer and present a framework for how to approach a God who desires peace for the hearts of God’s people in times of anxiety.

Session Dates: Wednesdays: August 5, 12, 19, 26 and September 2

Time: 6:15 pm pre-class chat and Q & A time, then 6:30 pm to 8:00 pm. Sessions will be recorded. (If you must miss a session, the recording will be made available to you, so you do not fall behind.) Due to confidentiality requirements, please understand recordings and handouts are ONLY for course participants.

Advance Registration required: Please click to

register: <https://us02web.zoom.us/meeting/register/tZUtdO6oqTgqGd0tl3uZLi4MkYZEe6FjQBa0>

After registering, you will receive a confirmation email containing information about joining the meeting. Materials will arrive via email before each session.

Required Class Text: "Finding Peace in an Anxious World" edited by Erin James-Brown can be purchased at www.umwmissionresources.org for \$10 plus shipping. It is also available on Amazon KINDLE for \$5.95.

This is a Zoom video conference-based study, with handouts, take home exercises, weekly assigned reading, and online participation. Registration is required, email will be used to distribute class materials. Certificates issued to those completing the study.

To use Zoom Video Conferencing: you will need a smart-phone with camera, or a tablet with camera/mic or computer with camera/mic - download the free Zoom Conferencing App for your particular devices.

Facilitated by Mission u Study Leader, Kim Wendt of the Florida Conference. You can contact Brenda Thomas-Nero, Mission u Dean (225/588-4235 or email – BreNe3@aol.com) or Robin Jones, Mission u Assistant Dean (318/228-3099 or email – rjones1129@gmail.com) or Debbie Cottrell, Registrar (337/288-2852 or dcottrell701@aol.com) if you have any further questions.