

Finding Peace in an Anxious World

Rev. Su DeBree

As I write this invitation, half of the voters in the US are cheering and half are deeply distressed, COVID numbers are dramatically spiking, and evidence of climate change meets us in our back yards. We are challenged to keep our heads when all about us are loosing theirs and blaming it on each other. Then there are anxieties crawling out of our own family situations. Our hearts feel torn by distress and our blood pressure might even be high. We truly live in an anxious world.”

Using the Serenity Prayer and the book of Proverbs, the Mission U study, ***Finding Peace in an Anxious World***, addresses our anxieties in a solid, down to earth manner. The authors of the study have all been leaders in the Urban Village Church in Chicago and they focus on different aspects of the Serenity Prayer with their own perspectives, experiences and stories. Each session ends with a spiritual practice to deepen our faith. The study leader, retired pastor Su DeBree, has been living into the Serenity Prayer throughout her life.

You are invited to join Rev. Su DeBree for a virtual study that explores ways to discover peace through scriptural and spiritual disciplines. The four Zoom sessions will run from Feb. 7, 2021 to Feb. 28, 2021. The study sessions will be offered Sunday afternoons from 2:00 pm to 4:00 pm. This is an opportunity to greet old friends and meet some new ones across the Mountain Sky Conference. A time for informal conversation will be offered from 1:30 to 2:00pm just prior to each study session. There is no cost to attend. Participants are encouraged to purchase the book “*Finding Peace in an Anxious World*” edited by Erin James-Brown and read it prior to the event. The book may be purchased at umwmissionresources.org. Registration will open on-line in January. Mission u classes are open to all men and women.



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This course is sponsored by the Mission u Committee of the Mountain Sky United Methodist Women dedicated to providing education learning together for faithful living and commitment to global ministry for the transformation of the world.