



FINDING GOD: MEANING OF DEATH IN LIFE

Lent has long been viewed as a time set aside for reflection. As the Ash Wednesday service reminds us, this time is a season of “self-examination”, “preparation” and “reconciliation”. The Lent Adult Forum sessions are being offered in that same spirit. Using the events and changes of this past year as points of reflection, we have a myriad of awareness's, insights and learnings to draw from on this Lenten journey. As the title suggests, we begin by acknowledging our deeper experiences with loss, grief and a sense of our own mortality over this last year. It is from that reality that we seek meaning, purpose and God as we follow Jesus to his own death and, thus, discovery of the meaning of his and our death. Reflection will draw on part 1 of the Lenten reading suggestion, *Let Us Dream*, by Pope Francis. ([Available for purchase](#) through Trinity office, office@trinityexcelsior.org)

2/21 Lent I

This is an overview of the sessions FINDING GOD: MEANING OF DEATH IN LIFE with a focus on loss and death as part of life. The sessions suggest a spiritual way to give meaning to grief and death illustrated in *Finding Meaning: the Sixth Stage of Grief* by David Kessler.

Facilitator: Heidi Groven

2/28 Lent II

All creation dies and yet, only humans have the ability to imagine the moment of death and wonder whether that moment holds purpose and meaning. This session will offer the hypothesis of a Jesuit, Ladislaus Boris, on the physical and spiritual moment of death.

Facilitator: Anne Miner-Pearson

3/7Lent III

A recap reminds us of the spiritual meaning of death 's role in life. The presentation will extend Boris' hypothesis of the moment of our death to Jesus' death.

Facilitator: Anne Miner-Pearson

3/14 Lent IV

Dive into African-American music and listen to spiritual wisdom on the subject of death.

Facilitator: Eric Bigalke

3/21 Lent V

Trinity members will offer insights on spiritual growth from loss/death in both their personal lives and as members of Trinity's community. Reflection will draw on part 1 of the Lenten reading suggestion, *Let Us Dream*, by Pope Francis.

Panel of Trinity Members

3/28 & 4/4

Palm Sunday & Easter Sunday - NO ADULT FORUM