

The Joy of Shared Reading

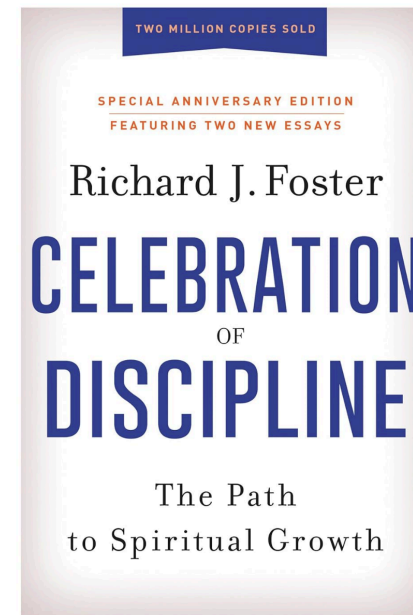
Weekly Small Group Book Study @ Church of the Incarnation

February 22 - April 9, 2026

Dividing the Disciplines into three movements of the Spirit, author Richard Foster shows how each of these areas contribute to a balanced spiritual life. The inward Disciplines of **meditation, prayer, fasting, and study** offer avenues of personal examination and change. The outward Disciplines of **simplicity, solitude, submission, and service** help prepare us to make the world a better place. The corporate Disciplines of **confession, worship, guidance, and celebration** bring us nearer to one another and to God.

Foster provides a wealth of examples demonstrating how these Disciplines can become part of our daily activities—and how they can help us shed our superficial habits and "bring the abundance of God into our lives."

Celebration of Discipline will help Christians everywhere embark on a journey of prayer and spiritual growth.



How to Sign Up

(1) There will be Sign Up Sheets on the table at the back of the church, and on the Coffee Hour table in the Parish House.

(2) Just send an email to Anne Tong (aytonglius@gmail.com) with your choice of meeting time. Please use "Lent Book Study" as your subject line.

Please sign up for one of the following three groups by
February 12, 2026



Sunday In-Person Meetings 12:30-1:45PM at Church
Facilitators: Anne Tong & Sondra Carter



Wednesday Zoom Meetings 6:30-7:45PM
Facilitator: Susan Ridgeway



Thursday In-Person Meetings 7:15-8:30PM at Church
Facilitators: Harris Healy & Romy John Abraham



Copies of the book are available for purchase with cash or check at a 20% discount on the following Sundays at church: 1/18, 1/25, 2/1, 2/8 and 2/15.