

# Transforming Fear into Trust: A Contemplative Journey Through Advent



Hosted by: The United Church of Strafford  
Facilitated by: Mark & Lisa Kutolowski

**Introductory session: Sunday, November 26 @ 11:30am**  
Location: United Church of Strafford

**Second session: Wednesday, November 29 @ 5:30pm**  
Location: 227 Main St in South Strafford

**Remaining sessions: Wednesdays, December 6, 13, and 20 @ 5:30pm**  
Location: United Church of Strafford

This series will engage with five traditional figures from the Advent readings, discover what spiritual lessons they teach us, and learn corresponding contemplative prayer practices. The figures include John the Baptist, Zechariah (John's father) and Mary the mother of Jesus. The contemplative practices include guided exercises from the tradition of Christian meditation. The program is designed to help us find a way to live in hope and trust in our personal lives and in a world that often feels unjust and endangered.

**All are welcome to this series, no experience or church affiliation necessary!** All sessions will last around an hour and will be designed to accommodate arriving a few minutes late.

**About Mark and Lisa:** Mark and Lisa are the co-founders of Metanoia of Vermont, an organization that supports all people to know and enter into divine life. They facilitate contemplative wilderness trips, retreats, and cultivate spiritual friendship. Lisa and Mark recently moved to Strafford in July 2017 where they have been busy creating a homestead that embodies their spiritual life and work. They are deeply grateful for the warm welcome they've received from the Strafford community and look forward to making their life here! Learn more about Metanoia of Vermont and this series at [www.metanoiavt.com](http://www.metanoiavt.com).