



Fall 2025 Lifelong Faith Formation Class Schedule

Feeding your Soul- Practicing Spiritual Practices

Instructors: Pastors Terry Cathcart, Terry Frankenstein, Lee Goodwin, Grant Van Lishout, Deacons D'Etta Broam and Noreen Stevens

Monday Evenings for 7 weeks, September 15-October 6, November 3-17
7-8 pm Eastern Time, 6-7 pm Central Time

In the busy of our days, this class will provide space to engage in practices that call you to take an intentional pause – breathing in God's presence and listening to the movement of the Spirit. Each week the class will be led by a different Spiritual Director who will invite us to learn and practice one of many spiritual practices. Practices will include Qigong (body prayer,) centering prayer, mindfulness, journaling, Ignatian Spirituality, Breathing with Yoga, and Using our *Heart Lens*.

Materials: Participants should have writing materials for each session. Class handouts will be provided by the instructors as needed during the class. Each participant will be asked to bring one photograph – new or old – to a session. Information on the photo will be provided prior to the class.

Contact Sister Noreen Stevens for class information: nstevens@nglsynod.org

In the Beginning: The first 11 Chapters of Genesis



Instructor: Pastor Tommy Wimsae

Thursday Evenings for 10 weeks, September 18-November 20
7-8 pm Eastern Time, 6-7 pm Central Time

Where should we begin? The first 11 chapters of Genesis are full of beginnings and beginnings again. There are two different creation stories, the flood narrative which resets everything a third time, and finally the tower of Babel which begins some more troubles. Join Pastor Tommy as the class looks at these well-travelled stories and we begin to separate the waters above from the waters below. The class will help participants see the stories with fresh eyes, as if from the beginning.

Materials: Participants will need a bible in their preferred translation. If interested, the instructor will be using Luther's Lectures on Genesis found in the first two volumes of Luther's Works and the new Anchor Bible Commentary by Ronald Hendel. Click [here](#) for syllabus.

Contact Sister Noreen Stevens for class information: nstevens@nglsynod.org

Introduction to Biblical Hebrew



Instructor: Pastor Nicole Hanson-Lynn

Sunday Evenings beginning September 28 with end date to be determined.

7-8 pm Eastern Time, 6-7 pm Central Time

Have you ever heard your pastor say, “In Hebrew, this word means...”? This class will be an experimental way of learning to engage with the Hebrew, even if learning a whole new language seems intimidating.

Materials: Participants may want to have writing materials for each session.

Contact Sister Noreen Stevens for class information: nstevens@nglsynod.org

Recognizing, Responding, and Re-Visioning Discipleship in an age of Christian Nationalism



Instructor: Pastor David Van Kley

Tuesday Evenings for 4 weeks, October 7-29

7-8 pm Eastern Time, 6-7 pm Central Time

During the course of four weeks, the class will explore the history of Christian Nationalism in the United States, with particular focus on its re-emergence from the 70's to the present, discuss ways to respond as Lutheran Christians to the threat it represents to the integrity of the gospel witness and to a democratic form of government, and identify specific goals/strategies to do so, as individuals within our congregations and communities.

Materials: Participants will be asked to read items that are available electronically:

1. Ecumenical Leaders Statement for Religious Liberty and Against Christian Nationalism <https://www.wichurches.org/articles/religious-liberty>
2. ELCA Social Statement on Faith and Civic Life — the link will be provided to the participants following the ELCA Assembly this summer.

Suggested reading. Two books:

1. **Preparing for War** by Bradley Onishi
2. **How to End Christian Nationalism** by Amanda Tyler.

Books may be ordered online or purchased at a local bookstore. They are also available as eBooks.

Contact Sister Noreen Stevens for class information: nstevens@nglsynod.org
