

this winter at First Pres  
as we walk as Light + Life for the City.



# WINTER DISCIPLESHIP

**2023**



**FIRST PRES**  
COLORADO SPRINGS



# Rejoice in the Lord always. I will say it again: Rejoice!

Philippians 4:4



# Happy New Year!

Minister and author Frederick Buechner (1926–2022) writes, “Here is the world. Beautiful and terrible things will happen. Don’t be afraid.” The Christian is called out of darkness and into the light of heaven, a “marvelous” light (1 Peter 2:9). In this light, we do not lose sight of reality. Rather, we are given the true reality, the light of Christ.

In this light, we have hope. And in this hope, we rejoice.

In fact, we are commanded to rejoice! Paul writes, “Rejoice in the Lord always. I will say it again: Rejoice!”

In the ho-hum ordinary moments, rejoice. In the terrible moments, rejoice. In the beautiful moments, rejoice. We do not rejoice in the moments themselves, but in knowledge that we are in Christ. We exist in God-space. God-space is an environment where it is known that there is a God and that He is trustworthy and that He is working all things together for the glory of God and the good of those called into fellowship with God.

What moment are you in right now? Ho-hum? Terrible? Beautiful? A broth of all that which life so often holds? In this God-space in which you find yourself, may you rejoice.

Our sermon series, **Take Joy**, will lead us even deeper here. As we follow Jesus together, may we help one another rejoice in all that the Lord has established for us. And may you also rejoice in community. May 2023 be a year of our collective pursuit of God. We, the people of God, are steeped in rejoicing and then given away by the hand of the Father for the life of the world.

You are loved,



**Michael Thorton**  
*Pastor of Discipleship*



# Try Alpha at First Pres



**HONEST CONVERSATIONS ABOUT LIFE,  
FAITH AND JESUS SHARED OVER A MEAL**



**Wednesdays, January 11 - March 8**  
(no class February 22)



**6 - 8 p.m.**



**Cathedral Room**

Watch stories from past Alpha participants  
online at [firstprescos.org/alpha2023](https://firstprescos.org/alpha2023)



**JIM // ALPHA PARTICIPANT**



## WHO IS ALPHA FOR?

Alpha explores questions like, “Who is Jesus?” and “Why did Jesus die?” and “How can I have faith?” Alpha is especially helpful for anyone curious about the Christian faith, but anyone is welcome to attend, and all are encouraged to invite a friend who is a non-believer or exploring spirituality to try Alpha.



## HOW DO I SIGN UP?

RSVP online at [firstprescos.org/alpha2023](https://firstprescos.org/alpha2023) to save your seat. Pick up an invite card at the Welcome Center to ask a friend to join you in January.



# Life Transformation Happens in Life Groups

Imagine belonging to a family of six to 12 brothers and sisters where you, together, walk life God's way.

- You become trusted friends through exercising healthy vulnerability.
- You cultivate lives of prayer together.
- You hold one another accountable to the study and application of Scripture.
- You help one another become witnesses to God's grace in your neighborhood spaces, your workspaces, and your recreation spaces.

We launch new Life Groups through our Rooted Experience—or you may sign up to join an existing Life Group. Are you ready to go deeper into our life together as a worshipping community? Consider signing up at our next Life Group Launch! Signup Sundays will be held January 8, 15 and 22.

Register at [firstprescos.org/rootedexperience](https://firstprescos.org/rootedexperience)





## ROOTED EXPERIENCE



**6:15 p.m.**



**Wednesdays, February 1 – March 29**  
**(Ash Wednesday worship on February 22)**



**\$20 per person\***

This Rooted Experience is a nine-week immersion into Christian Community. The rhythm of Rooted is marked by daily devotions and weekly gatherings. Join us on Wednesday nights which offer a meal and childcare options or participate in the Rooted Experience at a time that is best for your group.

Our great desire and prayer is that all new Rooted Groups will turn into ongoing Life Groups at the culmination of the Rooted Experience.

\*Scholarships available

# Growing Together Wednesdays (GTW)

The way we understand God, ourselves and the world influences how we live our lives. GTW exists to further equip you to think well about God, yourself, and the world so that you are equipped through your mind to be transformed in your heart to “live a life worthy of the gospel” (Philippians 1:27).

## SHARE A MEAL TOGETHER

GTW dinners are a place to build community. During the middle of our busy week, we come together in fellowship and celebration while building relationships. Meals are catered by restaurants in our community, including Raising Cane’s, Louie’s Pizza and Chick-fil-A, a different restaurant each week. Reservation not required.

-  4:45 – 6:15 p.m. each Wednesday of GTW
-  Worship Center
-  \$9 adults; \$4 children (11 and under)
-  View the menu: [firstprescos.org/gtw](https://firstprescos.org/gtw)



# KEEP GROWING TOGETHER



Wednesdays January 11 – February 15, 2023

Session 1 Classes	3:45 – 5:15 p.m.	
Dinner	4:45 – 6:15 p.m.	Worship Center
Session 2 Classes	6:15 – 7:45 p.m.	
Nursery childcare for infants through preschoolers	6 – 8 p.m.	
Kids GTW	6:15 – 7:45 p.m.	3 <sup>rd</sup> floor Gym
Middle School Youth Group	6 – 7:45 p.m.	Weber Student Center
High School Youth Group	6:30 – 8 p.m.	Weber Student Center

## SIGN UP

Register for classes at [firstprescos.org/gtw](https://firstprescos.org/gtw)  
or call the Welcome Center Registration Desk  
at 719-884-6144.



# THE ABOLITION OF MAN



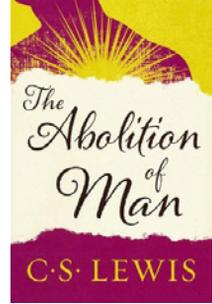
**January 11 – February 15**



**6:15 p.m.**



**Led by Kirk Cherry**



In several of his publications, C. S. Lewis championed the doctrine of objective value—the notion that the nature of the world and of humanity demands a proper response to the worthiness of creation. One of these, *The Abolition of Man*, is a brief but rich exposition defending objective value, exhorting us to cultivate it and warning about the perils of rejecting it. In the fictional *Space Trilogy*, Lewis offers the same warnings by tracing the adventures of Elwin Ransom as he confronts the consequences of his society’s rejection of the doctrine. Our class will examine *Abolition* in depth while seasoning the discussion with selected references to the trilogy.

# PARENT CONVERSATIONS



**January 11 – February 15**



**6:15 p.m.**



**Led by Pastor Matt Holtzman**



Come join other parents to explore and engage the parenting joys and challenges of today. Build meaningful connections with other parents as we grow in a biblical framework of raising the next generation. This class is primarily geared toward parents with kids aged 10+ and will be using Axis as a primary resource. Download your free membership at [eco-pres.org/axis](https://eco-pres.org/axis)



# REST, SABBATH AND A RULE OF LIFE



**January 11 - February 15**



**6:15 p.m.**



**Led by Pastor Jennifer Holz and Missions Director Greg Zaloom**



Jesus walked. Jesus wept. Jesus prayed. Jesus stopped. Jesus healed. Jesus fed. Jesus kept Sabbath. Jesus said, "Follow me." In observing the way Jesus lived, we discover a slow, intentional, relationship-rich life that helps us begin to cultivate space for God in our busy and frantic existence. We'll spend time experiencing these practices together and you will design your own "rule of life."

*Sacred Rhythms* by Ruth Hayley Barton will be available for purchase for \$12.



## SONGWRITERS WORKSHOP



**January 11 - February 15**



**6:15 p.m.**



**Led by Steve Alvarez**

Join us to learn and practice writing songs for worship. We will learn about what worship music is and the added impact of raising up that music from our own community. If you have been thinking about writing a song, this is where you need to be. This workshop will help you find your voice and use your gifts to glorify God. It will encourage you as you work on completing at least one of the songs you have already begun. All ages are welcome.

# THE TRINITY



**January 11 - February 15**



**3:45 p.m. and 6:15 p.m.**



**Led by Pastor Pat Hartsock**

Join me as we study the Trinity and begin to unravel the mystery of the Godhead.

We will study theologically:

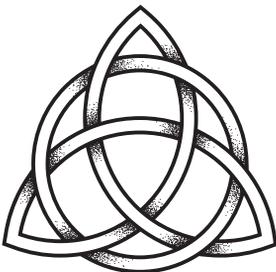
- Their personhood within the Trinity.
- Their position within the Trinity.
- Their purpose within the Trinity.

We will delve deeply into:

- The humble, mutual subordination within the Trinity.
- The necessary hierarchy within the Trinity.
- The relational interdependence within the Trinity.

We will examine personally:

- The place of each member of the Trinity within our lives.
- The power of each member of the Trinity within our lives.
- The purpose of each member of the Trinity within our lives.



*The Celtic Trinity Knot (triquetra, meaning three-cornered) is a Christian symbol for the Trinity; God the Father, Son and Holy Spirit. The interwoven circle symbolizes the “whole” created through the unity of three Persons, a sign of unending like and love.*

# WHAT'S ESSENTIAL ABOUT THE ESSENTIAL TENETS?



 **January 11 - February 15**

 **6:15 p.m.**

 **Led by Pastor Claire Berger**

Some of the truths that bind us together at First Pres are why we belong to ECO (Evangelical Covenant Order of Presbyterians), and ECO lives in a unique space in the context of the Christian landscape in America. Few spaces seem willing for the best of the (loaded!) term “evangelical” to hold hands with the belief that men and women alike steward all ministries of the church. But the binding agent of our guiding and guarding document known as the Essential Tenets has roots in historic Reformed orthodoxy, is friends with the global church, and aspires to be a movement of the Holy Spirit. Join us as we hear the story of the formation of the Essential Tenets, unpack many of the terms listed above, and explore what’s essential about the ECO Essential Tenets.

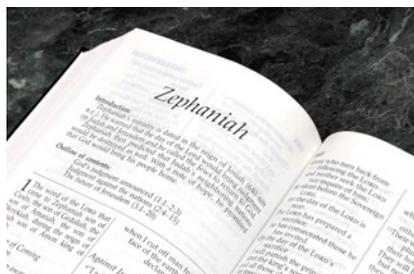
## ZEPHANIAH: A STUDY IN JUDGMENT AND JOY

 **January 11 - February 15**

 **3:45 p.m. and 6:15 p.m.**

 **Led by Pastor Junior McGarrahan**

What does judgment have to do with joy? In our time together we will reflect on the words of the prophet Zephaniah. Seventy-five percent of this book consists of severe judgment on rebellious, oppressive and idolatrous people. Yet it ends with the most soaring expressions of joy. Why is that?





# Lenten Lecture Series



**Wednesdays, March 1 – 22**



**Dinner starts at 5:30 p.m., lecture starts at 6:15 p.m.**



**Led by Pastor Tim McConnell &  
Pastor Michael Thornton**

## FOREVER UNBOUND

Building from our Unbound sermon series, you are invited to participate in this year's Lenten Lecture Series, ***Forever Unbound***. We will explore the four main stages of our salvation history: Creation, Fall, Redemption and Consummation. Too often, we limit our thinking in terms of fall / redemption, not living more freely by allowing our hearts to be established on the consummation of our redemption, eternal life in God's eternal city.

Life Groups, consider coming together for your Lenten season of formation and contemplation.



## MEMBERSHIP CLASS



**Sunday Membership Classes: Feb. 5, 12 and 26, 9:45 – 10:45 a.m.**

**Saturday Membership Class: Feb. 25, 9 – 11:30 a.m.**

Do you feel ready to put down roots in our community of faith? Membership is the place to go to explore your personal faith in Christ and how that intersects with what God is doing at First Pres. It also provides us with an opportunity to get to know you and your faith story.

# BRASS ENSEMBLE

- 🕒 **4:30 – 5:30 p.m., every Wednesday**
- 📍 **Youth Choir Room**
- 👤 **Led by Steve Hock**

The First Pres Brass Ensemble is open to experienced adult and advanced high school brass players. This group performs in worship and seasonal activities September through May. Contact Steve Hock at 719-488-9791 or [stephenhock@comcast.net](mailto:stephenhock@comcast.net) for further information.



# SANCTUARY CHOIR

- 🕒 **6:15 – 8 p.m., every Wednesday**
- 📍 **Adult Choir Room**
- 👤 **Led by Sanctuary Worship Lead Jamal Sarikoki**

The Sanctuary Choir welcomes all who love to sing and praise God through worship. We enjoy singing a wide variety of music, not only for weekly worship services, but also for concert settings during the special seasons of the year. Led by our Sanctuary Worship Lead, Jamal Sarikoki, this community of all ages enthusiastically prepares music and leads worship while gaining a depth of understanding of Scripture through music.





## FIRST PRES LIBRARY

Every Wednesday during GTW, the First Pres Library is open for you to read, relax and study. The Library is located on the first floor between the Plaza and the Nursery.

# rightnow MEDIA

## RECOMMENDED STUDIES

[rightnowmedia.org](http://rightnowmedia.org)

Own your faith by leading yourself and those close to you through a RightNow Media study. As an active participant of the First Pres community, you have full access to RightNow Media, an online and on-demand library of Bible studies and videos for kids, students, parents, married couples and more.

The following RightNow Media offerings will help you dig deeper into the Lenten sermon series, *Unbound*, based on Lazarus.

## THE LENT EXPERIENCE

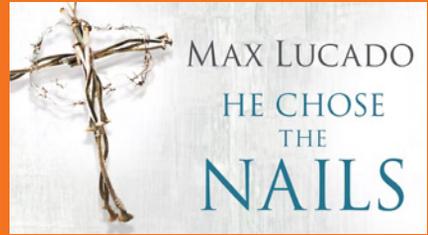
What happens when you take 2,000 years of a Christian tradition, capture the heart of it, and reimagine it? Whether you're a veteran of observing Lent or a rookie who is jumping in for the first time, you can join thousands of people for an experience that just may surprise you.



This seven-session course begins with a short video on Ash. Then, each Sunday until Easter you will watch a short video that will give you your Lent Experience challenge for the week. The challenges are based on things that have been a part of Lent for centuries.

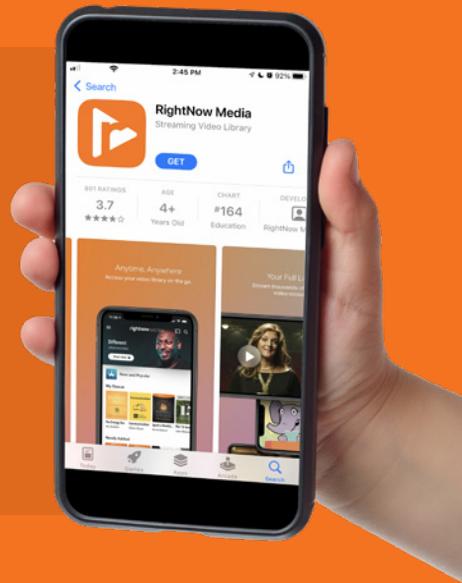
# HE CHOSE THE NAILS

This is a five-session video Bible study by Max Lucado. Each video is 15-19 minutes in length. In this study Lucado explores the gifts Jesus gave us by way of His crucifixion. A study guide and a book are available for purchase.



## HAVE YOU TRIED THE RIGHTNOW MEDIA APP?

In addition to these recommended studies, the app is great for parents to have quick access to fun worship videos, Scripture memory songs, and soothing music for little and big souls. We like the Slugs and Bugs Show, Seeds Family Worship, and Rain for Roots.



This service is offered for free to our congregation. To register for RightNow Media, send your email address to Ina Meyer at [imeyer@firstprescos.org](mailto:imeyer@firstprescos.org) or call Ina at 719-884-6117.

# Women's Ministry

## WOMEN'S LIFE GROUPS

We launch new Life Groups through our 10-week Rooted experience where six to 12 women gather and explore rhythms of following Jesus. Are you ready to go deeper in cultivating prayer and growth? Let's go together. Sign up to join or lead a group. See page 6 and 7 for details.

## PRECEPT WOMEN'S BIBLE STUDY

 **Tuesdays from 9 a.m. - 12 p.m.**

For nearly thirty 30 years, women have been challenged to grow through this study at First Pres. This spring we will study Romans. For more information and to register, contact Joan Sawyer: joank-sawyer@yahoo.com or 719-963-4146.

## WOMENCONNECT

 **Sundays from 9:45 - 10:45 a.m.**

Designed for all women, WomenConnect provides an opportunity to join others for interactive group Bible study and supportive relationships. The lead teacher is Rebecca Hawkins.

*Save  
the  
Date*



**WOMEN'S SPRING  
CONFERENCE**

 **Friday, March 10, 6 - 9 p.m.**



## MOPS & MOMSNEXT



### MOPS

Running through May 4, MOPS (Mothers of Preschoolers) is designed to encourage and equip moms with young children from infancy to kindergarten. Join us on Thursday mornings from 9–11:15 a.m. for dynamic speakers, small groups, and the break you’ve been needing. We believe in the simple but revolutionary idea that remarkable things happen when moms come together! The cost for the winter semester is \$100.

### MOMSNEXT

MOMSnext meets Thursdays through May 4 from 9–11:15 a.m. We know that your job as a mom does not stop when your children head off to school. Though new challenges and struggles arise as you enter the school years with your kids, the need for community, hope and friendship remains. That’s why we offer MOMSnext. This group is specifically designed to meet the needs of moms with school-aged children. The cost for the winter semester is \$32.

Learn more and register online at [firstprescos.org/mops-momsnext](https://firstprescos.org/mops-momsnext).



# Men's Ministry

## MEN'S TUESDAY MORNING STUDY, PRAYER AND FELLOWSHIP



**Tuesdays, 6:30 - 7:30 a.m.**



**Led by Pastor Pat Hartsock**

The men of First Pres are invited to consider devoting Tuesday mornings to Bible study and prayer at 6:30 a.m. Imagine how the Spirit might move in our hearts and throughout our families, church and city as a result of this time together. As First Pres enters our 151<sup>st</sup> year as a worshipping community, let's rally together in response to the Lord's grace being poured into our hearts.

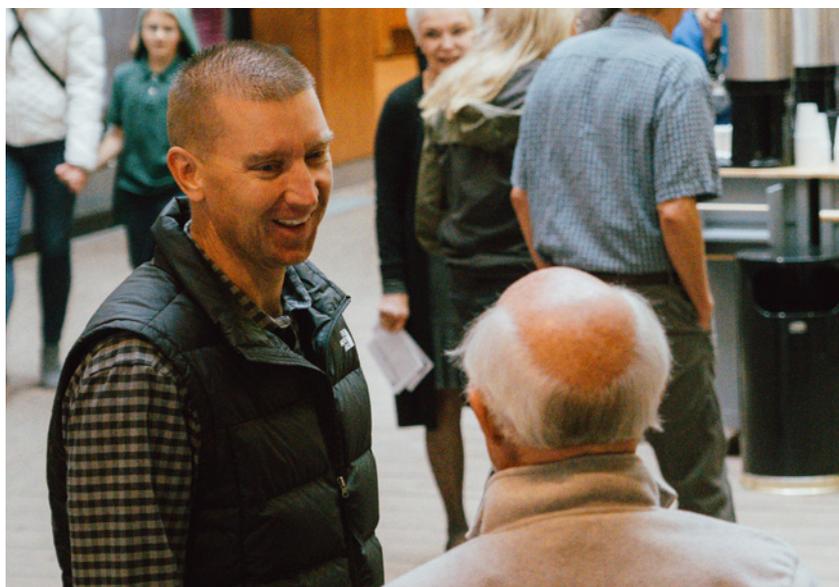
Learn more and register at [firstprescos.org/men](https://firstprescos.org/men)





## MEN'S LIFE GROUPS

There are seasons when it's right for men to be with men, pursuing freedom in Christ together as a band of brothers. If a Men's Life Group is what you crave, email Michael Thornton, Pastor of Discipleship, at [mthornton@firstprescos.org](mailto:mthornton@firstprescos.org).



# Follow Jesus Together In One of Our Adult Sunday Communities

- Make meaningful friendships at First Pres.
- Grow through biblical teaching.
- Form Life Groups with friends you make.

*For group times and locations, please  
check at the Welcome Center.*

# AGAPE JOURNEYS

A diverse group of adults seeking a personal and growing relationship with Christ, biblical teaching, contemporary music, fun social events, mission opportunities, lasting and loving friendships and laughter. The lead teacher is Pastor Mateen Ellass.

# BASECAMP (20S)

Each Sunday, people who are college age through their 20s gather on the fourth floor in the Cathedral Room for “Base Camp,” led by Pastor Greg Hartnett. In this time, we discuss Scripture and various topics. This serves as a launching point for other opportunities to establish community. If you’re in college or in your 20s, this is a fantastic place to get connected with others in a similar life stage who are looking to follow the Lord!

# BECOMERS

The foundations of this class for both couples and singles are: (1) verse-by-verse inductive study of the Bible, (2) support of God’s worldwide mission via missionary couples, (3) caring prayer for one another’s needs and (4) warm, meaningful fellowship. The lead teacher is Don Wallace.

# HEADWATERS

This is for young married couples and couples with school-age children, with the goal to enhance Christ-centered marriages and establish healthy families through practical application of biblical teaching. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and marrow, and discerning the thoughts and intentions of the heart” (Hebrews 4:12). Led by community members.

## KOINONIA

“Koinonia,” the Greek word for fellowship, is a warm and welcoming community of both single and married adults of all ages. Our time together focuses on encouraging one another to grow as Christ followers through interactive study of Scripture. We support each other by prayer and have a legacy of giving to the worldwide mission of the church. Led by community members.

## NEW AMBASSADORS

With a focus on in-depth, expository teaching of Scripture and on living out Jesus’ command to “love one another as I have loved you,” Bible study, discussion and fellowship are at the center of this class. The lead teacher is Pastor Junior McGarrahan.

## NEW HORIZONS

A supportive, friendly, biblically based community focused on spiritual growth and relationship building is open to individuals and couples. Our gathering features interactive Bible lessons, sharing, prayer, mission support, music and social events. The lead teachers are Corat Moran, Ray Parry and Rich Poturalski.

## NORTHLANDERS

Each Sunday, the class discusses the sermon topic and Scripture from the 8:30 a.m. Sanctuary service. The majority of people in this community live in northern Colorado Springs, but this group is open to all. Led by community members.

## PATHFINDERS

The focus is Bible-based learning through lectures, but class time also includes praise singing, sharing prayer needs, and fellowship with friends over coffee and snacks. Small social groups afford opportunities for strangers to become friends. The class supports multiple missionaries, scholarship funds and projects in the local community. The lead teacher is Pastor John Goodale.

## THE CONCERN

A friendly, supportive class that is open to all single and married adults in our community. The class encourages spiritual growth through Bible study, lecture and discussion. We also enjoy serving God through friendship, fellowship and helping others. The lead teacher is Rick Yates.

## WOMENCONNECT

Designed for all women, WomenConnect provides an opportunity to join others for interactive group Bible study and supportive relationships. The lead teacher is Rebecca Hawkins.

### **STILL NOT SURE WHERE YOU MIGHT BEST FIT IN?**

We'd love to help you find the right fit. Contact Ina Meyer at [imeyer@firstprescos.org](mailto:imeyer@firstprescos.org) or call Ina at 719-884-6117.

Find all upcoming event details online  
at **FIRSTPRESCOS.ORG/CALENDAR**



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