

# SEQUANOTA

# UPCOMING EVENTS

---



**FIND OUT MORE INFORMATION**

---

**FEB**  
**21-23**

## **SUSTAIN - ADULT RETREAT**

This weekend retreat will engage adults as they journey in life through faith. The resource book guiding our weekend conversation is Richard Rohr's *Falling Upward: A Spirituality for the Two Halves of Life*. Rohr gives us an understanding of how the heartbreaks, disappointments, and first loves of life are stepping stones to the spiritual joys that the second half of life has in store for us.

---

**TUESDAYS**  
**IN LENT**

## **LENTEN BIBLE STUDIES ON ZOOM**

Join Pastors Nathan and Kevin Shock from 7:00 PM until 8:30 PM for a study of Dietrich Bonhoeffer's life with a curriculum entitled "House Divided and a World on Fire" by Dr. Lori Brandt Hale. This was developed for the Lutheran Advocacy Ministry of PA and will inspire deeper conversation and discernment about how we live as disciples.

---

**MAR**  
**21-23**

## **BELONG - YOUNG ADULT RETREAT**

This weekend is intended for young adults ages 18-35 years olds. It is a time to gather with peers and discuss living life as young adults with fellowship, breaks, and naps. Discussions will focus on the struggles of living today as a young Christian. Come as you are and we will explore life together.

---

**APRIL**  
**26-27**

## **LOVE YOUR MOTHER (EARTH) RETREAT**

We all need to be outside more. Join us this weekend for the Annual Happy Camper Benefit 5K hike, some Bible study, tree planting, and an engaging session on how we can care for our planet. We only have one Earth - this weekend is designed to help us appreciate it and take ideas home to live more faithfully as a steward of Mother Earth.