

*Do you long to be free from fear? These times have become a challenge. This book updated from the Puritan's version, helps us let go of fear that is not helpful, and move toward fear that is a gift of God. Is that inviting? Then this book study may be just for you!*

A Lenten Contemplative Book Study  
***Triumphing over Sinful Fear***  
By John Flavel

**6 Tuesdays: February 24, March 3, 10, 17, 24, 31**  
**10:00-11:30**

*(Please plan to attend all sessions, if possible, to build community)*

**To some degree everyone experiences fear. It impacts the decisions we make and leaves us feeling helpless.** The author begins by examining various fears and discussing ways God governs it in this world. He shows how a proper "fear of God" (relationship full of awe) is the ultimate remedy for all other fears. This practical book will encourage us to trust in Christ's commitment to settle our trembling hearts. As children of God, we can correct our fear of others by reminding ourselves to fear (listen to, honor and follow) God more. To live in God's love.

We will read about 25 pages a week, taking notes, marking up the margins! When we gather in our contemplative setting with some music and quiet listening, we will share what we are learning, what God is showing us, what makes sense and what doesn't.

**Led by: The Rev. Catherine Powell, D. Min.,** Founding Servant Leader, The Anchorage, who earned degrees from the University of Florida, Erskine Theological Seminary and Lutheran Theological Seminary at Philadelphia (LTSP). Her formation also includes the Spiritual Guidance Program of The Shalem Institute, the 30-day Spiritual Exercises of St. Ignatius as well as training at the Jesuit Center, Wernersville, PA to lead 8-day Ignatian Retreats. She was ordained in 1999 and delights in family, friends, music, learning and nature. Her greatest sense of call is to one-on-one spiritual direction both monthly and during Ignatian retreats. Her deepest passion is for all to know how deeply they are loved by our holy and gracious God.

**Location:** Gower Estates, Greenville, SC

**Fee:** \$60 (Does not include \$10 book)

**Deposit (\$10) due by Feb. 17<sup>th</sup>**

**Registration Form (Cut here)**-----

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Non-refundable Deposit (\$10) \_\_\_\_ Please send form with payment to: The Anchorage

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***Triumphing over Sinful Fear* by John Flavel**

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*Please know that all are welcome, regardless of ability to contribute financially. Contributions above and beyond the suggested fee are also gratefully received.*