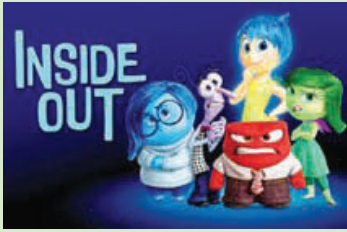


Movie with a Message: *Inside Out*
FRIDAY, MAY 16
2 P.M., SANCTUARY

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house and school. This Pixar film explores the role of emotions in shaping our thoughts and social lives, and suggests that all emotions are important and serve a purpose.
1 HR. 30 MIN.



Reveille Ringers
SUNDAY, MAY 18
4 P.M., SANCTUARY, WCR LIVE



The Reveille Ringers will be with us for a joy-filled service, featuring uplifting scriptures and a variety of handbell music selections. The Reveille Ringers are a part of the music ministry of Reveille United Methodist Church. Everyone is invited to hear this beautiful music.

The Church in Colonial
and Revolutionary Virginia
Mr. Robert Teagle
TUESDAY, JUNE 24
3 P.M., SANCTUARY



Join us for a presentation that will trace the story of how Virginia moved from a royal colony and the well-established Church of England, to an independent commonwealth that declared religious freedom to be a natural right of mankind. Robert Teagle is the Executive Director at the Foundation for Historic Christ Church. He earned his B.A. in History from the College of William and Mary and M.A. in American History from Virginia Tech.



Registration

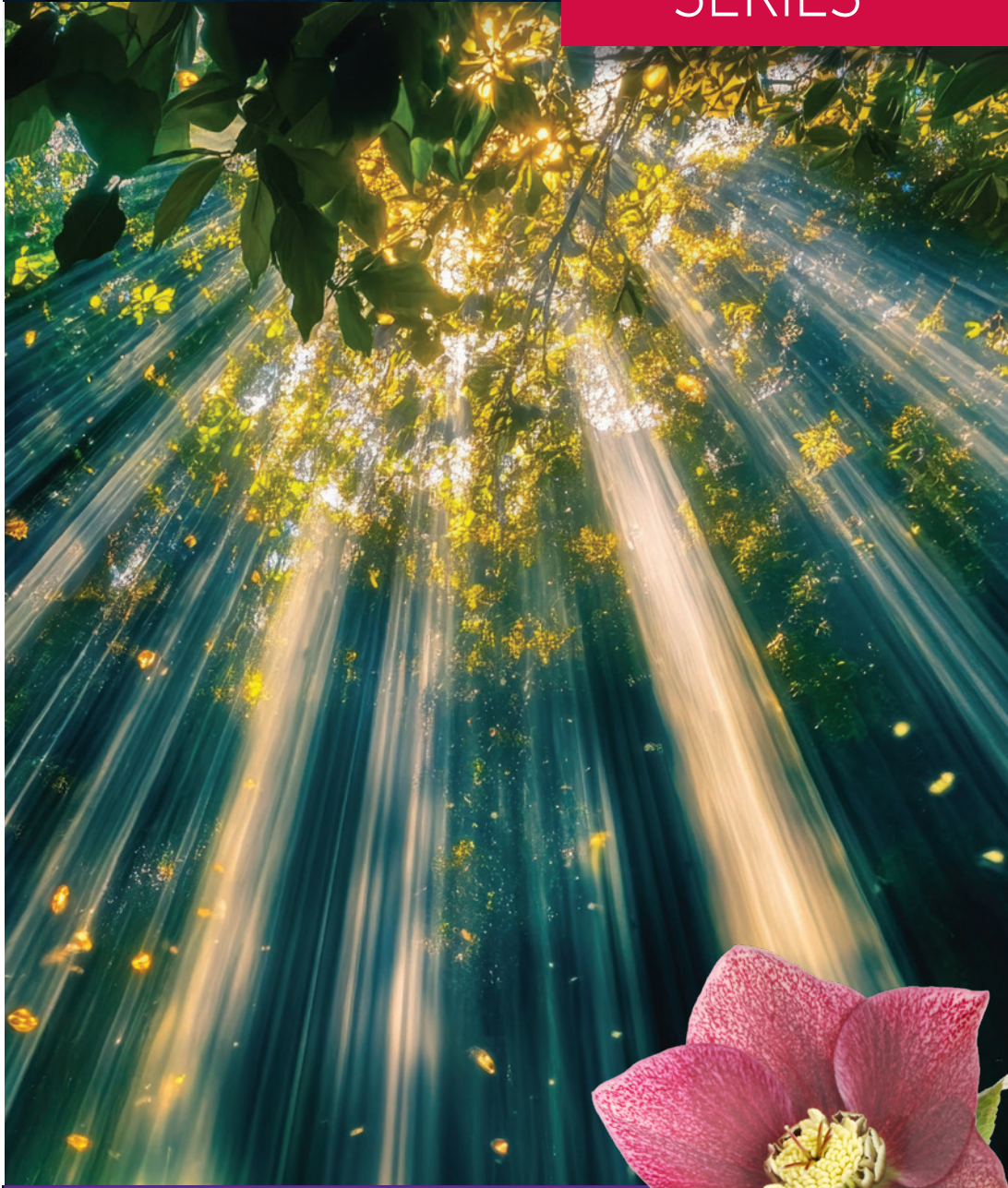
You may CALL Vanessa Perry at 804-200-1502.
or where indicated you may
REGISTER ONLINE THROUGH THE MY WCR APP.
Events will appear under the Activities icon once the indicated Registration Availability dates have arrived. At that time, click on the Activities icon. In the search box, type in the name of the desired event. Click on the listing, then click on the teal Register button. To finish the registration process, click YES. A popup will notify you that you are registered and a green check mark will appear beside the activity listing. Residents who register through the My WCR App will have any costs associated with the event billed to their account. My WCR registrations may be canceled through the app. Each My WCR user must register individually. To register a spouse or neighbor, you must login with their My WCR credentials.

**QUESTIONS:
804-200-1502**

WESTMINSTER CANTERBURY RICHMOND

Pastoral Care

SERIES



APRIL - JUNE 2025



Holy Week Services

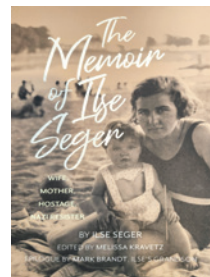
Palm Sunday Service, SUNDAY, APRIL 13, 4 P.M.
 Maundy Thursday Service, THURSDAY, APRIL 17, 10:30 A.M.
 Good Friday Service, FRIDAY, APRIL 18, 10:30 A.M.
 Easter Service, SUNDAY, APRIL 20, 4 P.M.
 ALL SERVICES HELD IN THE SANCTUARY

Passover Seder Meal
 Cantor Emerita Frances T. Goldman
 MONDAY, APRIL 14
 5:30 P.M., COCHRANE COMMONS
 COST: \$20 PER PERSON
Registration Deadline: April 7



Join us in the beautiful Jewish Seder tradition of distinct foods and participate in the story of the Hebrews' exodus from Pharaoh's bondage. Space is limited. Family members and friends are welcome. To register call 200-1502.

Book Talk: *The Memoir of Ilse Seger: Wife, Mother, Hostage, Nazi Resister*
 Dr. Melissa Kravetz
 TUESDAY, APRIL 22
 3 P.M., SANCTUARY



Ilse Seger was the wife of a German Social Democratic member of the Reichstag. In the book she tells her own story of her resistance to the Nazi regime as a political opponent herself, her solidarity with the Jews, her defiance of expectations for women, her time as a hostage in a concentration camp and of her first years living in exile in France and Switzerland. Join us as Dr. Kravetz discusses the book recalling Ilse's story. This lecture is presented in honor of Holocaust Remembrance Day on April 24. A copy of the book can be checked out either in the Spiritual Library or Tower Library.

Lenten Bible Study Series:
Passion Plays of the Christ
 Rev. F. Scott Spencer
 TUESDAYS, 3 P.M., SANCTUARY AND WCR LIVE
 APRIL 1: *The Persistence of Mercy and Compassion in Luke's Passion Play*
 APRIL 8: *Divine Power and Purpose in John's Passion Play*

In this conclusion of our study of Jesus's last days, we will look at the distinctive perspectives of the gospels of Luke and John. The main events of the Passion Narrative are well known, but less familiar, are the distinctive touches that each Gospel writer adds to this tragic (yet purposeful) story. By exploring these perspectives, we hope to enrich our own encounter with the crucified Christ this Lenten season. F. Scott Spencer is the New Testament General Editor for The SBL Study Bible, author of several books including recent volumes on Passions of the Christ, Seven Challenges that Shaped the New Testament, and Vote Jesus Christ. He has been a tenured professor at Wingate University and Baptist Theological Seminary at Richmond.



MENTAL HEALTH AWARENESS MONTH

Pastoral Care and Wellness Department are presenting the following events to bring awareness to mental health issues by encouraging discussion and support.

Contemplative Prayer Series
 Rev. Jenny te Velde
 MONDAYS, APRIL 28, MAY 5, 12 AND 19, 11 A.M.
 JERRY AND MARY OWEN MEDITATION ROOM
Registration Available: March 24 - April 21

In this four week series we will explore different contemplative prayer practices through education and group practice. Come build upon your own private practice or try something new and explore different modes of connecting with the Holy. Space very limited. To register call 200-1502.



Mental Health Series
 Julie Wilcox
 TUESDAYS, MAY 6, 13 AND 20
 3 P.M., SANCTUARY



Julie Wilcox will present three lectures, Suicide and Mental Health; Addiction and Mental Health; and Coping in Times of Change. These challenging and insightful lectures will help us better understand and respond to these issues.

Julie is a Licensed Clinical Social Worker with special training and certifications in substance use, couples and co-parenting work. She has over 20 years of experience in the mental health field, including hospital, residential, community based, and private practice settings. Julie also provides supervision for licensure and has supervised interns and worked as a field liaison and adjunct professor for the MSW program at VCU.

Yoga Nidra with Taryn Young
 WEDNESDAYS, MAY 7, 14, 21 AND 28
 1 P.M., VITAL LIVING CENTER - STUDIO C
Registration Available: April 2 - May 2



Join Taryn as she guides you through this early form of guided meditation. Also known as "yogic sleep" or "effortless relaxation", Yoga Nidra promotes deep relaxation which is helpful in the reduction of anxiety, stress, and depression. Studies show this meditation can also produce a positive attitude, boost concentration, and improve both memory and sleep. This is achieved by activating the parasympathetic system or the "rest and digest" response. Registration required through My WCR App or you may call 200-1502.

