

## Let's Talk!

In Catherine Blyth's 2009 book "The Art of Conversation," she describes the benefits of face-to-face communication in a variety of ways. The author draws on the comments of musicians such as Paul McCartney, who loves talking to his audiences because "I remember stuff that I'd forgotten for thirty years in explaining it."

Blyth continues, "Holocaust survivor Alice Herz-Sommer, a 103-year-old concert pianist, would agree. Asked about her social life, she confided it was "good for the brain...better than a hundred pills.'" Herz-Sommer credited her musical training for her conversational aptitude: "Chamber music is a discussion with your partner. You have to listen."

This February, I would like to invite you into a series of conversations that I think will be fun--and have the potential to be important. They're called "**Conversations about Christian Growth**" and they will take place on Wednesday evenings from 7:00—8:00 p.m.

On February 5<sup>th</sup>, the conversation will be "**Exploring the Dimensions of the Gospel**." The good news of Jesus is the heart of Christianity, but has it captured your own heart? How does the gospel affect the decisions that Christians make? We will consider many ways of applying the "news that changes things" to ourselves and our world.

On February 12<sup>th</sup>, we will talk about "**Feeding Your Faith**." If you ate only one meal a week, how healthy would your body be? In this conversation we will discuss the necessity of tending to one's faith and share ideas about practices that have been personally helpful.

Finally, on February 19<sup>th</sup>, we will consider the importance of "**Becoming Externally Focused**." Christian author C.S. Lewis once said that "humility is not thinking less of yourself; it is thinking of yourself less." The gospel of Jesus frees us from self-obsession, which enables us to look to others and to work toward addressing their needs. In other words, it changes our natural internal focus to an external focus.

"Conversations about Christian Growth" will be a setting in which we will process Biblical ideas together. The idea is to be informal yet informative, and all are welcome. Even if you would rather do more listening than talking, there is a place for you in this conversation!