

A New Class Offering for Colonial Presbyterian Church!

Creating Loving Relationships: Living a Life of Authenticity

Who: Colonial Presbyterian Church at Quivera is sponsoring a class led by married couple Janet A. Beverley and Carl E. Barber. Janet is a Christian psychotherapist and Carl is a Financial Advisor. They have taught this class in several churches since 2001, and it is based on Janet's book by the same name.

What: Creating Loving Relationships: Living a Life of Authenticity is a 16 week intensive class on improving your relationship with Self, God, and others to become the person God intended for you to be. The format of the class is lecture and watching one scene each week from the movie, *Shall We Dance?* with Richard Gere and Susan Sarandon to demonstrate concepts and interactions participants are learning.

Fee for the course: Your donation of \$20 will pay for the book which includes scripture, prayers, and explanations of concepts taught in class. All donations will be given to the church to pay down debt.

When: Every Tuesday, 6:30 PM to 8:00 PM beginning January 17th and ending on May 8, 2012. Because each week's study builds on prior class discussions, it is imperative to attend at least 14 of the 16 week classes.

Where: Quivera campus of Colonial Presbyterian Church, Room 201.

Intended Audience: Singles, pre-marital and married couples, and those who have suffered through divorce. This class is for you if you have ever asked any of the following questions:

- **Why did I do that? Why did he/she do that?** (Answer: 1 Peter 1:13-16: *"Therefore, prepare your minds for action; be self-controlled . . . do not conform to the evil desires you had when you lived in ignorance. . ."* Romans 12:2: *Do not conform to the pattern of this world, but be transformed by the renewing of your mind.* We are "broken people" because we have not committed to renewing our minds and focusing on what God wants for us. Instead, our desire to control something or someone outside of Self outweighs our desire to exercise self-control. Until we become enlightened by God's desires for us and how He has prepared us for challenges, we will continue to be destructive in relationships. Self-control requires that one know Self and God first.)
- **Why can't I/we stop making the same old mistakes?** (Answer: read Romans 7:14-25 where Paul explores his frustrations with making the same mistakes over and over again. The brain is designed to repeat destructive patterns and focus on the negative; without knowledge and new skills for mastering one's fears, a person continues to repeat old, fear-based patterns. Most people don't know how to change, yet they can learn how to partner with the Holy Spirit in making changes!)
- **What should I do when in conflict with a loved one?** (Answer: Matthew 18:2-4: *He called a little child and had him stand among them. And he said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is greatest in the kingdom of heaven."* Stop trying to avoid conflict and learn to *embrace* it with the intrigue of a child and a Beginner's Mind.)
- **Why have I had a series of failed relationships?** (Answer: Genesis 4:6-7 tells us: *Then the Lord said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to*

have you, but you must master it.” When we allow fear to be in the driver’s seat of our emotions, we will fail in our relationships. We are commanded to face the fear and master it.)

- **What does God want for me in my relationships?** (Answer: Matthew 22:37-39: *Jesus replied: “Love the Lord your God with all your heart, and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments.”* One must learn to love Self and God before one can love another.)
- **Does anyone have a “roadmap” for how to relate to my spouse, significant other, children, parents, siblings, coworkers, or neighbors?** (Answer: the Bible is our roadmap, however sometimes we need help in identifying the specific steps to healthy relating. This class identifies the challenges and provides guidance for gaining new knowledge and developing the skills for transformation and renewal in all relationships.)
- **Am I consistently reflecting the love of Christ in what I think, say, and do in all of my relationships? What does Christ-like love look like?** (Answer: 1 Corinthians 13:1-8. Christ-like loves requires the following skills: *attunement to Self and Other, active concern for one’s Self and Other to grow and thrive in the relationship, the desire to labor and work toward the goals of agape love, taking responsibility for Self while remaining responsible to Other to Do No Harm, respect for Self and Other, knowledge of Self which leads to knowledge of Other, and commitment to allow the Holy Spirit to guide the process of transformation.* When participants complete this class, they are well on their way to transforming their relationships through the renewing of their minds and commitment to Christ.

For Questions and to Register: Please call Jan Lucas at 816-501-3911 or email at jlucas@colonialkc.org to register for the class. The class will **close enrollment as of January 16th**.

The path to personal fulfillment and transforming love is paved by one’s ability to discover the mysteries hidden deep within the relationship with Self, God, and Others. This requires learning to master fears, consciously regulating painful emotions, and moving through the challenges in a respectful and responsible manner. As we compassionately embrace our pain and the mysteries embedded within all relationships, we grow in our appreciation of their complexity. Then, and only then, are we transformed and become the person God intended.

(Janet A. Beverley, LCSW, BCPC; 2009)