

# Confirmation Elective Descriptions

## **Just Chill - Wednesday, October 5, 2022**

There can be stressful days and stressful times in our lives. Join this session if you want to learn and practice a variety of stress management tools like using music, progressive relaxation, meditation, specific Bible stories and passages that bring peace and joining in some fun to break the tensions of the times.

## **The Well Kept Wallet- Wednesday, January 25, 2023**

Did you know there are 2350 verses in the Bible that talk about money? Participate in an interactive session about the importance of budgeting and living within our means.

## **The Bread of Life - Wednesday, February 8, 2023**

We won't make enough to feed 5000 like Jesus did but, let's spend some time in the kitchen making communion bread to be used during the church services, learning about breads of the world and how Jesus is the Bread of Life.

## **“I Get By With a Little Help from My Friends”**

### **(Stand Up- Speak Up - Advocacy Skills) - Wednesday, April 19**

Sometimes it can be hard to speak up for our own beliefs, values and needs when there is so much noise around us in the news, in music, with peers and sometimes at home, too. Learn the importance of standing up for yourself and others through advocacy for what is good, right and honors God's love for all. This session will explore tolerance, acceptance and respect for everyone, including ourselves, while also learning skills to stand up and speak up - being an advocate for what we believe and supporting others at the same time.