

Metamorphosis

Metamorphosis is for anyone who wants to work for change in their MU, church and community!

What? Our 8-Module Course will help you to think creatively, build your skills and confidence and give you the tools to put your faith into action to join in God's wonderful work of transformation.

Topics include **Listening, creativity and Community, Discovering our Vision, Celebrating our Resources, A Heart of Compassion, Building Relationships, Understanding our Community, Tools to Reflect and Learn from Change,** and **Stepping out in Faith.**

Each Module takes place over 2 weeks and includes:

- **Bible studies** using a range of styles including Lectio Divina, monologues, art, drama and music.
- **Inspirational Case studies**
- **Practical and easy to use tools**
- **Online discussion forums** where you can share your ideas and learn with other participants

How? Learning will take place **in your own time at your own pace using our Moodle Platform, in small action learning groups where you can learn, reflect, pray and encourage each other to take action** and **in 90-minute zoom sessions.** These will be fun and interactive sessions where we reflect together on what we've learnt from the online resources, share new materials, reflect on the bible and end with prayer.

When? Introductory workshop at Mary Sumner House on **Friday 27th January 11.30-4 pm.** (zoom catch up for those who cannot make it on Tuesday 31st January at 2 pm).

Thereafter, we will meet on zoom every fortnight **starting Tuesday 21st February from 2.00-3.30.** A catch-up session will be held for those who cannot attend on Thursdays, starting 23rd February from 4-5 pm on zoom. The last session will be on 16th May (or 18th May for catch up).

Cost - £50 per person – this is negotiable - maybe your diocese would pay for you? Talk to Alison Fernandes.

To **register** please contact development@mothersunion.org by **13th January 2023**

Feedback from previous participants:

"We are not the same group of people we were when we started – we are now filled with hope and excitement."

"It has helped me to think differently – with new ways of looking at the bible, listening skills and enthusiasm."

"I have gone from feeling I can't do anything to realising that I can use my God-given skills to help others"

"It has given me lots of new ideas"

"The tools are easy to use and understand and can bring the changes that we want to see."