



# WHAT'S COMING UP?

SEPTEMBER 2011—MAY 2012 To Follow and to Serve: The Gospel of Mark

The 2011–2012 Bible study challenges us—it's an invitation to discipleship in the 21st century. The study emphasizes what it means to follow Jesus Christ today. We are called to a living faith, a deeper and more courageous understanding of what it means to follow the one we first meet in Mark's Gospel at his baptism at the River Jordan.

In congregations that use the three-year lectionary, Mark will be used for the Gospel lesson on most Sundays, beginning in Advent 2011 and continuing through the time of this Bible study and the summer following. While the lessons being read in your group may not coincide perfectly with the Sunday texts, coming to know this Gospel will enrich the experience of hearing each reading used in worship on Sunday.

## THEME VERSE

“Take heart; get up, [Jesus] is calling you.”

(Mark 10:49b)

## September **TRAVELING MERCIES**

Our spiritual life is a journey. We may not always recognize the path, but we meet companions who go with us and bless us on our way.

Session 1: **Jesus of Nazareth**

Theme verse: Mark 1:15

Focus on Health: Walking wonders

It flattens your belly, tones your thighs, boosts your body's immunity, and possibly prolongs your life. Some research shows it can ward off diabetes and cancer. Here's how to create a walking regime that's in step with your unique health needs.

## October **ALL IN THE FAMILY**

From our family of origin to the family of God, who we are and how we see the world depends on where we feel we belong.

Session 2: **Mother and Brothers**

Theme verse: Mark 3:35

Focus on Health: Medical myths that harm

You don't need to worry about catching warts from frogs or developing arthritis after cracking your knuckles. From the misconception that starvation diets work to the belief that back pain will get better with bed rest, here's scoop on the seven most dangerous health myths.

## November **WORDS MATTER**

The stories we tell others and the stories we tell ourselves can make a difference—for good or ill.

### Session 3: **Power and Authority**

Theme verse: Mark 4:40

Focus on Health: Bacterial world

In the past 20 years, the production of antibiotics in the United States has decreased sevenfold. Meanwhile, new superbugs against which these drugs are no longer effective are growing ever more virulent. Just one such bug—MRSA—kills more Americans every year than AIDS. Here's how you can stay safe.

## December **TAKE HEART**

In the Bible it seems that angels—messengers of God—are frequently telling us not to be afraid.

What do they know that we don't?

### Session 4: **Beyond Boundaries**

Theme verse: Mark 6:38

Focus on Health: Connect. Only connect.

Whether you share space with a hamster or a husband, living with other beings can help you beat disease—and enjoy a longer, happier life. During the Christmas season, when friends and family gather together, here's the science on how companionship can boost your emotional and physical health.

## Jan/Feb 2012 **YOU MUST CONSIDER THIS**

"Who do you say that I am?" Jesus asks Peter and it is a question Jesus poses to us today.

### Session 5: **Confessing Christ**

Theme verse: Mark 9:24

### Session 6: **Tough Questions**

Theme verse: Mark 10:49

Focus on Health: Reconsidering C-sections

Studies show that more and more U.S. infants are arriving via Caesarean section, which has

increased fivefold in the past 40 years and is now the most common surgery performed on American women. C-sections are surgeries that you—and your loved ones—should consider carefully before committing to them.

## March **WAKING AND WATCHING**

There are places on our journey, times in our lives, when all we can do is pay attention, trust, . . . and wait.

### Session 7: **Rising Expectations**

Theme verse: Mark 13:31

Focus on Health: Health reform, revisited

On March 23, 2010, President Obama signed the controversial Patient Protection and Affordable Care Act into law. Now that health reform has seen its second wave of revision, here's the final upshot for you and your family: a look at how the latest legislation will affect your medical costs and coverage.

## April **A LAST MEAL**

Bread and wine take on new significance at Jesus' last supper. How do we feed our bodies and spirits as we travel on our way?

### Session 8: **A Wholly Different Week**

Theme verse: Mark 14:28

Focus on Health: Sure shots

Are vaccines safe? As the U.S. marks National Infant Immunization Week (April 23–30), here's the truth about how vaccines work, the scoop on new shots that have recently been developed—and a checklist of all the basic vaccines that are essential for you and your family.

## May **THE REST OF THE STORY**

We follow in the footsteps of those who are called to share the good news and we do not go alone.

### Session 9: **Go and Tell**

Theme verse: Mark 16:6

### Focus on Health: Lost for words

Stuttering seized the spotlight with the 2010 film, “The King’s Speech.” And though it affects just 1 percent of the population (roughly 3 million Americans), it can be socially, financially, and emotionally devastating. Here’s why stuttering happens, how speech therapy can treat it, and how to communicate effectively when talking to someone who stutters.

## Summer 2012 Bible study

### ALONG THE WAY

Have you ever taken a classic summer road trip (or a trip of any kind) with family or friends, as part of group, or alone? If so, you know the conversations you have along the way are an important part of the journey. Your self-understanding, relationships, and spiritual life could change and grow as you travel. What began as a road trip might become a pilgrimage.

In this study, we’ll meet some biblical travelers, enter in conversation with them, and explore our own journeys of faith. We’ll walk with Jacob, who after wrestling a stranger throughout the night, discovers God. We’ll wander in the wilderness with people who complain to Moses about their aching feet and ask: “Are we there yet?” We’ll spend time with Jesus’ companions and reflect on our faith. The writer, the Rev. Julie A. Kanarr, an ELCA pastor from Port Townsend, Wash., is a pilgrim-student of the Bible who has journeyed extensively by car, bicycle, kayak, foot, boat, and airplane.

## STUDY RESOURCES

The only piece essential for the “To Follow and to Serve” study is a subscription to the magazine; however, the following companion pieces add depth to the study.

### LEADER GUIDE

The Leader Guide provides the Bible study leader with additional background information not found in the magazine. Included are tips on how to lead the discussion, instructions for activities, ideas on prayers, and more.

ITEM ELCAW01016 \$6.95

### COMPANION BIBLE

This handy volume puts the study texts in one convenient place. Printed in an easy-to-read size, it offers biblical texts for every session.

ITEM ELCAW01017 \$3.95

### BOOKMARK

The “To Follow and Serve” bookmark is a terrific way to promote the Bible study and makes a great gift for group members. Sold in packs of 12.

ITEM ELCAW01018 \$3.75

### BROCHURE

ITEM ELCAW01019 Free

Applicable shipping charges will be included when an order is placed. Call 800-638-3522 ext. 2580 or visit [www.elca.org/resources](http://www.elca.org/resources) to order study resources. Sign up for an online account and search for WO Bible studies.

**Call 800-328-4648**

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