



Questions:

1. How does Scott help you connect the body to hope?
2. Which part of the sculpture do you relate with?
3. What do you think it means to be delivered into your creaturehood?
4. What are some ways you can work on embodying hope?
5. After trying the breathing exercise, how do you feel?

EPISODE TITLE: "Body"

Hope: A Pessimist's Guide, Episode 3

Featured Guest: *Katharine Harts*

Rev. Harts comes to FCC from Arizona where she served at Scottsdale Congregational United Church of Christ. She brings a specialized ministry in spirituality and the arts and is passionate about cultivating creativity within the church. In addition to seminary training at Pacific School of Religion, Rev. Harts also holds an MA in Creation Centered Spirituality from Holy Names College and an MFA in Theater and Dance from the University of Arizona.