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SPIRITUAL FORMATION GUIDE



MEMORIAL DRIVE UNITED METHODIST CHURCH

MDUMC SPIRITUAL FORMATION

ARE YOU LOOKING FOR WAYS YOU MIGHT LEARN MORE DEEPLY, SHARE YOUR FAITH WITH OTHERS, AND GIVE IN WAYS YOU MIGHT NOT HAVE CONSIDERED?

As you look through this edition of the Spiritual Formation Spring 2018 brochure, consider ways these studies and classes will make a difference in your own life as well as in the life of your church and community! As we examine our call to serve God and our neighbors, there are many opportunities in our midst to deepen and strengthen our lives with the hope that we will all become better disciples of Jesus Christ for the transformation of the world.

Unless otherwise noted, please contact VickyHarris@mdumc.org or DonnaJuul@mdumc.org with any questions, or to register. Registration is also available online at mdumc.org/register.

WEDNESDAYS AT MDUMC

THE GOSPEL OF JOHN BIBLE STUDY WITH DR. ROBBINS

Wednesdays Beginning January 10

10 - 11 AM or 6:30 - 7:30 PM (Dinner at 5:30 PM) | Wesley Hall

Dr. Robbins will continue to teach a verse-by-verse study of the Gospel of John. Bring your Bible and make plans to join us! Wednesday Night at MDUMC kicks off **January 10**, then will continue throughout the spring semester with the Gospel of John. There is no charge for the study. Dinner is served from 5:30 - 7 PM for \$8 per person (\$5 for children 4 years and under - no more than \$25 per family). Weekly children's activities are provided at 6 PM. Visit mdumc.org/wednesday for more information.

BIBLE STUDY FOR BUSY LIVES

DISCIPLE FAST TRACK: OLD TESTAMENT

Wednesdays Beginning January 10 (13 weeks)

6 - 7:30 PM | D100 | \$13

Leaders: Rev. Jennifer Veres-Schrecengost and Ben Hinshaw

This study provides a thorough introduction to the Old Testament. Explore the big questions of faith and life through the lens of Scripture and build a solid foundation for future Bible studies. This will be a welcoming group and is ideal for new Christians or those new to Bible study.

JOURNEY

All Ages

Sunday Mornings at 9:30 AM | Arts Now Art Room (West Campus)

We are a new class focusing on strengthening our Christian faith.

KINDRED SOULS

Single and Married Women

Sundays at 9:30 AM | Conference Room (Main Campus)

Offering a group setting for women who attend church alone.

PROBERS

Couples and Singles 65+

Sundays at 9:30 AM | D204 (Main Campus)

We foster lively discussion and offer our members an opportunity to grow.

ROOTS

Couples and Singles 60+

Sundays at 9:30 AM | Adult Ministries Center - Room 462 (West Campus)

Our focus is on Bible study and family issues. We are a great support group for many of our ministry events, such as workcamps and the Soupmobile.

SINGLES IN ACTION

Singles 40+

Sundays at 9:30 AM | Dance Room (Main Campus)

We enjoy short-term studies presented in a discussion format by class members.

SUNRIZON

Singles and Couples 40s-60s

Sundays at 9:30 AM | D202 (Main Campus)

Members grow spiritually through thoughtful presentations that stimulate open-minded discussion

UPPER ROOM

Adults of all Ages and Stages

Sundays at 9:30 AM | D206 (Main Campus)

We are adults of all ages that meet for a serious, but lively, study of the Bible.

VISIONS

Couples with Children

Sundays at 9:30 AM | D205 (Main Campus)

Lessons include Bible study, Christian living issues and discussions aimed at strengthening our faith.

SUNDAY SCHOOL OPPORTUNITIES

ONGOING

BRIDGEBUILDERS

Senior Adults

Sundays at 9:30 AM | Wesley Hall (Main Campus)

We study to strengthen our faith and deepen our knowledge of God's word.

COVENANT

Couples and Singles 50s-60s

Sundays at 9:30 AM | D203 (Main Campus)

Discussion of the Bible as it relates to life.

DISCOVERY

Mostly Couples mid 40s - early 60s

Sundays at 9:30 AM | D200 (Main Campus)

We use a discussion format and cover a variety of topics.

FOUNDATIONS

Families with Small Children

Sundays at 9:30 AM | C201 (Main Campus)

We support one another and grow our own faith as we strive to pass our faith on to our children.

FRIENDSHIP

Couples and Singles 60+

Sundays at 9:30 AM | D100 (Main Campus)

Taught by members and outside speakers who cover wide-ranging subjects.

GENESIS

Couples 60+

Sundays at 9:30 AM | D201 (Main Campus)

We focus on prayer, study, lively weekly discussions, and fellowship to nurture our continued growth in the Spirit of Christ.

GOOD NEWS

Couples and Singles 65+

Sundays at 11 AM | D204 (Main Campus)

Varied class lessons including lecture and spirited discussions.

SINGLES COMMUNITY BIBLE STUDY

Wednesdays Beginning January 10 | Ongoing

7:30 PM | D101 | Contact: SheriKelley@mdumc.org

Singles gather to study the Word of God using the Lifeguide Bible Study series. This is an ongoing group that takes a short break between series. At the completion of each study, the group decides the topic for the next study. All singles, church members or not, are welcome!

SOUNDTRACK: A FORTY-DAY PLAYLIST THROUGH THE PSALMS

Wednesdays Beginning February 21 | 7 Weeks

6:30 - 7:30 PM | D202

Leaders: Rev. Ginny Griggs Tincher and Rev. Jennifer Veres-Schrecengost

There's a soundtrack at the center of the Scriptures called The Psalms. Journey through Lent by listening to the Psalms with fresh ears and open hearts with discussion around topics including: "Why Queen's 'We Are the Champions' is Actually a Lament," "Understanding the Psalms as a Sing-Along Rather than a Solo Performance," and others. No reading required in advance, but participants can opt to purchase a devotional book to explore this soundtrack more fully.

JANUARY

WHAT IS OUR LIFE'S PURPOSE?

Wednesdays Beginning January 10 (3 weeks)

3 - 4:30 PM | D206 | Leader: Michael Hick

We all hunger to know God's purpose in our lives. In this series we shall attempt to discover His desire for us and where this journey will take us. Be prepared to contribute and share your life experiences with the group, and by learning more about how Paul did this; so that we achieve more understanding about our reason for being here.

HAND ME DOWNS: LEAVING A LEGACY

Thursdays Beginning January 11 (6 weeks)

9:30 - 11:30 AM | D204 | Leader: Vicky Harris | \$10

Hand-me downs are usually thought of as "second-rate," but Jim and Jennifer Cowart's study shows us that our heritage—what we leave behind—is central to who we are as Christians. Find out how to replace self-destructive, addictive behaviors with new, healthy habits so that your legacy is one of spiritual and mental integrity.

THE MIRACLES OF JESUS: FINDING GOD IN DESPERATE MOMENTS

Wednesdays Beginning January 17 (12 weeks)

11 AM - 12:30 PM | D203 | Leader: Sandy Earthman | \$12

Author Jessica LaGrone leads us in a captivating exploration of the miracles of Jesus, helping us to see that our weakness is an invitation for God to work powerfully in our lives, and reminding us that we need God on our best days just as much as we do on our worst.

"WOMEN OF THE WORD" STUDY ON STEPPING UP: A JOURNEY THROUGH THE PSALMS OF ASCENT

Mondays Beginning January 22 (7 weeks)

6:30 - 8:30 PM | D200 | Leaders: Rebecca Pickett and Ange Grout | \$18

This is a study of Psalms 120-134 by Beth Moore. Just as a song or poem can express feelings of doubt and joy, these psalms model how we can voice our own petitions and praises to God. Explore the themes of unity, joy, gratitude, redemption, repentance, and more.

LIGHTEN UP: A BIBLE STUDY FOR BUSY MOMS CHURCH OF THE SMALL THINGS

Tuesdays Beginning January 23 (7 weeks)

12 - 1:30 PM | The Refuge (West Campus) | \$60 (includes book and lunch)

Contact: karencrawford.tx@gmail.com

Easy going and relatable, Melanie Shankle speaks directly to the heart of women of all ages longing to find significance and meaning in the normal, sometimes mundane world. Explore how we make a difference through small acts of love and service. Join us for a delicious lunch, short video and small group discussion.

FEBRUARY

SILENT PRAYER RETREAT

Saturday, February 10 | 9:30 AM - 3:30 PM | Wesley Hall

\$15 (includes lunch) | Register by Monday, February 5

Leaders: Betty Cartmell, Pamela Lucia, and Lay Pastor Victor Resendiz

Come devote a day to deepen your relationship with God and broaden your practice of prayer. The peaceful setting offers time and space to listen to God away from the distractions and demands of daily life.

MORNING MEDITATION FOR CHRISTIANS

Wednesdays | 11 AM - 12 PM | D200

Leader: Betty Cartmell

This class is for anyone who would like to know about Christian meditation and centering prayer. We have time for learning, a question and answer period, plus experiential practice. Bring an open heart and a desire to explore this ancient practice.

MEN'S LIFE

Tuesdays Beginning January 16

6:30 - 7:30 AM | The Refuge | West Campus

Contact: MichaelJarboe@mdumc.org

Join us for breakfast, a short lesson, and fellowship with other MDUMC men. We'll have you out the door by 7:30 AM to get on the road to work as better men, dads, husbands and disciples of Christ!

MDUMC MOMS BIBLE STUDY

Tuesdays | January 9 - May 22

9:15 - 11 AM | C200 (*change of room number from Fall)

Nursery available 9 - 11 AM

Contact: AllysonGeorge@mdumc.org

All Moms of infant - elementary age children are invited to join us every Tuesday for fellowship and Bible Study. We'll start 2018 with the Karen Stubbs study, *Make It Count* and then we'll study *Numbers: Learning Contentment in a Culture of More*. The cost for both books is \$30. The nursery fee for the semester is \$15.

AT THE CROSSROADS

Date and Time TBA (6 weeks)

Contact: SheriKelley@mdumc.org

In January or February, a special study for Baby Boomers (1946-1964) will be offered. Boomers are retiring sooner and living longer. How do we tap into our gifts, talents & passions to do the work of the Lord and continue building His Kingdom?

BODY, MIND, & SPIRIT

Thursdays Beginning January 4

11:45 AM | D100 | Contact: SheriKelley@mdumc.org

Older adults are invited for lunch, devotional, and special activities and classes. Lunch is \$5 in our kitchen serving line followed by a devotional. In the afternoon, options include movies with discussion, table games, or educational classes, etc. A potluck luncheon with speaker or program is the 5th Thursday of each month.

3S MINISTRIES MARRIAGE ENRICHMENT WEEKEND

Friday, April 27 & Saturday, April 28

Wesley Hall | Main Campus | Leaders: Dr. Jeff and Martha Rees

Experiential. Romantic. Memorable. Helpful. Life-Impacting. This experience will bless you if you have been married 2 years or 32 years! It will encourage you if you are at a low point in your marriage or even if your situation is picture perfect. There are no invasive tactics and no public sharing. It's an experiential weekend with activities and communication between you and your spouse, and materials and tools to use for years to come.

THE ENNEAGRAM: A CHRISTIAN PERSPECTIVE

Mondays Beginning April 30 (8 weeks)

7 - 8:30 PM | D201 | Leader: Lay Pastor Victor Resendiz | \$15

Richard Rohr and Andrea Ebert's best-seller shows both the basic logic of the Enneagram and its harmony with the core truths of Christian thought from the time of the early Church forward. The Enneagram's purpose is to help us uncover the traps that keep us from living fully and freely as our authentic self so that we will use our unique, God-giving gifts for the good of others and the world.

ONGOING

WALK TO EMMAUS

Men's Walk: February 15 - 18 or April 19 - 22

Women's Walk: February 22 - 25 or April 26 - 29

Contact: VickyHarris@mdumc.org

The Walk to Emmaus is a 72-hour (Thursday evening - Sunday evening) spiritual renewal program that is wrapped in prayer and meditation with special times of worship and daily celebration of Holy Communion. Rediscover Christ's presence in your life and form friendships that foster faith and support spiritual maturity!

EVENING MEDITATION FOR CHRISTIANS

Tuesdays | 7 - 8 PM | C201

Leaders: Betty Cartmell, Pamela Lucia and Lay Pastor Victor Resendiz

Often called "prayer of the heart", the quiet prayer discipline of meditation has been used by Christians for centuries to cultivate a deeper relationship with Christ who dwells in each of us. We read and discuss short topics on this gentle prayer, also known as "centering prayer" and "contemplation". And, we spend time praying silently together as beginners and advanced practitioners.

SEASONS OF THE CHURCH YEAR:

THE ADULT CLASS LEADERS LUNCHEON

Sunday, February 11 | 12 - 2 PM | D100 | No Charge

Please RSVP by Monday, February 5

Dr. Robbins will lead all of our adult Sunday school class leaders and members in Seasons of the Church Year. We celebrate Advent, Epiphany, Lent, and Pentecost as the seasons of the church year. Why? Dr. Robbins will discuss their purpose and the reason we use certain liturgical colors in worship. Please join us for this very interesting luncheon.

LENTEN STUDIES

THE MIRACLES OF JESUS:

FINDING GOD IN DESPERATE MOMENTS

Tuesdays Beginning February 13 (7 weeks)

6:30 - 8 PM | D202 | Leader: Paul Smith | \$12

In this Lenten Bible study, author Jessica LaGrone leads us in a captivating exploration of the miracles of Jesus, helping us to see that our weakness is an invitation for God to work powerfully in our lives and reminding us that we need God on our best days just as much as we do on our worst.

A WAY OTHER THAN OUR OWN

Mondays Beginning February 12 (7 weeks)

7 - 8:30 PM | D201 | Leader: Lay Pastor Victor Resendiz | \$10

Walter Brueggemann's thought-provoking reflections for the season of Lent invite us to consider the challenging, beautiful life that comes with walking the way of grace.

ONE DAY I WROTE BACK:

INTERACTING WITH SCRIPTURE THROUGH CREATIVE WRITING

Tuesdays Beginning February 20 (6 weeks)

7 - 8:30 PM | D101 | Leader: Betty Kristoffersen | \$9

The Bible is a beautiful book of stories; the inspired word of God written through many appointed individuals. In this book by Jane Herring, learn about a fresh, personal, creative relationship with the Bible by using scriptio divina, the technique of writing back to scripture as a personal scripture practice.

WAY OF LIFE:

A STUDY BASED ON THE GREAT SPIRITUAL MIGRATION

Tuesdays Beginning February 20 (4 weeks)

2:30 - 4 PM | D200 | Leader: Betty Cartmell | \$9

Author Brian McLaren argues that in order to survive, Christianity must shift away from an outdated system of beliefs to a way of life based on love. McLaren outlines three migrations: spiritually, theologically, and missionally.

FIRST CORINTHIANS: LIVING LOVE WHEN WE DISAGREE

Thursdays Beginning February 22 (6 weeks)

9:30 - 11:30 AM | D204 | Leader: Vicky Harris | \$11

With more ways to communicate in a culture that encourages sharing the details of our lives, there exists greater opportunity for disagreement. Even as Christians, we struggle to get along. The Apostle Paul wrote to the Christians living in Corinth to encourage them to not ridicule one another but to work together to show the love of Christ.

"WOMEN OF THE WORD" STUDY: SEEKING ALLAH, FINDING JESUS

Mondays Beginning March 12 (8 weeks - excluding April 2)

6:30 - 8:30 PM | D200 | Leaders: Rebecca Pickett and Ange Grout | \$18

Nabeel Qureshi and co-author Kevin Harney explore Muslim culture, the most common Muslim objections to Christianity, and the core doctrines upon which Islam stands or falls. Compassionate and clear, this study will be a useful tool for believers wanting to engage Muslims in spiritual conversations.

HOLY WEEK PRAYER VIGIL & LABYRINTH WALK

Wednesday, March 28

10:00 AM - 6:30 PM | Wesley Hall

Join us as we pray for our world, our community, our families, and ourselves during our Holy Week prayer vigil. If you have never walked a labyrinth, this is a great time to experience the gift of this type of prayer.

MARCH

MDUMC EMMAUS GATHERING FOR ALL - MEET & GREET

Tuesday, March 6 | 6:30 - 8:30 PM | Wesley Hall

Contact: VickyHarris@mdumc.org

Wonder what the Walk to Emmaus is like? Thought about attending a weekend but had some questions? Want to learn more about a Reunion group or how to reconnect with other MDUMC Fourth Day? Join us for a "meet and greet" including inspirational worship and amazing fellowship.

APRIL

GROUNDING IN PRAYER

Thursdays Beginning April 5 (6 weeks)

9:30 - 11:30 AM | D204 | Leader: Vicky Harris | \$9

Prayer is a crucial way for us to experience God's grace. Christians order their lives around their relationships with each other, and these relationships are strengthened through personal and corporate prayer with God. The Lord's Prayer is a template for how to bring our needs, concerns, and challenges to God, who cares for each of us.

WHICH WAY, LORD?

EXPLORING YOUR LIFE'S PURPOSE IN THE JOURNEYS OF PAUL

Wednesdays Beginning April 18 (6 weeks)

11 AM - 12:30 PM | D203 | Leader: Sandy Earthman | \$6

Through much adversity, the apostle Paul reoriented his understanding of faith and God's purpose for his life. Discover how to discern and follow God's leading, explore ways that God can use you, endure hardships, and persevere with hope and faith.

CONTEMPLATIVE PRAYER RETREAT

Monday, April 23 | 9 AM - 3 PM | Ruah Center @ Villa de Matel
(6510 Lawndale Street, Houston, TX 77023)

Registration deadline is Sunday, April 9 | \$25 (includes food)

Contact: VictorResendiz@mdumc.org

Our world is plenty noisy and it's difficult to find a place to breathe. Come spend time in silent prayer in this unique opportunity to connect in a deeper level with God. The Ruah Center exists to provide this gift of solitude so you can learn to listen within your heart for the voice of God. Bring your favorite spiritual books, Bible, or just yourself.