



# Sierra Vista University

*Learning and Growing  
Together*

## 2017 Fall Course Catalogue

- ◆ Classes designed to equip and inform on issues of everyday life.
- ◆ Childcare available.
- ◆ Short term classes offered.
- ◆ For more information please contact Rev. Tamara Strehli, [tstrehli@sierravista.org](mailto:tstrehli@sierravista.org) or 944-4041

# Course Descriptions

## ***The Apprentice Series - Good and Beautiful God***

What are you seeking? What about a life free from anger, lust, lying, vanity, greed, worry or judging? Or how about a life free to forgive, to love, to honor, to trust, to give, to serve? If this is what you are seeking, *The Apprentice Series* can help. Join Pastor Tamara in this 24-week LIFE group experience as we seek to know the Good and Beautiful God that Jesus describes and the Good and Beautiful life Jesus offers.

### **24 Sessions**

**Dates:** Thursdays, September 7– December 7, 2017; January 11 – May 17, 2018

**Time:** 7 -8:30 pm    **Room:** Fellowship Hall    **Instructor:** Rev. Tamara Strehli    **Book Cost:** \$34

---

## ***Christian Believer***

What do we believe about the Bible and why? Why are covenants important? What is the meaning of the sacraments? What does God say will happen at the end of time? Will I have the same physical body in heaven? These are just a few of the questions that we will explore together in *Christian Believer*. This 30-session study, led by Kevin Lambert, Certified Lay Minister, will walk us through the fundamentals of Christian faith and life.

### **40 Sessions**

**Date:** Tuesdays, Sept 12 - December 19, 2017 - January 9 - May 8, 2018    **Time:** 7-8:30 pm    **Room:** TBD

**Instructor:** Dr. Keven Lambert, CLM    **Book Cost:** \$45.00

---

## ***Christian History: Monks, Crusades, Divisions, and Pentecostals.***

Rev. Ken Dahlberg will teach 2000 years of Christian history. Come and see if he can do it. The subjects are: Monks (desert hermits to monasteries), Crusades (all 5 of them, Templars and Islamic adversaries), Divisions (East/West, The Church v. Protestants, “liberal” Protestants) and Pentecostals (Holiness movements evangelicals). Outline will be provided.

### **9 Sessions**

**Date:** Sundays, September 10 - November 5    **Time:** 6-7:30 pm    **Room:** S-1

**Instructor:** Rev. Ken Dahlberg

---

## ***Moses: In the Footsteps of the Reluctant Prophet***

It doesn't get much more dramatic: rescued baby, life in the courts of Pharaoh, parting the Red Sea, leading his people out of Egypt...Moses' life was one challenge after the next, but although he resisted God's calling, by the end of his life he successfully fulfilled the role he was given. In this 6-week study, Rev. Adam Hamilton travels to Egypt and shares historical information, archaeological data, and biblical text, which will help you gain a better understanding of Moses' significance in your life today, and you'll discover how you, too, can turn your own reluctance into boldness.    **Six Sessions**

**Date:** Sundays, October 1- November 5    **Time:** 4 - 5:30 pm

**Instructor:** Beverly Nevins    **Book Cost:** \$12.00    **Room:** Fellowship Hall

---

## ***Five Means of Grace: Experience God's Love the Wesleyan Way***

Discover five practice that you can incorporate into your life to help you receive and experience the depth of God's love for you. This five week DVD study by Elaine A. Heath will examine the practices of prayer, searching the scriptures, receiving the Lord's Supper, fasting, & holy conferencing as understood from a Methodist perspective to help us grow in our capacity to receive God's love and to grow in our capacity to love God, neighbors and ourselves.

### **5 Sessions**

**Date:** Thursdays, October 5 - November 2    **Time:** 10 - 11:30 am    **Room:** LC105

**Facilitator:** Rev. Tamara Strehli    **Book Cost:** \$7.00

---

## ***GriefShare***

13 week faith based seminar and support group for people grieving the death of someone close. Each session includes a video seminar of issues important to people in grief, a group discussion time and a personal study and reflection based workbook. The group is facilitated by people who understand what you are experiencing and want to help as you journey through your grief.

### **13 Sessions**

**Date:** Oct. 3, 2017-January 16, 2018 **Time:** 6-8pm **Room:** Fellowship Hall

**Facilitator and Contact Information:** Sharon Felts, (325) 812-6884

---

## ***Surviving the Holidays***

Facing the holidays after the death of a loved one can be more difficult than your friends and even family members may realize. This one-time program is open to everyone: those who have lost a loved one and those who support them.

**One Session:** December 3 **Time:** 3-5 pm **Room:** Fellowship Hall **Facilitator:** Sharon Felts

## **Wednesday Night Workshops**

### ***Foster Care: Every Church Can Make a Difference***

Throughout the scriptures, God calls his people to care for the orphan. There are many ways Sierra Vista can show the love of God to those in crisis. Anthony Rastetter is the Faith Based Specialist for Child Protective Service in our area and will be sharing how we can become more involved in assisting and supporting foster children and caregivers in Tom Green County,. Although information will be given for those wanting to actually foster children, this will not be the main focus of the workshop.

**One Session:** September 20, 6:30-7:45 pm **Room:** Chapel Hall **Presenter:** Anthony Rastetter LMSW

---

### ***Type 2 Diabetes: Guide to Prevention and Treatment***

Since the beginning of the 21st century, diagnoses of Type 2 Diabetes has been on the rise, not only in adults but also in children . Are you or your loved ones at risk? Have you been diagnosed with Type 2 Diabetes or prediabetes? Dr. Mike Carmichael will delve into the prevention and treatment of this disease, and answer questions you may have.

**One Session:** October 11, 6:30-8:00 pm **Room:** Chapel Hall **Presenter:** Dr. Mike Carmichael, MD

---

### ***Introduction to Centering Prayer and Sacred Bible Reading***

Do you have a longing to connect more deeply with God and others? Do you find yourself in a constant state of reactivity? Is soul peace hard to come by? Would you like to be more present to your family, your co-workers, and to God? Join us as we explore and practice this ancient form of prayer, which has been the source of inner healing, transformation and peace for many over the centuries.

**One Session:** Wednesday, October 25, 6:30-8:00 **Room:** Chapel Hall **Instructor:** Rev. Tamara Strehli

---

### ***SVUMC Homebound Visitation/Communion Training***

*Extending the Ministry of Presence to those homebound including those in nursing homes and assisted living.*

Do you enjoy visiting with others? Do you have a heart for those who can no longer attend church? Join us for an informational meeting and training for our newly established Homebound Ministry Team. Included will be training for taking communion to those who are homebound, anatomy of a home visit and addressing questions and concerns regarding home visitation.

**One Session:** November 1, 6- 7pm **Room:** Fellowship Hall **Presenters:** Gary Booth and Tamara Strehli

---

### ***Shaped by the Word: Devotional Practices for Internalizing Biblical Truth***

How are you allowing the Bible to shape you and transform you? Discover how to use writing out scriptures and Bible art journaling as easy reflective tools to deepen your engagement with and application of the Bible to your everyday life.

**One Session:** November 8, 6:30 - 8:00 pm **Room:** Fellowship Hall **Presenter:** Kerri Michalewicz

---

## On-Going Groups and Classes

### ***Chair Yoga Exercise Program***

Modified for the chair, this DVD Program incorporates all of the benefits of yoga: a healthier, stronger and more relaxed you; improved flexibility; a great sense of calm and well-being; and increased oxygen intake. Appropriate for all adult ages. Please check with your physician before starting any new exercise program.

**Days:** Mondays (starts Sept. 11) **Time:** 2:-3 pm **Room:** Life Center 106 **Contact:** Nancy Manganò  
Wednesdays **Time:** 10-11 am **Room:** Life Center 106 **Contact:** Rev. Tamara Strehli

---

### ***Group Centering Prayer***

We meet for a time of centering prayer, in which we sit together in silence, opening ourselves to God's presence and work within us. Allowing Jesus access to the deepest parts of ourselves to make himself more fully known to us.

**Days and Times:** Tuesdays 7:00 – 7:30 am & Thursdays 6 – 6:30 pm **Room:** Prayer Room

---

### ***Men's Bible Conversation Wednesday Mornings***

Weekly conversation centered around the Biblical text. No prior knowledge of the Bible is necessary to participate.

**Day:** Wednesdays during the Fall and the Spring **Instructors:** Variety

**Date:** Fall and Spring **Time:** Wednesdays, 6:30-7:30 am with **Full Breakfast** **Room:** Fellowship Hall

---

### ***Chair Ballet***

Starting Sept 15<sup>th</sup> Thursday Morning from 10 to 11 am. Chair Ballet is a non- impact gentle way to stretch, gain balance and move gracefully. If you have always wanted to take a ballet class this is a fun introduction into this lovely art form.

**Day:** Thursdays (Starts September 7) **Time:** 10 – 11 am **Room:** LC 106 **Instructor:** Cheryl Specht

---

### ***Men's Pick-up Basketball***

Show up around 6 and play until 7:30. Dust off your sneakers and join us.

**Day:** Thursdays **Time:** 6-7:30 pm **Where:** Life Center **Contact:** Rev. Stan Whites

---

### ***Chair Pilates Exercise Program***

Modified for the chair, this DVD Program is designed to strengthen your abdominals, lower back and pelvic floor muscles, which are the foundations for good posture and balance. Appropriate for all adult ages. Please check with your physician before starting any new exercise program.

**Day:** Fridays **Time:** 10-10:45 am **Room:** Life Center 106 **Contact:** Rev. Tamara Strehli

---

### ***Child and Vulnerable Adult Safety and Abuse Prevention Training***

Sierra Vista UMC is committed to ensuring safe places of worship and fellowship for everyone. As part of that commitment, we are providing online training to screen and educate servant team members in abuse prevention with children, youth, & vulnerable adults in group settings. Before registering, please visit with leaders in your ministry areas to see if training is required.

To participate in this training, visit this link: <https://riotexas.org/safetrainings/>. There, participants can register for each of the three, one-hour modules by the Rio Texas Conference's Safety Training – called *Confianza Training*.

After registering at the above link, participants need to complete the Safe Gatherings training prior to the Confianza modules. The Safe Gatherings training can be found at this link: <https://safegatherings.com/>. The registration process here takes about an hour and requires pastoral, professional, and personal references, as well as basic personal information. After registering, participants can start and stop the training modules as needed but should plan a total of approximately two (2) hours to complete.

Upon successful completion of the whole training (both Confianza and Safe Gatherings for a total of approximately 5 hours), each applicant will receive documentation of approval valid for two years and will have continued access to the online training program for an entire year.

Currently, the price per applicant is \$35. At this time, you are asked to pay \$10 towards the cost of the individual background screening, but you may choose to pay the entire \$35 if you would like to help subsidize the cost of this important ministry. This fee is paid through the Safe Gatherings website and includes processing of two electronic references, a national and county of residence 7-year background check, national and state of residence Sex Offender Registry check, and the online abuse prevention and boundary awareness training.

**Contact:** Kelly Duke, Director of Children and Family Ministries, [kduke@sierravista.org](mailto:kduke@sierravista.org) or (325)944-4041.

---

**Register for classes by filling out the enclosed form and placing it in the basket in the Narthex, online at [www.sierravista.org](http://www.sierravista.org), or by emailing Rev. Tamara Strehli, [tstrehli@sierravista.org](mailto:tstrehli@sierravista.org)**



**Sierra Vista United Methodist Church**  
***COMMITTED TO CHRIST***

**Growing in Faith • Ministers to Each Other • Disciples in Our World**

*4522 College Hills Blvd. San Angelo, Texas 76904*  
*Phone (325) 944-4041 • Fax (325) 947-7086 • [www.sierravista.org](http://www.sierravista.org)*