

## Methodist Men Servants Team Organizational Meeting

Join the Methodist Men in giving back to our community: Requests for basic help are sent out to the Methodist Men. Any who are willing and available respond. Requests might include fence fixing, heavy lifting, or other activities that senior adults or others who need help may struggle with. Come learn more about how this process works, and how YOU can be a part of it!

Dates: Sunday, September 16  
Times: 9:45-10:45 a.m.  
Location: Sanctuary  
Contact: Jay Daniel

## *The Road Back to You: An Enneagram Journey to Self-Discovery*

Want to go deeper into the enneagram? For those who don't yet know their number, this discussion group will offer further opportunity to explore the numbers, and, for those who already do, it offers an opportunity to reflect on implications for growth. This study will help you to grow in knowledge of yourself, compassion for others, and love for God.

Dates: Thursdays, October 4 to November 1  
Times: 6:30 p.m.  
Location: Life Center, Room 105  
Contact: Kelly Duke

*To register for any class or event in this catalog,  
please visit <http://sierravista.org/gatherings>.  
You can also call the Church Office at 325/944-4041  
or complete the separate registration form.*

# gatherings

*...along the Way*

## Sierra Vista United Methodist Church



at

<http://sierravista.org/gatherings>

### *For more information...*

Phone: 325/944-4041  
Fax: 325/947-7086  
Web: [www.sierravista.org](http://www.sierravista.org)  
E-mail: [kduke@sierravista.org](mailto:kduke@sierravista.org)

### *Or come by...*

4522 College Hills Blvd.  
San Angelo, Texas 76904



We at Sierra Vista UMC invite you to join with us as we seek to know, grow, and live the Jesus Way. We offer a variety of gathering options – these gatherings will include events, programs, and classes that will meet you where you are spiritually, regardless of how long you have been on your faith journey.

These events, programs, and classes will begin after Labor Day, and registration for them will be available, beginning August 18, both online and in the Church Office.

**Drop-In Opportunities...**



These events are regularly scheduled classes and meetings that do not require registration or planning. Just attend when you are able! All ages and abilities are welcome.

**For those Searching for Community...**



These offerings are for those who want to find fellowship and forge new relationships while also gaining knowledge on a wide array of topics. Registration is requested.

**For those Wanting to Know More...**



These events allow believers to go deeper in their faith. Through Bible study, in-depth discussions, and personal reflection, these offerings will allow individuals to grow their own spirituality. Registration is requested.

**For those Abiding in Jesus' Love...**



These events are for those who are ready to take their faith into the world through mission and an even deeper study of what it means to be a Christian in our modern world. Registration is requested.

***For those Yielding to God's Will...***

***7 Principles for Making Marriage Work***

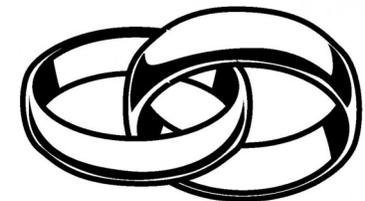
When was the last time you took time to work on making your marriage stronger? If you desire to develop a deeper relationship with your spouse, or start your married life together on the right foot, this workshop is for you. It is presented in a fun, enjoyable, practical, and grace-filled manner. You will laugh, be inspired and walk away with great tools for a deeper relationship. This class will help you gain skills, or build upon the ones you have, to help create a fulfilling and lasting marriage, no matter what stage of marriage you are in.

Based on the research of Dr. John Gottman, this 8-week class engages couples in exercises and lectures. This class is ideal for pre-marital/engaged couples, newly wed couples and those who have been married longer. Registration includes the book *The Seven Principles for Making Marriage Work* by John Gottman and two couples workbooks. Childcare is provided, and advanced registration required. The class is limited to 12 couples.

Dates: Wednesdays, September 12 to October 31  
Times: 7:00-8:30 p.m.  
Cost: \$45 per couple.

Location/SV room:  
Fellowship Hall

Contact:  
Rev. Tamara Strehli-Hubert  
at [tstrehli@sierravista.org](mailto:tstrehli@sierravista.org)



God's promises, draw strength from god's faithfulness, act in obedience to God's commands, and believe what our limitless God can do. This study uses tangible objects - including stones and scarlet rope - to remind you of your commitment to overcome worry and experience God's victory in daily struggles and bigger battles.

Dates: Tuesdays, September 4 to November 27  
Times: 10:00-11:30 a.m.  
Location: Life Center, Rooms 105, 106, and Gym  
Contact: Linda Miller

### Creative Writing as a Spiritual Practice

Processing your spirituality through writing can be powerfully formational. Regardless of genre – poetry, essay, fiction, or blog – writers can grow from considering their spirituality and that of others through the lens of this writing workshop.

Dates: Sundays, October 7 to 28  
Times: 5:00-6:00 p.m.  
Location: Room S-1

Contact: Kelly Duke  
at [kduke@sierravista.org](mailto:kduke@sierravista.org)

**Childcare can be set up  
for any Church event or class.**

**Please call  
the Church Office  
for more information.**



### *Drop-In Opportunities...*

#### Chair Yoga and Chair Pilates Exercise Programs

Modified for the chair, these DVD programs incorporate all of the benefits of yoga and Pilates: 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.

Dates: Yoga on Wednesdays; Pilates on Friday  
Times: Yoga at 10-11 a.m.; Pilates at 10:00-10:45 a.m.  
Location: Life Center, Room 106  
Contact: Rev. Tamara Strehli-Hubert  
at [tstrehli@sierravista.org](mailto:tstrehli@sierravista.org)

#### Chair Ballet

Chair Ballet is a non- impact gentle way to stretch, gain balance and move gracefully. This is a fun introduction into this lovely art form.

Dates: Thursdays  
Times: 10:00 - 11:00 a.m.  
Location: Life Center, Room 106  
Contact: Cheryl Specht



### Group Centering Prayer

We meet for a time of 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.

Dates: Tuesdays & Thursdays  
Times: 7:00-7:30 a.m.  
Location: Prayer Room

Contact: Rev. Tamara Strehli-Hubert  
at [tstrehli@sierravista.org](mailto:tstrehli@sierravista.org)



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### Men's Pick-up Basketball

Dust off your sneakers and join us. All ages and abilities are welcome!

Dates: Thursdays  
Times: 6:00-7:30 p.m.  
Location: Life Center  
Contact: Jerome Waters



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for any Church event or class.  
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for more information!**

### *For those Abiding in Jesus' Love...*

#### Monday Evening Ladies' Bible Study: *Creed: What Christians Believe and Why*

We're all searching. Sometimes the search is easy: simply type a question and the answer pops up. But sometimes our questions are complicated, and the answers are difficult to see and harder to articulate. How do we discover and examine the truths that give meaning and purpose to life? Adam Hamilton believes that some powerful answers are contained in the Apostles' Creed, an early statement of foundational Christian beliefs.

In this book, Hamilton considers important questions of life, reality, and truth. He explores not only what Christians believe, but also why they believe it and why it matters. Chapters include: God; Jesus Christ; The Holy Spirit; The Church at the Communion of Saints; The Forgiveness of Sins; and The Resurrection of the Body.

Dates: Mondays, September 10 to October 22  
Times: 6:30 p.m.  
Location: Fellowship Hall  
Contact: Debbie Montgomery

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#### Tuesday Morning Women's Bible Study: *Joshua Winning the Worry Battle* by Barb Roose

In this study, you'll join God's people as they arrive on the edge of the Promised Land only to find themselves in hostile territory. You'll learn how to fight in faith as you internalize

we should believe the claims of Christianity over those of other faiths. As part of the study, author and presenter Adam Hamilton interviews a religious leader from each tradition. He treats the world religions with great respect, recognizing the unique contributions of each.

Dates: Sundays, October 14 start  
Times: 5:00-6:00 p.m.  
Location: Fellowship Hall  
Contact: Beverly Nevins

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## GriefShare

It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member, or friend, you've probably found there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never faced before.

*“Going to GriefShare feels like having warm arms wrapped around you when you're shivering.”*

GriefShare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements: Video seminar with experts; Support group discussion with focus; and Personal study and reflection.

Dates: Tuesdays, October 23 to January 29  
Times: 6:00-8:00 p.m.  
Location: Chapel Hall  
Contact: Sharon Felts

## *For those Searching for Community...*

### What's Wrong With My Plant?

That question, “What is wrong with my plant,” is the most often one that Master Gardeners are asked, except perhaps for identifying a plant, from casual/novice gardeners. In this presentation, we will discuss a step-by-step approach to diagnosing diseases, disorders, and pests of the plants.

Please do not bring plants or bugs to the class!

Dates: Monday, November 5  
Times: 6:30-7:30 p.m.  
Location: Room S-1  
Contact: Ron Knight



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### Massage and the Elderly

Course Description: Learn massage strokes to save your hands from muscle pain and tension. Learn massage strokes for the purpose of comforting, relaxing, soothing pain and or offering emotional support to your elderly parent.

Dates: Monday, October 15  
Times: 6:00-7:00 p.m.  
Location: Room S-1  
Contact: Judy Lacy



## *For those Wanting to Know More...*

### Confirmation for Adults

There are so many basic questions we have about faith and church that never get asked or answered. On September 12th, you are invited to be a part of a six-week class that will seek to explain faith in simple terms.

Dates: Wednesdays, September 12 to October 17  
 Times: 7:00-8:30 p.m.  
 Location: Room S-1  
 Contact: Rev. Stan Whites  
 at [swhites@sierravista.org](mailto:swhites@sierravista.org)

### Disciple Fast Track: Becoming Disciples Through Bible Study

*Disciple Fast Track* provides a viable option for busy people seeking comprehensive engagement over time with the entire biblical text. The Fast Track group will meet for a total of 24 weeks: 12 weeks in the fall on the Old Testament and 12 weeks in the spring on the New Testament. Participants read a manageable 3-5 chapters of the Bible daily in preparation for the weekly meetings.

Dates: Mondays, September 10 to December 3  
 Times: 7:00 p.m.  
 Location: Room S-2  
 Contact: Kevin Lambert

## A Disciple's Path

This is an eight-week course for those desiring to deepen their relationship with Christ and the Church. The study combines a Methodist/Wesleyan understanding of our growth in God's love and grace with the time-tested practices of spiritual discipline expressed in the membership vows to uphold the church with our prayers, presence, gifts, service, and witness. Participants will develop spiritual practices, discover their unique gifts, and become engaged in ministry that brings transformation in their own lives, the lives of others, and the world. With the understanding that unexpected life circumstances arise, this class requires a commitment to read and engage the material outside of class time and a commitment to attend the 8 sessions.

Dates: Sundays, September 9 to October 28  
 Times: 9:45- 10:45 a.m.  
 Location: Life Center, Room 105

Contact: Rev. Tamara Strehli-Hubert  
 at [tstrehli@sierravista.org](mailto:tstrehli@sierravista.org)

## Christianity and World Religions

*Christianity and World Religions: Wrestling With Questions People Ask* is a video-based small-group study and outreach program that explores four major world religions- Hinduism, Buddhism, Islam, and Judaism – and compares the beliefs of each with those of Christianity.

This six-week study deals openly and honestly with questions people ask about other religions, including why