

The Path Between Us: An Enneagram Journey to Healthier Relationships

Most of us have no idea how others see or process their experiences, and these notions that can make relationships hard – regardless of whether with intimate partners, with friends, or in our professional lives. Understanding the motivations and dynamics of these different personality types can be the key that unlocks sometimes mystifying behavior in others — and in ourselves. This discussion and study will guide participants into deeper insights about themselves, their types, and others’ personalities so that they can have healthier, more life-giving relationships.

Dates: January 24 – February 21, Thursdays
Times: 6:30 pm
Location: SVUMC 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.*

*Please note that all meeting locations
are accurate through mid-March.
After Spring Break,
meeting locations may be changed due to construction.*

*Childcare can be set up for any Church event or class.
Please call the Church Office for more information.*

gatherings

...along the Way

Sierra Vista
United Methodist Church



at

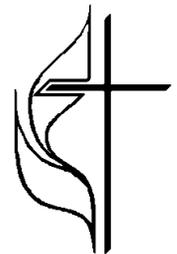
<http://sierravista.org/gatherings>

For more information...

Phone: 325/944-4041
Fax: 325/947-7086
Web: www.sierravista.org
E-mail: 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 in 2019, and registration for them will be available, beginning December 22, 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.

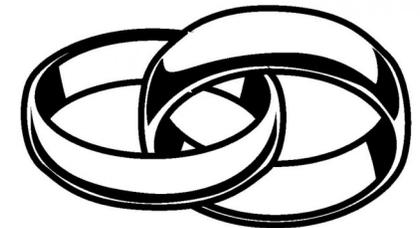
For those Yielding to God's Will...

6-Week Marriage Tune-up

Routine maintenance helps with the longevity of our homes and our cars. When was the last time you did some routine checking up on your marriage in order to make it stronger? If you desire to develop a deeper relationship with your spouse or start your married life together on the right foot, this class is for you. Based on the research of Dr. John Gottman, this 6-week class is ideal for pre-marital/engaged couples, newlywed couples and those who have been married longer. You will gain new skills and build upon the ones you have to help create a fulfilling and lasting marriage. Registration is required ahead of time, and your registration fee includes the book *The Seven Principles for Making Marriage Work* by John Gottman and two couples workbooks. Childcare is provided.

Dates: Thursdays, January 31- March 7
Times: 6:30 – 8:30 p.m.
Cost: \$45 per couple.
Location: SVUMC Fellowship Hall
Contact: Rev. Tamara Strehli

Contact:
Rev. Tamara Strehli-Hubert
at tstrehli@sierravista.org



Thursday Afternoon Women's Bible Study: *The Miracles of Jesus*

This spring, this group will be studying *The Miracles of Jesus: Finding God in Desperate Moments* by Jessica LaGrone. In his earthly life, Jesus demonstrated the presence and power of God by performing miracles – miracles that help 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.

Dates: January 17 through April 11, Thursdays
Times: 1:00-2:30 p.m.
Location: SVUMC Life Center, Rooms 105, 106, and Gym
Contact: Linda Miller

TRUSTed con Confianza Certification

Course description: As part of the Rio Texas Conference safety policy implementation plan, all clergy, staff, and volunteers in ministry with children, youth and/or vulnerable adults must attend a TRUSTed con Confianza Certification session either online or in person every two years as part of their certification process. This two hour training session will provide the complete training for step three of the Rio Texas Conference Safety Certification process.

Online Registration:
<https://riotexas.org/events/trusted/sanangelo>.

Facilitator: Meredith Copland
Date: Sunday, January 6
Time: 2:30-4:30 p.m.
Location: First United Methodist Church
37 E. Beauregard; San Angelo, Texas

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: SVUMC Life Center, Room 106
Contact: Rev. Tamara Strehli-Hubert
at 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: SVUMC 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: SVUMC Prayer Room

Contact: Rev. Tamara Strehli-Hubert
at tstrehli@sierravista.org



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: SVUMC Life Center
Contact: Jerome Waters



**Childcare can be set up
for any Church event or class.
Please call the Church Office
for more information!**

For those Abiding in Jesus' Love...

Monday Evening Ladies' Bible Study: *Really Bad Girls of the Bible*

This group will be studying *Really Bad Girls of the Bible* – a book that highlights eight of the Bible's most notorious females with troubles that still hit home in the twenty-first century. This study and related discussion will shine a spotlight on God's sovereignty, demonstrating one life-changing truth: God rules the lives of those He loves with mercy, compassion, and hope.

Dates: Mondays, January 7 through March 25
Times: 6:30 p.m.
Location: SVUMC Fellowship Hall
Contact: Debbie Montgomery

Tuesday Morning Women's Bible Study: *The Miracles of Jesus*

This spring, this group will be studying *The Miracles of Jesus: Finding God in Desperate Moments* by Jessica LaGrone. In his earthly life, Jesus demonstrated the presence and power of God by performing miracles – miracles that help 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.

Dates: January 15 through April 9, Tuesdays
Times: 10:00-11:30 a.m.
Location: SVUMC Life Center, Rooms 105, 106, and Gym
Contact: Linda Miller

New Bible Challenge

Read through the Bible in six months. We will have an optional monthly gathering and weekly email check in.

Dates: Begins January 1.
 Location: Online and to be announced.
 Contact: Rev. Tamara Strehli at tstrehli@sierravista.org

Revolutionary Scripture: The Long American Revolution, 1776 to Present

In six sessions, this course will examine the American Revolution in much the same way that Christians look at Scripture, specifically how the Revolution — the longest war in our history — continues to shape America. Efforts to see the Revolution as a secular event have failed, and these sessions will consider the damage that can be done when a revolution loses its soul. Readings — all available on the Web — will range from important documents, such as the Declaration of Independence and the Constitution, to the writings of John Wesley and Abigail Adams to Abraham Lincoln and JFK. We will have a dialogue with our country's past and those who have shaped it. This course will be taught by Lester D. Langley, who taught U.S. and Latin American history at the University of Georgia and has been writing or thinking about revolution ever since he was first asked, "What Is a Revolution?"

Dates: Thursdays, January 24 – February 28
 Times: 6:30 pm
 Location: SVUMC Room S-1

For those Searching for Community...

Koininia Supper Clubs

Koininia is the Greek word for Christian fellowship, and Supper Clubs are a great way to foster *koininia* at Sierra Vista. Sign up to join a supper club, and you will be asked a few brief questions before you're assigned a group. The only item on the agenda will be to get to know one another. The groups will meet about once a month during the school year for potluck meals, picnics, or restaurant meals. Take part in this chance to build relationships with other members of our church family. Deadline for signing up: January 31.

Suicide Prevention

Suicide is a dominant problem in our culture – and especially in Tom Green County. The truth is that we can all help prevent suicide. This class will discuss ways that we can all help. Topics that will be discussed will include strengthening crisis services, advancing suicide prevention by empowering individuals, and building awareness. Information will be prepared and presented by professionals from the West Texas Counseling and Guidance. CEUs for some professional certifications will be awarded. Please contact the Church Office for specifics.

Dates: Thursday, February 28
 Times: 6:00 – 8:00 p.m.
 Location: SVUMC Chapel Hall
 Contact: Kelly Duke

Getting Healthy with Whole 30, Keto & Paleo

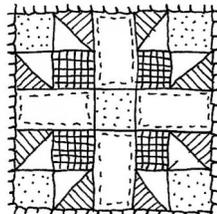
Join us to learn the basics of a healthier diet. During February, we'll discuss the basics of each plan (Whole 30, Keto, and Paleo), as well as how to get started with simple meal ideas. On March 2, we'll take stock of how the 30 days have gone, and we'll set some goals for the next month. At the end of March, we will continue our study of how we can create healthy relationship with food and an overall healthy lifestyle. We will also be discussing deeper cleansing options.

Dates: February 2; March 2; and March 30
(Saturdays)
Times: 10-11am
Location: SVUMC Room S-1
Contact: Katy Capron, Health Coach

Introduction to Quilting

This class is designed for a beginning quilter. The basics of quilting will be covered, as well as several beginning quilt blocks.

Dates: Thursdays, March 21
through April 25
Times: 1:00-3:00 pm
Location: SVUMC Room N-1
(Quilting Room)
Contact: Beverly Nevins



For those Wanting to Know More...

All You Ever Wanted to Know About the Bible

For those who have questions about the Bible but have never had the chance to ask, spend some time discussing Bible basics and getting those curious questions addressed. This class is great for those new to the Methodist tradition, as well as those who just want to learn more. Participants are asked to bring their Bibles.

Dates: Thursdays, February 21, 28 & March 7
Times: 6:00-7:30 p.m.
Location: SVUMC Room S-2
Contact: Rev. Ken Dahlberg

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, January 28 to April 29
(New Testament lessons)
Times: 7:00 p.m.
Location: SVUMC Life Center Room 206
Contact: Kevin Lambert