

Spiritual Sides

Spiritual Formation

Prayer Shawl Ministry

EVENING Group: First and third Tuesdays • 7:00 - 8:30 p.m. • Room G1

MORNING Group: First and third Wednesdays • 10:00 - 11:30 a.m. • Purcell Room

Learn to knit/crochet in 15 minutes - no experience required! Gather to pray healing prayers into shawls created to comfort and enfold hurting souls with God's love, and to share our own faith stories. Groups meet September - May.

Blessing of the Hands: DUMC Prayer Shawl Ministry Fall Kickoff

Saturday, September 11 • 10:00 - 11:30 a.m. • Sanctuary

A special service with guest Dr. Jody Seymour for the blessing of our hands followed by fellowship and food. All knitters & crocheters - and those interested in learning - are invited. The ministry is on a mission to give of their heart, hands, love, and spirit by gathering to prayer healing prayers into shawls created to comfort and enwrap hurting souls with God's love.

Rhythms of Grace: Spiritual Practices that Transform Us

Five mini-retreats (only fall dates are listed below; please inquire about retreats in 2011)

8:30 a.m. - noon • Starrette Farm Retreat, Statesville

For Christian leaders, clergy, laity...anyone wishing to be shaped into the image of Christ for the sake of others. Each mini-retreat stands alone, yet is enhanced by the others.

Cost: \$30.00 per retreat; \$125.00 for all five. Partial scholarships available; please inquire.

- Saturday, September 25

Shaped by the Word: *A fresh encounter with the Holy through Lectio Divina*

- Saturday, November 20

Learning to Pray: *Praying for self; praying for others; Lord, pray Thyself in me*

Centering Prayer: Offering Our Hearts to God

Each Monday • 9:00 - 9:45 a.m. • Chapel

Beginners welcome! Experience a simple prayer service as well as time for sharing.

Come as you are able; no registration required.

Taste of Silence with Fr. Carl Arico: Centering Prayer Introduction Workshop

Saturday, October 2 • 10:00a.m. - 4:00p.m. • St. Mark Catholic Church, Huntersville

Fr. Carl Arico is one of the founders of Contemplative Outreach and a leader in the Centering Prayer movement. He will present an enriched introduction of Centering Prayer. His unique way of teaching will offer fresh insights to the experienced practitioner while offering newcomers an introduction. Cost: \$40.00, due with registration by September 23.

Introduction to Centering Prayer (six weekly sessions)

Thursdays, October 7– November 11 • 10:00 - 11:30 a.m. • Room 211

All adults are invited to an in-depth introduction to this silent "prayer of the heart." Each session will consist of a twenty-minute period of centering prayer, viewing an excellent video by Father Thomas Keating, and a twenty-minute period of questions and sharing. Long-time practitioner, Ann Starrette, will facilitate.

Marriage by the Numbers Using the Enneagram: A Couple's Retreat with the Seymours

Saturday, October 2 • 9:30 a.m. - 3:30 p.m. • Starrette Farm Retreat, Statesville

Limited to 14 couples • Cost: \$30.00 per couple in advance • Bring a bag lunch

Jody and Betsy will lead you through a fun-filled day in understanding yourself and others.

The insights the Enneagram gives us can change our lives and our marriage. Prior to retreat, determine your "type" by taking the Enneagram questionnaire in the book, "Discovering Your Personality Type."

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Walk to Emmaus: For the Development of Christian Leaders

The Walk to Emmaus is an opportunity to meet Jesus Christ in a new way as he is revealed to you through other believers. The Walk to Emmaus begins with prayerful discernment and an invitation from a sponsor. After one accepts, an application is completed. The Emmaus leaders prayerfully consider each applicant and in God's time, the person is invited to attend a three-day experience of New Testament Christianity. Upcoming walks: Men (October 21-24), Women (November 4-7).

Labyrinth: A Prayer Path of Reflection and Response

November 4 • 7:00 p.m.: A special evening with Labyrinth Keeper, Doris Beard.

November 5, 6, 7: 3:00 - 7:00 p.m. Chapel is open, come as you are able.

The Labyrinth is a walking meditation path of prayer. It has always been associated with taking time to step away from life's rampant responsibilities and enter onto a pathway that allows for personal reflection, silence, and prayer.

Rhythms, Rituals, & Symbols: Journeying with Jody through the Christian Year

Short offerings to help you understand the rhythm of the Christian year and how it can help you not get lost.

- Tuesday, November 9 • 10:00 a.m. or 7:00 p.m. • Room 222

The Time of Your Life: *Using the Lectionary to Journey through Faith and Life*

- Wednesday, December 1 • 7:00 p.m. • Sanctuary

Preparing for Advent: Keeping Vigil

A service of homily, music, and prayers of preparation.

- Saturday, December 11 • 9:30 a.m. - 3:00 p.m. • Starrette Farm Retreat, Statesville

An Advent Retreat: Birthing Christ

Prayer Band

Meets quarterly as group deems necessary • 12:15 - 2:00 p.m. • Congregational Care House

Join nine others who pray for our church staff and laity leaders. Using a provided daily prayer guide with scripture references, pray in the convenience of your own home.

Quiet Space/No-Agenda Days

Self-guided retreat days • Second Friday monthly and Saturdays quarterly

Starrette Farm Retreat, Statesville

Are there times you could use a recess from life to help you refocus and recharge?

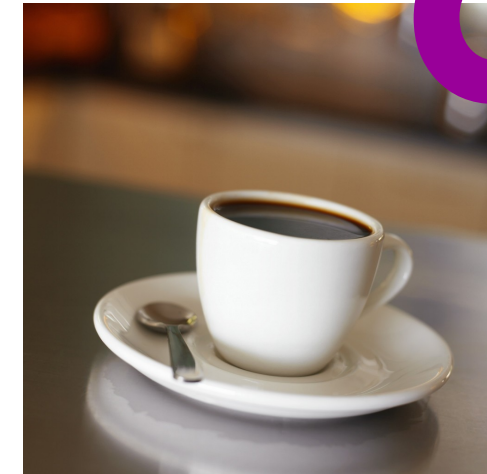
Some quiet space to think? Some breathing room to explore? No-Agenda Days provide a safe space apart for study, reflection or creative expression; a place for praying, reading or just being. Doors are open 9:00 a.m. - 5:00 p.m.; come as you are able. Cost: \$20.00; bring your own lunch or purchase for an additional \$10.00.

In case you didn't find what you are hungry for...

It was impossible to include all of the wonderful ways in which adults can connect through the many ongoing ministries at DUMC - including Sunday School classes, choirs, drama, support groups...

Visit www.davidsonumc.org for even more ways to connect - or contact Jackie Benjamin, Director of Involvement (jbenjamin@davidsonumc.org or 704-892-8277).

Connect Café



Fall 2010

Faith Formation Opportunities
FOR ADULTS

Today's Specials

Help yourself to pastries
and coffee/juice.

“Order” something from the menu
by signing the reservation book
at the corresponding table.

Connect!

“Aff”etizers

Adult Faith Formation

Disciple Bible Studies beginning the week of September 12

Studying the Bible takes time, but it's worth it! Disciple Bible Study lasts several months, but the time will fly by as you gain a better understanding of God's word.

Note: Disciple I is a pre-requisite for the other classes.

- **Disciple I** (Tuesdays at 6:30 p.m., Sundays at 6:30 p.m.): *Becoming Disciples Through Bible Study* draws upon the work of scholars to aid understanding of the Old and New Testaments.
- **Disciple II** (Sundays at 10:45 a.m.): *Into the Word, Into the World* goes deeper into Genesis, Exodus, Luke, and Acts and encourages participants to practice different spiritual disciplines.
- **Disciple IV** (Class time TBD): *Under the Tree of Life* examines the writings of the Old Testament and the Gospel of John; 1,2,3 John; James; Jude; and Revelation.
- **Jesus in the Gospels** (Mondays at 9:15 a.m.): Look closely at the parables of the Gospels. Examine the similarities and differences and how each writer had a unique message to convey.
- **Christian Believer** (Sundays at 5:45 p.m.): Examine how we came to believe what we do in the church. Look at creeds and doctrines of the past and how they continue to influence our church today.

Sunday Shorts

Short bursts of adult faith formation; topics change every 5-6 weeks.
Just show up for the topic(s) that interest you!

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| • September 12 - October 17 | 9:30 a.m. • Room 211 | World Religions |
| • October 10 - November 21 | 10:45 a.m. • Room 209 | The Way of Forgiveness |
| • October 24 - November 14 | 9:30 a.m. • Room 211 | Enough |
| • December 5 - 26 | 9:30 a.m. • Room 211 | Advent Study |

Find a complete listing of adult (and children's) Sunday School classes on the Sunday Morning Class Schedule, available at most church entrances. Class descriptions are available at www.davidsonumc.org/adulteducation.

Morning Weekday Small Groups

- Mondays • 9:30 - 11:00 a.m. • Room 216/218
Women's Covenant Group led by Joan Bondi; this fall they will be studying the Parables of Jesus.
- Wednesdays • 9:30 - 11:30 a.m. • Fellowship Hall
Beth Moore Bible Study led by Ashley Nydish; a large women's group that uses DVD studies by Beth Moore; this fall they will be studying "Here and Now, There and Then," a lecture series on the book of Revelation.
- Wednesdays • 10:00 a.m. - noon • Room 211
Seekers of the Spirit led by Beth Quinn; September 1 they will begin "The Sacred Echo" study.
- Thursdays • 9:00 - 11:00 a.m. • Room 215
Along the Path led by Marsha Brodsky; a women's group that uses a variety of studies to guide weekly reflections; this fall they will be studying "Becoming a Contagious Christian."
- Thursdays (first and third of each month) • 9:30 - 11:00 a.m. • Fellowship Hall
Christian Mothers United led by Candace Ham and Lindsey Burr; a group of moms who come together for fellowship, education, and mission work.
- **Christian Women's Outdoor Trek Group** led by Nancy Young; a group of women aged 50+ who love the outdoors; meets monthly for outings.

Evening Weekday Small Groups

- Sundays (once a month) • 7:00 p.m. • Congregational Care House
Middle-Agers led by Celia Porter; a group for middle-agers, both singles and married, who fellowship with either a guest speaker or Bible study.
- Mondays • 6:30 - 8:00 p.m. • Room TBA
Women's Faith Club led by Kate Tullis; a book club for women aged 50+ that reviews various Christian writers and subjects.
- Mondays, October 11, November 1, 22, December 13 • 6:30-9:00 p.m. • Room 210
Letters from Dad Kick led by Doug Doolen. If God were to take you home today, what would your wife and children hold in their hands tomorrow that would let them know that they were the treasures of your life? Learn to write letters of love that will be treasured long after you are gone.

Wednesday Night Specials

Studies beginning September 15

Great Characters of the Bible • 6:30 p.m. • Room 215

An 8-week study that will focus on 10-12 individuals from the Bible whose ordinary lives were used by God to carry out his ultimate purpose. We will learn how God chooses the weak instead of the strong, how he sometimes has to break people to get their attention, and how he always keeps his promises. Led by Harry Delk.

A Wesleyan Approach to Understanding Revelation and the End Times

6:30 p.m. • Room 217

Dr. Jody Seymour invites you to learn more about the book of Revelation. Hear the myths and misconceptions and share your thoughts and opinions. Jody will also guide participants through a Wesleyan approach to reading scripture.

SISTERS • 6:30 p.m. • Purcell Room

Join a great group of women who encourage one another on their faith journey. This fall, they will be using a Maragret Feinberg study, "Scouting the Divine." Led by Melissa Pitts.

Living the Questions • 6:30 p.m. • Room 213

A safe environment where people have permission to ask the "faith" questions they've always wanted to ask but have been afraid to voice for fear of being thought a heretic. Led by Rev. Dutch Handlang.

Especially for Young Adults (20-30 somethings)

Momentum for Life by Michael Slaughter

A 6-week study beginning Wednesday, September 15 • 7:00 - 8:00 p.m. • Room 210
Discover self-management practices to create momentum for life and guard against the temptation to downsize God's dream. "God can't steer a parked car," Slaughter says. "God is looking for people who will take their lives out of park and shift them into drive." These leadership tools will inspire and show you how to sustain personal health, integrity, and strategic focus.

Enough: Discovering Joy Through Simplicity and Generosity by Adam Hamilton

A 5-week study beginning Wednesday, November 3 • 7:00 - 8:00 p.m. • Room 210
Money has great power in our lives. Rediscover the Bible's wisdom when it comes to prudent financial practices. Learn the keys to experiencing contentment, overcoming fear, and discovering joy through simplicity and generosity. This book could change your life by changing your relationship with money.

Wonderful Wednesday Dinners

We've got dinner taken care of!
Seatings at 5:00 and 6:00 p.m. in the Fellowship Hall

Meals are catered by Dockside Deli and hosted by DUMC volunteers. Paid reservations can be made in the Fellowship Hall following worship services or in the church office by 1:00 p.m. on Mondays.

Cost: \$8.00 adults, \$6.00 seniors 65+, \$4.00 children ages 3-12, and free for those younger (\$25 maximum per household).

Find weekly menus at www.davidsonumc.org/food-fellowship.

Inquire, too, about DUMC Diners - an opportunity to share meals with other DUMCers in a small neighborhood group.



Comfort Foods

Congregational Care

Separation and Divorce Support Group

Begins Wednesday, September 8 • 7:00 - 8:30 p.m. • Congregational Care House
If you are experiencing separation or divorce, be encouraged that help and support will be found! Using both Christian and secular resources, discussion, and the encouragement of each other, the pain of this experience can be lessened. Led by Mark and Gayle Olenik.

Wellness Support Group

Begins Thursday, September 9 • 7:00 p.m. • Congregational Care House
Anxious, scared, isolated, angry? Perhaps you are a cancer survivor or have just been diagnosed with a chronic illness, or perhaps you know someone who might benefit from this uplifting group. All are invited into a safe environment to relax, connect with others, learn ways to manage energy and stress, and to explore the unexpected turns in our lives on a deeper level. This group will be facilitated by Joe Heaton.

The Me I Want to Be: Becoming God's Best Version of You

A 5-week class begins Wednesday, September 15 • 6:30 - 7:30 p.m. • Room 214
If God has a perfect vision for your life, why does spiritual growth seem so difficult? In this book, author John Ortberg urges you to recognize your brokenness, understand that God is the project manager, and follow His directions. This video discussion will be led by Rebecca Moore.

Davidson United Methodist Adoption Group (DUMAG)

Meets once a month for either a meeting or a social gathering for the entire family
Next meeting: Tuesday, September 14 • 6:00 - 7:30 p.m. • Room 210
Group offers education, fellowship, support, and family fun for those considering, in the process of, or already at home with their adopted children. Childcare provided by request for meetings. Led by Cheryl Mahoney.

Find a complete listing of support, encouragement, and renewal groups, visit www.davidsonumc.org/congregationalcare.