

FIRST UNITED METHODIST CHURCH DALLAS

2021

spring discipleship



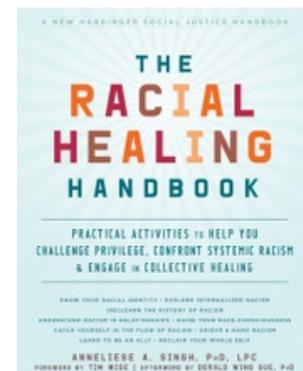
the racial healing handbook

ZOOM OPEN: MONDAY, JANUARY 11 - 7 PM

ZOOM CLOSE: MONDAY, FEBRUARY 8 - 7 PM

Book by Dr. Anneliese A. Singh

Led by Rev. Holly Bandel & the Racial Justice Cohort



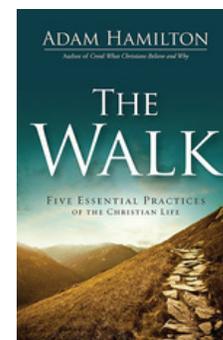
Join the movement of anti-racism and racial allyship through practical activities to help you challenge privilege, confront systemic racism and engage in collective healing. Our goal is for 100 people at FirstChurch to engage in this study in 2021. The Handbook offers questions and activities for small groups and classes that provide facilitators what they need for good discussion, awareness and learning. **Components:** individual reading/activity, group discussion guide, Zoom open/close. Participant handbooks can be purchased online or from the church for \$20.

lent study: the walk

ZOOM OPEN: MONDAY, FEBRUARY 22 - 7 PM

ZOOM CLOSE: MONDAY, MARCH 29 - 7 PM

Led by Rev. Evan Jones



In *The Walk*, Adam Hamilton focuses on five essential spiritual practices that are rooted in Jesus' own walk with God and taught throughout the New Testament. Each of these practices is intended as part of our daily walk with Christ while also being an essential part of growing together in the church. In each chapter, Hamilton explores one of these practices, its New Testament foundation, and what it looks like to pursue this practice daily in our personal life and together in the life of the church. **Components:** individual reading, group discussion guide, DVD lessons for class/groups, staff led Zoom open/close. Please purchase a leader's guide for your class. The church will purchase the DVD and will share the videos for your group.

little nuggets: a study of proverbs

ZOOM OPEN: MONDAY, APRIL 12- 7 PM

ZOOM CLOSE: MONDAY, MAY 3 - 7 PM

Led by Rev. Evan Jones

The book of Proverbs is filled with little nuggets of wisdom which show us ways to be a better friend, a better partner and how to live life abundantly. Does it really tell us we should be like ants though? Find out in this deep dive into a fascinating book of the Bible. We will explore what it says and also what it does NOT say so that we can see if the wisdom from centuries ago still speaks to us today.

Components: daily individual reading, weekly group discussion guide, Zoom open/close.

the good neighbor experiment

ZOOM OPEN: MONDAY, MAY 10 - 7 PM

ZOOM CLOSE: MONDAY, MAY 24 - 7 PM

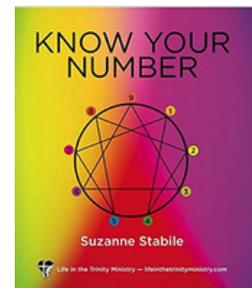
Led by Rev. Holly G. Bandel
and the Mission and Advocacy leadership team

With resources from the Neighboring Movement, learn how to get to know or renew relationships with your actual neighbors. This experience will teach 6 concrete, faith-based habits to love your neighbors. After so many months of distancing, this process promises to be a time of renewal and transformation. **Components:** individual reading, group discussion guide, Zoom open/close.

enneagram: know your number

TUESDAYS, JANUARY 12 – MARCH 2
6:30-8:30 PM

Facilitated by Susan Holloway



The Enneagram is an ancient system of nine personality types. By combining traditional wisdom with modern psychology, it is a powerful tool for understanding ourselves and others. Learning the Enneagram helps us grow personally by enhancing relationships and spiritually as we come to know who we are in God. Class size will be limited to 12 people. There is no cost for the class but participants are asked purchase the book and access to the video series found at the Life at the Trinity Ministries Website.

parenting forward book study

MONDAYS, JANUARY 18, 25 & FEBRUARY 1
7-8 PM

Led by Leah Bailey

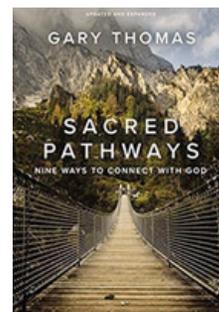


How do we build a better world? One important way is by learning to raise our children with justice, mercy and kindness. In *Parenting Forward*, author Cindy Wang Brandt models a way of following Jesus as parents that has an outward focus, putting priority on loving others, avoiding judgment and helping those in need. Participants will need to purchase the book and follow the reading plan. Join us in a discussion about Raising Children with justice, mercy & kindness.

sacred pathways: 9 ways to connect with God

TUESDAYS, JANUARY 19, 26, FEBRUARY 2 & 9
7-8 PM

Led by Anna Bundy



Each week we will explore two different ways to connect. Each week will have a blend of opportunities to explore encounters that might be most effective to your personality type. We will investigate tending the Garden of the Soul and how an intentional pathway might reveal the nature of God in new ways. This study is based on the book by Gary Thomas. Participants do not need to purchase the book.

46-min parenting faith: spiritual practices together

WEDNESDAYS, JANUARY 20, FEBRUARY 24, MARCH 24, APRIL 21, MAY 19
7:15 PM

Led by Leah Bailey

Each month we will discuss a different spiritual practice that you can adapt to fit your family's busy schedule. **SELF-PACED VIDEO:** Each Wednesday morning, a 15-min video introduction will be posted on the Spiritual Practice we will discuss that month. The video will be posted at 7 a.m. on the day of the Zoom discussion. Please watch ahead of the Zoom discussion. **DISCUSSION GROUP:** Live discussion on Zoom starting at 7:15 pm.

the book of judges: heroes & villains

TUESDAYS, APRIL 13, 20, 27, MAY 4
7-8 PM

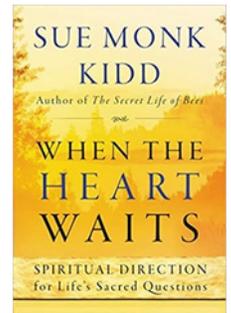
Led by Alex Moore, Perkins School of Theology Intern serving FirstChurch

Not often read, Judges can provide a glimpse into patterns of disobedience, oppression, violence, salvation, and peace. This class will work through the entirety of the Book of Judges and cycles of action which shape the overall story. Through examining these cycles, we will examine the commonly called "legendary" figures of this book and ask: are they classic heroes to be praised, or perhaps something worse?

when the heart waits

SUNDAYS, APRIL 18, 25 & MAY 2, 9
4-5 PM

Led by Sherrye Bass



Sue Monk Kidd, best selling author of *The Secret Life of Bees*, shares her experience with finding meaning in life through “active waiting”. Full of wisdom and grace, Kidd's words will encourage us along our spiritual journey, toward becoming who we truly are meant to be. Participants will need to purchase this book.

what we believe: the articles of religion

WEDNESDAYS, APRIL 28 & MAY 5, 12
7-8 PM

Led by Rev. Evan Jones

Join us for a 3-week study of the 25 historic Articles of Religion. These provide a framework for what Methodists around the world believe and are the central tenets of our faith. Different than the Social Principles, which change and adapt over time, the Articles of Religion are the foundational beliefs of the Church. Participants will be invited (but not required) to write a “credo” at the end of this course.