

Adult Classes & Groups Fall 2019





129 Woods Mill Road | Manchester, MO | 63011 Worship Services: Saturdays, 4 p.m. - Sundays, 8, 9:30, and 11 a.m. manchesterumc.org | 636.394.7506 manchester

129 Woods Mill Rd, | Manchester, MO 63011 636-394-7506 | manchesterumc.org

WORSHIP, CONNECT & SERVE

I've discovered three practices that really help me grow in my faith and love of God and people. I invite you to give them a try and see how they benefit your faith journey!

- 1) Gather consistently with others to **WOrship** God
- 2) **Connect** regularly with others through a group or class

3) Use my gifts and abilities frequently to SEIVE others in need Use this catalog to find groups and classes where you can connect with others and grow in your faith. If you need help or suggestions, please let me know.

3 Easy Ways to Enroll

Once you've found a class or group you'd like to try, we offer three convenient ways for you to enroll:

- 1) Go online to manchesterumc.org/connecting
- 2) Visit the Information Center in the Lobby after worship
- 3) Email Tiffany Conway at tiffany.conway@manchesterumc.org

Many of our classes and groups also offer complimentary childcare with advance registration.



Peace.

Rev. Jim Peich Executive Pastor of Ministry and Leadership jim.peich@manchesterumc.org facebook.com/jim.peich 636.394.7506

Basketball

Dates:	Wednesdays, Starting Sept. 4 to May 2020: 8 to 10 p.m.
	No basketball on 11/20, 12/11 and 12/25
Location:	Fellowship Hall Manchester UMC
Leader:	Joe McMillen

Enjoy fellowship and play pick-up basketball. All adult ages and skill levels are welcome. It is a great way to meet new people while having fun playing basketball.

Co-Ed Volleyball

Dates:

Leader:

Sundays, Starting in January 2020: 6 to 8 p.m. Location: To be announced Bill Ahal

> Enjoy fellowship and volleyball. This is a Winter volleyball league and runs 10 Sundays from January through April 2020. Registration begins late fall and those interested in recreational, adult, co-ed volleyball should register. Limited openings will be available.

Visit manchesterumc.org/health for more information and to enroll!

HEALTH GROUPS

ExerStart

Option 1:	Dates:	Mondays and Wednesdays, Sept. 4 to Dec. 11 (28 sessions) No class on Nov. 27
	Time: Location: Leader:	9 to 9:45 a.m. Fellowship Hall Manchester UMC Mary Gebhart

Option 2:Dates:Tuesdays and Thursdays, Sept. 3 to Dec. 12
(28 sessions) No class on Oct. 1, or Nov. 28Time:Tues, 10:30-11:15 a.m. and Thurs, 12:30-1:15 p.m.Location:Room 141 | Manchester UMCLeader:Sharon Kirsch

ExerStart is a low-intensity exercise class for adults 50+ looking to add more activity to their lives. You will use resistance bands while standing or seated. \$1/session. To register, please call 314.862.4859, ext. 24.

Total Body Workout

Dates:
Location
Leader:

Tuesdays and Thursdays: 9 to 10 a.m. Fellowship Hall or Room 137| Manchester UMC Jennie Kirchwehm



All people are welcome to participate in our fun aerobics group. We utilize cardio, weights and toning in a no-pressure environment. Our instructor works with people of all ages and abilities, including those with no exercise experience and those with previous medical challenges. Cost: \$10 for 8 sessions.

Wednesday Meals & Ministries at Manchester UMC

Time: 5 to 6:15 p.m. Where: Fellowship Hall | Carry Out Price: Pre-purchased by Sunday night \$8 Adult | KIDS-EAT-FREE* *One free pre-registered child meal with pre-registered, paying adult At Door: \$10 Adult | \$5 Child All meals include dessert & drink

Register now at manchesterumc.org/mms



SEPTEMBER

11: Lee's Chicken

Fried chicken, Mashed potatoes, Green beans, Biscuit FREE Kids Meal*: Chicken strips, Carrots, Applesauce

18: Harvest Dinner

Pork tenderloin, Twice baked potato, Carrots FREE Kids Meal*: Cheese pizza, Mandarin oranges

25: China Garden

Beef & broccoli or Chicken & Chinese veggies, Rice FREE Kids Meal*: Mac & Cheese, Apple wedges & dip

OCTOBER

2: Oktoberfest

Braut or Hot dog, German potato salad, Sauerkraut FREE Kids Meal*: Hot dog, Chips, Applesauce

Smokee Mo's

Pulled pork with bun, Baked beans, Slaw FREE Kids Meal*: Chicken nuggets, Carrots, Fruit

6: Charro's Mexican

Beef taco and Chicken burrito, Rice & beans, Chips FREE Kids Meal*: Beef taco, Rice & beans, Chips

23: Cracker Barrel

Meatloaf, Mashed potatoes, Carrots, Fried apples FREE Kids Meal*: Pigs 'n blanket, Chips, Applesauce

30: Rich & Charlie's

Mostacciolli, Italian salad, Italian bread FREE Kids Meal*: Mostacciolli, Italian salad & bread

NOVEMBER

6: Homecooking!

Pineapple glazed ham, Party potatoes, Green beans FREE Kids Meal*: Ham, Party potatoes, Green beans

13: Thanksgiving Dinner

Turkey, Mashed potatoes, Dressing, Gravy, Carrots FREE Kids Meal*: Turkey, Potatoes, Dressing, Carrots

Join us for our next M&M meal on January 8, 2020!



Join one of these Defying Gravity Small Groups!

DAY OF WEEK	TIME	START DATE	LEADER	LOCATION	CHILDCARE
Sun.	9:30-10:30 AM	Sept. 29	Mark Irving	311	Sunday School
Sun.	9:30-10:30 AM	Sept. 29	Brian Legate	223	Sunday School
Sun.	9:30-10:30 AM	Sept. 29	Bill Cleveland	309	Sunday School
Sun.	9:30-10:30 AM	Sept. 29	Mary Beth Harper	222	Sunday School
Sun.	10:45-11:45 AM	Sept. 29	Rev. Dave & Dianne Bennett	141	YES
Sun.	11-Noon	Sept. 29	Rev. Winter Hamilton	222	YES
Sun.	11-Noon	Sept. 29	Ralph Burns	309	YES
Mon.	10-11 AM	Sept. 30	Herb Walker	223	YES
Tues.	9:30-11 AM	Oct. 1	Rev. Brenda Becker	223	YES
Tues.	10-11 AM	Oct. 1	Rev. Dave & Dianne Bennett	311	YES
Tues.	7-8 PM	Oct. 1	Mark & Susie Lashly	220	YES
Wed.	9:15-10:15 AM	Oct. 2	Rev. Winter Hamilton	221	YES
Wed.	4:30-5:30 PM	Oct. 2	Rev. Winter Hamilton	106	YES
Wed.	6:30-7:30 PM	Oct. 2	Rev. Andy Bryan	133	YES
Wed.	7-8 PM	Oct. 2	Jim & Sue Belval	141	YES
Thurs.	9:30-10:30 AM	Oct. 3	Rev. Nancye Dunlap	220	YES
Thurs.	6:30-7:30 PM	Oct. 3	Autumn Dennis & Nicki Reinhardt-Swierk	221	YES
Sat.	9:30-10:30 AM	Oct. 5	Rev. Phil Estes	Good News*	NO
Sat.	5:15-6:30 PM	Sept. 28	Rev. Stephanie Lendt	311	YES

*Off-Site Location Address:

Good News | 2886 Hwy. 94 South, Defiance, MO 63341

FELLOWSHIP GROUPS

Circle of Friends Chat Circle

Dates:	Mondays through Fridays: 9:00 to 9:45 a.m.
Location:	Children's Ministry Hallway Manchester UMC

Our parents from Circle of Friends Preschool are invited to sit, relax and get to know each other. This is an informal space where folks can sit and talk after drop off.

Lydia's Circle

Dates:	1st Thursdays, September 5 to May 7, 2020: 9:30 to 11:30 a.m.
Location:	Room 141 Manchester UMC
Leaders:	Bille Coon and Marilyn Wooden



Lydia's Circle offers a creative, supportive fellowship where women can know God and experience freedom as whole persons through Jesus Christ. Programs are conducted by speakers of various interests. Group members also participate in local mission projects.

Forever Young

Dates &

Locations:	Tuesday, Sept. 17 - Pot Luck, Fellowship Hall
	Monday, Oct. 14 - Friday, Oct. 18, Branson, MO
	Wednesday, Nov. 13 - Thanksgiving Dinner, Fellowship Hall
	Tuesday, Dec. 17 - Christmas Dinner, Area Restaurant
Leader:	Dorothy Wilkes

We are an active group of adults that share monthly dinners at church or a local restaurant. Group members also enjoy traveling together and welcome new members. Please visit our table in Fellowship Hall on Sunday mornings between services for more information.

Complimentary child care is available when registering at least 7 days in advance.

LEARNING GROUPS

Film & Theology

Dates: Leader:

Second Saturdays: 6 to 9 a.m. **Location:** Swineheart Community House Nicki Reinhardt-Swierk

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Parents

Join us on the second Saturday of each month to watch and discuss some of our favorite movies! All identities and perspectives welcome. Check out Instagram for updates each month. Newcomers are always welcome!

Parents Group

Alternating Fridays, Aug. 23, Sept. 6 & 20, Oct. 4 & 18, Nov. 8 & 22, Dec. 6: 9:30 to 11 a.m. Room 141 | Manchester UMC Erin Tenkman and Meghan Ferguson



Location:

Leaders:

Come and join other parents as we grow in community together through faith-based learning and sharing of ideas. We meet every other Friday for fellowship, to listen to speakers, for familybased service projects, and to discuss a variety of different text. You also don't want to miss our "Moms Night Out" and playdates with our children at various locations. This is a great, relaxed way to take a break and get to know other Manchester UMC parents. Newcomers are always welcome!

Men's Bible Study

Dates:
Location:
Leader:

20

CC

Saturdays: 8 to 9 a.m. Room 141 | Manchester UMC Rev. Steve Harbaugh

A great way to start the weekend! We are currently studying the Book of Deuteronomy and then will study Acts. Lessons are emailed ahead of time. Coffee is provided.



Join A Defying Gravity Small Group! A 4-week all-church conversation!

There are many forces in this world trying to control our attitudes, decisions, and lives. Like gravity, they relentlessly pull at us! Join us this September/October for a 4-week series of 1-hour small group conversations. Together, we'll explore Tom Berlin's book Defying Gravity and discuss how we can break free to live and love more generously like Jesus.

See page 4 and choose a Defying Gravity small group to join!

Visit manchesterumc.org/gravity for more information and to register.

ADULT CLASSES

Take advantage of our engaging and relevant classes on a wide variety of topics to help you learn and grow. We have two types of adult classes at Manchester UMC:

New Member Classes

(Page 7)

New Member Classes are offered multiple times during the year and are a great way to learn more about yourself, our faith and how you can connect and serve here.

Special Classes

(Pages 8-15)

During our Fall and Winter/Spring semesters, we offer special classes on a variety of timely and intriguing topics that appeal to a wide scope of audiences.

ADULT GROUPS

We offer a variety of ongoing groups where you can learn, grow and connect with other people. We have three types of groups at Manchester UMC:

Learning Groups

(Pages 16-20)

Learning Groups gather regularly during the year to explore faith-related studies and educational activities.

Fellowship Groups

(Page 21)

Fellowship Groups gather to promote connection and community around a shared set of interests and fun activities including performances, dinners and more!

Health Groups

(Pages 22-23)

Health Groups of all ages and abilities gather to promote health and wellness through a variety of fun activities.

South City Knitting Circle

Dates:	Tuesdays: 6 to 7:30 p.m.
Location:	Mangia Italiano - Game Room
	3145 S. Grand Blvd., St. Louis
Leaders:	Liz Shuburte & Bridget Frische



This is an ongoing small group for folks, ages 18-35. We meet in South City to knit and crochet! Beginners and experts alike will gather weekly to create and spend time together. Supplies will be provided, but feel free to bring your own!

South City Fiction Book Club

Dates:	Tuesdays: 7:30 to 9 p.m.
Location:	Gelateria Del Leone 3197 S. Grand Blvd., St. Louis
Leader:	Sarah Healy



Youna

This is an ongoing small group of folks ages 18-35. We meet in South City and rotate through different fiction books with an emphasis on sci-fi and fantasy. We discuss themes and events found in the book and how we relate to them.

Book Club: Weekend Edition

Dates:Every Other Sunday: Sept. 8 & 22, Oct. 6 & 20,
Nov. 3, 17 & 30: 3 to 5 p.m.Location:Hartford Coffee Company | 3974 Hartford St.
Liz Shuburte & Bridget Frischer



on: Hartford Coffee Company | rs: Liz Shuburte & Bridget Frisc By popular demand! We wil

By popular demand! We will be offering a second book club to read at a slower pace., meeting every other week. This group is perfect for parents, students, teachers, or anyone else who loves to read, but needs some extra time to fit reading into their schedules.

LEARNING GROUPS

Friendship

Two Sundays per Month: 11 a.m. to Noon Dates: Location: Room 219 | Manchester UMC Tracy Marak Leader:

> We welcome members and visitors (high school to adulthood) with developmental delays. While the group meets, the parents can attend worship. This group meets every other Sunday except during holiday weekends (i.e., Labor Day, Thanksgiving).

Tuesday Bible Study

Dates: Leader:

Tuesdays, Sept. 3 to Dec. 17: 9:30 to 11 a.m. Location: Room 223 | Manchester UMC Rev. Brenda Becker



We will study the often misunderstood prophetic books of the Old Testament, including an exploration of their historical context, their artful use of language, their place within the chorus of Old Testament voices plus the influence on the writing of the New Testament. We will take a break from this study to participate in the All-Church study, *Defying Gravity*, starting Oct. 1. Newcomers are always welcome!

Making Disciples

Dates: Leader:

CC

Tuesdays, Sept. 3 to May: 9:30 to 11:30 a.m. Location: Room 222 | Manchester UMC Rev. Nancy Wilson

> The Bible is our foundational book yet it contains passages that raise more questions than answers. Using Rev. Adam Hamilton's book, Making Sense of the Bible: Rediscovering the Power of Scripture Today, we will look at some of the difficult issues the Bible raises for modern-day Christians. Newcomers are welcome! Book: \$11.

NEW MEMBER CLASSES



Become a New Member

Dates: Time: Leaders:

CC

Sunday, Sept. 15 (1 session) Sunday, Nov. 10 (1 session) Noon to 2 p.m. Location: Room 141 | Manchester UMC Rev. Andy Bryan and Rev. Jim Peich

> Once you've decided to make Manchester UMC your church home, we invite you to become a member by attending New Member Class. This is a relaxed and informative opportunity where you'll learn more about our history, values, and beliefs, as well as opportunities to grow, serve and connect. You'll also have an opportunity to ask questions. A complimentary light lunch and childcare is available with registration.

Visit manchesterumc.org/new-member for more information and to enroll!

Homecoming

Dates: Time: Leader:

CC

Sundays, September 8 to 22 (3 sessions) 11 a.m. to Noon Location: Room 222 | Manchester UMC Pastor Winter Hamilton

> Are you just loving worship and wanting the conversation to continue? Join us to discuss Pastor Andy Bryan's three-week sermon series, Homecoming, and learn more about the scripture that we focused on in worship. This class will meet to grow deeper in our connection with God and with each other following a curriculum based off of that days worship service.

GriefShare

Mondays, September 9 to December 2 (13 sessions) Dates: 7 to 9 p.m. Time: Location: Room 221 Manchester UMC Peggy Daegele Leader:



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. GriefShare meets weekly to help you face these challenges and move toward rebuilding your life. Join us at any time during the series. Book fee: \$15.

DivorceCare

Dates: Time:

Location:

Mondays, September 9 to December 2 (13 sessions) 7 to 9 p.m. Room 223 | Manchester UMC Peggy Daegele

CC

Unless you've been there, it's hard to understand the hurt that comes from separation and divorce. We understand how you feel because we've been in the same place. We'll show you how to deal with the hurt caused by your separation or divorce. Join us any time during the series. Book fee: \$15.



Care

Care

Christian Fellowship

Sundays, Aug. 25 to May: 9:30 to 10:30 a.m. Dates: Location: Room 222 | Manchester UMC Mary Beth Harper Leader:

> Join us as we discuss Susan Robb's new book, Called. and we will learn how God calls us to a life that we could never imagine on our own. On Sept. 29, we will begin the All-Church study, Defying Gravity. Afterwards, we will begin studying Adam Hamilton's new book, Simon Peter. Newcomers are always welcome!

Sundays

Joy

Sundays: 9:30 to 10:30 a.m. Dates: Location: Room 141 | Manchester UMC Leader: Jane Carr

> Join us as we explore our lessons that focus on God, what it means that we are created in God's image, and what it means to worship God alone. Newcomers are always welcome!

Sojourners

Dates:
Location
Leader:

Sundays: 9:30 to 10:30 a.m. : Room 309 | Manchester UMC **Bill Cleveland**

Join us for study and fellowship as we continue our fascinating study of Steven Hunter's book, The Last Minute. On Sept. 29, we will begin the All-Church study, **Defying Gravity**. In late October, we will study the Book of Judges. Newcomers welcome!

Sundays at Bread Co

Dates:
Location
Leader:

Sundays, Sept. 8 to May: 8:15 to 9 a.m. : St. Louis Bread Co. | 14560 Manchester Road Shared

Grab a cup of coffee and a favorite pastry. Then, at 8:15, join in a group discussion of current events that links how we live as United Methodists with what's happening around the world. Newcomers are always welcome!



Leader:

8

LEARNING GROUPS

Adult Singles

Sundays: 11 a.m. to Noon Dates: Leader:

Location: Room 309 | Manchester UMC Ralph Burns

> This fun and dynamic group uses engaging Bible studies to grow our faith. We are currently studying Who Is This Man? by John Ortberg. On Sept. 29, we will begin the All-Church study, Defying Gravity. We welcome newcomers to join any Sunday! Coffee and pastries are provided. Following class, many enjoy going to lunch together.

Alpha

Location: Leader:

Dates:

Sundays, Aug. 4 to Dec. 22: 9:30 to 10:30 a.m. Room 311 | Manchester UMC Mark Irving

Join us as we look at the UM Church from its inception to today and discuss Gil Rendle's book, Journey In The Wilderness. On Aug. 26, we will begin studying John Dominic Crossan's The Challenges of Paul. On Sept. 29, we will begin the All-Church study, Defying Gravity. Newcomers are always welcome!

Harvest

Sundays: 9 to 10:30 a.m. Dates: Location: Room 223 | Manchester UMC Brian Legate and Others Leaders:

Join us as we discuss Fr. Richard Rohr's videos on The Christian Contemplative Tradition and the book, The Universal Christ. As a priest, Rohr's teaching is grounded in the Franciscan alternative orthodoxy-practices of contemplation and self-emptying, expressing itself in radical compassion, particularly for the socially marginalized. On Sept. 29, we will begin the All-Church study, **Defying Gravity**. Newcomers are always welcome!



Show Me Democracy

Date:	Sunday, Aug. 18
Fime:	12:30-3 p.m.
Location:	Fellowship Hall Manchester UMC

Show Me Democracy centers on seven St. Louis college students as they evolve into advocates and activists, demanding change through policy and protest. The feature-length documentary chronicles their diverse approaches to combating racism and police brutality; advocating for educational reform. It asks the question: Can a small group of young people make a difference in complex and imperfect systems? Directed by awardwinning St. Louis filmmaker, Dan Parris (What Matters, and When the Saints).

Visit manchesterumc.org/show-me-democracy for more information!

Homecoming

Dates: Location: Leader:

Room 221 | Manchester UMC Pastor Winter Hamilton

CC

Are you just loving worship and wanting the conversation to continue? Join us to discuss Pastor Andy Bryan's three-week sermon series, Homecoming, and learn more about the scripture that we focused on in worship. This class will meet to grow deeper in our connection with God and with each other following a curriculum based off of that days worship service.

During

Children's

Choirs

Wednesdays, September 11 to 25: 9:15 to 10:15 a.m. (3 sessions)

Homecoming

Dates:

Wednesdays, September 11 to 25: 4:30 to 5:30 p.m. (3 sessions) Location: Room 106 | Manchester UMC Pastor Winter Hamilton

CC

Leader:

Are you just loving worship and wanting the conversation to continue? Join us to discuss Pastor Andy Bryan's three-week sermon series, Homecoming. The afternoon class is offered during Children's Choir rehearsals. Remember to join us for dinner after class or grab a meal to go!

Making Sense of the Bible

Dates:
Location
Leader:

Thursdays, Sept. 12 to Oct. 17: 9:30 to 11:30 a.m. (6 sessions) Room 222 | Manchester UMC Prudy Bertolino



As we read the Bible to learn more about God, Jesus and our faith journey, we often find portions that we have questions about... even wrestle with. We're not alone. Using Adam Hamilton's book and video, Making Sense of the Bible, we will have nonjudgmental class discussions, and address the perplexing, and/or disturbing themes in scripture, many of the questions frequently asked by Christians and non-Christians. Book: \$11.



Our Vision and Mission

We are an inclusive faith community that LOVES Christ deeply, WORSHIPS Christ passionately, and SERVES Christ boldly. Therefore, we are called to make a difference for Christ through the transformation of church and community.

2018-2021 Priorities to Accomplish Our Mission

- Shape our worship experiences to reach a broad demographic. Worship: Goal: By the end of 2021, our worship attendance will increase to at least 1,350.
- Mission: Provide needed resources and assistance to residents in our local communities. Goal: By the end of 2021, resource 3,000 people within Parkway, Rockwood, and Valley Park school districts.
- Discipleship: Grow the number of people connecting in Christian community and living more missionally. Goal: By the end of 2021, clear and simple pathways/ bridges are available and used to help 1,000 people at Manchester UMC take a next step on their faith journey.
- Grow the number of middle and senior high students actively engaged at Youth: Manchester UMC. Goal: By the end of 2021, 120 youth are actively engaged at Manchester UMC each week.
- Grow the number of people ages 25 to 35 having a first-time experience with Youna Adults: Manchester UMC.Goal: By the end of 2021, 500 young adults between the ages of 25 and 35 will have had a first time experience with Manchester UMC.
- **Generosity:** Strengthen and grow the financial resources of Manchester UMC. Goal: By the end of 2021, \$500,000 has been raised for phase 1 of the HVAC projects, and \$400,000 has been raised to pay down MUMC'S debt/mortgage.

Visit manchesterumc.org/2021-plan

to learn more about these priorities!

Bible Basics: Theological Timeline

Option 1:	Dates: Time: Location: Leader:	Wednesdays, Nov. 6 to 13 (2 sessions) 9:15 to 10:15 a.m. Room 221 Manchester UMC Rev. Winter Hamilton
Option 2:	Dates: Time:	Wednesdays, Nov. 6 to 13 (2 sessions) 4:30 to 5:30 p.m.
22	Location: Leader:	Room 106 Manchester UMC Rev. Winter Hamilton

Sundays, Nov. 10 to 17 (2 sessions) Dates: Time: 11 a.m. to Noon Location: Room 221 | Manchester UMC Rev. Winter Hamilton Leader:

Did you know that the people in the Bible had different ideas about who God was, and even how many gods there were? How did we come to our current views on the nature of God? In this short two-week class we will look at the basic assumptions about who God is throughout the timeline of the Bible. We will also learn about the plethora of definitions that came to be during the modern era about the nature and function of God.

If you join us for the Wednesday late afternoon class, join us for M&M (Meals & Ministries) dinner after class or grab a meal to go!

Basics by NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)

Dates:	Thursdays, Sept. 12 to Oct. 17 (6 sessions)
Time:	6:00 to 8:30 p.m.
Location:	Room 223 Manchester UMC
Leaders:	Dana Graf and Julie Adams

o.m. Manchester UMC nd Julie Adams

CC

During

Children's

Choirs

This educational program for parents and caregivers of children and adolescents living with mental illnesses. It covers the fundamentals of caring for yourself, for your family and for your child. This class provides up-to-date information on a range of mental illnesses and their impact on the brain and current research on treatments. NAMI St. Louis facilitates this class.

Fly Tying for Men (Beginners & Experts)

Dates:	Thursdays, Sept. 12 & 26; Oct. 10 & 24; Nov. 7 & 21; Dec. 5 & 19
	(8 sessions)
Time:	6:30 to 8 p.m.
Location:	Room 219 Manchester UMC
Leader:	Kenny Klimes
	Learne learne et a second filler and a learne in Misservei and

Learn how to tie specific flies used here in Missouri and how to fish with them. Each attendee must have their own fly tying gear, and will receive a weekly email on what to bring. Newcomers are always welcome.

Visit manchesterumc.org/special-classes for more information!

14

Option 3:

CC

Single Again-Starting Over

Dates: Time: Location: Leader:

Mondays, Sept. 23-Nov. 18 (9 sessions) 6:30 to 7:45 p.m. Room 133 | Manchester UMC Ralph Burns



This is the 10th series of SASO, which has served several hundred people who are single again after a divorce, death of a spouse, or the end of a long-term relationship. Each meeting highlights an important topic and is designed to help you get your life back on track. We will learn to address issues in new relationships which you want in a healthy relationship. Come to learn and share your experience that is meaningful and fun!

Advent Bracelet (Design Your Own)

Date:	Wednesday, Nov. 6 (1 session)
Time:	6:30 to 8:30 p.m.
Location:	Room 309 Manchester UMC
Leader:	Genny Schumacher



Join us as we make a beautiful, beaded holiday bracelet. You'll have time to visit and chat as you make your unique creation. Make one for yourself or make one to give away as a special Christmas gift! No previous experience necessary. Advanced registration required. Materials fee: \$18. Please pay cash at the beginning of class.



Flu Shots Available

Dates:SundTime:8 a.rLocation:Fello

Sundays, October 6 and 13 8 a.m. to Noon Fellowship Hall | Manchester UMC

We are once again teaming up with Walgreen Pharmacy to provide on-site flu shots at Manchester UMC. You will need to pre-register for a timeslot by signing up at the Information Center on Sunday mornings or by emailing Tiffany Conway (tiffany.conway@manchesterumc.org).

On the day of your appointment, please arrive 10 minutes prior to your appointment and bring your completed Walgreens Waiver and your insurance card.

Visit manchesterumc.org/flu-shots for more information!