

life is better connected



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

Updated: 12/5/19

Adult Classes & Groups Winter 2020



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 **serve** 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

Fun Fitness

Dates: Mondays and Wednesdays, Jan. 6-Feb. 26

No class on: Jan. 20, Feb. 17

Time: 6:30 to 7:30 p.m.

Location: Old Fellowship Hall, Room 133 | Manchester UMC

Leader: Tonya Peich O'Connell



Move through a variety of exercises designed to increase muscular strength, range of movement and functional fitness all set to music. There will be some aerobic dance moves, some yoga, some Pilates, light weights all combined so the class is moving and having fun. No prior dance or exercise class experience is required. All exercises can be modified to suit each individual's ability. Please bring light weights, a towel, and water bottle. Cost: \$2.50/session.

Basketball

Dates: Wednesdays, Jan. 8 to May 2020

Time: 8 to 10 p.m.

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.

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

HEALTH GROUPS

ExerStart

- Option 1:** **Dates:** Mondays and Wednesdays, Jan. 6 to Apr. 29
(31 sessions) No class on: Jan. 20, Feb. 17, Apr. 13
Time: 9 to 9:45 a.m.
Location: Library | Manchester UMC
Leader: Mary Gebhart
- Option 2:** **Dates:** Tuesdays and Thursdays, Jan. 7 to Apr. 30
(34 sessions)
Time: Tues, 10:30-11:15 a.m. and Thurs, 12:45-1:30 p.m.
Location: Library | Manchester UMC
Leader: 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:** Tuesdays and Thursdays
Time: 9 to 10 a.m.
Location: Fellowship Hall | Manchester UMC
Leader: 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
manchestrumc.org/mms



JANUARY

- 8: Lee's Chicken**
Fried chicken, Mashed potatoes, Green beans, Biscuit
FREE Kids Meal: Chicken strips, Carrots & Dip
- 15: Comfort Food**
Pork tenderloin, Twice baked potato, Salad
FREE Kids Meal: Cheese pizza, Fruit Cup
- 22: Homecooking**
Meatloaf, Mashed potatoes, Carrots, Fried Apples
FREE Kids Meal: Pigs 'n Blanket, Chips, Applesauce
- 29: China Garden**
Beef & broccoli/Chicken & snow peas, Crab Rangoon
FREE Kids Meal: Mac & Cheese, Apple wedges

FEBRUARY

- 5: BBQ**
Pulled pork with bun, Baked beans, Slaw
FREE Kids Meal: Chicken nuggets, Carrots, Fruit cup
- 12: Charro's Mexican**
Beef taco and Chicken burrito, Rice & beans, Chips
FREE Kids Meal: 1/2 Adult Meal
- 19: Take Me Out to the Ballpark**
Hot dog / Brat with bun, Pasta salad, Slaw, Sauerkraut
FREE Kids Meal: Hot dog, Chips, Applesauce
- 26: Italian**
Red meat sauce mostaccioli, Italian salad, Italian bread
FREE Kids Meal: 1/2 Adult Meal

MARCH

- 4: Chicken Tetrazzini**
Chicken Tetrazzini, Salad, Bread
FREE Kids Meal: Cheese pizza, Fruit cup
- 11: The Luck of the Irish**
Corned beef, Cabbage, Potatoes, Carrots
FREE Kids Meal: Mac & Cheese, Applesauce
- 18: No M&M's Meal**
- 25: Chicken Kabobs**
Chicken kabobs, Roasted potatoes, Salad
FREE Kids Meal: Cheese pizza, Fruit cup

APRIL

- 1: Lee's Chicken**
Chicken strips, Potato Salad, Slaw, Biscuit
FREE Kids Meal: Chicken strips, Chips & Fruit

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 6)

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 6-15)

During the Winter/Spring, Summer and Fall 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.



FELLOWSHIP GROUPS

Lydia's Circle

Dates: 1st Thursdays, January to May, 2020: 9:30 to 11:30 a.m.
Location: Room 141 | Manchester UMC
Leaders: Billie 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: Tuesday, Jan. 21 - Pot Luck Dinner
Tuesday, Feb. 18 - Soup Dinner
Location: Fellowship Hall
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.

LEARNING GROUPS

Centering Prayer

Dates: 1st and 3rd Mondays: 7 to 8:30 p.m.
Location: Fireside Room | Manchester UMC
Leader: Peggy Andereck

Care



Centering Prayer, traditionally called contemplative prayer, is a method of prayer which prepares us to receive the gift of God’s presence. It facilitates the movement from more active modes of prayer into a receptive prayer of resting in God. Newcomers are always welcome!

Parents Group

Dates: Fridays, Jan. 10 & 24; Feb. 7 & 21; Mar. 6 & 27
Apr. 3 & 17; May 1 & 15: 9:30 to 11 a.m.
Location: Room 141 | Manchester UMC
Leaders: Erin Tenkman and Meghan Ferguson

Parents



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 family-based 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: Saturdays: 8 to 9 a.m.
Location: Room 141 | Manchester UMC
Leader: Rev. Steve Harbaugh



A great way to start the weekend! Lessons are emailed ahead of time. Coffee is provided.



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



Talk to a Faith Coach

Are you ready to get plugged in at Manchester UMC, but just not sure where to start? Or, are you simply overwhelmed by all the great ministry opportunities? Don’t worry...we are here to help!

Our team of Faith Coaches has been equipped with great tools, an in-depth knowledge of our ministries, and, most importantly, the gift of encouragement to help you discover the Next Step on your faith journey!

**Visit manchesterumc.org/faith-coaches
for more information or to meet with a Faith Coach.**

SPECIAL CLASSES

Become a New Member

Dates: Sunday, Jan. 12 (1 session)
Sunday, Mar. 8 (1 session)
Time: Noon to 2 p.m.
Location: Room 141 | Manchester UMC
Leaders: 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.

White Fragility

Dates: Mondays, Jan. 6, 13, 27, Feb. 3 (4 sessions)
Time: 6:30 to 8 p.m.
Location: Room 220 | Manchester UMC
Leader: Nicki Reinhardt-Swierk, Social Justice Coordinator

Social
Justice



As Bishop Bob Farr stated, "It is not enough to be non-racist. For those of us who are white people who follow Jesus Christ, we are called to be **anti**-racist." Join us for a four-week book study that will help us to examine our racial identity, understanding the history of racism in America, and process the complicated emotions that arise when we talk about race. We will be using Robin Diangelo's book *White Fragility: Why it's hard for white people to talk about racism*. Book: \$13.

South City Knitting Circle

Dates: 2nd & 4th Tuesdays: 6 to 7:30 p.m.
Location: Mangia Italiano - Game Room
3145 S. Grand Blvd., St. Louis
Leaders: Liz Shuburte & Bridget Frischer

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!



Love Your Labor

Dates: 1st Sundays: 3 to 5 p.m.
Location: Civil Life Brewery Co. | 3714 Holt Ave., St. Louis
Leader: Jason Reinhardt-Swierk

Ever find yourself thinking "I hate my job/work?" This group meets monthly to explore how we relate to our labor, how to increase our satisfaction with our labor, and how these relationships have changed over time.



Reflections

Dates: Every Friday: 10 to 11:30 a.m.
Location: Room 223 | Manchester UMC
Leader: Barbara Brown

We are a group of mature women who enjoy reading and discussing a variety of religious themed books, by authors Adam Hamilton, Phillip Yancey, Henri Nouwen, and many others. We also enjoy fellowship and lunch together afterwards. Newcomers are always welcome!

LEARNING GROUPS

Friendship

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

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.

Tuesday Bible Study

Dates: Tuesdays, Jan. 7 - May: 9:30 to 11 a.m.
Location: Room 223 | Manchester UMC
Leader: Rev. Brenda Becker



Join us as we study the Old and the New Testaments. Newcomers are always welcome!

Making Disciples

Dates: Tuesdays, Jan. 7 to May: 9:30 to 11:30 a.m.
Location: Room 222 | Manchester UMC
Leader: Rev. Nancy Wilson



Join us in January as we learn about the Epiphany. On Jan. 14, we will begin discussing *The Simple Faith of Mister Rogers* for four sessions, then we will switch gears and learn about angels. We always welcome newcomers to our fun Bible study group. Book: \$12.

MINISTRY FAIRS



Want to get connected at MUMC?

Dates: Sunday, Feb. 9 - Faith Formation
Sunday, Feb. 23 - Missions
Time: 8:00 a.m. to 12:30 p.m.
Location: Fellowship Hall | Manchester UMC

Be sure to visit the Ministry Fairs before or after worship to learn about the many groups and disciple ministries available to you at Manchester UMC.

You'll have an opportunity to ask questions, meet current participants and explore how you too can get plugged into the exciting and rewarding experiences at Manchester UMC.

Visit manchesterumc.org/ministry-fair for more information!



SPECIAL CLASSES

GriefShare

Dates: Mondays, Jan. 6 to Apr. 20 (13 sessions)
Time: 7 to 9 p.m.
Location: Room 221 | Manchester UMC
Leader: Peggy Daegele, Ministry 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.

Care

DivorceCare

Dates: Mondays, Jan. 6 to Apr. 20 (13 sessions)
Time: 7 to 9 p.m.
Location: Room 223 | Manchester UMC
Leader: Peggy Daegele, Ministry Leader



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

Christian Fellowship

Sundays

Dates: Sundays, Jan. 5 to May: 9:30 to 10:30 a.m.
Location: Room 222 | Manchester UMC
Leader: Mary Beth Harper

Join us as we discuss the book, *The Simple Life of Mister Rogers*. In February, we will begin studying Margaret Feinberg's book, *Taste and See: Discovering God among Butchers, Bakers, and Fresh Food Makers*. It may change the way you read the Bible forever... and the way you approach every meal. Newcomers are always welcome!

Joy

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

Join us as we discuss the theme of "Promise" which gives us hope. Regardless of what is happening in the present, God has a good future for us. Newcomers are always welcome!

Sojourners

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

We are studying the Book of Judges for the next quarter. This Old Testament book is full of fascinating tales, but it tells the story of God's redeeming love for His people, even when they depart from His will. Come explore with us a book of Bible history with a message that is contemporary and encouraging. Newcomers welcome!

Sundays at Bread Co

Dates: Sundays, Jan. 5 to May: 8:15 to 9 a.m.
Location: St. Louis Bread Co. | 14560 Manchester Road
Leader: 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!

LEARNING GROUPS

Adult Singles

Dates: Sundays: 11 a.m. to Noon
Location: Room 309 | Manchester UMC
Leader: Ralph Burns

Using Rev. John Ortberg’s book, *All the Places to Go, How Will You Know?*, we will learn how God can lead us through doors that are open for us. Not only the physical doors, but also the opportunities of our mind and faith. We welcome newcomers to join any Sunday! Coffee and pastries are provided. Following class, many enjoy going to lunch together.

Alpha

Dates: Sundays, Jan. 5 to May 31: 9:30 to 10:30 a.m.
Location: Room 311 | Manchester UMC
Leader: Mark Irving

Many people think the church has become a social club with little impact on the world. That is not God’s plan for the church. *We Are the Church... Let’s Act Like It* by Linda Tower Pevey takes readers through the book of Acts. Book: \$8. Newcomers are always welcome!



Harvest

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

Join us on Jan. 19 as special guest, Rev. Dave Bennett will lead our next book study, *Journey In The Wilderness* by Gil Rendle. Newcomers are always welcome!



Bible Basics: Timeline

Dates: Wednesdays, Jan. 8 -15 (2 sessions)
Time: 9:15 to 10:45 a.m.
Location: Room 221 | Manchester UMC
Leader: Pastor Winter Hamilton



You are not ready to commit to a multi-month Bible Study, but you do want to get to know the scriptures and how to better read them. Join Pastor Winter for a low-key, no homework required, getting-to-know the Bible class. For these two sessions, we will look at a basic Bible timeline, learning key events throughout Biblical history.

Race & American Religion: Learning Our History

Dates: Wednesdays, Jan. 8, 15, 22, 29 (4 sessions)
Time: 6:30 to 7:30 p.m.
Location: Room 221 | Manchester UMC
Leader: Nicki Reinhardt-Swierk, Social Justice Coordinator



Why is Sunday morning still the most segregated time of the week? This four-week, lecture-style class will examine the relationship between race and American religious identity throughout our nation’s history. Each week, we will examine a new historical period in order to track the development of American Christianity, and determine how socio-political factors affect faith experience.



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

SPECIAL CLASSES

Whence Cometh Evil?

Dates: Wednesdays, Jan. 8 & 15 (2 sessions)
Time: 4:30 to 5:30 p.m.
Location: Room 106 | Manchester UMC
Leader: Pastor Winter Hamilton

During
Children's
Choirs



Theodicy is the big fancy theological term for the study of evil. Let's talk about it. Let's talk about evil and learn more about the conversations around that have been happening for centuries, and continue on today. Spoiler alert: This class will NOT answer why bad things happen.

The Wednesday evening class is offered during Children's Choir. Join us after class for fellowship and dinner at Meals and Ministries.

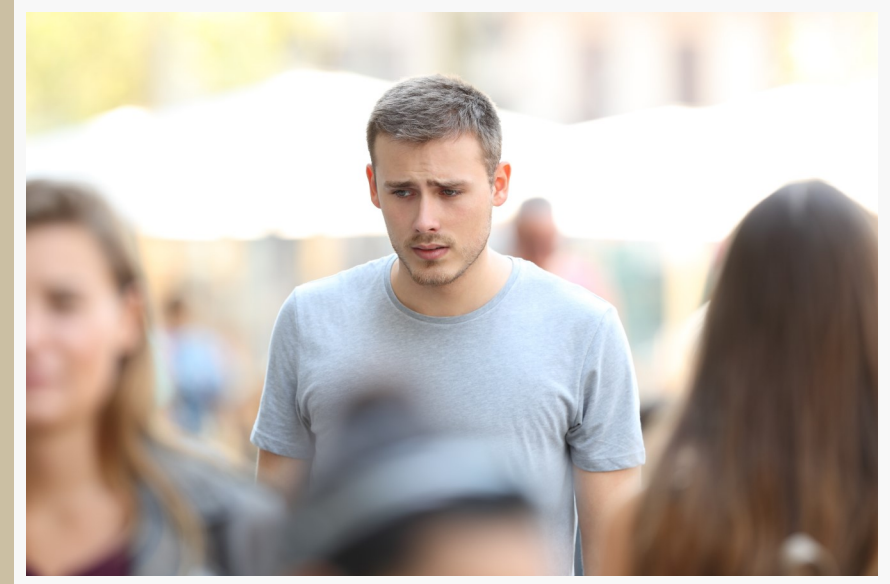
Guns in America: Get the Facts

Dates: Wednesdays, Jan. 8-29 (4 sessions)
Time: 6:30 to 7:30 p.m.
Location: Room 141 | Manchester UMC
Leader: John Hundley, MBA, MA, MS

Social
Justice



We will learn about the history of the 2nd Amendment, the history of gun ownership in the U.S., Contemporary legislation, and the reality of gun violence in our communities in order to find common ground across differences in political opinions. This lecture-style course is perfect for gun-owners and anti-gun activists alike. John Hundley is an active member of the Missouri Society of the Sons of the American Revolution.



Veterans Resource Event

Date: Thursday, Feb. 27
Time: 9 a.m. to Noon
Location: Fellowship Hall | Manchester UMC

Manchester UMC will host this event sponsored by the City of Manchester. Veterans and families of veterans will have the opportunity to connect with a wide variety of service providers and organizations. Providers will include: housing, food assistance, VA benefits, mental health, substance abuse, legal assistance, entrepreneurial services, veteran's organizations, and others. Please invite any veterans or veterans' families that might benefit from these services.

**For questions, contact Stephanie Kirk,
Veterans Representative at 636-275-5661.**



SPECIAL CLASSES

Simple Faith of Mister Rogers

Dates: Wednesdays, Jan. 29 - Feb. 19 (4 sessions)
Time: 6:30 to 7:45 p.m.
Location: Room 311 | Manchester UMC
Leader: Marsha Clark



That title of Amy Hillingsworth’s book about Fred Rogers, who “taught God’s Message without preaching a word,” reveals much about the beloved Presbyterian minister’s spiritual insights. We’ll look at ways the world’s most cherished neighbor, treasured by all ages, still speaks to us today. Book: \$12.

Exploring Mozambique

Dates: Wednesdays, Jan. 29 - Feb. 5 (2 sessions)
Time: 6:30 to 7:30 p.m.
Location: Room 309 | Manchester UMC
Leaders: John Heskett, Ministry Leader and Autumn Dennis, Dir. of Missions



Manchester UMC has had a long relationship with the Mozambique initiative where we have built schools, wells, churches, and have supported rural healthcare. Come learn more about the people of Mozambique, Mozambique political realities, and our future plans for involvement.

Simon Peter: Flawed but Faithful Disciple

Dates: Thursdays, Jan. 9-Feb. 20 (6 sessions)
No class on Jan. 30
Time: 9:30 to 11:30 a.m.
Location: Room 222 | Manchester UMC
Leader: Prudy Bertolino



Join us for this weekly class as we learn about the Apostle Peter, a leading figure in the life of Jesus and the early church. We'll see a man who is often confused, afraid and faltering but is also courageous and faithful even as it costs him his life. As we study this great man's life, we will hopefully understand how his story speaks to us today. Each class includes an informative video segment by Adam Hamilton. Book: \$12.

Fly Tying for Men (Beginners & Experts)

Dates: Thursdays, Jan. 9 & 23; Feb. 6 & 20; Mar. 5 & 19 (6 sessions)
Time: 6:30 to 8 p.m.
Location: Room 219 | Manchester UMC
Leader: Kenny Klimes, Ministry Leader

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.



SPECIAL CLASSES

Conscious Discipline for Parents

Parents

Option 1: **Dates:** Mondays, Jan. 13, 27 & Feb. 3 (3 sessions)
Time: 9:15 to 10:45 a.m. in room 223

CC

Option 2: **Dates:** Mondays, Jan. 13, 27 & Feb. 3 (3 sessions)
Time: 6:00 to 7:30 p.m. in room 222

CC

Tough to get out of the door in the morning? Want to feel more connected to your child? Then this parenting workshop is for you! Parents will walk away with practical strategies for enriching their relationships with their children. Conscious Discipline is an evidence-based, trauma-informed approach to parenting, teaching, and managing emotions and relationships. Fee: \$65/person. Megan Whittemore, PhD, will lead these classes and is a licensed clinical psychologist and a Conscious Discipline Certified Instructor.

"Still I Rise" The Spiritual Themes of Maya Angelou's Poetry

Option 1: **Dates:** Sundays, Jan. 19 - Feb. 16 (5 sessions)
Time: 11 a.m. to Noon in room 221

CC

Option 2: **Dates:** Wednesdays, Jan. 22 - Feb. 19 (5 sessions)
Time: 9:15 to 10:45 a.m. in room 221

CC

Option 3: **Dates:** Wednesdays, Jan. 22 - Feb. 19 (5 sessions)
Time: 4:30 to 5:30 p.m. in room 106

CC

During
Children's
Choirs

This class is based off of Pastor Andy's January & February Sermon series, "Still I Rise" - The Spiritual Themes of Maya Angelou's Poetry. In this class we will reflect on the sermon and look at the Psalm for the week. Featured poems: "On the Pulse of Morning," "Caged Bird," "Touched by an Angel," "A Brave and Startling Truth," "Still I Rise". These classes are led by Pastor Winter Hamilton.

The Wednesday evening class is offered during Children's Choir. Join us after class for fellowship and dinner at Meals and Ministries.



Join A Small Group for Lent!

Dates: Wednesday, Feb. 26 - March 29

The current uncertainty in the United Methodist Church and our world can cause anxiety and fear. Join us this Lent for four one-hour small group conversations as we explore similar seasons from our past. Together, we'll discover that now is an ideal time for each of us to reflect and discern how to live as "children of light" as we are made new again through the power of the Holy Spirit.

Visit manchesterumc.org/newagain
for more information!

CC