

Music as Spiritual Practice

A group to read and discuss the book *A Song to Sing, A Life to Live*, by Don Saliers, professor of worship at Candler School of Theology, and his daughter Emily Saliers of the Indigo Girls. It is a beautiful expression of all the ways music can act as healer, gift, symbol of freedom, and maker of community.

Five Tuesdays at 10:00 AM, beginning January 26. Led by Kevin Manz, Director of Music Ministries.

Continuing Sunday morning classes – no signup necessary.

9:15 AM.

The Wired Word: A look at current events and topics and how we respond in faith. Different leaders each week.

Bible Study: Genesis is our focus beginning in January. Leaders are Richard Johnson and Ken Carroll.

Fearless Parenting: Using “Love and Logic” this group will share common experiences and wisdom for faithful parenting. Begins January 30.

Opportunities for Mission and Service

Community Breakfast

The last two Sundays of each month.

Cook, serve and share breakfast with our homeless neighbors. Come at 8:00

AM to cook and serve; 8:45 AM to eat. For more information, or to donate food, contact Kris Errecart at kerrecart@att.net.

Opportunities to Make Music

Join the Chancel Choir!

If you can carry a tune, love to sing, are willing to practice and want to join a fun group – the Chancel Choir wants you!

Rehearsals Thursday evenings 7:15 – 9:00 PM and Sunday mornings 9:30 AM. See Chancel Choir Director Clyde Kidd or Director of Music Ministries Kevin Manz for more information.

Looking forward

“In a Nutshell” – Lenten Series

This five-week Wednesday series, with dinner at 5:45 and program 6:30-7:30 PM, will bring five theologians from different denominations responding to the question: “What is the central message of Christianity – in a nutshell?” Watch *The Visitor* for more information. No sign-up necessary. Begins February 24.

***At this time, in this place,
let us be the hands and heart
of Jesus Christ for the world.***

Complete this snip-out form to indicate your interest in one or more of the upcoming opportunities. Return the form to the church office, or put it in the J Street lobby drop-box or the offering plate—or sign up in the Terrace Room on January 3 or 10.

Count me in! Here's my contact information:

Name: _____

Phone: _____

E-mail: _____

Here's what I'm interested in:

Check all that apply:

- Saturday Soup & Cinema
- Ministry with the Poor
- Speech Choir
- Personality Type (AM PM both)
- Discover Your Inner Poet
- Prayer Walk
- Couplehood: Imago Path to Real Love
- Life Review Snapshots
- Invitation to Romans
- Not Finished Yet
- New Members' Class
- Music as Spiritual Practice
- The Wired Word
- Sunday Morning Bible Study
- Fearless Parenting
- Community Breakfast
- Chancel Choir
- “In a Nutshell” — Lenten Series

Warmth for the Winter

Winter 2010: Opportunities for Growth and Connection



***A Place to Belong –
An Experience to Set You
in Motion***

www.firstumcsac.org

2100 J Street

Sacramento, CA 95816

(916) 446-5025

Winter 2010 Opportunities for Growth and Connection

Sign up for these classes or groups in one of these ways:

- In the Terrace Room after worship on January 3 or 10, or
- Call the church office (916-446-5025), or
- E-mail info@firstumcsac.org, or
- Return the included response form.

Child care is available for all of these classes. Please request it when you sign up.

Saturday Soup & Cinema

January 9 and February 6, 10:00 am – 1:00 pm. Simple soup and bread lunch provided. On January 9 we view *The Soloist*. Jamie Foxx and Robert Downey, Jr. star in this award-winning book adaptation of the developing friendship between a reporter and a homeless musician. It's a real look at the challenges of the homeless mentally ill. On February 6 *Where God Left His Shoes* will be screened. This Sundance Film Festival winner features a family who lose their apartment. It's a realistic look at life lived without resources. Led by Pastor Linda Kelly-Baker.

Ministry with the Poor

Tuesdays, January 12 – February 2, 5:30-7:00 pm. Pastor Linda Kelly-Baker

facilitates this exploration of how to live life more faithfully. What more are we called to do and be, why, and how? "Christians know that the suffering at the margin of society is wrong, but we often do not know what to do about it." (*Standing in the Margin*, Mulligan & Burrow.)

Speech Choir

Initial gathering: Sunday, January 24, noon – Balcony. Led by Carl Thomas. We tried it on the Sunday before Thanksgiving; now you have another opportunity to join this group for a series of Sunday services during Lent. No acting experience necessary. We'll prepare a series of worship pieces for Lent using groups of various sizes, depending on the material. All ages are needed. Requirement: Reading aloud. This is drama, responsive reading, and soliloquy all at once. Come and explore the possibilities: we'll set rehearsal times based on the schedules of those who attend the first meeting.

Personality Type

Two workshops led by Tanis Toland on Saturday, March 6.

Introduction to the Meyers Briggs Typology Inventory (MBTI): A wonderful tool to understand ourselves and others as we learn to honor differences and work better together. Participants arrive at 8:15 AM sharp to complete the questionnaire. Then at 9:00 we talk

about what it all means. The class concludes at noon. Lunch (not provided) is at 12:15. Cost: \$30 (a sliding scale is available for payment).

Using MBTI to Understand your Spiritual Path: Taking what we learned in the morning and applying it to spiritual development. 1:00-3:00 PM. Cost: \$10 (a sliding scale is available).

Discover Your Inner Poet

This popular class is being offered again for those who want to learn how to express themselves in poetry. You'll be surprised by your creativity. Various poetry forms will be read and written. Led by Joan Haug-West, 1:30 to 3:30 PM Mondays, for six weeks beginning January 25.

Prayer Walk

Saturday mornings, 7:00-9:00 AM. Women walkers gather each week to walk, share, and pray together! Led by Kris Errecart and Cathy Cook.

Couplehood: The Imago Path to Real Love

Six Sundays, February 7 – March 14, 4:00-5:30 PM. What can we do to keep our love energized? Protect, nourish and transform our personal relationships into enduring and fulfilling connections. Led by Glenn and Gwen Tilton. Cost: \$25 for materials and supplies; scholarships are available. Good

homework involved with this one. Contact the Tiltons at gtilton2@comcast.net.

Life Review Snapshots

Nine sessions, beginning Monday, January 25, 11:00-12:30. This popular group gathers again for telling stories, life experiences, and sharing with each other as growth and understanding increase. Everyone welcome. Led by Faith Community Nurse Patricia Weedon.

Invitation to Romans

Nine sessions, beginning Thursday, January 21, 5:30-7:00 PM. An in-depth study of Paul's letter, one of the most important in the New Testament for understanding the Christian faith. Some homework required to benefit fully from this class. Led by Pastor Kathi.

Not Finished Yet

New small groups are forming in January, meeting twice a month to share and grow faith in the company of others on the same journey. Each meeting will include Bible study, prayer, and conversation. If you'd like to join one of these groups, contact Pastor Kathi. Groups are forming soon.

New Members' Class

Saturday, March 6, 9:00-3:00, led by Pastor Kathi. This is a one-day look at what it means to be a member of the United Methodist Church, and this church.