

# Edmonds United Methodist Church

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**Adult Spiritual Formation ♦ Small Group Ministry**

**Advocates for Justice Teams ♦ Care and Support Programs**



## EUMC Adult Programs Guide Spring Quarter 2024

Classes begin on April 22  
Register by April 17

[www.edmondsumc.org/asf](http://www.edmondsumc.org/asf)

## WELCOME

This Guide contains details on three important programs at EUMC: Adult Spiritual Formation; Small Group Ministry; and Social Justice Advocacy Teams. Creating communities of support and connection is a core value at EUMC. In our disconnected society we hunger for friendship, meaningful conversation, community service, and most of all a relationship with the divine that inspires us with meaning and connection to a deeper purpose.

Also included in this booklet is information on a personal one-on-one support program, called Stephen Ministry, and lastly, the information on the community AA and NA groups housed in our building.

We hope you will avail yourself of the many opportunities offered here at EUMC. You don't need to attend our church to participate in any of these groups or activities. Just sign up. If you have questions, you can call the church for more information, 425-778-2119

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## ADULT SPIRITUAL FORMATION

### CLASSES, BIBLE STUDY AND BOOK STUDIES

Welcome to Adult Spiritual Formation at Edmonds United Methodist Church for Spring 2024. We are pleased to offer in-person and online opportunities for learning, growing in faith, and deepening our relationships in this beloved community.

#### SPRING ADULT SPIRITUAL FORMATION

Registration for classes

Online registration opens on Friday April 5 – closes on Wednesday, April 17

In-person paper sign-up at church is Sundays April 7 & 14

All groups and classes begin the week of April 22 unless otherwise noted.

Spring term runs for 6 weeks unless otherwise noted.

Register online at [www.edmondsumc.org/asf](http://www.edmondsumc.org/asf) or call the office, 425-778-2119

## PARENTING FROM A PROGRESSIVE FAITH PERSPECTIVE

4 part once-a-month class. 3 classes remain: April 9, May 7, June 4 | 6:30-8:00pm  
In the Church Library | Babysitting is provided. You are still welcome to join.

What do you do when the parenting tools you learned from your church, or your parents no longer fit your religious and personal point of view? What does it mean to parent with a different belief system around God and Jesus? What can you hold onto as solid ground and guidance? Diana and Katy will share their experiences of letting go of old conservative parenting tools and the struggle to replace them with new ways to parent.

Facilitators:

Katy Araujo, PhD. & Diana Nielsen

This is a project of the Family Ministries Program. Contact Karin Johnson if you are interested in participating. [karinj@edmondsumc.org](mailto:karinj@edmondsumc.org)

## WOMEN'S BIBLE STUDY

Thursdays |10-11:30am | on Zoom

A friendly group of women have been meeting for many years to read the Bible, led by various people over time—currently by Rev. Dick Gibson. Join us as we read the minor prophets in the Old Testament. Jeanette Murphy is the class coordinator. Please join us via zoom. You will receive the link from Jeanette.

Teacher: Rev. Dick Gibson, [rkgibson38@gmail.com](mailto:rkgibson38@gmail.com)

[Click here to register](#)

## THE JOURNEYS OF PAUL

Four Tuesdays, April 30, May 7, 14,21 | 10:00am-12:00pm | on Zoom

Learn more about Paul as you travel with him on his "Missionary Journeys" as described in the book of Acts. Listen and read about his preaching, teaching, healing, and arrests, as we discuss the theology and geography of his travels.

Leader: Rev. Dick Gibson, [rkgibson38@gmail.com](mailto:rkgibson38@gmail.com)

[Click here to register](#)

## CARE GIVER SUPPORT GROUP

Date and time to be decided by group

Are you caring for a spouse, partner, parent, friend, or sibling?

Caring for another person is challenging. Stephen Ministry is creating a Caregivers Group for mutual support. We will meet every other week for six weeks in the church library to share our personal struggles, to address specific topics related to providing care, and to build personal relationships with other caregivers.

[Click here to register](#)

Contact: Tim Guirl [t.guirl@comcast.net](mailto:t.guirl@comcast.net)

Joan Hollowell [jrhollowell@comcast.net](mailto:jrhollowell@comcast.net)

## MAKE YOUR OWN FINGER LABYRINTH

Tuesday, April 30 | 1:00-2:30pm | Library

Labyrinths are an ancient meditative tool that has been used for centuries for prayer, meditation, and spiritual growth. Explore the history and uses of labyrinths and make one of your own.

Instructor: Loucinda White

[Click here to register](#)

## SACRED ART IN HISTORY PART II

Thursday, May 2 | 7:00-8:30pm | Chapel

Part II will continue the inspiring and informative class from the Awe and Wonder series last quarter. Jaime will show slides and discuss sacred art from ancient to modern periods that depict the Passion and Holy Week in the life of Jesus. Jaime is a retired Art History teacher who opens our eyes to things in art we never knew or saw before.

Instructor: Jaime Roberts

[Click here to register](#)

## SILK PAINTING WITH PASTOR DONNA

Saturday, May 18, 9:00am-12:30pm | Kennedy Hall

For many years now silk painting has been a much loved art form—and a spiritual practice—for Pastor Donna. She says: "Painting silk keeps me grounded and connected to God's creative Spirit in several ways." Come learn how she does it—the class will begin with a demonstration of painting silk stretched on frames. Then, try your hand at Shibori dyeing, a Japanese art form similar to tie-dyeing. Everyone registered will go home with their own one-of-a-kind silk scarf!

Materials Fee: \$20 per person

Instructor, Donna Pritchard

[Click here to register](#)

## SMALL GROUP MINISTRY

These small groups meet throughout the year and do not require registration. Just email the group coordinator and let them know you would like to join. They will follow up with any information you might need to get started. These groups are a great way to meet and make new friends in our church community.

**To join a small group, email the listed facilitator.**

### MEXICAN TRAIN DOMINOES GROUP

Wednesdays weekly - ongoing | 1:30-4:00pm | Church Library

Open to all ages for this fun social game group! We'll teach you if you don't know how to play. No registration necessary. Just come and join us.

Facilitator: Dolores Moore – 425-774-2275

## DINNER AND GAME NIGHT

Second Friday of each month | 5:30pm set up, 6:00-8:00pm | Wesley Room

Intergenerational fun. All ages welcome. Pizza will be provided or sign up for a potluck items—salads, side dishes, or desserts. Bring a favorite game or activity to share. You can also sign up to help with set-up.

If you forget to RSVP, don't have time to get a potluck item, are arriving late, come anyway!! We're happy to have you.

Sign up monthly through the weekly E-news Sign-up Genius link.

Coordinator: Karin Johnson [karinj@emondsumc.org](mailto:karinj@emondsumc.org)

## LIVING THE QUESTION - MONDAY NIGHT WOMEN'S BOOK GROUP

Mondays - ongoing | 7:00pm | Library

Our group is a book discussion group that explores a variety of non-fiction topics ranging from theology and history to psychology and contemporary politics. If you enjoy lively debate, please join us Monday nights—we always welcome new members. The book for Spring quarter is TBA.

Facilitators: Eva-Maria Barthel [siggifreud@hotmail.com](mailto:siggifreud@hotmail.com) Phone: 206-542-0180  
Barbara McGuire [babmcguire@comcast.net](mailto:babmcguire@comcast.net)

## CENTERING PRAYER PRACTICE

Wednesdays - ongoing | 12:00-1:30pm | Church Library and on Zoom

In our busy lives or in our isolation, we hunger for God's voice. As the desert mothers and fathers prayed, this weekly practice deepens and nourishes our relationship with God. Each week follows this framework: 20 minutes of contemplative prayer, 5 minutes walking meditation, 15 minutes to listen and respond to Scripture, 20 minutes of contemplation. If you are a beginner, we provide instruction and all written materials.

Facilitator: Siouxan Christian, [sioux-self@hotmail.com](mailto:sioux-self@hotmail.com)

## WOMEN GOLFING WITH GOD (WGWG)

Wednesday afternoons, TBD

If you're ready to get out and golf with other women in a non-competitive way, consider joining WGWG. Weather permitting we golf 9 holes on Wednesday afternoons, usually at the Lynnwood Golf Course. The group is welcoming to all levels of golfers, and we have three goals; have fun in the outdoors, support one another and focus on improving each year. Generally we begin when the weather suits us (April or May) and play until fall. It is not important that you join in each Wednesday, whatever fits your schedule.

Contact Mary Bohmke; [mbohmke@comcast.net](mailto:mbohmke@comcast.net) or 425-750-9026

## UNITED WOMEN IN FAITH

Meetings TBA

How do we bond and make friends? How do we do the work of the church? How do I find a

place to belong? The women (and those who identify as female) of United Women in Faith are meeting in person again and at new restaurant every month. Events are planned in Summer and in Fall. We are movers and shakers and reach out to the community by giving in-kind donations. We also share the profits from the Thrift Store with charities and church missions, volunteer to feed the homeless/low income, and plan a bazaar for November. We start up again in October. We are always looking to the future and invite you to join us and get weekly updates. Contact Gay to get the weekly updates and information on monthly meeting location.

Facilitator: Gay Johnson, [gajedmonds1325@yahoo.com](mailto:gajedmonds1325@yahoo.com)

## MOVIES WITH A MESSAGE

Second Saturday of the month | 3:00pm | Church Library

Everyone is welcome to attend our monthly FREE movie that will tug at your heart, and make you think about the concerns and rights of other people. The films are not all faith-based, but all will make you think about social topics and putting yourself in someone else's shoes. Important messages are all around. Join us for good fellowship and conversation. Updates on movie titles will be in the E-News.

Facilitator: Gay Johnson, [gajedmonds1325@yahoo.com](mailto:gajedmonds1325@yahoo.com)

## VOLUNTEER AT THE THRIFT SHOP—Make a Difference

Weekly - ongoing | Thursday, Friday, & Saturday | 10:00am to 2:00pm

We are looking for volunteers who want a place to belong and help others. Do you enjoy being with people? Do you like organizing and helping others find treasures? We have a wonderful thrift shop in the church, and it is open Thursday, Friday, and Saturday, from 10:00 am to 2:00 pm. Sometimes we pop in on Wednesday to set up for the shop days ahead. We are a fun group of people, and you never work alone. Training is provided. Sign up if you have a few hours to spare. Work one day a month or a few hours each week. Looking for social media savvy people as well. Visit us at the Thrift Shop, get a tour and find out if this might be the place for you.

Contact: Gay Johnson, [gajedmonds1325@yahoo.com](mailto:gajedmonds1325@yahoo.com)

## LIVING WELL WITH DISABILITIES

2<sup>nd</sup> & 4<sup>th</sup> Saturdays - ongoing through June | 10:00-11:30am | Church Library

We are an open, non-ablest, and non-judgmental group of individuals who share this journey in our bodies with chronic disabilities of all types—including hereditary, current, or developing; physical, emotional, and mental. We support each other through many types of services, referrals, and what has worked for each of us. You are welcome to join at any time. We explore new books, podcasts, and lively discussions.

Coordinator: Carol Hollyfield, [chollyfield@comcast.net](mailto:chollyfield@comcast.net)

## MEN'S SATURDAY DAWN PATROL

Saturdays weekly - ongoing | 7:30-9:00am | Church Library

We will continue our Bible/book study format with a great group of guys for lively discussions! We share our faith and discuss life's issues over coffee and treats. Join us!

Facilitator: Darryl Berg, [z1greatguy@hotmail.com](mailto:z1greatguy@hotmail.com)

## MONDAY MEN'S CHRISTCARE GROUP

Mondays – ongoing | 3:00-4:30pm | Room 302

The Monday Afternoon Men's ChristCare Group is an ongoing group on men with diverse points of view that selects a book of interest to the members for discussion. We are discussing *Wrestling with Doubt, Finding Faith*, by Adam Hamilton. New members welcome.

Facilitator: Bob Schroff, [rschroff@comcast.net](mailto:rschroff@comcast.net)

## RENOVARE GROUP

Mondays weekly - ongoing | 10:30am-12:00pm | Church Library and Zoom (Hybrid)

The Renovare Group (renovare means renewal and pronounced ren-oh-va-ray) is an ongoing group. We gather for spiritual growth, exploring questions on faith and discipleship. We pray with and for each other. We are currently reading *Reckless Love, Jesus' Call to Love Our Neighbor*, by Tom Berlin. You can join any week. We welcome all beginning seekers or those who have been on the journey longer.

Facilitator: Beth Lanie, [bethmtk@gmail.com](mailto:bethmtk@gmail.com)

# ADVOCATES FOR JUSTICE TEAMS

This is a gathering of church folks seeking advocacy for particular local, national, and worldwide issues of justice. Some issues have a team of people, some have one or two, some meet weekly, and others meet as needed. All issues are important as we discuss how our church and faithful people can advocate for love, justice, and forgiveness. Once a month we all meet together to share ideas. Bring your issue or join one of the teams below. **Contact the facilitator to join, registration is not necessary.**

## MONTHLY MEETING OF ALL ADVOCATES FOR JUSTICE

Second Saturday of the month | through June | 10:00-11:30am | Zoom

Facilitator: Rev. Dick Gibson, [rkgibson38@gmail.com](mailto:rkgibson38@gmail.com)

## EUMC ADVOCATES FOR JUSTICE – ENVIRONMENT

Fourth Thursday of the month | 1:00pm | Zoom

This group advocates for and with the EUMC congregation, as individuals and as a church, to reduce our carbon footprints and work for climate justice. We stress sustainability and ways to refuse, reduce, reuse, and recycle, striving to eliminate everything possible from our landfills.

Facilitator: Gayla Shoemake, [gaylashoemake@yahoo.com](mailto:gaylashoemake@yahoo.com)

## INTERFAITH CLIMATE ACTION (ICA)

Second Thursday of the month | 3:00pm | Zoom

ICA brings together people from diverse faith traditions to advocate for the moral imperative of creating a just and sustainable world.

Facilitator: Gayla Shoemake, [gaylashedoemake@yahoo.com](mailto:gaylashedoemake@yahoo.com)

### RACIAL JUSTICE TEAM

Thursdays weekly | 7:00-8:30pm | Zoom

The Racial Justice Team is an ongoing group that addresses both personal and systemic racism. We work to educate ourselves and those in our community, learning from People of Color. We act locally and legislatively in the spirit of love to counteract the racism that harms people in our community. You can join our meetings or contact us to collaborate.

Facilitator: Beth Lanie, [bethmtk@gmail.com](mailto:bethmtk@gmail.com)

### GUN SAFETY TEAM

The Gun Safety Team is an ongoing group that addresses the tragedy of gun violence in our communities. We seek to educate and take action locally and legislatively to reduce gun violence and promote gun safety and responsibility. We meet intermittently and work in partnership with the Washington State Alliance for Gun Responsibility.

Facilitators: Gayle Davis at: [gayledavis777@gmail.com](mailto:gayledavis777@gmail.com) or  
Paula Barnes at: [paulasimpsonbarnes@gmail.com](mailto:paulasimpsonbarnes@gmail.com)

## CARE AND SUPPORT

### STEPHEN MINISTRY

Stephen Ministers are lay congregation members trained to provide one-to-one care to those experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, or relocation. Stephen Ministers come from all walks of life, but they all share a passion for bringing Christ's love and care to people during a time of need.

Contacts: Joan Hollowell, [jrhollowell@comcast.net](mailto:jrhollowell@comcast.net) or  
Page Campbell, [mydrpage@gmail.com](mailto:mydrpage@gmail.com)

### COMMUNITY NA & AA GROUPS

EUMC supports recovery groups at our church. Anyone in the church or the community is welcome to join any of these groups. Just show up and you will be fully welcomed.

<b>NARCOTICS ANONYMOUS</b> - Straight Ahead NA Every Wednesday   7:30pm   Room 113	<b>ALCOHOLICS ANONYMOUS</b> - Daily Reflections AA Every Wednesday   9:00am   Room 302
<b>ALCOHOLICS ANONYMOUS</b> - Women's AA Every Wednesday   10:00am   Room 113	<b>ALCOHOLICS ANONYMOUS</b> - AA Every Friday   8:30am   Room 113