



**ALAMO HEIGHTS**  
UNITED METHODIST CHURCH

825 East Basse Road  
San Antonio, Texas 78209  
[www.ahumc.org](http://www.ahumc.org)

## **DISCIPLESHIP AND EDUCATION AT AHUMC**

*A Place of Belonging for All*

If our goal as disciples is to follow in the footsteps of Jesus, community is not optional. We come from relationship, and as followers of the Christ, we are called to relationships of ever-increasing acceptance, grace, and love.

In community, we share our sorrow and our joy, we give and receive encouragement, and we find support and direction. At AHUMC, we are drawn together in our common purpose to welcome all people, build community, share God's love, and serve the world. Whether through community meals and gatherings, courses and study groups, or worshiping or serving together, we recognize that we are connected. We need one another.

AHUMC is committed to offering a wide array of opportunities for the education, encouragement, and equipping of disciples. The number of studies and groups that are available to our community can even be a little overwhelming—so please let us help!

Below you will find a summary of the connectional and developmental opportunities AHUMC is offering this spring. If you have any questions, need further information, or would like help gathering resources for a study or meeting you would like to host, please let us know.

Peace,

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*Welcome all People. Build Community. Share God's Love. Serve the World.*



## FALL 2024 EVENTS

### **Basse Road 30<sup>th</sup> Anniversary**

Sunday, 11 a.m. in the Sanctuary

September 22, 2024

*Please join us on September 22, 2024 to celebrate 30 years of AHUMC on Basse Road. We will have one joint worship service at 11 a.m.—hosted by both the Modern and Sanctuary worship leaders. All former AHUMC pastors and their families have been invited to attend and our former Senior Pastor Rev. Dr. David J. McNitzky will provide the message. After the service, we hope you will stay for a special celebratory lunch in the CLC with former our pastors, their families, and other special guests. Lunch will available from Chefs Colin Bryant and Kaitlin Workman of Mission Bell. Visit [ahumc.org/30](http://ahumc.org/30) for more information.*

### **Harvest Festival**

Sunday, 4-6 p.m. in the AHUMC west parking lot

October 20, 2024

*Join us for an autumn afternoon of family fun. We will have games and activities for kids of all of ages—including bouncy houses, hayrides, and a petting zoo. Admission is free but you can help others by bringing a canned or non-perishable food item to help stock the AHUMC food pantry. All are welcome! Visit [ahumc.org/festival](http://ahumc.org/festival) for more information.*

### **Membership Sunday / Lunch with the Staff**

Sunday at 12:15 p.m. in the Christian Life Center (CLC)

October 27, 2024

Leaders: AHUMC Staff + Pastors

*If your home is your “first place,” and where you work is your “second place,” we want AHUMC to be your “third place.” Whether you are a new member, interested in joining the church, or just want to find out more about our community, we hope that you will join the pastors and staff for lunch and a time of introduction to AHUMC. Our pastors will lead this dialogue around the UMC and some specifics about our church and its ministries.*

*Children’s lunches will be available, and childcare is available by reservation.*

*Register at [ahumc.org/lunch](http://ahumc.org/lunch)*



## FALL 2024 COURSES

AHUMC offers a number of different staff-led courses throughout the week. All of our courses are available for free to anyone who is interested. The only exception being that a few of the courses do require the purchase of a book—and even that shouldn't be an obstacle to participation as scholarship assistance is available. We hope you will consider joining at least one of the courses listed below.

[Register at ahumc.org/learning](http://ahumc.org/learning)

### SUNDAY MORNING

#### **Common Space: A Sunday Morning Dialogue**

Sundays at 11 a.m. in W100-101 (the Seminar Room) | Resuming September 8, 2024

Leaders: Pastors Chris Estus, Reed McNitzky, and Darrell Smith

*Join us for a weekly dialogue and exploration of the biblical stories—both the ones you know and love and the ones that seem to confound and confuse. This is not a lecture or a book study. There is no homework or assigned reading. Through active and participatory conversation, we will get to know each other and learn together as we wrestle with the questions that exist on the tips of our tongues and in the depths of our hearts.*

### MONDAY AFTERNOON

#### **The Good and Beautiful Community**

Mondays at 12 p.m. | AHUMC Parlor | Zoom | Beginning September 9, 2024

Leaders: Jason Adams and Janet Weatherston

*Senior Pastor Jason Adams and Outreach Pastor Janet Weatherston invite you to participate in this dialogue on spiritual practices that root new, true narratives about God and the world in our souls. Using James Bryan Smith's book *The Good and Beautiful Community*, we will pursue authentic ways to live as a good and beautiful community of Christ-followers, shining the light of the Spirit into every relationship.*

*Lunch is available for purchase from Chefs Colin Bryant and Kaitlin Workman of Mission Bell.*



## TUESDAY MORNING

### **Matthew: The Gospel of Promised Blessings**

Tuesdays at 10 a.m. W100 (Seminar Room) | Zoom | Beginning: September 10, 2024

Leader: Pastor Donna Strieb

*The Gospel of Matthew portrays Jesus and his message as full of tender compassion and urgent warning. Pastor Donna Strieb will lead this exploration of an enigmatic Gospel takes readers into the themes, topics, and tensions at the heart of Matthew's story about the life and work of Jesus.*

*Using Matthew Skinner's new book, we will focus on blessing and comfort, judgment and retribution, the meaning of discipleship, Jesus' vision for the Church and world, conflicts and complaints, and how the Gospel of Matthew speaks to believers today.*

## TUESDAY EVENING

### **Women s Ministry: Choose Growth**

Tuesdays at 6 p.m. AHUMC Parlor | Beginning: September 24, 2024

Leaders: Priscilla MacDougall and Lynn Juel

*Life isn't a trek up a summit. It's more like a vast ocean, full of new opportunities for meaning and discovery but also danger and uncertainty. In this often-choppy surf, a pyramid is of little use. What we really need is something more flexible and functional: a sailboat. The trauma, loss, and uncertainty of our world have led many of us to ask life's big questions.*

- *Who are we?*
- *What is our higher purpose?*
- *How do we not live and thrive in the wake of tragedy, division, and challenges to our fundamental way of living?*

*Join leaders Rev. Priscilla MacDougall and Lynn Juel on this journey toward a new metaphor for the the transcendent experience of becoming "fully human". Using Kaufman and Feingold's Choose Growth workbook, we'll dialogue around such questions as*

- *Who is in our boat?*
- *Does our boat have holes?*
- *Are our connections high quality?*
- *What does being love mean anyway?" and "What is our legacy?"*



## WEDNESDAY AFTERNOON

### **Men's Ministry: Words of Life**

Wednesdays at 12 p.m. Parlor | Beginning: September 4, 2024

Leader: Johnny Boyd

*Nearly everyone has heard of the Ten Commandments. Jesus saw these commandments not as burdens, but as guideposts to help us experience a good and beautiful life. These ten ancient "words" were given to us by a loving God who longed to set safe boundaries, create order out of chaos, help communities live peacefully, and protect us—often from ourselves. In lives marked by workaholicism, materialism, and social media-driven envy, we have these time-tested markers that point to gratitude, confidence, and peace.*

*Join Johnny Boyd for this weekly lunchtime dialogue around Adam Hamilton's book Words of Life. Together, we will consider the commandments in their historical context, the meaning of each commandment in Hebrew, and how Jesus interpreted them.*

*Bring your lunch or purchase one in the Atrium from Chefs Colin Bryant and Kaitlin Workman of Mission Bell.*

### **The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth**

Wednesdays at 12 p.m. W105 | Beginning: September 4, 2024

Leader: Mary Lou Russell

*Join Mary Lou Russell for this weekly dialogue around the Enneagram—an ancient model of interrelated personality types.*

*Most of us spend a lifetime trying to figure out who we are and how we relate to others and God. Lies about who we think we are keep us trapped in loops of self-defeat, but the Enneagram is here to help. Far more than a personality test, the Enneagram reveals nine ways we get lost, as well as nine ways we find our way home to our true self and to God. Whether you are an enthusiast or simply Enneagram-curious, we will work together to:*

- *Understand the "why" behind our type*
- *Move beyond caricatures and stereotypes*
- *Identify and find freedom from self-destructive patterns*
- *Learn how to work with our type toward spiritual growth*
- *Awaken our unique gifts to serve today's broken world*

*Bring your lunch or purchase one in the Atrium from Chefs Colin Bryant and Kaitlin Workman of Mission Bell.*



## **WEDNESDAY EVENING**

*For each of our Wednesday evening courses, childcare is available by reservation.*

### **Community Yoga: Flow & Restore**

Wednesdays at 6 p.m. CLC (Christian Life Center) | Beginning: September 4, 2024

Leader: Dave Williams

*Whether you have practiced yoga for years or are looking to try something new, join us for this free weekly hour with Yoga Alliance-licensed instructor, Dave Williams.*

*Beginning September 4, we will meet for 7 weeks of warm-up, restorative flow, and cool down in the CLC at AHUMC. The space is carpeted so please feel free to bring your own mat or towel and a water bottle.*

### **Making Your Grief Count: Bereavement Support Group**

Wednesdays at 6 p.m. S107 | Beginning: September 11, 2024

Leader: Heather Welchar, LCSW, M.Div., BCC

*Porter Loring Mortuaries and AHUMC would like to invite you to join us in an eight-week program for those who are grieving the loss of a loved one. This program is designed to create a safe place to:*

- *Embrace your grief and learn to bear it*
- *Discover how your loved one can live on into your life story*
- *Strengthen your characteristics of resilience*
- *Plan for how you will continue to heal and live a meaningful life*

### **Parenting: Creating Sacred Moments at Home**

Wednesdays at 6:30 p.m. W210 / 211 | Beginning: September 4, 2024

Leader: Kathey Adams

*In a culture that has become isolating, technological, fractious, and cold, we need help staying close to what is sacred, meaningful, intimate, and alive. Using Traci Smith's book *Faithful Families: Creating Sacred Moments at Home*, we will discover practices that will not only nurture the souls of our children, but help to keep us all grounded in facing the chaotic forces of 21<sup>st</sup> century family life. Join AHUMC Youth Director Kathey Adams for this eight-week journey toward transforming your family's everyday moments into sacred moments.*

*This course is offered for parents simultaneous to the weekly Youth Group gathering.*



## SUPPORT GROUPS

We all face difficult times in life, but we don't have to face them alone. From grief and addiction to parenting and divorce, AHUMC is committed to hosting supportive and loving groups that come alongside each of us in seasons of suffering, pain, and helplessness.

### **Alzheimer's Care**

Leader: Jim Beach | Thursdays, 10:30 a.m. | S107 & W100 / 101

*The Alzheimer's Association is sponsoring in-person sessions for caregivers who are caring for someone in the early stages of the Alzheimer's disease as well as individuals with the disease. There are separate meetings with trained facilitators for caregivers and individuals with the disease. For more information, please call the Alzheimer's Association at 210-822-6449*

### **Forever Loved Grief Support**

Leader: Molly O'Phelan | Tuesdays, 7-8:30 p.m. | S107

*A very special group for parents who have lost a child of any age (child or adult). Facilitated by Porter Loring Bereavement Coordinator Molly O'Phelan PhD, RN, LMFT, this open group welcomes any parent seeking support through this tender and powerful time. For more information, call 210-227-8221.*

### **Grief Support Group for Men**

Leader: Molly O'Phelan | Mondays, 1-2:30 p.m. | Room W100/101

*Facilitated by Porter Loring Bereavement Coordinator Molly O'Phelan PhD, RN, LMFT, this group of men 65 and older, invite you to join them for support and fellowship as you grieve the loss of your wife. This ongoing group will focus on the different characteristics grieving men share, including, coping with loneliness. It is a place to honor your wife while moving towards a renewed and meaningful life. For more information, call 210-227-8221.*

### **Grief Support Group for Women**

Leader: Molly O'Phelan | Mondays, 10-11:30 a.m. | Room W100/101

*Facilitated by Porter Loring Bereavement Coordinator Molly O'Phelan PhD, RN, LMFT, this group is open to women 60 and older who have lost a husband and would like to join with other women in a journey of sharing, comfort and healing. "Women in Grief" will provide you a safe place to explore the roots of your grief, learn ways to express and cope with it, and move on to a more refreshed and renewed life when you are ready. For more information, call 210-227-8221.*



## **SUPPORT GROUPS** *(cont.)*

### **National Alliance for Mental Illness**

Leaders: Ed and Jackie Dickey | 3rd Thursdays, 9 a.m. and 7 p.m. | W105

*This group is for those who are dealing with loved ones with mental illness. Members learn how to advocate for those with mental illness as well as to care for themselves. No cost.*

*For 9 a.m. ZOOM information and questions, call 210-602-2483.*

### **YOPD Support Group**

Leader: Diane Renz | 3rd Saturdays, 10 a.m. | W100/101

*Young Onset Parkinson's Disease occurs in people age 50 or younger and affects less than ten percent of the one million people with Parkinson's in the U.S. Our group meets the third Saturday of each month in room W100/101. Guest speakers are invited to share information about how to live healthier and more active lives on our journey with Parkinson's. If you are interested in learning more, please join us.*

### **Single Friends Group**

Leader: Marilyn Ploch | Sundays, 11 a.m. | Room W104

*Each Sunday's gathering features something different. We are delighted to welcome guest speakers and lecturers on a variety of subjects-including health, ancestry, spirituality, and even the Alamo. Outside of Sunday morning, we plan trips, go to plays and musicals, and gather for good meals. Please join us.*

## **RECOVERY GROUPS**

### **Alcoholics Anonymous (AA)**

AA 12-Step Study | Tuesdays, 7 p.m. | Room W100/101

AA Women's Big Book Group | Wednesdays, 6:30 p.m. | Room W100/101

AA Men's Big Book Group | Wednesdays, 6:30 p.m. | Room 104

*Various groups meet at AHUMC to help those seeking sobriety and recovery from alcohol addiction.*

### **Adult Children of Alcoholic/Dysfunctional Families**

Thursdays, 6:30 p.m. | Room W104

*This weekly meeting is for the adult children of an alcoholic parent or a dysfunctional family.*

### **Debtors Anonymous**

Sundays, 5 p.m. | ZOOM

*Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others.*





## **RECOVERY GROUPS** *(cont.)*

### **Pioneer Recovery Community**

Fridays, 7:15 p.m. in W100 (the Seminar Room) | Zoom

*The Pioneer Group a fellowship of men and women in or interested in 12-Step Recovery. The format is an open discussion and study of the Bible and Recovery literature. The group also meets Tuesday nights at 7:15 p.m. at Haven for Hope. Both meetings are open to all.*

### **Recovery International Mental Health Self-Help**

Tuesdays, 10 a.m. | Zoom

*Helping people learn to identify and manage negative thoughts, feelings, beliefs, and behaviors that can lead to emotional distress and related physical symptoms. For ZOOM information, please e-mail [cestus@ahumc.org](mailto:cestus@ahumc.org)*

### **Sexaholics Anonymous (SA)**

SA Group 1 | Mondays, 12 p.m. | Room W105

SA Group 2 | Wednesdays, 6:30 p.m. | Room W105

SA Group 3 | Thursdays, 12 p.m. | Room W105

SA Group 4 | Fridays, 12 p.m. | Room W105

SA Group 5 | Fridays, 7 p.m. | Room W105

*Sexaholics Anonymous is a fellowship of men and women who share their experience, strength and hope to solve their common problem and help others to recover from their addiction to lust, pornography and sexual acting out.*

### **Sex and Love Addicts Anonymous**

Tuesdays, 6:30 p.m. | Room W105

*This group is open to anyone seeking sobriety and recovery from sex and love addiction.*



## STUDY GROUPS

### **Thirsty Girls**

Leader: Martha Krenz, Barbara Steed | Wednesdays 9:30-11:30 a.m. | Room W105

*A vibrant group of women who actively integrate faith into their daily lives. Study from Bible and various books.*

### **Men's Bible Study**

Leaders: Rev. Calvin Reynolds, Jim Summit | Thursdays 10 a.m. | Room W104

*This group was formed in 1982 to offer men an opportunity for Bible study and fellowship in an informal setting. Each session begins with a brief time of sharing and prayer followed by in-depth study and discussion. This study is available both in-person and via ZOOM.*

### **Sisters in Spirit**

Leader: Suzi Brysacz | Thursdays 9:30-11:30 a.m. | Room E223

*A scripture-based Bible study for women in their 40's - 60's.*

## SUNDAY SCHOOL CLASSES

*9:30 a.m. each Sunday at AHUMC*

AHUMC's Sunday School classes vary by interest and life stage. What they all share, however, is offering a place for us to learn, grow, and journey together as a community. All adult Sunday School classes at AHUMC begin at 9:45 a.m.

### **Heart & Mind**

Leader: Rev. Bob Price | 9:30 a.m. | Room E223

*This class will explore the contextual depths of the scripture in pursuit of deeper meaning and clearer understanding. If you have ever wanted to ask those tough questions about the Bible, this class is a great opportunity to do just that. Rev. Price is a talented teacher and a gift to our community. We are thrilled to offer his teaching to our community.*

### **Koinonia**

Leader: Valerie Slade | 9:30 a.m. | Room W105

*We generally study the scriptures and inspirational books centered around biblical principles. We support each other through life issues such as dealing with young adult children and aging parents. Our class engages in group discussions and no preparation is needed prior to coming to class. Just be who you are!*



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## **SUNDAY SCHOOL CLASSES** *(cont.)* *9:30 a.m. each Sunday at AHUMC*

### **New Covenant**

Leader: Dale Clark | 9:30 a.m. | Room E126

*This class does short term studies that center around the Bible as it relates to contemporary issues, developing relationships and developing families. We are made up of couples with children ranging from junior high to young adults. Participant age range is 45+.*

### **Adult Seminar**

Leaders: Darryl Richards | 9:30 a.m. | Room E224

*Looking for something different? This small group of mainly senior adults enjoys free discussion on subjects of a contemporary nature with the purpose of facilitating their Christian faith and its daily expression.*

### **Seekers**

Leaders: Carolyn Lay and Jim Kleypas | 9:30 a.m. | Room W100/101

*This class seeks spiritual truth and life-application biblical wisdom utilizing Bible Study material for both the Old and New Testaments as well as Studies written by various contemporary Christian authors. We also emphasize Christian Fellowship as well as Service Projects and Outreach. Participant age range is typically 60+.*



*Welcome all People. Build Community. Share God's Love. Serve the World.*