



**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,

Rev. Dr. Darrell Smith  
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*Welcome all People. Build Community. Share God's Love. Serve the World.*



## WINTER/SPRING 2025 EVENTS

### **Chili Cook-Off & Cornhole Tournament**

Sunday, 12 p.m. in the Christian Life Center (CLC)

January 19, 2025

*Join us for our third annual Chili Cook-Off & Cornhole Tournament hosted by our Youth Ministry! The cook-off will be a great event for the family, with something fun for everyone. There's space to participate in the cook-off competition, cornhole tournament, or just the tasting! Competition participants must register by 1/15! Visit [ahumc.org/chili](http://ahumc.org/chili) for more information.*

### **Nerf & Nachos**

Sunday, 6-8 p.m. in the AHUMC west parking lot

January 24, 2025

*Bring your Nerf guns, safety goggles, and camo, and join us for Nerf and Nachos—a fun, FREE event sponsored by our Children's, Youth, and Music ministries. This event will be in the Christian Life Center (CLC) from 6 to 8 p.m. All 2nd to 5th graders can participate. Youth helpers will be present to help run the event. We will provide the Nerf darts and have extra Nerf guns and safety goggles. Nachos will be on the menu for dinner. Register at [ahumc.org/nerf](http://ahumc.org/nerf)*

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

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

February 23, 2025

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)*



## WINTER/SPRING 2025 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 9:30 a.m. Sunday Morning Dialogue**

Sundays at 9:30 a.m. in the Garden Chapel | Beginning January 26, 2025

Leaders: Pastors Chris Estus and Darrell Smith

*Join us in the Garden Chapel at 9:30 a.m. 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.*

#### **Common Space: An 11 a.m. Sunday Morning Dialogue**

Sundays at 11 a.m. in W100-101 (the Seminar Room) | Resuming January 12, 2025

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

*Join us in the Seminar Room at 11 a.m. 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 You***

Mondays at 12 p.m. | AHUMC Parlor | Zoom | Beginning January 27, 2025

Leaders: Jason Adams and Janet Weatherston

*The Christian faith is not only about belief and practices, it is also about the kind of people that we become. Yet some of the biggest barriers to our transformation come from our toxic self-narratives. These narratives shape the way we see ourselves and the way we interact in the world. God designed us with a deep longing in our souls to be wanted, loved, alive, and connected to God. Healing our souls requires more than knowing what God thinks about us. Our healing comes not through reason alone, but through revelation.*

*Using James Bryan Smith's book *The Good and Beautiful You*, Senior Pastor Jason Adams and Outreach Pastor Janet Weatherston we will guide this dialogue that addresses the self-narratives that hinder spiritual growth and the desires of the soul that only God can satisfy.*

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

## TUESDAY MORNING

### ***John: A Beginner's Guide to the Way, the Truth, and the Life***

Tuesdays at 10 a.m. W100 (Seminar Room) | Zoom | Beginning: January 14, 2025

Leader: Pastor Donna Strieb

*John's Gospel offers reader a new language—of being born anew, of living water, of wind and spirit, of the "I Am"—that enhances how we understand the divine, how we experience the world, and how we participate in the mystery of faith. Pastor Donna Strieb will lead this exploration of the world of the Gospel of John by unpacking the stories in their original context, along with examining how the text is read today.*



## TUESDAY EVENING

### **Women's Ministry: The New Happy**

Tuesdays at 6 p.m. AHUMC Parlor | Beginning: January 21, 2025

Leader: Priscilla MacDougall

*We all want to be happy, but happiness always seems to be out of reach. It's not your fault if you are unhappy. You have been told three lies: you're not good enough; you need to achieve fame, wealth, and power; and you need to do it all on your own. This is Old Happy, our society's false definition of happiness, and it's making us miserable.*

*Join Rev. Priscilla MacDougall for this journey toward truth: you are enough, you have unique and important gifts, and using them to help other people leads to your happiness.*

## WEDNESDAY AFTERNOON

### **Men's Ministry: The Scandal of the Kingdom**

Wednesdays at 12 p.m. Parlor | Beginning: January 22, 2025

Leader: Johnny Boyd

*The teachings of Jesus recorded in the Bible include subversive messages embedded within seemingly simple stories, urging us to break free from the grip of worldly values and embrace something much more life-giving.*

*Join Johnny Boyd for this weekly lunchtime dialogue around Dallas Willard's book *The Scandal of the Kingdom*. We will follow along together as Willard illuminates the timeless wisdom contained within each parable, revealing their profound relevance to contemporary life.*

*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.*

### **Vintage Saints and Sinners: A Podcast Course**

Wednesdays at 5:30 p.m. AHUMC Parlor | Beginning: January 22, 2025

Leader: Pastor Reed McNitzky

*Have you ever felt frustrated, overwhelmed, or confused by the invitation to “live a holy life” in the context of your own life? Have you ever wondered what Christianity has to do with your to-do lists, responsibilities, and daily routines?*

*Join Pastor Reed McNitzky on Wednesday evenings as we discuss the complicated and consecrated legacies of people recognized by the Church as saintly figures. By looking to them and learning from these people, we discover how God is working in us right now, as we are.*

*We will use the Vintage Saints & Sinners podcast as the main basis for dialogue, but the book Vintage Saints and Sinners by Karen Wright Marsh can be purchased as an additional resource.*

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

Wednesdays at 6 p.m. CLC (Christian Life Center) | Beginning: January 29, 2025

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 January 29, we will meet for 6 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.*



## 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.*

### **Fun Fridays for Folks**

Leader: Mary Lou Russell | Fridays, 1:30-3 p.m. | Room W213

*Mary Lou Russell hosts this group of adults seeking fun and fellowship in the "Young at Heart" wing (aka the Youth Wing) on Fridays at 1:30 p.m. Join us for ping pong, foosball, billiards, tiny basketball, and dominoes. No previous experience necessary—just a willingness to have fun. For more information, e-mail [russell.marylou@gmail.com](mailto:russell.marylou@gmail.com).*

### **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.*



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

### **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.*

### **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 | 4th 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 typically meets on the fourth 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.*

## **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.*