



ALAMO HEIGHTS
UNITED METHODIST CHURCH

825 East Basse Road
San Antonio, Texas 78209
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 2025 EVENTS

AHUMC Music Concert Series

visit ahumc.org/concert for an up-to-date schedule

We believe music is a gift of God for all people. Accordingly, AHUMC Music is dedicated to creating spaces for music and experiences of the arts. Each year we feature outside musicians and vocalists as well as our amazing staff in regular Concert Series installments. The AHUMC Concert Series is always free and usually happens on Mondays or Tuesdays in the Garden Chapel. For more information, visit ahumc.org/concert

Membership Sunday / Lunch with the Staff

12:15 p.m. Sunday, September 7th in the Christian Life Center (CLC)

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

AHUMC Kids Harvest Festival

4-6 p.m. Sunday, October 19th in the AHUMC west parking lot

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 for more information.



FALL 2025 COURSES

AHUMC offers a number of different staff-led courses throughout the week. Most of our courses are available for free to anyone who is interested. A few of the courses do require the purchase of a book, but 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

SUNDAYS

Common Space: A 9:30 a.m. Sunday Morning Dialogue

Sundays at 9:30 a.m. | S107 (the Handbell Room) | Resuming September 7, 2025

Leaders: Pastors Chris Estus and Darrell Smith

Join us in S107 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. | W100-101 (the Seminar Room) | Resuming September 7, 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.



SUNDAYS

Seasons Greetings: Christmas Letters From Those Who Were There

Sundays at 4 p.m. | E223 (the Map Room) | Zoom | Beginning October 26, 2025

Leader: Pastor Janet Weatherston

Join Pastor Janet Weatherston for this journey of rediscovery as we explore the beloved Christmas story through the words of those who were there. From King Herod to the Magi, the Innkeeper, the midwife—and even Jesus himself—hear the dramatic stories of the Bible characters forever changed by the birth that took place so long ago. Whether you love Christmas or doubt the reason for the season, Season's Greetings has a perspective for you. Come hear with new ears the transformational story that changes everything.

TUESDAYS

Moses: In The Footsteps of a Reluctant Prophet

Tuesdays at 10 a.m. | W100-101 (the Semindar Room) | Beginning: September 2, 2025

Leader: Pastor Donna Strieb

Turn your own reluctance into boldness as you examine the significant challenges facing Moses and how God shaped his character and life in powerful ways. Join pastor Donna Strieb as we explore the sites of Moses' story. Using Adam Hamilton's book, we will utilize historical information, archaeological data, and biblical text to follow in the footsteps of this reluctant prophet who grew in his relationship with God.

Men's Ministry:

Tuesdays at 12 p.m. | Parlor | Beginning: September 2, 2025

Leader: Johnny Boyd

This group was formed to offer men a regular opportunity for Bible study and fellowship. Each semester we choose a different book to study and discuss together. Join Johnny Boyd for this weekly lunchtime dialogue. Bring your lunch or purchase one in the Atrium from Mission Bell.

Women's Ministry:

Tuesdays at 6 p.m. | AHUMC Parlor | Beginning: September 9, 2025

Leader: Rev. Priscilla MacDougall

This group was formed to offer women an opportunity for Bible study and community in an informal setting. Each semester we choose a different book to study and discuss together. Join Rev. Priscilla MacDougall in this safe space and ongoing dialogue.



WEDNESDAYS

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

THE Ologies: A Study on God Stuff

Wednesdays at 12 p.m. AHUMC Parlor | Beginning: August 13, 2025

Leaders: Pastors Jason Adams and Reed McNitzky

If you have ever wondered about God, the cosmos, or Christian thought, then join us this fall for this ten-week exploration of some of the basic ideas within our Christian tradition. Each Wednesday at lunch, Senior Pastor Jason Adams and Modern Worship Pastor Reed McNitzky will lead a companion course that unpacks their Sunday sermon topic in more detail and offers a space for questions and dialogue. Lunch will be available for purchase from Mission Bell.

Financial Peace University

Wednesdays at 6 p.m. | S107 (the Handbell Room) | Beginning: September 3, 2025

Leader: Renee Kizziar

If you've ever felt like you just can't get in control of your money, you're not alone. You might even be surprised by how many people are struggling just like you. Take control of your money with Financial Peace University. This nine-week study uses biblical wisdom and common sense to help you tackle budgeting, pay off debt, and make your money work for you! Purchasing access to FPU directly through their site costs \$150 per person.

AHUMC is able to offer this study for the discounted price of \$55 per registrant.

Community Yoga: Flow & Restore

Wednesdays at 6 p.m. | CLC (Christian Life Center) | Beginning: September 10, 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 September 10, we will meet for beginner-friendly yoga 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: Ryan McGuire | 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 | 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, 7:30 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

ACADF Women's Group | Wednesdays, 6:30 p.m. | W103

ACADF Small Study Group | Thursdays, 5:15 p.m. | S107

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

These weekly meetings are for the adult children of an alcoholic parent or a dysfunctional family.

Co-Dependents Anonymous

Mondays, 6 p.m. | W104

Co-Dependents Anonymous is a fellowship of people who come together around their shared desire for healthy and loving relationships.



RECOVERY GROUPS *(cont.)*

Debtors Anonymous

Sundays, 5 p.m. on Zoom

Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others. For ZOOM information, please e-mail cestus@ahumc.org

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

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.

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+.



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