



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,

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



SPRING 2026 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

AHUMC Youth Midwinter Retreat

February 13th—15th at Camp Chrysalis in Kerrville, Texas

Can you see him? Do you spot him in the crowd? Is Jesus in the games? Food? Ropes course? Students? Worship? Cabins? Come to Winter Camp 2026 and help us look for Jesus. This winter camp is for current 6th through 12th graders and their youth leaders. Register at ahumc.org/youthevents

AHUMC Kids Palm Processional and Egg Hunt

12:15 p.m. Sunday, March 29th on the AHUMC terrace lawn

Join us in worship on Palm Sunday as kids are invited to be a part of the palm processional through the sanctuary and CLC. Following worship, children from ages 1—10 can take part in an Easter egg hunt on the atrium terrace lawn. We will have activities for kids of all of ages and lunch will be available for purchase from Mission Bell. All are welcome! Visit ahumc.org/kids for more information.



SPRING 2026 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. Some 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 January 18, 2026

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.

Spiritual But Not Anxious

Sundays at 11 a.m. | W100-101 (the Seminar Room) | Beginning January 18, 2026

Leaders: Pastors Chris Estus and Darrell Smith

There is a reason that the phrase "spiritual but not religious" exists. Now more than ever, people are finding it difficult to reconcile their experiences or worldviews with the anxiety that organized religion too often creates. Religion should be the counter to anxiety—not its cause. Join us for this weekly dialogue as we trace the root causes of our most basic religious anxieties and learn to imagine a better way.



SUNDAYS

Entry Point: A Sunday Morning Gathering

Sundays at 11 a.m. | AHUM Parlor | Beginning January 18, 2026

Leaders: Randy Boggs, John Burnam, and Rev. Reed McNitzky

Join us for this weekly gathering of connection and conversation. Whether you are new to AHUMC and looking to connect or you are a regular attendee looking to go deeper, this weekly gathering can be your point of entry. Each week, we gather in the parlor following the Modern Worship Service to share stories, ask questions, and dialogue together.

TUESDAYS

Why Did Jesus Have to Die?: The Meaning of the Crucifixion

Tuesdays at 10 a.m. | W100-101 (the Semindar Room) | Beginning: January 20, 2026

Leader: Pastor Donna Strieb

Despite the crucifixion's central place in Christian faith, the New Testament offers few clear answers about how Jesus' death saves, or why, exactly, he had to die. Join pastor Donna Strieb as we explore Adam Hamilton's book and learn if we've been asking the wrong question. What if the cross isn't a transaction to be explained, but a living Word from God meant to transform who we are and how we live?

Women's Ministry:

Tuesdays at 6 p.m. | AHUMC Parlor | Beginning: September 16, 2025

Leader: Rev. Priscilla MacDougall

This group was formed to offer women an opportunity for personal growth and communal study 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.

Men's Ministry: Making Sense of the Bible

Wednesdays at 12 p.m. | Parlor | Beginning: January 21, 2026

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. This Spring we will study **Making Sense of the Bible** by Adam Hamilton. Join Johnny Boyd for this weekly lunchtime dialogue. Bring your lunch or purchase one in the Atrium from Mission Bell.*

Disciple Bible Study: An Introduction to the Old Testament

Wednesdays at 10 a.m. | W100-101 (the Seminar Room) | Beginning: January 21, 2026

Leaders: Pastors Jason Adams and Janet Weatherston

Join Senior Pastor Jason Adams and Mission and Outreach Pastor Janet Weatherston and gain a deeper understanding of the Hebrew Bible. Explore the Old Testament's story of God and God's calling of the people of Israel through the many "voices" of the biblical text. Hear the magnificence of a Creation hymn, discover the law and wisdom teachings, listen to the warning of the prophets and explore the poetry of the Song of Solomon. Lunch will be available for purchase from Mission Bell.

Financial Peace University

Wednesdays at 6 p.m. | E223 (the Map Room) | Beginning: January 21, 2026

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.



WEDNESDAYS

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

Community Yoga: Flow & Restore

Wednesdays at 6 p.m. | CLC (Christian Life Center) | Beginning: January 21, 2026

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 21, 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.

Making Your Grief Count

Wednesdays at 6 p.m. | S107 (the Handbell Room) | Beginning: January 14, 2026

Leader: Cindy Suarez, LPC

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.



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

ACADF | Fridays, 12 p.m. | S107

Weekly meetings 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

Eating Disorders Anonymous

Sundays, 5 p.m. | Room W105

EDA is a Twelve-Step fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders.

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.

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, 12:30 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.

Open Table Fellowship

Leader: Jordan Bryant | Tuesdays 6:30 p.m. | Room W103

Open Table Fellowship is for LGBTQIA+ persons and allies. We look forward to meeting you and walking with you in your faith journey. We are all in different seasons of life with different spiritual needs. For our siblings in Christ who are lesbian, gay, bi-sexual, transgender, and queer, we want our church to be a safe place for you to find joy, community, worship, and grow in your faith as part of the AHUMC family. Join us as we dialogue, listen, and learn together.

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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