



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 fall. 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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FALL 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

Explore AHUMC

12:15 p.m. Sunday, September 29th in the Parlor (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 hospitality team will lead this dialogue and tour around the campus to introduce some specifics about our church and its ministries. Children's lunches will be available, and childcare is available by reservation.

Register at ahumc.org/join

Grow Together Sundays

Campaign Launch - September 13th - all services

Commitment Sunday - October 4th - all services - AHUMC Kids + AHUMC Youth parade

Celebration Sunday - November 1st - 10:30 a.m. joint service | 12 p.m. lunch + carnival

AHUMC is launching the Grow Together campaign to enhance our campus as part of our calling to be a Christian community of love, hope, and belonging for all. We hope you will join us for the festivities throughout the fall. For a complete list of events or to learn more about the campaign, visit ahumc.org/grow

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FALL 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

A ROHRing Dialogue: Breathing Underwater & Falling Upward

Sundays at 9:30 a.m. | S107 (the Handbell Room) | Beginning September 13, 2026

Leaders: Pastors Chris Estus and Darrell Smith

Join pastors Chris Estus and Darrell Smith for this weekly dialogue built around the writing of Franciscan Priest Father Richard Rohr. We'll spend the fall semester in "Breathing Underwater" exploring the wisdom of Christian spirituality and the lived practice of the Twelve Steps. In the Spring, we will discuss "Falling Upward" and spiritual maturity as we begin to pay attention and seek integrity through a shift from the outer task to the "inner task."

Common Space: A Sunday Morning Dialogue

Sundays at 11 a.m. | W100-101 (the Seminar Room) | Beginning August 16, 2026

Leaders: Pastors Chris Estus and Darrell Smith

Join us in W100 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

Entry Point: A Sunday Morning Gathering

Sundays at 11 a.m. | AHUM Parlor | Beginning September 13, 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

The Holy Spirit: God's Presence and Power at Work in Us

Tuesdays at 10 a.m. | W100-101 (the Seminar Room) | Beginning: September 8, 2026

Leader: Pastor Donna Strieb

The Holy Spirit is God's active presence and power at work in the world and in our lives. Through the Spirit, we are transformed, led, empowered, and guided in our faith journey. Jesus promised his followers that the Spirit would come alongside them as comforter and counselor, empowering them to transform the world. Join pastor Donna Strieb as we explore what Scripture teaches about God's Spirit—from the Hebrew Bible through Jesus' promises in the Gospels, the powerful Pentecost experience in Acts, and the rich teachings found in the New Testament letters.

Women's Ministry: The Secret Life of Deep Connection & Purpose

Tuesdays at 6 p.m. | W104 | Beginning: September 15, 2026

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: Don't Give the Enemy a Seat at Your Table

Wednesdays at 12 p.m. | Parlor | Beginning: September 9, 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 Don't Give the Enemy a Seat at Your Table by Louie Giglio. Join Johnny Boyd for this weekly lunchtime dialogue.

Disciple Bible Study: An Introduction to the New Testament

Wednesdays at 10 a.m. | W100-101 (the Seminar Room) | Beginning: Sept. 9, 2026

Leaders: Pastors Jason Adams and Janet Weatherston

Join Senior Pastor Jason Adams and Mission and Outreach Pastor Janet Weatherston to gain a deeper understanding of the New Testament. Together we will find a deeper conversation with the writers of the New Testament as we explore the story of Jesus and the early church.

Steal Like an Artist: Discover Your Creative Spirit

Wednesdays at 5 p.m. | Parlor | Beginning: September 2, 2026

Leader: Cristian Ortiz

Join AHUMC Communications Associate Director Cristian Ortiz for this dialogue around ten transformative principles that will help you discover your artistic side and build a more creative life. Together, we will learn to embrace influence, school ourselves through the work of others, and follow our interests wherever they take us. We will find the space to be wild and daring and forget the old cliché about doing what we know. Instead, we can write the book we want to read, create the art we want to behold, or make the movie we want to watch.



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: September 2, 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 September 2, 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: September 9, 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.

Community Pilates: Mats & Yaps

Wednesdays at 6 p.m. | CLC (Christian Life Center) | Beginning: October 14, 2026

Leader: Nancy McElreath

Whether you have practiced Pilates for years, are looking to try something new, or are just looking for a workout with new people, join us for this free weekly hour with Club Pilates instructor, Nancy McElreath. Beginning October 14, we will meet for beginner-friendly Pilates in the CLC at AHUMC. The space is carpeted so please bring your own mat.



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. | W202-204

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 Primary 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 Sponsor Group | Thursdays, 5:30 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.

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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.

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

Line Dancing

Leader: Eloy Ramirez | Mondays, 2 p.m. | Room W202-204

Come learn a variety of easy moves with this informal group of enthusiasts. From Country, Waltz, and Latin, to the Electric Slide, this group is fun and FREE. All are welcome!

Open Table Fellowship

Leader: Jordan Bryant | Tuesdays, 6:30 p.m. | Room E223

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.

Thirsty Girls

Leader: Martha Krenz, Barbara Steed | Wednesdays, 9:30-11:30 a.m. | Room S107

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

Enneagram Group: The Path Between Us

Leader: Mary Lou Russell | Wednesdays, 12 p.m. | Room W105

A weekly dialogue around the Enneagram personality types and relationships.

Men's Bible Study

Leaders: Rev. Calvin Reynolds, Jack Maguire | 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 (cont.)

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!

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+.

