Adult Spiritual Formation

Winter 2021
Registration for classes and groups will begin on Sunday, January 31 at www.edmondsumc.org/asf. The registration process will close on Sunday, February 14.

All groups and classes begin the week of February 21, unless otherwise noted.
Dear Friends,

We are excited for our Adult Spiritual Formation Winter Semester! Due to the pandemic, we will continue our classes, small groups, and advocacy teams online via Zoom. This semester, Pastors Jenny, Colin, and Dick will offer classes covering a range of topics that will help us contextualize scripture as it relates to our lives in a contemporary world. Our small groups will continue with the exciting addition of a small group that will focus on a book discussion of *How to Be Antiracist* by Ibram X. Kendi. In a time of renewed focus on the challenges that face us as a society, our advocacy teams continue to create pathways for education, civic engagement, and transformation.

As we have experimented with virtual community via Zoom over the last year, we have found that beloved community exists wherever two or three are gathered. If you are curious and eager to explore an aspect of your faith life together, we encourage you to join a class, small group, or advocacy team. And if you have any questions, email Pastor Ann (annj@edmondsumc.org).

Blessings on your winter! May Love continuously unfold towards you.

With gratitude and joy,
Pastors Jenny and Ann

NOTE: The ASF Winter Semester will run from February 21 to April 10.

Updates will be added to our online booklet at [www.edmondsumc.org/asf](http://www.edmondsumc.org/asf).
**CLASSES**

**Palms Up Path**  
**Sundays starting February 21, Self-paced with a half day retreat in the fifth week**

Looking for a new way to navigate the complexities of our lives? A way that honors our faith in God along with the deep belief that our joy and pain point us to transformation? Palms up is an intentional rhythm that leads to trust and freedom. All are invited to a unique kind of class that explores what it means to live a palms up life. You’ll receive a 20-minute video session with reflection questions weekly to engage at your own pace for four weeks. We’ll share questions and observations in an online space just for our group, at your own pace. Then, we’ll gather for a half day Saturday, March 20 from 9 am – 12 pm in an online retreat together to reflect on our learnings.

*Length of class: 5 weeks*  
*Facilitator: Pastor Jenny Smith*

**The Parables of Jesus**  
**Tuesdays starting February 16, 10 am - 12 pm, Zoom**

Jesus was a master teacher and used stories to make his point. We will examine some of the 31 parables for new understandings and discover together models for faithful living in our world today. We will meet on four Tuesdays: February 16 February 23, March 2, and March 9.

*Length of class: 4 weeks*  
*Facilitator: Pastor Dick Gibson (EUMC congregant and retired Presbyterian pastor)*

**Generational Intelligence & The Church**  
**Tuesdays starting February 23, 6 - 7 pm, Zoom**

For the first time in human history, five generations of humans are living, working, and changing the world together. But it’s easy for miscommunication, different perspectives, and life experiences to trip us up. We’ll spend six weeks taking a look at the characteristics of each generation alive today and explore where God is inviting us to deepen our generational intelligence. It may make all the difference in our life and ministry together.

*Length of course: 6 weeks*  
*Facilitator: Pastor Jenny Smith*

**Ethnicity in the Bible**  
**Wednesdays starting February 24, 6 - 7 pm, Zoom**

Although we do not normally think of it in these terms, ethnicity is one of the most important and talked-about topics in the Bible. Ethnicity in the Bible will look at how different groups in the Biblical narrative “perform” their ethnicity, the tension between specificity and universalism, and why we should care about these stories as modern Christians. To undergird this whole discussion, we will also investigate how ethnic identity is constructed, functions, and is enforced. This class will be a great opportunity to learn what resources the Bible has to help us think about the modern conversations around racism, inclusion, and diversity.

*Length of course: 6 weeks*  
*Facilitator: Pastor Colin Cushman (Director of Camp Indianola, a United Methodist camp)*
Groups + Book Studies

Topical small groups that meet via Zoom or socially distanced.

Renovare Group
Mondays, 11 am - 1 pm, Zoom
The Renovare Group (“renovare” means renewal) is an ongoing group. We gather weekly and dig into our questions on faith and discipleship and renew our spirits. We’re reading Prayer, Does it Make any Difference? by Philip Yancey, and using the Participant’s Guide. You are welcome wherever we are in our study. Each week we pray for each other and share concerns and joys.
Facilitator: Beth Lanie, bethmtlk@gmail.com

Sisters
3rd Mondays, 1:30 - 3 pm, Zoom
We are friends who volunteer and look out for one another. We discuss spirituality, talk about current issues, and take turns offering devotions. We support each other by sharing joys, concerns, and prayer requests. During normal times, the members lead our chosen study, collect new socks for folks in need, and items for the Edmonds Food Bank. We enjoy a treat at home while we’re on Zoom together!
Newcomers are welcome!
Facilitator: Audrey Poole, momwow62@yahoo.com

Monday Men’s Group
Mondays, 4 - 5:30 pm, Zoom
The Monday Afternoon Men’s ChristCare Group is a diverse, ongoing group, and we welcome new members. We are presently focusing our discussions on social justice topics. On January 11, we started a discussion of Fratelli Tutti (On Fraternity and Social Friendship), the October 2020 encyclical by Pope Francis. We will continue to select topics for discussion by group consensus.
Facilitator: Bob Schroff, rschroff@comcast.net

Stress Management with Guided Prayer
Tuesdays on dates listed below, 4 - 5 pm, Zoom
Stress Management with Guided Prayer is set up to relax the body, still the mind, and renew the spirit through sharing, deep relaxation, visualization, and guided prayer. Here is what attendees have said about this class: “…I feel so much freer and lighter afterwards…” and “This is the kind of blessing Christ Care groups are intended to provide.” The group will meet on February 23, March 9, March 23, and April 6.
Facilitator: Jerry Hassenstab, jh4yoga@yahoo.com

Women’s Bible Study
Thursdays, 10 - 11:30 am, Zoom
This Women’s Bible study has been established at Edmonds UMC for decades! This winter we will study the book of Acts. Please join us in wonderful discussions and in-depth sharing.
Facilitator: Rev. Dick Gibson, rkgibson38@gmail.com
How to be Antiracist Book Discussion
Thursday evenings for nine weeks (February 25 – April 22), 6:30 - 7:30 pm, Zoom
Looking for some companionship in continuing to learn about race and grow in your response to racism in America? Join this informal conversation over Zoom as we delve into Ibram X. Kendi’s acclaimed book, How To Be An Antiracist and share applications to our own daily lives. We’ll divide up the book for a doable amount of reading each week. All are welcome! Come ready to jump in on February 25 with discussing the introduction and first two chapters.
Sponsored by: The EUMC Racial Justice Team

Men’s Saturday Dawn Patrol
Saturdays, 7:30 - 9 am, Zoom
We will continue our Bible/book study format with a great group of guys for lively discussions! We share our faith and discuss life’s issues over coffee and treats. Join us!
Contact: Rick Megenity, 425-508-6706, rpmegenity@gmail.com

Chronic Pain & Illness Support Group
Members of this group meet to support each other as we live our lives with different types of pain and illness with the understanding that many forms of pain and illness are not visible. Different types of pain/illness are represented in our group. The Chronic Pain & Illness will continue as soon as it is safe to gather as a group. Please watch for updates.
Contact: Roxine Kellogg, 425-742-1957

United Methodist Women (UMW)
UMW is founded in the Methodist church and celebrated 150 years in 2019. UMW are the women of the church who care for each other and help the missions of the church. We are sisters in Christ. We will share stories, life experiences, poetry, Bible verses, and affirmations. We will build you up through hope, joy and positive feedback. You are not alone. We will have check-in sessions, book reviews, sharing and caring to help us get through the rough days. Need a friend, need some support or a call? We are here for you. We all need to be connected during this pandemic. Sign up and join our group emails and our efforts to connect. When the church building reopens, we will get back to our mission work, charity concerns, thrift shop activities, and our annual events. Join us and make new friends.
Facilitator: Gay Johnson, gajedmonds1325@yahoo.com

Young Adult Group
Mondays, 7 - 8 pm, Zoom
Join us if you are in your 20s or 30s and are spiritually curious, interested in building beloved community, or open to listening to the genuine within.
Facilitator: Pastor Ann, annj@edmondsumc.org
SOCIAL JUSTICE & ADVOCACY

EUMC Advocates for Justice

2nd Saturdays, 10 am - 12 pm, Zoom
This group looks for ways the congregation can engage in actions that support our Christian beliefs of justice, compassion, love, respect for all people, and peace. Under Advocates for Justice there are robust subcommittees that focus on climate change, immigrants in detention, solidarity with Palestinians, hunger, gun responsibility, and racial justice with opportunities to develop additional subcommittees to address other concerns. If you long to expand your knowledge and put your faith into action, please consider joining us at our monthly meetings.
Contact: Carol Megenity, carolmegenity@gmail.com

Interfaith Climate Action

2nd Thursdays, 7 pm, Zoom
The Interfaith Climate Action meets the 2nd Thursday of every other month at 7 pm via Zoom and every other month in-person at EUMC (after the pandemic and once the church building reopens) at 3:30 pm in the EUMC Library.
Contact: Gayla Shoemake, 425-418-7673, gaylashoemake@yahoo.com

Justice Advocates for Immigrants

Pre-COVID, the group met regularly. Justice Advocates for Immigrants (JAI) is a ministry that seeks to advocate for change in immigration policy, accompany immigrants in our community, and sponsorship to asylum seekers. After COVID, we plan on having immersion trips to the border and deeper engagement with host activities for asylum seekers as well as expanded advocacy. Learn how you can make a difference or change what is happening along the border by joining our group. Bring us your new ideas and energy!
Contact: Julia Eckberg, 206-291-4112, juliav3@me.com

Palestine Justice Committee

The Palestine Justice Committee is part of the Palestine-Israel Network of Edmonds-Lynnwood (PIN) which is composed of representatives from several area churches. PIN works to inform people about the conflict in Palestine and Israel by coordinating presentations and speakers in the North Puget Sound area. Watch the eNews for event announcements. If you are interested in joining this monthly planning meeting, contact Cheryl Hay or Rev. Dick Gibson.
Contacts: Cheryl Hay (halcheryl@frontier.com) or Rev. Dick Gibson (rkgibson@gmail.com).

Racial Justice Team

The Racial Justice Team at EUMC formed in 2020 in order to collectively address systemic racism and white supremacy. Through intentional acts of solidarity, interreligious dialogue, community outreach, education, and public witness we aim to work to dismantle racism and white supremacy within our church and society.
Contacts: Beth Lanie (bethmtlk@gmail.com) or Alice Burr (bigamburr@aol.com).
CARE & SUPPORT

We acknowledge living through a pandemic adds stress to many elements of daily life. As we move into the fall and winter season together, we've got an incredible Care Team of folks who would love to support you where it feels helpful.

Visit www.edmondsumc.org, click Care, then Care Request. A member of our Care Team will be in touch with you with a fruitful next step.

EVENTS

Stepping into Allyship
Tuesday, February 9, 6 - 8 pm, Zoom
Courtney Wooten, a local social justice and racial equity trainer, will present “Stepping Into Allyship,” a Zoom workshop, from 6-8 pm on Tuesday, February 9, 2021. This workshop will help adults and older teens learn actionable steps and build stamina to become competent and reliable allies to People of Color. Courtney Wooten helped leaders of our Vacation Bible School develop popular diversity curricula for our young children. She has an extensive background in social sciences, communication, and creative expression. Her advocacy work centers on racial justice and intersectional feminism. She is a student in the MA Social Justice and Community Organizing program at Prescott College. Registration is required. This workshop is free for all participants and is sponsored by the EUMC Racial Justice Team.
To register, please go to www.edmondsumc.org/blog/stepping-into-allyship
Contact: Pastor Ann, annj@edmondsumc.org

OUTREACH

Cold Weather Shelter
Tuesday evenings or Wednesday mornings
The Cold Weather Shelter offers an evening and morning meal and a socially-distanced indoor sleeping area to our homeless neighbors when the temperatures drop. Contact Brittany Dean if you would like to help with an easy Tuesday evening or Wednesday morning shift with the EUMC team this winter.
Contact: Brittany Dean, BrittanyDeanDDS@gmail.com