

During the Lenten Season, we prepare our hearts for the Holiest day of our Christian Year: Resurrection Day. We want to approach the season of Resurrection remembering that Christ can be a part of our daily lives and that every day can be Holy when we invite God to be a part of our activities. Lent is also a time when we pause to remember our call to discipleship and the value of supporting each other in our Discipleship Journey.

With these goals in mind, several of our brothers and sisters are making available short-term, small groups, each of which will meet several times during the Lenten Season. Please start thinking about which group (or groups) can help you and/or your family prepare to celebrate Resurrection Day!

Most groups do not require signup and do not have a size limit. However, note in the descriptions that a few groups have a size limit and that an email address is provided to sign up.

Title Leader	Time and Place	Description
<p><i>We Are Beloved, A Lenten Journey with Protestant Prayer Beads</i> by Kristen Vincent Pastor Katie Mattox</p>	<p>Wednesdays 5:30 pm</p> <p>Beginning February 14 Room 209</p>	<p>We will be using Kristen Vincent's book <i>We Are Beloved: A Lenten Journey with Protestant Prayer Beads</i>.</p> <p>This book offers a weekly reading and prayer followed by discussion questions. Anyone can participate in this group but probably would be most enjoyed by adults or youth. We will be using protestant prayer beads and the book.</p> <p>The book is available from Amazon (Approx. \$13). You can also purchase prayer beads on Amazon - or you can make your own.</p> <p>The first session will consist of the weekly reading and a workshop to make a set of beads and will last longer than usual sessions.</p> <p><i>Please sign up by emailing sshanholtzer@tfumc.org.</i></p>
<p>Youth Lenten Study: Chris Moss</p>	<p>Wednesdays 5:30 pm</p> <p>Beginning February 14th Wesley Center</p>	<p>This study dives into some of the harder questions we are being asked about our faith. It will also help us work through some anxiety our youth are experiencing in these times. Anxiety and depression continue to be on the rise, dominating the ways young people talk about their generation.</p> <p>This study is based on two books from the Fuller Youth Institute: <i>Faith in an Anxious World</i> (the first four weeks), <i>Sticky Faith Everyday</i> (last three weeks).</p>
<p>Chess Club Cindy Smith</p>	<p>Wednesdays, 5:30 pm</p> <p>Beginning February 14th Jenkins Hall</p>	<p>Whether you've always wanted to learn the game or you've been playing all your life, come fellowship together playing the game of chess. All ages and abilities are welcome.</p>
<p><i>24 Hours That Changed the World</i> by Adam Hamilton Barbara Goodwin</p>	<p>Sundays 9:30 am</p> <p>Beginning February 18th Room 209</p>	<p>This study retraces the day that changed human history and helps participants experience and understand the significance of Jesus' suffering and death. It combines biblical story, historical detail, theological analysis, and spiritual insight. Open to adults and youth.</p> <p>The study book is available and suggested, though not required. (Cokesbury \$10.99, eBook \$10.79) <i>Signup is preferred, particularly if participants want a book, by emailing b_goodwin2001@yahoo.com or texting 512-639-9303.</i></p>

<p><i>Finding Joy in the midst of Lent ... and in Other Busy Seasons</i> Claire and Ed Wheeler</p>	<p>Sundays 9:45 am</p> <p>Beginning February 18th Room 212 (Across from the Library).</p>	<p>The target audience of this group will be “young adults” loosely defined with particular attention to parents of children and young adolescents. This Lenten study group will seek to provide connection, reflection, and joy to those who participate. On the fifth Sunday of the study (March 24), parents from the group whose children attend Sunday School will be invited to join their children and Mimi Sanders in a special Palm Sunday event at 9:30 am in the Wesley Center (light breakfast included). The event will feature Resurrection Eggs and participation by the youth.</p> <p>Discussion in the weekly meetings will be shaped by readings in Philippians and Max Vincent’s book <i>Because of This I Rejoice – Reading Philippians During Lent</i>. The book is available through Amazon, but it is not required for the class.</p>
<p>Exploring Healthy Lifestyles Cindy Smallwood</p>	<p>Sundays 2:00 pm</p> <p>Beginning February 18th Room 201 (Discovery Class)</p>	<p>The focus of this group will be caring for the body God has gifted us. Topics will include Physical Activity, Healthy Eating, Balance and Mobility, Sleep, and Stress Management. Designed for adults and youth.</p> <p><i>Group Size is limited to 8.</i> <i>Please sign up by emailing cindysue30084@gmail.com or texting 678-472-3891.</i></p>
<p><i>God’s Message Seekers</i> Mike Duffee</p>	<p>Sundays 3:00 pm</p> <p>Beginning February 18 The Chapel</p>	<p>Together, we will discover and seek the messages within secular songs that can be interpreted as God’s message to us. Then, we will compile some music into a “mash-up” or medley to show how songs we have known for years can have a meaning other than what we initially thought. Examples of some songs that we can work with are “Maybe I’m Amazed”, “Higher Love”, and “ I Just Want to Celebrate.”</p> <p>Everyone in the group will be encouraged to think of popular secular songs that can be interpreted in this way. We will praise God and sing these songs together and make a “Joyful Noise to the Lord”!!!</p>
<p><i>Love Made Visible!</i> Belinda Pinnow and Mozelle Funderburk</p>	<p>Sundays 3:30 pm</p> <p>Beginning February 18 Jenkins Hall</p>	<p>This group will be making art in a medium of your choice using each Sunday’s Lenten theme from worship as our inspiration.</p>
<p><i>Making Art Through Grief</i> Paige Ferris</p>	<p>Tuesdays 6:00 pm</p> <p>Beginning February 13 Art Room off Jenkins Hall</p>	<p>Our Art-Based Grief Group will use this season to make an art piece based on Lenten themes. Anyone going through grief who would like to learn how art can be a healing experience is welcome.</p>
<p><i>Painting Flowers in Acrylic and Watercolor</i> Pat Shaver</p>	<p>Wednesdays 6:00 pm</p> <p>Beginning February 21 Art Room off Jenkins Hall</p>	<p>Using watercolors and acrylics, we will paint Lenten roses, flowers that bloom in Israel, and Easter lilies. No painting experience is necessary. Supplies provided.</p> <p><i>Class size is limited to 10. Please sign up by emailing patshaver1@gmail.com.</i></p>