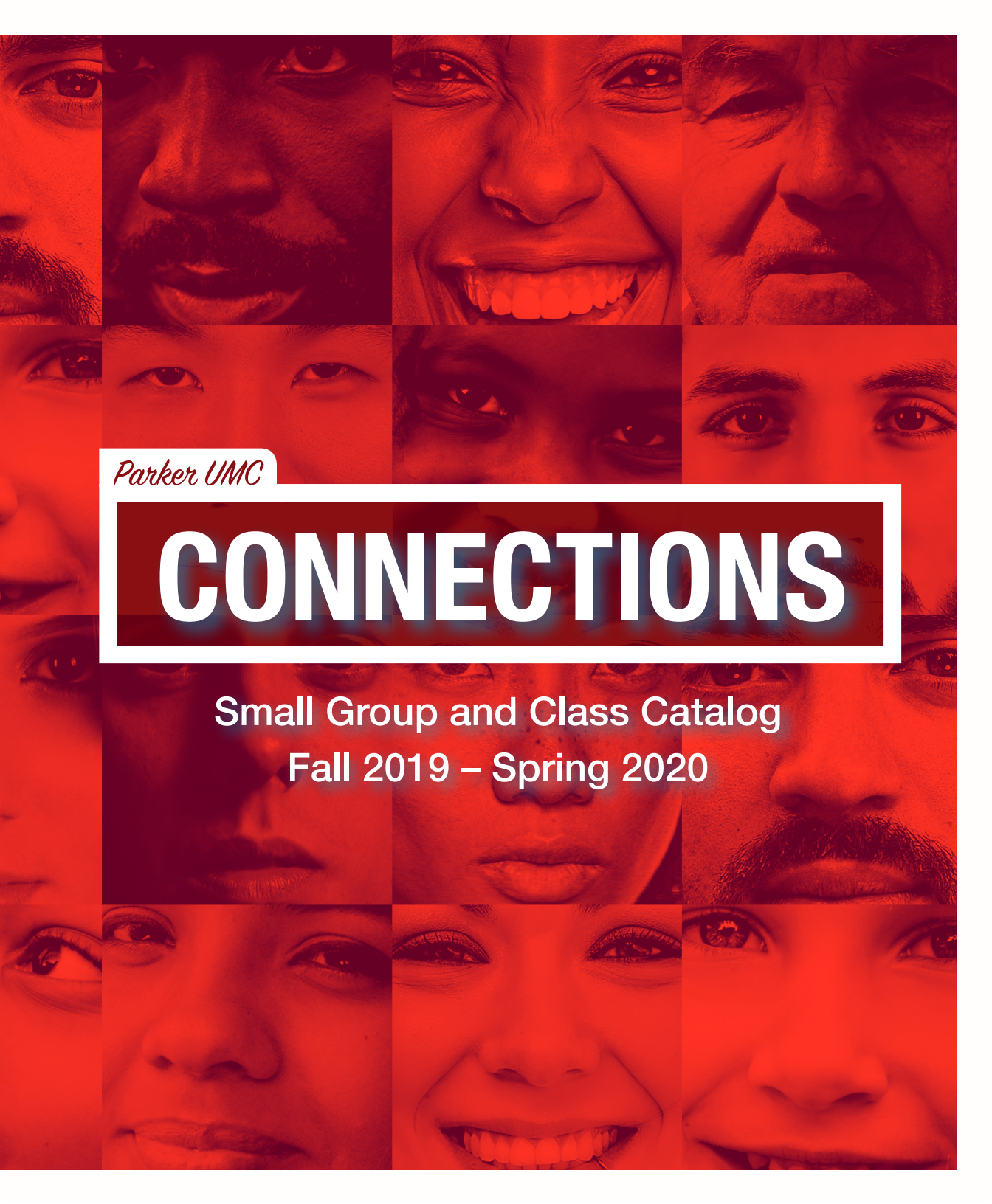




Parker UMC

CONNECTIONS

Small Group and Class Catalog
Fall 2019 – Spring 2020

The Mission of the United Methodist Church

To make disciples of Jesus Christ for the transformation of the world

The Mission of Parker United Methodist Church

Welcoming All to Discover and Share the Joy of Jesus' Love

A Note from the Pastor

The Connections Catalog is filled with an abundance of opportunities for you and your family to deepen your journey with Jesus! You will find many ways to actively build connections with our Parker church family through study, outreach and growth. I encourage you to move beyond only Sunday morning worship and try a short term Bible study. Create space on your calendar to enjoy a small group, guaranteed to build life-long friendships through small group study and fellowship opportunities. Explore membership in the Springboard new member's class. Invite a friend without a PUMC connection to join you for one of our short term Bible studies. Engage your children and youth through various ministry offerings. Experience a mission trip and see how God stirs deeper longings of discipleship within you.

I am humbled and privileged to be serving alongside you. I am grateful for those who are leading and teaching this year. It is going to be an exciting fall at Parker UMC – Join us – let's grow in Christ together!

Blessings,

Barb

A Note from Your Small Group Ministry

Each Fall Season, the Adult Education and Small Group Ministry Team offers you the opportunity to connect with our Parker United Methodist Church family and to focus on your own personal faith journey. As a part of this journey, we present you with this Connections Catalog. This catalog offers you and your family many opportunities to connect in the areas of fellowship, worship, Bible study, discipleship, missions and evangelism. We encourage you to find the ways in which you would like to be connected, and we encourage you to invite others to join you as we each strive to fulfill the church's mission.

There are so many opportunities that will enhance your faith journey. The Adult Education and Small Group Ministry team members are always available to help you find the connection that best suits you. Please get in touch with us. And, you can also talk with members of our team about interests you have that are not currently addressed.

We prayerfully hope you will consider the opportunities the Connections Catalog offers you to "... discover and share the joy of Jesus' love."

With Christ's Blessings,

Your Adult Education and Small Group Ministry Team

DIRECTORY

Adult Education and Small Group Ministry Team Members

Cody Anderson, Associate Pastor

cody@parkerumc.org
720-204-4426 (direct line at Church)

Rich Blankman

rblankman@yahoo.com
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oldcraftfloors@yahoo.com
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Suzie Walker

suziew_10@msn.com
303-693-3338

Carol Weber

ckweber@comcast.net
303-349-3122

INDEX

1 Beginnings

1 Adult Sunday School
Opportunities

2 Seasonal Studies
(Advent and Lent Studies)

2 Bible Studies

4 Book Groups

4 Small Groups for Men & Women

5 Small Groups for Men

6 Small Groups for Women

8 Mission and Outreach

10 Prayer Groups

10 Finances

11 Church Support Groups

11 Community Support Groups

13 Volunteer & Service Opportunities

Note: Childcare is provided for most of our groups and events. Please check with the church office to confirm. This helps us to offer the best care and provide the appropriate number of childcare staff. *Topics change every 6-8 weeks. Check your bulletin or midweek message for updates.

Welcoming All to Discover and Share the Joy of Jesus' Love

Children's MINISTRY

A P L A C E F O R F A M I L I E S



We Are Happy to Offer

- Outstanding programming for children through elementary.
- Opportunities for children and adults to grow in their faith
- Incredible curriculum to inspire children and adults
- Sunday School classes that appreciate varied learning styles for ages 4 years through 5th grade.
- Many ways for parents and children to get involved

Nursery and Childcare

- Recognizing the importance of high quality care, our church offers nursery during our 9:30 & 11:00 Sunday services and most church activities and Bible studies.

Special Events

- VBS One week in the summer, we offer a wonderful Vacation Bible School where children ages 4 years old through 5th grade can come and grow in their faith through music, games, crafts, storytelling and more!
- Journey With Jesus Looking for an event around Easter that isn't just about the Easter Eggs? Come and join with us as we Journey With Jesus. Families will travel together to different stations, learning about the life, death and resurrection of our Lord, and collecting a few Easter Eggs along the way.
- Trunk or Treat Come be part of this new event at PUMC! Trunk-or-Treat brings Halloween to parking lots where kids go from car to car and get candy. This fun church event provides families with an alternative to trick-or-treating door-to-door. We will need volunteers to decorate their car trunks and people to donate candy and food. 2019 date and time TBD. If you would like to be a part of this wonderful event please contact noelle@parkerumc.org
- Fall Break Camp Adventure awaits kids at the Fall Break Camp. Children will dig deep into a valuable experience that helps them get to know Jesus in a fresh, new way.

Questions? Contact Noelle Allison, Director of Children and Families
noelle@parkerumc.org.



Student MINISTRIES

FOR JR. AND SENIOR HIGH STUDENTS



Sunday Morning S.L.A.M.

All youth (grades 6-12) meet in the youth room 144 at 9:30 Sunday mornings.

Every Sunday morning EXCEPT the first Sunday of the month we have Sunday School.

SNL - Sunday Night Life (Youth Group)

Jr. High: 4:00-6:00; | Dinner (all youth): 5:30; | Sr High: 5:30-7:00

Our evenings consist of a lesson where students are encouraged to grow in their relationships with

Get Connected

To Receive the Youth Emails please email april@parker-umc.org or contact the church office.

Join Remind 101 for Youth & Parents

Stay up to date with times and events simply by subscribing to a FREE messaging tool used by many teachers and leaders.

Senior High

For texts text to: 81010 in the message area type: @a43hd

For emails: send an email to a43hd@mail.remind.com

Junior High

For texts text to: 81010 in the message area type: @dcf74

For emails: send an email to dcf74@mail.remind.com

Questions? Suggestions?

April Kauffman

720-204-4424 • April@ParkerUMC.org

Fall/Winter Retreat

Every year we offer a retreat for both the junior and senior high youth.

Mission Trips

Every summer a week long mission trip experience is offered to our youth. They also participate in local missions throughout the year.

Confirmation Classes

Confirmation classes are offered Jan.- Apr. to all youth who are interested in confirming their faith in the United Methodist Church. Questions? Email Noelle@ParkerUMC.org



Little Blessings
Preschool & Kindergarten

**Preschool and Supplemental Child Care
for 15 Months to 6 years old**

Camps and supplemental child care are available for families during school breaks.

www.littleblessingsparker.org

MAIN CAMPUS

11805 S Pine Dr. Parker, Colorado

Tricia Woods, Director

email: tricia@parkerumc.org or call 720-204-4420

PLAZA CAMPUS

10423 S. Parker Rd. Parker, Colorado

Emily Shaffer, Director

email: emily@parkerumc.org or call 303-840-6196.



Challenger Park

9/22 @ 12:30

Bring a Potluck Dish to Share!

BEGINNINGS

Springboard

Sundays from 5-6 p.m. in Room 216

Dates: Check with the Church office for future start dates. Frequency: Weekly for three weeks

Springboard is a three week course designed to serve as a:

- New member class for those wanting to join Parker United Methodist Church.
- Introduction to Christianity for those coming into the faith for the first time.
- Refresher course for long-time believers who want to better understand the foundations of the faith and the origins of the United Methodist Church.
- A safe place for people to ask questions about Christianity and the United Methodist approach to faith.

If any of the above apply to you, then Springboard is your connecting point.

The sessions are: Discover Parker United Methodist Church, Creating Christian Community, Methodist to the Core and Grace upon Grace.

Springboard is offered several times during the year. Each class lasts about one hour. Each class will include some exposition on the topic of the week, followed by small group discussions where folks can talk about what they have heard. All are welcome!

Contact the Church office @ 303-841-3979 for more information or to sign up for the next group.

ADULT SUNDAY SCHOOL CLASSES

Open Circle*

Sundays from 11-Noon in Room 138

Dates: Weekly with a break in July and August | Frequency: Weekly

The Open Circle Sunday class offers short-term faith and Bible studies, often using DVDs. Open Circle also has a mission outreach that gives collections from Sunday classes to meet needs both locally and globally.

Contact Dorothy Havrilcsak: 303-688-3892 (no email)

Perspectives*

Sundays from 11 - Noon in Room 137

Dates: Starts up in September | Frequency: Weekly

The Perspectives Bible Study class takes a close and deep look at the lessons found in the Bible. But, just as our eyes can confuse our minds by optical illusions, our backgrounds, prejudices and life experiences that we bring to Bible study can result in confusion, misconceptions as well as truth. In open discussions the class uses scripture, reason, church traditions, and life experiences in an attempt to understand those teachings and then how to apply them to our Christian walk. All are welcome.

Contact the Church office for more information.

Bible Study at 11 am*

Sundays from 11 - Noon in Room 216

Join us on Sunday mornings at 11 am for an opportunity to study the Bible by spending time in God's word. We read the Bible and discuss its meaning and how it effects our lives. The leader provides notes and questions to guide the discussion. We interact, enjoy potluck meals, look for service projects and pray together to support each other and develop a sense of community. We welcome all, and encourage you to drop-in any Sunday morning.

Contact Paul Innes: pinnes4@outlook.com for details.

SEASONAL STUDIES

Advent and Lenten Studies

Dates: During Advent and Lent | Frequency: the weeks during Advent and Lent

We offer studies during the Advent and Lent Seasons. Join us for reflection and fellowship as we dive deeper during these holy seasons.

Contact the Church office at 303-841-3979 for details.

BIBLE STUDIES

Disciple Series

Disciple I: Becoming Disciples Through Bible Study

Becoming Disciples through Bible Study is the foundation of the Disciple Bible Study program.

Becoming Disciples through Bible Study gives equal time to both the Old and New Testament, emphasizing the wholeness of the Bible as the revelation of God. During the course, groups will move through the biblical stories from Creation to the New Jerusalem. Disciple I uses biblical language and images and draws upon the work of scholars to aid our understanding of the Bible. This study requires reading large portions of Scripture each week and is based on careful study and preparation. Contact the church office to express your interest and to determine when the next class will be offered.

Disciple II: Into the Word, Into the World

Dates, times and location TBD | This Disciple series will be offered upon request.

This is a 32 week study that concentrates on Genesis, Exodus, Luke and Acts.

Contact the church office to express your interest and to determine when the next class will be offered.

Disciple III: Remember Who You Are

This study focuses on the Prophets and the letters of Paul.

Contact the church office to express your interest and to determine when the next class will be offered.

Disciple IV: Under the Tree of Life

Wednesday mornings from 10 am – Noon

This study, “Under the Tree of Life,” focuses on several books of the Old Testament. The cost for this study is \$40.

Please email Susan Gustin at sjgustin@comcast.net and let her know if you need the church to order your book, or if you already have your own copy.

Disciple Short Courses*

Join us for lively discussions on Tuesday mornings in Room 138 at 10:00 a.m. Look for details on the current study in the church bulletin. For more information or questions, contact Nancy Smith at 720-355-1499 (text or voice).

Jesus in the Gospels

This class is Offered on request. Jesus in the Gospels is a study that invites believers to encounter the Jesus who is both hard to ignore and hard to control, as portrayed in Matthew, Mark, Luke and John. This is a 30 week study. Contact the church office to express your interest.

Christian Believer: Special Disciple Study

Dates, times and location TBD This Disciple series will be offered upon request.

Christian Believer is a 30 week study that focuses on classical teachings of the Christian faith through the use of words, symbols and hymns. Contact the Church office to express your interest and to determine when the next class will be offered.

BOOK GROUPS

Contemporary Christian Book

Wednesdays from 7-8:30 p.m. in Room 216

Dates: August-December, and February-June | Frequency: First Wednesday of month

The Contemporary Christian book group for women reads both contemporary fiction and nonfiction to expand our horizons, deepen our faith and share fellowship with fellow readers. Check the church publications, Cross and Flame and Midweek Message for a list of the books we are reading.

Contact Susan Gustin, sjgustin@comcast.net or call 303-324-1226.

SMALL GROUPS: MEN & WOMEN

Life Groups

Groups meet once monthly: Based on the Acts 2 model: Food, Fellowship and Faith. These small groups meet in homes around our community, breaking bread, sharing life, and growing in their faith together. We have many groups waiting for you to become part of! To be a part of a Life Group, email Cody at cody@parkerumc.org

Young Adult Group

Wednesdays at 7 p.m. in the Narthex at the church

A new group has started for young adults. We like ice cream, laughing and telling funny stories (from our lives). We don't like traffic, bills and rain storms that only happen when we're finally off work. Come join us! Contact April Kauffman: april@parkerumc.org or call 720-204-4424.

Eden Gardeners

Times Vary. We meet at PUMC and other locations

Dates: Varies | Frequency: Varies

Eden Gardeners is a group of people who are interested in any aspect of plant care or landscaping. Meetings usually include a class with demonstrations or slide shows, either at PUMC or other locations. Our speakers have been encouraging, knowledgeable, and enthusiastic! Some members volunteer to care for the Church plants. Join in any time you find a subject that inter-

ests you, and enjoy the camaraderie, inspiration, and shared ideas of fellow gardeners! Watch the Church bulletin and Midweek Message for meeting dates, or email Diana to have your name added to the group email list.

Contact Diana Hill: colohills@msn.com or call 303-841-4559

XYZ Fellowship Breakfast

9 a.m. at Village Inn Parker | Dates: Ongoing | Frequency: 3rd Friday of each month

XYZ gives senior adults many opportunities to meet in fellowship. XYZ Fellowship meets on the 3rd Friday of each month for breakfast at 9:00 a.m. at the Village Inn on Parker Road, just north of the Church. In addition, we plan monthly outings. Some past outings included a tour of the Parker Fire Station, Colorado Western Museum of Mining & Industry, a tour of the Denver Botanic Gardens and a tour of Wings over the Rockies Museum. We car-pool when we visit places outside of Parker; we are now working to get volunteers from the Church community to help us with transportation. Our ministry focus is outreach. We participate in various service projects directed toward the Church family as well as community-wide service. All are welcome to join us for any of our events! Contact Terry and Cindy Rhymer: t_c_rhymer@outlook.com or call 303-660-5129.

SMALL GROUPS FOR MEN

United Methodist Men's Breakfast

Saturdays 8 – 9 am in the PUMC Kitchen

Dates: Ongoing Frequency: 2nd Saturday of the month

The second Saturday of each month is our monthly Men's Breakfast, starting at 8 a.m. in the church kitchen. All men of PUMC are invited to share devotions, fellowship, some service opportunities, laughter...and of course good food!

Contact Mike Oldham at meoldham@msn.com

Wednesday Study Group

Wednesdays at 6:30 a.m. in Room 137

Dates: Ongoing | Frequency: Weekly

Meet with other men for breakfast, Bible study and discussion on a range of topics. This group has rotating leadership. New members are welcome.

Contact Jud Jaqua: jpjaqua@comcast.net or call 303-841-8579

Faith Walking: A Gathering for Men around their 40s

Thursdays from 6 -7 a.m. in Room 138

Dates: Ongoing | Frequency: Weekly

Faith Walking is an opportunity for men around 40, give or take a decade, to gather and grow their faith and love for God through fellowship, small group Bible study, fellowship activities, and service activities. The foundation of the group happens each Thursday morning where we journey together through a Bible study in association with a light breakfast and coffee. Periodically the group will meet outside of Church for fellowship activities and also to help give back by doing acts of service at the Church and in the community.

Contact Ryan Woods: rwoods005@me.com or call 303-725-6766

SMALL GROUPS FOR WOMEN

United Methodist Women

2nd Thursday of the month at 6:30 p.m.

United Methodist Women (UMW) is an organization of women affiliated with the United Methodist Church. Our purpose is to know God, to experience freedom as whole persons through Jesus Christ, to develop a creative, supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.

The UMW board meetings are open to everyone. Parker UMW holds four quarterly special events on Saturdays or Sundays throughout the year. Contact Caroline Lynch: 303-483-8729.

Circle of Gifts

1st Friday 10:00 - 12:00, meets in homes

Jane Johnson 303-840-3595

Neighbor to Neighbor

2nd Monday 9:30 - 11:00, meets at Lincoln Meadows Senior Living in the Sky Lounge

Ruth Wills 303-693-7365

Sarah Reading Circle

3rd Tuesdays 10:00 - 11:00, meets at PUMC Room 137

Dottie Rasmussen 303-840-9430

Moms Groups

- Monday Morning: 9:30 -11 in Room 137
- Tuesday Morning: 9:30-11:30 in Room 216
- Wednesday Morning: from 9:30 -11:00 in Room 216
- Wednesday Evening: from 6-7 p.m. in Room 232
- Friday Morning: from 9:30 -11:00 at our Little Blessings Plaza Campus

Dates: Ongoing, with breaks during school breaks | Frequency: Weekly

Moms Group is a study especially for mothers of young children. This is a welcoming group for mothers who are looking for connection, support and growing deeper in their faith.

Contact Director of Children and Families Noelle Allison: noelle@parkerumc.org or call 720-204-4425.

Bible Study Buddies: Wednesday Morning Women's Bible Study*

Wednesdays from 9:30 – 11 am in Room 137

Dates: Ongoing | Frequency: Weekly

All new members are welcome to this warm, friendly group who gather to share fellowship and learn Scripture.

Contact: Suzie Walker suziew_10@msn.com /call 303-693-3338 or Carol Weber ckweber@comcast.net

303-349-3122

Wednesday Evening Spiritual Growth Group*

Wednesdays 5:45–7 p.m. in Room 138

Dates: Starting in September | Frequency: Weekly

We are a women's group for those interested in spiritual growth through studies of a wide range of topics. We all contribute ideas for upcoming studies and decide as a group. The emphasis is on discussion with respect for all beliefs and opinions. Our group is oriented towards an exploration of our personal and spiritual responses to the readings that we complete. We are a pretty flexible group. One of our primary goals is always the connection we have with each other and the fellowship we enjoy.

Contact Cynthia Jaqua: ckjaqua@comcast.net or call 720-849-1186 or Faith Toole fbtoole@gmail.com or call 303-517-1130.

The Open Hearts, Open Minds Women's Bible Study*

Thursdays from 1 to 2:30 p.m. in Room 137

Frequency: Weekly

Join this group of women who meet to study and discover new understandings of Christian living. Look for details about the current study in the Sunday bulletin and the Midweek Message

Contact Diana Hill: colohills@msn.com or call 303-841-4559 or co-leader Marian Gore: mgmgore@gmail.com or call 720-217-4422

Prayer Shawl Ministry

Calling all knitters and crocheters! Our prayer shawl ministry will resume weekly meetings on Mondays from 1-2:30 p.m. Please join us for fellowship, handiwork and, praying blessing on those who will receive the shawls. Want to learn how to knit or crochet? We will help you learn. Questions? Contact Julie Kronbach, jkronbach@comcast.net.

MISSION & OUTREACH

All Church Missions Outreach Day

Contact Cody Anderson for the next Mission Outreach Day.

Short term mission opportunities within our community. Come to church to get your project assignment, go out and serve and then return for a potluck luncheon.

Associate Pastor Cody Anderson: cody@parkerumc.org or 303-841-3979.

Parker Task Force & Food Bank

The Parker Task Force is dedicated to providing individuals and families in our community with food, limited financial assistance and other support services to help them become self-sufficient. Donations of non-perishable food items to support the PTF food bank can be left in the collection boxes at the PTF table in the Narthex.

Contact Marsha Weber: cody@parkerumc.org or 720-204-4426.

Senior Friends League

2nd Saturday of each month from 9:30 to 11 am at Cherry Creek Nursing Home in Aurora

2nd Saturday of each month from noon to 1 pm at Ashley Manor in Aurora

4th Tuesday of each month from 9:30 to 11 am at Avantara at Crown Point

Dates: Ongoing | Frequency: Twice a month

The Senior Friends League is a group of volunteers who bring love and community to seniors who get little or no visits from family or friends. Be a part of this rewarding community service ministry and let's pull together to touch these seniors lives. Contact Patty Tedesco: seniorfriend-league@gmail.com or call 303-841-9636

Caring Ministry

The members of our congregation have wide-ranging needs that can be met by the members of our congregation. This Ministry is being launched to address a number of needs. There are so many opportunities - here are just a few examples: prayer, visitation, providing meals, sending cards, making phone calls, connecting people with support groups, and sharing resources for employment, child care, and counseling. Would you like to join this Caring Ministry and contribute your time and talents to meeting the needs of our congregation?

Contact Associate Pastor, Cody Anderson cody@parkerumc.org or call 303-841-3979.

Winter Shelter Network

November-March

This is a community based outreach to women and children who are homeless in our community, with the support of many churches and organizations, including the Parker Task Force. There are a variety of ways to serve for people of all ages.

Contact Associate Pastor, Cody Anderson cody@parkerumc.org or call 303-841-3979

Feed My Starving Children (FMSC)

Parker MobilePack: Dates TBD

Feed My Starving Children MobilePack™ events allow people across the United States to pack life-giving meals. PUMC has hosted an annual MobilePack® in the Fall since 2014 bringing together more than 900 volunteers to pack almost 200,000 meals at our most recent event. PUMC purchases each meal packed for 22¢ through donations. This event welcomes broad participation from the community and provides opportunities to get involved throughout the year.

Contact Julie Kronbach: jkronbach@comcast.net or Jen Huey jenhuey@comcast.net

Current and Upcoming Opportunities

The Missions Committee helps connect Parker UMC to the needs of others in our local community, in our region, and in the world. People are always encouraged to participate in local activities hosted by our Missions partners: Feed My Starving Children, Parker Task Force and

UMCOR. In addition, we sponsor periodic mission trips to regional and international locations; recent trips have included trips with Global Hope to India and a trip to visit Respire Haiti Christian School in Gressier, Haiti. Mission opportunities are advertised in Sunday bulletins, the Midweek Message, the Cross and Flame and on the Missions video monitor in the Narthex outside the Sanctuary.

PRAYER GROUPS

PRAY

Day of week: First Sunday of the Month at 12 p.m.

Dates: Ongoing, beginning September | Meets monthly

The Prayer Ministry members meet once a month to focus on prayer for our church community. Our mission is to encourage and explore the importance of prayer in our lives. We strive to equip and empower our members on ways to pray. Our meetings are open and we welcome anyone who is interested to join us.

Contact Andrew McKinney: asmckinney07@gmail.com or call 970-281-9575.

Sweet Hour of Prayer

Wednesdays from 7-8 p.m. in Room 216

Dates: Ongoing, with breaks in the summer and from Thanksgiving until January

Frequency: 2nd and 4th Wednesdays of the month

This is a time for prayer and devotions - especially for moms. The prayers cover family, friends, the church and our community. New members are welcome.

Contact Elaine Jamison: ejamison50@yahoo.com or call 303-841-5529.

FINANCES

Financial Peace University

Starts Sunday September 8th; ends November 17th (9 weeks class over a period of 11 weeks)

Classes will be at 9:30 am in Room 216.

Never worry about money again with Financial Peace University (FPU)! It's the proven plan to help you master budgeting, beat debt, and live the life of your dreams! During this nine week program rooted in biblical wisdom, our FPU group will learn from Dave Ramsey and his team

of financial experts. FPU includes your member workbook and other exclusive online benefits through a free year of Financial Peace Membership. The cost of the class is \$109 and the church has scholarships available. Please contact Pastor Cody if you would like to apply for a scholarship. Here is a class link to register and pay the \$109 price. <https://www.fpu.com/1094456>. Child-care is available.

Contact David and Allison Kahlich at allison.kahlich@gmail.com or 817-996-4494 for more info.

CHURCH SUPPORT GROUPS

Friends Together: Dementia Support Group

Fridays 9:30-11:30 a.m. in Room 216 | Dates: Ongoing | Frequency: Weekly

Friends Together is a faith based support group for anyone with family/friends with dementia. We can help you.

Contact Sandi Blevins: sandib@q.com or call 303-841-5560 or Marian Gore mngmgore@gmail.com or call 720-217-4422

COMMUNITY SUPPORT GROUPS

We are happy to provide space for these groups to meet.

Al-Anon

Tuesdays at 8 p.m. in Room 124 | Dates: Ongoing | Frequency: Weekly

Al-Anon's Purpose is to help friends and families of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Our focus is on ourselves, not the alcoholic. The only requirement for membership is that there be a problem of alcoholism with a friend or relative.

Alcoholics Anonymous (AA)

Tuesdays 8 p.m. in Room 144 | Dates: Ongoing | Frequency: Weekly

Nar-Anon

Thursdays at 7:30 p.m. in Room 216 | Dates: Ongoing | Frequency: Weekly

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve-Step Program, we offer our help by sharing our experience, strength, and hope. The only requirement for membership is that there be a problem of addiction in a relative or friend.

Narcotics Anonymous (NA)

Mondays at 7:30 pm; Thursdays at 7:30 pm; Fridays at 7:30 pm in Room 144

Dates: Ongoing | Frequency: Weekly

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

T.O.P.S. (Take Off Pounds Sensibly)

Thursdays 3 – 4:30 p.m. in Room 138 | Dates: Ongoing | Frequency: Weekly

T.O.P.S. is an international organization dedicated to sensible weight loss. Men, women and teens from our Church and community are invited to join us and learn to make healthier food choices. We give and receive lots of support as we progress toward our goals. Visit a “free” meeting and find our costs are reasonable -- national dues \$32 annually which include “TOPS News” magazine. In addition we pay \$5 monthly dues to cover local Chapter expenses for supplies, rewards and prizes. Come at 3:00 for weigh-in – followed by meeting from 3:30 to 4:30 pm.

A photograph of a woman with blonde hair and a young girl with blonde hair, both smiling and hugging. The woman is wearing a yellow polka-dot shirt. The background is a warm, golden-yellow gradient. Overlaid on the right side is a light purple circle with a thin brown border. Inside the circle, the text "Starting the week of Sept. 9th" is written in a dark blue, sans-serif font. Below the circle, the words "Moms Groups" are written in a large, stylized, blue cursive font with a white outline. At the bottom right, the text "@ Parker United Methodist Church" is written in a dark blue, sans-serif font.

Starting
the week of
Sept. 9th

Moms Groups

@ Parker United Methodist Church

Complete list of group dates and times on page 7. For more info email Noelle@ParkerUMC.org

VOLUNTEER OPPORTUNITIES

Sound Booth Volunteers Needed

The choir sings. Musicians play instruments. Our pastors deliver the Sunday message. Our volunteers in the sound booth help to bring all of this to life so you can hear them best. We need to add some new members to our sound team on Sunday mornings. Kurt Bokenkamp, Director of Audio Systems, will provide training to all of those who want to join the team. No prior experience is needed, just a passion to serve Parker UMC. If you are interested in serving in this way please email kurtb@parkerumc.org.

Sunday School Teachers Needed

Children's Church Sunday School is looking for your help. Please check the dates this fall and consider signing up for one (or more) Sunday's to help. God has given us a wonderful example in our children. And when we, as a Sunday School volunteer, take the time to serve kids, and share God's love with them, the reward is incredible! Contact Noelle Allison: noelle@parkerumc.org

Memorial Service Set Up and Clean Up

When things happen in life, we need help. It takes a village. Our church is our village. Would you be able to help a few times a year set up tables or put out food for our memorial services? It takes a village, and our team needs more names on our volunteer list (men and women). Contact Judy Stephens at stphju3@aol.com or (303) 478-3558 or Pat Chase at patchase99@yahoo.com.

Audio and Video Technicians Needed

If you would like to help lead worship by advancing slides for the music and scripture then we'd like to plug you in to our media booth. Volunteers are asked to sign up for one Sunday every 4-6 weeks. Please contact Director of Media, Jason Anderson jason@parkerumc.org

If audio is more your style, and you'd like to serve at the sound board we have a place for you as well. Please contact Director of Audio Systems, Kurt Bokenkamp kurtb@parkerumc.org.

Caring Ministry

Sometimes when bad things happen it's a huge comfort to have a meal delivered, receive a visit, get a card in the mail. Our Caring Ministry is in place to offer those services to families who are struggling with grief, loss, illness, etc. If you would like to prepare a meal, make a visit, or help in some other way with those who need to see God's Love the most please contact Nancy Smith care@parkerumc.org or Associate Pastor, Cody Anderson cody@parkerumc.org



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