



*An Intentional and Continuous
Discipleship Journey*

Winter 2020

Faith Formation Catalog



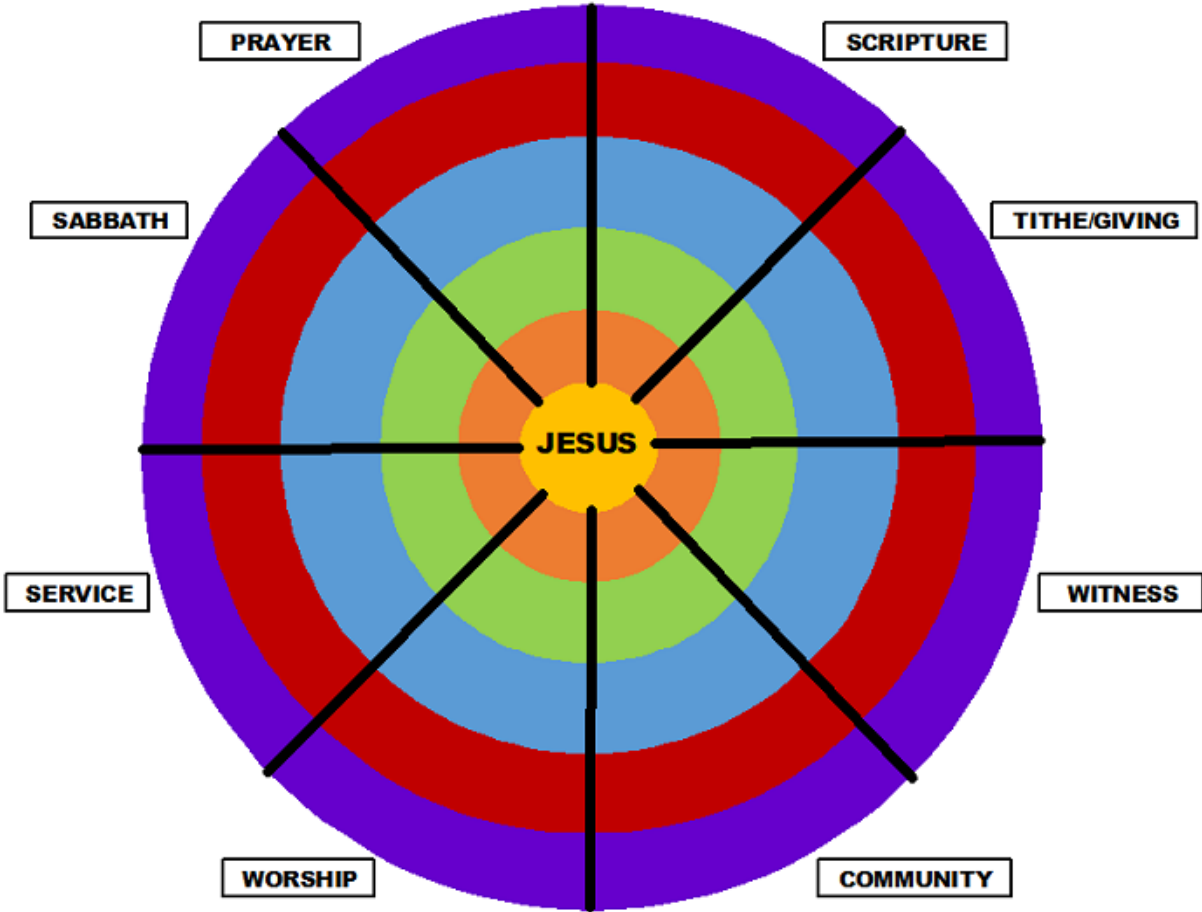
Calvary United Methodist Church

403 S. Main Street Mount Airy, Maryland 21771









www.calvary-mtairy.org 301-829-0358

Pathways to Discipleship: Finding Your Way

As we grow in our relationship with Jesus Christ, we find ourselves in different stages of the discipleship journey. These different stages may be an indicator of where we are in our discipleship process and what we need to do to become more mature disciples. Intentional involvement in spiritual practices assist us in our journey. It is not unusual to find that all of our spiritual practices do not line up under the same spiritual developmental stage. However, we should all take small steps in these practices to get closer to God and to grow as disciples of Christ.



Spiritual Practices

| Spiritual Practices | SEARCHING <i>For Awareness of Meaning</i> | EXPLORING <i>Questioning Christ's Way</i> | BEGINNING <i>To Learn About My New Life In Christ</i> | GROWING <i>Deeper in My Walk With Christ</i> | CENTERING <i>Living My Life In Christ</i> |
|---|---|--|--|---|--|
| Prayer  | I don't talk to God yet | I say formal prayers | I talk and listen to God | I pray using different methods | I am constantly in conversation with God |
| Scripture  | I do not know God's story yet | I listen to scripture in worship | I occasionally read the Bible | I read and reflect daily on the Bible | I read the Bible to find my place in God's story |
| Tithing (Gifts)  | I do not give money to the church yet | I give money to the church for things I want to happen | I give regularly and strive for proportional giving | I tithe to the church (10% of income) | I have developed a lifestyle of generosity |
| Witness  | I don't talk much about God yet | I ask others about God (Father, Son, Holy Spirit) | I am learning the story of God's loving relationship with us | I am understanding and sharing my story of God's love | I seize opportunities to share my story of God's love |
| Community  | I am not in any God-centered classes or groups yet | I am exploring a God-centered group | I have committed to a short term God-centered group | I am part of an ongoing God-centered group | I am in covenant through a God-centered group |
| Worship  | I don't know what worship is about yet | I attend worship occasionally | I try different types of worship services | I regularly attend worship | I celebrate being in worship with others |
| Service  | I don't know why I should use my time and talents to serve others yet | I occasionally serve where asked | I serve where needed | I consistently offer my time and talents | I live out God's call and serve first according to my gifts and secondly according to the church's needs |
| Sabbath (Holy Rest)  | I don't know why I sense a need for rest yet | I question why rest has anything to do with God | I am beginning to sense the importance of rest centered around God | I recognize why rest is Holy and plan for partial days of Sabbath | I reserve one day a week of centering my rest around God |

*YOU are Invited to Walk Together on an
Intentional and Continuous Discipleship Journey*

CONNECT ♦ LEARN ♦ SERVE

Dear Calvary United Methodist Church Attendee,

I invite you to join us for one of our winter Faith Formation classes. If you have never been a part of a LEARNING group at Calvary, then you should know you are in for a great experience! These Faith Formation Classes are for ANYONE and EVERYONE!

We are offering programs on a variety of topics and in an array of formats to meet everyone's needs:

- ♦ classes and topics for all ages;
- ♦ time commitment varies from one or two sessions to ongoing weekly meetings;
- ♦ curriculum driven or simply requiring a Bible;
- ♦ organized discussions, as well as opportunities for informal conversation or being silent and in prayer;
- ♦ weekday, weeknight, and Sunday morning (10:10-10:50) schedules.

Calvary's Mission is to make Disciples of Christ for the transformation of the world by living faithfully, loving deeply, and serving sacrificially. These fall faith formation classes provide opportunities for us to live out this mission as we CONNECT, LEARN, and SERVE together, while deepening our relationship with God and with each other.

I hope that you will join a LEARNING group and discover what the early disciples of Christ discovered – small groups are a great place to connect with each other and to learn to live more like Jesus so that we can serve the Kingdom in His name! There are so many ways we can deepen our relationship with God and each other. It can seem overwhelming, but please don't let that intimidate you. It's a lifelong journey that begins with just one step.

While it is important to learn together, it is equally important that we grow together in other ways. Our next step on our discipleship journey together is to find (or form) a Growth Group. At the back of this catalog, you will see the different types of Growth Groups. I invite you to be in conversation with one another and with me about what Growth Groups you envision for Calvary's Discipleship Pathway!

Love & Peace,

Kathy

Kathy E. Barna
Director of Spiritual Formation
Calvary United Methodist Church

First Sundays With the Pastor

1st Sunday of each month
Good Shepherd Hall

Pastor Bill will facilitate conversations with Calvary congregants about social issues through the Christian lens. Drop in anytime. Contact: Rev. Bill Maisch bill@calvary-mtairy.org

And all God's People said AMEN!

Going Deeper in Prayer and Learning Different Ways to Pray

2nd Sunday of the Month
The Chapel

Each month we will learn a new way to connect to God in prayer and then we will have time to practice. Drop-in, multigenerational.

Contact: Tandi Toni: tandi.tuckertoni@berkshirecommunities.com

Men Walking With Jesus

3rd Sunday of the Month
Room 108

The United Methodist Men will be discussing a new topic every month. Men of all ages are welcome to join us for a facilitated discussion of topics important to men in the Methodist church. Drop-ins welcome. Contact: Tim Dine: timhdine@yahoo.com

A Deeper Look at Plans for the United Methodist Church Future ...

General Conference 2020

3rd Sunday of the Month
Good Shepherd Hall

Be better informed about the plans being brought to General Conference 2020 (GC2020). Pastor Bill will help us sift through the numerous plans and what they could mean for the future of the United Methodist Church. Drop in anytime. Contact: Rev. Bill Maisch bill@calvary-mtairy.org

Sunday Faith Formation Time 10:10 a.m.—10:50 a.m.

Missions' Focus: God's work. Our hands.

4th Sunday of the month

Good Shepherd Hall

"Dear children, let us not love with words or speech but with actions and in truth." 1 John 3:18

As followers of Christ, we are called to serve others, and one of the most valuable ways to serve others is to show them that we care. Please join us as we focus on a different mission each month. We will learn how best to help our brothers and sisters in need from this community, nationally, and globally. We will have guest speakers from different organizations, local groups with specialized missions, and even some hands-on service projects!

Where Do I Fit? A Closer Look at the Spiritual Gifts

Weekly, starting January 19

Room 110

No matter where you might be along your spiritual journey, it is common to struggle with the answer to the question, "Where do I fit in with God's plan?" It seems like some people seem to know for certain where they fit, while others have no idea. This six-week small group will explore the God-given spiritual gifts, and how our own spiritual gifts can be recognized, understood, and used for the building of God's kingdom here on Earth. Contact Dan Connolly danjcon@comcast.net

TGIS! Thank God It's Sunday Adult Study

Weekly starting January 5

Room 109

Join us for a video/discussion series on Christian response to conflict resolution.

Contact: Dave Meadows dnmeadows@aol.com

What Does it Mean to be a United Methodist?

Weekly

Room 100 (at the end of the nursery hallway on the left)

Let's examine the historic roots of United Methodism together. Through the life, thought, and ministry of John Wesley we hope to discover a renewal of our own personal lives as well as life within our church and the world. Participants will need to purchase the following book. *John Wesley Holiness of Heart & Life* by Charles Yrigoyen.

Contact: Larry Van Sant lavansant@aol.com

Going Deeper in Scripture

Weekly
Room 206

Each week the scripture that is being preached about in worship will be discussed by looking at context, audience, author, etc. Bring your favorite translation of the Bible. Regular attendance or drop-ins welcome. Contact: Doug Tonkay tonkays@att.net

Sip & Chat

Weekly
Downstairs Lobby

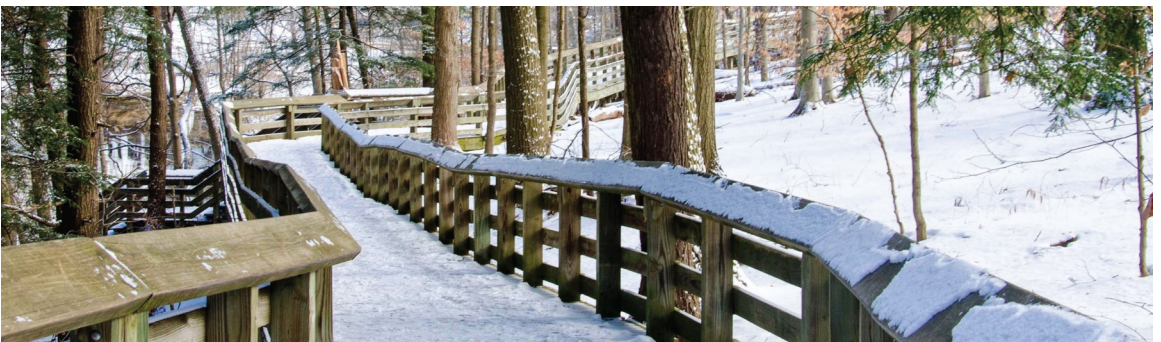
This is an informal gathering with no group facilitator. We will just be gathering and talking with each other – enjoying fellowship and building Christian relationships!

The Music Beyond Our Walls

Weekly
Room 104

The tune is catchy, but the lyrics make you feel a little bit uncomfortable as a Christian.

A look at secular music with religious themes or undertones. What does the Bible say? How do we feel as Christians? How do you think this makes the unchurched look at Christianity? This class will help us look for messages in everyday life, interpret them, and give us language and tools to talk about them with our children, friends, and neighbors from a Christian perspective. As we better understand the world beyond Calvary and those who live in it, we are better prepared to reach people where they are – and to make disciples of Jesus Christ. *Music will not include profanity, violence, or sexual themes. Contact: Ian Adams iadams0330@gmail.com



Sunday Faith Formation Time 10:10 a.m.—10:50 a.m.

Next Step Classes

January 12, January 26, February 9
10:10a.m.— 10:50a.m.

Are you new to Calvary and desire to grow in your understanding of what it means to be a follower of Jesus Christ by living faithfully, loving deeply, and serving sacrificially? In the first class, participants will learn about United Methodism, our basic beliefs, theologies, doctrine and polity. During the second class we will look a little more closely at Calvary United Methodist Church as a local church. In the final session we will discuss spiritual gifts, spiritual disciplines, and ways that you can CONNECT, LEARN, and SERVE with Calvary as we make disciples of Christ for the transformation of the world. Each set of 3 Next Step classes are offered once in the fall, winter, and spring.

Contact Rev. Bill Maisch: bill@calvary-mtairy.org or Kathy Barna: kathy@calvary-mtairy.org

The Art of Listening

February 8 & 15
Room 205

As Christians we are called to listen to each other as Jesus listens to us. It is through this listening that the needs of others are discerned. It is perhaps the most important skill that anyone can use in a relationship. Even though therapeutic listening is important, it is a difficult skill to develop. For this reason, therapeutic listening training is included in the Stephen Ministry training curriculum, but it is pertinent to everyone's interactions with others - parents, children, co-workers, friends. This 2 part class will give you the knowledge to improve this skill. Pre-class readings, lecture, discussion, and the opportunity to practice in class what you have learned will be included. Materials will be provided at registration. Contact Terri Giambarresi quiltinterri@gmail.com

Sunday Evening Faith Formation

Home Brewed Christianity

Informal discussion of biblical passages as illustrated in short stories. Ages 21+. Three sessions offered. Choose one, two, or all sessions. A copy of the story will be sent out 2 weeks before we meet. Breweries and exact times TBD. Contact: Bob King magoo902@aol.com

January 12, 2020
February 9, 2020
March 15, 2020

King's Men

Tuesdays at 9:30 a.m.
Room 109

The King's Men is a study and discussion group open to all men. We acknowledge our questions and share our individual experiences. It is open to all and we enjoy multiple opinions of all topics to learn from each other. A new topic is selected upon completion of current topic. The King's Men have participated in several studies, including one about John Wesley. The class is participatory. The men study, read, and pray together. Come as you can; drop-ins welcome.

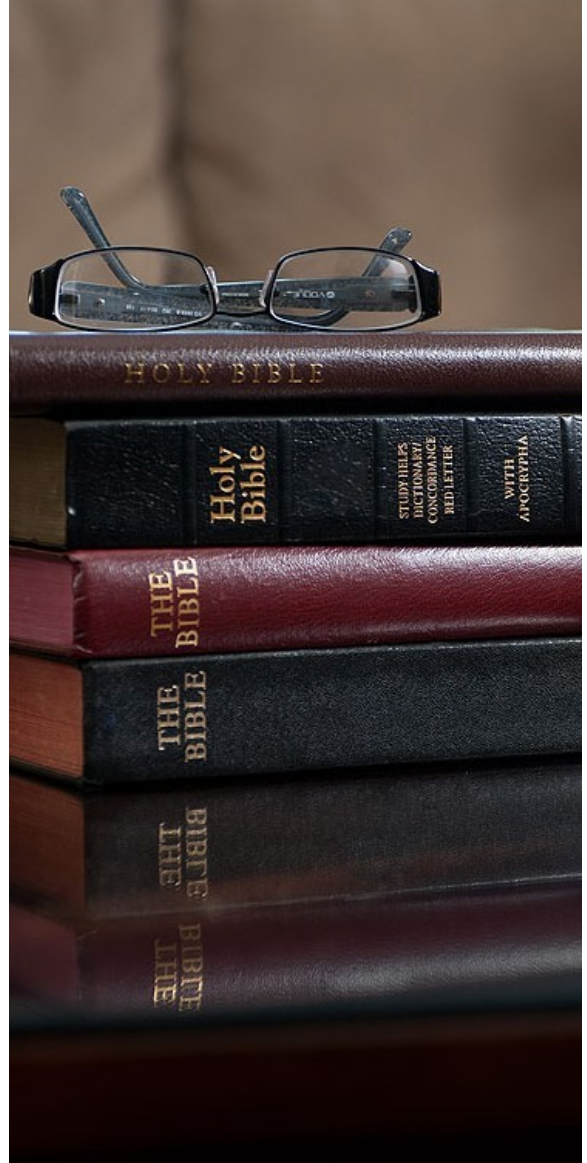
Contact: John Simpson 208jrs@gmail.com or
Sam Warren samw26@gmail.com

Calvary Community Bible Study

Tuesdays 9:30 a.m. – 11:00 a.m.
Room 110

Calvary Community Bible Study is a group of women. The leader shows a video; the group reads selected text from the "Genesis to Revelation" study guide (provided) the leader then facilitates discussion. No purchase necessary; just bring your Bible (extras available for use). No prior knowledge needed. Drop-ins welcome. *Optional fellowship time each week after Bible study; carpool to lunch together at a local restaurant.*

Contact: Shirley Read: smmread@comcast.net
or Joyce Bernard: jcanoe73@comcast.net



Sunday and Beyond: Faith Formation Throughout the Week

Grief Support: A Spiritual Guide to Overcoming Loss

Tuesdays, 7:00—8:00 p.m.

January 14– March 3

Room 100 (at the end of the nursery hallway on the left)

Book study of *A Grace Disguised: How the soul grows through loss* by Jerry Sittser. In one moment Jerry Sittser lost his mother, wife, and daughter when the family's van was hit by a drunk driver. Jerry is a professor of religion at Whitworth College. This book is the powerful story of Jerry's response to his losses. *A Grace Disguised* addresses the sorrows that come to all of us, whether through the loss of a loved one, a job, a marriage, or one's health. Jerry tells us that in these losses we can find new life - "one marked by spiritual depth, joy, compassion, and a deeper appreciation of simple blessings." This book encourages us to "live well, love life, and experience joy, not after the darkness but in the midst of it. Participants will need to purchase book. Contact Karen McCann karengmccann@gmail.com

Here and Now: An Introduction to Mindfulness

Wednesdays, 12:00-1:00 p.m.

January 15, 2019 - February 12, 2020

Room 207

Some have found that mindfulness can help in managing stress, and becoming more "present" in our interactions with ourselves and others. We will practice activities to help focus our attention, and respond with gentle self-compassion as we take time resting in the here-and-now. In addition to such practices as mindful breathing, eating, and body scan, we will explore resources for mindful approaches to pain and sleep, and Christian audio lectio. If you have a favorite pillow, please bring it, along with a blanket, yoga mat, or beach towel. Contact: Mindy Abbott ghsmindy@gmail.com



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Ageless Learning & Fellowship Group

2nd and 4th Wednesdays, starting January 24

2:00-3:00 p.m.

Room 110

This group of seniors will bimonthly do some book and bible studies, as well as participate in a variety of optional activities and opportunities that speak to this season of your life. Our first study will be *The Case for Christ* by New York Times bestselling author Lee Strobel. Together we will journey with Lee Strobel on his quest for the truth about Jesus. Participants will need to purchase the book *The Case for Christ Study Guide Revised Edition: Investigating the Evidence for Jesus* by Lee Strobel and Gary Poole. It can be purchased online at Cokesbury or Amazon, or you can have Kathy Barna order it for you.

Contact: Marianne Erickson – ericksonm@rcn.com, Kathy Barna – kathy@calvary-mtairy.org

Thursday Morning Bible Study

Thursdays, 9:30 - 11:00 a.m.

Room 110

Book TBD The classes will include book-related videos and group discussion.

Contact with questions: Leslie Simpson, lajsimpson@hotmail.com



Growth Groups

Growth Groups exist at Calvary United Methodist Church to help participants take the next steps in their personal spiritual journeys. Personal Spiritual journeys are just that - personal. We are all different, we come from different backgrounds, with different experiences, and we have different needs. At various places on our journey we will need distinctive tools in our life in order for us to grow and mature in our faith. We believe that offering the unique types of groups listed below is an effective way to assist each other in our different phases of spiritual growth. Whether you are just exploring faith, are a faithful Christian, or have been a church goer for many years, we believe there is a group here at Calvary that can help you take your next step on your Discipleship Pathway. Questions? Contact Kathy Barna at kathy@calvary-mtairy.org

Life Groups

Life Groups are made up of people that share a common interest, life stage, or geographic location. They covenant together to meet weekly, bi-weekly, or at least monthly to pray, to study scripture or discipleship practices and to serve beyond the walls of the church every month or two. These groups commit to staying together for at least 12-18 months and have a maximum number of participants.

Covenant Disciple (CD) Groups

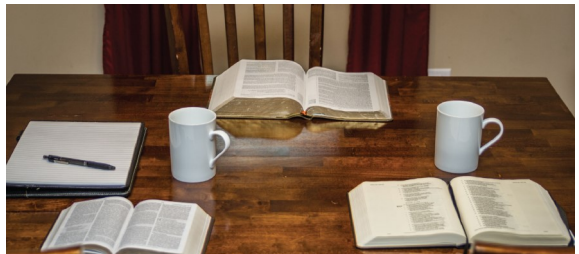
A Covenant Disciple Group is a confidential group made up of 5-7 individuals who meet together for one hour every week (or every other week) to hold each other mutually accountable for their discipleship. Groups tend to form based on the availability of the participants. The purpose of the regular meetings is mutual accountability and support for discipleship. The group is guided by the covenant they write, which is shaped by the General Rule of Discipleship:

To witness to Jesus Christ in the world and to follow his teachings through acts of compassion, justice, worship, and devotion under the guidance of the Holy Spirit.

The covenant serves as an agenda for the meetings and keeps the focus of the conversation on discipleship. Members of the group share what they have done or have not done during the past week(s) to follow the teachings of Jesus in their daily lives.

Fellowship Groups

These eclectic groups gather with each other on a regular basis for Christian fellowship. These groups gather with one another over a meal, special event, or activity. These groups can meet at church or off-site. A time of prayer and devotion is encouraged, but a Fellowship Group's main focus is spending time to together to CONNECT with Christ at the center. Fellowship Groups can have as few as 5 and as many as 30+ participants. Fellowship Groups are encouraged to gather as often as they like but at least once a quarter.





Serving Groups

These groups exist for the purpose of serving together. In addition to serving at Calvary, they recognize that Jesus calls us to serve beyond our walls. Serving groups may gather for a mission trip or for a once and done service activity outside our church's doors. They may meet regularly to serve together at local soup kitchen or homeless shelter, or they may meet to fulfill a need within our very own community. Jesus came not to be served but to serve. As followers of Christ, we too are called to serve in the world.

Learning Groups

Learning groups are focused on a wide variety of topics viewed through the Christian lens. These Christ-centered groups get together at

regular intervals for conversation centered on a topic, theme, book, or scripture. These groups pray with and for one another. They may include short-term studies, seasonal studies, or long-term studies. These groups meet on Sundays during our Faith Formation time (10:10-10:50) as well as throughout the week. The Learning Groups meet here at church, off-site at homes, or at local businesses. The emphasis of Learning Groups is on taking personal ownership of our relationship with Jesus through attention to our spiritual disciplines. Participants in these groups are living out their faith within the context of a community of believers. Learning Groups can have as few as 5 and as many as 25 participants.

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Notes

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Children & Youth Ministries at Calvary

Summit Kids PreK—5th grade

Summit Kids Worship

After Praise Time during the 9 a.m. Worship
Trinity Chapel

Children Pre-K to 2nd Grade will meet each week in Trinity Chapel after the Praise time. They will gather for a worship service that is designed for their developmental age. The children will learn about the different elements of worship, what they mean, and worship God through music and stories. Every other week the children will spend time learning music with the Summit Kids Primary Singers that will be shared with the congregation in the future. This will allow the children to not only learn about what it means to be in worship but also ways to contribute to worship.

Summit Kids School

Sunday 10:10 a.m. - 10:50 a.m.
Preschool - 3s and 4s by Sept 1 – Room 102
K - 2nd - Room 103
3rd - 5th – Auditorium

Summit Kids School will be a time for our children to learn and grow in their understanding of the Bible stories that help to form our faith. They will do this in a classroom setting that will engage the kids through games, stories, video and songs. The children will leave having learned a new Bible story each week to help them as they grow in their own faith journey. Regular attendance encouraged, but drop-ins are welcome.

Mountain Top Youth Ministries Middle and High School

Mountain Top Faith Formation

Sunday 10:10 a.m. - 10:50 a.m.
Middle and high school youth
Rooms 207 & 208

Mountain Top Youth Ministries formation time will be using a curriculum called *Echo the Story*. Youth will spend the year studying the Bible in a way that will engage them in a unique way by empowering them to grow spiritually while finding a community among their peers. It offers opportunities for students to relate with God's story in new way and to develop fresh insights of the biblical narrative.

Mountain Top Youth Fellowship

1st, 3rd, and 5th Sundays, 6 p.m.- 8 p.m.
Good Shepherd Hall

Join with other youth for fellowship, fun, and serving. The first Sunday of every month will be a fun activity that will gather the youth to connect with each other while they build relationship and community. The third Sunday of every month will be our Serving Sunday. We will engage with a mission where we can be the hands and feet of Christ to the world and serve God's people. If the month has a 5th Sunday we will gather for another fun and fellowship event.