

## Scriptural Studies

### ***Reading through the Acts of the Apostles***

Join Rev. John Wood for a slow read of the *Book of Acts* that traces the early history of the Christian church, including accounts of the conversion of the Apostle Paul.

*Sundays 10:45-11:45am in the Conference Rm*

### ***Sacred Texts***

Starting on Tuesday evening, January 17, join Dr. Bill Garlington and Rev. Elbert Kim in an exploration of four sacred texts: The Hebrew Bible, The Bhagavad Gita, The New Testament, and the Qur'an. In each case the sacred text will be viewed both in itself and in connection with commentaries and interpretations from within the appropriate tradition.

*Tuesdays, Jan 17 to Feb 7, 6:30-8:00pm  
in the Covenant Room of the Mission House*

### ***Sunday Service Discussion***

Drop in for facilitated open discussions with Ron Honeycutt and crew regarding Sunday's worship, liturgy, and sermon. Personal and collective agreements, disagreements, and questions regarding the service are welcome. Feedbacks are given to the worship team.

*Ongoing Sunday mornings, 10:45-12:00pm  
in the Howald Parlor*

## All-Church Study

### ***Walking with Jesus***

Join in an all-church study during the season of Lent. Using Adam Hamilton's curriculum, "The Way," small groups will discuss the life of Jesus. Sunday sermons will also coordinate with this study. Order a 40-day devotional guide to go along with this journey.

*Various dates & times, including Wednesdays,  
Mar 1 to Apr 5, 3:00-4:00pm online via Zoom*

## Elder Care Series

### ***Saving Your Brain***

The number one fear of people over the age of 40 in the United States is developing Alzheimer's Disease. Are you one of them? Come hear Eileen Gold, Aging Care Specialist, discuss the latest research to save your brain.

*Wednesdays, Feb 1<sup>st</sup> & 8<sup>th</sup>, 10:00-11:30am  
in the Covenant Room of the Mission House*

### ***Slow-Read Book Study***

Reading of Diana Bulter Bass' *Christianity after Religion*. Class meets alternating months with Elder Care series beginning March.

*Wednesdays, 10:00-11:30am in the Parlor*

## Theology & Religion

### ***History of Christian Thought***

Rev. Elbert Kim and Dr. Bill Garlington present an eight-week class on The History of Christian Thought. The class will be divided into four sections: 1)The Early Centuries; 2) The Medieval Period; 3)The Reformation, and 4) Modernity. In each case substantial thinkers as well as movements will be exemplified and examined with the aim of encouraging both individual reflection and group discussion.

*Tuesdays, Feb 14 to Apr 4, 6:30-8:00pm  
in the Covenant Room of the Mission House*

### ***Indigenous Religions***

Come Zoom with Dr. Bill as he explores over a three-week period the religious beliefs, myths and practices of a number of Native American, African and Australian Aboriginal tribes. In each case religiosity will be examined in relationship to both historical and larger cultural contexts.

*Wednesdays, April 19 to May 3, 3:00-4:30pm  
online via Zoom*

### ***Emotional Self-Regulation***

Would you like to ease your pain, increase your energy, improve your golf game, and lose ten pounds? This interactive workshop, facilitated by Eileen Gold, will explore with you the phenomenal mind/body connections. You will come to understand the scientific basis for self-creating optimal physical and mental performance.

*Wednesdays, Feb 15<sup>th</sup> & 22<sup>nd</sup>, 10:00-11:30am  
in the Covenant Room of the Mission House*

## Arts & Culture

### ***Pilgrimage!***

Explore the famous historical pilgrimages, including Christianity's El Camino de Santiago, Islam's Hajj, and the Hindu *Kumbh Mela*. Gene Bream discusses what other cultures consider to be powerful experiences of pilgrimage. We'll view possible pilgrimages to many stunning natural wonders on our planet and visit some of the most profound and sacred human-made places that invite pilgrimage.

*Wednesdays, Jan 11 to Jan 18, 3:00-4:30pm  
online via Zoom.*

### ***Opera Du Jour***

Join us as we stream operas from the library of the New York Metropolitan Opera! We can watch them (subtitles provided) after a brief discussion of the plot, leading singers, interesting tidbits about the productions and history of the opera and composer. Suggestions for our first viewings included: La Boheme, Faust, Don Giovanni, and Carmen, but the choices are almost endless. Bring your own snacks, sit back, and enjoy!

*Saturdays, Jan 28, Feb 25, Mar 25, Apr 29  
10:00am – noon in the Mission House*

## Mind, Body & Soul

### **Group for Grief Sharing**

Sooner or later we all experience grief from the loss of a loved one. For some, that event comes too soon. Sue LeBreton and Dr. Lynn Decker-Mahin lead a group where grief can be shared in a safe and confidential environment.

*First & Third Tuesdays, 10:30-11:30  
in the Howald Parlor.*

### **The Gift of Years**

Held on the first Thursday of each month, the group spends time talking and sharing about the personal journey as an aging adult. Topics include Age, Dreams, Success, Agelessness, Nostalgia, and so on.

*First Thursdays, 10:00-11:30am  
in the Howald Parlor*

### **Spiritual Growth Group**

The group meets twice a month for meditation exercises. The group spends a few minutes greeting each other followed by the topic of meditation. Time is spent on centering and then individuals are given personal time for journaling and personal meditation. Please contact Nancy Wood for more information.

*Second & Fourth Thursdays, 10:00-11:30am  
in the Covenant Room of the Mission House*

### **Bone Builders**

"The Bone Builders exercise program is designed to enrich the lives of seniors by improving gait and dynamic balance skills, increasing balance confidence, decreasing fall risk and improving satisfaction."

*Classes continue on Tuesdays & Fridays at  
9:00am and 10:30am in Brooks Hall*

### **Maker Ministry**

A multi-generational group meeting to create for the Creator and our community needs. Examples of projects include creating pride pens, Christmas stocking for troops, bookmarks for hymnals, baking goodies, Christmas flash mobs, and hats for the homeless. For more information, please contact Janet Kinch.

### **United Women in Faith**

The Camarillo UWFaith invites you to experience friendship, service, personal growth and supportive fellowship. Members nurture one another in community and support U.S. and international projects improving the lives of women, children and youth with their prayers, volunteer and advocacy efforts, and financial gifts. For more information, please contact Helen Faul.

### **United Methodist Men**

A ministry of men engaged in spiritual growth and engaged in supporting the work of the church and community. Monthly breakfast gathering includes a program speaker presentation and fellowship around good food. Activities planned throughout the year are open to the whole church. For more information, please contact Don Howald.

## CAMARILLO

### United Methodist Church

*Open Hearts ~ Open Minds ~ Open Doors*



## Adult Ministries Spring 2023

(805) 482-4312  
[CamarilloUMC.org/classes-and-groups](http://CamarilloUMC.org/classes-and-groups)  
[classes@CamarilloUMC.org](mailto:classes@CamarilloUMC.org)