

The background of the entire page is a dark charcoal grey. It is decorated with stylized green elements. On the left side, there are several large, overlapping leaves, each filled with fine, parallel green lines. To the right of these leaves, there are several long, flowing, wavy green lines that sweep across the page, creating a sense of movement and depth.

HIGHLAND PARK UNITED METHODIST CHURCH

LIFE RESOURCES

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Fall 2016

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WELCOME TO HPUMC LIFE RESOURCES.

We invite you to join us on the greatest journey of your life—as we strive to become deeply devoted followers of Jesus Christ. We know that sometimes getting started can be daunting, especially in such a large church, but we want to travel this journey with you. Whether you're looking for practical spiritual tools to help you with life's daily challenges or inspiration to go deeper on your faith walk, our Life Resources booklet offers you a path that provides Congregational Care, Support Groups, Specialized Worship services, Bible study and Devotional courses, Parenting and Relationship classes, Financial Guidance classes, The Arts and our Biggers Sports & Fitness programming. The Life Resource environments are casual and informative. For an updated list of Life Resources, please visit our website, hpumc.org/life-resources.

No matter where you are in life, we have the resources to walk you through and help you take the next step.



Laura Beagles
Director

The Vision

GENERAL INFORMATION

Registration

To register please get in touch with the listed contact person or visit hpumc.org/life-resources.

Class Size

Instructors may choose to limit enrollment if they feel certain numbers will enhance the value of the course.

Course Cancellations and Refund Policy

Life Resources reserves the right to cancel any class. Notification will be given promptly so that an alternative class may be chosen or applicable fees refunded. If a student registers for a course, or attends a portion of the course and decides to drop, they are not eligible for a refund. Class fees are not tax-deductible.

Couples Taking Classes

If taking a class as a couple and only one book is needed, the rate will be reduced accordingly.

KidCare

KidCare is for ages 7 weeks to 11 years. *To ensure childcare availability*, please email KidCare (kidcare@hpumc.org). Reservations must be made at least one week prior to the first meeting. To make reservations, register online at hpumc.org/kidcare and include a parent's name, child's name, and age, along with the name, date, and time of the event. If you cannot make a meeting, please cancel your KidCare reservation by emailing kidcare@hpumc.org. Due to an increased awareness of allergies with our children, we are no longer providing or serving food during KidCare.

Daytime: Monday & Thursday: 8:30 am - 2:00 pm

Evening: Tuesday & Wednesday: 5:00 - 9:00 pm

Suggestions for Study Bibles

Highland Park United Methodist Church uses the New Revised Standard Version (NRSV) Bible. Suggested Study Bibles used for Life Resources classes are:

1. Oxford Annotated Study Bible
2. Harper Collins Study Bible
3. NIV Study Bible

Inclement Weather

If DISD closes, Highland Park United Methodist Church will be closed. Please check the HPUMC website for updates at hpumc.org.

Photo Disclaimer

By registering for any HPUMC event/group, the participant is giving permission for the participant's photo to be used in HPUMC publications, print and online, unless HPUMC is given a written request to the contrary.

Enrich your fall experience by enriching someone's life

Life Resources is teaming up with our Mission and Outreach Ministry to support their fall drives! We are asking all classes to participate by providing a needed item, such as items for snack bags, homeless helper bags, or child activity bags. For more information visit hpumc.org/life-resources

***Note:** This brochure contains dated material. For the latest info, visit hpumc.org.

CONGREGATIONAL CARE

Births and Baptisms

For birth or baptism information, please visit hpumc.org/baptisms or contact:

Mary Bishop, 214.523.2202, bishopm@hpumc.org

To become a member and/or schedule an adult baptism, please contact:

Leslie Watson, 214.523.2122, watsonl@hpumc.org

Weddings

For wedding information, visit hpumc.org/weddings or contact:

Courtney Gedney, 214.523.2283, gedneyc@hpumc.org

Premarital Counseling

For a premarital counseling appointment, please contact Congregational Care.

Cheryle Robbins, 214.523.2241, congregationalcare@hpumc.org

Funerals, Hospital Visits, Emergency or Crisis Calls

Please contact Congregational Care during regular business hours or call the after hours number.

Cheryle Robbins, 214.523.2241. After hours: 214.802.1807

The Columbarium at HPUMC

This beautiful courtyard includes granite walls that list the names of those whose ashes are stored here.

Rev. Terry Jones, 214.523.2118, jonest@hpumc.org

Counseling

Gregg Medlyn of The Marriage and Family Group, PLLC, provides fee-paid counseling.

Gregg Medlyn, 214.613.1656, gregg@themafig.com

CARE: Chemical Awareness Resources & Education

CARE is a community resource that is free for individuals and families looking for help with substance abuse issues.

214.526.8986, info@care-dallas.com

Addiction, Recovery & Prevention

We are here to help and support individuals who struggle with addiction and their families.

Michael Fowler, 214.523.2222, fowlerm@hpumc.org



Prayer Tower Ministry

Join our team and take an hour each week to pray for the prayer requests of our congregation. To submit a prayer online, visit hpumc.org/request-prayer or email prayertower@hpumc.org.

Mary Bishop, 214.523.2202, bishopm@hpumc.org

Stephen Ministry

Stephen Ministry provides hope and healing to people experiencing a difficult time in life. Stephen Ministers are lay people trained to provide confidential one-to-one care.

Trissie Osborn, 214.523.2245, osbornt@hpumc.org

Caring Ministry

This joyful ministry keeps our homebound members connected and reminds them that they are loved.

Trissie Osborn, 214.523.2245, osbornt@hpumc.org

Walk to Emmaus

This spiritual renewal ministry begins with a three-day retreat and continues with periodic gatherings for fellowship and support.

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

Blood Drive

Next scheduled blood drive - Fall, 2016 (Don't forget to bring a valid ID).

Rev. Terry Jones, 214.523.2118, jonest@hpumc.org

Prison Ministries

Kairos Prison Ministry

This Christian ministry addresses the spiritual needs of incarcerated individuals and their families.

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

Coffield Faith Based Unit

This prison ministry provides support to male inmates at the Coffield Prison Unit. We are needing volunteers to serve one day a month.

Rev. Barbara Marcum, 214.523.2248, marcumb@hpumc.org

Bridges to Life - Hutchins State Jail

HPUMC has partnered up with Bridges to Life and seeks volunteers. The BTL program has two main goals: 1. To reduce reoffending rates of program graduates, and 2. To facilitate the healing process for victims and offenders through its 14-week course.

Rev. Barbara Marcum, 214.523.2248, marcumb@hpumc.org

Bill Glass Behind the Walls Prison Ministry

Volunteers join with the Bill Glass staff and guest speakers to engage the prison population through programs and by personally sharing the gospel.

Ken Reiser, 214.523.2269, reiserk@hpumc.org

Mid-Week Worship

Taizé: A Service of Healing and Song

Please check our website, hpumc.org/taize, for future services.

Carrie Chavarria, 214.523.2250, chavarriac@hpumc.org

Events

Monday Friends (age 70+)

Come join us to watch a movie and make new friends. Movie, light lunch & fellowship provided.

1st Monday of the month (We will meet the 2nd Monday in September)
12:30 - 3:00 pm, Room 120

Susan Rogers, 214.523.2266, rogerss@hpumc.org

MORE INFORMATION

For information & to register, please visit:
hpumc.org/life-resources

★ For KidCare reservations, please visit:
hpumc.org/kidcare

Adult Children of Difficult Older Parents: Loving 'Hard-to-Love' Relatives

This course will cover concepts that empower the mind, insights that comfort the heart, and skills that guide actions, with the goal of participants learning to protect their hearts and effectively love their hard-to-love older parents.

Tuesdays, September 13 & 20

6:30 - 8:00 pm, Room #2 (2nd Floor, Children's Area)

Register by Wednesday, September 7

Led by Dr. Paul K. Chafetz, well-known clinical psychologist, practicing since 1982 and former associate professor at UT Southwestern.

Laura Beagles, 214.523.2231, beaglesL@hpumc.org, PaulKChafetz.com

Blessing of the Animals

Bring your animals to be blessed and make new friends. Please have them on a leash or in a carrier, and bring toys and newspapers to be given to shelter animals.

Sunday, October 2

4:00 pm, Covered Drive / Arden Forest (weather dependent)

Rev. Barbara Marcum, 214.523.2248, marcumb@hpumc.org

All Saints Memorial Service

This memorial service honors those among our church who died from September 2015 through September 2016. A rose will be placed at the altar as each loved one's name is called.

Sunday, November 6

2:00 - 3:00 pm, Cox Chapel

Congregational Care, 214.523.2241, congregationalcare@hpumc.org

Surviving the Holidays - GriefShare

Dreading the holidays due to the loss of a loved one? Join Rev. Dawn Anderson for a special "Surviving the Holidays" program and get a free holiday survival guide to help you prepare.

Thursday, November 10

6:30 - 8:30 pm, Room 120

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

Surviving the Holidays - DivorceCare

Dreading the holidays due to a divorce? Join Rev. Dawn Anderson for a special "Surviving the Holidays" program and get a free holiday survival guide to help you prepare.

Thursday, November 3

6:30 - 8:30 pm, Room 120

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

Service of the Longest Night

Christmas can be a painful time for those who are sad, grieving, or alone. Join us for a special worship service to acknowledge our sadness and to hear hope for the days ahead from the Christmas message. There will be special music, devotional messages, and a candlelight remembrance ceremony in honor of our loved ones.

Sunday, December 18

5:00 - 6:00 pm, Cox Chapel

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

SUPPORT GROUPS

Celebrate Recovery

Celebrate Recovery is a biblically based Christian recovery program for any type of “hurt, hang-up, or habit,” including addictions. Starting in October, 2016. Please call for more information.

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

AA / Upper Room

Weekly alcohol addiction support group.

Mondays

7:30 - 8:30 pm, Room 387

Michael Fowler, 214.523.2222, fowlerm@hpumc.org

AA / Al-Anon Women's Group

Women's weekly 12-step support group.

Wednesdays

6:00 - 7:00 pm, Room 252

Nancy, 214.695.9591, nzogg@yahoo.com

Cynthia, 214.802.1233, cstone@cebridge.net

AA / Sober Mustangs

Weekly young adult recovery group.

Thursdays during SMU fall and spring semesters

6:00 - 7:00 pm, Room 385

Jan McCutchin, 214.768.1506, jmcutch@mail.smu.edu

Families Anonymous Solutions Group

A 12-step fellowship for the family and friends of those with addictions or related issues.

Mondays

7:00 - 8:00 pm, Room 244

Cathy, cathysisk252@gmail.com

Healing Estranged Relationships (H.E.R.)

Support group for women estranged from an adult child.

2nd Monday of each month

6:00 - 7:30 pm, Room 120

Rev. Barbara Marcum, 214.523.2248, marcumb@hpumc.org

Cancer Support Group

Support group for both cancer survivors and/or family members.

1st Tuesday of each month

11:30 am - 1:00 pm, Room 120

Rev. Barbara Marcum, 214.523.2248, marcumb@hpumc.org

Living with Chronic Pain Support Group

Support group of persons who live with chronic physical pain.

2nd Sunday of each month

11:00 am - 12:00 pm, Room 378

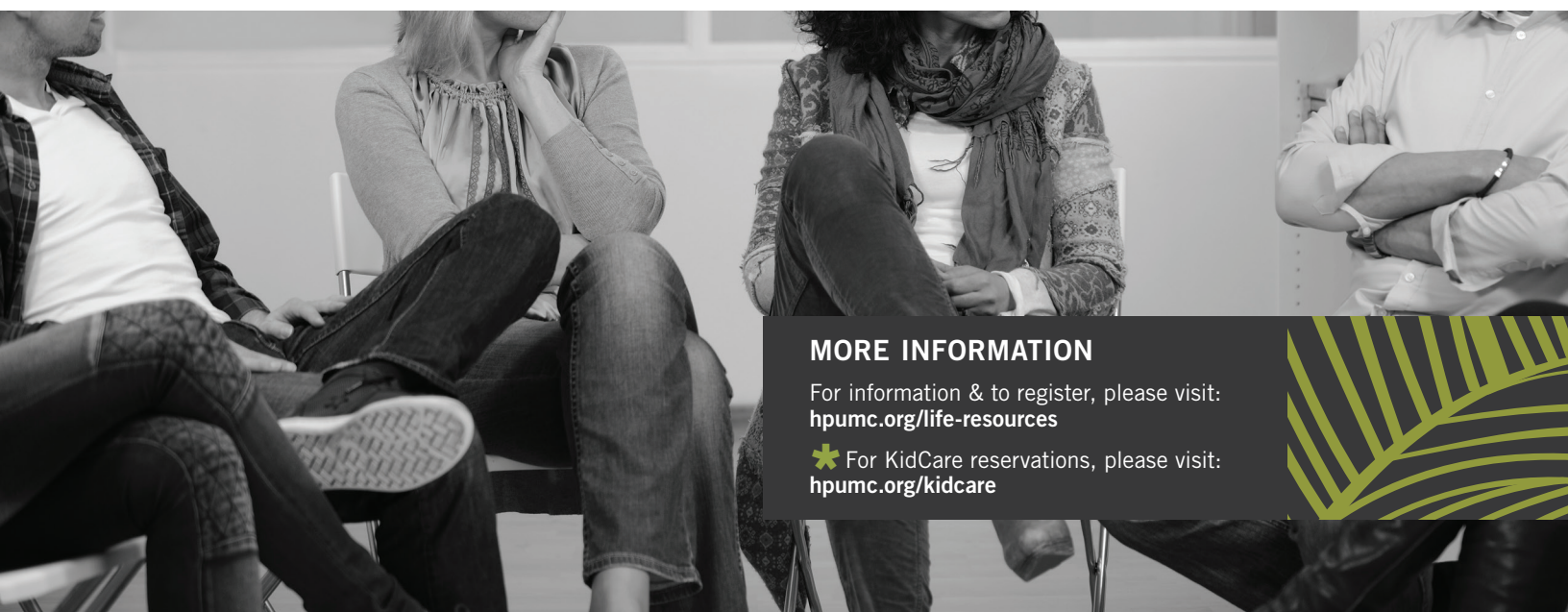
Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

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MORE INFORMATION

For information & to register, please visit:
hpumc.org/life-resources

✱ For KidCare reservations, please visit:
hpumc.org/kidcare



GriefShare

This ongoing grief support group is for those who have lost a loved one to death. Day and evening groups available.

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

Child Loss Grief Support Group

This ongoing grief support group is for those who have lost a child of any age to death.

2nd Wednesday of each month

12:00 - 1:30 pm, Room 369

beginning September 14, 2016

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

Christian Survivors of Suicide (CSOS)

This ongoing grief support group is for those who have lost a loved one to suicide. Day and evening groups available.

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

DivorceCare

Ongoing support group for those struggling with the pain of separation or divorce.

Sundays

9:00 - 10:45 am, Room 369

\$20 (workbook)

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

An Invisible Sisterhood: Longing for a child

Support for those who are unable or struggling to conceive, helping to share experiences while learning about God's love and plan for us.

1st & 3rd Mondays of each month

6:00 - 7:30 pm, Room 241

\$15 (book)

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

*Experiencing Prayer

Please join a four-week study on "Experiencing Prayer". A different form of prayer will be experienced and discussed each week.

Wednesdays, September 7 - 28

5:00 - 6:00 pm, in the Library

Led by Mary Bishop and Elizabeth Hunter

\$10

Mary Bishop, 214.523.2202, bishopm@hpumc.org

BIBLE & DEVOTIONAL STUDIES =

★ What We Believe

What We Believe is a new class in which we will explore the foundational beliefs of Christianity, and how we live those out as United Methodists. This is a great next step for those who are new to the church or to United Methodism.

Sundays, September 18 - October 9

4:30 - 6:00 pm, Room 386 (Meeting in youth basement on Sept. 25)

Led by Rev. Elizabeth Moseley and Rev. Walt Marcum

Register by Wednesday, September 14

Rev. Elizabeth Moseley, 214.523.2299, moseleye@hpumc.org

Rev. Walt Marcum, 214.523.2235, marcumw@hpumc.org

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

The perfect next step after StartingPoint for anyone new to church, or new to United Methodism, and is the first step for adults who want to be baptized.

★ Tuesday Knights Men's Group: Romans

In life, our worship can sometimes lose its passion, our prayers can become stagnant, and the world's ways can become our own. The New Testament book of Romans addresses these problems, showing us how we can break out of old patterns and become new in Christ.

Tuesday, August 30 - January 17

7:00 - 8:30 pm, Room 244

\$20, Register by Thursday, August 25

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ Spiritual Formation for Moms

Spiritual Formation for Moms (SFM) is a casual, weekly fellowship and discussion Bible study for moms of infants through early elementary. Babies welcome! This fall we will study *Ruth: Loss, Love & Legacy*.

Mondays, September 12 - December 12

9:30 - 11:00 am, Room 120

Led by Mallory Rogers

\$40 (book and materials. Scholarships available)

Mallory Rogers, 214.523.2290, rogersm@hpumc.org

Women's Bible Fellowship

Beauty in a Life Repurposed

Beauty in a Life Repurposed is a 6-week study that uses the history of vintage costume jewelry and the craft of "repurposing" to connect the many ways God repurposes us with renewed sparkle.

On September 6 at 7:00 am we will meet at La Madeleine (the corner of Mockingbird and Bush Ave) to receive our books and for fellowship. On September 13, author Kimberly Moore will kick off our study with an overview of the book.

Tuesday, September 13 - October 25

7:00 - 8:00 am, Room 241, Storm Lounge

\$20, Register by Thursday, September 8

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ Disciple Fast Track

This 12-week foundational study of the Old Testament gives students a thorough grounding in the stories and scriptures of faith. The study aims at transformation, changing you by exposure to God's Word. This is part one of a 24 week study - the New Testament will be offered in Winter/Spring 2017.

Tuesdays, September 13 - December 13 (not mtg. Nov. 22)

6:30 - 8:00 pm, Room 329W

Led by Amy & Jayson Bales

\$20, Register by Thursday, September 8

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

MORE INFORMATION

For information & to register, please visit:
hpumc.org/life-resources

★ For KidCare reservations, please visit:
hpumc.org/kidcare

The Church in the Modern World

This series will cover the story of what has happened in the church since the Reformation. The class will look at various conflicts, movements, and beliefs, and how this influenced Methodism. Join us as we explore the key events, ideas and figures of the last 500 years and their impact on the church today.

Wednesdays, September 14 - November 16

12:00 - 1:30 pm, Room 386

Led by Rev. Walt Marcum & Richard Stanford

\$20, Register by Thursday, September 8

Optional \$10 lunch at 11:30 am, RSVP weekly to Richard Stanford,

214.523.2249, stanfordr@hpumc.org

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ HPUMC Women's Bible Study

7 Women and the Secret of their Greatness

Join us in this 7-week study as we look at women who changed the world by following the call placed on their life. We need to learn from these women who have done amazing and mighty things, simply by being available to be used by God for His glory and good purposes.

Thursdays, September 15 - October 27

9:30 - 11:00 am, Room 120

Led by Rev. Susan Robb

\$18, Register by Monday, September 12

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ Prayer: Does It Make Any Difference?

Prayer should be the most nourishing and uplifting time of the believer's day, but it can also be frustrating, confusing, and fraught with mystery. In *Prayer: Does it Make Any Difference?*, Philip Yancey offers a new approach as he explores the intimate place where God and humans meet in prayer.

Thursdays, September 15 - November 17

10:00 - 11:30 am, Room 210

Led by Allen Stone

\$15, Register by Monday, September 12

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

God's Mission for Aging People

Join us for a 6-week study as we look at our value, our mission in life, and the contributions we can still make to the church and to society. Led by Dr. Hal Habecker, this class is designed to mobilize and maximize the impact of an older generation for the Kingdom of God.

Sundays, September 18 - October 23

5:00 - 6:30 pm, Room #2 - second floor (Children's Area)

Led by Hal Habecker

\$15, Register by Thursday, September 15

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Breathing Under Water : Spirituality in Action

A Woman's Group

Everyone's life tends to become unmanageable at one time or another. When we learn to identify our weaknesses, embrace our brokenness, and surrender to God, we begin to find healing. Women who are interested in or have experience with the Twelve Steps will also enjoy this class.

Mondays, September 19 - October 24

6:30 - 8:00 pm, Room 218

Led by Lisa Kroencke

\$15, Register by Thursday, September 15

Lisa Kroencke, lkroencke@mac.com

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ Simply Good News: Why the Gospel is News and What Makes It Good

N.T. Wright believes many Christians have lost sight of what makes the 'good news' in the gospel so compelling. In *Simply Good News*, he explains what this 'good news' means for us today and how it can transform our lives. This study is ideal for all who want to reaffirm their faith, and find new ways of commending it to others.

Tuesdays, September 20 - November 15

7:00 - 8:30 pm, Room 210

Led by Allen Stone

\$15, Register by Friday, September 16

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

HPUMC Men's Bible Study

God and Biblical Principles in the Workplace

Ken Reiser owned a business for twelve years, through both good times and bad. In this class he will explain how they kept their business alive utilizing biblical principles and how God played the most important role in the hardest period of his business career. Whether self-employed, or engaged in business, you will benefit from this sound biblical wisdom and knowledge that you are not alone and have a source of strength.

Thursdays, September 22 - October 13

7:00 - 8:00 am, Room 244

Led by Ken Reiser

\$10, Register by Monday, September 19

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ First Time Mom and Baby Group

First time mothers are invited to bring their babies to a casual evening of fellowship and sharing during this special time.

Tuesdays, September 27 - October 18

5:30 - 7:00 pm, Room 386

Led by Mallory Rogers

\$20

Mallory Rogers, 214.523.2290, rogersm@hpumc.org

★ Practicing Presence: Contemplative Prayer 101

People often assume there is one way to pray, but we come from a tradition of rich and unique prayer experiences. This class invites you to broaden your understanding of prayer. No matter your understanding, comfort level, or background, you are welcome to join us as we grow together in prayer.

Tuesdays, October 11 - November 1

6:30 - 8:00 pm, Room 218

Led by Rev. Phil Dieke and Jenny Misslin

\$10, Register by Thursday, October 6

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ Getting to Know Our Methodist Heritage

Ever wish you knew more about the Methodist church? If you want to know more about Methodism and its unique identity, plan to join us. During this 5-week series we will explore the origins of Methodism, our major beliefs, and what makes us distinctive.

Tuesdays, October 18 - November 15

7:00 - 8:30 pm, Room 120

Led by Rev. Walt Marcum

\$15, Register by Thursday, October 13

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Women's Bible Fellowship: *Half Truths*

This study of Adam Hamilton's book, *Half Truths*, will look at some familiar phrases which capture some element of truth, yet miss the point in important ways. *Half Truths* searches for the whole truth by comparing common Christian clichés to the message and ministry of Jesus.

On Tuesday, November 1, at 7:00 am we will meet at La Madeleine (the corner of Mockingbird and Bush Ave.) to receive our books and for fellowship.

Tuesdays, November 8 - December 6

7:00 - 8:00 am, Room 241, Storm Lounge

\$15, Register by Thursday, November 3

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

MORE INFORMATION

For information & to register, please visit:
hpumc.org/life-resources

★ For KidCare reservations, please visit:
hpumc.org/kidcare





Advent Study

Preparing the Way to Christmas

Join us for this 4-week Advent series focused on John the Baptist. As we journey through Advent, we will take a look at how each gospel writer's portrayal of John the Baptist can help us in a different aspect of our preparation for Christmas. Come learn more about the greatest of all prophets who was clothed in camel's hair and ate locusts and wild honey.

Wednesdays, November 30 - December 21

6:30 - 8:00 pm, Room 218

Led by Rev. Victoria Robb Powers

Register by Tuesday, November 22

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ Old Testament / New Testament Overview

Want to know more about the Bible and gain a better understanding of the 'big picture', the main storyline and how it all fits together?

A 90-Minute Overview of the Old Testament

This class covers the Old Testament from the creation story in Genesis to the time of Jesus, including the main narrative, the major characters of the Old Testament, and how the books of the Old Testament fit into this story.

A 90-Minute Overview of the New Testament

This class covers the New Testament, including an overview of Jesus' ministry, Paul and his ministry in Acts, and Paul's letters. We also look briefly at the books of the New Testament and how they fit into this story.

Tuesday, December 6 (OT) and December 13 (NT)

7:00 - 8:30 pm, Room 386

Led by Rev. Walt Marcum

\$10, Register by Thursday, December 1

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

PARENTING

Equip

This is an ongoing community for single parents. Join us as we talk about the ups and downs of single parenting, make friends with people in our same stage of life, and most of all, connect with a God who cares about our lives and families.

The class will include lessons, class discussion, and opportunities for friendship, sharing and support.

Sundays, ongoing
11:00 am, Room 252

Rev. Victoria Robb Powers, 214.523.2143, powersv@hpumc.org

★ Love & Logic Parenting:

Early Childhood (2-6 years)

It's never too early to use love and logic. Learn great solutions to everyday problems, build self-esteem, and learn how parents successfully model the behaviors they want to see. This class offers parents an alternative way to communicate with their child.

Tuesdays, September 6 - October 4
6:30 - 8:00 pm, Room #3 - 2nd Floor (Children's area)
Led by Mary Cathryn Benyo

\$65 for workbook (couples may share a workbook)
Register by Thursday, September 1
Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Parent Quarterly

Four times a year the youth ministry hosts a Parent Quarterly, a lecture and Q&A session with an expert on a topic of interest to youth parents. This fall we'll kick off the first Parent Quarterly with our own Rev. Matt Tuggle!

Parents of 6th - 12th Grade
Sunday, September 11
Sunday, November 20 - Speaker TBA
9:30 - 10:30 am, Great Hall

Lucy McDaniel, 214.523.2233, mcdaniel@hpumc.org

★ Spiritual Formation for Moms

Spiritual Formation for Moms (SFM) is a casual, weekly fellowship and discussion Bible study for moms of infants through early elementary. Babies welcome! This fall we will study *Ruth: Loss, Love & Legacy*.

Mondays, September 12 - December 12
9:30 - 11:00 am, Room 120
Led by Mallory Rogers

\$40 (book and materials. Scholarships available)
Mallory Rogers, 214.523.2290, rogersm@hpumc.org

HPUMC Dads

Join other dads of children, ages birth through 12th grade, during our monthly breakfast series for a morning of fellowship, breakfast and a great message. A men's Bible study (HPUMC Men's Bible Study: God and Biblical Principles in the Workplace - see Bible Studies) led by Ken Reiser will meet in the weeks following the September meeting.

Thursday, September 15 & October 20
7:00 am, Great Hall

\$6 for breakfast
Matt Tuggle, 214.523.2217, tugglem@hpumc.org

MORE INFORMATION

For information & to register, please visit:
hpumc.org/life-resources

★ For KidCare reservations, please visit:
hpumc.org/kidcare

Sugar and Spice: Raising Our Teen Daughters

This class on teen girls will begin by framing our girls in developmental terms: where they are and where they are heading. We'll consider special concerns including self esteem, limit setting and developing sexuality. We'll end the 5-session series with questions/answers and with real life scenarios to "rehearse" difficult situations before we face them at home!

Tuesdays, September 20 - October 18

11:45 am - 1:15 pm, Room 386

Led by Kathleen Fischer

\$105, Register by Thursday, September 15

Bring your lunch

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Reframe: A Coaching Group for Moms

As moms, our focus has often been so keenly on the kids, we forget that part of the transition includes OUR shifting future.

Re-frame offers a quiet spot to sort through and consider each woman's hopes, dreams, and plans for creating a life beyond parenting teens. Members set the topics, create personal goals, and make self-assignments to reach those goals. Group limited to 12.

Thursdays, September 22 - October 13

11:45 am - 1:15 pm, Room 385

Led by Kathleen Fischer

\$160, Register by Thursday, September 15

Bring your lunch

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

First Time Mom and Baby Group

First time mothers are invited to bring their babies to a casual evening of fellowship and sharing during this special time.

Tuesdays, September 27 - October 18

5:30 - 7:00 pm, Room 386

Led by Mallory Rogers

\$20

Mallory Rogers, 214.523.2290, rogersm@hpumc.org

★ HPUMC Moms Dinner Series

Whether you are a new mom or a seasoned mother of teenagers, we hope that you will join us this fall at our HPUMC Moms Dinner Series. Come be encouraged and inspired, fellowship with other moms, and enjoy a night out for yourself! Bring a friend, neighbor, or coworker, too!

Tuesday, September 27 & November 1

7:00 - 8:00 pm, Youth Basement

\$10 (optional dinner)

Andi Fancher, 214.523.2286, fanchera@hpumc.org

★ Intentional Parenting: 10 Ways to be an Exceptional Parent in a Quick Fix World

Raising children is a difficult challenge and it requires a plan. Sometimes it can seem easier to survive each day than to consider the impact of your parenting actions. Unfortunately, quick and easy isn't the same as good and effective. Come join us and learn about ten doable actions that will impact the future of your children.

Tuesdays, October 11 - November 15

6:30 - 8:00 pm, Room #3, 2nd Floor (Children's Area)

Led by Andi Fancher

\$25 workbook (couples may share a workbook)

Register by Thursday, October 6

Andi Fancher, 214.523.2286, fanchera@hpumc.org

Countdown to Launch: Parenting High Schoolers for Their Independence... and YOURS!

High school is a time when our children go from awkward freshman to young adults ready to set off on their own. There's a lot our kids need to accomplish. Also, we can feel uncertain about what lies ahead for us! Join us as we look at goals for the end of high school, normal development, risky behavior, and what our children need to leave home.

Tuesdays, November 1 - November 29 (not meeting November 22)

11:45 am - 1:15 pm, Room 386

Led by Kathleen Fischer

\$85, Register by Thursday, October 27

Bring your lunch

Laura Beagles, 214.523.2231, beaglesL@hpumc.org



MORE INFORMATION

For information & to register, please visit:
hpumc.org/life-resources

✱ For KidCare reservations, please visit:
hpumc.org/kidcare

RELATIONSHIPS

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With This Ring

Couples, engaged or in their first year of marriage, ages 20's-30's

This starter class is designed for young couples who want to invest time into building strong Christian unions. Discussion and practical application of issues will be encouraged as the class covers topics such as communication, expectations, conflict resolution, crisis management, trust, intimacy, and finances.

Sundays, September 11, 2016 - May 21, 2017
10:45 am, Room 244

Jenny Misslin, 214.523.2242, misslinj@hpumc.org

COMMIT

This program is especially designed to help premarital couples develop a committed, lifelong marriage. The class uses an interactive format to focus on many of the issues facing married couples.

Saturday, October 1
9:00 am - 5:00 pm, Room 120
Led by Dr. Terry Parsons

\$125 per couple (includes book and lunch)

Register by Wednesday, September 28

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

From This Day Forward

This 6-week class is designed to assist newly engaged, as well as newly married couples to begin building their union on God's model for marriage. The class will discuss a variety of topics within the framework of God's design for marriage.

Sundays, October 2 - November 6
5:00 - 6:30 pm, Room #3, 2nd floor (Children's Area)
Led by Rev. Susan Robb, Candace Winslow, Rev. Elizabeth Moseley and Rev. Phil Dieke

\$45 per couple, Register by Thursday, September 29

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ BC to AC (Before Children to After Children)

For all couples thinking about or in the midst of having their first child. This informative and engaging 2-week seminar will provide essential tools to help couples transition to this life-changing experience.

Tuesday, October 11 & 18
6:30 - 8:00 pm, Room #1, 2nd Floor (Children's Area)
Led by Dr. Terry Parsons

\$50 per couple, Register by Thursday, October 6

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

DivorceCare

If you are struggling with the challenges and pain of separation or divorce, our video-based support group can help. We meet year-round, twice a month, and you may start attending at any time.

Sundays, ongoing
9:30 - 10:45 am, Room 369
Led by Rev. Dawn Anderson

\$20 (workbook)

Rev. Dawn Anderson, 214.523.2243, andersond@hpumc.org

★ Marriage Quarterly

Marriage Quarterly is a quarterly event created to help enrich your marriage. Come enjoy a special evening with your spouse where you'll enjoy dinner, hear an engaging speaker(s), and have fun. It's a date night!

On Thursday, November 3, we welcome Rev. Joseph and Suzanne Stabile. Joe is a new addition to our staff and serves as a pastor in our Congregational Care department. Suzanne is a highly sought after speaker and teacher, known for her engaging laugh, personal vulnerability and creative approach to Enneagram instruction. Together they are quite the duo! Come join us for the fun.

Thursday, November 3
6:30 - 8:00 pm, Great Hall

\$10 per couple, includes dinner, Register by Monday, October 31

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

FINANCIAL GUIDANCE

Financial Empowerment for Women

In this 4-week hands-on approach to financial management, Julie Yarbrough, CFP® will guide you through an in-depth analysis of your personal finances, including ways to manage and grow your resources to plan for the future with peace of mind.

Thursdays, September 8 - September 29

6:30 - 8:00 pm, Room #3, 2nd Floor (Children's Area)

Led by Julie Yarbrough

Register by Thursday, September 1

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

★ Financial Peace University

We all need a plan for our money. *Financial Peace University* (FPU) by Dave Ramsey, teaches God's ways of handling money. FPU presents biblical, practical steps to show you how to get rid of debt, manage money, spend and save wisely, and more!

Mondays, September 12 - November 14

6:30 - 8:00 pm, Room #3, 2nd floor (Children's Area)

Led by Carey Carter and Allison Venuto

\$100 (couple or single), Register by Thursday, September 8

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Enough: Discovering Joy through Simplicity and Generosity

Enough is an invitation to rediscover the Bible's wisdom on prudent financial practices. Find the keys to experiencing contentment, overcoming fear, and discovering joy through simplicity and generosity.

Wednesdays, October 5 - November 2

6:30 - 8:00 pm, Room 218

Led by Matt Powers

\$12, Register by Friday, September 30

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

MORE INFORMATION

For information & to register, please visit:
hpumc.org/life-resources

★ For KidCare reservations, please visit:
hpumc.org/kidcare

ARTS & RECREATION

★ Dance Classes

Looking for a fun way to step into HPUMC? Come dance with us! Classes led by Dallas dance instructor, Elaine Hewlett. Pay at the door or online. No experience necessary!

Tuesdays, 8:00 - 9:30 pm, Room 391

September 13 - 27 (3-Week series): East Coast Swing and Quick Step

October 18 - November 8: Party dances

December 6, Great Hall; 6:00 - 10:30 pm: Christmas party

\$30 for each 4-week session or \$12 per class

\$25 for 3-week session or \$12 per class

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Painting: Oil Painting, Pastels & Acrylics

We offer Instructional painting classes for oil, pastels and acrylics that are for beginner to advanced students. Supplies are only provided for oil painting. Please visit our website for supply list using Pastels or Acrylics, hpumc.org - click on Life Resources.

Oil Painting, Pastels & Acrylics

Wednesdays, 9:30 am - 12:30 pm, Room 385

September 7-28, October 5-26, November 2, 9, 16 & 30;

December 7 & 14

Oil Painting & Pastels

Thursdays, 6:30 - 9:00 pm, Room 211

September 1, 8, 22 & 29; October 6-27; November 3, 10 & 17;

December 1, 8, & 15

Two-week month:

\$50, supplies are provided / \$45, student brings own supplies

Three-week month:

\$75, supplies are provided / \$67.50, student brings own supplies

Four-week month:

\$100, supplies are provided / \$90, student brings own supplies

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Art Journaling

Discover basic, easy techniques for adding visual images to journaling. Learn your 'visual vocabulary' and how to use it for personal explorations. No drawing experience needed.

Tuesday, October 4 & 11

11:45 am - 1:15 pm, Room 244

Led by Jane Cross

\$30 (supplies included), Register by Thursday, September 29

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

BIGGERS SPORTS & FITNESS



Biggers is located just across the street from HPUMC. We have a full-size gymnasium, indoor play yard, and fitness area with cardio and strength training equipment. We offer a wide variety of programming.

Visit hpumc.org/biggers for membership information.

Biggers Hours of Operation & Location:

Monday - Thursday, 6:00 am - 8:30 pm

Friday, 6:00 am - 1:30 pm

Saturday, closed for private rentals

Sunday, 3:30 - 8:30 pm

5817 Hillcrest Ave.

Dallas, Texas 75205

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

Aerobic Dance

Aerobic Dance combines easy to follow dance movements with various strength building exercises. All fitness levels welcome.

Mondays, Tuesdays, Thursdays & Fridays

9:00 - 10:00 am, Biggers Gym

Tuesdays & Thursdays

5:30 - 6:30 pm, Biggers Aerobic Room

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

Complete Strength

Get the benefits of both strength training with weights and cardiovascular fitness at the same time. Re-define what it means to be toned, strong and fit.

Mondays & Wednesdays

8:15 - 9:00 am, Biggers Aerobic Room

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

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MORE INFORMATION

For information & to register, please visit:
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★ For KidCare reservations, please visit:
hpumc.org/kidcare



Pilates

This small group class uses low-impact movements to increase flexibility and muscular endurance. Emphasis is on strengthening the core, lower back, hips and thighs. Beginners welcome!

Wednesdays

9:00 - 10:00 am, Biggers Aerobic Room

Fridays

10:15 - 11:15 am, Biggers Aerobic Room

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

Senior Strong

Utilizing stability balls and resistance bands, this program focuses on building stronger muscles, increasing balance and improving flexibility while standing or seated. Modifications to each exercise are provided.

Tuesdays

10:30 - 11:15 am, Biggers Aerobic Room

Debbie Boone, taichitrainer@yahoo.com

Tai Chi

Tai Chi Qi Gong Wellness is an ancient Chinese exercise and healing art consisting of deep stretching from head to toe with slow and relaxed movements for total self-development. Wear a comfortable shirt and long pants.

Wednesdays & Thursdays

11:00 am - Noon, Biggers Aerobic Room

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

Women's Strength Circuit

This small group class does a variety of strength training exercises in a circuit format. Ladies rotate from exercise to exercise for a full body workout. Start your day off right with this quick 45-minute targeted workout.

Wednesdays

7:15 am - 8:00 am, Biggers Aerobic Room

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

Yoga

This is a lighter version of your average yoga class. Students combine classic yoga poses with stretching exercises. Breathing and relaxation period offered at the end of class.

Tuesdays

Noon - 1:00 pm, Biggers Aerobic Room

Thursdays

12:30 - 1:30 pm, Biggers Aerobic Room

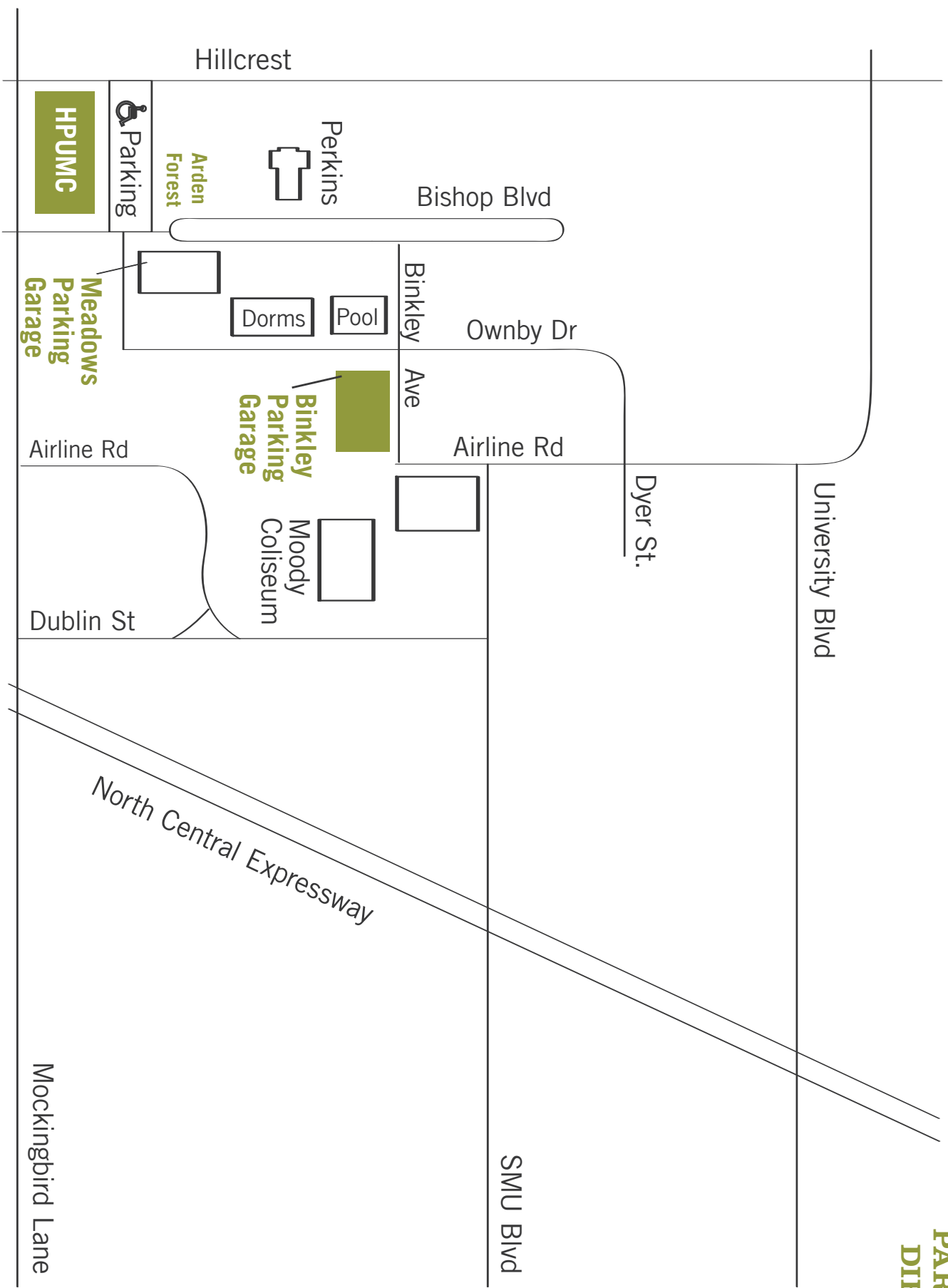
Susanne Lankford, 214.780.1757, lankfords@hpumc.org

PARKING

- If you receive a citation: You may appeal a ticket by going to the website www.smu.edu/parknpony, click on “contact ParknPony,” scroll down to “Parking Operations; Citation Appeal,” and have the citation number at hand.
- SMU enforces their parking restrictions:
7:00 am - 7:00 pm Monday – Thursday, 7:00 am - 5:00 pm Friday
- On weekdays, whether parking in the church parking lot or the Meadows Museum Garage, cars need to display one of the following forms of identification: the round HP sticker available at the Wallace Building reception desk and the Business Office or fill out the form on the right of this page.
- Enter the Meadows Parking Garage only by left hand entrance.
- All restrictions (handicapped parking, compact cars, fire lanes, reserved spaces, no parking zones) are enforced all the time.
- Biggers parking is reserved for those visiting Biggers.
- Plan to arrive 15 minutes early for your class.



PARKING AND DIRECTIONS





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3300 MOCKINGBIRD LANE
DALLAS, TEXAS 75205

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