

The background of the entire page is a dark charcoal grey. It is covered with a pattern of thin, light green lines that form stylized, overlapping leaf shapes. The lines are curved and radiate from various points, creating a sense of movement and depth. The overall effect is a dense, organic texture.

HIGHLAND PARK UNITED METHODIST CHURCH

LIFE RESOURCES

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Fall 2017

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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 catalog 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, and Arts and Recreation Ministry. 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 old. To ensure childcare availability, reservations must be made at least one week prior to the first meeting.

To make reservations, register online at hpumc.org/kidcare. 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.

✱ Denotes Classes offering Kidcare

Suggestions for Study Bibles

Highland Park United Methodist Church recommends using the following translations when choosing a Bible: NRSV, NIV or CEB (Common English Bible). All of these translations are available in study Bible editions.

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.

***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 and fill out the online baptism form 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 and Premarital Counseling

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

Chelsea Wilderotter, 214.523.2283, wilderotterc@hpumc.org

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. Joe Stabile, 214.523.2298, stabilej@hpumc.org

Counseling

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

Gregg Medlyn, 214.613.1656, gregg@themafig.com

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 hpumconline.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

Prayer Blanket Ministry

This group of knitters and crocheters make prayer shawls and baby blankets.

2nd and 4th Tuesday
1:00 - 3:00 pm, Room 216

Ann Brown, ahb89@sbcglobal.net

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

Blood is truly the river of life. A donation of one pint of blood can save as many as three lives. Please give the gift of life because you never know when someone will be your type. Don't forget to bring a valid ID.

Rev. Barbara Marcum, 214.523.2248, marcumb@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

Boyd Unit

Join other HPUMC members as we bring short and long-term courses and ministry.

Mondays

1:00 - 6:00 pm

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:

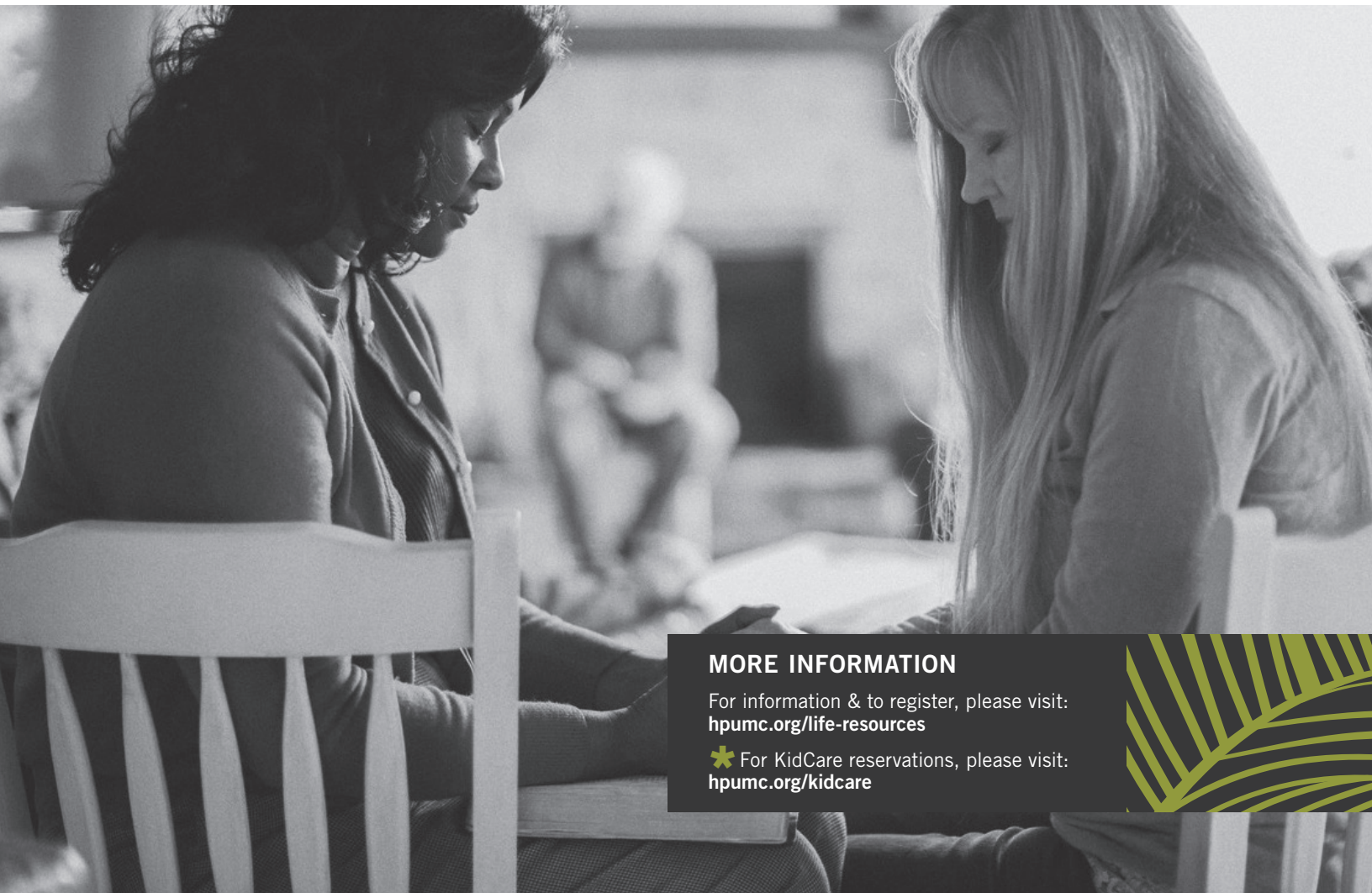
1. To reduce reoffending rates of program graduates.
2. To facilitate the healing process for victims and offenders through its 14-week course.

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.

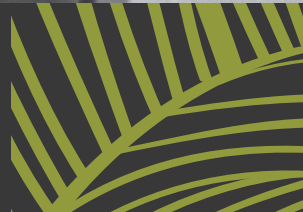
Ken Reiser, 214.523.2269, reiserk@hpumc.org



MORE INFORMATION

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

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



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 meet the 2nd Monday in September)
12:30 - 3:00 pm, Room 120

Susan Rogers, 214.523.2266, rogerss@hpumc.org

Adult Children of Difficult Older (And Not So Old!) Parents

Sadly, some people treat their own loved ones in hurtful ways. This course will cover concepts that will guide participants in learning to protect their hearts, effectively love their hard-to-love older parents, and create a healthy legacy for their own children. We will explore the meaning of love, personality, family, duty, growing, caring, and honoring, and the role of grief, assertiveness, realism, courage, and learning.

Tuesdays, September 12 and 19
6:30 - 8:00 pm, Room 387

Register by Wednesday, September 6

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

Laura Beagles, 214.523.2231, beaglesL@hpumc.org
Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Blessing of the Animals

God loves all his creatures. 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 1
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 2016 through September 2017. A rose will be placed at the altar as each loved one's name is called.

Sunday, November 5
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.

Tuesday, October 24
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. Call for date and time.

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 17
3:00 - 4:00 pm, Cox Chapel

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

The Restoration Essentials

What exactly does the word “traumatized” mean? Trauma changes our brain's chemistry, causing us to feel, act, and react differently. Restoration Essentials will help you understand trauma, so you can be a better parent, professional, or person. Learn from licensed therapists about the essentials of trauma and the brain, the dynamics of abusive relationships, and how to respond when traumatic events happen.

August 3: Your Brain on Trauma

Jessica Brazeal, LPC-S, EMDR-Certified

Coordinator of Clinical Services, Restoration Ministry at HPUMC

September 7: The Impact of Domestic Violence on Children

Kelly Slaven, LCSW-S, EMDR-Certified, TF-CBT Certified

Director of Clinical Services, Dallas Children's Advocacy Center

October 5: Domestic Violence 101

Hillary Owen and Jessica Brazeal, LPC-S, EMDR-Certified

Restoration Ministry Team

November 2: What is therapy and how does it work?

Jessica Brazeal, LPC-S, EMDR-Certified

Coordinator of Clinical Services, Restoration Ministry at HPUMC

December 7: Attachment and Parenting

Ruth Guerriero, LCSW-S, EMDR-Certified

Assistant Director of Clinical Services, Genesis Women's Shelter and Support

First Thursday of each month

8:00 - 9:30 am, Great Hall

Hillary Owen, 214-523-2268, owenh@hpumc.org

NAMI Family to Family Group

NAMI Family-to-Family is an education program for family members of adults living with a mental health condition. It is designed to help all family members understand and support their loved one living with a mental health condition while maintaining their own well-being.

Tuesdays, September 5 - November 7

6:30 - 9:00 pm, Room 222

Register by Tuesday, September 19

Rev. Jeremiah Booker, 214-523-2118, bookerj@hpumc.org

MORE INFORMATION

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

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

SUPPORT GROUPS

Celebrate Recovery

Celebrate Recovery is a biblically based Christian recovery program for any type of “hurt, hang-up, or habit,” including addictions.

Tuesdays

6:00 - 8:30 pm, Cox Chapel

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

Rev. Dawn Anderson, 214.523.2243, andersond@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@me.com

AA / Sober Mustangs

Young adult recovery group.

Thursdays during SMU fall and spring semesters

6:00 - 7:00 pm, Room 385

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

DivorceCare

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

Sundays

9:00 - 10:45 am, Room 216

\$20 (workbook)

Rev. Dawn Anderson, 214.523.2243, andersond@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



GriefShare

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

Evening Group:

1st and 3rd Tuesday of each month

6:30 - 8:30 pm, Room 385

Led by Dr. Jana Rentzel and Rev. Dawn Anderson, staff

Day Group:

1st and 3rd Wednesday of each month

12:00 - 2:00 pm, Room 241

Led by Dr. Jana Rentzel and Rev. Dawn Anderson, staff

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

Eating Disorder Support Group: For Family & Friends

This group is for family members and friends seeking guidance and spiritual support to walk along their loved ones who are fighting this difficult illness.

1st Thursday of each month

6:00 - 7:30 pm, Room 253

care@hpumc.org, 214.523.2243

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

Facilitated by Dr. Jane Toler

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

Forever Moms 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 241

Facilitated by Susan Holman

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.

2nd and 4th Thursday of each month

6:30 - 8:30 pm, Room 241

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

An Invisible Sisterhood: Longing for a Child

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

2nd and 4th Thursdays of each month

6:00 - 7:30 pm, Room 378

Facilitated by Betty Bowman

Rev. Dawn Anderson, 214.523.2243, andersond@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

MORE INFORMATION

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

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

BIBLE & DEVOTIONAL STUDIES =

Dream. Think. Be. Do.

Want to talk about what Christianity is all about for this generation? Dream.Think.Be.Do. is an engaging catalyst for conversation among adults searching for what's next for followers of Jesus. Starting with the foundation of "Love God with all your heart, soul, strength, and mind" (Luke 10:27). DTBD is an overview of progressive evangelical Christianity featuring the insights of over twenty-five theologians and teachers at the top of their game. Come join us as we discover together what it means to follow Jesus in today's world.

Thursdays, August 31 - November 16

6:30 - 8:00 pm, Room 218

Led by current and retired HPUMC clergy

\$10, Register by Monday, August 28

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

***Tuesday Knights Men's Group: JOHN**

We all long for a full, rich, satisfying life, but how do we fill up the empty places in our soul? John urges us to take a fresh look at Jesus. He invites us to renew our faith in the One who promises to be the way to true life.

This is an ongoing class, and new members are welcome to join at any time.

Tuesdays through October 31

7:00 - 8:30 pm, Room 244

\$20

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

The Place

Discipleship Fast Track: Old Testament

The Place is a young adult gathering that meets every Tuesday night from 6:30 to 8:00. If you're looking to learn more about the scriptures of the Christian faith or to connect with other young adults, then join us any Tuesday. This fall we'll be utilizing the Disciple Fast Track program, and you won't want to miss it.

Tuesdays, September 5 - December 5

6:30 - 8:00 pm, Youth Basement

Led by Rev. Phil Dieke

\$20

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

***HPUMC Women Bible Study**

Disciple Fast Track: Old Testament

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.

Thursdays, September 7 - December 14 (not meeting September 14)

9:30 - 11:00 am, Room 386

Led by Rev. Susan Robb

\$20, Register by Friday, September 1

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Just Love: Putting Your Faith Into Practice

If you watched Jesus closely, you might be troubled by the people he interacted with and how he spent his time. More often than not, Jesus was with those on the margins; the poor, the widow, the orphan, and the oppressed. Why did he choose these people? Join us as we grapple with these critical questions.

Sundays, September 10 - October 15

11:00 am - Noon, Room 362

Led by Rev. Larry James

Register by Thursday, September 7

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

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 10 - October 1

4:30 - 6:00 pm, Room 244

Led by Rev. Elizabeth Moseley and Rev. Walt Marcum

Register by Wednesday, September 6

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

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

* Freedom from Emotional Eating

Do you find yourself using food as an escape from negative or uncomfortable emotions? Are your efforts at using self-control over food met with failure time and time again? *Freedom from Emotional Eating* will help you take off the lies that lead to mindless eating and put on the truth that will set you free from the control of food. Class leader Darlene DeVries found this study changed everything about her life, not just her emotional eating. Join us for a journey that you will not regret.

Mondays, September 11 - November 13

9:30 - 11:00 am, Room 218

Led by Darlene DeVries

\$15, Register by Wednesday, September 6

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Women's Bible Fellowship

1 Peter - Walk the Talk

Transformation—the process of becoming holy—begins in your mind. In this study, we learn how to think differently, which will radically affect our behavior. We all make the choice to do right or wrong. To choose right, we must learn to be obedient to God. This obedience will create a change in our relationships, and improve our quality of life.

Tuesdays, September 12 - October 24

7:00 - 8:00 am, Room 241

Register by Monday, September 11

Please purchase & download the study at www.christianitytoday.com

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

* The Enneagram Journey

The Enneagram is an ancient, newly discovered spiritual tool of personality discovery. In this 12-week course we will learn which one of the 9 personality types we are and its importance for personal growth. The wisdom of the Enneagram helps all who know it to understand differences, practice compassion, and find ways of being in the world.

Tuesdays, September 12 - December 12

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

Led by Rev. Joe Stabile

\$30, Register by Thursday, September 7

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

MORE INFORMATION

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hpumc.org/life-resources

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hpumc.org/kidcare





* Journey Through Mark, Part 2

Come journey through the gospel of Mark. Adults of all ages and developmental levels welcome. No homework or registration fees. Just a time to study the Bible and learn from one another.

Tuesdays, September 12 - October 17

7:00 - 8:00 pm, Room 256

Led by Rev. Ramsey Patton

Register by Thursday, September 7

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

* Spiritual Formation for Moms

Spiritual Formation for Moms (SFM) is a casual weekly Monday fellowship and discussion Bible study for moms of infants through kindergarten. (Babies welcome!) This fall we will study *Uninvited*, by Lysa TerKeurst. In *Uninvited*, Lysa honestly examines the roots of rejection, its effect in our lives, and reminds us that God's love will never reject or uninvite us.

Other activities each week include the study of prayer types, guided meditation, and short testimonials by guests about their life in Christ. This class is open to both members and non-members.

Mondays, September 18, 2017 - May 14, 2018

9:30 - 11:00 am, Room 120

Led by Mallory Wightman & Cathy Hutton

\$40

Mallory Wightman, 214.523.2290, wightmanm@hpumc.org

Breathing Under Water: Spirituality in Action **A Women'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 18 - October 23
6:30 - 8:00 pm, Room 218

\$15, Register by Thursday, September 14

Lisa Kroencke, lkroencke@mac.com

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

*** Original Blessing**

Using the book, *Original Blessing: Putting Sin in It's Rightful Place*, by Danielle Shroyer, we will discuss both God as Love, and the belief that man is born separated from God by sin. Using these two concepts, we will develop eight core beliefs, and use those beliefs to build a solid foundation for developing intimacy with Christ based more on His love than His judgment.

Two class options are offered this fall.

Wednesday, September 20 - November 15
7:00 - 8:30 pm, Room 210

Led by Allen Stone

Thursdays, September 21 - November 16
10:00 - 11:30 am, Room 210

Led by Allen Stone

\$18, Register by Monday, September 18

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Centering Prayer

Often, we are asked to "pray" and so we close our eyes and talk to God about the things that are important to us or the things we need. Centering Prayer, often called Contemplative Prayer, is the simplest form of prayer! It is simply a wordless trusting and opening of self to the Divine Presence. Learn how to practice this form of prayer and how it helps to transform us.

Thursdays, September 21 and 28
6:30 - 8:00 pm, Room 385

Led by Rev. Joe Stabile

Register by Monday, September 18

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

*** Human Sexuality and the United Methodist Church**

This class will give an overview of the historical and current position of the Methodist church regarding homosexuality. We will look at the different ways scripture is interpreted, and what the potential options are for the Methodist Church moving forward. Anyone who is interested in learning more and deepening their understanding of the debate within the Methodist Church is welcome to attend.

Mondays, September 25 - October 9
6:30 - 8:00 pm, Room 244

Led by Revs. Elizabeth and Neil Moseley

Register by Thursday, September 21

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

MORE INFORMATION

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

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



* Quench

What does your body have to do with your faith and spiritual journey? Join us for this 4-week class and discover the thirst God planted within you to draw near to Him with all of who you are - body, mind, and spirit. Begin to discover the potential that God created in you as you learn how to love Him with every part of you.

Thursdays, October 12 - November 2

10:00 - 11:30 am, Room #2, 2nd floor (Children's area)

Led by Jamie Crosbie

\$12, Register by Thursday, October 5

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Martin Luther: A Monk, A Mallet, and A Revolution

On October 31, 2017 we will celebrate the 500th anniversary of Martin Luther's launching of the Protestant Reformation. Join us as we explore Luther's world, his life, his actions, his theology, and how the revolution he launched helped produce the modern world we have today.

Wednesdays, October 25 - December 13

11:30 (lunch) 12:00 - 1:30 pm, Room 386

Led by Rev. Walt Marcum and Richard Stanford

\$20, Register by Thursday, October 19

\$12 Optional lunch - RSVP weekly to Richard Stanford, 214.523.2249, stanfordr@hpumc.org

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Hallelujah Anyway: Rediscovering Mercy

In *Hallelujah Anyway: Rediscovering Mercy*, Anne Lamott explores meaning in life, and the role of mercy. It's up to each of us to recognize and understand mercy, and to use it to forge a deeper understanding of ourselves and more honest connections with each other. *Hallelujah Anyway* is profound and caring, funny and wise—a hopeful book of hands-on spirituality.

Tuesday, November 21 - December 12

12:00 - 1:00 pm, Room 329W

Led by Jenny Misslin

\$15, Register by Thursday, November 16

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

ADVENT 2017

Women's Bible Fellowship:

A Look at Advent Through the Old Testament

The Christmas story has its beginnings in the Old Testament. God's nature didn't change, nor did ours, and he has always had a plan for our redemption. The prophets found hope, peace, and love in the promise of the Christ that was to come. Join us as we lead up to Christmas and look to make the holiday more meaningful.

Tuesdays, November 7 - November 28

7:00 - 8:00 am, Room 241

Register by Monday, November 6

Please purchase and download the study at www.christianitytoday.com

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

✳ **The Christmas Story in the Gospel of Luke**

Luke contains the most treasured elements of the Christmas story. But there is much more to Luke's story, including the birth of John the Baptist, its links to Jesus' story, and claims about Jesus that would shock the Roman world. Join us as we explore the uniqueness of Luke's portrayal of the birth of Jesus.

Tuesday, December 5

7:00 - 8:30 pm, Room 386

Led by Rev. Walt Marcum

\$10, Register by Thursday, November 30

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

✳ **The Christmas Story in the Gospel of Matthew**

Matthew's gospel contains the beloved story of the wise men. However, there is more to the story, including the shocking story of Herod's actions, and how the genealogy of Jesus links him to the story of Israel. Join us as we explore Matthew's unique depiction of the events surrounding the birth of Jesus.

Tuesday, December 12

7:00 - 8:30 pm, Room 386

Led by Rev. Walt Marcum

\$10, Register by Thursday, December 7

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org



MORE INFORMATION

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

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



DISCIPLE FAST TRACK

Disciple Fast Track:

Becoming Disciples Through Bible Study

This course encompasses a 12-week study of the Old Testament, followed by a 12-week study on the New Testament. Once you have completed these, you are ready for more in-depth study through the Disciple II series.

Old Testament

★ HPUMC Women's Bible Study

Thursdays, September 7 - December 14 (not meeting September 14)

9:30 - 11:00 am, Room 386

Led by Rev. Susan Robb

\$20, Register by Friday, September 1

★ Wednesdays, September 13 - December 13

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

Led by Elizabeth Cross

\$20, Register by Thursday, September 7

Thursdays, September 14 - December 14

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

Led by Carolyn Campbell

\$20, Register by Monday, September 11

The Place - A young adult gathering

Tuesdays, September 5 - December 5

6:30 - 8:00 pm, Youth Basement

Led by Rev. Phil Dieke

\$20

New Testament

★ Wednesdays, September 6 - December 6

6:30 - 8:00 pm, Room 218

Led by Bob Townsend

\$20, Register by Thursday, August 31

Tuesdays, September 12 - December 12

10:30 am - 12:00 pm, Room #3, 2nd floor (Children's area)

Led by Allen Stone

\$20, Register by Thursday, September 7

★ Tuesdays, September 12 - December 12

6:30 - 8:00 pm, Room 218

Led by Cameron Weldon

\$20, Register by Thursday, September 7

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Disciple Fast Track

Into the Word, Into the World

This 24-week study will immerse you in the books of Genesis, Exodus, Luke & Acts.

For this 12-week fall session, Into the Word will cover Genesis and Exodus. Each lesson pairs the study of scripture with the practical application of spiritual disciplines. You will study scripture, and then commit to how you will respond to scripture in terms of ministry in the world.

Mondays, September 11 - December 11

12:00 - 1:30 pm, Room 386

Led by Rev. Walt Marcum

★ Mondays, September 11 - December 11

6:15 - 7:45 pm, Room #1 (Children's Area)

Led by Dana Gibson

★ Tuesdays, September 12 - December 12

6:30 - 8:00 pm, Room #1 (Children's Area)

Led by Rev. Joy Gonzalez

\$20, Register by Wednesday, September 6

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

PARENTING

First Time Mother's Support Group

Bring Your Newborn

Welcome to the journey of motherhood!

Here at HPUMC we offer the First Time Mother's Support Group throughout the year. This weekly class is for first time mothers of newborns up to six months. Come with your baby, and meet other first time mothers in the same season of life. Topics will be covered in a rotational basis and you may join at any time. These include health and wellness, relationships, and caring for your growing baby. The group is open to both members and non-members.

Wednesdays, September 6 - November 29

10:00 - 11:30 am, Room 120

Led by Mallory Wightman

\$20, Register by Thursday, August 31

Mallory Wightman, 214.523.2290, wightmanm@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.

Wednesdays, September 13 - October 11

6:30 - 8:00 pm, Room #4, 2nd Floor (Children's area)

Led by Andi Fancher

\$25 workbook (couples may share a workbook)

Register by Thursday, September 7

Andi Fancher, 214.523.2286, fanchera@hpumc.org

* Spiritual Formation for Moms

Spiritual Formation for Moms (SFM) is a casual weekly Monday fellowship and discussion Bible study for moms of infants through kindergarten. (Babies welcome!) This fall we will study *Uninvited*, by Lysa TerKeurst. In *Uninvited*, Lysa honestly examines the roots of rejection, its effect in our lives, and reminds us that God's love will never reject or uninvite us.

Other activities each week include the study of prayer types, guided meditation, and short testimonials by guests about their life in Christ. This class is open to both members and non-members.

Mondays, September 18, 2017 - May 14, 2018

9:30 - 11:00 am, Room 120

Led by Mallory Wightman & Cathy Hutton

\$40

Mallory Wightman, 214.523.2290, wightmanm@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. For updated speaker and dates, check our website for the latest details.

Monthly

7:00 am, Great Hall

\$6 for breakfast

Rev. Matt Tuggle, 214.523.2217, tugglem@hpumc.org

Lucy McDaniel, 214.523.2233, mcdaniel@hpumc.org

MORE INFORMATION

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

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



Parent Quarterly

Parents of 6th-12th Grade

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. Dates and topics will be posted online.

Parents of 6th-12th Grade

Sundays

9:30 - 10:30 am, Great Hall

Lucy McDaniel, 214.523.2233, mcdaniel@hpumc.org

Sticks & Stones:

The Power of Words to Hurt or Heal

In today's world, we increasingly feel assaulted by words. While we can shrug off the nightly news, many of us feel "mean speak" encroaching into our families. But what if we were able to use the power of speech to build and grow? This class for middle school and high school parents will explore these issues and the assumption that words have power.

Tuesdays, September 26 - October 17

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

Led by Kathleen Fischer

\$85, Register by Wednesday, September 20

Bring your lunch

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

★ HPUMC Moms Lunch Series

Whether you are a new mom or a seasoned mother of teenagers, we hope that you will join us at our HPUMC Moms Lunch Series. Come be encouraged and inspired, and fellowship with other moms. Bring a friend, neighbor, or coworker, too! For other speakers and dates, check our website for the latest details.

Our first lunch will be Tuesday, September 26, when Sarah Beard will be our guest speaker. Sarah will speak on the pressures that come with expecting too much of yourself, and how those expectations can leave you exhausted. Sarah will also be leading a follow-up study on Shauna Niequist's book, *Present Over Perfect*.

Monthly, First lunch series Tuesday, September 26

Speaker: Sarah Beard

Andi Fancher, 214.523.2286, fanchera@hpumc.org



Present Over Perfect

In a culture that values speed, efficiency, image, and busyness, some of us are aching for another way to live: more intentional and more connected. We find ourselves busier than we want to be, missing the sweetest moments along the way, and end up resentful and distracted, full of regret and feeling disconnected. *Present Over Perfect* is a hand reaching out to a new way of living—full of grace, space, and connection. In this book, Shauna Niequist offers a guide to living an engaged and loving life.

Mondays, October 2 - October 30

12:00 - 1:30 pm, Room #3, 2nd Floor (Children's Area)

Led by Sarah Beard

\$20, Register by Friday, September 29

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

How to Raise an Adult

A Reading Group

In *How to Raise an Adult*, Julie Lythcott-Haims draws from a variety of sources to highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. While providing empathy, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

We will discuss assigned readings and consider how to implement steps to promote independence in children from elementary age to the high school level.

Reading groups will meet on Tuesdays or Thursdays. You will purchase the book prior to attending the first session. *Please choose one of the following options. The group will meet at the time most people choose.*

2nd + 4th Thursdays, 10 - 11:30 (beginning Sept 28)

OR

1st + 3rd Tuesdays, 9:30-11 am (beginning October 3)

Room 241, Storm Lounge

Led by Kathleen Fischer

\$275, Register by Monday, September 18

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

★ *The Whole Brain Child*

Do you struggle to help your child learn positive behavior? In *The Whole Brain Child*, the authors use science to explain how a child's brain is wired and apply that to everyday parenting. Learn how you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth.

Wednesdays, October 18 - November 15

6:30 - 8:00 pm, Room #4, 2nd Floor (Children's Area)

Led by Laura Ann Pierce

\$25, Register by Thursday, October 12

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@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, October 31 - November 28 (not meeting November 21)

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

Led by Kathleen Fischer

Bring your lunch

\$85, Register by Wednesday, October 25

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

MORE INFORMATION

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

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

RELATIONSHIPS

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 10, 2017 - May 20, 2018

10:45 am, Room 244

Jenny Misslin, 214.523.2242, misslinj@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

Facilitated by Rev. Dawn Anderson

\$20 (workbook)

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

Blended Families

Blended families hope to correct two wrongs with a right, by merging two shattered families into a new whole. But often, families undertake this endeavor without careful and prayerful consideration of the issues. While couples think remarriage will release them from the bondage of divorce and loneliness, expectations can turn into disillusionment as couples experience the complexity of blending two unique families. Both parents and children are faced with a sea of uncharted waters to navigate, with little support and understanding of how to resolve the issues.

Over the course of this five-session blended family study, we will look at the issues facing blended families and what scripture tells us about God's desire for recovery and wholeness along the way.

Sundays, September 10 - October 8

11:00 am, Room 212

Led by Erin Osborne

Register by Wednesday, September 6

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Empty Nesters

The season of the empty nest is one of change. Children grow up and leave home, leaving you to wonder how to live in this new stage of life. Now is the time for you to consider your own life. This is an important time to look at your relationships, both your relationship with your spouse, and your children and friends. Join Cathie Looney for this 4-week class as we examine the empty nest, what these changes mean for us, and how to move successfully into this new chapter in our lives.

Mondays, September 11 - October 2

6:30 - 8:00 pm, Room 386

Led by Cathie Looney

\$25, Register by Wednesday, September 6

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

* Marriage Quarterly

Table for Two - Revisiting 'Date Night'

The traditional methods of dating in marriage do very little to deepen the connection in your relationship. Join us as Gregg Medlyn and Candace Winslow offer a new take on the concept of dating in marriage. You will be seated at a "two top table" and given the space to discuss and practice the methods presented in the program. This night might truly transform how you date your spouse!

Registration is required for this event and is limited to 75 couples.

Thursday, September 21

6:30 - 8:00 pm, Great Hall

Led by Gregg Medlyn and Candace Winslow

\$40 per couple, includes dinner and a copy of Getting Me

Register by Monday, September 11

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@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, September 24 - October 29

5:00 - 6:30 pm, Room #3, 2nd floor (Children's Area)

Led by Rev. Susan Robb, Rev. Elizabeth Moseley and Rev. Phil Dieke

\$45 per couple, Register by Thursday, September 21

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@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.

Tuesdays, October 10 & 17

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

Led by Dr. Terry Parsons

\$50 per couple, Register by Thursday, October 5

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@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 21

9:00 am - 5:00 pm, Room 120

Led by Dr. Terry Parsons

\$125 per couples (includes book & lunch)

Register by Wednesday, October 18

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

MORE INFORMATION

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



FINANCIAL GUIDANCE

Money Smart For Older Adults

Join us for a 5-week comprehensive program focused on insurance, benefits, end of life preparations, as well as frauds and scams that target older adults. The class is sponsored by the Elder Financial Safety Center of The Senior Source, a nonprofit agency providing single-source access to a comprehensive range of senior services. Money Smart is designed for adults over 50 years of age, their family members, and caregivers.

Tuesdays, August 15 - September 12

10:00 am - 12:00 pm, Room 244

Led by professional experts of the Elder Financial Safety Center

\$10, payable on first day of class

Register by Tuesday, August 7 by calling 214.525.6172.

Lauri Warner, 214.523.2246, warnerlauri@hpumc.org

* Personal Finance 101

Join us for a user-friendly and accessible way to get a handle on your finances. We will cover what a budget actually is, how to prioritize and track your spending, and the importance of reducing debt. You will also have the opportunity for a follow-up session with a budget counselor. Come learn how to get a clearer picture of your finances and how to better manage your money.

Tuesday, September 12

6:30 - 8:30 pm, Room 386

Led by HPUMC Financial Team

\$10, Register by Wednesday, September 6

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

* Financial Peace University Flex

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 18 - November 13

6:45 - 7:45 pm, Room #3, 2nd floor (Children's Area)

Led by Carey Carter and John Brunk

\$100 (couple or single)

Register by Thursday, September 14 or you can register through

www.daveramsey.com/fpu/experience

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

ARTS

★ Dance Classes

Looking for a fun and easy way to step into HPUMC? Come dance with us! Our church has a fun and longstanding relationship with Dallas dance instructor, Elaine Hewlett. No experience necessary!

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

September 12 - October 3: East Coast Swing/Lindy Hop and Rumba

November 7 & 14: West Coast and Party Dances

Christmas Party: Tuesday, December 5, 7- 9:30 pm

\$30 for each 4-wk session or \$12 per class, \$15 for each 2-wk session

Please pay the teacher directly.

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@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.

Oil Painting, Pastels & Acrylics

Wednesdays, 9:30 am - 12:30 pm, Room 387

September 6 - 27; October 4 - 25; November 1, 8, 15 & 29; December 6, 13 & 20

Led by Mary Anne Whittle

Oil Painting & Pastels

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

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

December 7 & 14

Led by Janice Hamilton

Monthly fee:

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

Please pay teacher directly.

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Watercolor

Intro to Watercolor

This class is for anyone interested in learning how to paint with watercolor or to expand on what they already know. Drawing skills will be covered, along with a variety of techniques. Watercolor or sketching experience is not required. We will paint in every class!

Mondays, September 11 - 25, October 2 - 23, November 13 - 27, December 4 - 18

6:30 - 8:30 pm, Room 385

Led by Nancy Loehr

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

Please pay the teacher directly.

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

MORE INFORMATION

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★ For KidCare reservations, please visit:
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RECREATION & WELLNESS MINISTRY

23

★ Quench

What does your body have to do with your faith and spiritual journey? Join us for this 4-week class and discover the thirst God planted within you to draw near to Him with all of who you are - body, mind, and spirit. Begin to discover the potential that God created in you as you learn how to love Him with every part of you.

Thursdays, October 12 - November 2

10:00 - 11:30 am, Room #2, 2nd floor (Children's area)

Led by Jamie Crosbie

\$12, Register by Thursday, October 5

Laura Beagles, 214.523.2231, beaglesL@hpumc.org

Amy Gutmann, 214.523.2296, gutmanna@hpumc.org

Group Fitness Classes

Attending a group fitness class is a great way to stay motivated and build community! All of the classes listed below are included in your monthly class membership. Looking for a particular class, but don't see it offered? Email your suggestions to lankfords@hpumc.org.

Class memberships are \$10/month for HPUMC members and \$25/month for non-members and visitors.

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

Aerobic Dance

This class is the long-standing Jacki Sorensen aerobic dance program. Aerobic Dance combines easy to follow dance movements with various strength building exercises. Looking for some community while you exercise? This class will welcome you with open arms! All fitness levels welcome.

Monday, Wednesday, Friday

9:00 - 10:00 am, Room 391

Tuesdays & Thursdays

5:30 - 6:30 pm, Room 362

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

Pilates

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

Monday, Wednesday, Friday

10:15 - 11:15 am, Room 391

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

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

11:00 am - Noon, Room 391

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, 2nd Floor Kids Lobby

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

Holy Yoga

Yoga for any body, every body. Focus is on breath work, yoga poses (with modifications when necessary) and meditation. Becoming comfortable in and with our bodies while relying on His strength. Revitalizing and fun class set to upbeat worship and praise music. A lot of movement combined with postures designed to inspire strength and detoxification. All levels welcome.

Thursdays

8:30 - 9:30 am, 2nd Floor Kids Lobby

Susanne Lankford, 214.780.1757, lankfords@hpumc.org

MORE INFORMATION

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hpumc.org/life-resources

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

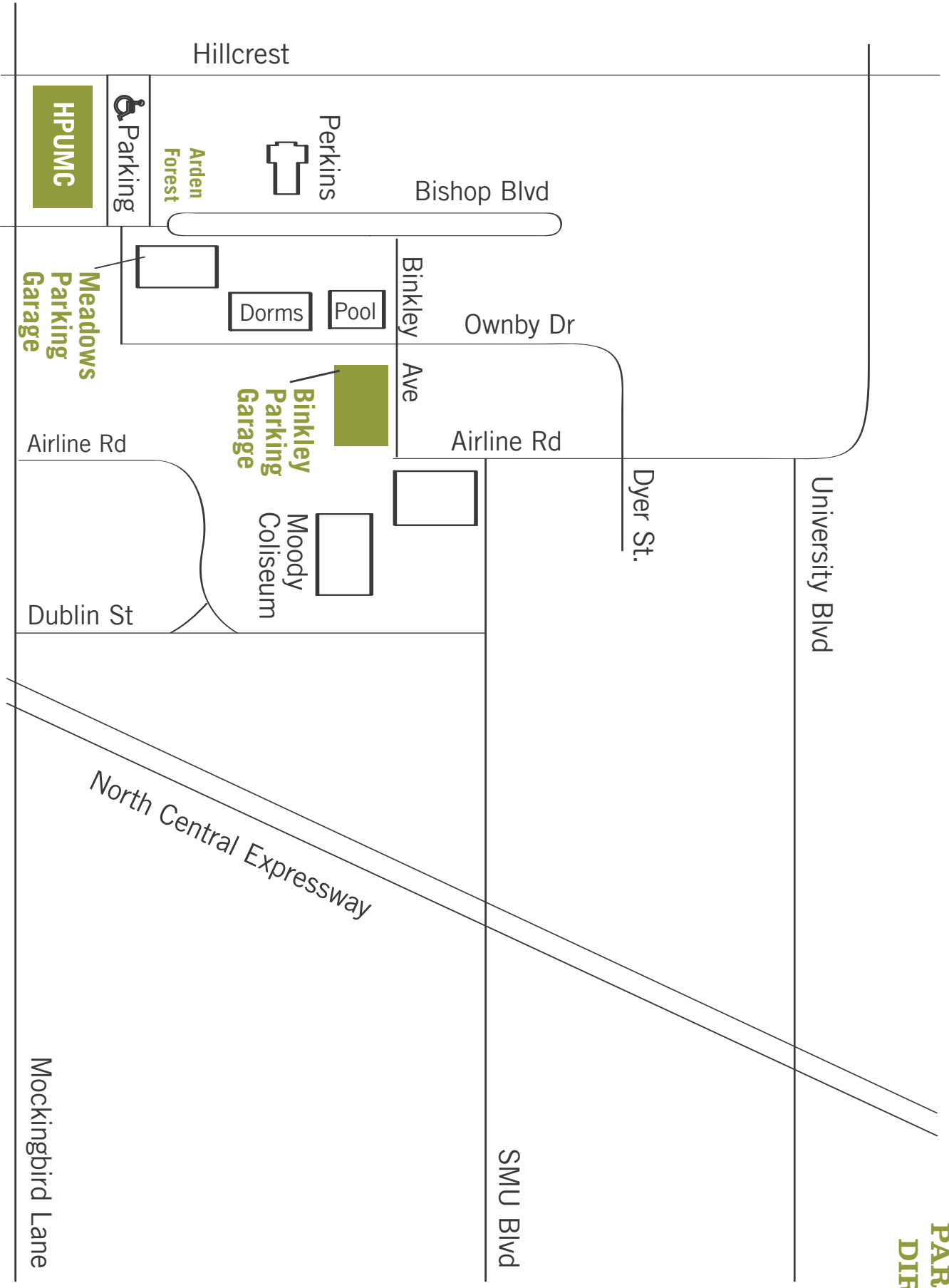



PARKING

- 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



 @hpumc facebook/hpumc hpumcdallas

HIGHLAND PARK UNITED METHODIST CHURCH

3300 MOCKINGBIRD LANE
DALLAS, TEXAS 75205

214.521.3111
HPUMC.ORG