

# JOURNEY COURSES

## YOUR JOURNEY STARTS HERE

### SURVIVOR SKILLS

**Car Talk - Auto Mechanics 101 - Led by Brent Guinn**  
**Sept. 13, 20, 27**

Come learn everything you need to know about basic car maintenance and easy repairs. Both valuable info and outdoor labs. All ages will find this helpful.  
Room 101.

**Sewing 101 - Led by Jean Mallory**  
**Sept. 13, 20, 27**  
Women and men welcome to come learn some sewing basics or work on your own project.  
Room 128.

**Prayer Shawl - Led by De Stotts** Come join in creating warm hugs from God for those in joy and pain. (Ongoing - Every Wed. in Worship Hall)

**Cancer -- Now What? Led by Stephen Ministers Sarah Cameron and Patsy Locke**  
**Nov. 1, 8, 15, 29, Dec. 6, 13, 20, Jan. 10** This group will offer emotional and spiritual support as well as

practical help for both cancer survivors and caregivers. Room 126

**How to Talk to Your Kids about God - Vicki Nichols Polk**  
**Sept. 27, Oct. 4, 11**  
Most of what our children learn about God comes from us. How do we do that well?  
Room 125

**Help for Parenting Special Needs Kids - Led by La Nelle Ethridge**  
**Oct. 18, 25, Nov. 1, 8**  
Do you know a child with special needs? Come find out how to support, care, and advocate for these special children (gifted, ADHD, hyperactive, autistic, etc.)  
Room 125

### KNOWING THE TERRITORY

**Finding Your Personal Ministry - Led by David Cameron**  
**Oct. 4, 11, 18**  
Come discover your God-given gifts and decide where to let your Light shine! Conference Center

**New Members' Class**  
**Oct. 25, Nov 1, 8**

**Led by Stephanie Nash**  
Learn more about Second B's story, vision, and mission. What makes Second B so unique? Come find out!  
Conference Center

### FINDING YOUR MAP

**John Claypool's Stages - Sept. 13, 20, 27, Oct. 4**  
**Led by Stephanie Nash**  
A look at the stages of life as depicted in the life of David and how we can relate to those stages in our own lives.  
Room 129

**Rob Bell's What Is the Bible? - Led by Kerry Campbell**  
**Oct. 11, 18, 25, Nov. 1, 8** A fresh approach to an ancient text that will change the way you look at scripture.  
Room 129

### THE WILDERNESS EXPERIENCE

**A ONE-ON-ONE JOURNEY OF DISCOVERY**

### Journey Inward

- Guidance by a personal spiritual director
- Personal journaling and reflection on scripture, prayer, readings, and dreams
- Exploration of contemplative prayer
- Book study/small group discussion
- Pastor-led classes in faith development
- Spiritual retreats

### Journey Outward

- Discover your personal spiritual gifts by taking inventory at [www.umc.org/what-we-believe/spiritual-gifts](http://www.umc.org/what-we-believe/spiritual-gifts)
- Define your call/ministry for this stage of your life
- Find resources and support for your ministry
- Plan stages for implementing your call
- Consider when you will know when your call is changing directions

**Organizational Meeting for the Wilderness Experience will be on Sept. 6 at 7 p.m. following Church Conference. (See Stephanie if unable to attend or to find out more information.)**