

Social Media



Engage with Others Online

A few of our *Journeys* groups have Facebook groups, where you can stay connected online.

Public groups include:

- [PVUMC Church and Society](#)
- [PVUMC Youth Ministries](#)
- [PVUMC Ignite](#)

Closed groups include:

- [PVUMC Chancel Choir](#)
- [PVUMC Young Adults](#)
- [PVUMC MOPS](#)

Ask to join on Facebook and keep the group conversations going even when you're not face to face. We're here to support each other, pray for each other and have fun together. **#bettertogether**

journeys
small groups at **pvumc**
explore. discover. connect.

Email



Subscribe to the church's weekly e-news, *From Paradise E-News*. Text PVUMC to **22828** or subscribe on the website. Stay informed and keep in touch!



You're invited to "like" us on Facebook: [ParadiseValleyUMC](#) Follow us @PVUMC on Twitter and @pvumc on [Instagram](#). For news stories from the church, check [pvumc.org/news](#).

Share your stories with us and share ours with your network of friends! Together, we are God's love in action. **#pvumc**

 **pvumc**
Paradise Valley United Methodist Church
4455 East Lincoln Drive • Paradise Valley, AZ 85253
602.840.8360 • [pvumc.org](#) • info@pvumc.org

Journeys Winter/Spring 2019 Explore. Discover. Connect.



Small Groups Ministry

journeys
small groups at **pvumc**
explore. discover. connect.



Come, be part of the journey.

Our Mission: God's love in action.

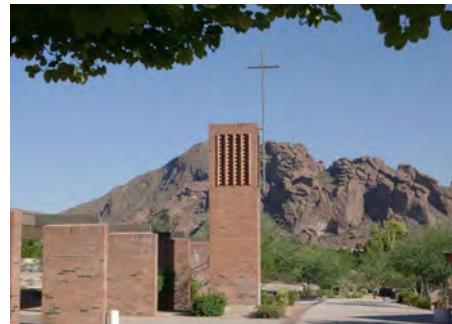
Our Vision: Love that crosses all barriers and embraces all people.

Journeys: Winter/Spring Explore. Discover. Connect.

Journeys, PVUMC's small groups ministry, invites you to travel with others on the pathway of faith. *Explore* different areas of spiritual growth. *Discover* where God is leading you, and *connect* with others. With so many itineraries to choose from, we're sure you'll find at least one place where you can engage with others and grow as a disciple of Christ. Please call the church office at 602.840.8360 with questions about classes or books, or to contact a leader.

We invite you to join us on a shared journey of life and faith, open to all, regardless of age, ability, economics, color, race, ethnicity, national origin, sexual orientation, gender identity, politics, theology or anything else that might separate us from each other. Whoever you are and wherever you may be on your spiritual journey, you're invited to walk with Christ in community with all of God's children, and embrace the endless possibilities of God's unconditional love.

Entry Point



New Member Orientation

If you're new to the church, or new to Christianity, we invite you to talk with a pastor before you embark on your journey. We also invite you to attend a New Member Orientation:

• **Sunday, March 17**, 12:30 pm

—OR—

• **Wednesday, May 15**, 6:30 pm

Choose one of these two-hour sessions to receive an overview of the church, an introduction to others at Paradise Valley UMC, and a chance to ask questions about membership. Orientations are in G2, the church library, and an invitation to join will be issued at the end of the session. RSVP for the orientation by calling the church office at 602.840.8360. Call ext 134 to reserve childcare.



Habitat for Humanity

Home Build

Leader: Don Wall

Saturday, May 4, 2019

The Mighty Methodist Coalition is a Stable Framework Sponsor for the Wodajo Family, who are praying for a safe, well-constructed and affordable home. Paradise Valley United Methodist Church joined forces with St Matthew's UMC on January 12, 2019, to work on the first and second-floor framing of the family's new home at the Tempe Parkview Townhomes. The next opportunity to help build will be May 4. To volunteer, email donald.wall@squirepb.com, Don Wall, chair of the Missions Ministry Team at PVUMC. Volunteers must be at least 16 years old.

Many of the *Journeys* groups offer hands-on engagement in our community and world. It's how we bring God's love into action, igniting faith, transforming lives and creating community. Check the *Looking Ahead*, *From Paradise E-News*, and pvumc.org for opportunities and read more about all the ways we reach out to those in our community and world through mission and social justice activities.

Social Justice



VIP and Church and Society

PVUMC is a member of **Valley Interfaith Project (VIP)** and the **Church and Society**

Ministry Team is liaison for VIP, a non-partisan organization whose members include faith communities. VIP takes positions on issues to help create a more just society. Their agenda includes criminal justice reform, public education, healthcare, work force training, neighborhood safety, immigration reform and refugees. On **Thursday, February 28**, Church and Society and VIP invite the public to a Civil Dialogue about immigration. Stay informed by joining the public [PVUMC Church and Society Facebook group](https://www.facebook.com/PVUMCChurchAndSociety).

Missions

The **Missions Ministry Team** offers numerous opportunities to join others in serving our community and world throughout the year:

- Feed My Starving Children
- Habitat for Humanity
- Project Cure
- St. Mary's Food Bank
- UMOM meal service
- Wesley Community Center
- Open Table
- Refugee Assistance and Friendship Teams (RAFT)
- Faithworks mission trips
- Desert Southwest Conference mission projects

Feed My Starving Children

Leader: Debbie Doran

Every month, PVUMC schedules [FMSC](#) packing events at the Mesa Fiesta Building, 1345 S Alma School Road, Mesa, AZ 85210. Sign up to participate on one or more of the following **Saturdays**:

2/16 4:30 – 6:30 pm

3/16 4:30 – 6:30 pm

4/13 4:30 – 6:30 (note: this is the 2nd Saturday and not the third)

5/18 4:30 – 6:30 pm

6/15 4:30 – 6:30 pm

7/20 4:30 – 6:30 pm

Register to participate in any or all of the packing events by emailing Debbie Doran, sirsnow1@cox.net. Include your name, a contact phone number, the number of participants, and the names and emails of those over 18. Read more at pvumc.org.

Serve Dinner at UMOM

Leaders: Dave Hepburn and Elaine Heredia

2nd and 4th Saturdays

2nd Thursdays, year-round

PVUMC has opportunities for people to serve dinner to residents at the UMOM facility at 3333 E Van Buren on Saturdays. To serve, email davidhepburn21@gmail.com. To cook and/or serve dinner at the Halle Center on the 2nd Thursday, email emhere@cox.net. On the first Sunday of every month, you're also invited to donate food to UMOM. Bring non-perishable food to the church on Sunday morning when you come to worship and place your bags in the blue bins at the entrances to the church campus. Thank you for your generous donations.



Monthly Volunteers to Project Cure and St Mary's Food Bank

Leader: Tony Book

Jan-May 2019, mornings

2nd and 3rd Wednesdays

This group of volunteers helps at St Mary's Food Bank and Project Cure on the 2nd and 3rd Wednesdays of the month. Carpooling is available from the church with a volunteer driving the church van. To participate or for info, email Tony Book, jimbook73@gmail.com.



Free Childcare

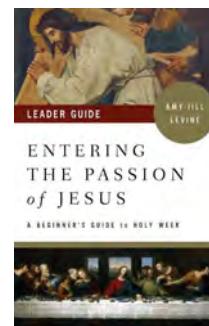
Free, quality childcare is available for all our classes and events. Call 602.840.8360, ext 134 at least 48 hours in advance of the class or program you wish to attend. If you have to cancel, even at the last minute, please call the number again.

Lenten Studies

PVUMC Lenten Series: 2 Choices

March 6, 2019 Ash Wednesday – April 21, Easter Sunday 2019

Journeys leaders have an opportunity to lead a Lenten study on one of two books recommended by the clergy.



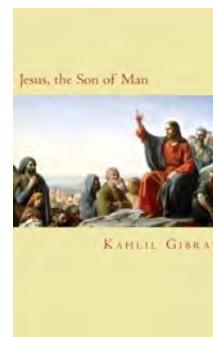
1) *Entering the Passion of Jesus: A Beginner's Guide for Holy Week* by Amy-Jill Levine

In this book, readers are invited to explore the history and literature surrounding the last days of Jesus' life. Levine sets the narrative in historical context and

analyzes the risks and motives of the story's characters. She shows how the text raises ethical and spiritual questions for the reader, and how we all face risk in our Christian experience.

This study is excellent for new groups or for leaders looking for a curriculum that includes a leader's guide and DVD.

2) *Jesus, the Son of Man* by Kahlil Gibran



Readers are invited into this literary work that looks at Jesus through the eyes of those who knew him.

Some of the characters are familiar: Peter, Mary, Luke, Pilate and Thomas. But many characters are new, created by Gibran, including a Jerusalem cobbler, an old Greek shepherd, and Judas' mother. What connects these people is the fact that they all have an opinion about Jesus, though no two opinions are the same. With each fresh voice, a different aspect of Jesus' character is explored. This book is an excellent conversation starter for most small groups, as it helps us to look at the Passion narrative in a new way. No leader's guide or DVD are included, though the clergy can provide advice on how to lead this group study. Look for more info in February.

Life Stages

No matter what life stage you're in, you'll find a place to belong at PVUMC. Moms with little ones find the support they need in MOPS. Young adults can spend time together after worship in faith-based discussions, social activities and service projects. Older adults may find fellowship at Saguars, who meet monthly for a potluck and an entertainment program. Explore the life-stage groups and connect with others who are on the same journey.



MOPS (Mothers of Preschoolers)

Leaders: Jenn Coughlin and Sarah Quinn

2nd, 3rd and 4th Thursdays

Jan 10-May 9, 2019

9-11am, G2

MOPS is a community of moms with children age 5 and under. Visit <https://www.mops.org/groups/pvumc> to learn more or email jennhcoughlin@gmail.com, Jenn Coughlin, or Sarah Quinn, sarahquinn@ymail.com, the group's leaders. Come to a session and find the support you need in a faith community of women who are in the same boat as you are.

Young Adult Lifegroup (YAL)

Leader: Rev. Brenda Smith

Sunday Afternoons, year-round

On- or off-campus

Young adults age 18-30 are invited to participate in YAL. Email Rev. Brenda Smith for a schedule: brenda@pvumc.org. Enjoy faith-based discussions, service projects and social activities every week. Most activities are held on Sunday afternoons after the last worship service, with some fun Fridays planned and a work day at Mingus Mountain Camp on **Saturday, April 27**. Friends are welcome. Ask to join the [YAL PVUMC Young Adults closed Facebook group](#) to stay in touch and see what's happening week to week.



Saguars

Leader: Tawn Watkins

3rd Thursday of the Month,

Sept 2018-May 2019

10:30am-1pm, Fellowship Center

A fellowship group for older adults meets monthly for luncheon and entertainment programs. People are invited to bring a salad, entrée or a dessert to share for the potluck meal. A \$3 donation is appreciated. Occasionally, the group meets for special off-campus outings.

Pub Theology

Leaders: Bill Terrill

and Christopher Wurpts

Last Wednesday of the Month

Jan 30-May 29, 2019

Pub Theology is an off-campus, discussion-based gathering at local breweries and tap rooms. Each month, 4-5 spiritually-focused questions will be posed to people in attendance, usually following a general theme. Discussion will be moderated by the leaders, but with few restrictions. People are invited to talk about their views on faith and religion in a safe space. Questions are encouraged. By understanding ourselves better, we understand the God who created us more fully.

Yoga for Everyone

Leaders: Mary McGill and

Mary Thomson, Desert Song

Non-Holiday Mondays

6-7:10pm, H1

Yoga for Everyone, led by registered yoga teachers from [Desert Song](#), offers a free, weekly yoga group practice for all levels. Wear comfortable clothing. Bring a mat if you have one or use one of ours.

Enneagram Classes

NOTE: PVUMC used to host the

Arizona Enneagram Association (AEA) MeetUps, but these have moved to Crossroads UMC. Visit the AEA website for info:

<http://arizonaenneagram.org/>

Support

Alcoholics Anonymous (AA)

StepSisters Women's Group

Wednesdays, year-round

7pm, H7

This group meets weekly for closed discussion. Open to women who have a desire to stop drinking. Call AA at 602.264.1341 for more info or visit their website at <http://aaphoenix.org/>



Parents and Friends of Lesbians and Gays (PFLAG)

Leader: Adele Swan

2nd Thursdays, year-round

7pm, H7

The church hosts a monthly PFLAG (Parents and Friends of Lesbians and Gays) meeting. Transgender, bisexual, asexual, intersex, non-binary individuals and allies welcome. Find support and resources in a confidential setting. Find more information online at <https://pflagphoenix.org/support-meetings/>.

Music



Adult Music Groups

Music and Arts Ministries Director Dr. Ashley Strawser, astrawser@pvumc.org, leads PVUMC's music program. Contact her to join one of the adult music groups: Chancel Choir, Paradise Singers or Paradise Bells. Singing or ringing together with these weekly groups connects you to each other as you discover the joy of making music and performing as an act of worship.

Spirituality

Walk to Emmaus

Women's Retreat

Feb 7-Feb 10, 2019

The Women's Emmaus Walk, **February 7-10**, is a 4-day retreat designed to renew your spirit. Cost is \$95. This year's retreat is full, but email the Women's Lay Director to learn more about future retreats: Shannon Sanders, shannon.sanders@cox.net. See <http://www.azemmaus.org/> to read more about the Walk.

Centering Prayer

Leader: Kathy Kramer-Howe

2nd and 4th Thursdays

Jan-May 2019

6:15-7:15pm, H6

Experience the freedom of centering prayer at this class, which teaches a method of meditative silence and contemplative prayer as a way to experience God's presence in us.



Knitting Together

Leader: Cheryn Wall

Wednesdays, Jan-July 2019

9-10:30am, Paradise Perk

This knitting group is for anyone who is interested in knitting, crocheting, sewing or making jewelry in community with others. All ages and levels of abilities welcome. Enjoy Perk coffee while you create together. The group recently raised more than \$1,000 toward the purchase of a new church van simply by selling their handmade items at a holiday bazaar. They have also created and donated prayer shawls to our Caring Ministry for homebound and hospitalized members. Thank you for bringing joy to others!



Second Firsts: Live, Laugh and Love Again — Grief Study

Leader: Bill Quigg

Mondays, March 4-April 15, 2019

12-1pm, Fireside Room, F8

Are you living with loss? Caring Ministries hosts a class on loss and grief called "Second Firsts," based on the book, *Second Firsts: Live, Laugh and Love Again* by Christina Rasmussen. The author is a crisis intervention counselor and therapist who survived a devastating loss of her own. Join this book study on grief and loss of all kinds and find support from others who are on the same journey.

Caring Bible Study

Leader: Pam Poley

Tuesdays, year-round

10:30am-12pm, Parlor, A2

Learn more about how the Bible impacts everyday lives. Study together and share insights, share your joys and concerns, and pray for each other. Once a month, travel to Friendship Village to visit with residents.

Sojourners

Leader: Rayme Ellett

Wednesdays, Jan 9-May 15, 2019

4:30-5:30pm, Library, G2

This women's group meets while Music Makers, the afterschool children's music program, is in session. Their meetings include parenting book studies as well as studies for women. They also do seasonal craft projects together. They usually follow one of the Lenten studies before Easter.

Journey Through James

Leaders: Sam and Vicki Rankin

Sundays, Jan-May, 2019

9:30-10:30am, Library, G2

This Bible study group began late in the fall of 2018 and includes members of the Ignite community as well as parents of teens and tweens. Participants study the book of James, engage in group discussions, pray, and reflect on their own life experiences in light of the scriptures. Connect with others before the Ignite Modern service at 11 am. To connect with the Ignite community, join the [PVUMC Ignite Facebook Group](#).

Bible & Books

Mustard Seed Bible Study

Leaders: Sara Bollman and Chris Midyett

Non-Holiday Mondays

Jan-May 2019

9-11am, Fireside Room, F8

This group of women studies God's word, grows in Christian discipleship, and supports each other in prayer. As they begin this new year, they will be studying the Gospel of John.

Bible & Books

Growing Together in Our Walk

Leader: Kim Summers

Wednesdays, Jan-May 22, 2019

6-7:30pm, Fireside Room, F8

This group follows DVD/book studies from authors like Adam Hamilton. The class follows one of the Lenten studies during that season, and will do one more book study after Easter.



Susanna Circle

Leader: Jami Godshall

Wednesdays, year-round

9:30-11am, Parlor, A2

All women are invited to join this group for fellowship, discussion and study. The group also collects gently used purses and toiletries for the women at UMOM and delivers the items in early May, just in time for Mother's Day.

Look for the donation box in the church office. The group recently donated 37 purses and boxes of sample-size toiletries to UMOM then enjoyed lunch at UMOM's Helpings Cafe. Thank you for your donations to this ministry.



Pastor's Bible Study

Leader: Pastor Dave Summers

Wednesdays, Jan 10-May 29, 2019

10:30-11:30am, Fireside Room, F8

Everyone is welcome and encouraged to study the Bible text to be preached on the following Sunday. Led by Pastor Dave Summers or the pastor who is preaching, this class is for all ages of men and women. It's a great place to meet people. Come a half hour early to share in fellowship.

Men's Breakfast Bible Study

Leader: Bill Sanford

Thursdays, Jan-May 2019

6:30-7:30am, F5/6

This group brings together men of all ages for a hot, home-cooked breakfast and Bible or DVD study. A contribution of \$2 to help defray the cost of the food is appreciated. Feed your physical and spiritual hunger all at the same time! Share your prayer concerns and be lifted up before you start your day. Come when you can, as your schedule permits. This group may follow one of the Lenten studies.



Adult Bible Study

Leaders: Cindy and Kent Heltne;

Lee Steers

Sundays, year-round

8-9am, Parlor, A2

Gather with others in a traditional adult Sunday School class that uses Cokesbury's Adult Bible Study series, the most widely used curriculum in United Methodist churches across the country.

Bible, Beliefs and Beyond

Leaders: Doug and Eleanor Norris

Sundays, Jan-May 2019

11 am-12pm, F5/6

Rev. Doug Norris and his wife, Eleanor, lead this discussion class which meets most Sundays. Explore topics suggested by participants. Discussions are led from a United Methodist and biblical perspective.

Wesley Sunday School Group

Leaders: Kent and Cindy Heltne

Sundays, year-round

11am-12pm, Library, G2

Explore aspects of faith relevant to our lives today through various book studies led by members of the group. Share a covenant relationship with others, lift each other up in prayer, and show love to the least of these in mission and service projects.

Brown Baggers Bible Study

Leader: Dave Hepburn

Fridays, Jan 4-May 17, 2019

12-1:30pm, Library, G2

Join this group for Bible and book studies. They usually follow one of the Lenten studies in the season before Easter.

PVUMC Book Group

Leader: Peggy Howard

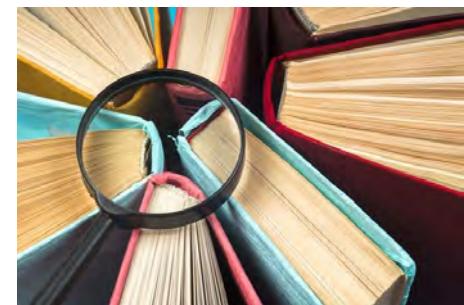
1st Non-Holiday Monday of the month

Year-round, 12:15-1:15pm

Library, G2

Spirited discussion of selected works by various authors. Books are chosen by the group, and members lead the discussions.

Check the *Looking Ahead, From Paradise* E-News and pvumc.org/news for current book selections.



PVUMC Library, Room G2

The ever-expanding 400+ titles in the core collection of the church library are a valuable resource. Browse through the "Subject" section of the Catalog Guide or scan through the "Author" or "Title" sections to find resources. Search the online catalog: <https://www.librarycat.org/lib/PVUMCLibrary>.