

One Word, One Hour

Host: Vic Bresin

Location: Dunn Bros/Eagan

Day: Monday

Time: 6:30pm

Men's group that meets for coffee and discussion around a chosen word.

Tuesdays at 10

Host: Rory Swenson

Location: Pastor's Office

Day: Tuesday

Time: 10-11am

Material: Emailed to you

Cost: None

This is a "come when you can" gathering that meets almost every Tuesday for one hour in Pastor Rory's office. We read the four "lectionary" scripture lessons for that week.

United Methodist Women (UMW)

Host: Julie Adams

Location: Small Meeting Room

Day: First Monday

Time: 7pm

Come and join us as we read scripture and do a program from the United Methodist Women Program Book. Learn more about our Mission focus and join us in fellowship.



Serve

Undie Sunday

Location: Advent UMC

Day: Sunday, April 15

Donate new underwear for Simpson Shelter men and women.

Feed My Starving Children

Location: 990 Lone Oak Rd - #136

Day: Saturday, April 21

Time: 4:30-6:30pm

Pack meals to be sent around the world to those most in the greatest need.

Sheridan Story

Location: Sheridan Story warehouse at 2723 Patton Road

Day: Sunday, April 29

Time: 1-3pm

Help pack weekend food bags to be distributed to area students in need.

Simpson Shelter Meal

Location: Downtown Minneapolis Simpson Shelter

Day: Saturday, June 23

Time: 4-7pm

Help prepare and serve a meal to more than 100 homeless people.

Advent Cares Day

Location: Advent UMC and surrounding community

Day: Saturday, Aug. 18

Time: 8:30am-12pm

This is our 6th Annual Advent Cares Day, our way of giving back to Eagan and the surrounding community. Volunteers do various service projects at District 196 schools, retirement and nursing homes, and non-profits in and around the community while we provide paper shredding services at church.



ADVENT UMC EAGAN

connect
groups

Life is better CONNECTED!

We encourage everyone at Advent to join one or more Connect Groups. Why?

Because we believe life is meant to be shared. God designed us to be in community with others.

Connect Groups are a great way to meet people, make friends, learn more about God and find real answers for life's questions. We have a group for you, no matter what stage of life you are in.

We have short and long-term Connect Groups meeting throughout the year. We offer many topics on a variety of days and times. We know that you will find a **Connect Group** to fit your busy schedule.

Our Spring semester starts April 4.

Don't miss out on getting connected.

Advent United Methodist Church
3945 Lexington Avenue South
Eagan, Minnesota 55123
651-454-3944

info@advent-umc.com



Connect

Uncommon Knowledge

Many folks at Advent have unique skills or knowledge that are uncommon! Come join us to learn more about your fellow worshippers and the Uncommon Knowledge they possess. Each month will have a different topic. Meets second Monday.

Yoga

Host: Jackie Underhill

Location: Wesley Hall

Day: April 9

Time: 7-8pm

Material: None

Cost: None

NEW!

Learn about this spiritual discipline that teaches breath control, simple meditation, and body postures for health and relaxation. Participants should wear comfortable clothing and bring a yoga mat if you have one.

What to do with your kids this summer

Host: Holly Champlin

Location: Wesley Hall

Day: May 14

Time: 7-8pm

Material: None

Cost: None

Summer is coming and the kids will be out of school. What can you do to keep them engaged and active? This Uncommon Knowledge is hosted by Holly Champlin of Eagan Parks & Recreation who will share what Eagan Community Education has to offer. You will also get resources for free or inexpensive activities.

Prayer Shawl Ministry

Host: Joan Konkle

Location: Prayer Room

Day: First Thursday

Time: 1-3:30pm

Individuals in this group create the Prayer Shawls. If you don't know how to knit or crochet, please don't let that stop you from coming. We will teach you.

Ladies Lunch Bunch

Host: Sheryl Buss

Location: Local Restaurants

Day: 1st Tuesday

Time: 12:30pm

Material: None

Cost: Varies

Women meeting for conversation and lunch together.

Men's Coffee and Conversation (and maybe we'll talk about a book!)

Day: Tuesday

Location: Eagan Panera

Time: 6:45am

Material: Book selection

Cost: Varies

Men's group that gather for coffee and conversation about their current book selection. They have read more than 40 books.

Men About Christian Service (MACS)

Host: Ray Gleason

Location: Advent & Beyond!

Day: Fourth Tuesday

Time: 6:30pm

MACS is not only about discovering the Twin Cities best burgers. They also actively seek ways to be of service to members of Advent and the greater community. MACS has participated in a variety of service activities.

Helping Hands

Host: Cathi Stapf

Location: Emmaus Room

Day: Tuesdays

Time: 9:30-11am

This Connect Group gathers most Tuesday mornings during the school year for prayer and service. The group works on prepping projects for ADVENTure Kids and Faith Builders.

Advent Retirees Connecting (ARC)

Host: Jerry Fenner

Location: Varies

Day: Varies

Time: Varies

The purpose of ARC is to provide a social, connectional opportunity for members/friends of Advent who are no longer working full time. This group will be seeking opportunities to connect with others for social contact, to discuss matters of mutual interest, to engage in activities with their new-found free time and to be in service to others.



Grow

Social Principles

Hosts: Rev. Melba Lewis & Stephanie Clark

Location: Wesley Hall

Time: 7-8pm

Day: Wednesdays April 4-May 9

Cost: \$5

Materials: Social Principles of the Methodist Church

"Our Social Creed" is a basic statement of our convictions about the fundamental relationships between God, God's creation and humanity. This basic statement is expanded in a more lengthy statement called the "Social Principles." This statement explains more fully how United Methodists are called to live in the world. Part of our *Book of Discipline*, the "Social Principles" serve as a guide to official church action and our individual witness.

NEW!

Prayer 101

Host: Rev. Cindy Yanchury

Location: Emmaus Room

Day: Thursdays April 5-May 3

Time: 7-8pm

Materials: Provided

Cost: \$5

YOU are invited to a time of discovery and learning about prayer. Together we'll learn what prayer is (and isn't) as well as some new and different ways to pray. In five sessions together, you will learn the style of prayer that suits you best. Is it Searching? Experiential? Relational? Or Innovative? Or is it some combination of those four? I'm very excited to share these five weeks with you! I hope you'll join me. After all, prayer is a learned activity, so let's learn and explore together!

NEW!

Explore Advent

Hosts: Rev. Rory Swenson & Rev. Cindy Yanchury

Location: Wesley Hall

Day: Sunday, May 20

Time: 11:30am-1pm

Explore what it means to be a member of Advent UMC and learn how you can connect, grow and serve with us. You'll have an opportunity at the close of this session to transfer or make your membership to Advent UMC.

WOW! Women on Wednesdays

Host: Amy Kupinski

Location: Emmaus Room

Day: First Wednesday

Time: 6:30-7:30pm

One hour, once a month, just for you! Please join us to make new connections and deepen your bond with existing friends.