

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.

Pastor's Bible Study

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

Red Cross Blood Drive

Location: Advent UMC

Day: Friday, Jan. 25

Time: 12:30-6:30pm

Be a part of this life-giving process, whether as a donor or a volunteer at our blood drive.

Simpson Shelter Meal

Location: Downtown Minneapolis Simpson Shelter

Day: Saturday, Jan. 26

Time: 4-7pm

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

Souper Bowl Sunday

Location: Advent UMC

Day: Sunday, Feb. 3

Donate to Souper Bowl of Caring, an event that empowers youth and unites communities around the time of the Big Game to help those in need.

Blanket Sunday

Location: Advent UMC

Day: Sunday, Feb. 17

Church World Service Blankets provide comfort in times of crisis. A \$10 donation provides one blanket.

UMCOR Sunday

Location: Advent UMC

Day: Sunday, March 31

100% of the gifts to UMCOR (United Methodist Committee on Relief) provide major support for immediate assistance in the wake of natural and human-caused disasters and helps support ongoing ministries of food, shelter, health and peace.

Undie Sunday

Location: Advent UMC

Day: Sunday, April 7

Donate new underwear for Simpson Shelter men and women.



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.

Don't miss out on getting connected.

Advent United Methodist Church

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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.

New Ways of Approaching Stress

Host: Dr. Lance Brisky, D.C. **Location:** Wesley Hall
Day: Feb. 11 **Time:** 7-8pm
Material: None **Cost:** None



Each and every person experiences stress in our lives on a daily basis. In our time together we will identify the three primary stressors and discuss ways that you can determine what to do to help yourself.

Introduction to Meditation

Host: Caroline Koerner **Location:** Wesley Hall
Day: March 11 **Time:** 7-8pm
Material: None **Cost:** None



It is often said that prayer is talking to God and meditation is listening. We'll explore the history, foundation, range of techniques and benefits of meditation as well as experience a meditation practice.

Recycling

Hosts: Advent Master Recyclers **Location:** Wesley Hall
Day: April 8 **Time:** 7-8pm
Materials: None **Cost:** None



Learn about reducing, reusing and recycling materials that would otherwise be thrown away as trash and turning them into new products.

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
Material: Book selection **Time:** 6:45am
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

Mr. Roger's Neighborhood

Host: Stephanie Clark **Location:** Wesley Hall
Time: 6:30-8:30pm **Day:** Thursday, Jan. 31
Cost: None

We invite you to read "The Good Neighbor: The Life and Work of Fred Rogers" on your own. Then join us for movie treats while we watch "Won't You Be My Neighbor?" and have a brief discussion afterwards.

Christianity and World Religions

Host: Ann Girres **Location:** Wesley Hall
Day: Wednesdays Jan. 16-Feb. 20 **Time:** 7-8:30pm
Materials: Book **Cost:** \$15

Christianity and World Religions: Wrestling With Questions People Ask is a video-based small-group study that explores four major world religions- Hinduism, Buddhism, Islam, and Judaism – and compares the beliefs of each with those of Christianity. This six-week study deals openly and honestly with questions people ask about other religions, including why we should believe the claims of Christianity over those of other faiths. As part of the study, author and presenter Adam Hamilton interviews a religious leader from each tradition. He treats the world religions with great respect, recognizing the unique contributions of each.

The Gospel of Mark

Hosts: Pastor Cindy Yanchury & April Corniea
Location: Emmaus Room
Day: Wednesdays Feb. 13-27 **Time:** 6:30-8PM
Materials: Workbook provided **Cost:** Free

Based on the *Immersion* Bible Study, this 3-week class explores Mark's story. It begins by describing Jesus's adult life, introducing it with the words, "The beginning of the good news of Jesus Christ, the Son of God" (1:1).

Grateful: The Transformative Power of Giving Thanks

Host: Pastor Cindy Yanchury & Pastor Rory Swenson
Location: Wesley Hall
Time: 6:30-8pm

Day: Wednesdays March 13-April 17

Materials/Cost: Buy your own book on Amazon

Author Diana Butler Bass explores why gratitude is missing as a modern spiritual practice, offers practical suggestions for reclaiming it, and illuminates how the shared practice of gratitude can lead to greater connection with God, our world, and our own souls.

You are also invited to hear Diana speak on her book on **Sunday, March 17, at 6pm at The Well (Rosemount UMC).**