



# Connections Fall 2019

Experience God's grace through small groups

Bridgewater United Methodist Church

# Connections

Welcome to **Connections** where you will find exciting ways to connect with one another and with God through small groups.

**Connections** groups allow us to share, question, and dig deeper into our faith in ways that are not always possible during Sunday worship. These are also perfect opportunities to invite a friend, neighbor, relative or someone who is already part of the BUMC community to join you in a casual, relaxed and friendly atmosphere. **Last year we filled over 550 seats in small group offerings!** Sign up now so you don't miss the fun if you haven't joined us before.

**Community Connections** groups have an intentional focus on meeting the needs of our neighbors and surrounding community as well as our own congregation. Please be sure to read more about these opportunities on page 8. Help us spread the word about these outstanding **Community Connections** groups.

## How to Sign Up:

Sign up in advance to help us ensure sufficient study guides and classroom materials in one of the following ways:

- Use the sign up links found in this brochure
- Use the **Connections** form in your worship bulletin
- On the **Connections** bulletin board in the main church hallway
- Contact Rev June Tamburro, [jtamburro@bridgewaterumc.org](mailto:jtamburro@bridgewaterumc.org)

## Adult Small Groups

**NEW!**

### **A Small Group for Busy People: World Religions**

Leader: Rev. June Tamburro

Start Date: Monday, October 7, 2019

Duration: October 2019- March 2020 (1X per month) 8-9 pm

Location: ZOOM teleconferencing and Facebook

No time to join a small group? Then this group is perfect for you! Join us for a ZOOM discussion group on World Religions. We'll use Adam Hamilton's, *Christianity and World Religions* to guide our class time. The group will meet once per month via ZOOM and engage in dialogue between meetings through a private Facebook group. Monday evening ZOOM meeting dates: Oct 7, Nov 4, Dec 9, Jan 13, Feb 3, Mar 2, from 8:00-9:00 pm. Approximately one hour of pre-reading prior to each ZOOM class.

**Register by October 1, 2019** with Rev June Tamburro using the link:

<https://bit.ly/2OENqZH>

**NEW!**

### **A Space to Grow Bible Study: The Parables of Jesus**

Leader: Rev. June Tamburro

Start Date: Tuesday, October 1, 2019

Duration: 6 weeks, 8:00-9:15 pm

Location: ZOOM teleconferencing

Are you looking for a bible study that's not for "experts" and will allow you to ask questions that may lead to bigger questions rather than simplistic answers? Then join us this fall for a 6 week study of Jesus' parables. We'll use

Amy Jill-Levine's, *Short Stories by Jesus* to guide our class time. The class will meet weekly on Tuesday evenings via ZOOM from 8-9:15, October 1-November 5. Approximately 1 hour of pre-reading each week.

**Register by September 24, 2019** using the link: <https://bit.ly/2GMAAtGU>

## Cross and Needle

Leader: Jean Hart

Date: Tuesdays, 1-3 pm, year round

Location: room 25

Do you love to knit, crochet or sew? Would you like to learn? Then bring your own projects or come to knit prayer shawls with the wonderful women of the Cross and Needle group. If you can't attend the group but would like to knit prayer shawls please contact Jean Hart. All are welcome to drop in anytime.

## Daniel Plan *PLUS*

Leaders: Diane Bitterle, Linda Janci & Gerry Tamburro

Date: Thursday, October 3, 7-9 pm

Duration: 6 weeks

Location: room 25 and Fellowship Hall

### Back by popular demand with a **NEW** twist!

Designed by Pastor Rick Warren, author of the Purpose Driven Life, the Daniel Plan is a healthy lifestyle program founded on biblical principles and focused on what Pastor Warren calls the *five essentials: faith, food, fitness, focus and friends*. The program offers an innovative approach to achieving a healthy lifestyle where people get better together by optimizing their health in each of these life areas. **This season Gerry Tamburro, certified fitness instructor, will spend the first 30 minutes of each class with some gentle exercises to get us moving!** Get in shape and feel healthy before the start of the holiday season! Register by September 26 using the following link: <https://bit.ly/2YoFAYx>

## Emmaus Reunion Group

Leader: Shared

Date: ongoing, Saturdays, 7:30 am

Location: Bridgewater Diner, Rt. 22

Who: This is a men's reunion group for those who have attended the Emmaus retreat.

During and after the three day Walk to Emmaus retreat, Emmaus leaders encourage participants to meet regularly in small groups called Reunion Groups. The members of the Reunion Groups challenge and support one another in faithful living. Members seek to see God at work in their family, job and communities, and encourage one another for active discipleship in the local congregation. Contact Rev June if you wish to attend: [jtamburro@bridgewaterumc.org](mailto:jtamburro@bridgewaterumc.org).

## Men's Discipleship Group

Start Date: Saturday, September 7, 2019

Duration: ongoing every other Saturday, 9:00 am

Location: room 25

Men of all ages are invited to join this group for a time of fellowship and Bible study. Come enjoy coffee and light refreshments as the group explores the intersections between faith and science, theology and current events, and more. The group will begin this season with a study entitled, *Dare to Dream*, by Mike Slaughter. Drop in anytime!

## Tuesday Morning Drop-In Bible Study

Leader: Rev. June Tamburro

Start date: Tuesday, September 10, 2019

Duration: ongoing every Tuesday, 10-11:15 am

Location: Choir Room

Join friends old and new for an informal, drop-in style Bible study every Tuesday. This fall the group will begin a new study on the book of Acts. Lively discussions, a supportive group around the table, and a safe place to ask questions and share ideas make this group a great place for you to come explore your faith, whether you are new to bible study or a seasoned student. All are welcome to come and join at any time. **No weekly pre-reading.**

Childcare will be provided upon request.

## NEW!

## Why Do We Keep Talking About This? LGBTQ Inclusion and the United Methodist Church

Leaders: Rev June Tamburro and Robin Bonner

Start Date: Wednesday, October 9, 2019

Duration: 4 weeks, 7:45-9:00 pm

Location: room 25

Are you confused about why human sexuality is still such a big issue in the UMC but are afraid to ask? Do you wonder why we can all read the same Bible and yet come to such different conclusions? Then join us for a 4 week discussion group about the journey of exploring your faith, human sexuality and why this matters as a follower of Jesus Christ. Approximately 1 hour of optional pre-reading each week. Register by October 2 using the link: <https://bit.ly/2TcSrY2>

## **Sunday 9:15-10:00 Adult Study**

Leader: Jen Schaber

Start Date: Sunday, September 15, 2019

Duration: ongoing September-May

Location: room 25

This adult class will explore issues of faith and discuss the challenges of living out your faith in everyday life. The class will do studies this year on the topics of: forgiveness, creation care, and gratitude. Drop in anytime! **No weekly pre-reading.**

For those with children, this group will meet concurrently with Sunday school. The whole family is then invited to worship together at the 10:30 service. Childcare will be provided for children 3 years and younger.

## **Sunday 10:30-11:30 Adult Study**

Leaders: Don and Kathy Schulz

Start Date: Sunday, September 15, 2019

Duration: ongoing September-May

Location: room 25

This adult class will begin this fall with the study, "Mark: Practicing Resurrection." All are welcome to drop in and join this group.

Childcare for children under 3 will be available.

## **United Methodist Women**

United Methodist Women (UMW) brings women of the church together in study, fellowship, service, and to raise funds for global missions. Watch for various opportunities throughout the year to connect with the activities of UMW. Bridgewater UMC currently has three active UMW “circles.” These circles are small groups of women who meet regularly for fellowship and ministry. All women are welcome to visit or join one of the circles at any time.

### **Friendship Circle**

Meets the second Monday of each month at 10 am. Contact: Nancy Manger.

### **Lydia Circle**

Meets the second Thursday of each month at 7:30 pm. Contact: Lynne Kinch.

### **Priscilla Circle**

Meets the fourth Monday of each month at 7:30 pm. Contact: Honda Bielefeldt.

# Community Connections

## Alzheimer's Caregivers Support Groups

Leader: Facilitator Support Group Team

Monthly: first Monday 1-2 pm; second Wednesday 7:30-9:00 pm

Location: Room 23

As an Alzheimer's Association support group, we provide caregivers with loved ones affected by Alzheimer's or dementia the opportunity to exchange information as well as to develop methods and skills for coping. Participants are also able to develop mutual support and social relationships while learning about valuable resources. Trained facilitators from the BUMC congregation lead both groups. No need to register, drop in anytime.

## Lunch & Learn

Join us for a light lunch and an opportunity to learn about an important issue of health and wellness immediately after the second worship service from 11:45-1:15. A professional facilitator trained in their field will lead each session.

**Sunday, September 22, 2019 (11:45-1:15)**

**Fellowship Hall**

***Music Therapy for Caregivers***

Music Therapy is the clinical use of music to improve a person's physical, emotional and social well-being. It includes activities such as listening to music, singing, and playing a musical instrument. Ellen de Havilland, MT-BC, will present a program geared toward improving the quality of life for caregivers and their loved one. A light lunch will be provided. Walk-ins are welcome, but please RSVP ahead if you can by using the following link: <https://bit.ly/2ZuyHS1> or call the church office 908-526-1414.

**Watch for announcements soon about more Lunch & Learns coming in 2020!**

## Individual opportunities

### Online Devotionals

Most of us open our email at least once every day. Why not allow God's word into your in-box and receive a fresh inspirational message every day? Below are several suggested daily devotionals you may enjoy. There are many more. If you find another that you like, let Rev. June know so we can share the link with others.

#### **Center for Action and Contemplation**

<https://cac.org/sign-up>

The Center for Action and Contemplation seeks to empower individuals to live out their sacred soul tasks in service to the world through educational programs and resources. Sign up to receive Father Richard Rohr's daily or weekly devotionals.

#### **Henri Nouwen Society**

[http://www.henrinouwen.org/contact\\_us/subscribe/subscribe.aspx](http://www.henrinouwen.org/contact_us/subscribe/subscribe.aspx)

Sign up to receive daily devotionals drawn from a wide range of Father Henri Nouwen's writing. These short meditations will inspire and guide your mind and heart.

#### **Sister Joan Chittister: Ideas in Passing**

<http://www.joanchittister.org/node/53>

Joan Chittister is one of the most influential religious and social leaders of our time. For 40 years she has passionately advocated on behalf of peace, human rights, women's issues, and church renewal. Sign up to receive her weekly e-newsletter featuring news, poems and more.

#### **Sojourners Verse and Voice**

<https://sojo.net/email-signup>

Sojourners' mission is to articulate the biblical call to social justice, inspiring hope and building a movement to transform individuals, communities, the church, and the world.

## Upper Room

[www.upperroom.org](http://www.upperroom.org)

*The Upper Room* daily devotional guide contains meditations that show ordinary people struggling to live faithfully in real life situations, with the Bible as the foundation for faithful living.