









THe Voice

January 2025 | Volume 66, Issue 1

MONTHLY NEWSLETTER OF SHANDON UNITED METHODIST CHURCH



in memoriam

In Loving Remembrance of Shandon UMC Members...

Jane Marshall October 1, 1953 - December 8, 2024

William Michael Morgan July 23, 1951 - December 10, 2024

FLOWERS AT THE ALTAR

Sunday, January 5
The flowers at the altar are given to the glory of God and in loving memory of Shirley McCue Knox, Jim McCue, Jamey McCue, and Thomas P. Knox, Jr., by the McCue family.

Sunday, January 12

The altar flowers are given to the glory of God and in loving memory of **Reverend William R. Cobb** by his family.

Sunday, January 19

The altar flowers are given to the glory of God and in loving memory of Edwin Sr. and Brian C. Martin by Janice Martin and family.

The flowers at the altar are given to the glory of God and in loving memory of **Chad Gibbons** by Harriett and Bob Roof.

Sunday, January 26

The flowers at the altar are given to the glory of God and in loving memory of Blake Jernigan by Celia and Billy Jernigan, Amanda and JD Smith, and Karen Shaver.

The flowers in the narthex are given to the glory of God and in honor of our precious daughter, Madeline "Maddie" McRae Hartman, who will be baptized on Sunday, January 26, 2025, by her parents, Robert and Katie Hartman.

MEMORIALS AND HONORARIUMS

In Honor of Christmas Carolers Peggy Lawrence

In Honor of Our Class Officers George Huggins Upper Room Class

In Honor of Dr. and Mrs. John Black Winna and Tom Ellis

In Honor of Dr. Hal Croswell Lorraine Conrad

In Honor of Eddie Huss **Becky Sutusky**

In Honor of Rebekah Ellis Winna and Tom Fllis

In Honor of Harriett Roof Jane Pregnall Annie Thompson

In Honor of Frances Tompkins Mary Hellams Jane Pregnall Gera and David Singletary

In Memory of Kathleen Bell Winna and Tom Ellis

In Memory of Jerry Frank Crews Ann Philbeck

In Memory of Sally Faison Ben Inabinet

In Memory of H.D. Free Katie and David Free

In Memory of Andy Fifick Ann Philbeck

In Memory of Brad Hamer Belva Hamer

In Memory of Bonnie Herman Winna and Tom Ellis

In Memory of Russell Herring Carolyn and Eric Holgate

In Memory of Johnnie Jordan Kay Jordan

In Memory of John Kerr Winna and Tom Ellis

In Memory of Don Lindstrom Effie Jo Lindstrom

In Memory of Jane Marshall Maria and Jeff Infinger Dale McClary Jackie McConnell Jane Phillips Becky Sutusky John Young

In Memory of Armin Marvin Winna and Tom Ellis

In Memory of Betty Maxwell Jennifer Parker

In Memory of Jim Mills Frankie and Dennis Johnson

In Memory of Kathy Moreland George Huggins Upper Room Class Mary Hellams Sally and David Seavey

In Memory of Ann Smith Ann Philbeck

In Memory of John Sutusky Becky Sutusky

In Memory of Stephen Sutusky Becky Sutusky



Shandon members were busy being the hands and feet of Jesus during the Advent Season. Sunday School classes, D-groups, circles, and other groups and individuals...

- packed over 200 stockings for children in Haiti
- made food boxes for Cooperative Ministries
- took backpacks filled with gifts and sang with the children at The Children's Garden
- donated to the YoungLives project so all of the moms and their babies received a Christmas gift
- built a playhouse for a family through Habitat for Humanity
- provided gift cards for the Petersfield community, AC Flora, and Dreher
- donated funds to assist the youth with Operation Christmas Child
- went caroling at Transitions
- rang bell the Salvation Army kettle
- gave Christmas pajamas to EMS Closet for kids in Richland School Districts 1 and 2
- donated funds to several worthwhile organizations
- adopted MANY local families
- and so much more!























Christmas Eve AT SHANDON



















BRING A FRIEND SUNDAY

Have you been wanting to invite a friend, co-worker or neighbor to experience the fellowship, love and faith you found at Shandon UMC. If so, mark your calendar for **Sunday**, **January 12** for our *Bring A Friend to Church Sunday*. Now is a great time to start planting seeds to have them join you at one of our worship services and your Sunday School class. This is also a great day to encourage someone you know who has fallen out of the habit of attending church to get back into the practice and rhythm of worship. Let's help people keep their commitment to get back into church this new year. You never know what a simple invitation might bring.

TREK COURSE KICKS OFF JANUARY 12

Are you ready to become a full member of Shandon UMC? TREK is Shandon UMC's pathway to membership. Our next course is set to begin on **January 12**, **from 3:30 p.m. to 5:00 p.m**. It is designed to help you connect with our ministers, staff, ministries, and one another. For complete details and to register for the course, go to **shandonumc.org/trek**. If you still have questions, please contact Pastor James Grubb at <u>jgrubb@shandonumc.org</u> or call the church office Monday through Thursday from 9:00 a.m. until 5:00 p.m.

If you are already a Shandon member and know of someone interested in joining, please share this information with them.

Schedule of Sessions

Session 1: January 12, 3:30 p.m. to 5:00 p.m. Session 2: January 19, 3:30 p.m. to 5:00 p.m. Session 3: January 22, 6:00 p.m. to 7:30 p.m.

HEALTHY EATING IN TODAY'S BUSY WORLD

Kick off the new year with Health and Wellness's Refresh and Renew series. The first session will be held **Tuesday, January 14, 2025**, from **12:30 p.m. to 1:30 p.m.** in Player Hall.

Join Emilie Blanchard, founder of Tasty as Fit, for a Lunch and Learn as she shares practical tips for maintaining healthy eating habits in today's busy world. Enjoy a \$15 plant-based, gluten-free meal catered by Tasty as Fit. Register online by January 7 at **shandonumc.org/register**.

MEN'S PRAYER BREAKFAST

One of the times the men of Shandon UMC gather to fellowship and grow our faith is at our Men's Prayer Breakfast on the third Thursday of each month. This month's Prayer Breakfast will occur on **Thursday**, **January 16**, **from 7:30 to 8:15 a.m.** in Player Hall.

SHANDON SUPPORTS AFFORDABLE HOUSING FOR SENIOR ADULTS



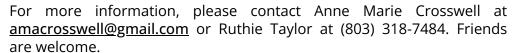
Sue Haddock presented a check to Transitions (Midlands Housing Alliance) to assist with the building of Monarch Manor. This donation was made possible by a major grant from the Shandon Foundation.

Shandon's support will help provide 11 apartments for seniors in need of affordable, ADA compliant housing.



SHANDON SISTERS - CONNECTIONS FOR YOUNG WOMEN

Shandon Sisters provides connections for young women (ages 25ish -45ish). Join us for a casual gathering to connect with mature women who are ahead of you in life's journey. Our time together will include fellowship, light refreshments, conversation, and a brief reflection with "pearls of wisdom" from one of our facilitators. Our next meeting will be held on Thursday, January 16, from 6:00 p.m. to 7:00 p.m. at the home of Ruthie Taylor.





DEMENTIA...WHAT IS IT, HOW DO YOU KNOW, WHAT RESOURCES ARE AVAILABLE?

Please join Health and Wellness for the final session of its Renew and Refresh Series on Sunday, February 23 in Player Hall at 9:45 a.m. (during the Sunday School hour.) This session will explore the important topic of dementia, including the types, stages, warning signs, risk factors of dementia, navigating a dementia diagnosis, the current treatments for dementia, and the care planning and support resources in South Carolina. Our guest speaker will be Tori Anderson, Dementia Care Specialist from the South Carolina Department of Aging.

UWF CLOTHING AND BOOK SALE

It's coming... the UWF annual Clothing and Book Sale is set for Friday, March 14 and Saturday, March 15. More details will follow, but please start thinking of clothing, shoes, accessories and books you no longer need. We would love to sell them at our sale and ALL money will go to missions and non-profits, mostly in Columbia. We will ask that hanging clothing come to us on hangers, if possible. Also, jewelry in individual bags (especially earrings) would be most helpful.

Jennifer Parker is happy to answer any questions, jpclemsongirl@gmail.com or text (770) 301-6376 or Bobbie Moore bobbiemoore0529@gmail.com or text (803) 728-7255. You can also speak with any other women involved. Thank you.

THANK YOU FOR SUPPORTING OUR 2025 BUDGET!



So far we have received 264 pledges for \$2,259,514 to support our 2025 budget. Thank you to all who have made a pledge! If you have not yet submitted your pledge, you can mail in your Commitment Card or simply go to shandonumc.org/pledge.

SHANDON'S CHILD & YOUTH ABUSE PREVENTION PROCEDURES

Reminder of the Month:

Children through 5th grade should NOT WALK ALONE on campus. They should be escorted by an adult or a youth (6th grade and up). THIS INCLUDES leaving during worship, Manna, or any other activities.

2024 UNITED WOMEN IN FAITH WOMAN OF THE YEAR

The United Women In Faith recognizes a Shandon UWF member as Woman of the Year each year. She is a woman who makes an eternal difference and gives her time, talents, and energy to help strengthen our church, community, and world.



Melissa Tringali

She is an encourager, mentor, and a woman who lives out her faith each and every day. Melissa Tringali is the 2024 United Women In Faith Woman of the Year.

Melissa has a servant's heart and models with great consistency the Biblical mandate we have been given as Christians to serve others. Melissa is active in the Genesis Sunday School Class, serving as attendance secretary and treasurer for many years. She participates in class service projects at agencies such as Homeless No More and Cooperative Ministry. She also purchases and packs various items for the class, including the supply boxes of household goods and cleaning products for the homes of each worksite at Youth Mission Project, pajamas for the EMS Closet given to Richland One students, and Christmas stockings for children in Haiti. Melissa serves on the Outreach Committee, handles communications for the committee, and is the liaison for Homeless No More. For many years, she has organized, labeled, and bagged all the t-shirts for Day Camp and Vacation Bible School and the jerseys for all Shandon basketball teams. Melissa has attended all of the Women's Retreats, has planned and created some of the take-home gifts, and helps with "Taste and See" presentations at the retreats.

She assists the Shandon Good News Clubs by purchasing snacks for club meetings, printing each week's memory verse on a small card, and attaching it to a sweet treat given to each student to help them memorize the Bible verse. Melissa serves on the United Women In Faith Board as Treasurer and spends many hours helping with the spring and summer garage sales. She participates in Bible Study Fellowship and Bible studies at Shandon and is a Sunday School teacher in the Genesis Class. Melissa prefers to work behind the scenes with a spreadsheet or list; and when she commits to a job, she does it with excellence and great attention to detail. She is a soft-spoken leader who is kind to all and always humble, giving all the glory to God.

These are just some of the ways Melissa serves. We are grateful for her dedication and are blessed to have her as part of our congregation. Thank you, Melissa, for all you do for others!

Because of your generosity, we can accomplish great things together

GIFTS - OPERATING BUDGET

 Month of November 2024
 Year-To-Date 2024

 Revenues:
 \$266,171
 Revenues:
 \$2,431,113

 Expenses:
 257,342
 Expenses:
 \$2,811,252

 Net:
 \$8,829
 Net:
 \$(380,139)











QUESTIONS? Contact nprobst@shandonumc.org



WEDNESDAY NIGHT MANNA

Manna is a family-friendly church fellowship where we gather for a meal and meaningful connections. Join us in Player Hall every Wednesday from 5:00 p.m. to 6:00 p.m. Meals are \$9.00 for adults and \$4.00 for children, with childcare available from **5:30 p.m. to 7:30 p.m.** While menus are planned, substitutions may occur based on food availability.

Wednesday, January 8: Chicken Bog, Buttered Noodles, Green Beans, Slaw, Roll, and Dessert Wednesday, January 15: Baked Spaghetti, Buttered Noodles, Green Salad, Bread Sticks, and Dessert Wednesday, January 22: Breakfast Casserole, Bacon, Grits, Pancakes, Biscuits, and Fruit Wednesday, January 29: Cube Steak, Mashed Potatoes, Peas, Green Salad, Roll, and Dessert

Pre-orders are required, and the deadline to order is **Monday at 5:00 p.m.** at **shandonumc.org/manna**.

TRIPLE T - DRIVE THROUGH MEAL PICKUP

Triple T offers convenient meal options on Tuesdays and Thursdays. Meals are \$9 and must be preordered by 5:00 p.m. on Mondays at **shandonumc.org/triplet**. Pick-up is easy—stay in your car, and we'll bring your meal to you in the church parking lot between 11:00 a.m. and 12:00 noon.

Tuesday, January 14: BBQ Pork, Macaroni and Cheese, Green Beans, Slaw, Roll, and Dessert Thursday, January 16: Tuscan Chicken with Bowtie Pasta, Roasted Vegetables, Kale Salad, Roll, and Dessert

Tuesday, January 21: Pork Tenderloin, Tomato Pie, Candied Yams, Green Salad, Roll, and Dessert Thursday, January 23: Lasagna, Cucumber Tomato Salad, Breadstick, and Dessert

Tuesday, January 28: Smothered Chicken, Rice, Broccoli Casserole, Green Salad, Roll, and Dessert

Thursday, January 30: Meatloaf, Mashed Potatoes, Peas, Kale Salad, Roll, and Dessert

UNITED WOMEN IN FAITH CIRCLE MEETINGS

Augusta Beckman Circle Monday after the 1st Tuesday of the Month in Player Hall January 13 at 3:00 p.m. Diane Bruner (803) 609-0891

Mary Campbell Circle 2nd Tuesday of the Month, 6:00 p.m. in Player Hall January 14 at 6:00 p.m. Jody Concha, Director of Hannah House will speak Angie Moore (803) 261-4464

Naomi & Ruth Circle **2nd Wednesday of the Month, 6:00 p.m.** at the church January 8 at 6:00 p.m. in the Committed Disciples Classroom Sara Roberts Ruzensky (803) 280-0558

Susanna Wesley Circle 2nd Tuesday of the Month, 6:00 p.m. different locations January 25 at 6:00 p.m. Tiffany Anderson (803) 479-8838

If you have any questions, please contact the circle leader, as listed.



EDDIE HUSS AND FRIENDS

Eddie Huss hosted the annual Eddie Huss & Friends Benefit Concert on December 15, 2024. The event featured performances by Eddie Huss, Annette Matthews, Anna Flynn, Owen Connolly, Bradley Fuller, Nathan Vondergeest, and Sylvia Trimmier.

ALLEN FUND GRANTS **AWARDED**

On December 15, during the 8:45 and 11:00 a.m. worship services, the JOY Sunday School Class and Rev. Smoke Kanipe presented the Allen Fund Grants. This year, ten students were awarded \$1,000 grants each to support their educational pursuits. Recipients included Brant Hagler, Elizabeth Grantland, Carlisle Benson, Davis Dunlap, Amelia Hanshaw, Sarah Daniels, Maddy Curran, Kathleen Conrad, Michael Graf, and Elizabeth Coleman. Congratulations to these deserving students!



GREENING OUR FAITH











Fifty women attended the "Greening Our Faith" wreath-making event on December 4, participating in two sessions that included creative expression and a meaningful devotion to celebrate the Advent and Christmas seasons.



















In December, our Children's Ministry hosted the annual Advent Workshop and spread holiday cheer by singing Christmas carols.

























The Connections Older Adult Ministry celebrated Christmas with party games, music, good food, and plenty of laughter.



SUNDAY SCHOOL

Join us for Sunday School at **9:45 a.m.**, where children from age 3 through 6th grade can explore Bible stories and grow in faith within a welcoming community. This month's Joy Story theme offers lessons of companionship, boldness, and hope.

CHILDREN'S SUNDAY SCHOOL CLASS LOCATIONS:

Infants, Toddlers, Two-year-olds, and Three-year-olds: 1st floor Knox Building

Four-year-olds, and 5K Students: 1st floor DuBose Building

1st-6th Grades: 2nd floor DuBose Building

LIONS AND GIANTS

5K-5TH GRADE on Sunday, January 12, from 3:00 p.m. to 4:15 p.m. Children in grades 5K-5th are invited for an exciting time of fellowship, games, and Bible time. Noodle Tag, Gaga Ball, and Capture the Flag are just some of the games we may play.

**NEW for 3 & 4K (Age 3 by September 1, 2024): Join Ms. Cari for a fun-filled preschool version of "Lions and Giants" on Sunday, January 12, from 2:00 p.m. to 2:45 p.m. in the gym! We will play games and have a special Bible time designed just for little ones.

Both events are drop-off events and no registration is required. If you can stay and help, please contact Cari at ctreece@shandonumc.org. We hope to see you there!

SAVE THE DATES

- Lions and Giants January 12, March 16, and May 4
- Three-Year-Old Sunday School Bible Presentation January 26
- Sixth Grade Confirmation Classes begin February 2
- Children's Sunday in LifeLine March 2
- Shrove Tuesday Pancake Supper March 4
- VBS & Day Camp registration opens for church members March 15
- Enter Jerusalem: Family Event April 6
- Vacation Bible School & Day Camp, Monday, June 2 to Friday, June 6



HIGH SCHOOL SKI RETREAT

REGISTRATION IS NOW OPEN! From Friday, February 7 to Sunday, February 9, our Shandon UMC High School students and their friends are going to West Virginia for a weekend of Skiing and Worship. Our students and chaperones will head to Winterplace, WV, on Friday afternoon and return Sunday evening.

We will be staying together in a Glade Springs Resort lodge right around the corner from the slopes. The base cost of this retreat is \$400, which includes transportation, lodging, ski tickets, meals while at the lodge, and ski/equipment rentals.



Students can snowboard or go to ski school for an additional cost. Students should bring some money for a fast-food lunch on Sunday. Registration is open. The deadline for registration is Friday, January 3, 2025. Register at shandonumc.org/register.

Experience the warmth of community and deepen your faith through our Winter 2025 Doorways adult classes. These sessions offer not just learning but an opportunity to connect with fellow Christians. Whether you opt for short, focused discussions or an ongoing prayer group, these classes are designed to nurture your faith alongside others.

Classes begin the week of January 5, 2025. Remember, bringing your own book is encouraged as we journey together in these enriching sessions. Register online at shandonumc.org/doorways.



Title: Grief Share

Leaders: Lilla Ann Briggs and Sue Kanipe | Location: Pathfinders Classroom Knox 214

Day/Time: Sundays, 3:00 p.m. – 4:30 p.m.

Start/End: Sunday, January 26 – Sunday, April 27 (13 weeks)

Childcare is available with registration

Book: Purchase online from Griefshare.com, ISBN: 9780687642571 Purchase your \$20 book from Griefshare.org before January 26, 2025

Losses cause us grief. Please join this group if you are looking for a safe, comforting place to talk with others about your grief. You'll find support, direction, and guidance as you work through your sadness, loneliness, fear, anger, regrets, and questions for God.

Title: Treasured - Experience for Moms & Tween Daughters

Leader: Cari Treece | **Location:** Dunn Smith 206

Day/Time: TBD by participants (After you register, Cari will contact you) **Start/End:** Week of January 6, 2025 – Week of February 27 (6 sessions)

Book: Materials will be supplied, and \$20 will be collected in the first class.

The "tween" years (4th—6th graders) are a critical transition period in a young girl's life. Girls this age are changing in profound ways, and it can become harder to talk about the things that matter. This six-session, faith-based study is designed for moms and daughters to help them connect and talk about topics critical to the preteen years: identity, body, emotions, friendships, technology, and faith.

Title: Monday Men's Bible Study

Leader: James Grubb | **Location:** Player Hall **Day/Time:** Mondays, 6:00 p.m. – 7:30 p.m.

Start/End: Monday, January 6 – Monday, March 31 (13 weeks)

Book: Bring your Bible

Join other men (50ish and up) for a fast-paced run through the books of the Old Testament, understanding how these books are related to each other and looking forward to how they shape the New Testament. Pastor Grubb will lead the study, drawing upon his Disciple Bible Study experience and his seminary OT and Bible Survey Courses to help you gain a better understanding of God's love, wrath, and plan for humanity.

Title: Shandon UMC Prayer Group

Leader: Lilla Ann Briggs | **Location:** Zoom **Day/Time:** Tuesdays, 10:00 a.m. – 11:00 a.m.

Start/End: On-going

"Devote yourselves to prayer, being watchful and thankful." Colossians 4:2 NIV

Please send your email address to Lilla Ann to be added to the Zoom invitation for the prayer group: forgiventoo7@gmail.com, (803) 260-0765 (cell).

2025 WINTER DOOFWAYS

Title: Living Well

Leader: Lesli Wood | **Location:** Lesli's home **Day/Time:** Tuesdays, 11:30 a.m. – 1:30 p.m.

Start/End: Tuesday, January 21 – Tuesday, March 4 (7 weeks)

Space is limited to 10 participants.

(Study resources, including articles, podcasts, and documentaries, will be provided at the first meeting.)

What would your life be like if you intentionally chose to live well? What would your personal environment and daily choices be? Join us for a 7-week study of how Christian faith, as well as nutrition, movement, purpose, and community, contribute to one's overall well-being and "health span." Each Tuesday, we will gather at the lunch table to share a simple plant-based meal while discussing the topic for the week. Participants will take turns contributing the salad/bread or entrée for the meals. This is an experiential study, and participants will be encouraged each week to examine their life habits as we explore the meaning of "living well."

Title: Almost Christian

Leader: Bill Brannon | **Location:** Foundation Classroom Knox 209

Day/Time: Tuesdays, 6:00 p.m. – 7:00 p.m.

Start/End: Tuesday, January 7 – Tuesday, February 11 (6 weeks) **Book:** Bring your Bible, additional handouts will be supplied.

Space is limited to 15 participants.

Where do you stand on the scale of being Christian? Following brief remarks by the study leader, open discussion will follow for each class. Suggested reading material by John Wesley, C. S. Lewis, Dietrich Bonhoeffer and others will be offered to stimulate discussion. Come and learn more about yourself and others.

Title: Peter The Rock

Leader: Ruthie Taylor | **Location:** Wesley Hall **Day/Time:** Wednesdays, 10:30 a.m. – 11:30 a.m.

Start/End: Wednesday, January 8 – Wednesday, March 5 (9 weeks)

Book: Bring Your Bible

Peter plays an important role throughout the New Testament. Let's learn together, more about The Rock as we study 1 and 2 Peter. We will also draw from events documented in The Four Gospels about Peter before he was so named. All are welcome, bring a friend.

Title: Jesus: Listening for His Voice

Leader: Terry Goodfellow | **Location:** Foundation Classroom Knox 209

Day/Time: Wednesdays, 6:00 p.m. – 7:30 p.m.

Start/End: Wednesday, January 8 – Wednesday, February 26 (8 weeks)

Childcare is available at registration

Book: Jesus: Listening for His Voice by Kay Arthur and David Arthur, ISBN: 1601428081

Purchase your book before January 8, 2025.

This NO-HOMEWORK study is open to working women and women who have limited time to meet yet are hungry to deepen their walk with Jesus. The questions from the booklet on the scripture will be worked on in class together and insights discussed as a group. Join us as we examine the Gospel of Mark, chapters 7 to 13 to discover not only what Jesus did, but also what he said. Experience for yourself the freedom and the power that comes from knowing truth and living accordingly.

Title: Iron Sharpens Iron - The Study of The Book of Romans

Leader: Rev. James Grubb | Location: Game Room in the Youth Zone (2nd floor Dunn-Smith building)

Day/Time: Wednesdays, 6:00 p.m. – 7:00 p.m.

Start/End: Wednesday, January 8 - Wednesday, April 9 (14 weeks)

Childcare is available at registration.

Book: Bring your Bible

This winter, dive into the Book of Romans on Wednesday evenings. This is, without a doubt, Pastor Grubb's favorite book of the Bible, which contains his favorite chapter and verse of the Bible. If you've never done an exclusive study of a book of the Bible, this is a great way to begin diving deeper into God's Word. Men of all ages are welcome, with an emphasis on guys in their 20s, 30s, and 40s.

2025 WINTER DOORWAYS ... CONTINUED

Title: The God I Don't Understand

Leader: Katie Dalenburg | **Location:** Parlor **Day/Time:** Thursdays, 10:00 a.m. – 11:30 a.m.

Start/End: Thursday, January 9 – Thursday, April 17 (15 weeks)

Book: The God I Don't Understand by Christopher J. H. Wright,

ISBN: 0310530709

Purchase your book before January 9, 2025.

Do you have questions about God? Big questions, little questions? Join us as we encourage each other to face up to the limitations of our understanding and to acknowledge the pain and grief they can often cause. But like the psalmist in Psalm 73, let us to be able to say, "But that's all right. God is ultimately in charge and I can trust him to put things right. Meanwhile, I will stay near to my God, make him my refuge, and go on telling of his deeds."

Title: Get Out of Your Head - A Study of Philippians

Leader: Tiffany Anderson | **Location:** Conference Room, Bruner Building

Day/Time: Thursdays, 6:00 p.m. – 7:00 p.m.

Start/End: Thursday, January 9 - Thursday, February 13 (6 weeks)

Book: Get Out of Your Head Study Guide by Jennie Allen, ISBN: 0310116376

Purchase your study guide before first class on January 9, 2025.

Feeling stuck, frustrated, and defeated? Did you know how we think shapes how we live? Stop negative thinking patterns and take back control of your thoughts and emotions. This six-session study will guide you through the book of Philippians, challenging you to fight the enemies of the mind with the truth of God's promises and His goodness. This study guide uses videos, projects, stories, and Bible study to engage the mind and heart.

> Classes begin the week of January 5, 2025 Register - shandonumc.org/doorways

you're invited

WORSHIP WITH US SUNDAY MORNINGS

8:45 a.m. Traditional Worship (in-person)

11:00 a.m. Traditional Worship (in-person and online)

11:05 a.m. LifeLine Contemporary Worship (in-person and online)

Nursery opens at 8:30 a.m.

Watch online: shandonumc.org/live

our mission

Shandon United Methodist Church gathers to worship God, nurture Christian faith, and go out into the world in mission.

SHANDON UNITED METHODIST CHURCH

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