

# Which Pathway Will I Follow? Heart, Mind, Soul or Strength?

- Step 1: Take the assessment. Ask yourself: Where is God leading me?  
 Step 2: If Christianity is new to you, select an **(E)** entry-level class.  
 Step 3: If you have been on the path for a while, step into a class that will challenge you, and help you continue your journey.

Register by calling the church at 602-840-8360, or email [mfought@pvumc.org](mailto:mfought@pvumc.org).  
 Email [pastoreve@pvumc.org](mailto:pastoreve@pvumc.org) if you need guidance. Let us know how we can help you start or continue your journey of faith.

## Pathway of the Heart

- I cherish warmth in my relationships.
- My decisions are led by my feelings.
- There are stories in the Bible that warm my heart.
- I value harmony and peace.
- I view God as a loving, nurturing parent.
- I connect with people through emotions.

## Pathway of the Soul

- I tend to project possibilities for the future.
- I sense and experience things that cannot be seen or measured.
- Silence, meditation, and reflection are important to me.
- I appreciate metaphorical language.
- I view God as a Holy mystery.
- I like to dream.

## Pathway of the Mind

- I use logical analysis to come to conclusions.
- I look for objective information.
- I try to determine the cause and effect of things.
- I like to study the Bible and think about its teachings.
- I view God's laws and precepts as rules for giving order to the world.
- I might appear aloof because I'm thinking deeply.

## Pathway of Strength

- I have a strong desire to make life better for the poor and oppressed.
- I like to do things that are practical and help people.
- Doing hands-on, physical activities is more satisfying to me than reading and discussing what I read.
- I like to think of myself as an agent for change.
- I experience God best when serving others.

**HEART**

**MIND**

**SOUL**

**PATHWAYS**  
 Growing, Deepening and Living Our Faith

**STRENGTH**

**Paradise Valley  
 United Methodist Church**



## Welcome to Pathways: Growing, Deepening and Living Our Faith

Pathways is our approach to faith formation and spiritual growth for adults at Paradise Valley United Methodist Church. We are all on this journey we call faith. Whether Christianity is new to you, or whether you are a lifelong Christian, there's a pathway for you.

Each of us is a unique composition of interwoven heart, mind, soul and strength, with varying degrees of these characteristics appearing at different points in our life. Step on the path and seek greater understanding of who God is, and who you are as a disciple of Christ. Illuminate the way for others to see Christ in you. Be Christ's hands and feet in our community and world.

We invite you to join us on this spiritual journey of transformation, where Christ can shape and enrich your heart, mind, soul and strength, in all the fullness of God's love and grace.

**Our Mission:** *Alive with the Spirit, we bring God's love into action, by igniting faith, transforming lives and creating community.*

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

## Journey of Faith: An Introduction to Pathways (E)\*

**Leaders:**  
Pastor Dave and Kim Summers



**Mondays, 10/6-10/27/14**

**6:30-7:30 pm, Parlor, Room A2**

Not sure where to begin? Join Pastor Dave and Kim Summers as they lead this four-week course to help you get started or move further along in your spiritual journey. The class includes an introduction to the Bible and the United Methodist Church, how to discover your spiritual gifts, and devotional practices that enrich your life of faith. Gain a clearer sense of the pathways of the heart, mind, soul and strength, and be able to better discern where God is inviting you to journey further.

## Heart

**SPIRIT Sunday School**

**Leaders: Tawn Watkins /Diana Bode**  
**Sundays, year-round**

**9:30-10:30 am, Fireside Room, F8**

This class meets weekly to encourage men and women of all ages to deepen their understanding through Bible and book studies that explore our beliefs, challenge our faith, and transform who we are as individuals. The class invites you to grow your faith in community as we discover how God walks with us every day. The acronym SPIRIT = Supplication, Prayer, Illuminate, Rest, Inspire and Transform.

**\*NOTE: (E) classes are entry-level and pastor-led for those new to the faith. E is for everyone.**

## Strength



"Strength" offers hands-on engagement in our community and in the world – serving, helping and expressing God's love through action. Check the *Looking Ahead*, *Desert Scroll*, e-news, and web-site for details on how to serve.

**Change the World Day at PVUMC**  
**Sunday, November 16, 2014**

**8:30 am-2 pm**

Join us for this special day of service when we take church out of the building and into the community, living out our mission: God's love in action.

**The Church & Society Team**, hosts civic academies about important issues in our community and works with VIP, Valley Interfaith Project, and other faith communities to encourage civic engagement. We will participate in a Statewide Candidate Accountability Forum at Shepherd of the Hills UCC, 5524 E Lafayette Blvd, Phoenix, AZ, 85018, on **Tuesday, October 7, 7-8:30 pm.**

Candidates for Governor, Attorney General, and AZ Superintendent of Public Instruction have been invited to have a conversation about public education funding, workforce development and healthcare. RSVP to this free, community event: [vjphx@gmail.com](mailto:vjphx@gmail.com).

**The Missions Ministry Team** offers numerous opportunities to join others in serving our community and world throughout the year. Opportunities include international mission trips as well as monthly workdays and seasonal projects for many organizations, including:

- ⇒ Wesley Community Center
- ⇒ UMOM & Watkins Center
- ⇒ St Mary's Food Bank
- ⇒ Feed My Starving Children
- ⇒ Project Cure
- ⇒ Sojourners Center

## Feed My Starving Children

Every month, PVUMC has scheduled packing events at the Tempe facility. Join us this fall on the following Saturdays: **September 20, October 18, November 15 and December 13, 4:30-6:30 pm.** Register to participate with Jim Bateman, [jnbateman@aol.com](mailto:jnbateman@aol.com). Include your name, a phone number, the number of adults and children in your group, and emails for everyone over the age of 18. Children as young as five years old may participate, with appropriate supervision. Go to [FMSC.org](http://FMSC.org) for details.

## Open Dates for UMOM Servers

On the second and fourth Saturdays of every month, PVUMC has opportunities for people to serve dinner to residents at UMOM. Please contact Sandy Williams at [chwsqw2@msn.com](mailto:chwsqw2@msn.com) or 602-359-9018 to offer your gift of service.

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

PVUMC volunteers serve at these facilities on the second and third Wednesdays of the month, **September-May**, and at special times during the summer months. For more information, or to be added to the volunteer list, email Tony Book, [jimbook73@gmail.com](mailto:jimbook73@gmail.com).

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# Soul

## **Advent Blog via Wordpress**

**Leader: Kim Summers and Transformational Living Ministry**  
11/30/14-12/25/14

Write a daily devotional for our church blog to be posted during Advent, beginning the first Sunday in Advent, **November 30**, and ending on **Christmas Day, December 25**. Let your creativity flow. The entry should be 200-300 words, including the prayer. Exact instructions, scripture and format, will be provided once you sign up as an author. You do not need to know anything about blogging. Contact Kim Summers at [kimsummers77@gmail.com](mailto:kimsummers77@gmail.com) or 480-213-6960.

## **Lunch Conversations on Transformational Living** Richard Rohr's *The Enneagram: A Christian Perspective*

**Leaders: Rev. Andrea Andress and Adele Swan**

**Thursdays, 8/21-12/11/14**

**12 noon-1:15 pm, Room H1**

Bring your lunch and join us for a book-based discussion offering specific, practical methods for psychological and spiritual growth via the Enneagram. Books are available at the class.

## **Drumming for Health**

**Leader: Cancer Support Community**  
**Last Thursday of the Month**  
**6-7:30 pm, Chapel**

Join us for drumming and community; no experience needed, drums provided, or bring your own. Experience how rhythm heals. Register by calling 602-712-1006 or email [rsvp@cscsz.org](mailto:rsvp@cscsz.org).

## **Virtues of the Heart:** **Conversion from Vice to Virtue**

**Leader: Jaye Andres**

**Wednesdays, 9/24-10/29**

**6:30 pm, H3**

Explore the virtues of your heart. How do peace, love, joy, patience, courage, hope and faith work in your life? Become a full, mature Christian adult by discovering practical ways to work through the barriers to spiritual freedom thus opening the path to individuation and higher consciousness. Fee: \$120.\*

## **Walk to Emmaus**

**10/2-10/5/14 (Men's Retreat)**

**10/9-10/12/14 (Women's Retreat)**

Register now for the Men's Emmaus Walk, **October 2-5**, or the Women's Emmaus Walk, **October 9-12**. The 4-day retreat renews your spirit and includes 15 talks and conversations about your spiritual life with God in community. Cost is \$95. To register, contact Rev. Andrea Andress at the church office.

## **Enduring Love and Sexuality:** **The Enneagram as the Path**

**Leader: David Daniels**

**November 8-9, 2014**

**8 am-5 pm, Rooms H1 and H7**

Join us and learn how to create intimate, fulfilling relationships that satisfy your mind, heart, body and spirit. A portion of the workshop speaks to the universal factors that govern vital relationships; the other portion explores how the Enneagram system of nine personality patterns impacts those relationships.\*

\* Visit [www.azenneagram.com](http://www.azenneagram.com) to register and for more details on these classes and other Enneagram offerings, or contact Rev. Andrea Andress, 602-840-8360, ext 142, or [andrea@pvumc.org](mailto:andrea@pvumc.org).

## **Home Improvement**

**Leaders: Colleen and John Lomax**  
**Sundays, through May 2015**

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

This class invites parents to build stronger Christian families, nurture children in the traditions of faith, celebrate the joys of fellowship, and participate in service projects. It sometimes meets in conjunction with the newer *Modern Family* class.



## **Modern Family**

**Leaders: Heather and Matt Coughlin**

**2x Monthly on the 2nd & 4th**

**Sundays, 9/7-12/21/14**

**9:30-10:30 am, Room H5**

This class invites parents with young children to learn how to be better parents and strengthen relationships with their children, spouse, friends, family, church and God. Topics vary and sometimes they meet with the *Home Improvement* class.

## **Mustard Seed Bible Study**

**Leaders: Sara Bollman and Carol Mosser**

**Mondays, through May 2015**

**9-11 am, Fireside Room, F8**

This group of women studies God's word, grows in Christian discipleship, and supports each other in prayer.



## **Caring Bible Study**

**Leader: Pam Poley**

**Tuesdays, year-round**

**10:30 am-12 noon, Parlor, Room A2**

Join these women as they learn more about how the Bible impacts everyday lives. Study together and share insights, joys and concerns. Pray for each other. Once each month, the group travels to Friendship Village to visit with residents.

## **Sojourners**

**Leader: Kelley McMahon**

**Wednesdays, through May 2015**

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

This multigenerational group of women meets during the school year, while the Music Makers (afterschool children's music program) is in session. They will kick off the year with a study of the book *Questions God Asks Us*.

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# Mind

***I'll Go...Reflections from 61 Years of Ministry***

**Leaders: Doug and Eleanor Norris**

**Sundays, 10/12-12/14/14**

**11 am-12 noon, H5**

Join Rev. Doug Norris and his wife, Eleanor, as they lead a discussion based on Rev. Norris' book, *I'll Go: Reflections From My 61 Years of Ministry On How to Question, Follow*

# Mind (continued)

*and Lead.* Explore topics like extending hospitality to strangers, God's power, and the existence of evil. Other topics and questions are encouraged. Books are available in the gift shop or online at [Amazon.com](http://Amazon.com) and [BN.com](http://BN.com). Profits fund seminary scholarships.

## **After the Feast**

**Leader: Kim Summers**

**Wednesdays, 10/1-12/10/14**

**6-8 pm, The Paradise Perk**

Come for the Wednesday Night Feast at 5:30 pm and stay for a DVD/book study following. This fall, the group will study *Forgiveness* by Adam Hamilton.



## ***I Declare!* by Joel Osteen**

**Leaders: Roger McKee and Deborah Lex**

**Wednesdays, 9/10-10/15/14**

**6:30-7:30 pm, Room H5**

Everyone has challenges in life to overcome. The words we speak set the course for our beliefs and hence our life. What do you declare? Join other faith-seeking, motivated believers for a study of *I Declare: 31 Promises to Speak Over Your Life* by New York Times bestselling author and pastor Joel Osteen.

## ***Living the Questions* — Jesus Fatwah: Love Your (Muslim) Neighbor as Yourself**

**Leaders: TBA**

**Wednesdays, 10/22-11/19/14**

**6:30-8 pm, Room H5**

This five-session LtQ class offers reliable information from Islamic and Christian scholars about what Muslims believe, how they live out their faith, and how we can build relationships across the lines of faith.



## ***Disciple III: Remember Who You Are***

**Leader: Robin Kreutzberg**

**Tuesdays, 9/16-11/11/14**

**6:30-8 pm, Room H5**

*Disciple III: Remember Who You Are* is a class presented in four consecutive semesters. The 32-week study began last year and includes the major and minor Old Testament prophets and the letters of Paul. The third semester, nine weeks long, begins **September 16**. New participants are welcome to join, as each semester can be taken independently and no one will be behind or out of step by joining. Register with the church office ASAP so we can order a book for you. **Continuing participants**, just bring your book to class. This semester, the class studies the Letters of Paul, and the books of Acts and Romans. Book: \$40.

## ***Brown Baggers Bible Study***

**Leader: Dave Hepburn**

**Fridays, through May 2015**

**12 noon-1 pm, Library, Room G2**

Bring your own lunch and enjoy a discussion with fellow believers as they try to unravel some challenging questions. During Advent, they will follow the church-wide study.

## ***Adult Bible Study***

**Leaders: Cindy and Kent Heltne;**

**Jeanette and Larry Irwin, and**

**Lee Steers**

**Sundays, year-round**

**8-9 am, Parlor, Room 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.

## ***Wesley Sunday School Group***

**Leaders: Kent & Cindy Heltne**

**Sundays, year-round**

**11 am-12 noon, Library, Room G2**

Explore aspects of faith relevant to our lives today with this group. Share a covenant relationship with others, lift each other up in prayer, and show love to the least of these in community mission and service projects.

## ***Pastor's Bible Study (E)***

**Leader: Pastor Dave Summers**

**Wednesdays, through May 2015**

**10:30-11:30 am, 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. You are invited to come a half hour early to share in fellowship.

## ***Men's Breakfast Bible Study***

**Leader: Jon Hearn**

**Thursdays, year-round**

**6:30-8 am, Room F5/6**

This group brings together men of all ages for a hot, home-cooked breakfast and Bible study. The first time is free. Thereafter, a contribution of \$2 is appreciated to help defray the cost of the food. Feed your physical and spiritual hunger all at the same time! Come when you can, as your schedule permits.

## ***Susanna Circle***

**Leader: Jami Godshall**

**Wednesdays, year-round**

**10 am-12 noon, Parlor, Room A2**

All women are invited to join this group for fellowship, discussion and study. At the end of each study, the group decides together what to study next.

## ***PVUMC Book Group***

**Leader: Fran Clark**

**1st Non-Holiday Monday of the Month**

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

**Library, Room G2**

Spirited discussion of selected works by various authors, chosen by the group. Bring your lunch if you like. Check the *Looking Ahead* and the *Desert Scroll* for current book selections.

## ***PVUMC Library, Room G2***

As you consider your personal pathway, consider the ever-expanding 400+ titles in the impressive core collection of the church library as a valuable resource. You may browse through the "Subject" section of the Catalog Guide or scan through the "Author" and "Title" section to find the resources that will enrich your faith journey, or search our online catalog: [www.librarything.com/catalog/PVUMCLibraryArchives](http://www.librarything.com/catalog/PVUMCLibraryArchives).