



**BRENTWOOD**  
UNITED METHODIST CHURCH

*Welcome*

bumc.net • 615.373.3663

January 9 + 10, 2021

**STAR GIFTS**

**Pickup on January 10, 9:30 a.m. – 1 p.m.**

Celebrate Epiphany by receiving a Star Gift from BUMC. Drive through the narthex driveway and receive a Star Gift from the Christmas trees. Each star will have a unique word on it. The words will be turned inward, so we invite you to prayerfully take one and trust the word you receive to guide you. You may choose one word for your family or each person may receive a word.

**THE JOURNEY:**

**AN INTENTIONAL DISCIPLESHIP TOOL**

Christianity is an active faith, and faith is a journey. We are called to walk in the footsteps of Jesus, to pray, to read and study Scripture, be in fellowship with one another, to worship, to give, and to serve. No matter where you are in your journey of faith, our intentional discipleship tool can help you discern where are you starting and where are you headed. Visit [bumc.net/journey](http://bumc.net/journey) to learn more how you can grow in 2021.

**RESILIENCY & HOPE: CONVERSATIONS ABOUT ISOLATION, DEPRESSION, AND GRIEF**

**January 14, 7:30-8:30 p.m.**

Join us for a series of timely conversations on mental wellness. You can tune in to just watch and learn or to watch, learn, and anonymously ask questions for our therapists to answer live. Watch the conversation at [bumc.net/resiliency](http://bumc.net/resiliency) or on the BUMC Facebook page.

**Have a question but don't know who to ask?** Email [info@bumc.net](mailto:info@bumc.net), and we'll get you to the right person.

**SUBMIT PRAYER REQUESTS**

Online prayer requests are shared with the Pastoral Team and, when indicated, with the Email Prayer Team. Fill out the online form to let us know how we can be in prayer for you. Public prayer requests are included in each week's prayer concerns for our church community to pray over. Submit a prayer request at [bumc.net/prayer](http://bumc.net/prayer).

**THE ENNEAGRAM JOURNEY**

**Thursdays beginning January 14, 9-10:30 a.m.**

**Thursdays beginning January 14, 11 a.m. – 12:30 p.m.**

Follow our video-led journey to explore this ancient and fascinating system of spiritual self-discovery. You will learn to understand the Enneagram from master teacher Suzanne Stabile who guides this journey with humor and insight. Sign up at [bumc.net/events](http://bumc.net/events).

**THE PATH BETWEEN US:  
AN ENNEAGRAM JOURNEY**

**Tuesdays beginning January 19, 6:30-8:30 p.m.**

Explore the 9 Enneagram types and how they behave and experience relationships in a way that will guide you into deeper insight about yourself, your type, and others' personalities so that you can have healthier, more life-giving relationships. Sign up at [bumc.net/events](http://bumc.net/events).

**UPPER ROOM DEVOTIONAL**

The January/February edition of The Upper Room is available for pickup outside of our lobby entrance. Pick up your copy in regular or large print today! Want to read The Upper Room online? Visit [upperroom.org](http://upperroom.org) for the daily devotional.

## WHAT'S HAPPENING AT BUMC?

### WINTER 2021 CLASSES

Sign up for classes at [bumc.net/adultstudies](http://bumc.net/adultstudies).

#### At the Heart of Every Spiritual Practice

**Mondays beginning January 11, 1-2:30 p.m.**

We are never closer to God than when we are “awake and present.” All spiritual practices invite us to “be still and know that I am God.” Join Judith Bone for a “A Walk in the Wood: Meditations on Mindfulness with a Bear Named Pooh” by Dr. Joseph and Nancy Parent, a delightful read and series of practices that offers life lessons grounded in the simple act of slowing down, observing what is around us, and being present in our lives, moment by moment.

#### Having a Mary Heart in a Martha World

**Wednesdays beginning January 13, 9:30 – 11 a.m.**

This 8-week class, led by Lou Anne Jacobs, is an invitation for every woman who would like to cultivate intimacy with God in the busyness of life. With her fresh approach to the familiar Bible story, author and speaker Joanna Weaver shows how all of us can draw closer to our Lord: deepening our devotion, strengthening our service, and doing both with less stress and greater joy.

#### Set Apart: Holy Habits of Prophets and Kings

**Thursdays beginning January 14, 9:30 – 11 a.m.**

This 6-week study, led by Carol Bumbalough, examines the holy habits of six kings and prophets described in 1 & 2 Kings who were set apart by their close walk with God. Each week, you'll study the story of one intriguing character, discuss God's unique purpose for his life, and learn about his particular spiritual discipline. Then you'll explore how that timeless spiritual practice can draw you closer to God, helping you fulfill God's purpose for your life.

#### Cultivating a Resilient Spirit in Challenging Times

**Tuesdays beginning January 12, 7:30-8:45 p.m.**

This 4-week program offers practical ways to build and maintain resilience focusing on attitudinal changes, behavior changes or habits that help; and the value of connections: the A, B, C's of resilience. Sharon Cox's teaching style is conversational, and the weekly assignments with an accountability partner are designed for useful application of the content.

### HARVEST HANDS MEAL TRAIN

With Metro Nashville Public Schools continuing to operate virtually for the spring semester, some families are struggling to provide a quiet space that's conducive for virtual learning. Harvest Hands has shifted its traditional afterschool program to a daytime virtual learning lab, and they need help providing lunches for their students. Sign up for their meal train through the end of the school year at [bumc.net/serve](http://bumc.net/serve).

### RESOLUTIONS AND RESOURCES FOR 2021:

#### A CREATIVE WORKSHOP FOR WOMEN

**January 16, 9:30 a.m. – 12 p.m.**

Join Amy Lyles Wilson, story coach and spiritual director, for a time of creating and sharing in community as we map out how to sustain and enhance our spiritual lives in the new year. We'll brainstorm, daydream, and gather up suggestions and inspiration using writing, art, and other spiritual practices as our guides. The workshop will take place over Zoom. Sign up at [bumc.net/events](http://bumc.net/events).

#### 4<sup>TH</sup> + 5<sup>TH</sup> GRADE ZOOM BIBLE STUDY

**Sundays beginning January 24, 5 p.m.**

Hey parents, sign up your 4<sup>th</sup> and 5<sup>th</sup> graders to join BUMC Kids for a study of weird stories in the Bible! Sign up at [bumc.net/children](http://bumc.net/children).

### BUMCSM JANUARY CALENDAR

Have you checked out BUMCSM's January calendar yet? Students can use the calendar for daily growth and the lessons on Sunday to dig a little deeper in their faith. Download the calendar at [bumc.net/students](http://bumc.net/students).

### DAILY FIELD GUIDE

The Field Guide is like a map for your journey with scriptures, meditations, and prayers for you every day of the week. Subscribe to Field Guide emails or read the daily devotional on our website, Facebook, and Twitter. Sign up at [bumc.net/email](http://bumc.net/email).

### RECEIVE EMAILS FROM BUMC

Want to get email communication from BUMC? Visit [bumc.net/email](http://bumc.net/email) to subscribe to our urgent church communications, Daily Field Guide, weekly newsletter, and pastoral enotes.

### STAY CONNECTED WITH US



615.373.3663 · [bumc.net](http://bumc.net)