



Spring 2015
Participant's Catalog

Brothers & Sisters in Christ,

Thank you for prayerfully considering becoming part of a Centenary UMC Growth Group. CUMC Growth Groups are comprised of usually 8 to 12 people who meet weekly in a convenient location to learn more about God, grow in their faith and grow in their relationship with each other. The groups meet to study a specific topic or book for approximately ten to twelve weeks. The groups, the books they are studying and when and where they meet are listed in this catalog. The commitment is short term but the positive impact on you, the church and the others in the group could be for eternity.

You can sign up by calling the church office at 965-3455, e-mailing the church office (centenaryumcoffice@yahoo.com), marking the Growth Group you want to join in the Growth Group Sign-Up section on the back of the "Here I Am To Worship" cards in the bulletin, or by visiting the Growth Group Sign-Up table after church services every weekend in January.

Please call the church office with any questions or concerns. :)

Growth Groups Important Dates for Spring 2015

Weekends of January 3 to February 1

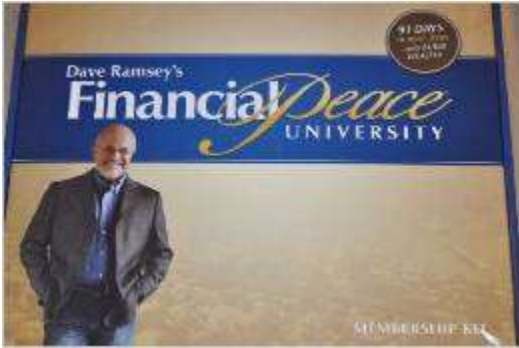
Registration (Sign-Up) for Growth Groups.

People will be able to register by marking the group on their colored Here I Am To Worship Card during the service, on sign-up sheets on tables displaying a copy of the chosen resource after the service , as well as by calling or e-mailing the church during the registration period.

Week of February 2 to no later than the week of April 19

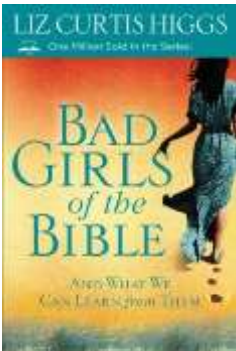
Growth Groups will meet weekly during this 10-12 week period. All groups should be completed by Friday, April 24.

The “God and Mammon” Group For adults who want to learn how to make the right decisions with their money, achieve your financial goals, and experience true financial peace. Led by Jenny Russell. Group meets Wednesdays at 6:30 p.m. beginning February 4. Location has yet to be determined.



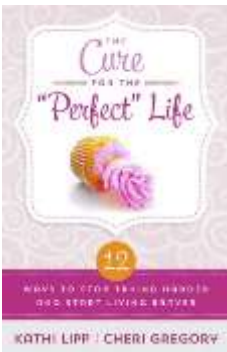
Financial Peace University, by Dave Ramsey, teaches you how to make the right decisions with your money and empowers you with the practical skills and confidence needed to achieve your financial goals and experience true financial peace! Over one million families have already benefited from this life-changing program that teaches financial responsibility with easy Baby Steps; helps eliminate debt using the Debt Snowball; offers accountability and continued support with lifetime membership; trains participants to spend every dollar on paper with the zero-based budget planner; and empowers people struggling with financial hardships by establishing a plan to take control of their money.

The “Bad Girls of the Bible” Group For women interested in a fun Bible Study. Led by Ruth Ann Teutschmann. Group meets Monday nights at 6:30 p.m. beginning February 2 at Ruth Ann’s house (17536 Glenville Rd.).



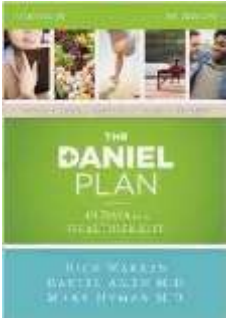
Ten of the Bible’s best-known femme fatales parade across the pages of Bad Girls of the Bible with situations that sound oh-so-familiar. Eve had food issues. Potiphar’s Wife and Delilah had man trouble. Lot’s Wife and Michal couldn’t let go of the past, Sapphira couldn’t let go of money, and Jezebel couldn’t let go of anything. Yet the Woman at the Well had her thirst quenched at last, while Rahab and the Sinful Woman left their sordid histories behind. Let these Bad Girls show you why studying the Bible has never been more fun!

“The Braver Women Group” For women who feel like they can’t get it “just right.” Led by Becky Mootz. Group meets Monday nights at 7:00 p.m. beginning February 2 in the Serenity Room.



Do you know a woman who works her heart out but never gets anything "just right"? Who feels like she falls short of being the Christian wife, mother, daughter, and friend she longs to be? Sound like anyone you know? Perhaps even the girl in the mirror? In this sassy self-help guide *The Cure for the "Perfect" Life: 12 Ways to Stop Trying Harder and Start Living Braver*, Kathi Lipp & Cheri Gregory offer been-there-felt-that, girlfriend-to-girlfriend empathy and experience that will help you tell the difference between reasonable rules and bad rules as you stop trying to measure up so that others will be impressed, you'll experience what it means to "let the peace of Christ rule in your heart."

The “Fruits & Nuts of the Spirit” Group For adults who want to get healthy but don’t want to do it alone. Led by Dawn Gobrecht and JoAnn Meyer. Group meets Wednesdays at 6:30 p.m. beginning February 4 in the Serenity Room at Centenary UMC.



During an afternoon of baptizing over 800 people, Pastor Rick Warren realized it was time for change. He told his congregation he needed to lose weight and asked if anyone wanted to join him. He witnessed a movement unfold where, with the help of medical and fitness experts, 15,000 people lost over 260,000 pounds in the first year. Welcome to The Daniel Plan. The Daniel Plan is designed to be done in a supportive community relying on God’s instruction for living. When it comes to getting healthy, two are always better than one. Their research has revealed that people getting healthy together lose twice as much weight as those who do it alone. God never meant for you to go through life alone and that includes the journey to health. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. The Daniel Plan shows you how the powerful combination of faith, fitness, food, focus, and friends will change your health forever, transforming you in the most head-turning way imaginably—from the inside out.

The “Family Night” Group For families looking to spend quality time together. Led by Kristin Robbins. Group meets Tuesday nights at 6:30 p.m. beginning February 3 in the Fellowship Hall at Centenary UMC.



Family Nights! (From Heritage Builders and Focus on the Family)

A weekly night for you and your entire family to come together for a special time of activity, bonding and learning more about God! Each night will be a new lesson for family to enjoy and participate in together.