



cathedral
OF THE ROCKIES
Boise First United Methodist Church

Small Group Catalog

Fall 2022

Printed October 12, 2022



cathedral

OF THE ROCKIES

Boise First United Methodist Church

Everyone is at a different place in their faith journey, so we offer a variety of classes and small groups that meet you where you are and provide a community in which you can learn and grow.

Small Group Format

We encourage small groups to open and close with a prayer and to read the Cathedral Covenant at each meeting. Depending on the format of the group there may also be a time at the beginning or end for participants to share any joys or concerns they have from the previous week.

Cathedral Covenant

We are all on the journey of discovery, all seeking to be faithful followers of Jesus Christ. We are all learners and all teachers. We all have gifts to share. We work to listen and to learn from each other, treating each other with respect and dignity. We are a community of grace and forgiveness, glad for our diversity and differences. Disagreements will come, but we are willing to remain a part of the community and a part of the conversations, so we will not walk out or close our hearts or minds.

Downtown Campus

717 N. 11th Street

Boise, ID 83702

208-343-7511

Amity Campus

4464 S. Maple Grove

Boise, ID 83709

208-362-2168

Sunday Groups

Seekers Group

9:30am - 10:45am | Bishop's Lounge, Downtown
Fall Session Begins: September 11, 2022

Group Contact: Beverly & Alan Hines | abhines@q.com

A member-facilitated sacred space to authentically share, learn and explore life and faith matters as we connect with one another. We value the wisdom of the group, and respectfully navigate tensions with curiosity, courage, humility, and love. We welcome all guests at any stage on their spiritual journey.

****Childcare Available****

Wesley Class

10:00am - 11:00am | Olivet Room, Downtown
Fall Session Begins: September 11, 2022

Group Contact: Mary Provant | proalaska1@gmail.com

Group hosts a wide range of speakers on a variety of topics with consecutive Sunday sessions so we can delve deeper into the topic of the guest speaker.

****Childcare available.****

Evolving Faith Group

11:00am - 12:00pm | Bishop's Lounge, Downtown
Fall Session Begins: October 16, 2022

Group Contact: Lindsay Cox | lindsaykevan@gmail.com

This small group will be exploring sessions given at past Evolving Faith Conferences. The Evolving Faith Conference is the brainchild of authors Rachel Held Evans and Sarah Bessey. The Evolving Faith website describes their vision as... " a community where the thirsty become water-bearers, the hungry become bread-makers, the wounded are our healers, the misfits become friends, and the wanderers find a home."

Topics will range from racial injustice, isolation and belonging, science and religion, biblical deconstruction, diversity of worship, politics informed by faith, parenting after an evolving faith, identity, disability, gender expansiveness, and more... Check out the Evolving Faith Podcast to see a lineup of past speakers and their conference topics. We will also listen to the upcoming conference that will be held in October of this year.

Lindsay Cox, is new to the United Methodist Church but a seasoned follower of Jesus. She has a Master's of Hebrew Bible and Its Ancient Near Eastern World from The Hebrew University of Jerusalem and a Bachelor's in Religion from Calvin University. She lived in Israel for 3 years, is a wife and mother, an avid reader and podcast listener. She's attended the past 2 Evolving Faith Conferences and is versed in their material and vision.

****Childcare available****

Sunday Groups

Adult Sunday School

9:00am - 10:00am | Amity Campus

Ongoing Group

Group Contact: John Crites | johntc@narrows.com

This group studies the assigned scripture from the Revised Common Lectionary and is led by John Crites who is a long-time member of Cathedral of the Rockies.

No childcare available

Couple's Group

5:00pm - 6:30pm | Private Home

Fall Session Begins: September 25—November 6, 2022

Group Contact: Pastor Todd Mills | tmills@boisefumc.org

Meeting in the middle of life, a small group for couples in their 40's and 50's. The focus of this group will be working towards a life balance where we're focusing on trying to be present every day and living in the moment, realizing at this season in life how quickly time has truly passed. We'll also be talking about living in real community, and the spiritual components of our health and wellness and how we can be vulnerable enough to lean in and support and encourage one another in overall health and wellness.

For the first six weeks of our time together we'll use the book and small group study, 'The Life You've Always Wanted' by John Ortberg, as a baseline guide for our meetings. At the end of the six weeks the group will collaboratively decide on meeting once or twice a month based on the rhythms of the year and the topics that we'd like to go deeper into as a group.

This group will be led by Pastor Todd Mills, the Executive Pastor at Cathedral, who has over twenty-five years in professional ministry, and his wife, Rhonda, who has over twenty-five years in the healthcare industry, is currently a Nurse Practitioner with the VA here in Boise and is also both a certified yoga instructor and health and wellness coach.

No Childcare available

Monday Groups

Grief Recovery Group

10:00am - 12:00pm | Olivet Room, Downtown
Fall Session Begins: September 12—October 31, 2022

New group every Fall, Spring and Summer

8 Week Course | \$50

Group Contact: Carol Betts | cbetts001@gmail.com

The Grief Recovery Method is not therapy. It is an 8-week educational program teaching a step-by-step method for addressing profound loss. A method you can repeat with other grief experiences. Plan on attending all eight classes as they build on each other.

Course instruction by Carol Betts, who has a graduate degree in Counseling and has completed advanced certification training in The Grief Recovery Method.

Reviews

After being reluctant to sign up for an 8-week Grief Recovery class, I came to look forward to each session. The class provided a structured lesson each week helping me accept my loss, remember my loved one(s), and appreciate the grief of fellow class members. - Pam C.

I didn't want to come to the class, and I didn't want to read the book. I didn't want to write the letter and I didn't want to read it out loud. Now I am so glad I did. I feel a huge weight lifted off me and I'm feeling free of pain. - Jeannette T.

****No Childcare available****

Tuesday Groups

Pilgrimage into the Last Third of Life

1:00p - 2:30p | Emmaus Center, Downtown

Fall Session Begins: September 6, 2022

Group Contact: Pastor Steve Tollefson | stollefson@boisefumc.org

This group will read and discuss the book "Pilgrimage into the last Third of Life" by Jane Marie Thibault and Richard Morgan. The last third of life (60 and beyond) presents special challenges in our journeys of discovery including: aging and dying, learning to live with limitations, inner work, living in and out of community, prayer and contemplation, redeeming loss and suffering, leaving a legacy. This group will explore each of these areas through the lens of scripture. Pastor Steve is familiar to many at Cathedral of Rockies as he was formerly the Sr. Pastor and has continued to preach and teach both here and at other local churches.

No Childcare Available

Bible Study for Women

6:00p - 7:30p | Classroom A, Amity Campus

Fall Session Begins: September 14, 2022

Group Contact: Sue Walker | sueellenwalker1954@gmail.com

Class will study the Old Testament (Hebrew Bible). Content is drawn from a series of Great Courses videos by Professor Robert D. Miller. When we understand why and for whom these ancient scriptures were written, it lends insight to our own faith journeys. Sue Walker has led Bible studies at Cathedral of the Rockies for many years.

No Childcare Available

Christian Spiritual Practices

6:00pm - 7:15pm | Cana Chapel, Downtown

Fall Session Begins: October 18, 2022

Group Contact: Pastor Irene Laudeman | ilaudeman@boisefumc.org

This will be an ongoing group that will explore spiritual practices across a range of spiritual traditions including Benedictine, Taizé, Celtic, Franciscan, Wesleyan and Early Christian. This first five- week session will focus on the spiritual practices developed by Brother Roger and practiced in Taizé, France and around the world.

We will divide each class into two parts. The first part will be for information and discussion and in the second part of each class we will experience the practices of each tradition directly. So, for the first five weeks we will have discussion about some aspect of the Taizé tradition followed by a Taizé service.

This group will be led by Dr. Michael Kroth, Pastor Irene Laudeman, and Dr. Iain Sturrock. Michael is a professor at the University of Idaho in the college of Education, Health and Human Sciences. He also has a long-standing interest in Spiritual Formation and his various writings can be found at <https://www.profoundliving.live/>. Iain is the Music Director at Cathedral of the Rockies and Irene is the Pastor of Spiritual Formation at Cathedral of the Rockies.

No Childcare available

Wednesday Groups

Rainbow Connection

Wednesday Evenings | Private Home, Downtown

Group Contact: Matt Roos | mroos@boisefumc.org

Rainbow Connection is an informal dinner group for LGBTQ peers, allies, and family. During the school year we meet on Wednesday evenings for a meal and discussion of books that focus on inclusive theology.

Bible Study for Women

6:00pm - 7:30pm | Bishop's Lounge, Downtown

Fall Session Begins: September 14, 2022

Group Contact: Pastor Irene | ilaudeman@boisefumc.org

We will study the Old Testament (Hebrew Bible) throughout the fall and winter. The content will be drawn from a series of Great Courses videos by Professor Robert D. Miller that provide the literary, historical and social context in which the books of the Old Testament were written. When we understand why and for whom these ancient scriptures were written, it becomes easier to understand what they might have to tell us about our own faith journeys.

Class is led by Pastor Irene Laudeman, Pastor of Spiritual Formation at Cathedral of the Rockies and Suzie Wilson who is a long-time member of Cathedral of the Rockies.

Childcare available

Young Couples

6:00pm - 7:30pm | Library, Downtown

Fall Session Begins: September 28, 2022

Group Contact: Pastor Brian Thie | briancthie@gmail.com

This small group is for couples in their 20's and 30's. Discussions include how to work towards a life balance where we're focusing on trying to be present every day and living in the moment, juggling the many priorities of life, jobs, kids, parenting, social and church. We'll also be talking about living in real community, and the spiritual components of our health and wellness and how we can be vulnerable enough to lean in and support and encourage one another in overall health and wellness.

For the first six weeks of our time together we'll use the book and small group study, 'The Life You've Always Wanted' by John Ortberg, as a baseline guide for our meetings. At the end of the six weeks the group will collaboratively decide on meeting once or twice a month based on the rhythms of the year and the topics that we'd like to go deeper into as a group.

This group will be led by Pastor Brian Thie, a UMC elder and retired pastor with over twenty years in professional ministry, and his wife, Donna.

Childcare available

Thursday Groups

Bible Study

2:00pm - 3:00pm | Classroom A, Amity Campus

Fall Session Begins: September 15, 2022

Group Contact: Pastor Irene Laudeman | ilaudeman@boisefumc.org

We will study the Old Testament (Hebrew Bible) throughout the fall and winter. The content will be drawn from a series of Great Courses videos by Professor Robert D. Miller that provide the literary, historical and social context in which the books of the Old Testament were written. When we understand why and for whom these ancient scriptures were written, it becomes easier to understand what they might have to tell us about our own faith journeys. Group is led by Pastor Irene Laudeman, Pastor of Spiritual Formation at the Cathedral of the Rockies.

No Childcare available

Bible Study

6:00p - 7:00p | Bishop's Lounge, Downtown

Fall Session Begins: September 15, 2022

Group Contacts: Selden McCabe | seldenm@msn.com and Lynn McCabe | mcclly.lm@gmail.com

Class will discuss Adam Hamilton's book "Making Sense of the Bible". The Bible is the world's bestselling book but is also one of the most confusing. Hamilton addresses the issues that plague the church and cultural debate, answering many frequently asked questions. A Bible study for those with less familiarity with the Bible, but welcomes all.

Selden and Lynn are newer members to the Cathedral of the Rockies. They have led Bible study groups for a number of years at their previous church.

Childcare Available

Refreshment with the Pews

7:00p - 7:00p | Private Home

Fall Session Begins: October 13, 2022

Group Contact: Larry and Nancy Pew | larnanpew@hotmail.com

This group reads a book related to current social issues within the American church. This fall we will be Jesus and John Wayne by Kristin Kobes Du Mex. Each week we discuss a chapter from the book.

No Childcare available

Friday Groups

Bible Study

7:30am - 8:30am | **ONLINE**

Fall Session Begins: September 16, 2022

Group Contact: Jo Ann Stillinger joannstillinger@gmail.com

This Bible study is led by Pastor Duane Anders who is the Sr. Pastor at Cathedral of the Rockies. The group discusses passages on Friday mornings that are related to the sermon the following Sunday.

Centering Prayer

12:45p - 2:00p | Bishop's Lounge, Downtown

Fall Session Begins: September 16, 2022

Group Contact: Kathy Yochum | kathuyochum@yahoo.com

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. We begin our prayer session with a short reading followed by a 20 silent sit and a closing prayer.

Kathy Yochum's first introduction to this silent type of prayer was 10 years ago. She joined a Centering Prayer and found the prayer community was a significant help in maintaining her own daily practice. This prayer form has helped her begin to "listen to my God" who is always near in a supportive community.

****No Childcare available****

Saturday Groups

Men's Group

8:30am - 9:30am | Cana Chapel, Downtown

Fall Session Begins: September 10, 2022

Group Contact: Ed Morgan | ed@morganand.com

We will explore the possibilities of living our fullest lives bolstered by the support that only men can give to each other. This group will give us a time and place to get to know each other and ourselves better, build trust and compassion, share our joys and sorrows, and support each other on our journeys of discovery. Ambitious? Perhaps. But we won't know what we can do until we sit down together, break bread (actually, donuts and coffee) and begin the conversation.

This group will be led by Ed Morgan and Scott Newland. Scott has lived in Nampa since 1984 and joined COTR in 2016. He has experience leading business networking groups and has a deep interest in connecting people together for mutual support and fellowship. Ed moved to Boise from the Bay Area in January 2022 and joined COTR in March. He has participated in men's groups in the Bay Area and has organized two men's retreats. Ed lives in the Collister neighborhood of Boise with his two cats Trick and Treat.

No Childcare Available

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ADDITIONAL RESOURCES

Interested in a Parenting Conversation?

By Appointment

Jane Krumm | [text to 208-731-6556](tel:208-731-6556)

EQUIP offers parenting ideas, information, conversation and strategies for parenting children of all ages. EQUIP is based on information developed by experts through the ages, including the work of Adler, Dreikurs, Glasser and other experts.

Please contact Jane Krumm, ACSW, LCSW an experienced clinician in the area of child and family therapy, parenting, adult therapy, as well as school counseling and mediation. Please contact Jan, text is preferred to 208-731-6556. Jane attends the Cathedral of the Rockies and would love to share conversations with parents and/or families using the EQUIP curriculum as a foundation. Jane has used and developed EQUIP over the years with parents and families. Consultation will be provided as part of the ministry of our church and will be designed according to individual need.

Couples Mentoring

By Appointment

Patrick & Maryanne Taglieri Wendt|patmaryanne@gmail.com

After love and marriage, sometimes there can be questions and disagreements especially in a brand-new union. Love covers a multitude of sins (1Peter 4:8). It's true! But if you need a listening ear and help figuring out some ways to see problems in a different light, we'd like to help. We don't pretend to have all the answers, but we can guide you on your way to finding them yourselves. Let's meet for coffee and see where it leads.

Spiritual Direction

By Appointment | \$35 per hour

Rev. Linda S. Biggs | biggs81@gmail.com

What is Spiritual Direction? Richard J. Foster in his book Celebration of Discipline says "In the Middle Ages not even the greatest saints attempted the depths of the inward journey without the help of a spiritual director. Directors often say that when they meet with a directee (the person coming for direction) there are 3 present in the room: the director, the directee and the Holy Spirit. The relationship at its best, is that of adviser to friend.

Rev. Linda S Biggs is an ordained elder of the United Methodist Church, retired and affiliated with the Cathedral of the Rockies. She has a Masters of Divinity from Drew Theological School in Madison, NJ and has been certified as a Spiritual Director. This is a rigorous 3-year study incorporating theology, history, theory and practice. She is active at Cathedral, teaching Wesley classes, classes at the summer Cathedral College, as liturgist and communion steward and as a member of the Care Team.



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