



cathedral
OF THE ROCKIES
Boise First United Methodist Church

Small Group Catalog

Winter 2023

Printed January 17, 2023



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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

464 W. Maple Grove

Boise, ID 83709

208-362-2168

Sunday Groups

Seekers Group

9:30am - 10:45am | Bishop's Lounge, Downtown

Winter Session Begins: January 2023

Group Contact: Beverly & Alan Hines | abhines@g.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

Winter Session Begins: January 2023

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

Winter Session Begins: January 2023

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."

Sunday Groups (Continued)

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****

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****

Monday Groups

Grief Recovery Group

Group meets on Mondays and Thursdays with new group every winter, spring and summer.

10:00am - 12:00pm | Bishop's Lounge, Downtown
Winter Session Begins: February 2023

8 Week Course | \$50.00

Group Contact: Carol Betts | cbetts001@gmail.com

There are over 40 life experiences that can cause loss and grief...death of a loved one, divorce, loss of a job, loss of health, etc. The Grief Recovery Method is the only evidence-based program in the world. It is not therapy or a support group. It is a training program that teaches a step-by-step method to help you let go of the pain of loss so that you can more easily access the joy again.

We will have 2 sessions a week on Thursdays and Monday's beginning on Thursday, February 2. The dates will be Feb. 2, 6, 9, 13, 16, 20, 23, 27

Participants will leave the class understanding:

- The costly impact of grief and loss on our daily life. Unacknowledged grief always comes to the surface and often comes in waves of anger or bouts of depression, or over-doing activities such as eating, etc. unless we acknowledge our pain and loss. You can't change what you don't acknowledge.
- Myths of grief and how they keep us confused and stuck.
- Tools, a Method, for moving from pain to recovery

This class is regularly priced at \$395.00 per person. The reduced price is possible because of a scholarship made available in a partnership between Carol Betts and Cathedral of the Rockies.

****No Childcare available****

Monday Groups (Continued)

Spirituality and Christian Beliefs

7:00p-8:15p | Bishop's Lounge, Downtown

Winter Session Begins: January 2023

Group Contact: Jim Russ | jr06@andrew.cmu.edu

A Discussion of Spirituality and Protestant Christian Beliefs Otherwise known as “Do I have to believe all that stuff?”

We live in a time when many people choose to define their lives by their beliefs, independent of data and/or scientific evidence. How are religious beliefs formed and how firmly do we hold them? This discussion group will begin by exploring how ideas about the spiritual side of our being have emerged historically - first from polytheistic religions and then to the monotheistic religions that are the root of Christianity. We will look at the stories and historical events that underlie the emergence of Christianity as a religion due to the witness of a small band of Jesus' followers after his death. We will discuss the development of the Bible, the evolution of a pattern of belief that defines Christianity, and the specific features of Protestantism. This restriction by no means is intended to disparage Catholic or Orthodox Christianity. It shows the limitations of the leader, who is an active Protestant.

The goal of the group discussion is to explore one another's ideas about religious belief in our time. The maxim of the class is that we all know truth only in part. This may be a shocking idea to those who hold their beliefs as the only possible valid ideas. However, the world of religion has many ideas about what might be true. We can expand our understanding by finding out where our beliefs disagree with those of others. This gives us the chance to trace how we developed those beliefs and, if necessary, modify them.

The discussion will then discuss the fundamentals of Christian belief and show how they have evolved over the centuries since the early church was formed in Asia Minor and then spread throughout the western world.

****No Childcare Available****

Wednesday Groups

Upper Room Study Group

10a-11a | Olivet Room

Winter Session Begins: January 4

Group Contact: Gayle Healy | healyg@centurylink.net

We will meet each week to study and discuss the Upper Room material published by the United Methodist Church. The group will be moderated by Gayle Healy.

****No Childcare Available****

Rainbow Connection

Wednesday Evenings

Group Contact: Matt Roos | mroos@boisefumc.org

Rainbow Connection is a small group for LGBT peers, family members and allies. We meet on Wednesday evenings during the school year for dinner and discussion of books on inclusive theology. Rainbow connection is a Reconciling Ministry of the UMC. We pray together, talk about our lives and challenges, and discuss navigating and understanding the world as LGBT people. All LGBTQ+ people, allies, family members and friends are welcome, regardless of religious affiliation.

Bible Study for Women

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

Winter Session Begins: January 2023

Group Contact: Pastor Irene | ilaudeman@boisefumc.org

We will study the Old Testament (Hebrew Bible) throughout the 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

Wednesday Groups (Continued)

Bible Study for Women (Continued)

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****

Twenties and Thirties

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

Winter Session Begins: January 2023

Group Contact: [Pastor Brian Thie | briancthie@gmail.com](mailto:briancthie@gmail.com)

This group is for people in their 20's and 30's, single or in a relationship. Our goal will be to grow in our relationship to God, our church and each other through mutual support. We will discuss topics that young adults are more likely to be facing at this point in their lives.

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

COTR Book Club

1st and 3rd Thursdays; 1:00pm – 3:00pm Library, Downtown Boise

Winter Session Begins: January 19, 2023

Group Contact: John and Katie Wynkoop | jwynkoop51@gmail.com | kwynkoop53@gmail.com

We would love to have you join us in the library at the Cathedral of the Rockies each first and third Thursday from 1:00-3:00. We try to alternate fiction and non-fiction titles that are selected by our members. Members lead the discussion of the book they nominated but if that's out of your comfort zone, don't let it prevent you from joining, someone in the group will help you out. The first session of the month we discuss the book we have read. During the second session we watch a movie or documentary, bring in a speaker, or some activity related to the book, the author, theme, or time period.

****No Childcare Available****

Bible Study

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

Winter Session Begins: January 19, 2023

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****

Thursday Groups (Continued)

Difficult Conversations

6:00pm – 7:15pm | Library, Downtown

Winter Session: January 19, 2023 – March 2

Group Contact: [Brian Thie | brianctie@gmail.com](mailto:brianctie@gmail.com)

Navigating difficult conversations is key to our maintaining healthy relationships as well as our personal mental health, however, many of us shy away from these situations because we don't know how to handle them. This small group will explore the spiritual underpinnings and the practical tools you need to lean into these challenging encounters in your family, the workplace, friendship, church, and civic organizations. The goal is to help you view difficult conversations as opportunities for growth and intimacy that need not be awkward or conflictual.

The group will be led by Pastor Brian Thie, a recently retired pastor, and Ed Morgan, an experienced small group lead. We will be using the book 'Difficult Conversations' by Steen, Patton and Heen, as well as other resources. It is not required that you purchase the book.

****Childcare Available****

COTR Membership Class

6:00pm – 7:15pm | Olivet Room, Downtown

Winter Session: February 9 - 23

Group Contact: [Pastor Irene Laudeman | ilauderman@boisefumc.org](mailto:ilauderman@boisefumc.org)

This class will be an introduction to what it means to be a member of the Cathedral of the Rockies.

The group will be led by Pastor Duane and Pastor Irene. Pastor Duane is the COTR Senior Pastor and Pastor Irene leads the COTR Spiritual Formation ministry.

****Childcare Available****

Friday Groups

Bible Study

7:30am - 8:30am | ONLINE

Winter Session Begins: January 2023

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

Winter Session Begins: January 2023

Group Contact: Kathy Yochum | kathyochum@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 | Olivet Room, Downtown
Winter Session Begins: January 2023

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](#)

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.

ADDITIONAL RESOURCES

Spiritual Direction

By Appointment | \$35 per hour

[Rev. Linda S. Biggs | biggs81@gmail.com](mailto: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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