



cathedral
OF THE ROCKIES
Boise First United Methodist Church



SMALL GROUPS

FALL 2023

YOU ARE WELCOME HERE.

You are welcome at Cathedral of the Rockies no matter where you are in your faith journey. We offer a variety of classes and small groups to meet you where you are and provide a community in which you can learn and grow.

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 personal joys or concerns.

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 Road
Boise, ID 83709
(208) 362-2168

FOR QUESTIONS, CONTACT THE GROUP CONTACT OR

Pastor Irene Laudeman
Spiritual Formation Pastor
ilaudeman@boisefumc.org

Lindsay Cox
Small Groups Coordinator
lc Cox@boisefumc.org

ALL KIDS CARE

All Kids Care is COTR's childcare offering faith-based activities with Kid Ministry leaders who are trained, background checked and vetted, and we adhere to a security plan requiring check-in and check-out of all children. No registration required.
Children ages 6 weeks - 12 years

If you're viewing this online, all emails are hyperlinked.

SUNDAY

ADULT SUNDAY SCHOOL

9 - 10 am | Amity Campus

Session: Ongoing

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 COTR.

TEXT DIVE

9 - 10 am | Library, Downtown

Session: September 17 - May 2024

Group Contact: Lindsay Cox | lcx@boisefumc.org

Group will study Biblical passages in depth. Come with a Bible and an inquisitive mind, ready to dive into the Text.

Lindsay has a Master of Arts in Hebrew Bible and its world, is competent in Biblical Hebrew, and lived in Israel for three years.

All Kids Care Available

SEEKERS

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

Session: September 17 - Ongoing

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 welcome all people at any stage on their spiritual journey.

All Kids Care Available

WESLEY

10 - 11 am | Olivet Room, Downtown

Session: September 17 - May 2024

Group Contact: Susan & Phil Fry | sfry@boisestate.edu

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.

All Kids Care Available

EVOLVING FAITH

11 am - 12 pm | Bishop's Lounge, Downtown

Session: September 17 - May 2024

Group Contact: Andrea & Charles Wilson | csa.andrea@gmail.com or charles@meandyouis.us

This small group will be watching and discussing sessions of this year's upcoming Evolving Faith Conference and exploring sessions from past 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." Speakers will discuss a wide variety of topics ranging from racial injustice, isolation and belonging, 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 website to see a lineup of this year's conference speakers at EvolvingFaith.com. The conference is held Oct. 13-14. For the month before the conference airs, we will listen to past conference speakers on the Evolving Faith Podcast.

Andrea and Charles came to Cathedral about a year ago and dove right in. Charles has served in the children's ministry and participates weekly in the Men's Saturday Small Group. Andrea is part of the Caring Ministry and attends the Women's Bible Study. Their two kids, Atalie and Cohen attend Children's Church and sing in the Children's Choir. "We are glad to be able to lead the Evolving Faith Group and hope you can join us to offer your perspective, gained from your experiences, to the group discussion.

All Kids Care Available

MONDAY

SPIRITUALITY AND CHRISTIAN BELIEFS

6:30 - 7:45 pm | Bishop's Lounge, Downtown

Session: September 11 - December 4

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

This discussion group will begin by exploring how ideas about the spiritual side of our being have emerged historically and 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.

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 consider 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.

SPIRITUALITY AND CHRISTIAN BELIEFS CONTINUED

This discussion course is related to material discussed in other small groups, e.g., bible studies or the study of the books by Adam Hamilton on the origins of Biblical Belief. It differs in encouraging participants to bring questions about how to think about religious belief of our time.

James Russ is new to COTR. He is Emeritus Professor of Physics at Carnegie Mellon University, where he taught for 51 years. His research specialty is experimental nuclear and particle physics. He has taught adult Sunday School classes for decades, emphasizing discussions of what various Bible passages mean for us in modern times. He has served on Methodist church councils and Presbyterian church sessions and knows the church to be a Holy institution in a secular setting, with all the challenges that implies.

TUESDAY

WRESTLING WITH THE BIBLE

1- 2:30 pm | Choir Room, Downtown

Session: September 12

Group Contact: Steve Tollefson | revtolly@me.com

Retired Pastor Steve Tollefson will lead this book group discussion on Peter Enns book, "How the Bible Actually Works: In Which I Explain How an Ancient, Ambiguous and Diverse Book Leads Us to Wisdom Rather Than Answers - And Why That's Great News!" Peter Enns is a Prof. of Biblical Studies at Eastern University in Pennsylvania, an author, blogger and podcast co-host of The Bible for Normal People. The group will meet until they finish discussing the book.

Pastor Steve Tollefson is a retired Methodist pastor who has been serving the church for decades.

UNSETTLING TRUTHS

3:30 - 5 pm | Amity Campus

Session: September 19 - October 24

Group Contact: Steven Walker | suestevewalker@yahoo.com

This group will be diving into the book by Mark Charles and Soong-Chan Rah titled "Unsettling Truths." We will discuss the far-reaching, damaging effects of the "Doctrine of Discovery." In the 15th century, official church edicts gave Christian explorers the right to claim territories they "discovered." This was institutionalized as an implicit national framework that justifies American triumphalism, white supremacy, and ongoing injustices. The result is that the dominant culture idealizes a history of discovery, opportunity, expansion, and equality, while minority communities have been traumatized by colonization, slavery, segregation, and dehumanization. Healing begins when deeply entrenched beliefs are unsettled. As other nations have instituted truth and reconciliation commissions, so do the authors call our nation and churches to a truth-telling that will expose past injustices and open the door to reconciliation and true community.

UNSETTLING TRUTHS CONTINUED

Group will run for a six-week discussion of the book and what it means in our lives. We would discuss two chapters of the book each week (averaging 35 pages). The book is available through the library and local bookstores. Please have the first two chapters read by the start of group discussion.

Steve Walker was formerly the State Archivist of Idaho and has been a member of the Cathedral of the Rockies since 1998. He currently serves on the Church Council and has been involved with several volunteer opportunities over the years.

COMMON GROUND BY AMBERLY NEESE

6:30 - 8 pm | Amity Campus

Session: October 10 - 31

Group Contact: Sue Walker | sueellenwalker1954@gmail.com

Whether it is in politics, the professional world, a party, or a pew, we face conflict every day. As discussions get more heated and social media is deluged with opinion-spewing, hurt feelings, and broken relationships, we need hope and practical tools to navigate the tumultuous waters and live at peace with everyone. Fortunately, the Scriptures hold the key to living at peace despite our differences. In *Common Ground*, a four-week Bible study, Amberly Neese combines stories of sibling rivalries from the Bible with personal experience, humor, hope, and her love of God's Word. Stories examined from the Old and New Testaments include:

- Joseph and His Brothers: How to Combat Jealousy
- Moses, Miriam, and Aaron: How to Work Together Despite Differences
- Mary, Martha, and Lazarus: How to Appreciate the Contributions of Others
- Rachel and Leah: Having Compassion for the Plight of Others

These stories point us to peace and reconciliation in all our relationships, reassuring us that it is possible to find common ground with everyone—despite our differences. Women will find biblical and practical help for: facing conflict, navigating broken relationships, handling heated discussions (in person and on social media), and living at peace despite differences. It is a four-week course with DVD and study book. The study book contains short daily readings and is available in both paper and e-book formats. The price would be about \$12-\$15 depending on the format.

Sue Walker has facilitated small groups for several years. She enjoys the relationships made while learning more about Christ's love and applying it to our lives.

WEDNESDAY

GRIEF SUPPORT

1 - 2:30 pm | Bishop's Lounge, Downtown

Session: October 11 - November 29 (except Thanksgiving week)

*Please register for the class by contacting Marcia or Terri

Group Contact: Marcia Lynn | marciallynn@earthlink.net

Terri Rosenthal | terrirosenthal2@gmail.com

If you are feeling lost, alone and confused by your feelings? A support group might help. Following a loss you may experience confusing feelings, some of which might be shock, numbness, sadness, anger, guilt, anxiety, or fear. You may also experience moments of relief, peace, or happiness. Sometimes these feelings are hard to understand and deal with on your own. A grief support group is often very helpful in providing a safe place to talk about your loss with others who are also experiencing similar feelings. You don't have to suffer alone. Join a small caring group of individuals who, like you, want to be free to enjoy life anew, having worked through the feelings of loss.

Marcia Lynn is a retired psychotherapist, high school counselor and college professor. As a psychotherapist, her practice centered around individuals with addictions, survivors of abuse and those dealing with loss. She has been a bereavement counselor for hospice and conducted grief groups in California and Texas. Her life journey is one of service, in which she tries to help those along her path to see and feel the light within.

Terri Rosenthal is a retired psychotherapist, trainer, and special education teacher. She has worked with children, individuals, and families with attachment issues in children, abuse and addictions in individuals and families. She brings a knowledge of neuroscience into all that she does to help people know how to make sense of their lives. Most importantly, Terri is passionate about supporting people to become connected to God within each heart.

Course is limited to 8 participants per cycle. Class will continue with future cycles if the course fills. Please contact Terri or Marcia to register.

WOMEN'S BOOK & BIBLE STUDY

3:30 - 5 pm | Bishop's Lounge, Downtown

Session: September 13 - May 2024

Group Contact: Pastor Irene | ilaudeman@boisefumc.org

We will be exploring a range of books related to the Bible and our own spiritual journeys. Class is led by Pastor Irene Laudeman, Pastor of Spiritual Formation at Cathedral of the Rockies.

Note: This group was meeting at Wednesday at 6 pm last year, but we are moving it to this earlier timeslot.

EARLY CHRISTIANITY

6 - 7 pm | Bishop's Lounge, Downtown

Session: September 13 - October 18

Group Contact: Pastor Irene | ilaudeman@boisefumc.org

Join us for this six-week class in which we will explore the earliest years of Christianity including both the threads that became the Christianity we know today and the threads that died out for various reasons but may also contain some wisdom for us. Pastor Irene is the Pastor for Spiritual Formation here at Cathedral of the Rockies and has a long-time interest in how the earliest Christians might help us in our spiritual journeys in the 21st Century.

All Kids Care Available

YOUNGISH COUPLES

6 - 7 pm | B11, Downtown

Session: September 13 - May 2024

Group Contact: Pastor Brian and Donna Thie | brianthie@gmail.com

Meeting in the middle of life, a small group for couples in their 20s, 30s, and 40s. This group will focus on life balance, 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, the spiritual components of our health and wellness and how we can be vulnerable enough to lean in, support and encourage one another in overall health and wellness. Class utilizes a podcast for gathering content. Listening to the podcast each week is not required, but greatly enhances learning and conversation within the 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.

All Kids Care Available

BEMA

6 - 7:30 pm | Olivet Room, Downtown

Session: September 13 - Ongoing

Group Contact: Lindsay & Michael Cox | lcox@boise.fumc.org

This group is a deep dive into the Biblical text. We will utilize a podcast called BEMA Discipleship. The BEMA Discipleship Podcast is an in-depth walk through the Biblical Text, as well as contextual history. The goal is to deconstruct our common readings of the Bible and attempt to reconstruct them through the lens of the historical context. To find new ways of approaching the Text, podcast host Marty Solomon often turns to a Hebraic worldview and methodology, asking questions, and coming with a mind of discovery. Group will listen to the podcast in preparation for group discussion. Find BEMA podcast on any podcast platform, as well as at www.BEMADiscipleship.com.

Lindsay and Michael Cox have both been a part of a BEMA discussion group for the past three years. Lindsay has a Master of Arts in Hebrew Bible, knows Biblical and Modern Hebrew, and lived in Israel for three years. Michael is currently getting his Master of Theology at Northwest Nazarene University.

All Kids Care Available

INTERSECTION OF FAITH & SCIENCE

6 - 7:30 pm | Upstairs Conference Room, Downtown

Session: September 13 - November 1

Group Contact: Greg Boulton | gjboulton@gmail.com

This small group will be looking mostly at the first three chapters of Genesis and wrestling with the intersection of faith and science. Much of modern Christianity has been marked by a struggle between people who claim that the creation stories in the Old Testament (Young earth) are inconsistent with a scientific world view (Old earth). Greg says he has also struggled with this apparent contradiction. We will be consulting various authors on this topic. Using video and selected readings, we will see how an old earth view does not necessarily contradict the Bible.

Greg Boulton graduated from the University of Washington with a degree in Sociology and English Literature and an Undeclared Minor in Marine Biology. He has a Master of Divinity from Emmanuel Christian Seminary, a Doctor of Ministry from George Fox under the tutelage of Leonard Sweet, and a teaching certification in History. Greg has also been in ministry, serving as a lead church planter, pastor, minister of discipleship, executive pastor, and youth pastor. Greg says that much of his faith journey has been defined by the Bible verse from Mark 9:23-24. Jesus is approached by a man who desires for his son to be healed. Jesus says, "all things can be done for those who believe," the man cries out "I believe; help my unbelief." That has become Greg's life mantra.

All Kids Care Available

RAINBOW CONNECTION

Wednesday Evenings | Contact Matt for time and location

Group Contact: Matt Roos | vollyspook@yahoo.com

Rainbow Connection is a small group for LGBTQ+ 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 LGBTQ+ people. All LGBTQ+ people, allies, family members and friends are welcome, regardless of religious affiliation.

WEDNESDAY ACTIVITIES

WEDNESDAY NIGHT DINNERS

5 - 6 pm | Fellowship Hall

\$5/meal or \$20/family max

Through December 13 (excluding the week of Thanksgiving)

CHILDREN AND YOUTH ACTIVITIES

5:30 - 6 pm | Celebration Choir, K - 2nd

6 - 6:30 pm | Cherub Choir, ages 3-4

6 - 6:30 pm | Jubilation Ringers, 3rd - 6th

6:30 - 7 pm | Jubilation Choir, 3rd - 6th

6 - 7:30 pm | Jr. High Youth Group

THURSDAY

DAYTIME BOOK CLUB

1 - 3 pm | Library, Downtown

Session: September 14 - 1st & 3rd Thursdays

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

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.

LEAVING THE CHURCH

6 - 7 pm | Olivet Room, Downtown

Session: October 5 - December

Group Contact: Jae' Etchart | jaetchart@aol.com

This group will be reading and discussing the book called "Leaving the Church" by Barbara Brown Taylor. This Bible study is led by Jae' Etchart. Jae' is a former Deacon in the Metropolitan Community Churches (MCC). She has a passion for leading Bible studies. Please ask if you need help getting the book.

All Kids Care Available

FRIDAY

DUANE'S BIBLE STUDY

7:30 - 8:30 am | Online

Session: September 15 - Ongoing

Group Contact: Jo Ann Stillinger | joannstillinger@gmail.com

This Bible study is led by Pastor Duane Anders who is the Senior Pastor at Cathedral of the Rockies. The group discusses passages on Friday mornings that are related to the sermon the following Sunday. Email Jo Ann for the Zoom link.

WOMEN'S AMITY BOOK CLUB

10 - 11:30 am | Ada County Library at Lake Hazel & Five Mile

Session: September 15 - Ongoing

Group Contact: Ronda Thompson | rkt430s@yahoo.com

This book group meets every Friday morning at the Public Library on Lake Hazel and Five Mile. Mostly made up of women who attend the Amity campus but all are welcome. We enjoy reading books about the Bible by women scholars and women pastors. We read through a book every month or two and are open to suggestions for new women authors and discovering their point of view. Participants may join at any time.

No Childcare Available but there is a kids' play area at the library

CENTERING PRAYER

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

Session: September 15 - Ongoing

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.

SATURDAY

MEN'S GROUP

8:30 - 9:30 am | Olivet Room, Downtown

Session: September 16 - Ongoing

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. 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. 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.

ADDITIONAL RESOURCES

INDIVIDUAL COUNSELING

By Appointment

Jane Krumm | text: (208) 731-6556

Jane Krumm is a member of Cathedral of the Rockies. She is offering counseling in the area of grief and parenting help. 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. Preferred method of contacting is texting at (208) 731-6556. 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 three 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 three-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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