



**cathedral**

OF THE ROCKIES

Boise First United Methodist Church



# **SMALL GROUPS**

WINTER 2024

## 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.

If you'd like to host a Small Group, please reach out to Lindsay Cox or Pastor Irene Laudeman.

## 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](mailto:ilaudeman@boisefumc.org)

**Lindsay Cox**  
Small Groups Coordinator  
[lcx@boisefumc.org](mailto:lcx@boisefumc.org)

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

# SUNDAY

## ADULT SUNDAY SCHOOL

9 - 10 am | Amity Campus

Session: January 14 - Ongoing

Group Contact: John Crites | [johntc@narrows.com](mailto: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: January 14 - May 29

Group Contact: Lindsay Cox | [lcx@boisefumc.org](mailto:lcx@boisefumc.org)

Group will study Biblical passages in depth, looking at the original language and historical context. Come with a Bible and an inquisitive mind, ready to dive into the text.

Lindsay has a Master of Arts in Old Testament and lived in Israel for three years. She is a former Jr. High and High School Bible and History teacher.

*Childcare Available*

## SEEKERS

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

Session: January 14 - Ongoing

Group Contact: Beverly & Alan Hines | [abhines@q.com](mailto: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.

*Childcare Available*

## WESLEY

10 - 11 am | Olivet Room, Downtown

Session: January 14 - May 2024

Group Contact: Susan & Phil Fry | [sfry@boisestate.edu](mailto: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.

*Childcare Available*

# MONDAY

There are currently no Small Groups meeting on Mondays.

# TUESDAY

## CHRONIC PAIN WORKSHOP

10 am - 12:15 pm | Olivet Room, Downtown

Session: January 16 - February 20 (6 weeks)

Group Contact: Natalie Nathan | [natalie.nathan@a3ssa.com](mailto:natalie.nathan@a3ssa.com)

Aging comes with its many challenges. Are you struggling with chronic pain or with the motivation to get moving each day? Join Southwest Idaho Area Agency on Aging's Natalie Nathan in this workshop that will connect you with other struggling with chronic pain and provide strategies and support to assist you. This free workshop will focus on learning tools to 'Live Well' and will have appropriate movement activities to support pain needs and challenges. Dress for comfort and movement and bring a notebook. Workshop is limited to 20 participants. Email Natalie to register.

## THE THIRD DAY: LIVING THE RESURRECTION

6:30 - 8 pm | Amity Campus

Session: February 20 - March 26 (6 weeks)

Group Contact: Sue Walker | [sueellenwalker1954@gmail.com](mailto:sueellenwalker1954@gmail.com)

In The Third Day: Living the Resurrection, Tom Berlin uses his gifts of storytelling and understanding the Scriptures to connect the reader to the experiences of several individuals around Jesus in his final days, focusing on new life and redemption rather than loss. Join Peter, Mary Magdalene, and Thomas as they feel the despair of losing Jesus and the surprise and joy that awaits them in the resurrection. This study traces events around these characters, along with Paul and the disciples at Emmaus, and how the resurrection transforms their lives.

# WEDNESDAY

## THE GIFT OF YEARS: GROWING OLDER GRACEFULLY

10 - 11:30 am | Olivet Room, Downtown

Session: March 6 - May 29

Group Contact: Jean Udesen | [jeanudesen@gmail.com](mailto:jeanudesen@gmail.com)

How do you view the aging process? Is it tinged with anxiety and regret? Or do you see it as an adventure, a time to find meaning, and a ripening? Or, is it a little of both? *The Gift of Years*, nun Joan Chittister's best-selling book, offers you the chance to look at this time of maturation with fresh eyes, with joy for what has been and optimism for what is to come. **Please purchase book before group begins.** Contact leader if assistance is needed to acquire book.

Group is led by Jean Udesen, LLPC, who is a retired clinical therapist and is also in this phase of life.

## GRIEF SUPPORT

4 - 5:30 pm | Bishop's Lounge, Downtown

Session: January 17 - March 6 (8 weeks)

**\*Please register for the class by contacting Marcia or Terri**

Group Contact: Marcia Lynn | [marciallynn@earthlink.net](mailto:marciallynn@earthlink.net)

Terri Rosenthal | [terrirosenthal2@gmail.com](mailto: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.

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.

*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.*

## YOUNGISH COUPLES

WEDNESDAY

6 - 7 pm | Basement Room B12, Downtown

Session: January 17 - Ongoing

Group Contact: Ashley Galloway | [ashley0840@gmail.com](mailto:ashley0840@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.

*Childcare Available*

## BEMA

6 - 7:30 pm | Olivet Room, Downtown

Session: January 17 - Ongoing

Group Contact: Lindsay & Michael Cox | [lcx@boisefumc.org](mailto:lcx@boisefumc.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 develop a new set of perspectives that challenge, complement and deepen our common reading of the Bible and attempt to develop the skill of curiosity and reduce our fear of asking risky, hard, or unpopular questions about the Sacred Text. The group will seek to discover the historical context of the Bible as we are led by the podcast and group hosts. Participants will listen to the podcast in preparation for group discussion. Find BEMA podcast on any podcast platform, as well as at [www.BEMAdiscipleship.com](http://www.BEMAdiscipleship.com).

Lindsay and Michael have been participants in a BEMA discussion group for the past 3 years. Lindsay has an MA in Hebrew Bible and Michael is currently earning his MA in Theology from NNU.

*Childcare Available*

## AFTER EVANGELICALISM

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

Session: January 17 - April 3

Group Contact: Greg Boulton | [gjboulton@gmail.com](mailto:gjboulton@gmail.com)

This group will read and explore the book *After Evangelicalism: The Path to a New Christianity* by David Gushee. Millions are getting lost in the evangelical maze: inerrancy, indifference to the environment, deterministic Calvinism, purity culture, racism, LGBTQ discrimination, male dominance, and Christian nationalism. They are now conscientious objectors, deconstructionists, perhaps even "none and done." As one of America's leading academics speaking to the issues of religion today, David Gushee offers a clear assessment and a new way forward for disillusioned post-evangelicals.

Group is led by Greg Boulton. Greg 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.

*Childcare Available*

## RAINBOW CONNECTION

Wednesday Evenings | Contact Matt for time and location

Group Contact: Matt Roos | [vollyspook@yahoo.com](mailto: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.

# THURSDAY

## DAYTIME BOOK CLUB

1 - 3 pm | Library, Downtown

Session: January 4 - Ongoing. 1st & 3rd Thursdays of the month

Group Contact: Katie & John Wynkoop | [jwynkoop51@gmail.com](mailto:jwynkoop51@gmail.com) or [kwynkoop53@gmail.com](mailto: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.

## SAVING GRACE: FINANCIAL WELL-BEING

6:30 - 8 pm | Olivet Room, Downtown

Session: January 18 - March 7 (8 weeks)

Group Contact: Terry Frisk | [terry\\_frisk@msn.com](mailto:terry_frisk@msn.com)

Ann Burke | [burkedelann21@gmail.com](mailto:burkedelann21@gmail.com)

Jesus talked a lot about money, so did John Wesley. Talking about personal finances is hard, but getting the conversation started doesn't have to be. Saving Grace: A Guide to Financial Well-Being is an exciting new program that offers participants a Wesleyan perspective on finances and financial planning. Saving Grace will be offered in seven weekly sessions focusing on how we approach money as a part of our Christian discipleship. The curriculum includes lessons and spiritual principles on earning, saving, giving, spending, and debt. Participants will learn how to develop a spending plan to reduce debt, encourage giving and use money in ways that reflect our faith. The program is for anyone who wants to grow in their faith financially regardless of whether they are facing financial challenges.

Workbooks required. **Course will have a \$17 registration fee to cover course materials.** Two brief informational meetings will be held on Jan. 7 and Jan. 14 at 12 pm in the Olivet Room for questions and pre-registration. Scan the QR code for the link to the Saving Grace registration page.



# FRIDAY

## DUANE'S BIBLE STUDY

7:30 - 8:30 am | Online

Session: January 5 - Ongoing

Group Contact: Jo Ann Stillinger | [joannstillinger@gmail.com](mailto: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: January 12 - Ongoing

Group Contact: Ronda Thompson | [rkt430s@yahoo.com](mailto: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: January 12 - Ongoing

Group Contact: Kathy Yochum | [kathyyochum@yahoo.com](mailto:kathyyochum@yahoo.com)

Virginia White | [virginiajwhite@gmail.com](mailto:virginiajwhite@gmail.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 minute silent sit and a closing prayer.



# SATURDAY

## MEN'S GROUP

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

Session: January 6 - Ongoing

Group Contact: Ed Morgan | [ed@morganand.com](mailto: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. Scott 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](mailto: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](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 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.