

FUMC Adult Small Groups

Anti-Racist Parenting

Wednesdays, 8-9 p.m.

Leaders: Jill and Jeff Mortimer

This group will focus on anti-racist parenting going through a podcast, article or other media each week. The group will talk about the media, share experiences related to the content, and discuss how to put it into action.

[Sign up for this group here.](#)



Wrestling With Faith

Thursdays, 7:30-8:45 p.m.

Leader: Wendy Payne

A welcoming group where you can discuss your doubts without judgement. The group will listen to podcasts in advance and discuss them together. This group is a great connection for those who have struggled with or are rebuilding their faith.

[Sign up for this group here.](#)

Study of Rachel Held Evans' *Inspired*

Mondays, 8-9 p.m.

Leader: Sarah Christensen

This group will discuss "Inspired: Slaying Giants, Walking on Water and Loving the Bible Again" by Rachel Held Evans. In this book, Rachel writes about her quest to better understand what the Bible is and how it is meant to be read. Join this group on this quest, too, and you may change your mind and heart about this book of our faith.

[Sign up for this group here.](#)



Women of the New Testament

Tuesdays, 7-8 p.m.

Leader: Beth McKaig

Are you interested in the women's stories of the New Testament? Then think about joining this small group, led by Beth McKaig, which will look more closely at the stories of Martha, Mary and many other women of the New Testament. This group will also offer support, laughter and prayer to all its members, and aims to provide a smaller community within the bigger one of FUMC.

[Sign up for this group here.](#)

Live a Better, Healthier Life

Mondays, 7-8 p.m.

Leader: Carol Hulbert

Maybe you've heard that science says that what we eat has a direct impact on our physical and our mental health? Today's standard American diet is known to be the root cause of many common chronic diseases—heart disease, type 2 diabetes, cancer, autoimmune diseases, dementia and even depression. Join us as we explore how to live a healthier life by choosing to eat nourishing foods. This is not a diet group—it is not about deprivation, it's about an abundance of the right foods! Your health is at the end of your fork.

[Sign up for this group here.](#)

Parents of Teen and Young Adults

Wednesdays, 7:15-8:30 p.m.

Leaders: Beth Pascoe and Lynne Pauer

As parents of teen and young adults, this group will journey together and support each other as they work on figuring out how to raise teens and young adults who are ready to face the joys and challenges of adulthood in rapidly changing times.

[Sign up for this group here.](#)