



# Gather & Grow

*We have several ways for you to gather with others and grow closer to God. Through Sunday School classes, small groups, or other discipleship opportunities, we want to help you grow in your faith surrounded and supported by others who are growing in theirs.*

**AUGUST 21, TUESDAY**

**Book Study: *I'm Still Here***

**6:30-7:30 p.m.**

**FLC Room 103**

Austin Channing Brown is a powerful new voice on racial justice with this eye-opening account of growing up black, Christian, and female in middle-class white America. Register at [fumcaustin.org/imstillhere](http://fumcaustin.org/imstillhere).

**AUGUST 26-SEPTEMBER 23, SUNDAYS**

**Study and Discussion of *Unafraid***

**10:00-10:45 a.m.**

**SAN Wesley Hall**

Americans are anxious people. A recent study found that one in five of us has an anxiety disorder and we spend over \$2 billion a year on anti-anxiety medications. Often our life events play a significant role in our worries and fears. Pastor Cathy Stone will lead this 5-week study of Adam Hamilton's *Unafraid: Living with Courage and Hope in Uncertain Times*. In his book, Adam Hamilton explores the most common worries and fears experienced by Americans today. He considers practical steps for overcoming these fears, and reflects upon fear in the light of Scripture and a faith that promises again and again that we do not need to live in fear. We can live with courage and hope. Register at [fumcaustin.org/unafraid](http://fumcaustin.org/unafraid).

**SEPTEMBER 9-OCTOBER 14, SUNDAYS**

**Practicing Christian Mindfulness**

**12:30-2:00 p.m.**

**SAN Room 212**

Mindfulness is getting a lot of notice these days from everyone from elite athletes to business executives—and for good reason! Did you know that our Christian mothers and fathers created a rich legacy of mindfulness practices? This 6-week class led by Cindy Walter explores several of these practices. Register at [fumcaustin.org/mindfulness](http://fumcaustin.org/mindfulness).

**SEPTEMBER 17-NOVEMBER 19, MONDAYS**

**Financial Peace University**

**6:30-8:00 p.m.**

**FLC Garrison Chapel**

What if you knew where all of your money was going each month? What if you had an emergency fund, were debt-free, investing, and making wise spending decisions for your family's future? Sound impossible? It's not! With Dave Ramsey's Financial Peace University class, you CAN take control of your money. Freedom from debt is part of being free to follow Christ. Join Pastor Michael Mumme for this personal finance class with a faith perspective. Register at [fumcaustin.org/peace](http://fumcaustin.org/peace).

**SEPTEMBER 17-DECEMBER 3, MONDAYS**

**Disciple 2 Fast Track**

**6:30-8:00 p.m.**

**FLC Room 104**

This 24-week study led by Pastor Cathy Stone immerses you in the books of Genesis, Exodus, Luke, and Acts. *Disciple 2* helps readers deepen their understanding of Scripture and make connections between what they already know and what they are reading. Each week you encounter three spiritual disciplines, learn what they are, and how you can engage those disciplines. Classes meet for a total of 24 weeks, 12 weeks in the fall and 12 weeks in the spring. Daily preparation is manageable, with 3-5 chapters of the Bible to read each day. Disciple I is not required. The cost is \$30 for two study manuals. Register at [fumcaustin.org/disciple2](http://fumcaustin.org/disciple2).

Childcare provided with RSVP to [childcare@fumcaustin.org](mailto:childcare@fumcaustin.org), 48 hours in advance.

For more information about discipleship opportunities, contact Pastor Cathy Stone at [cathy@fumcaustin.org](mailto:cathy@fumcaustin.org) or 512-478-5684 (ext. 215).

## AUGUST 26, NEXT SUNDAY

### ACOLYTE TRAINING AND REGISTRATION

**9:30 a.m. SAN Room 110**

This training is for parents and children or youth who are in 3rd grade and older who want to commit to assisting with worship. Both new and seasoned acolytes will increase their understanding of responsibilities and sharpen skills. Acolytes support both clergy and laity, ensuring that the behind-the-scenes tasks and logistics of worship flow smoothly. These tasks may include bringing the light of Christ into and out of worship, serving Communion, preparing the worship space, assisting with the worship slides from the balcony, and ushering and greeting. From 9:30-10:00 a.m. parents and children learn the basics and sign up. From 10:00-10:45 a.m. children engage in games and activities to help practice skills and learn about the Sanctuary and worship.

### CONTEMPLATIVE WORSHIP SERVICE

**9:00-10:00 a.m. EDU Murchison Chapel**

Contemplative prayer can provide a welcome respite, a place to find the inner resources to actively serve a chaotic world from a place of strength and peace. These services are offered to beginners and experienced practitioners of mindfulness meditation. The service typically lasts 30 to 40 minutes.

### ADMINISTRATIVE BOARD MEETING

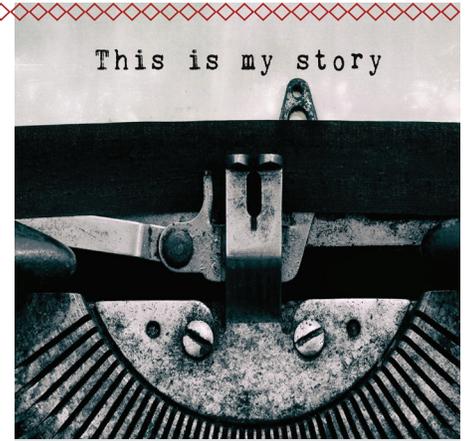
**12:15 p.m. FLC Great Hall**

All are welcome to attend and participate in discussion. Board members have voting rights. Lunch provided for \$10 per person. Board members and guests who plan to attend are asked to RSVP by 12:00 p.m. on Wednesday, August 22. Register at [fumcaustin.org/adminboard](http://fumcaustin.org/adminboard). Childcare available by making reservations at [childcare@fumcaustin.org](mailto:childcare@fumcaustin.org).

### BACK-TO-SCHOOL PARTY BARGE

**2:30 p.m. FUMC Parking Lot**

All middle and high school youth are invited to a four-hour tour of Lake Travis to celebrate the start of a new school year! Food and water toys provided. We will carpool from FUMC at 2:30 p.m. to our Marina for a 3:30-7:30 p.m. boat time and return to FUMC at 8:15 p.m. The cost is \$20 and includes dinner. Youth are invited to bring two new friends at \$10 per friend—that's three people for \$30. We have a capacity of 70 people on the barge, so be sure to register your crew as soon as possible. Register at [fumcaustin.org/barge](http://fumcaustin.org/barge).



Each of us has a story, an experience that has helped us understand God and ourselves through joy, connection, hurt, and hope. When we tell our stories, we find that they intertwine with God's story and the stories of others.

Beginning August 19, we will hear from an FUMC member during worship and then we will reflect through prayer, scripture, song, and sermon.

Join us as we delve into the stories of FUMC and find that our own lives are wrapped in the story of God.

#### August 26

*"They raised me in faith..."*  
Debbie Shaw, Leslie Ivey, and Peyton Ivey

#### September 2

*"My faith in God is essential to my work..."*  
Ginger Harrod

#### September 9

*"When I told them the truth, they kicked me out of the church..."*  
Albert Garcia

#### September 16

*"I'm terrified, but I'm answering a call..."*  
Daviss King