



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.

NOW-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 leads this five-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.

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.

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.

SEPTEMBER 17-DECEMBER 10, MONDAYS

Disciple Fast Track: Into the Word

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* 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. The cost is \$30 for two study manuals. Register at fumcaustin.org/disciple.

Childcare provided with a reservation to childcare@fumcaustin.org, 48 hours in advance.

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

FALL SERVICE OPPORTUNITIES

SEPTEMBER 29, SATURDAY

NAMI Walks . 9:00 a.m. Long Center, 701 West Riverside Drive



Join our team for this year's NAMI Walks event! First Church is walking to support the work of the National Alliance on Mental Illness (NAMI) as we promote education and awareness and work to end the stigma associated with mental illness. Come walk with us or support our team with a donation through our NAMIWalks team page at fumcaustin.org/nami-walks.

OCTOBER 5-8, FRIDAY-MONDAY

Disaster Recovery Mission Trip . Sinton, Texas



First Church is sending a mission team (ages 14 and up) to this coastal bend region to help with long-term recovery from the devastation of Hurricane Harvey one year ago. Volunteers must complete a background check process. No other training is required. The cost is \$125 and work days are Saturday and Sunday. Register at fumcaustin.org/harvey. Contact Pastor Cathy Stone at cathy@fumcaustin.org to complete background check process or for more information.

OCTOBER 20, SATURDAY

Hands on Housing Raise the Roof . 9:00 a.m.-5:00 p.m.



iACT's Hands on Housing utilizes volunteers and skilled professionals to repair the homes of senior citizens and disabled individuals who are living in deep poverty. Come join us for the Fall Raise the Roof event, and help repair and paint a home. Register at fumcaustin.org/hoh.

ONGOING SERVICE OPPORTUNITIES

SEPTEMBER 15, SATURDAY

FreeStore Third Saturday

8:45-11:00 a.m.

Memorial UMC Gym

6100 Berkman

Sort, organize, and shelve donated items; assist shoppers; bag items; provide hospitality; and share stories over a cup of coffee. Something for everyone, so just show up and serve.

SEPTEMBER 16, SUNDAY

Mobile Loaves & Fishes (MLF)
Third Sunday

4:00 p.m. and 5:00 p.m.

SAN MLF Kitchen



MLF serves daily, but this day is for individuals and families who want to try face-to-face service working

with experienced volunteers. Join the Make-Ready Team from 4:00-5:00 p.m. (preparing food and loading truck) and/or the Truck Team from 5:00-6:30 p.m. (delivering food around Austin). Sign up at fumcaustin.org/mlf.

SEPTEMBER 25, TUESDAY

Feed My People

Fourth Tuesday Breakfast

4:45-7:00 a.m.

FLC Great Hall

Come help serve breakfast to 300 of our homeless neighbors. Preparing, cooking, and setting up begins at 4:45 a.m.; serving begins by 6:00 a.m.; and clean-up is finished by 7:00 a.m.