



THE NEW SUNDAY EXPERIENCE

Sterling UMC

9 a.m. **Traditional Worship Service**
Sterling Kids' Worship Service

10 a.m. **Growing Deeper at Ten**
- Learning, Fellowship, & Discipleship Hour

11 a.m. **Contemporary Worship Service**
Amigos Servicio en Español

For more information, visit www.sterlingumc.org.



What Is the New Sunday Experience?

This summer, our congregation voted to accept a set of recommendations to help our church grow and create more disciples for Christ within the community of Sterling.

One of these innovations is to “implement a one-year trial of a new worship and discipleship experience for Sterling UMC that focuses the energy and resources of the church on ... creating an environment that facilitates an engaging experience and fosters discipleship while nurturing families.”

With that in mind, we’re embarking on a new schedule, with new opportunities for worship, learning, serving, and fellowship. In addition to worship services at 9 and 11 am, we’ll have opportunities to join together as a full congregation and *Grow Deeper at Ten*.

Check out the many choices available. There is something here for everyone. And if you want to check out one option this week and another next week ... please do! Most options are very flexible and “drop-in” friendly!

GROWING DEEPER AT TEN FOR ADULTS

Growing Deeper in Our Understanding by “Digging Deeper”

Facilitated by Pastor Steve Vineyard (Parlor)

Growing deeper in your understanding of our Sunday worship service means ***Digging Deeper***. Facilitated by Pastor Steve, this hour will offer time to search further into the points of that day’s sermon and will explore the components of our worship time, including the Lord’s Prayer, Apostle’s Creed, Baptism, Communion, Prayer, Grace, and other elements of our United Methodist beliefs. Connect with our Pastor, ask questions and seek answers about message, meaning, and understanding of our worship and spiritual disciplines.

Growing Deeper in Our Connection with Each Other with “Coffee & Conversation”

Facilitated by Stephanie Perhach and Beth Meserve (Gallihugh Hall)

To grow deeper in your connections with others, check out ***Coffee & Conversation***. Do you just want to show up, drink coffee, and hang out with other members and visitors to our church? This one’s for you! Enjoy a relaxed fellowship setting; meet and greet newcomers, share some memories, build relationships young and old. And while you’re there, enjoy a hot cup of coffee or tea and a light snack.

Growing Deeper in “Prayer”

Facilitated by Debbie Myers (Sanctuary)

Deepen your connection to Christ through the spiritual discipline of Prayer. Help those who would enter our church feel God’s presence by fostering a strong presence of prayer in our SUMC family life. Find out what prayer is, develop a deeper understanding of your conversations with Christ, pray over prayer requests and reach out to those in need of prayer, and pray over our church families by name. Exercise your prayer life by prayer walking—inside our church, around the church grounds, and even out into our surrounding neighborhoods, as together we seek God’s discernment on how SUMC might be a better neighbor and love Sterling more effectively and fruitfully.

Growing Deeper in “Serving Christ”

Facilitators will vary weekly (Location TBD)

Do you want to grow deeper in **Serving Christ**? Grow deeper in your service to our community and those in need? Here is a chance to support local missions in our own Sterling community through programs such as:

- Packing for Backpack Buddies
- Supporting our community ministries through prayer, devotions, and hands working together.
- Participating in community service projects
- Sharing stories of missions and serving Christ and making a difference.
- Making and delivering messages of joy, well-being, prayers, birthday wishes, etc., through cards or other connections for those who may need them within our church and our community at large.

We will also learn more about the needs of our community and our youth through discussions with community leaders .

Growing Deeper in Our “Family Life”

Facilitated by Janet and Steve Skinner (Location TBD)

Grow deeper in your **Family Life** through this session based on the parenting book *ABCs of Parenting*, written by our own Janet Skinner. Discover how to enrich Christian parenting in our homes, our church and our community, and how we can connect and support one another in our efforts. There is no perfect recipe for parenting, but it is truly beneficial to meet with others who understand the challenges and joys it brings. It is our hope that lasting friendships would be made as parents and grandparents join together to read Scripture, pray with and for one another, and share personal experiences.

Growing Deeper In Our “Discipleship”

Connect with one another and build relationships through one of these small group studies:



Young Adult Group Bible Study for 20 and 30 somethings will focus on the book *Seeing Gray in a World of Black and White* by Adam Hamilton.

Facilitated by Abby Hernley and Chelsea Taylor in Room Jacobus-1. Book required.



Adult Bible Study class studying *Crazy Love* by Francis Chan. Fall in love with God.

Facilitated by Gwen Hess and Margie Lazo. Room 105 or 106. Book required.



Spirit Seekers studying *The Early Church: Becoming a Light in the Darkness* by Ray Vander Laan. *Facilitated by Al Eddy. Room 107. Book required.*



“B & B” Bocadillos Y Bendiciones (Little Bites and Blessings) focusing on the spiritual disciplines and how we understand them, how we can practice them as an individual and as a group, and how to include them in our daily routines to bring transformation to our lives. *Facilitated by Marcela Jarman. Room 01.*

GROWING DEEPER AT TEN FOR CHILDREN

-  **Nursery** – Ages 0-24 months – Children begin their spiritual journey and learn how God loves them through the use of stories, music, and picture cards. Nursery is provided during worship and Growing Deeper hour. Nursery room 101
 -  **Two's and Three's** – Children continue to Grow Deeper in their spiritual growth through Bible stories, games, and arts and crafts. Room 100
 -  **Preschool and Kindergarten** – Children discover what it means to be a disciple of Christ through the use of Bible stories, arts and crafts, active games, and animated video. Room 203
 -  **Sterling Kids** – 1st to 4th Grade – Children learn Bible stories using a rotation model. Each rotation is four weeks, with students rotating to a different workshop each week. Discovering the same Bible story for multiple weeks improves Bible literacy. Examples of workshops include cooking, art, games, movies, and new for this year, LEGO! The possibilities are endless!
 -  **Pre-teen** – 5th and 6th Grade – Preteens Grow Deeper into God's Word as they study the Old and New Testaments preparing for Confirmation. *Facilitated by Faith Miller*
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GROWING DEEPER AT TEN FOR YOUTH – STERLING STUDENT MINISTRIES

-  **Confirmation** – 7th Grade – The Confirmation process is a period of intensive study about the Christian faith in preparation for full membership in the church. Each confirmand will be assigned an adult sponsor (or mentor), whose responsibility it will be to pray for, encourage, and guide his or her confirmand through the process.
 -  **Youth** – 8th Grade & High School Youth connecting with one another and building relationships through Bible study, discussion, and conversation. *Facilitated by Andy Vest*
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GROWING DEEPER WITH QUARTERLY CONNECTIONS WITH ONE ANOTHER

-  **Meet the Pastor** – Spend time with the Pastors making a welcoming connection with the SUMC Pastors in a relaxed fellowship style. For new members and old who want to know more about participating in church ministries and worship. *Facilitated by Connie Johnson in the Pastor's Office*
-  **Connect** --Taking time with our newest guests and members to build relationships and deeper connections through sharing.