

## Weekday Groups for Women

### ***The Road Back to You: An Enneagram Journey to Self-Discovery***

• What: *The Road Back to You* book and study guide feature:

- An overview of the Enneagram with new material about triads
- SNAP: a helpful tool for growth
- Reflections from individuals of each type about what it's like to be their number

This study will help you to grow in knowledge of yourself, compassion for others, and love for God.

• When: Wednesdays, April 10 - May 8 ~ 7:00-8:30pm

• Where: LHUMC Bride's Room / Led by Lindsey Parker & Gretel Roberts

• Cost: \$19

### ***Untangle Your Emotions***

• What: Does the Bible really tell us that our emotions are untrustworthy? God made us to feel our emotions, to examine and share them—not manage or suppress them. We can learn what it means to live emotionally-healthy lives from studying Jesus' life and how He cared for and responded to the people around Him.

This six-session study will equip you to:

- Be encouraged through the examples of emotion in Scripture by God the Father, Jesus, and the Holy Spirit.
- Identify the unhealthy ways you might be coping with emotions.
- Learn a biblical step-by-step method to help you process, name, and notice what you are feeling.
- Move from apathetic to articulate when it comes to sharing what you feel.

• When: Thursdays, April 17 - May 22 ~ 10:00-11:30am

• Where: A117 / Led by Susan Solomon

• Cost: \$20

## **Crafting for Missions**

- What: All skill levels welcome! We create gifts for hospital patients, nursing home residents and others in need. Join us anytime you can and enjoy the fellowship with one another!
- When: 1st Wednesday of the month ~ 10:00am-12:00pm
- Where: LHUMC Library / Led by Tanya Allen and Debbie Lybarger

## **United Methodist Women of Faith Lamplighters Circle**

- What: All women are invited to join the Lamplighters for a monthly social, business meeting and program.
- When: 2nd Thursday of the month ~ 2:00pm
- Where: LHUMC Fellowship Hall / Led by Maggie Langdale