

Summer **ADULT** **SMALL GROUPS**

Never get lost in a crowd at church again. This summer, engage with others who share your season of life and spiritual journey. Our groups are a place to explore faith, build meaningful friendships, and enjoy authentic community.

Chair Yoga

A group for women to grow in faith, find peace, and connect with Jesus through prayer, breathwork, and video-driven Yoga instruction.

Mondays | 2:00-3:00pm | Room 101

Jill McCray

jmmcra60@comcast.net

Prayer Shawl Ministry

A group for anyone who loves to knit or crochet or wants to learn. Create prayer shawls and squares to be prayed over and given to members of our congregation.

Tuesdays | 4:00-5:00pm | Room 204

Bobbi Sampson

bobbilyn92@gmail.com

Journey - Submitting to Be More Vile

join us for a fresh take on Methodist history and theology, and its role in our lives today.

Tuesdays July 7-Sept 8 | 10:00-11:30am

Room 101

Jeremy Ray

jray@woodlakeumc.org

Mary & Martha

A group of women gathering for a monthly luncheon and to study God's word through scripture and hands-on experiences.

Wednesdays Bi-Monthly | 11:30am

Off Site

Pattie Munnikhuisen

munnikhuisenp@aol.com

Summer Hangs

A weekly gathering for all ages. Bring your dinner, chairs, and blankets and gather for relaxed fellowship with your Woodlake family.

**Wednesdays July 8-Aug 12 | 5:30 pm
Blacktop**

Leo Biocchi and Jeremy Ray
lbiocchi@woodlakeumc.org

Summer Study

Early Methodists were rule-benders, rabble-rousers, and outcast-embracers who stood out and stood up. Join us as we explore the countercultural roots of our Methodist faith.

**Wednesdays July 8-Aug 12 | 7:00 - 8:00pm
Room 101**

Jeremy Ray
jray@woodlakeumc.org

Deeper Dig

A weekly space for men to move from isolation to real connection with their brothers in Christ. We'll grow in faith, fitness, and family.

**Wednesdays | 6:45-7:45pm
Outside/Room 201**

Dave Paltza
davidpaltza@gmail.com

WELVU2

Real women with real lives, doing life together through faith, fellowship and fun where there is ALWAYS an empty seat for someone to join.

Thursdays | 6:30-8:00pm | Room 205

Tracy Gregory
tralee6@hotmail.com

Chronic Illness Support Group

A support group to help those navigating life while living with mental illness, long Covid, residual cancer affects, or any other chronic illness.

**2nd Saturdays | 9:00-10:00am
Room 101**

Megan Keaney
megankeaney3@gmail.com

Living as Christians

A diverse group of men and women—both singles and couples—who enjoy social time, serving others, and studying God's Word.

**Sundays | 9:30-10:30am
Virtual & Room 205**

Don Vaught and Caroline Zong
don.r.vaught@gmail.com

Woodlakeumc.org/groupsandclasses

Contact

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