

THE SCRIPTURAL BASIS

Jesus modeled small group interaction with his disciples. The book of Acts describes the rapid growth of the Church, and how believers gathered in smaller groupings for fellowship, study, encouragement, and support—see especially Acts 2:42-47. Paul's letters emphasize the freedom we have in Christ and also the boundaries within which believers should exercise that freedom. Throughout the New Testament—See Ephesians 4:11-16—we are reminded that we are all to be involved in ministry. We all have been and are being prepared by God for service. Free Market Small Groups provide a simple and effective opportunity for anyone to serve using his/her skill, experience, and heart desire for God.

What is a Free Market Small Group?

A Free Market Small Group is nothing more than three or more people who regularly meet and live within agreed upon boundaries:

- Small Groups operate in sync with one another on a seasonal schedule.
- The meetings include one or more of the following: worship, prayer, Bible study, and/or testimonies.
- The group has a specific focus and duration.
- The group has an open door to new participants unless specified in advance.
- Participants are encouraged to invite people who are outside the church.

Fall Catalog of Free Market Small Groups

Rally Day
September 11th
9:30 to 10:00 am
&
12:00-12:30 pm
Fellowship Hall



**Groups are formed
around
different interests**

MOUNT ZION UNITED METHODIST CHURCH
15772 NC 50 North
Garner, NC 27529
Phone: 919-772-8415
Email: info@mountzion-umc.org
Web: mountzion-umc.org

Basic Riflery

This small group will give you an opportunity to learn and grow as a follower of Christ as you master the basics of riflery such as: safety, shooting positions, trigger squeeze, sight alignment, ballistics, sight adjustment, care and cleaning, etc. Sessions will include “classroom time” and live-fire exercises. No previous experience is necessary and all firearm, ammunition, and materials will be provided.

Special considerations: Open to adults, youth, and children (10 and under must be accompanied by an adult).

Meeting Time: Mondays 6:00 – 7:30pm

Start Date: September 19th

End Date: October 24th

Location: Mike & Lynda Williams home at:
889 Freedom Rd. Smithfield, NC

Cost: None

Led by: Leonard Rex & Tony Breci

Email: pastor.leonard@mountzion-umc.org



Creative Christians

Creative Christians is a small group of people who love to do crafts. We each bring a craft of our own to work on while in fellowship with one another. There is a wide assortment of crafts represented. We also have an uplifting devotion and prayer each month. We welcome new crafters to participate in this fun and relaxed setting.

Special Considerations: age 13 and above

Friday Evening Monthly Meetings: October 14,
November 11, & December 9th.

Meeting Time: 6:30 – 11:30pm

Location: Fellowship Hall

Cost: none-Bring your own snack

Led by: Carolyn Brown & Helen Forbes

Phone: Carolyn 639-0189 & Helen 553-6918

Email: Carolyn: usborne4you@nc.rr.com

Helen: hforbes@nc.rr.com





Divorce Care helps you recover from the pain of separation and divorce. You will become a part of a small support group who are experiencing separation and divorce. Topics include: Facing my anger, loneliness, depression, new relationships, single sexuality, forgiveness, reconciliation, growing closer to God. You'll learn how to deal with the pain of the past and look forward to rebuilding your life and future.

Special Consideration: Register so books can be ordered.

Meeting Day: Sundays, 7:00 – 8:30pm

Start Date: September 18 **End Date:** Dec 11 or 18

Location: Classroom at Mount Zion UMC

Cost: \$18 for book

Led by: Clayton Ennis **Phone:** 553-1027/cell 215-5293

Email: claytonennis@gmail.com

Hiding From Love Support Group

In studying Dr. Townsend's text on Hiding from Love we will discover:

- Differences between "Good and Bad Hiding Patterns" we may have developed.
- Why we hide the broken parts of our soul from God, who can heal us.
- How to be free to make mistakes, without the fear of exposing our failures and imperfections.
- How to embrace the joy and wholeness God intends us to have through healthy relationships.

Meeting Day: Mondays, 7:00pm

Start Date: September 19th

End Date: December 12th

Location: Sunday school classroom at Mt. Zion

Cost: \$20.00 for Book

Led by: Eugene Myers

Phone: 919-296-9342

Email: bobwhiteelectric@yahoo.com

Please register by above email by September 11th



Beginner Guitar

All ages are welcomed, however younger children need to be accompanied by an adult.

This class will introduce you to the guitar. It is for the beginning guitarist. We will discuss tuning, chords, strum patterns, etc. We will be playing some simple songs, mostly traditional gospel. We will also discuss the role of music in the Bible, in the Church and in our life.

Special Considerations: Need to have a guitar

Meeting Day: Tuesdays

Meeting Time: 7 - 8 pm

Start Date 9/20/11

End Date 11/15/11

Location: Chapel

Cost: none

Led by: Alan Eatmon

Phone: 919-868-4196

Email: Alan_e27603@yahoo.com



Mount Zion Music Club

All ages are welcomed, however younger children need to be accompanied by an adult. This class is a continuation of the Beginner Guitar class taught last fall, however there will be less instruction and more playing. Anyone who came to the class last fall, as well as anyone with a basic understanding of the guitar, is welcomed. We also welcome any singers to come.

- To have a time and place for those that want to get together and play and sing.
- To have a relaxed and fun environment to perform as individuals, as small groups or as a large group.

We will be playing a wide variety of songs including some "Praise and Worship" songs.

Special Considerations: Need to have a guitar

Meeting Day: 2nd & 4th Mondays each Month

Meeting Time: 7 - 8 pm

Start Date 9/26/11 **End Date** 12/12/11

Location: Chapel **Cost:** none

Led by: Alan Eatmon

Phone: 919-868-4196

Email: Alan_e27603@yahoo.com



Learning to Pray for Others

This group will work daily through the manual, following its outline & suggestions. Hopefully, we will have enough people so we can have different facilitators on a rotating basis. Decisions will be made a week ahead on who will lead the next week.

Meeting Time: Fridays 6:30 – 8pm

Location: Parlor

Led by: Theresa Jack

Cost: cost of workbook ?

Phone: Daytime 557-0000 ext 0

Evening 550-2087

Email: theresajack@usa.net



Support Group

This support group is for those dealing with the difficulty of having a family member involved in substance abuse or other destructive habits. The group will be informal and requires no sign-up or specific commitment. If you know someone who might benefit from this type of support group, please pass this information along.

Meeting Day: Tuesdays

Meeting Time: 7:30 pm

Location: Parlor

Cost: none

Led by: James Taylor

Phone: 639-2725

Email: jtaylor021@nc





SALT Small Group

(Senior Adults Living Triumphantly)

"You are the salt of the earth..." (Matthew 5:13)

The **SALT** small group is open to all senior adults, and meets once a month for devotion & an outing. The cost varies based on location, and participants are also responsible for purchasing lunch. Extra drivers may be needed, depending on interest.

- **Wednesday, September 28th, 10:00am - Artistic Expression & Biblical Creation.** We start at Mount Zion for a devotion on Creative Acts in the Bible, travel to the North Carolina Museum of Art in Raleigh, and eat lunch after visiting the Museum. Return time around 2:00pm.
- **Tuesday, October 18th, 10:00am – Care for Creation & NC Botanical Gardens and a Southern Season.** We start at Mount Zion with a devotion on God's relationship with creation and travel to the NC Botanical Gardens in Chapel Hill. Afterwards we will eat lunch and spend some time in A Southern Season. Return time around 4:00pm.
- **Monday, November 7th, 11:00am – Martha and Mary & The Olde English Tea Room.** We start at Mount Zion for a devotion on Martha and Mary, then travel to The Olde English Tea Room for lunch. Return time around 2:30pm.
- **Thursday, December 1st, 9:30am – The Christmas Story & Old Salem Candle Tea.** We start at Mount Zion with a devotion on the Christmas story, travel to Winston Salem for lunch, and then to Old Salem for the traditional

Moravian Candle Tea. We should return to the church around 5:00pm.



Tai-chi Exercise Class

- Gentle exercise motion, moving all muscles & joints when relaxed and not in a state of tension.
- Relaxed muscles are obtained by deep-breathing from the diaphragm.
- Tai-chi is recommended by physicians for arthritis and other painful injuries.
- It is also great for balance and stress reduction.
- We are a Christian support group for each other and invite you to enjoy us in better health.
- All exercise can be modified to each person's own needs.

Meeting Time: Tuesday & Friday 10am, Thursday 7pm

Location: Narthex

Cost: Free

Only requirement: comfortable shoes

Led by: Sharon Faucett

Phone: 772-6765

Email: sharonfaucett2@gmail.com

