

Suntree United Methodist Church

Grow Classes

Grow your faith in extraordinary ways

**A guide to Grow Ministry at
Suntree UMC**





About Grow Ministries at Suntree.....

At Suntree, our vision is to love God, love each other, and love our neighbors in extraordinary ways – and we live into this vision with our five mission essentials: Worship, Connect/Care, Grow, Serve, and Give. We believe that every person can grow in their journey of discipleship with Jesus by engaging in these five spiritual disciplines. Therefore, we have Grow Ministry!

The purpose of Grow Ministry is to help you GROW in your walk with Jesus. Each semester, we offer a wide range of classes that are designed to help you take the next step in your walk of faith. Whether you are exploring the basic teachings of the Christian faith, wrestling with deep questions, or seeking to live out your faith in everyday life, you are welcome here.

At Suntree, we understand that spiritual growth is a lifelong process. John Wesley called it “going on to perfection.” We believe that God’s grace is always at work, helping us to grow from ordinary to extraordinary in our love for God and neighbor. The information in this booklet will help you experience that gift of grace for yourself.

This booklet will give you an overview of our Grow Class offerings for Fall 2025. We hope you’ll read the description for each class, find one that sparks your interest, and sign up. Some classes may require you to purchase a book. Scan the QR code to find the book on Amazon. Alternatively, you can buy the book from any bookstore or visit the church office if you need help. We can’t wait to see how God will help you GROW in your faith this semester!

- Pastor Bailey

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Grow Classes at Suntree

A Weekly Overview

Sunday

9am

- Suntree Kids (Nursery, Preschool, and Elementary-Aged)
- Faith & Fellowship Sunday School Class

10:30am

- Suntree Kids (Nursery, Preschool, and Elementary-Aged)
- Youth Sunday School (Middle & High School)
- Sermon Reflections Sunday School Class

Monday

10am

- Lydia Circle
- Creative Christian Crafters

5:30pm - LOFT (High School)

Tuesday

9:30am - Elementary Enrichment

4:30pm - Hymnstirs

Wednesday

9am - Women's Gentle Yoga

10am

- Ladies Life Group
- GriefShare

5:30pm - Wednesday Evening Dinner

6pm - DivorceCare

6:15pm

- Wednesday Evening Studies
- EDGE (Middle School)
- Suntree Kids Wednesdays

Thursday

Thursday Morning Women's Ministry

9:30am:

- Women's Ministry Classes
- Elementary Enrichment

Saturday

7:30am - Men's Breakfast & Small Group Discussion

Seasons of Grow

A yearly Grow Class Cycle at Suntree

Year-Round Classes and Groups:

- Sunday School Classes
 - Small Groups
 - Life Groups
-

Seasonal Grow Classes

- **Wednesday Evening Grow Classes:** Fall / Winter / Spring
 - **Thursday Morning Women's Ministry Classes:** Fall / Winter / Spring
 - **Support Groups (GriefShare & DivorceCare):** Fall / Spring
 - **Youth Ministry:** Fall / Winter / Spring
 - **Suntree Kids Wednesday Evenings:** Fall / Winter / Spring
 - **Suntree Kids Elementary Enrichment:** Fall / Winter / Spring
 - **Wednesday Morning Yoga:** Fall / Winter / Spring
-

Annual / Special Events

- **Abide Women's Conference:** Spring
- **Dinner Church:** Fall or Spring

Sunday School Classes

For additional information on any class email baileys@suntreeumc.org

Faith & Fellowship

9am | Dining Room

Faith & Fellowship is an established, friendly, and warm adult Sunday School class. They meet at 9am to study lessons from Scripture led by a rotating group of teachers.

Sermon Reflection

10am | Room 108

This class is for adults of all ages and experience levels and will offer another opportunity for you to gather and experience connection as you grow deeper in your faith.

Youth

10am | The LOFT (Upstairs - Room 220)

Sunday school for all students (middle school and high school kids) is on Sunday mornings upstairs in the LOFT youth room.

Suntree Kids

9am & 10:30am | Suntree Kids (Upstairs - Room 320)

Elementary-Aged Students (K-5th) grade are invited to join us for Sunday School at 9am which includes a bible lesson and activities in a small group setting. At 10:30am we enjoy a large group Children's Church worship experience after a Children's Moment in Worship.



Support Groups & Life Groups

Support Groups

GriefShare

10am | Rooms 103/104 | Jill & Barbara

GriefShare is a Christ-centered faith-based video study to provide help and encouragement after the death of a spouse, child, family member, or friend. This discussion group was developed by Christian grief recovery experts, and features facilitated conversations and workbook study. If you have questions about GriefShare at Suntree UMC, please contact our Congregation Care office at 321-255-7378. **The next series of GriefShare group meetings will begin on August 27, 2025, 10am-12pm, room 103/104. To register, use the QR Code on page 15 or visit SuntreeUMC.org/SupportGroups.**

DivorceCare

6pm | Rooms 103/104 | Deana & Richard

DivorceCare is a safe place where caring people come alongside you as you find healing from the pain of separation or divorce. At this 13-week, video-based support group program, you'll find helpful counsel to manage the emotional turmoil and practical tools for decision-making. **DivorceCare group meetings will begin on August 27th from 6pm-7:30pm, in Room 103/104. To register, use the QR Code on page 15 or visit SuntreeUMC.org/SupportGroups.**

Life Groups

Members of our congregation gather in small groups to connect with God through Bible study, sharing, supporting each other and live life together. Each group decides on the time, frequency, and location of Life Group meetings. We believe that Life Groups help us deepen our relationship with Christ and grow in our Discipleship, too! To get connected to a life group, use the QR code on page 15 or visit SuntreeUMC.org/Groups.

Wednesday Evenings

These classes will meet every Wednesday from August 27 to October 15, unless otherwise stated. Dinner will be served from 5:30-6:15pm, and Grow Classes will meet from 6:15-7:30pm. Some classes may require you to purchase a book to read. Scan the QR code to find the book on Amazon, or order it from your local bookstore!

Class Descriptions

August 27th - October 15th

Wednesday Evening Dinner

5:30pm / Dining Room

Feeling hungry? Welcome to dinner, church! Join us for a laid-back evening of fellowship and fun with a delicious meal at the table. Every meal is made with love, and we always have a sweet treat for dessert! The cost is \$5 per person with a max of \$20 per family. After the meal, we'll break out into Suntree Kids, Suntree Youth (EDGE), and Grow Classes.

Christianity 101: The Way of Grace

6:15pm / Room 101/102 | Pastor Lisa & Pastor Bailey

Whether you're new to the Christian faith, returning with fresh questions, or simply looking to deepen your understanding, The Way of Grace provides a welcoming space to explore the foundations of what we believe and how we live it out. Over eight weeks, we'll journey through the big story of the Bible, the basics of Christian theology, the distinctives of the Wesleyan tradition, and spiritual practices that shape a life of faith. No prior knowledge is needed, and every question is a good question.

Women's Ministry: The Best Yes

6:15pm / Room 108 | Amber & Laura

Do you have a to-do-list that seems endless? Do you dread saying yes, but feel guilty saying no? Do you feel like you're drowning in regret, resentment, or just too many commitments? In The Best Yes, Lysa TerKeurst helps women discover how to make wise decisions in the midst of endless demands. This honest, practical, and grace-filled study invites you to stop the cycle of people-pleasing and learn the power of saying "no" so you can say "yes" to what truly matters. Join us as we journey together to find freedom, clarity, and confidence in making choices that reflect God's purpose for our lives. Your best yes is waiting. **Please purchase a copy of "The Best Yes" by Lysa TerKeurst and "The Best Yes Bible Study Guide" for this class.**

Men's Ministry: The Diamond Willow

6:15pm | *The Den* | Lovit White & Larry Malone

Are you ready to peel back the layers, find your true self, and be transformed into the man God created you to be? In this class, we'll explore what it means to be shaped not just by strength, but by humility, resilience, and grace. Like the diamond willow tree, whose scars become its most impressive features, we'll reflect on our own stories of struggle and growth. We'll discover the diamond within, and we'll begin to carve out a purpose-filled life for God. **Please purchase a copy of *Man Alive* by Patrick Morley for this class.**

Suntree Kids: The Gospel According to Bluey

6:15pm | *Dining Room* | Kaitlin Francavilla

While the adults are in Grow Classes, we invite all the Suntree Kids (6 weeks through fifth grade) to hang out with us in the Dining Room from 6:15pm - 7:30pm. We'll have fun games and activities, weekly Bible Lessons, and a story to help them wind down. Our theme for this semester is "The Gospel According to Bluey." It's going to be a blast! This program is led by Kaitlin Francavilla, our Director of Children's Ministry.

Suntree Middle School Ministry (EDGE)

5:30pm | *The Loft (Upstairs)* | Pastor Joel

Are you in grades 6-8? Join us for EDGE in the youth room! EDGE is our weekly youth ministry for middle schoolers. While Grow Classes are being offered from August 27 to October 15, we'll join everyone for Wednesday Night Dinner from 5:30pm - 6pm, then we'll head up to the youth room for crazy games, worship, and an engaging lesson with Pastor Joel from 6pm - 7:30pm.

Need class materials? Use the QR Codes below!

"The Best Yes" by Lysa TerKeurst



"The Best Yes Bible Study Guide"



Man Alive by Patrick Morley



Thursday Morning Women's Ministry

These classes will meet every Thursday from August 28 to October 16, unless otherwise stated. This semester, classes will be offered from 9:30-11am. Some classes may require you to purchase a book. Please buy a copy before the class begins! Scan the QR code to find the book on Amazon, or order it from your local bookstore!

Class Descriptions August 28th - October 16th

Bible Study: The Will of God

9:30am / Room 101/102 / Cathrine Larrea

We all want to do the Will of God, but how can we be sure of this in our daily lives? This class will look at the Three Wills of God and search scripture for the answers. We'll also discover the meaning of Free Will, the Sovereignty of God, and look at the will of seven women who shaped Moses' life. No book is required; just bring your Bible.

MomCo

9:30am / Room 103/104 / Jenny Murdock

MomCo was founded in 1973 when seven women invited moms to meet regularly to grow together as women, parents, and leaders with the goal of reaching women with the hope of Jesus. If you're ready to connect with other young mothers with children of any age, MomCo is the place to be! MomCo will meet every Thursday beginning August 28. See you there!

Atlas of the Heart

9:30am / Room 108 / Pastor Bailey

What if understanding your emotions could transform the way you live, love, and connect? In Atlas of the Heart, Brené Brown maps out the language of human emotion with vulnerability, wisdom, and clarity. This women's study invites us to explore the 87 emotions and experiences that shape our lives—and learn how to name them, navigate them, and grow through them. Together, we'll deepen our emotional literacy, build meaningful connections, and discover greater courage in the stories we live and share. Come join the journey toward wholehearted living. **Please purchase a copy of Atlas of the Heart by Brené Brown for this study.**

Suntree Kids Nursery (6wks – VPK)

9:30am / Room 209 / Kaitlin Francavilla

Need a break from the kids when you come to Thursday Morning Women's Ministry? We are delighted to offer FREE childcare for children aged 6 weeks old through VPK from 9:30-11am. Drop off your kids at the nursery, and our staff will take it from there! This program is led by our Director of Children's Ministry, Kaitlin Francavilla.

Elementary Enrichment (K-5)

9:30am / Room 321 / Melissa Ebner

Suntree Kids Elementary Enrichment kicks off a new semester on August 28th! Children in K-5th of all abilities are invited to join us Tuesdays and Thursdays from 9:30-11am for a Christ-centered learning experience. This fall, we'll explore marine biology, ocean life, and weather systems with hands-on science activities and begin a new book study - growing in both faith and knowledge together! Register using the QR code on page 15 or by visiting SuntreeUMC.org/Kids. Be sure to follow us on Facebook at Suntree kids Elementary Enrichment to learn more! Questions? Email: melebner8@gmail.com

**Need class materials?
Use the QR Codes below!**

Atlas of the Heart by Brene Brown



Sign up for Elementary Enrichment



Additional Grow Classes

Beyond Wednesday Night and Thursday Morning, we are happy to offer additional Grow Classes to help you grow in your faith. Check out the Fall 2025 offerings below! If you have any questions, contact Pastor Bailey at baileys@suntreeumc.org or (727) 710-2493.

Wednesday Morning Yoga

Wednesdays from 9am - 10am | Worship Center | Stacey Herrington

Women's Wednesday Morning Yoga with Scripture and Prayer is for EVERY body. Whether you prefer to use a mat or a chair, all levels of ability are welcome. Join certified yoga teacher Stacey Herrington as we move gently and mindfully for this one-hour class. We will offer two six-week sessions with a cost of just \$20 per session. Session 1 will go from September 3 to October 8, and Session 2 will go from October 15 to November 19. If you are looking to move more and to find a sense of community, consider joining us! Free childcare is available by request.

Young Adult and Family Ministries | Monthly Meetings

Our Young Adult and Family Ministries meet monthly for social gatherings and other events. Search "Young Adults at Suntree" and "Suntree Kids" on Facebook to find more details about events and gatherings.

Women's Ministry Coffee and Conversation

2nd Tuesday of Every Month | 10:30am | Jacqueline's Bakery

Are you new to Suntree? Are you eager to connect with other women? You're invited to join us for coffee and conversation at Jacqueline's Bakery (6977 N Wickham Rd) on the 2nd Tuesday of each month at 10:30am. We hope to see you there!

Women's Bible Study

Wednesdays from 10-11:30am | Room 101/102 | Joyce Yeung

Hey ladies! Join us for a deep and meaningful journey through the book of Jeremiah - a prophet called to speak hard truths with a heart full of compassion. In this study, we'll explore God's faithfulness in the midst of uncertainty, what it means to live with courage and conviction, and how Jeremiah's story still speaks into our lives today. Whether you're new to Bible Study or have years of experience, you'll be sure to enjoy this class with Joyce Yeung. Bring your Bible, your questions, and your desire to grow. This class will begin on Wednesday, August 13th.

Wednesday Evening Registration

To register for Wednesday Grow classes, remove this form and return it to the Church Office, place in the offering plate, or register online at SuntreeUMC.org/Grow.

Scholarships are available upon request.

Wednesday Grow Classes | August 27th - October 15th

___ Christianity 101: The Way of Grace

___ Women's Ministry: The Best Yes*

___ Men's Ministry: The Diamond Willow*

___ Suntree Kids: The Gospel According to Bluey

**Note: these classes have book purchase requirements.*

Wednesday Evening Dinner Reservations

Select the day(s) you are planning to attend Wednesday Evening Dinner. Dinner is \$5 per person, with a \$25 family maximum. Payments can be made in advance via check or cash, or you can pay at the door. Reservations and payments can also be made online at SuntreeUMC.org/Grow.

___ Aug. 27th | Number of People:

___ Oct. 1st | Number of People:

___ Sept. 3rd | Number of People:

___ Oct. 8th | Number of People:

___ Sept. 10th | Number of People:

___ Oct. 15th | Number of People:

___ Sept. 17th | Number of People:

___ Sept. 24th | Number of People:

Name _____

Email _____

Phone # _____ (Home / Cell)

Do you require childcare? Yes ___ No ___

Please give names and ages of children requiring care:

Thursday Morning Registration

To register for Thursday Morning Women's Ministry classes, remove this form and return it to the Church Office, place in the offering plate, or register online at SuntreeUMC.org/Grow.

Scholarships are available upon request.

Women's Ministry Thursday Morning Classes | August 28th - October 16th

___ MomCo (formerly MOPS)

___ Bible Study: The Will of God

___ The Atlas of the Heart*

___ Suntree Kids Nursery

___ Thursday Morning Enrichment (K-5)

**Note: these classes have book purchase requirements.*

Name _____

Email _____

Phone # _____ (Home / Cell)

Do you require childcare? Yes ___ No ___

Please give names and ages of children requiring care:

Sign ups / Resources

Sign up online for Wednesday Evening Studies, Thursday Morning Women's Ministry, Life Groups, Support Groups, and more using the QR codes below!

Wednesday Evening Studies & Dinner

SuntreeUMC.org/Grow



Thursday Morning Women's Ministry

SuntreeUMC.org/Women



Suntree Kids Elementary Enrichment

SuntreeUMC.org/Kids



GriefShare & DivorceCare

SuntreeUMC.org/SupportGroups



Life Groups

SuntreeUMC.org/Groups



Wednesday Morning Yoga

SuntreeUMC.org/Women



