

Fall 2026

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 six 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 six 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 2026. 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!

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 Social (Middle & High School)

Monday

10am

- Lydia Circle "Crafty Ladies"
- Creative Christian Crafters

5:30pm - LOFT (High School)

Tuesday

7:45am - Early Risers

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

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
 - Life Groups
 - Suntree Kids Ministry
-

Seasonal Grow Classes (Fall / Winter / Spring)

- Wednesday Evening Grow Classes
- Thursday Morning Women's Ministry Classes
- Support Groups (GriefShare*, DivorceCare*, & Cancer Support)
- Youth Ministry
- Suntree Kids Wednesday Evenings
- Wednesday Morning Yoga

**Fall & Spring only*

Annual / Special Events

- Abide Women's Conference: Spring (May 2027)
- 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.

Youth Social

10am | The LOFT (Upstairs - Room 220)

A fun social gathering for all students (middle school and high school kids) 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. On the first Sunday of the month, pick-up will be on the Den (Room 106).



Support Groups & Life Groups

Support Groups

GriefShare

10am | Rooms 103/104 | Deana Massey-Dunlap and Jill Whitson

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 26, 2026, 10am-12pm, room 103/104. To register, use the QR Code on page 15 or visit SuntreeUMC.org/SupportGroups.**

DivorceCare

6pm | Rooms 103/104 | Judy Oberist and Larry Jasmann

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 26th from 6pm-7:30pm, in Room 103/104. To register, use the QR Code on page 15 or visit SuntreeUMC.org/SupportGroups.**

Cancer Support: Hope Circle

11am | The Den (Room 106) | Melissa Ebner

Cancer changes life in ways few people understand. Whether you're newly diagnosed, in treatment, living with cancer, celebrating remission, caring for someone you love, or grieving a loss, you are welcome at the Hope Circle Cancer Support Group. Hope Circle Cancer Support Group is a Christ-centered community where no one faces cancer alone. We gather to encourage one another, pray together, share practical support, and find hope in God's presence, one day at a time. Cancer Support starts on **Sept. 17** and will meet **every third Thursday** at 11am in The Den (Room 106). Childcare is available upon request. **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 living 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 visit SuntreeUMC.org/Groups.

Wednesday Evenings

These classes will meet every Wednesday from August 26 to October 14, Dinner will be served from 5:30pm - 6:15pm, and Grow Classes will meet from 6:15pm - 7:30pm. Some classes may require you to purchase a book to read.

Class Descriptions

August 26th - October 14th

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 Middle School Youth (EDGE), and Grow Classes.

Now and Not Yet (Women's Ministry)

Facilitator: Laura White / Room 108

In this six-session video Bible study by Ruth Chou Simons, discover how God remains faithful through every season of life. Through the stories of Abraham, Joseph, Hannah, Israel, and Paul, you'll learn to trust God's timing, embrace the present, and find hope for the future. **Please buy a copy of Now and Not Yet Bible Study Guide for this class.**

Who Is This Man?: The Unpredictable Impact of the Inescapable Jesus (Men's Ministry)

Facilitator: Lovit White and Larry Malone / The Den / Room 106

John Ortberg helps us see how Jesus has impacted the world like no other person in history and why it makes a difference in our everyday life. Who is Jesus? He is the hinge of history. He is the hope of the oppressed. He is the inspiration of the despairing. He is the King of Kings. He is the Lord of Lords. He is the greatest teacher who ever lived. His is the greatest mind that ever thought. He sparked the greatest movement that has ever spread. He offered the greatest gift that has ever been given. He alone mastered life. He alone conquered death. He alone overcame sin. He alone grows more present with each passing year. He is the Son of God. He is the Savior of the world. That's who this man is! **Please buy a copy of Who Is this Man? for this class.**

UnClobber

Facilitators: Samson Harris and Michelle Garrett | Room 109

Join us as we explore UnClobber, a book examining the biblical passages most often used in conversation about the LGBTQ+ community. We will explore their historical context, what they meant to their first audience, and how they apply today. Together we will shine a light on the ways the six clobber passages have been interpreted to harm and isolate the LGBTQ+ community and reframe them in a loving and welcoming light. All are welcome- whether you identify as LGBTQ+, love someone who does, are questioning, or simply want to better understand what the Bible says about the LGBTQ+ community. **Please purchase a copy of UnClobber: Expanded Edition and its companion study guide for this class.**

Celebrating Diversity: African American History and Culture, a Beloved Community Class

Facilitator: John Baggett and Kathy Turner | Room 101/102

This class will explore the history of African Americans and their contributions to American Culture. It will be taught by Rev. Dr. John Baggett and Kathy Turner. The class will highlight the journey of African Americans, beginning with African Civilizations and proceeding through the Middle Passage, Slavery, the Jim Crow Era, the American Civil Rights Era, and the Challenges of Contemporary Racial Tensions. The class will challenge participants to celebrate and be enriched by the spiritual and cultural wisdom that has arisen from the black experience in America.

Sacred Seasons

Facilitator: Deana Massey-Dunlap and others (will have a guest facilitator each week based on the topic. | Dining Room

Waiting until a health crisis occurs often forces families to make difficult decisions under pressure. By working ahead of time, families can make informed decisions rather than rushed ones. Each week, you'll have a chance to learn from experts on various topics of future planning like: Care Management, Estate Planning, Senior Living Communities, Hospice / 5 Wishes, being safe at home, and much more. With this class, you'll save time, reduce stress, and avoid costly mistakes so you can live without worrying about the future.

Suntree Kids: Art Through the Bible

6:15pm / Upstairs / Kaitlin Francavilla

While the adults are in Grow Classes, we invite the Suntree Kids (6 weeks through fifth grade) to join us upstairs from 6:15-7:30pm. This semester we'll be looking at Art through the bible. Each week, the kids will learn about a new art form or art history piece, a bible story that connects to the art, and get a chance to get creative and make their own art pieces. This program is led by Kaitlin Francavilla, our Director of Children's Ministry.

Suntree Middle School Youth (EDGE)

5:30pm / Upstairs / Pastor Bailey

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 meet from January 14 to March 25, we'll join everyone for Wednesday Night Dinner from 5:30-6pm, then we'll head up to the youth room for crazy games, worship, and Bible Study with Pastor Bailey from 6pm - 7:30pm.

Need class materials? Use the QR Codes below!

"Now and Not Yet Study Guide"
by Ruth Chou Simons



"Who Is This Man?"
by John Ortberg



"UnClobber: Expanded Edition"
by Colby Martin



Thursday Morning Women's Ministry

These classes will meet every Thursday from August 27 to October 15, unless otherwise stated. This semester, classes will be offered from 9:30am - 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 27th - October 15th

Bible Study: Interesting People in the Bible

Facilitator: Catherine Larrea | Room 101/102

Clue: She drove a tent peg through her enemy's head | Answer: Who is Jael

Clue: He received a word from the Lord by a talking donkey. | Answer: Who is Balaam

Clue: When Peter raised her from the dead, many came to believe in the Good News of the Lord. | Answer: Who is Dorcas

Clue: God told this prophet to marry a prostitute. | Answer: Who is Hosea

Discover these Characters from the Bible and apply their life lessons to our own lives.

MomCo

Facilitator: Jenny Murdock | Room 103/104

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 27th. See you there!

24/6

Facilitator: Pastor Lisa / Room 108

What might change if you made room to slow down and notice God's presence in your everyday life? Join other women as we look at three meaningful spiritual practices: Sabbath, Stillness, and the Examen. Together, we'll explore these ancient rhythms through conversation, reflection, and practical application, discovering how they can bring greater peace, attentiveness, and joy to daily life. **This class requires you to purchase the book "24/6: A Prescription for a Healthier, Happier Life".**

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.

Need class materials? Use the QR Codes below!

24/6

MomCO Fees



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 2026 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 sessions with a cost of just \$20 per session. Summer Sessions start July 29th through September 2nd. Fall Sessions will be September 9th - October 14th, and October 21st - November 18th. If you are looking to move more and to find a sense of community, consider joining us!

Women's Bible Study

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

Hey ladies! Join us for deep and meaningful journey through the different books of the bible. 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.

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!

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 26th - October 14th

- ☐ Men's Ministry: Who is this Man?*
- ☐ Women's Ministry: Now and Not Yet*
- ☐ UnClobber*
- ☐ Celebrating Diversity
- ☐ Sacred Seasons
- ☐ Suntree Kids

**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 \$20 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. 26th | Number of People: ☐ Oct. 7th | Number of People:
- ☐ Sept. 2nd | Number of People: ☐ Oct. 14th | Number of People:
- ☐ Sept. 9th | Number of People:
- ☐ Sept. 16th | Number of People:
- ☐ Sept. 30th | 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 27th - October 15th

___ MomCo (formerly MOPS)

___ Bible Study: Interesting People in the Bible

___ 24/6*

___ Suntree Kids Nursery

**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, Support Groups, and more using the QR codes below!

Wednesday Evening Studies & Dinner

SuntreeUMC.org/Grow



Thursday Morning Women's Ministry

SuntreeUMC.org/Women



GriefShare, DivorceCare, & Cancer Support

SuntreeUMC.org/SupportGroups



Wednesday Morning Yoga

SuntreeUMC.org/Women



