



THE Canterburian

A *welcoming* Christian community building lives of faith and service for Jesus Christ through life-transforming worship, learning, and service.



Apostles & Popsicles

“Do not worry about anything... and the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” - Philippians 4:6-7

Rev. Drew Clayton

MINISTER OF CONTEMPORARY WORSHIP

“Hey Dahlin! You wanna popsicle?” It was about ten years ago that my college professor Bishop Morgan asked that question to his bride Martha. We were walking down a side street somewhere in Greece, and the afternoon of urban hiking proved a perfect time for a popsicle. (When isn't it a perfect time for a popsicle, really?)

The Bishop had the courage to take our ragtag, wide-eyed group of Birmingham-Southern students to Turkey, Greece, and Italy in the footsteps of the Apostle Paul. He taught about the history, geography, and archaeology connected with the letters that shape much of our New Testament. There's something about being on that sacred soil — from the ruins of Ephesus to the Coliseum of Rome — that ignites the imagination.

After we finished our popsicles, our group sat quietly at the ruins of a first century agora (an outdoor market) in Philippi. We lingered among the ancient stones and reflected with journals and scripture. My imagination went wild. I could almost smell the spices. I grinned at the thought of intense bartering between jewelry merchants and the everyday farmers of the area. A few steps away was the jail where Paul was captured for proclaiming the gospel out in the agora. I don't know about you, but rusty chains would've squashed my enthusiasm and cast a long shadow over the future. Apparently that wasn't the case for Paul. He'd go on to write, “Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of Christ, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

I don't know what kind of struggle you may be facing now that August is here. Isn't it reassuring that we have access to The One who longs to put our hearts and minds at rest? When things get tough, may we all taste a little more of the peace that surpasses all understanding. And in this Alabama heat, do yourself a favor. Don't forget to enjoy a popsicle.

Rev. Drew Clayton,
Minister of Contemporary Worship

1 Canterbury-Beeson Forum



2 Whole Life Spirituality & Kickoff Sunday



3 Family Night



1 Canterbury-Beeson Forum 2016



Canterbury-Beeson
Forum on Aging

+

**SATURDAY
AUGUST 13**

Sorry, tickets are all sold out.
Please join us next year.

*Canterbury's signature event for
caregivers, concerned family members,
and health-care professionals!*

“We're trying to change the way people think about aging,” says Anne Warren. “The key is education so we can learn how to live the days we have and make them rich and better.”

A pillar of that learning process is Canterbury's annual Beeson Forum. “The forum is about joining the journey of aging,” says Director of Senior Adult Ministries Valerie Boyd. “It's a day that is all about learning and connecting with others in the community. Dementia and Alzheimer's are big topics, but the sessions also address other broader issues that affect us all.”

Over the forum's 12-year history Canterbury has hosted dozens of unique and informative speakers, but since the beginning a constant has been forum favorite Teepa Snow, MS, OTR/L, FAOTA. “She is always our closer because she is just so informative and entertaining,” says Anne.



A registered occupational therapist for over 30 years, Teepa's strong clinical background and extensive experience working with facilities that serve those with dementia, led her to develop specific techniques used by families and professionals throughout the world. She'll address some of those techniques during her session, *Positive Approach to Care: How to Care for Persons with Dementia in Challenging Times*.

Joining Teepa on Saturday's lineup are:

Roger Landry, MD, MPH

Live Long Die Short: A Guide to Authentic Health and Successful Aging

An internationally known expert in the field of aging, Dr. Landry founded the philosophy of Masterpiece Living, an approach to aging that emphasizes the importance of addressing physical, spiritual, social, and intellectual needs to empower older adults to maximize their potential. His award-winning book on the subject is titled "Live Long Die Short."

David Geldmacher, MD, FACP

Challenges in Caring for the Person with Frontotemporal Dementia

A wonderful clinician with a specialty in memory loss, Dr. Geldmacher provides excellent scientific knowledge and insight into the world of dementia and Alzheimer's. A member of UAB's Department of Neurology, he is also a proponent of respite care and is working with our Encore team to monitor its effects.

Marianthe Grammas, MD

Take a Swim in the Fountain of Youth: Keys to Successful Aging

Dr. Grammas practices and teaches Gerontology, Geriatrics, and Palliative Care at UAB. Among her many other honors and activities, Dr. Grammas also serves as Medical Director, UAB Geriatric Medicine Clinic at UAB Highlands Hospital.

Throughout the morning, attendees can also visit with representatives from senior living facilities, home health

care companies, and organizations such as Alabama Family Trust and Alzheimer's of Central Alabama. Teepa will also be available to meet with families one-on-one, by appointment only.

Valerie and Anne recommend the day for three types of people: families and caregivers facing ongoing, immediate issues; those with partners or parents that may soon be dealing with aging issues; and health professionals seeking continuing education units.

"We want Canterbury to be a resource and a hub for people to come for education and support," says Valerie. "I see the way Encore is changing the lives of the families involved and I believe that if people would come, learn, and embrace the community we have for these issues we can make a real difference."

CANTERBURY BEESON TRUST UPDATE

When long time member Lucille Stewart Beeson died, Canterbury was granted 10.6% of the interest on her substantial estate to assist the needy elderly in Jefferson County. To do that, the Beeson Committee at Canterbury receives grant proposals from agencies, attends site visits with applying agencies, and meets quarterly to allocate funds. On June 14th the committee met and approved the following grants:

P.E.E.R.... \$45,000 for the Senior Market Basket Program, education about SNAP, and Special Senior Days at Downstairs Diner

Brown Bag Project at Canterbury... \$75,000

Regional Planning Commission of Greater Birmingham... \$15,000 to provide emergency assistance to seniors

Avondale Samaritan Place... \$18,750 for Avondale Brown Bag and Carpenter's Hands support

Woodlawn Foundation... \$30,000 for their Senior Homeowner Rehabilitation Program

Urban Ministry... \$3,663 to cover the cost of paint for senior housing

If you are interested in learning more about the Canterbury Beeson Trust Committee, please contact Kim Rogers at (205) 903-4532. Find out more about the grant application process at www.canterburyumc.org/service.

CANTERBURY'S WHOLE LIFE SPIRITUALITY TEAM



Stephen Ingram

Director of Whole Life Spirituality

Carrie Ward

Director of Children's Ministries

Rob Hubbard

Director of Student Ministries

Brian Ward

Director of College & Young Adults

Rev. Tori Hastings

Director of Adults, Radical Hospitality, and the Beginnings new member program

Valerie Boyd

Director of Senior Adult Ministries

Rev. Sheryl Thornton

Minister of Congregational Care



A new team at Canterbury brings a renewed focus to spiritual growth throughout all of life's transitions.

“**B**ecause of the Spiritual Roadmaps that came out of the NeXt Steps process, we know we're doing an excellent job of being intentional with our children and youth in terms of thinking about their spiritual growth,” says Director of Whole Life Spirituality Stephen Ingram. “But, we ask our adults to figure out their spirituality all on their own, both personally and through their Sunday School classes and small groups. We're not currently giving them the tools they need or partnering with them the way we could. So we've formed a new Whole Life Spirituality team to help us think about spirituality across all ages and stages of our lives.”

“We want to help people be on an intentional journey of growth,” says Senior Pastor Dale Cohen. “Sometimes life happens and we experience

traumatic events that force us to grow, but there is a completely different kind of growth that we can plan for if we are paying attention to the normal transitions in life. We can choose to grow rather than be forced to grow, and the more we grow by choice, the more prepared we are for when the difficult circumstances in life happen.”

As the team creates new ministries and initiatives, much focus will be on adult learning and congregational care:

Adult Learning

As the point persons for young and middle adults, Brian Ward and Tori Hastings, along with Stephen, will provide leadership resources for Sunday School classes and small groups and help all adults get connected. “We know how big life transitions can become stressful and alienating, so we want to make sure that people in this community have a place to be,” says Tori.

In the upcoming weeks, we'll also be doing a Whole Life Spirituality Pulse Survey to gauge where we are in our spiritual journeys. “Through this we hope to create a fluid adult growth pathway to help meet folks where they are on their journey, and to partner with them in their growth,” says Stephen.

Congregational Care

“Part of Whole Life Spirituality is providing the highest level of congregational care that we can,” says Dale. “Sam Williamson continues in his role as Associate Pastor to do hospital and home visits, but in an effort for him to not have too many irons in the fire, I'm calling upon Sheryl Thornton to help us manage the process of congregational care from the grass roots level. So much care takes place in Sunday School, but we need to systemize the communication so people aren't falling through the cracks, and Sheryl has the skills to do that.” ■

KickOff Sunday

After a busy summer, the new church year kicks off on August 14th with Sunday School for everyone and four unique worship services.

SUNDAY SCHOOL

Children

"Our teachers are excited to meet their new students being promoted to their age level classes," says Director of Children's Ministries Carrie Ward. Watch for a mailing with instructions about your child's new class. If they're not yet registered, please contact Ashley Collar (ashley.collar@canterburyumc.org), or visit one of the greeters on Sunday morning and they will be glad to guide you to your child's class.

NEW THIS FALL... We're upgrading our check-in/pick-up procedure! All children through 2nd grade will be required to have a check-in tag that will be available from new check-in stations throughout the children's area.

Adult

All adult classes will be in full swing! If you don't currently have a class or are looking for a change, greeters at every entrance can help point you in the right direction. We're also launching a brand-new multi-generational class called Explorers. This topically-based, discussion format class is made up of short 5-6 week studies that invite you to drop in for a single study or stay for more.

WORSHIP

New Traditions, 8:15 a.m. in The Chapel

"In a time of uncertainty in the world and the newness of beginning again after the summer, grounding ourselves in the reality of Christ's Kingdom feels both comforting and challenging," says Associate Pastor Tori Hastings. "Throughout August, we'll be exploring what it means for God's Kingdom to already be present in our lives, our church, and our world. I can't imagine a better way or setting to do so than a service where the centrality of the Sacraments reminds us of this very Kingdom each time we gather together."

Traditional Worship, 10:30 a.m. in the Sanctuary

"In August, we're going to focus on how the Kingdom of God is manifesting itself in our personal life, in the life of Canterbury, and in the world," says Senior Pastor Dale Cohen. "The Kingdom of God is constantly emerging in our midst, but we have to have our eyes focused in the right way. It's easy to look at our world and think it is falling apart, but in reality, God is in the process of redeeming the world and reshaping it into the Kingdom of God."

Contemporary Worship, 10:30 a.m. in Canterbury Center

"I'm excited for what I'll call a "new normal" in Contemporary Worship," says Associate Pastor Drew Clayton. "With the leadership of our new worship leader Noel Johnson, people will experience a fresh take on the awesome history of Contemporary Worship. Our August sermon series will revolve around "Kingdom Come". When God's kingdom priorities, established by Jesus and continued by the ongoing work of the Holy Spirit, are embodied here and now, we participate in the new reality that Jesus has ushered in. We begin to see every little aspect of life in a new light—as deeply meaningful and informative about the nature of God and of ourselves. We begin to live with the power and authority Jesus had in mind for us all along."

The WAY, 5:00 p.m. in The Chapel

"Join us as we teach through the books of the Bible, always taking time to discuss the tough issues that might come up," says Brian Ward, Pastor of The WAY. "We'll hold on to Wesleyan traditions, but we'll also be mixing in a variety of nondenominational concepts. More than anything, we want The WAY to be a safe and relaxed worship community for all kinds of broken people. Because that's who we are... a group of broken people stuck on the stubborn hope that Jesus is "The WAY" to more and better life." ■

3 Family Night



Family Night Session 1

WEDNESDAYS

AUGUST 24 - SEPTEMBER 28



Dinner begins at 5:00 pm
(*\$20 max per family*)

Activities and Classes for
all ages from 6 - 7:00 pm.

A new session of Family Night kicks off Wednesday, August 24th with Debbie Lofton's delicious dinner and a lineup of classes that is bigger and more diverse than ever before!

It's no secret that Canterbury is the place to be on Wednesdays for a midweek pick-me-up of good food and multigenerational conversation. But the real treat happens after dessert. "One of the Whole Life Spirituality team's big goals is to offer a diversity of Wednesday night groups that challenge people to go deeper into scripture, into themselves, and into their own spirituality—and to do so in a very relaxed, connectional atmosphere," says Director of Whole Life Spirituality Stephen Ingram. "There are no pretenses here. We want everyone to come as you are, enjoy a casual meal with others, and grow together."

From Bible study and spirituality to parenting and personal development, the following Session One classes and activities include something for everyone:

CHILDREN

LAMBs (3's and 4's) (C117)

Led by Amy Knight

Discover more about God through Lessons, Art, and Music for Beginners.

CAMP Wednesday (5s through 2nd graders) (C210)

Led by Clayton Walton

CAMP (Children's Activity and Missions Program) is a time to engage in a variety of activities to learn how our story fits into God's and how we can love others through outreach.

Me'Nu (3rd-5th graders) (C206)

Led by Gina Thomas

Me'Nu (a menu for me and you!) is a time to grow in faith and friendship through either Outdoors Games or Sewing, where we have an opportunity to sew t-shirt dresses for girls in need around the world.

Confirmation Students (6th graders) (M117)

Led by Zac Riddle

In this group designed especially for confirmands, we'll spend the first session diving deep into our Methodist faith and learning about Canterbury. There will also be lots of fun and games!

STUDENTS

Jr. and Sr. High (7th-12th graders)

(Youth Center and M113)

This year, our students will be divided by gender into Jr. High and Sr. High groups to talk about Scripture, life issues, and everything in-between.

ADULTS

Confirmation Parents (M229)

Led by Dale Cohen

Join Dale as he leads a confirmation class just for parents that will not only help you brush up on your own knowledge and understanding, but also give you the tools to help you be confident in helping lead your confirmand.

The WAY Small Group (M200)

Led by Brian Ward

This mixed group of young adult men and women is open to new people jumping in at any time! It's a discussion-based class with a shared leadership format.

Parenting 101 (M209)

Led by Dale Wisely

Our special guest leader is one of the foremost experts on what is going on in current youth culture, especially in regards to helping youth navigate through their Jr. and Sr. High years. Recommended for parents of 4th-12th graders.

Discover Your Type (M228)

Led by Stephen Ingram

Have you ever wondered why you are the way you are? Join us as we utilize the ancient tool of the Enneagram for a fun-filled and deeply insightful time where you will discover your type and learn how to be your best you.

Exploring Classical Spiritual Disciplines (M208)

Led by Staff and Clergy of Canterbury

Want to just drop in for a great time of learning and discussion? Then this series of one-off classes is for you! This session we'll study classical spiritual practices of the Christian church including Prayer (week 1), Daily Devotion (week 2), Silence and Solitude (week 3), Giving (week 4), and Confession (week 5).

Soul Keeping (M226)

Led by Drew Clayton and Tori Hastings

We focus a lot on the health of our bodies and minds, but how often do we think about the health of our souls? Author John Ortberg says that that is the difference between deep, satisfied spirituality and a restless, dispassionate faith.

Journeys of Paul (A123)

Led by Lisa Donnell

This yearlong Bible study group kicks off by diving deep into a study of one of Paul's most famous letters, Ephesians. This is for those who want a thorough, focused discussion of Biblical text.

Basics of Biblical Archaeology (M227)

Led by Paul McCracken

Come and discover your inner Indiana Jones with our own Paul McCracken, who has led many groups on Biblical Archaeological excavations.

Healthy Aging (M114)

Led by Valerie Boyd

Expand your life through practiced disciplines for aging successfully—physically, socially, intellectually, and spiritually—as we engage each week with a program presented by local healthcare professionals. You'll walk away with the knowledge and intent to be healthy and happy, as we all grow older.

Knit Wits (M210)

Led by Gerrie Hansford

Bells of Canterbury (M119)

Led by Sybil Watson ■

For a complete listing of new classes and small groups please visit our website at www.CanterburyUMC.org/FamilyNight.



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www.CanterburyUMC.org

DIRECTIONS

Off Highway 280, at Brookwood Mall, take Mountain Brook Parkway east to Overbrook Road and turn left.

MINISTERS

[Rev. Dale Cohen](#) [Rev. Warren Nash](#)
[Rev. Sam Williamson](#) [Rev. Drew Clayton](#)
[Rev. Sheryl Thornton](#) [Rev. Tori Hastings](#)



CANTERBURY
UNITED METHODIST CHURCH



Church Picnic

Bring family and friends to Canterbury's
"Welcome Back" Picnic

Sunday, August 28

5:00-6:30 pm

Main Parking Lot & Lower Deck

www.CanterburyUMC.org/Picnic2016

Special thanks to Will Fountain, Andrew Brown, and the Compass Class for helping make the picnic happen.