



2024 HIGHLAND PARK UNITED METHODIST CHURCH

WINTER | SPRING CLASSES

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THE BIBLE: WHAT YOU NEED TO KNOW

Join us for this in-depth exploration of the Bible. The study begins with the narrative of the Bible, reviewing the timelines, characters, and events. Next, we will look at the origins of Scripture and how the Bible came to be. We will explore the ancient manuscripts our Bible is based on and the trustworthiness of our Bible today. Finally, we will look at the inspiration, authority, and interpretation of Scripture, and how Methodists approach the Bible. Come learn your way around the Bible and develop a solid foundation for future study.

Wednesdays, January 10–April 3

Noon–1 pm, Room 120

Led by: Rev. Walt Marcum and
Richard Stanford

Cost: **Optional lunch for \$12**
(To reserve your lunch, email
stanfordr@hpumc.org)

Register by: Tuesday, January 9

THIS WEEK IN EPHESIANS

Is it possible to love one another despite our differences? How much should our faith impact how we live? How can the church navigate ethnic, socioeconomic, and cultural barriers as it grows? In his letter to the Ephesians, written while he was in prison, Paul explores how the most significant event in all of human history ought to change every aspect of our lives. Today, Paul's words are a reminder of God's endless grace for us and a challenge to become more like Jesus in the way we love and serve others.

Starting January 10, we're reading Ephesians together as a church. Want to dive deeper into the readings? Join Alex Johnston on Wednesdays at 7 pm for "This Week in Ephesians." We'll discuss the main points of the week's reading and how it can transform our lives today. Be sure to bring your questions!

Wednesdays, January 10–February 7

7 pm, Online only

Led by: Alex Johnston

Cost: No charge

ENCOUNTER: A YOUNG ADULT BIBLE STUDY

Sometimes reading the Bible can be intimidating. It's no wonder, given that we are thousands of years away from its original audience and context. How do we approach the Bible so that we can get into the headspace of the authors and begin to see the rich, complex meaning that the Scripture holds? What tools are at our disposal? Join us to learn about how we can zoom into the details and subtext beneath a passage and how to zoom out and place things within the grand arch of the Biblical storyline. There's a lifetime of discoveries to unearth!

Mondays, February 12–March 25

7–8 pm, Wesley Hall Family Area

Led by: Elizabeth Hamill

Cost: No charge

DISCIPLE FAST TRACK: NEW TESTAMENT

This foundational study of the New Testament gives attendees a thorough grounding in the stories and scriptures of faith. The study aims at transformation, changing you by exposure to God's Word. In this study, you will read sections of the New Testament, study their meaning, and learn how they apply to the foundations of faith.

Wednesdays, February 21–May 15

6–7 pm, Room 216

Led by: Dana Gibson

Cost: \$20

Register by: Thursday, February 15

“SIMPLICITY: THE FREEDOM OF LETTING GO”

In the spirit of “Just This,” Richard Rohr focuses on the freedom that comes from letting go to enjoy the “less is more” lifestyle that St. Francis articulated so beautifully. Rohr introduces us to the vision of the Franciscan way of living, where joy, not dry theology, helps us build relationships and find peace in ourselves.

Tuesdays, January 16–March 5
10–11:15 am, online only
Led by: Allen Stone
Cost: No charge, but you will need to purchase your own copy of “Simplicity” by Richard Rohr
Register by: Monday, January 15

SPIRITUAL FORMATION WORKSHOP

Humans are wired for change. All we have to do is go about our daily lives and, over time, we will become someone new. So the real question is who are you becoming? If you fast forward five, ten, or even twenty years from now, what kind of person do you think you will be?

As followers of Jesus, we’re called to become like Jesus. But, if we’re honest, we’re not there yet; there’s a gap between who we are called to be and who we actually are. In the church, the long and gradual process of closing that gap is what we call spiritual formation, or discipleship. In this two-part workshop, we’ll explore how we’re unintentionally being formed by the world around us and how we can intentionally partner with God to become the people we were created to be.

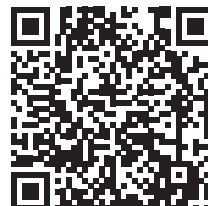
Thursday, February 22 & 29
Noon–1 pm, Room 120
Led by: Alex Johnston
Cost: No charge
Register by: Wednesday, February 21

GROWING CLOSER TO GOD THROUGH PRAYER

Prayer is a means of grace and the primary way we grow in relationship with God, with one another, and as disciples. Over the next four weeks, we will learn about the biblical and Wesleyan foundations of prayer as well as several traditional prayer practices. We will spend time experiencing God’s transforming presence through practices rooted in Scripture and based on our Christian heritage.

Thursdays, April 4–25
Noon–1:30 pm, Room 120
Led by: Rev. Camille May
Cost: No charge
Register by: Tuesday, April 2

SCAN THE QR CODE TO
REGISTER FOR A CLASS



STRONGER TOGETHER, WEAKER APART: “THE NATION MUST AWAKE”

The Tulsa race massacre of 1921 began with word that a young black man was about to be lynched for stepping on a white woman's foot. The result was a three-day riot that saw the deaths of hundreds of black citizens, and the destruction of their homes and businesses in the prosperous Greenwood district. “The Nation Must Awake” is a first-person account of the tragedy that unfolded. Author Mary E. Jones Parrish documents the magnitude of the loss of human life and property at the hands of white vigilantes. The testimonies shine a light on black residents' bravery and the horror of seeing their neighbors gunned down and their community lost to flames.

Wednesdays, January 10–24

Noon–1 pm, Room 244/245 and Online

Led by: Karla Nivens and Amy Bales

Cost: No charge, but you will need to purchase your own copy of “The Nation Must Awake” by Mary E. Jones Parrish

Register by: Tuesday, January 9

LET'S BE REAL: WHAT YOU NEED TO KNOW FOR YOURSELF OR A LOVED ONE

LUNCH AND LEARN MONDAYS

Navigating life as we age comes with new challenges. This series will look at how to stay well, safe, and healthy, both mentally and physically. Learn helpful information to guide you and new ideas to inspire you. Register for each of the sessions you wish to attend

January 22 | Personal Safety and Self-Defense | Jessa Russell, Highland Park Department of Public Safety

January 29 | Five Pillars of Wellness | Harriet Kelly Gibbe

Monday, January 22 & 29

11:45 am–1:15 pm, Room 120

Cost: \$14, includes lunch

Register by: the Thursday before each class

ENNEAGRAM: KNOW YOUR NUMBER

Join Katie Beth Ongena as she guides you through discerning your particular personality type within the wisdom of this ancient spiritual tool. In this workshop, you will learn which one of the nine personality types you are, opening you up to a new level of personal understanding and growth. The wisdom of the Enneagram helps those who know it to understand differences, practice compassion, and find new ways of being in the world. This workshop is designed for everyone: those who are new to this tool and those who have known it for years and want to learn more.

Katie Beth Ongena is a certified teacher of the Enneagram and had the honor of learning from the Enneagram Godmother, Suzanne Stabile. Katie Beth has extensive experience in teaching the Enneagram within churches, neighborhood organizations, and corporations. She strongly believes that by using Enneagram knowledge, we can show up as the best versions of ourselves in all relationships while also affording grace to those around us.

Saturday, April 27

9 am–2 pm, Great Hall

Led by: Katie Beth Ongena

Cost: \$50 per person, includes lunch

Register by: Wednesday, April 24

SANCTUARY SYMBOLS TOUR

Each week, worshipers sit in the Sanctuary and are influenced by its beauty. This is a space rich in symbolism and history. In 1972, after almost 50 years of use, HPUMC chose to remodel and update the Sanctuary. The exterior walls remained the same but the remodel gave the worship space new flexibility to meet changing worship needs. Existing elements were incorporated into the space, while new designs were added. This tour explores symbolism from the narthex to the altar and discovers meaning in the beauty of our original worship space.

Monday, February 19

11:45 am–2 pm, Fellowship Hall

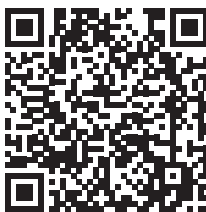
Lunch will begin at 11:45 am, the tour will begin at 12:30 pm

Led by: Dana Harkey

Cost: \$14, includes lunch

Register by: Thursday, February 15

SCAN THE QR CODE TO
REGISTER FOR A CLASS



WITH THIS RING

COUPLES, ENGAGED OR IN THEIR FIRST YEAR OF MARRIAGE, IN THEIR 20s-30s

This starter class for newlyweds and those engaged is designed for young couples who want to invest time into building strong Christian unions. Discussion and practical application of issues will be encouraged by facilitators with more than 40 years of marital experience. Communication, expectations, conflict resolution, crisis management, trust, intimacy, and finances are a few of the topics covered in the series. Various socials and mission projects add to the class experience. Couples may attend the class at any time during the eight-month series.

Sundays, September 10–May 19

10:45 am, Room 220

Led by: Luke & Paula Davis, and David & Laura Johnson

Cost: No charge

COMMIT

This interactive and informative program is especially designed to help premarital couples have the kind of committed, lifelong, thriving marriage they really want. Sessions will be practical in their orientation and focus on issues such as communication, intimacy, roles and responsibilities, resolving conflicts, dealing with families, money, and faith.

Saturday, January 27

9 am–5 pm, Room 120

Led by: Dr. Terry Parsons, Ph.D., D.Min.

Cost: \$125 per couple

Register by: Wednesday, January 24

Saturday, May 4

9 am–5 pm, Room 120

Led by: Dr. Terry Parsons, Ph.D., D.Min.

Cost: \$125 per couple

Register by: Wednesday, May 1

THE COUPLE'S HANDBOOK[©] PRACTICAL TOOLS FOR A RELATIONSHIP ROOTED IN GOD'S LOVE

God speaks to us all in many different ways. Our marriage is an opportunity to see God's love show up in our lives on a daily basis. Beth Reeder Johnson is a licensed therapist who will help the group discover how the tenets of God's love combine with practical tools to improve relationships in miraculous ways.

This workshop will teach you to communicate in a loving, yet authentic way, and help you practice listening skills that open the door to understanding. We want to help you learn how to cultivate gratitude and develop empathy, practice the repair process to come back together after negativity or misunderstanding, and learn to truly see your spouse, work beyond any conflict, and love them the way God loves them.

"Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God." — 1 John 4:7-8

Sunday, February 25 & March 3

3–5:30 pm, Bush Family Confirmation Center, Third Floor

Led by: Beth Reeder Johnson, MSW, LCSW

Cost: \$50 per couple

Register by: Thursday, February 22

**** Please note that the workshop is a skills-based class. While the instructor can answer questions, this is not therapy and cannot replace couples therapy if you are having a marital crisis.*

TUESDAY NIGHTS MEN'S BIBLE STUDY: "FORGIVENESS"

Forgiveness is the doorway to peace and joy. It's a small door and it can be hard to find. But when we hurt the people we love, it is important to know how to restore the relationship. When we suffer the pain of betrayal, injury, or rejection from someone else, we need to deal with the anger and resentment we feel. This study will help you discover, understand, and practice what the Bible says about forgiveness.

Tuesday Nights is an ongoing men's Bible study group that meets weekly. New guests are welcome anytime! Our mission is to support spiritual growth, fellowship, and community service among men, helping them to mature as disciples of Christ, primarily through Bible study. This is an inductive Bible study, designed to help you discover for yourself what Scripture is saying.

Tuesdays, January 9–February 27
6:45–8 pm, Room 244/245 and online
Cost: \$10



WOMEN'S BIBLE FELLOWSHIP: "ABIDE"

How can we hold onto assurance of our faith? How can we discern the truth from a lie? How can we know God loves us?

In three short letters, the apostle John reminds an early church facing division, deception, and doubt to hold fast to what they know and to let this knowledge guide their lives. In this study, author Jen Wilkin helps you see how these letters call to Christians in similar challenges, reminding them to abide in the truth.

Tuesdays, January 9–March 12
7–8 am, Storm Lounge, Room 210
Cost: No charge, but you will need to buy your own copy of "Abide" by Jen Wilkin
Register by: Monday, January 8

HPUMC MOMS GROUP STUDIES EPHESIANS

Gather weekly with a community of moms committed to the deep study of Scripture, with practical implications for our daily grind. Together, we'll connect authentically with God and each other. Our hope is that your cup will be filled as you continue pouring out into the people God has entrusted you to lead. This study is ideally suited for women with newborns through middle schoolers.

Mondays, January 22–March 25

9:30–11 am, Room 120

Led by: Hannah Buchanan

Cost: No charge

Register by: Friday, January 19

A NEW APPROACH TO LIVING WELL: GETTING HEALTHIER USING SIMPLE TOOLS, NOT RIGID RULES

As women, a new year is often met with renewed energy and motivation to get healthier so that we feel better. We are excited about the opportunity for a fresh start. At the same time, we are reminded that past attempts have been short-lived, and doubt creeps in. How many times have we told ourselves that “this year will be different,” yet find ourselves back in the same place?

Our goals are often defined by what we experience around us, and we forget to look at what is happening inside us. In this class, you will become aware of what holds you back from reaching your goals. Learn how getting out of your head, quieting the mental chatter, and bringing awareness to your body can change you. We want to help you use simple tools to design a unique, sustainable lifestyle so that you feel healthier, stronger, and complete.

Tuesdays, January 23–February 13

9:30–11 am, Bush Family Confirmation Center, Third Floor

Led by: Ashley Beverly

Cost: \$25

Register by: Thursday, January 18

HPUMC WOMEN'S BIBLE STUDY GROUP “REMEMBER: GOD’S COVENANTS AND THE CROSS”

It has eternally been God's nature to create...and to save. Out of God's love for creation, God is always seeking to redeem and make new. An integral part of God's acts in creating and saving involves covenants—covenants that tell us that God loves us and remembers us, and that call us to remember the God who remembers us. The bedrock of our salvation history includes covenants in the Old Testament made by God with Noah, Abraham, Moses, and David. These covenants provide a rich biblical understanding and serve as signposts to the “new covenant” and “new commandment” instituted by Jesus on the night he gave up his life for us. It is a covenant that reveals the infinite depth of God's love and desire to save and bring new life to all who are created in the image of God. This ultimate covenant's climactic revelation occurs at the cross.

Thursdays, February 15–March 28, not meeting on March 14

9:30–11 am, Room 120

Led by: Rev. Susan Robb

Cost: No charge, but you will need to purchase your own copy of “Remember: God's Covenants and the Cross” by Rev. Susan Robb

Register by: Monday, February 12

BEYOND THE BROKEN HEART

If you are grieving the death of someone you love and feel alone or overwhelmed by sadness, please join us for a “Beyond the Broken Heart” grief support group this fall, led by Julie Yarbrough, author and HPUMC church member. In a warm community of caring, together we will explore some of the practical issues of grief and discuss strategies for coping with everyday life. Through the wisdom of Scripture, the group will offer comfort and encouragement for the journey through grief and hope for life beyond grief.

Tuesdays, February 13–March 19

6–7:30 pm, Room 254

Led by: Julie Yarbrough

Cost: \$15, scholarships are available

Register by: Friday, February 9

FINANCIAL GUIDANCE WORKSHOP

Would you like to have a better understanding of your finances? This two-week class offers a plan to get you started on the path to financial health. Learn tools and practices that will help you gain control of your money. The class will teach you how to track expenses, look at your cash flow, and create a plan to get out of debt and live debt-free. *Feel free to bring your dinner to class.*

Monday, February 5 & 12

6:30–8 pm, Room #3 (Second Floor, Kids Area)

Led by: Allison Venuto and Carey Carter

Cost: No charge

Register by: Thursday, February 1

SCAN THE QR CODE TO
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LAY READERS AT ST. MATTRESS

Whether by intention or by accident, family life is spiritually formative. Life within the family is the primary experience our kids have with “church.” Home is where children learn the lessons of unconditional love and acceptance, forgiveness and reconciliation, hospitality and compassion. Join us as we consider how kids learn these most important spiritual lessons...you guessed it...at home!

Tuesdays, January 16, January 30,
February 13, February 27

11:45 am-1:15 pm, Room 244/245

Led by: Kathleen Fischer

Cost: \$85

Register by: Thursday, January 11

HOW TO RAISE AN ADULT: A READING GROUP

This unique class offers the chance to read and discuss one of the most important books on parenting, “How to Raise an Adult” by Julie Lythcott-Haims. During these five sessions, you will learn about age-appropriate responsibilities, the importance of self-sufficiency, the need for children to make their own choices, and what behaviors will help children attain maturity.

Lythcott-Haims, dean of freshmen at Stanford for ten years and mom of two teens, provides many valuable insights. Dividing the book into manageable portions with discussion on insights and implementation carries her message home.

Please purchase your own book prior to attending class. You will complete assigned readings of the book before coming to class.

Thursdays, January 18, February 1,
February 15, February 29, March 21
and April 4

11:45 am-1:15 pm, Room 216

Led by: Kathleen Fischer

Cost: \$180 and you will need to
purchase your own copy of “How to
Raise an Adult” by Julie Lythcott-Haims

Register by: Monday, January 15

FIRST-TIME MOMS GROUP

Welcome to the journey of motherhood! This season of life is such a wonderful time. Here at HPUMC, we offer the First-Time Moms Group for first-time mothers of newborns up to one year old. Come with your new baby and meet other first-time mothers in the same season of life.

Topics will be covered on a rotational basis, and you are welcome to join at any time. We will talk about your birth story, maternal care, health and wellness, redefining relationships with a baby, caring for your baby, and activity ideas. On the final evening, spouses are invited to participate and meet other fathers. You may join at any time, and the group is open to HPUMC members and non-members.

Tuesdays, February 6-27

5:30-6:30 pm, Bush Family
Confirmation Center, Third Floor

Led by: Ashley Hickey

Cost: No charge

Register by: Monday, February 5

SCAN THE QR CODE TO
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SIMPLE BUT NOT EASY: CONVERSATIONS YOU WOULD LIKE TO HAVE WITH YOUR TEEN

The most important tool we have to help our teens into adulthood is conversations; conversations that help them make sense of the world around them, teach them to clarify their values, empower them to advocate for themselves, and position you as their guide and encourager.

But what can a parent do to remain connected in a helpful way? This class series will explore conversation dynamics, topics, and tips. Learn to understand the developmental changes in teens that influence communication, how to express both anger and apologies, ways to talk thoughtfully about technology and self-management, and how to navigate difficult topics. Learn new ways to do something that is simple but NOT easy: sustain conversations with your teen.

Tuesdays, March 19, April 2, April 16,
April 30

11:45 am–1:15 pm, Room #3 (Second
Floor, Kids Area)

Led by: Kathleen Fischer

Cost: \$85

Register by: Thursday, March 14

INTENTIONAL PARENTING: 10 WAYS TO BE AN EXCEPTIONAL PARENT IN A QUICK FIX WORLD

Raising kids is a difficult challenge, and it requires a plan. Without a plan, parents often default to the quick fix. It's easier to try to solve the immediate problems than deal with the deeper and more important issues. Surviving each day is much easier than taking the time and energy to consider how your current parenting actions are impacting a child's future. Unfortunately, quick and easy isn't the same as good and effective.

Come join us and learn about ten doable actions that will impact the future of your children. You can get started implementing these ideas into your parenting and you will see immediate results in your child—no matter their age.

Wednesdays, April 3–May 1

6:15–7:30 pm, Room #3 (Second
Floor, Kids Area)

Led by: Andi Fancher

Cost: \$20 per person for the
workbook; each person will need their
own workbook

Register by: Friday, March 29

LENT “REMEMBER: GOD’S COVENANTS AND THE CROSS”

It has eternally been God's nature to create...and to save. Out of God's love for creation, God is always seeking to redeem and make new. An integral part of God's acts in creating and saving involves covenants—covenants that tell us that God loves us and remembers us, and that call us to remember the God who remembers us. The bedrock of our salvation history includes covenants in the Old Testament made by God with Noah, Abraham, Moses, and David. These covenants provide a rich biblical understanding and serve as signposts to the “new covenant” and “new commandment” instituted by Jesus on the night he gave up his life for us. It is a covenant that reveals the infinite depth of God's love and desire to save and bring new life to all who are created in the image of God. This ultimate covenant's climactic revelation occurs at the cross.

Tuesdays, February 13–March 26, not
meeting on March 12

Noon–1:30 pm, Room 120

Led by: Rev. Susan Robb

Cost: No charge, but you will need
to purchase your own copy of
“Remember: God's Covenants and the
Cross” by Rev. Susan Robb

Register by: Thursday, February 8

WINTER/SPRING 2024

JANUARY

JANUARY 9-MARCH 12

WOMEN'S BIBLE FELLOWSHIP: "ABIDE"

CAROL WOOD

JANUARY 9-FEBRUARY 27

TUESDAY NIGHTS MEN'S BIBLE STUDY:
"FORGIVENESS"

JANUARY 10-APRIL 3

THE BIBLE: WHAT YOU NEED TO KNOW

WALT MARCUM AND RICHARD
STANFORD

JANUARY 10-24

STRONGER TOGETHER, WEAKER
APART: "THE NATION MUST AWAKE"

KARLA NIVENS AND AMY BALES

JANUARY 10-FEBRUARY 7

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JANUARY 16-MARCH 5

"SIMPLICITY: THE FREEDOM
OF LETTING GO"

ALLEN STONE

JANUARY 16, JANUARY 30, FEBRUARY 13, FEBRUARY 27

LAY READERS AT ST. MATTRESS

KATHLEEN FISCHER

JANUARY 18, FEBRUARY 1, FEBRUARY 15, FEBRUARY 29, MARCH 21 AND APRIL 4

HOW TO RAISE AN ADULT:
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HPUMC MOMS GROUP
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ASHLEY BEVERLY

JANUARY 27

COMMIT

DR. TERRY PARSONS, PH.D., D.MIN.

FEBRUARY

FEBRUARY 5 & 12

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ALLISON VENUTO AND CAREY CARTER

FEBRUARY 6-27

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ASHLEY HICKEY

FEBRUARY 12-MARCH 25

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STUDY

ELIZABETH HAMILL

FEBRUARY 13-MARCH 26

REMEMBER: GOD'S COVENANT AND
THE CROSS

REV. SUSAN ROBB

FEBRUARY 13-MARCH 19

BEYOND THE BROKEN HEART

*JULIE YARBROUGH***FEBRUARY 15-MARCH 28**

HPUMC WOMEN - REMEMBER: GOD'S COVENANT AND THE CROSS

*REV. SUSAN ROBB***FEBRUARY 19**

SANCTUARY SYMBOLS TOUR

*DANA HARKEY***FEBRUARY 21-MAY 15**

DISCIPLE FAST TRACK: NEW TESTAMENT

*DANA GIBSON***FEBRUARY 22 & 29**

SPIRITUAL FORMATION WORKSHOP

*ALEX JOHNSTON***FEBRUARY 25 & MARCH 3**THE COUPLE'S HANDBOOK®
PRACTICAL TOOLS FOR A RELATIONSHIP
ROOTED IN GOD'S LOVE*BETH REEDER JOHNSON, MSW, LCSW***MARCH****MARCH 19, APRIL 2, APRIL 16, APRIL 30**

SIMPLE BUT NOT EASY

*KATHLEEN FISCHER***APRIL****APRIL 3-MAY 1**

INTENTIONAL PARENTING

*ANDI FANCHER***APRIL 4-25**

GROWING CLOSER TO GOD THROUGH PRAYER

*REV. CAMILLE MAY***APRIL 27**

ENNEAGRAM: KNOW YOUR NUMBER

*KATIE BETH ONGENA***MAY****MAY 4**

COMMIT

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UNITED METHODIST CHURCH**

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