



The Celtic Cross

March 2019

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Letter from the Co-Pastors

Dearly Beloved,

In a recent entry in the Daily Guideposts devotional book the Spiritual Formation Committee has made available to all of us, Marci Alborghetti wrote about a recent vacation stay in a house with an indoor pool. A friend and his young son, Axl, came over to visit on a cold wintry day. Axl couldn't get into the swimming pool fast enough. At one point, he paddled over and asked:

"Marci, aren't you going to swim with me?"

"You know, honey, I don't have my suit under my sweats."

He regarded me with clear blue eyes for a long moment. "But why not? You knew I'd be here!"

"That night," Alborghetti writes, "I thought about how my caution and pragmatism constrain me from other wonderful opportunities. How often do I say to God, *No, I'm not prepared today?*...How often do I make excuses when God invites me, 'Come in, the water of life I give is warm, and after all, you knew I'd be here.'?"

Whether its caution or pragmatism, or some other reason such as our busy, distracted lives, or our inertia, how often do we turn down God's invitations? What is something that we know we want to do and/or should do—but don't do?

Lent, the forty-day season leading up to Easter has often been treated as a time "to give something up," in anticipation of the ultimate sacrifice that Christ will make on our behalf on the cross. As a result, people have chosen to give up chocolate or dessert or meat, or more creatively, complaining. Those "sacrifices" can all be good things to give up. But perhaps the better question to ask is: "What is God inviting me to do?" Is God inviting me to reach out to someone whom I haven't seen or talked to in a long while, or to forgive someone who hurt me in the past? Is God inviting us to spend time with God in prayer, or to participate more regularly in worship, or to grow in our faith by coming out on Wednesdays in Lent? Are we being called to volunteer our time in some new capacity, or are we being called to do less, by trying, if only for the six weeks of Lent, to keep a Sabbath of rest, worship, and play?

What God is inviting us to do, or not do, may vary. But all have this in common: whatever invitation God makes to us is an invitation that will lead to joy, true joy, and peace, true peace, and purpose and meaning. And this is true as well: sometimes we simply need to leave the side of the pool and jump in with all that we are and all that we have to experience the good life that Christ came to bring. The water is waiting—and so is God.

Good Lent, *Carter and Kerry*

Worship Matters

- March 3:** Service for the Lord's Day, 10:30 a.m.
Celebration of the Lord's Supper
- March 10:** Service for the Lord's Day, 10:30 a.m.
Cherub Choir sings
Sermon series, "Living by the Word: Test"
- March 17:** Service for the Lord's Day, 10:30 a.m.
Celtic Choir sings
Sermon series, "Living by the Word: Lament"
- March 24:** Service for the Lord's Day, 10:30 a.m.
Sermon series, "Living by the Word: Judge"
- March 31:** Service for the Lord's Day, 10:30 a.m.
Sermon Series, "Living by the Word: Return"
-

Easter Help Needed

On Easter Sunday, April 21, many volunteers are in place to prepare an Easter Breakfast, lead the music for the Sunrise service at 6:30, and the worship services in the sanctuary at 8:30 and 10:30, and guide the Easter Egg hunt and special Easter reception following the 10:30 worship. But we need a few more helpers. **Can you help provide childcare at the 10:30 service?** (you can still attend the 8:30 service with all of the special music!). **Can you help clean up the reception at the end of the Easter Egg hunt and Fellowship Time?** **Can you tend the church during the Maundy Thursday vigil?** The more hands, the lighter the work. If you can help, or need to know more, please contact the church office. Thank you!

Bridge Builders

We've all heard jokes about the opposite sex, an ethnic or racial group or others with differences. There's no reason to take them seriously, right? They're just jokes. Or, are they? A large and growing body of psychology research suggests that disparagement humor can foster discrimination against targeted groups. To read a short article about the research, go to: <http://theconversation.com/psychology-behind-the-unfunny-consequences-of-jokes-that-denigrate-63855>. You can also get a print copy from Kerry or Carter. A contemporary author observed, "There is a thin line that separates laughter and pain, comedy and tragedy, humor and hurt."

Library News

Last year the Mission Committee bought 15 children's books to promote diversity and cross-cultural understanding. These books center around Asian and Muslim families as well as kids of color just being kids. There is a display of all the books on the table in the library for all to see. Some titles include The Snowy Day by Ezra Jack Keats, A Different Pond by Bao Phi, Lailah's Lunchbox by Reem Faruqi, Ruth and the Green Book by Calvin Alexander Ramsey & Gwen Strauss, and many more. Books celebrating Black History Month are also on display. Come and check them out!

Growing deeper in Christ, Reaching farther in love...in Lent



Ash Wednesday Service, Wednesday, March 6

7:15 p.m. (music begins at 7:00) in the Community Room
A quiet service of prayer and penitence.

Lenten Service for Wholeness, Wednesday, April 3

7:00 p.m. in the Sanctuary
Service of prayer for the healing of the world

Lenten evenings

- 6:00 p.m. Evening prayer, Community Room
- 6:20 p.m. A Place at the Table, Fellowship Hall
Adults \$5/children \$2/family \$12
Menus and sign-ups posted on the bulletin board or email office. Please sign up in advance so we can prepare the right amount of food.
- 7:00 p.m. Growing Deeper in Christ, Reaching Farther in Love (see below for descriptions)
- 8:00 p.m. Committee, Deacon, and Session meetings on the regularly scheduled weeks.

Gardening and Spiritual Growth: What the Scriptures Teach Us (Linda Hale)

Open to experienced gardeners and beginners alike! We will discuss some scriptural passages in which gardening metaphors are used to illustrate deeper concepts. Along the way, we will share practical information about gardening, especially in light of the spring planting season.

Seeds of Contemplation (Amy Shutt)

Spend some time in quiet contemplation in the sanctuary. Prayer exercise provided each week. Amy Shutt will lead two sessions: March 20, Encountering Grief: a guided meditation; and April 10, An Evening Labyrinth Walk.

Won't You Be My Neighbor? (Carter and Kerry)

Get to know some neighbors and hear their stories:
March 13—Neighbors from Bethel Community Church
March 20—Yassine Benzinane: native of Morocco, modern language teacher at the Hill School.
March 27—Dr. Jennifer Koosed: Jewish scholar, Albright University
April 10—A Jewish scholar looks at the scriptures of Holy Week

Miracles of Jesus (Jeff Pinard)

Come do your homework in the homework room, and then join Jeff and your friends for skits and other activities.

Childcare for Preschool children provided by the Girl Scouts/leaders

Spiritual Formation Opportunities

Bible Studies and Book Studies

- **Men's Sunday Mornings, Sundays, 9:15 a.m. in the Pastors' Conference Room**
Topic: Second Corinthians Teachers: Gary James, Tim Peckham, and Joe Costanzo
- **Sisters of the Way Bible Study:** 9:15-10:45 a.m. every Thursday. Leader: Kerry.
Childcare provided
- **Praying the Scriptures Circle:** Tuesday, March 5 and 19, 7:30-8:30 p.m. Leader: Kerry
- **Next Week's Sermon:** Tuesday, March 12 (March 26 session cancelled) at 7:30 p.m.
Leader: Carter
- **Theology Reading Group:** We are planning to continue discussion of Jurgen Moltmann's In the End, the Beginning: The Life of Hope. We are meeting next at Carter's house after Easter (Mon. May 6). Questions or need directions? As always, contact Carter.

Forum Class, Sunday Mornings at 9:15 a.m. in the Community Room

March 3 and 10: Medical Ethics Issues—Dr. Donna Yarri

March 3: The Transplant Trade (documentary)

March 10: Euthanasia

Dr. Donna Yarri is a Professor of Theology at Alvernia University, where she has taught for 19 years. She regularly teaches courses in theology, sociology, and ethics, particularly medical ethics and global issues on the undergraduate level, and social ethics and moral leadership on the graduate level. Her research interests include medical ethics, religion and science, social justice issues, and religion and popular culture. She received her Ph.D. in religious studies, with an emphasis in Christian Ethics, from Southern Methodist University in Dallas, TX; her Masters in Divinity from Alliance Theology Seminary in Nyack, New York; and her undergraduate degree from Queens College in New York City. Her dissertation, *The Ethics of Animal Experimentation*, was published by Oxford University Press (2005) in the American Academy of Religion dissertation series. She published a book with a biology co-author entitled *God, Science, and Designer Genes* (ABC-CLIO, 2009), and co-edited a volume entitled *Kakfa's Creatures* (Lexington Books, a division of Rowan & Littlefield, 2010). She is currently writing a book entitled *God, Darwin, and the Origins of Life* (Mercer University Press).

March 17, 24, and 31: Neighbors and Mission Partners

Learn more about some exciting developments from our neighbors and mission partners as we seek, through our time, prayers, and mission giving, "to reach farther in love."

March 17: Elaine Page Schaefer, Executive Director, Schuylkill River Greenways

March 24: Nancy March and Fred Remelius, Pottstown Works

March 31: Barbara Wilhelmy, Executive Director, Cluster Outreach Center

Music and Recreation

Calling all children grades 2-5!

Join us Wednesday evenings from 4:30-5:45pm for games and music! We are preparing for Easter, we have several great songs we are working on.

SEEKERS

Eighth Graders and Up: Workcamp Registrations are Due!

Junior Seekers, Grades 6-8

March 10th Operation Backpack Food Drive, after church - 3pm:

This popular event returns! Pack a lunch to eat at church, then we will head to Redner's to collect food for Operation Backpack. **Pickup @ Redners**

March 22-23 Lock-In and Pottsgrove Musical, 6:20pm-8am. Note the start time change!

Get ready for a night of games, worship, and fun. First, we will head over to Pottsgrove High School to watch some of our friends perform in "Chitty Chitty Bang Bang". After the play, we will come back to the church to paint our hands on the wall and play some games, we might even get some sleep. Breakfast will be served. You definitely don't want to miss this event.

Advisors: Mike Lipsky, Sarah Pinard, Blake McClimon, Mickey McClimon

Senior Seekers—Grades 9-12

March 3 Family-Style Dinner, 6-7:30pm

Join your fellow Seekers for dinner and fellowship time. We will have a delicious dinner and catch up with our friends.

Saturday, March 16 Sky Zone, 6:30-9pm

Hope there is some spring in your legs. High flying adventures at Sky Zone. **Drop off at church, pickup at Sky Zone in Oaks. \$5 per person**

Advisors: Gwen and Tim Allen, Kim and Phil Wheelles

For all Seekers and their Parents!

Sunday, March 31, 5:30-8pm

"Talking Through Anxiety: A Guided Discussion for Youth and Parents"

Please join us for an informative talk by Dr. Kevin Titze. We will discuss the factors that lead to adolescent anxiety and strategies to deal with it. Whether this is a pressing issue for your family or if you just want to learn more, it will be an informative night.

Dinner will be served. Please sign up on the bulletin board.

Fellowship

PRIME TIMERS (and the congregation): Pot Luck Dinner and Hymn Sing, March 10 at 5 p.m./6:15 p.m.

Please bring a salad, main dish, or dessert to share (sign up on the church bulletin board). Following dinner at 5 p.m. in Fellowship Hall, all are invited for a hymn sing at 6:15 p.m. **Snow date (heaven forbid!) is March 17.**

Wed. 10 April Lunch (11:30AM) at Train Stop (Schwenksville)

Guided Tour (1:15PM) of Pennypacker Mills Historic Site. Sign up and preorder your lunch on Church Bulletin Bd. We will meet at the church and leave from there at 11:00 AM

MEN'S BREAKFAST—not meeting this month because of the Men's Retreat, March 1-2. Next meeting will be Saturday, April 6 (Note: not the usual second Saturday because of mission trip to North Carolina)

FAITHFUL FRIENDS (Young Adults in 20s and 30s): Sunday, March 3 Lunch

Join Carter, Kerry, and Jeff for lunch at Sly Fox following worship.

FAITHFUL FRIENDS WITH CHILDREN

Stay tuned for the next gathering.

PRAYER SHAWL—Not meeting in March.

MARRIAGE COURSE—Sunday, March 24, 5:30

We will gather again for dinner, video and discussion among couples—Part 5. Please note the time. Any questions, contact Carter or Kerry.

CHRISTIAN ENTREPRENEUR GROUP—Tuesday, March 12 at 6:30

For entrepreneurs, business owners, former business owners, future business owners, those interested in business ownership, sole proprietors, and professionals. Questions? Contact Mike Ferri (610-246-8426) or John Macdonald (610-823-8852).

Counters Corner

Thank you to our counters for March:

Keith Harrison (Head), Karen Stacks, Bill Wilson, John McNey

Church Family News

Please keep in your prayers the following members who have been ill, injured, or hospitalized lately: Dick Clark, Ruth Clark, Rob Wade, Dan Stetler, Bob McDevitt, Shaaron Guinther, Audrey Buckley, and Barb Hollenbach

We send our condolences to Gail Rhoades on the passing of Barnarr, and Amy Shutt and family on the passing of her father.

Live Courageously: Reaching Farther in Love

Adult Mission Trip to New Bern, NC, April 7-13

We are sending a crew to New Bern, North Carolina to work with local churches and Presbyterian Disaster Assistance to help the New Bern area rebuild from the flooding and damage caused by Hurricane Florence last Fall. Tom Zeigler is once again our captain and Patty Picardi our chef. We will leave on Sunday, April 7 and return on Saturday, April 13. Most of the crew will be driving down, although flying is also possible for those who want to make their own arrangements. All expenses will be covered by the gift from the Zeigler Family Foundation and Mission Committee, except any who fly will pay one-half of their fare (scholarships available).

If you are interested or have any questions, please contact Tom Zeigler immediately so he can put you on the email list and give you further details. (tom@tomzengineering.com).

Lenten Mission Collection—Women’s Center and Salvation Army



The Women’s Center of Montgomery County is a volunteer community organization with a primary focus on freedom from domestic violence and other forms of abuse. The Salvation Army of Pottstown provides a range of services including shelter for the homeless. **Throughout the Lenten season, we will be accepting donations of supplies** to support these important missions. Our collection will end on Easter Sunday. Please bring your items to the Mission Basket in the lobby.

Requested items include:

Salvation Army: Twin sheets, pillow cases, twin blankets, towels, wash clothes and bath mats. Women’s Center: Body wash, shampoo, conditioner, toilet paper, toothpaste, and gift cards to Wawa, Giant, Dollar Store, or Walmart.

New Mission Partner: The Darbonne Maternal and Child Health Clinic

The Darbonne Maternal and Child Health (MCH) Clinic is a new mission partner for FPC. It is a comprehensive, holistic center for maternal health located in the Léogâne district in Southwestern Haiti. Haiti is one of the poorest countries in the world and the most dangerous place for a woman to give birth in the western hemisphere. The maternal mortality ratio in Haiti is 380 deaths per 100,000 live births as compared to 68:100,000, the average of other Caribbean countries. The clinic’s goals include:

- Reduce maternal and infant mortality through health education and deliveries attended by medical professionals at a safe inpatient clinic.
- Reduce child mortality rates through well baby clinics and primary healthcare visits for infants and children under 5 years.
- Increase both availability of services and demand for services by systematically reducing barriers that keep women from accessing and seeking care.
- Improve the training of traditional birth attendants, increasing their ability to identify and refer at-risk women for inpatient deliveries.

Session Digest

At its February meeting, the Session:

- Welcomed Karen Stacks to serve as Clerk pro tem.
- Reviewed and received the minutes of the annual congregational meeting.
- Reviewed and approved the annual statistical report included as part of the 2018 annual report.
- Received and approved the January financial report. Approved payment of all money owed to Mission and Capital Improvement at the end of January.
- Discussed plans for the Lenten supper served by the Session.
- Received the report of the annual review of the Child Safety Policy and Procedures conducted by the Spiritual Formation Committee and Jeff. Approved the suggested changes to the policy.
- Approved Kerry taking study leave February 26-March 1.
- Approved moving the April Session meeting to the fourth week because of Holy Week.
- Approved the Admin. Committee recommendations to spend up to \$2500 from Capital Improvement for contract overage for the outdoor lighting project (largely because of unexpected excavation issues). Approved \$3042 from Capital Improvement to replace all non-working emergency lighting units with LED units where cost effective, and repair exit signs.
- Received a progress report on the webpage rebuild.
- Please keep the following in your prayers:

Hospitality: for Invite a Friend Sunday.

Worship: for our music staff and volunteers in the upcoming Lent and Easter seasons.

Spiritual Formation: for the search for a childcare worker and for continued implementation of the Child Safety policy.

Mission: for guidance for the annual mission budget process and for our upcoming adult mission trip to North Carolina.

Admin.: guidance as they seek to carry out projects to be good stewards of our facilities.

Endowment: continued guidance to manage our endowment to support ministry.

Personnel: for our staff during Lent.

Webpage Taskforce: thanksgiving for the good start and prayers for guidance going forward.

Financial Report

Budgeted income for the year:	\$600,126	Deficit to date (after all mission and capital improvement allocations pd):
Budgeted income through Jan 31:	50,011	
Actual income through Jan 31:	49,240	(\$1461)
This time last year:	54,246	

Budgeted expenses for the year:	605,716
Budgeted expenses through Jan 31:	50,476
Actual expenses through Jan 31:	39,901
This time last year:	36,585

Circles of Care

Are you walking with someone you love through dementia or mental illness? If you would like companions in faith as your sojourn through difficult terrain, talk to Kerry and find out about both the Dementia and Mental Illness companionship circles. Each circle gathers bi-monthly.

Music Notes

Lent is a season of reflection, prayer, and repentance. We pray the music chosen lends your ear to hear God and seek to recognize and respond to His presence in your life and in our world.

Music selections being offered during the month of March.

Sunday, March 3rd (Transfiguration of the Lord)

Prelude: "Immortal, Invisible, God Only Wise" - Sherman (Chancel Handbells and Piano)
 Offertory: "Alleluia" - Thompson (Chancel Choir)
 Communion: "One Bread, One Body" and "Fairest Lord Jesus," arr. Raney (Piano)
 Postlude: "Bouree" - arr. Lully (Organ)

Wednesday, March 6th (Ash Wednesday) - Service at 7:15 PM

Sunday, March 10th (1st Sunday in Lent)

Prelude: "Slow Movement from the Third Sonata" - J.S. Bach (Piano)
 Anthem: "I Will Give My Heart to the Lord" - (Cherubs)
 Offertory: "Agnus Dei" - Hayes (Chancel Choir)
 Postlude: "Cortege" -Young (Organ)

Sunday, March 17th (2nd Sunday in Lent)

We welcome Julie Kovach to the organ/piano bench.

Prelude: TBA (Piano)
 Anthem: "All Part of the Plan" - Sleeth (Celtic Singers)
 Offertory: "Fairest Lord Jesus" - Rouse (Chancel Choir and Janet Marquardt, Violin)
 Postlude: TBA

Sunday, March 24th (3rd Sunday in Lent)

Prelude: "Amazing Grace" - arr. McDonald (Piano)
 Anthem: "God's Mercy" - Shackley (Chancel Choir)
 Offertory: "River in Judea" - Leavitt (Chancel Choir)
 Postlude: "Praise to the Lord, the Almighty" - arr. Shaw (Organ)

Sunday, March 31st (4th Sunday in Lent)

Prelude: "A Lenten Prelude for Flute and Organ" - arr. McDonald (Piano and Sarah Pinard, Flute)
 Anthem: "What Wondrous Love" - arr. McDonald (Chancel Choir)
 Offertory: "Shall We Gather at the River" - arr. Carter
 Postlude: "Give Thanks Unto God" - arr. Ashford (Organ)
 —Making a Joyful Noise unto the Lord ~ Cindy, Deb and Jo Ann.

Lectionary Readings

March 4 –10 : Deut. 26:1-11; Psalm 91:1-2, 9-16; Romans 10:8b-13; Luke 4:1-13

March 11-17: Genesis 15:1-12, 17-18; Psalm 72; Phil. 3:17-4:1; Luke 13:31-35

March 18-24: Isaiah 55:1-9; Psalm 63:1-8; I Corinthians 10:1-13; Luke 13:1-9

March 25-31: Joshua 5:9-12; Psalm 32; II Corinthians 5:16-21; Luke 15:1-3, 11b-32

Health Ministry News

Whether you watch the news, read magazines, or engage in social media, you have undoubtedly noticed the discussions surrounding the **rising rates of anxiety and depression** among adults and children. Anxiety disorders can interfere with daily activities such as job performance, schoolwork, and relationships and can have a profound effect on families and society. Data cited from the CDC and the ADAA (Anxiety and Depression Association of America) states:

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.
- Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.
- 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
- 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.

Most health care professionals agree these disorders are highly under-reported and therefore these numbers are most likely higher. Hopefully through education and awareness we can end the stigma surrounding these and other mental illnesses.

If you are a parent or youth who is interested in learning more about Anxiety, join us on **March 31st for a Family Night with Dr Kevin Titze**, who will speak on **“Talking Through Anxiety: A Guided Discussion for Youth and Parents”**. Stay tuned for more details on the topic, time and snacks!

—Blessings in body, mind, and spirit, Dawn.

Family Faith Formation

Anxiety and stress are very real parts of our modern lives. We “go, go, go” all day, our to-do lists are long and a lot of parents I talk to are very busy between work, children’s activities, and other time commitments. Even on vacation, it is easy to get sucked into an itinerary and get caught up in checking things off a list.

It is important for families to take some time to slow down. Try this activity with your family.



1. Find something pretty to look at. (Sunset, flowers, snow, clouds, etc.)
2. Tell your family to look for the details, use all your senses. Prompt with questions like What are you hearing? What are you smelling? What colors do you see?
3. After 5-10 minutes, head inside and share what you have observed. Try to recreate the scene by describing it. Ask questions like What was the most beautiful part?
4. You can continue this activity by drawing or painting the scene from memory.

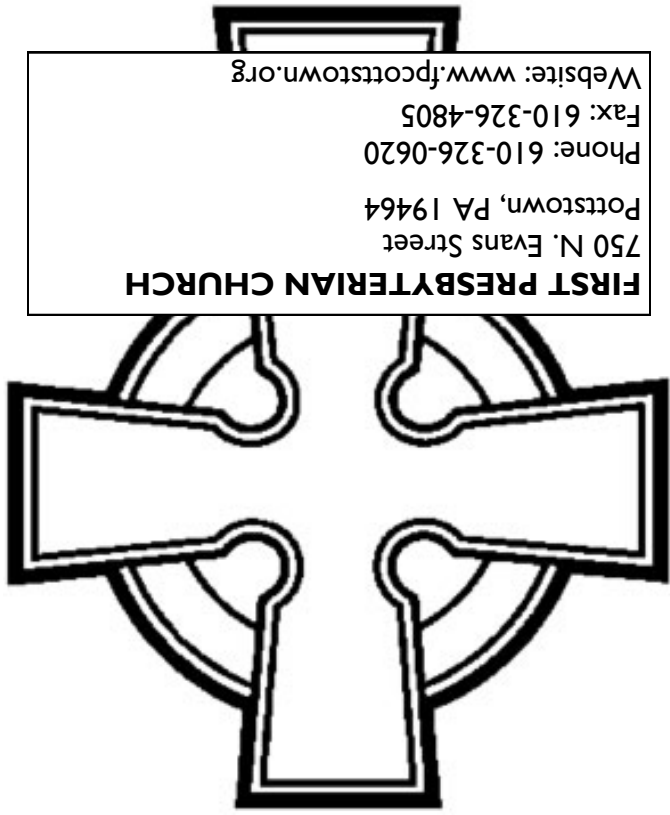
I hope this activity helps your family to take some time to relax and enjoy together time. Taking time to slow down and “smell the flowers” helps relieve stress and anxiety.

Also, please join us on Sunday March 31 for **“Talking Through Anxiety: A Guided Discussion for Youth and Parents”**. This event is a joint effort of the Youth Ministry and Health Ministry and we hope that it will provide a helpful resource for our families.

-- In Christ, Jeff Pinard

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Men's Retreat (Mariawald Retreat Center)	2 Men's Retreat (Mariawald Retreat Center)
3 Sun Sch. 9:15 am Worship/Comm. 10:30 am Young Adult Lunch (after worship) (Sly Fox) Sr. Seekers Family-Style Dinner 6 pm	4 Cub Scouts 7 pm	5 Yoga 11 am Kriebel Annual Fire Inspection 12 pm Relay for Life 6 pm GS 6:30 pm Lectio-Divina 7:30 pm	6 Yoga 11 am M/R 4:30 pm GS 6 pm Ash Wednesday Service 7:15 pm (music at 7pm) Committees 8 pm	7 Bible Study 9:15 Yoga 11 am GS 5 pm Meal 5pm Schuylkill River Greenways Mtg. 6 pm Bells 6:30 pm Choir 7:30 pm	8 Cub Scouts Pinewood Derby 5 pm	9 Cub Scouts Pinewood Derby (all day-5pm)
10 Sun Sch. 9:15 am Worship 10:30 am Cherubs sing Jr. Seekers Opera- tion Backpack Food Drive (after worship -3pm at Redner's) Prime Timers Pot Luck Dinner/ Hymn Sing 5 pm	11 Cub Scouts 7 pm	12 Yoga 11 am GS 6:30 pm Christian Entrepreneur Group 6:30 pm Bark For Life 6:30 pm Next Week's Sermon 7:30 pm	13 Yoga 11 am M/R 4:30 pm Prayer 6 pm Supper 6:20 pm Program 7 pm Deacons 8 pm	14 Bible Study 9:15 Yoga 11 am Health Ministry Mtg. 2:30 pm GS 5 pm Meal 5pm Bells 6:30 pm Choir 7:30 pm	15	16 Sr. Seekers Sky Zone 6:30-9 pm
17 Sun Sch 9:15 am Worship 10:30 am Celtic Singers sing Prime Timers (snow date)	18 Cub Scouts 7 pm	19 Yoga 11 am GS 6:30 pm Relay For Life 6:30 pm Lectio-Divina 7:30 pm	20 Yoga 11 am M/R 4:30 pm Prayer 6 pm Supper 6:20 pm Program 7 pm Session 8 pm	21 Bible Study 9:15 Yoga 11 am GS 5 pm Meal 5pm Bells 6:30 pm Choir 7:30 pm	22 Jr. Seekers Lock-In 6:20 pm	23 Jr. Seekers Lock-In pick up at 8 am Officer Training Retreat 9am-3pm
24 Sun Sch. 9:15 am Worship 10:30 am Marriage Course 5:30 pm	25 Cub Scouts 7 pm	26 Yoga 11 am GS 6:30 pm Bark For Life 6:30 pm	27 Yoga 11 am M/R 4:30 pm Prayer 6 pm Supper 6:20 pm Program 7 pm Compassionate Friends 7 pm	28 Bible Study 9:15 Yoga 11 am GS 5 pm Meal 5pm Bells 6:30 pm Choir 7:30 pm Dementia Companions 7:30 pm (C&K's)	29	30  LENT
31 Sun Sch. 9:15 am Worship 10:30 am Seekers & Parents "Talking Through Anxiety " 5:30 pm						



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