

UNITY NORTHERN LIGHT MAY/JUNE 2010 NEWSLETTER

FRONT PAGE

Dear Friends,

In Sunday lessons or in classes, I occasionally refer to the teachings of Meister Eckhart. I often use translations of his sermons for contemplative prayer. I would like to share the following writings with you. I hope you agree that they are inspirational and fit well into much of the Fillmore teachings.

“A person who is not at home with inward things does not know what God is. It is just like a man who has wine in his cellar and, having neither drunk nor even tried it, does not know that it is good. This is exactly the situation of people who live in ignorance: They do not know what God is and they think and fancy they are [really] living. Such knowledge is not from God. One must have a pure and translucent knowledge of divine truth. (McGinn, ed., *Teacher and Preacher*, p. 262)

“God is closer to me than I am to myself: my being depends on God’s being near me and present to me. So he is also in a stone or a log of wood, only they do not know it. If the wood knew God and realized how close He is to it as the highest angel does, it would be as blessed as the highest angel. And so man is more blessed than a stone or a piece of wood because he is aware of God and knows how close God is to him. And I am the more blessed, the more I realize this, and I am the less blessed, the less I know this. I am not blessed because God is in me and is near me and because I possess Him, but because I am aware of how close He is to me, and that I *know* God. (Woods, *Eckhart’s Way*, p. 62)

“God’s seed is in us. If it were tended by a good, wise and industrious laborer, it would then flourish all the better and would grow up to God, whose seed it is, and its fruits would be like God’s own nature. The seed of the pear tree grows into a pear tree, the seed of a nut tree grows to be a nut tree, the seed of God grows to be God. But if it happens that the good seed has a foolish and evil laborer, then weeds grow up and overgrow and smother the good seed, so that it cannot grow up to the light and to its full size. Yet Origen, a great teacher, says ‘Because God himself has sowed and planted and given life to this seed, even though it may be overgrown and hidden, it will never be destroyed or extinguished completely; it will glow and shine, gleam and burn, and it will never cease to turn toward God.’” (Colledge and McGinn, trans., *Essential Sermons*, p. 241)

I especially like “I am not blessed because God is in me. . . , but because I am aware. . .” This blessing of divinity is only accessed when we are aware! If we persist in believing that we are limited and confined by our humanity, we never grow into our full nature as seed of God. The growing season has begun all around us. Let’s join in!

Blessings,
Carol

THE KINGDOM OF HEAVEN IS LIKE. . .

In May we will study the ways in which Jesus tried to teach us about the experience of God Consciousness. What does it look and feel like? How does it affect life around us? What is the effect of living with this “Counsel of God”?

In this special class, we will use a method known as “maieutics” to explore these teachings. Maieutics is defined as “the art of giving birth (i.e., clearness and conviction) to ideas which are conceived as struggling for birth.” This is another excellent opportunity to take Bible stories seriously but not literally.

The evening class will be Mondays, 7 to 9 p.m., May 3, 10, 17 and 24.

The daytime class will be Wednesdays, 10 a.m. to 12 p.m., May 5, 12, 19 and 26.

Love Offering

BOARD MINUTES

Ahoy Mates,

As quick as it seems to have happened, spring is already fully come upon us. Now all those projects that we’ve been contemplating over the winter can come to fruition.

To that end we’ve put a few plans into action for our community. We’ve approved some landscaping plans, including dandelion control. One thing we’ll be looking for help with is lawn maintenance. We need the lawn mowed weekly; riding and push mower will be provided. A sign-up sheet will be coming out soon for people to volunteer their time to assist with the grass cutting. Please take some time to determine if you can contribute to our community in this way and keep our lawn looking great.

Our old water heater decided it had had enough and gave up the ghost. John Ice and John Lippert stepped forward and replaced it. Thank you, John and John. We appreciate your knowledge and willingness to help out in this way.

Tom has begun some acoustic improvements for our building. These should help immensely to make services and activities more enjoyable and easier on our ears.

Carol, John Ice, and Yolanda Burkhardt (along with other Y.O.U.ers) will be traveling soon to help the people in the Cheyenne River Reservation establish some gardens where food can be grown for the inhabitants.

Treasurer’s Report:

	February	March
Income	\$15,510.43	\$13,586.75
Expenses	<u>\$12,634.81</u>	<u>\$11,868.83</u>
Net Income	\$2,875.62	\$1,717.92

As you can see, things are sailing along rather nicely.

We had a great time Sunday laughing with Darlinda and the choir. That was such an incredible service—let’s keep the joyful attitude in our hearts every day.

Godspeed,

Steve Walker
Board President

OUTREACH NEWS

Here are the events that are happening.

Teddy Bear Blessing – May 30. Besides our regular generous teddy bear contributors this month, we had 20 teddy bears donated by a store called Animal Adventures. They were cleaning out their inventory and decided to give us some of their bears! We also want to thank Gretchen Hansen and Betsy Schoenecker Cleary for helping to get us these bears.

Books for Head Start Graduates – We will be collecting donations for the children in the Head Start program who are graduating and moving on to Kindergarten. We pool the donations and get each child the same book on starting Kindergarten. We accept any donation, large or small.

Family Table Meals are on the following dates:

May 27 – The theme (yes, we have a theme!) is “Let a Thousand Flowers Bloom – You Are Amazing!” The menu is tater tot hotdish, salad, rolls and raspberry sherbet with wafer cookies.

June 24 – The theme is “Flag Day – We Wave the Flag for You!” The menu is taco salad, black bean soup, crackers and Mary’s delicious cake.

Our Food Shelf is getting low on supplies. Please help by looking for a grocery list in the back pocket of the chairs in the sanctuary and picking up the few items on the list.

We want to thank everyone for all the time, talent and donations for Family Table Meals, teddy bear donations, and food shelf items.

Becky Haaf, Donna Snyder, Kathleen Bailey, Mary Sorenson, Rhonda Steele, Rick Bona, Sue Bona and Barb Green

CHILDREN’S CHURCH

Children’s Church is wrapping up our regular year of classes on June 6. We will be ending with a class party. Children can bring their favorite games to share if they like. It would be great to have everyone there to celebrate the end of a great year together. Another important day is Mother’s Day. Our children are making gifts for the whole congregation.

We will be ending the year studying our power of imagination. Next school year, September 12, we will begin studying the power—*Understanding*.

During the summer months, our teachers will be taking the time off. There are 12 Sundays that you as church-going members are asked to step up and sign up to lead our children in an activity of your choice. Our children are so important, and we want to communicate that to them by having friendly faces at church to greet them each Sunday throughout the summer. Attendance is low throughout the summer—about four to ten children attend on any given Sunday. Find someone to sign up with you, and then prepare for an hour of time. You may wish to share a favorite story, snack, movie or activity. If you would like ideas, please talk with Brenda.

With twelve Sundays, that is 24 people needed to spend one hour this summer with our children. There will be a calendar on the table in the narthex on May 2. Thank you so much for honoring our children and our community with your time and efforts.

Brenda Erickson,
Children’s Church Director

YOUTH OF UNITY NEWS

Wow – what a year so far!

This year we designed, wrote and put on a day rally for the adults here at church as well as a weekend-long rally for other Y.O.U.ers in MN, WI, IL and IA.

We have raised money for a TV and DVD player for Eagle Butte's Childfund Center on the Cheyenne River Reservation. We have been collecting suitable DVDs, and Gracie's grandfather, Randy, got us a great cabinet for the DVDs to be stored in.

We have been gathering bikes. We hope to have 75 bikes by the time we send them out. Hopefully, we'll be able to send them to the children there by the end of May.

Carol Kniskern, John Ice and a few Y.O.U.ers will be going out to Cherry Creek on the Cheyenne River Reservation to help teenagers from 10 different families start family gardens at the end of May.

Our June Regional Rally in Michigan is June 22 to 27. We would gratefully receive help from anyone who would like to be a travel sponsor. We do not yet know the price of a seat on the bus, but it often is \$100 or more. Anyone at any amount who would like to be a travel sponsor will be invited to a special Thank-You Lunch in July. Thank you in advance. And thank you for all your support. The Y.O.U.

ANNOUNCEMENTS

WEEKLY HEARTMATH MEDITATION SUNDAYS, 10:30-10:45 A.M.

Join us every Sunday morning at 10:30 am sharp (in between services) in the sanctuary. Heidi Meade and Leah Skurdal will be leading a Heart Math meditation. Focusing from the heart during meditation has a profound effect on not only yourself, but the environment and the people around you! Each week we will be meditating along with the current care focus of the Global Coherence Initiative. The current focus is healing for Chile and Haiti. Below is a summary of the meditation:

Introductory Coherence Technique

Breathe and calm yourself in whatever ways you choose.

Choose something you appreciate – a person, pet, nature, etc. – and radiate the feeling of appreciation to them for about 2 minutes.

Now evoke the genuine feelings of compassion and care for the planet.

Breathe the feelings of compassion and care going out from your heart.

Radiate the genuine feelings of compassion and care to the planet or to a specific area of immediate need.

See yourself, along with other caretakers, participating in this process of healing and facilitating peace.

The Global Coherence Initiative website has more information: www.glcoherence.org. For more information on HeartMath, see the HeartMath Institute website: www.heartmath.org. Hope to see you there! For more information, contact Heidi Meade at 763-753-5101 or Leah Skurdal at 763-780-0374.

LAUGHTER CLUB

Saturdays, May 1 & 15, 11 a.m.
and
Mondays, May 10 and 24, 6:30 p.m.
30-minute sessions—Love Offering

For the summer, we will discontinue the Saturday sessions and meet just one Monday per month.

For June, the date is June 14.

Come once, come every time! Laugh your way to health! Call Darlinda Alexander with questions: 763.213.6360.

NONVIOLENT COMMUNICATION BASICS

with Robyn Froemming

Tuesdays 7-9 p.m., April 27, May 4, 11, 25; Love Offering

(NOTE: No class on May 18)

Learn how to communicate from the heart using Marshall Rosenberg's Nonviolent Communication (NVC) model. We will utilize Marshall's book *Nonviolent Communication: A Language of Life* and will watch his four-part DVD series.

UNITY NORTH BOOK CLUB

7 p.m.

May 13, *Picking Cotton* by Jennifer Thompson-Cannino and Ronald Cotton

KUNG FU BODY MEDITATION CLASS

6 weeks: Thursday nights, May 6, 13, 20; June 3, 10, 17

(We will not meet May 27 because of Family Table Meal.)

7-9 p.m.

Cost: \$60

Accolon Hollingsworth is offering a kung fu body meditation class. This is a kung fu form (similar to tai chi but done faster) that you can use as a moving form of meditation and as a form of exercise that helps develop both physical and mental coordination, balance and energy flow. Standing meditation techniques will also be included in the class. Standing and moving meditations combine meditation and exercise in a way that assists with mind-body harmony.

This is a perfect alternative for those who have a difficult time with seated meditation and a good addition for those who want more physical and spiritual exercise.

About the instructor: Accolon has been practicing kung fu for 20 years. He apprenticed with his teacher for six years and has been teaching kung fu for eight years. He is currently teaching ongoing kung fu classes at the Center for Harmonious Living in Minnetonka.

FAMILY PROMISE
TIME TO CELEBRATE!!

Family Promise of Anoka County is on track to open its doors this summer. We will begin to serve families within the next couple of months. Unity North Church will begin to host guests by the fall. We will be 1 of at least 13 churches that will provide food, fellowship, and a warm bed for families in our area.

We have also been featured recently by the local TV station (www.ctnstudios.com). Support from the community has been amazing!

Thank you for your continued support of Family Promise. We appreciate you!

Rhonda Steele
Licensed Unity Teacher
Board Chair, FPAC

UNITY YARD AND GARDEN CLUB: CLEANUP DAY!

We'll have our first meeting/activity on Sunday, May 2, at about 12:30. Meet at the front flower beds. Agenda: Clean up flower beds, do early shrub trimming, and pick up litter.

Meetings/activities will be held weekly throughout the summer for projects like removal of buckthorn, garlic mustard, and other invasive species. Also, there are many fallen trees that can be removed and many areas to fill with plants!

Contact person: Jennifer Flynn, 763-242-3298

GODDESS PAPER DOLLS
with
Marianne Somers

Saturday, May 8, 1:00 – 5:00 p.m.
\$20 – Funds raised go to the church

You may or may not have made paper dolls when you were young. The Goddess Paper Dolls takes it all to a new level. You will meet with like-minded woman for an afternoon of fun, food, sharing, creativity, laughter and simple relaxation. You may choose to make these Goddess Dolls for yourself or as gifts for friends. We will make 2 Goddess Dolls and then break for a snack. Please bring finger food so we will have something to snack on. Back to the play tables to make 2 more Goddess Dolls.

The patterns are yours to take home with you in case you want to continue with your creativity and make more. Patterns are Goddess plus Goddess Mermaid.

This fun class cost \$20. All materials will be supplied. If you have some things at home you really want to use, bring them (beads, ribbon, stickers, etc.). **If you have small scissors, bring them please.**

What the Goddess Paper Dolls class is really all about is group healing (you will receive a personal healing), working with the energy of the group to do earth healing, planetary healing, to bring information in, to do what we are really gathered for, and it is a wonderful surprise.

You will probably finish before 5 p.m. and, of course, if you have to leave early for some reason, remember you will be taking your patterns home. Sign up in the narthex or call the church at 763-754-6489 to get on the list for the class.

THE COUNSEL OF THE ELDERS

Messages of Peace Hope Love

Channeled by INSIAH BECKMAN

Thursday Evenings, May 13 and June 17, 7-8 p.m.
Love Offering

Insiah channels a group of Light Beings who identify themselves as “The Counsel of Elders”. They are here to assist mankind in a changing world with their teachings and messages of peace, hope, and love. Insiah is South African born and has been living in the Unites States since 1995. She is a Reiki Master, teacher and is also a channel. Her conclusion on having studied several religions and spiritual paths is that every teaching is based on Love. Hence her religious belief is LOVE. Insiah and her husband produce The Edge Life Expos and Events and have been bringing together the community of like-minded in the modalities of healing and spirituality for the past 16 years.

MAY SPIRITUAL CINEMA WITH PIZZA!

6 p.m.—free pizza (note early start time)

Friday, May 14, 6:30—9:30 p.m. with intermission break at 8 p.m. \$5 suggested donation—discussion to follow.

DREAMKEEPER

A grandfather who believes in tradition

A teenager who believes in today

A journey that transcends time.

DREAMKEEPER is a story about the act of storytelling itself. A wise Elder Storyteller (Grandpa) and his grandson (Shane), a troubled 17-year-old boy, embark on a cross country journey toward self-discovery.

True to Native American mythology, culture and history, *Dreamkeeper* achieves new artistic and spiritual height. This is a glorious movie created with Native American cast and crew.

*The movie ends in a spectacular and moving fashion in the All Nations Powwow in Albuquerque, New Mexico.

BLADDER AND PELVIC FLOOR HEALTH

By Melissa Cathcart, L. Ac, Midwife

Tuesday, May 18, 6:30-9:30 p.m.
\$20

You *can* take control of your bladder and improve overall health, but Kegels are *not* enough. Come learn common myths in dealing with bladder issues, learn about irritants found in our diets, and find out about bladder re-training. Review options that are available to you. The first part of class will be lecture and discussion. The second part of class will be an exercise program you can do at home.

This is not your mama's Kegel class!

This class was borne out of personal experience and the glaring lack of information in my main fields—Chinese Medicine and midwifery. I offer this class in an attempt to educate patients on all of their options, including those offered through western medicine and physical therapy. Too often patients are unaware that there is help for the bladder!

--Melissa Cathcart, L.Ac., midwife

"I have taken this class and recommend it so highly that I asked her to teach it at Unity North."
Ann Mongeau

NORTHERN ENLIGHTENMENT LEARNING SERIES

presents

ENERGETIC PROTECTION 101

with Gretchen Hansen

May 2, May 16 and June 6; 2-4 p.m.

\$30 per session or \$80 for all 3

We live in a world that is awash with energetic "pollutants," ranging from light and sound to the vibrations generated by negative thought and entities. As individuals develop their innate abilities, gifts and consciousness, awareness of—and sensitivity to—such "pollutants" often increases. This class is designed to introduce, familiarize, and provide experience working with various methods that provide energetic protection. This course will be offered in three successive classes.

Week 1 – Personal energy protection, May 2, 2-4 p.m.

Week 2 – Protecting the energy of one's home, May 16, 2-4

Week 3 – Protecting one's energy in one's personal work space*, June 6, 2-4 p.m.

**There will be an opportunity to talk about individual work spaces during this class. However, advance prep-work is required if you desire this guidance. Please register early so you can be sent the details of what to bring.*

Gretchen Hansen has studied esoteric energy dynamics, interpersonal communication techniques, numerous energy-based healing modalities, shamanism, and the LightBody (which explore and develop the mind-body-spirit connection) for 17 years. She is certified in building and land area energy clearing and balancing, as a Feng Shui Consultant, and Clear-Mind Facilitator. Gretchen enjoys connecting individuals to tools which clear away limitation, allowing for a clearer connection to, and expression of, one's full potential.

ESSENTIAL PEACEMAKING WOMEN & MEN

Saturday, May 15, 8:30 a.m. to 5:00(+/-) p.m.

We invite you to make a positive difference by participating in the everyday peacemaking that is fundamental to our planet – the communication between women and men.

Why Essential Peacemaking?

Beneath the surface of many of the world's problems lies a core of conflict between women and men. It begins with how we teach our children and continues in the attitudes and behaviors of the leaders who influence families, communities, and nations.

The workshop emphasizes the unique perspective that each gender brings to shared leadership. It does not offer surface "problem solving," but seeks to provide tools to heal ourselves and our relationships.

In a safe, caring, healing environment, we will learn to share and heal our self, find a common language, and focus our power on opening to our next steps as men and women.

We will learn to draw from the strengths of our genders rather than from our inherited legacies of manipulation, betrayal, and mistrust.

"This workshop is not about romance, or sex, or love-partners. This is about ordinary men and women bringing all of their gifts to the party. The co-leadership that results is more than the sum of male and female leadership—there is magic involved." – Jerilyn Brusseau & Danaan Perry, Co-Founders & designers of Essential Peacemaking/Women & Men, an experiential workshop of the Earthstewards Network. EP/W&M training is offered around the world.

Experience and learn in this one day...

- How you can use simple yet effective tools for improving the way you relate to others.
- To develop trust and synergy between and within the genders
- How you can honor and accept the way each person sees things from his or her own perspective through open yet respectful dialogue.
- How to appreciate the different ways each gender processes and relates to problems
- How you can share gender leadership, which is so critical for solving problems in the workplace or at home.

You will not find marriage counseling or individual therapy.

You will find a safe space to explore some uncharted territory.

Essential Peacemaking gatherings bring together women and men to share with each other in deep, meaningful ways – what it is like to be a member of their gender.

What is present is simple caring, listening, trust, and a place to speak one's heart.

Participants for the workshop need not bring a partner but the group as a whole must represent a balance of both genders. For the sake of balance, later registrants may be asked to wait for a future workshop, so register early.

On-site registration/check-in begins at 8:30 a.m., and the session begins promptly at 9:00 a.m.

Eating our lunch together is an important part of the day. Please bring a lunch or food to share.

The fee for individuals is \$60.00

The fee for two people registering together is \$100.00

No one will be turned away for lack of funds, Scholarships & Work Study available.

Your Accredited Facilitators:

Carol Kniskern, MS, LUT

is Spiritual Director of Unity North Church. She maintains a counseling practice and is an experienced workshop leader. This workshop allows her to participate in, and assist in, the deep levels of healing that will bring peace to Earth.

Charles Reimler, LPN, CMT

is an experienced trainer and tutor. He has worked with student populations of diverse age groups, backgrounds, languages, and cultures. These gatherings allow him to share his experience and knowledge while continuing to explore inter- and intra gender issues.

**INTRODUCTION TO ERSDAL ZONE THERAPY
AND
EXPERIENCES IN SOMATIC MOVEMENT**

By
Merrilee Town

May 23, 2-4 p.m.

Love Offering

Zone is an advanced form of reflexology based on an ancient manipulation modality. The foot and ankle are entrance points into the body. Each part of the body has a corresponding point on the foot that needs to be stimulated to work properly. Corrective signals are sent to the corresponding parts of the body. The foot is like a keyboard that has direct communication with the brain (computer).

Zone therapy supports blood & lymph circulation, hormone balance, digestion/assimilation, elimination, and organ function.

This class will include an introduction to Zone therapy, with hands-on tips for a few simple self-adjustments as well as experiencing some somatic movement that you can include in simple routines to feel more alive.

These will include:

- Organ embodiment movements
- Hormone rebalancing through sound
- Somatic movement experiences
- Reactivation of developmental patterns which impact how we interact with the world on many levels.

Wear clothes you can move in easily; it will be a fun and informative afternoon. You will go away feeling more enlivened with some good tips that you can start using right away.

Merrilee Town has been a Foot Zone Therapist for 15 years and has worked with Somatic Movement for 11 years. She became a certified Global Somatics Practitioner and Educator in 2008. Let's move together! 612-618-3892

ENDURING CHANGE: MOVING BEYOND HOPE & FEAR

By Lama Shenpen Drolma

Thursday, June 10, 7-9 p.m. \$15 suggested donation

No one will be turned away for lack of funds.

When times are hard, we are encouraged and energized by the possibility of change, hoping for something better. Yet the future is uncertain, and we have to be prepared for anything. If we have a vision but are tied to certain outcomes and ways of getting there, we can lose flexibility and creativity during the process, or even suffer feelings of defeat if it doesn't happen. Similarly, fear can hamper our efforts, making us reactive and inefficient, feeling depleted and stuck. In this talk, Lama Shenpen will address how moving beyond hope and fear can steady us, sharpen our judgment and discernment, and sustain the energy needed for the work of bringing about the greatest welfare for everyone.

Ordained as a lama in 1996 by her teacher, Tibetan master His Eminence Chagdud Tulku Rinopche, Lama Shenpen Drolma is resident lama of Iron Knot Ranch in New Mexico. She has taught the Bodhisattva Peace Training widely since 1991, drawing on her feminist and battered women's activism in the '60s and '70s as she works with students, educators, community activists and those in the helping professions.

A NOTICE TO THOSE FOLKS WHO USE THE BUILDING

Once again we are running into some safety, security and just plain "green" concerns. Frequently lights are left on, the thermostats are set too high, and sometimes the doors aren't locked.

Even if you didn't touch the thermostats, could you make a quick trip through the church and double-check their settings? If you don't know where all the thermostats are located, perhaps you could inquire about that ahead of time. The desired settings for heat and a/c are posted on the bulletin board in the office (near the large table). The same applies to the lights: Make a quick trip through the church and check for any low lighting that might not be readily visible from a distance—especially recessed lighting—and check both bathrooms. When you leave, check that both doors near the parking lot are locked, even if you only opened one of them. The coffee machine should be left on, but the burners should be off. In fact, there's no need to turn on the burners, as the coffee should be poured into an air pot when brewing is complete.

If we all take a few extra minutes to lovingly check the above items in our building, we can help ensure that our church is safe, secure, and green. Thank you for your diligence.

CALENDAR

Apr. 18, Inner Family Archetypes Workshop, 2-4 PM
Apr. 22, Family Table Meal, 5-6:30 PM
Apr. 25, Remembering the Circular Soul Workshop, 2-4 PM
Apr. 26, Laughter Club, 6:30 PM
Apr. 27, May, 4, 11, 25, Nonviolent Comm. Class, 7-9 PM

May 1, Laughter Club, 11 AM
May 2, Yard Club Meets, 12:30 PM
May 2, Personal Energy Protection, 2-4 PM
May 3, 10, 17, 24, Kingdom of Heaven class, 7-9 PM
May 5, 12, 19, 26, Kingdom of Heaven class, 10 AM-12 PM
May 6, 13, 20, June 3, 10, 17, Kung Fu Meditation Class, 7-9 PM
May 8, Goddess Paper Dolls class, 1-5 PM
May 10, Laughter Club, 6:30 PM
May 13, Book Club, 7 PM
May 13, Counsel of Elders, 7-8 PM
May 14, Spiritual Cinema/Pizza, 6-9:30 PM
May 15, Laughter Club, 11 AM
May 15, Essential Peacemaking, 8:30 AM-5 PM
May 16, Protecting Home Energy, 2-4 PM
May 18, Bladder Health class, 6:30-9:30 PM
May 23, Foot Zone Therapy, 2-4 PM
May 24, Laughter Club, 6:30 PM
May 27, Family Table Meal
May 30, Family Service/Teddy Bear Blessing

June 6, Sunday School Party
June 6, Protecting Work Space Energy, 2-4 PM
June 10, Enduring Change, 7-9 PM
June 14, Laughter Club, 6:30 PM
June 17, Counsel of Elders, 7-8 PM
June 24, Family Table Meal
June 27, Healing Service

ONGOING

Church Services, Sundays, 8:45 and 11 AM
Nursery and Sunday School, Sundays, 11 AM
Y.O.U., Sundays, 10 AM
Y.O.U., Wednesdays, 6 PM
Midweek Recharge, Wednesdays at 7 PM
CoDA, Thursdays at 6 PM