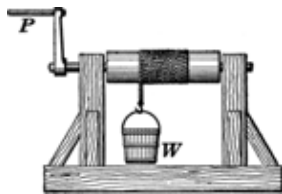


## LENTEN OPPORTUNITIES FOR SMALL GROUPS

With the celebration of Christmastide a not too distant, pleasant memory, the Lenten season stretches from **Ash Wednesday to Easter Eve, February 17<sup>th</sup> - April 3<sup>rd</sup>**. All of this is intended to prepare us for a meaningful Easter Sunday on **April 4<sup>th</sup>**. During this period, the Board of Deacons, with our Pastor's input, is offering several, mid-week, spirituality opportunities for the church. Also, each Sunday morning there are Classes for adults at 9:30 and Worship at 10:30.

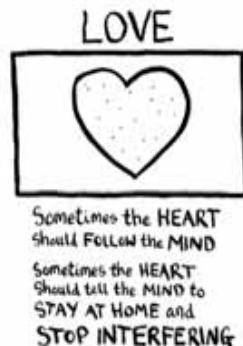
### COMPANIONS IN CHRIST



**Companions in Christ** will be held for six **Tuesdays from 12 noon until 1 p.m., beginning Feb. 16 through March 23**. Deborah Davis-Johnson will facilitate this group who will be studying scripture and sharing in conversation during the lunch hour. Participants may choose to bring their own lunch. The group will meet each week in the church parlor "...**coming to the well** of Bible, prayer and fellowship, to seek to quench thirst." In journeying together participants will water each other's souls with insights, stories, compassion and presence. Everyone is invited.

## HEART RHYTHM MEDITATION GROUP

The heart is the source of creativity, courage, and compassion. **Heart Rhythm Meditation** is a practical, embodied form of meditation that helps make living a heart-centered life attainable. This meditation practice coordinates the body's internal rhythms, and makes a connection between the mind and heart so that emotions become understandable and desires become conscious. This study group will gather at the home of Lisa and Jani Darak-Druck for the five **Monday evenings in March (March 1, 8, 15, 22 & 29) from 5:30 to 7 p.m.** Participants will get to know each other better through learning this practice of Heart Rhythm Meditation.



These lessons will be led by Jeri Schroeder, MA MS LCPC, a certified instructor through the Institute for Applied Meditation. Please feel free to bring a brown bag supper - drinks and snacks will be provided. Please phone Lisa at 591-5692 for directions to the Darak-Druck home.

## CONGREGATIONAL POTLUCK DINNERS

What better way is there to get to know one another than to gather around the dinner table, to talk and laugh, and to enjoy good food...together. So, sign-up to attend an evening of fun, food and fellowship with other IBCers on **Saturday, March 13<sup>th</sup> from 6-8 p.m.** That's when **Potluck Dinners** will be held in the homes of three church families, four if needed. In an attempt to mix, match and mingle, to get to know one another better, there will be a **mystery element** to the home in which you will be dining. A sign-up sheet will be posted on the bulletin board by the Church Offices. Then you will be notified of the home where you are to appear, and the food course you are to bring (either a salad, entrée' or dessert). Each home will host eight to ten guests, and family units will not be separated. Maps and/or directions to the host homes will be provided. For those who might need transportation, car-pooling arrangements will be made. It is necessary for you to sign-up no later than March 7<sup>th</sup>.



## IMMANUEL LENTEN ACTIVITIES