



*A Spiritual Oasis Committed to Christ,
to Peace, and to Service*

Cedar Park First United Methodist Church

Connections

Newsletter

Shrove Tuesday Pancake Supper

Submitted by Steve Howard



The Church's Shrove Tuesday pancake supper will be held this year from 5:30 to 6:30 p.m. on March 5, 2019.

The pancake supper is an annual tradition at Cedar Park First United Methodist Church.

So what is Shrove Tuesday? The word Shrove comes from the middle English word "Shrive", which means "absolve". On Shrove Tuesday many Christians engaged in self examination to acknowledge their sins, express regret for them, and ask for God's help prior to the beginning of Lent. Lent always starts on Ash Wednesday so people went to confess their sins the day before.

So what does it have to do with pancakes? This

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Team World Vision Runs for Clean Water at Austin Marathon

Submitted by Pastor Bonnie How

Race Day.

"It's way too early. It's still dark out."

That's what I said on Sunday morning, race day, February 17th. Actually, it's what I've been saying each Saturday since we started training in early October. The alarm rings, I hit snooze and complain, "It's still dark out." Imagine my whiny voice saying that. It's been really whiny.

In all fairness, race day was really early as Mark and I had to stop in Cedar Park to pick up Spring Middleton, the official Team World Vision photographer for the Austin Marathon, and Pam Clinch, fellow team mate. Russ Lundstrom stayed downtown closer to the race site - he's smart like that. We had to be downtown early to find a place to park, and also to gather with all the other Team World Vision participants for a mini-pep rally/worship gathering in front of the Frost building. We met at 5:40am! It was still dark out!

About 60 of us gathered from Austin, San Antonio, Denton and even Chicago to hear our final race day instructions. Start slow, stay slow, finish strong. Go farther together. Walk the hills. Walk the water stations. Go to the bathroom

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Jesus Rock Star Corner

The Jesus Rock Stars are back in the swing of activities. In addition to our usual bible studies, we shared how we can honor God. The older children have been discussing times when they may have been bored and activities which are pleasing to God.

Our little Jesus Rock Stars enjoy making Valentine's gifts for the congregation. The children made Val-



Mr. Mark is amazed; the children love having him in their class.



The children then prepared Valentine's cards for their families.

Codi and Josie are beginning the first step of their ink string art pictures.



Step 2: Kaitlyn is selecting her ink colors.



Step 3: James is pulling the string from his picture.



James' one-of-a-kind picture. Isn't it wonderful?



Leland loved how his turned out. The children love making these special gifts for their loved ones.

Upcoming children's activities:

April 27 Empower 5pm-9pm

June 17-21 MegaSports VBS 6pm-8pm

If you have been looking for a place where you would be able to share your talents, consider joining the children's ministries. We can use your new ideas, time and energy. Please feel free to contact Carolyn Smith or Amanda Theriot about volunteering.

Landscape Project Status Report

On February 2 we completed the demolition and excavation phases of the Park Street Frontage landscape project. We have paid for this work completed to date (\$5,328). The demolition phase involved removing most the existing shrubs, leaving only the large crepe myrtle which remains as part of the landscape plan.



The excavation phase is mainly digging holes to plant the trees, five Texas Mountain Laurels and one really large Monterey Oak on the west side of the driveway. The digging was challenging due to the frequent presence of limestone rock.



The Trustees authorized a contract with ECO Irrigation and Landscaping (of Cedar Park) to design and build the irrigation system for the project. The cost is \$4,625.00.

They did the major part of the installation: install underground pipes, 23-zone controller, spray nozzles and dripline stub-ups, on February 14-15. ECO Irrigation will return after we have the trees, shrubs and grasses installed to place the dripline portion of the irrigation system.

We ordered the 6 yards of rip-rap on 14Feb19 which was delivered on 15Feb19. Cost for the rip-rap was \$292.74. We purchased 300 sq ft of heavy duty non-woven landscape fabric and 75 sod staples. Cost for these two items was \$137.45. We also purchased 15 lbs. of Blackjack Bermuda grass seed. Cost for the seed was \$100.97.



Donations Needed to Finish

We need about \$4,560 more in donations to cover the complete cost of the project (\$26,400). Thanks to all members who have made such generous donations to date to help us get this far. Please note your donation to the Park Street Frontage Landscape Project.



Capital Project Priorities

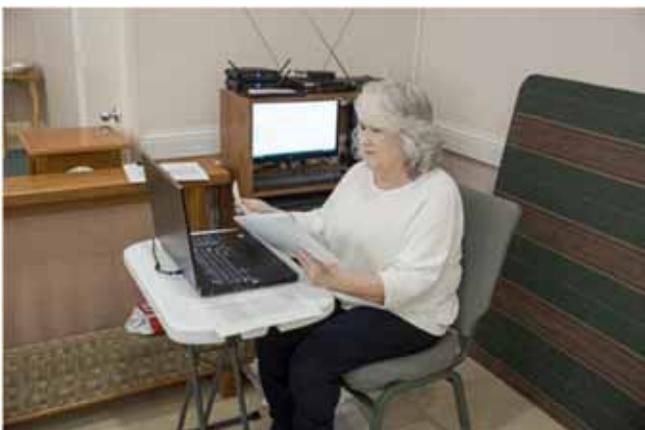
The Trustees lead a discussion of capital project priorities at a congregation meeting on Sunday, February 17.

Following the discussion members attending the meeting voted on the project priority. There were 34 votes cast. Priorities (and the average vote totals) were established for 5 capital projects as follows:



1. Sanctuary building remodeling (1.91)
2. Replace main road sign (2.79)
3. Replace SB carpet (3.03)
4. Add chairs with armrests (3.29)
5. Sanctuary building deck (3.97)

The priorities help the Trustees plan for future projects and fundraising.



CPFUMC Fiction Book Club Event

Author: Abigail Wilson

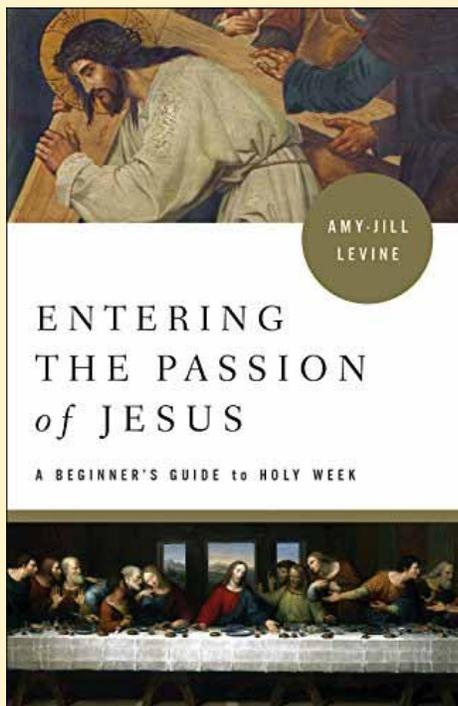
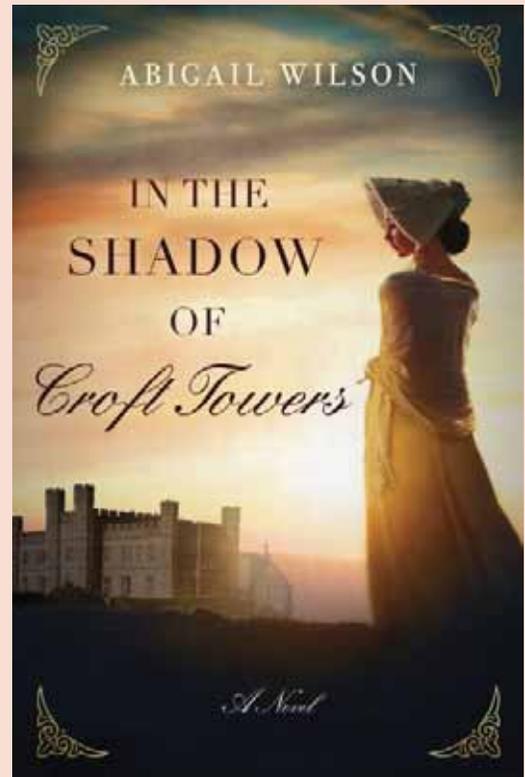
Novel: *In the Shadow of Croft Towers*

Tuesday, March 5 at 6:30 p.m.

Spend an evening with debut author Abigail Wilson discussing her historical novel *In the Shadow of Croft Towers*. The novel is filled with mystery and set during the Regency time period.

Abigail Wilson combines her passion for Regency England with intrigue and adventure to pen historical mysteries with a heart. A Registered Nurse, chai tea addict, and mother of two crazy kids, Abigail fills her spare time hiking the National Parks, attending her daughter's gymnastic meets, and curling up with a great book. In 2017, Abigail won WisRWA's Fab Five contest and ACFW's First Impressions contest as well as placing as a finalist in the Daphne du Maurier Award for Excellence in Mystery/Suspense. She is a cum laude graduate of the University of Texas at Austin and currently lives in Dripping Springs, Texas, with her husband and children.

Hope you will join us!



LENTEN BIBLE STUDY

The season of Lent will feature a six-week Bible study on the last days of Jesus' life. For six consecutive Thursdays, beginning March 7 and ending April 11, Pastor Peter will be exploring the biblical story of Jesus' Passion, utilizing Amy-Jill Levine's *Entering the Passion of Jesus*.

Each session will begin at 10am and last approximately an hour and a half. The six sessions will cover:

- Jesus Entering Jerusalem
- Jesus Cleansing the Temple
- Jesus Teaching in the Temple
- Jesus Being Anointed at a Dinner
- Jesus Sharing a Last Supper
- Jesus Praying in the Garden

All participants in the study will need a copy of Levine's book, which will be available for \$15. A sign-up sheet for you to indicate your interest in taking part in this study is on the back table in the Sanctuary. Please consider joining us for this series.

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now! All equally important. We sang “Amazing Grace” and then we prayed. We’ve prayed each morning that we’ve gathered together to run. It’s been the key, I think, to our success.

Finally, as it neared 7am, we checked our gear and headed to the start line.

I’ve never run a race before. I’ve done triathlon but never just a running race. In triathlon, you wade into the water (often cold water) with your gender age group. You wait a few minutes in the cold water, watching the group that just left flail around in the water, trying to get into the groove of the swim, find their space, catch their breath and avoid getting hit in the face. Someone shoots the starter pistol and we’re off. This start was nothing like that. We started moving like a large herd, walking, then jogging a few steps, then walking. I don’t know what prompted us to move. I didn’t hear a “pop”. It was pretty quiet actually, with only the buzz of nervous murmuring.



After about a block, we started finding our pace, spreading out and chatting. Team World Vision sports orange jerseys so it was easy to spot us. It was even easier to spot Pam and I as we were wearing very lovely, flattering orange tutus. We thought it’d be fun.

Not far along the route, we made a friend. It was an answer to prayer, both my prayers and hers. Rhonda had come down from Chicago, not to run with Team World Vision, but to run the marathon with her brother. Her shirt was orange too and she noticed us as kindred spirits. Plus, she was

looking for an acquaintance from Chicago who was somewhere in the race, running with TWV. She asked if we knew the teammate - we didn’t, and then she proceeded to join us for the next 9 miles. What a blessing as we went farther together!



Rhonda shared her testimony with us as we ran. She had Philipians 4:13 “I can do all things through him who gives me strength” on the back of her jersey. She told us about job loss, failing businesses and bankruptcy. She told us about the death of her father. But through it all she came to rely more and more on God’s strength. We laughed together when she said, “I still have a long way to go. I’m probably able to trust God 20% of the time!” That’s probably true for most of us. She was so outgoing and positive. The miles seemed to fly by!

At one point on the route, I noticed a man wearing a leather cord with a small square attached to it. I'm not sure what made me curious about it but I quickened my pace and caught up to him. "Tell me about the cord around your neck".

He told me that it was a Catholic blessing from Mary, which brings protection to people. Each day he puts one on but by the end of the day, he's given it away to someone in need. Then he asked me if I thought I might need it. "No, I know God is with me," I said. "Someone else here needs it more than me." It was a lovely gesture to ask but even more lovely was the prayer that we shared next. We held hands as we ran and prayed for all the people doing the race, that God would strengthen them and protect them as they go. More blessings.



Somewhere along the route, Pam, Rhonda and I picked up Kim, a fellow Team World Vision mate from Denton. Again, we heard her story about her daughter, diagnosed at age 19 with Multiple Sclerosis, now 29 and unable to work. We learned about her deep faith and her humility. She takes nothing for granted - each moment is a blessing.

Rhonda was running the full marathon and so we prayed for her at mile 9 and sent her on her way. Together, Pam, Kim and I kept plodding along. Run for 2 minutes, walk for 30 seconds. Walk the hills. Walk the water stations. Keep going. More hills. As we got closer and closer to the finish, we were encouraged by all the "spectathletes" cheering us on, offering us cookies and even beer! We laughed at the signs that some people had made! We were feeling the miles by this time and needed those cheerful friends.

Honestly, the finish was a blur. We rounded the capital and heading down Congress. I picked up my pace; no one wants to walk across the finish line. I "sprinted" my version of sprinting the last .2 miles into the chute, crossed the timing pad and looked for snacks! I was so hungry! That's all I could think about. We took a couple of pictures and went looking for the promised breakfast tacos.

Afterwards, Pam and I went off to find the marathon route so we could cheer on Russ and Mark. Ask them to tell you their stories. I know that God was with them on the route!

Mark and David from Rockbridge UMC. Russ, frozen, at the end of his race!



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apparently comes from an old English custom, dating from about the 16th century, of using up all fattening ingredients such as milk, butter, sugar and eggs prior to beginning a Lenten fast. Cooking pancakes was a good way to do that.

The custom continues today and in United Kingdom towns pancake races are held where people race with a frying pan, while tossing a pancake in it.

The men of our Church are cooks and servers for our pancake supper. There will probably be no pancake races, since we use electric griddles, but you know the pancakes will be good if they are prepared by our many talented male chefs. Sausages, coffee, milk and orange juice will also be served. Most years we have gluten free pancakes.

This year's supper will end no later than 6:30, since the supper will be followed by a Book Club meeting with Abigail Wilson, who will be discussing her novel *In the Shadow of Croft Towers*.

So come to both events if you can--tasty pancakes followed by stimulating discussion with the book's author herself. It will be nice evening of food and fellowship before starting our Lenten observance.

More Cantaloupe Please

Submitted by Debra Longoria

At the potluck lunch on Sunday, Rachel ate all her food on her plate and wanted more food. I asked if she wanted more chicken and she said, "No, I'm done with my meats and veggies on my plate, but can I have some fruit?" I paused to listen to what she was saying. I thought to myself, "Wait did she asked to get some fruit and not a brownie?" So, I jumped up from my chair to help her get some fruit.

While in line at the table, I kept thinking she was going to trick me into letting her have a brownie or cookie after getting a plate of fruit. She was adamant on getting some cantaloupe. I put two pieces on her plate and offered some strawberries and grapes as well. She said, "Thank you mommy, I will eat those too, but I want more cantaloupe please." So, I put two more pieces on her plate. Pastor Peter was on the other side of the table watching our discussion of what fruit she wanted on her plate. Pastor smiled and said, "More cantaloupe please!" I smiled back and said, "She likes cantaloupe a lot, can you tell?" He smiled back and said, "More cantaloupe please." Rachel smiled at Pastor Peter and then went to her chair to eat her fruit. As I cut her fruit into smaller pieces, I was puzzled that she didn't ask for a brownie.

Within minutes she was finished and yelled, "I'm done with the cantaloupe!" I asked her to clean up her mess and she did. I thought to myself, "Did she see all those delicious treats on the table because she never asked me for anything but fruit? I must be the world's best mother for her to eat healthy fruit and avoid treats! Her focus was on the sweet cantaloupe and she knew what she wanted. I was enjoying a sample of fruit, cherry cobbler and cherry cake with some coffee during the meeting. Rachel sat down to drink the rest of her lemonade and looked around at the adults. She got up from her chair.

As I took a sip of coffee, Rachel stood next to me and whispered in my ear, "Mommy can I have a brownie like that guy?" I whispered, "Yes you can have one and do you want any more cantaloupe?" She answered loudly, "Well, I'm all cantaloupe-ed out. I'm done with that and I really want a brownie!" She got her brownie with the cute sprinkles and enjoyed her treat during the meeting oblivious to the world around her. It was just her and the brownie in the room without any worries. She cleaned up her mess and went to color and play during the meeting. Rachel had all she needed to be happy!

"Taste and see that Lord is good and blessed is the man who takes refuge in Him." Ps. 34:8



A Child's Haven Happenings

Submitted by Lesley Foyt

February was a special month celebrating love and friendship, our country and state, and rhyming! The kids had a great time at their Valentine's party. The children exchanged Valentine cards, ate yummy treats and played fun games. They also learned about our country and state flags, and talked about the job of a president. We had our Dr. Seuss day on the 28th which was a lot of silly fun.

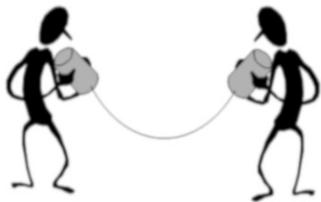
Our Fruit of the Spirit this month was love. Joh 13:34 says "As I have loved you, so must you love one another." This month the kids demonstrated love by making special Valentine cards for Sagebrook Nursing Home. In class, the teachers talked about how God loves everyone and wants us to love our family, friends and neighbors. You could hear them singing "He's Got the Whole World in His Hands" and "Jesus Loves Me" during chapel time. In March our Fruit of the Spirit will be gentleness.

On May 4th, A Child's Haven will be holding our spring fundraiser with a fun Star Wars theme. There will be dinner, a silent auction and entertainment! We will also have fun things for kids like face painting, caricatures, a bouncy house and more! Tickets are \$10.00 and will be on sale in the church office beginning April 1st. Proceeds will benefit our scholarship fund as well as educational enrichment activities. We hope you can join us for an evening of fun!



Special Worship Service: Soul Lift

On the 4th Sunday of each month we meet in the Memorial Outdoor Sanctuary at 3pm to sing the old, familiar hymns, hear words of comfort from the Bible, and share Holy Communion. Please join us for this special worship service on Sunday, March 24, which aims to lift the soul.



Want to get in touch with a Church Leader?
Are you thinking of submitting something for a
future Newsletter?

Here are some contacts:

Pastor Peter Castles

Assoc. Pastor/Youth Dir. Bonnie How

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Music Director/Pianist Jodi Blount

Children's Haven Director Lesley Foyt

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KEEPING A HOLY LENT

Submitted by Pastor Peter Castles

The season of Lent begins this year with Ash Wednesday, on March 6th. The word Lent means “springtime.” This word comes from the same root as “lengthen.” Daytime lengthens during Lent. The northern hemisphere turns toward the sun, the source of life, and winter turns into spring. In Hebrew, the word for repentance is the same as the word that means to turn, like the turning of the earth to the sun, like the turning of the soil before planting. “Even now, says the Lord, turn to me” (Joel 2:12). The word sin means separation. We are called to turn from our separate selves, from our sin, to come together in community. Self-denial is the way we express our repentance. In the lengthening brightness from Ash Wednesday until Easter Sunday, we turn to God as our source of life.

Self-denial is threefold, advises chapter six of Matthew’s gospel. We *pray*: “Go to your room, close your door, and pray to your Father in private.” We *fast*: “No one must see you are fasting but your Father.” We *give alms*: “Keep your deeds of mercy secret, and your Father who sees in secret will repay you.” Self-denial is an exercise, a workout, a getting into shape. Through the Lenten exercise of prayer, fasting, and almsgiving, we spring-clean our lives, sharpen our senses, put tomorrow in its place, and treasure the day at hand.

All of us can think of reasons not to pray, fast, or give alms. These practices seem old-fashioned, even holier-than-thou. Yet when we undertake these three practices, we pattern ourselves after our Lord. Jesus prayed and taught us how to pray. Jesus fasted, and we should do likewise. Jesus gave alms (in Hebrew this is *tzedakah*, performing “acts of justice”). And we are asked to give our very lives for each other.

So why are there forty days in Lent? It took forty days for sinfulness to drown in the flood before a new creation could inherit the earth. It took forty years for the generation of slaves to die before the free-born could enter the promised land. For forty days Moses and Elijah and Jesus fasted and prayed to prepare themselves for a life’s work.

In the ancient church, Lent was the forty-day period of preparation for baptism undertaken by those wishing to join the church. Perhaps those of us who are already baptized can rediscover the meaning of baptism in own lives during these forty days.

So, let us keep Lent *together*. Let us put aside our business-as-usual to support each other in prayer, fasting, and almsgiving. Let us turn to God to enlighten us and purify us throughout the lengthening brightness of our holy season of Lent.

Women’s Cancer Support Group

The Women's Cancer Support Group of CPFUM Church is a small, informal group of women who came together to discuss journeys in our lives dealing with breast cancer or any other type of cancer. The group is self-directed according to the needs of the participants. The group is open to church members and the greater community, so if you have a friend who may like to share with us tell her about our new group. We are currently meeting once a month, on the 3rd Tuesdays of the month at noon. The next meeting will be on Tuesday, March 19. You may bring your lunch with you to eat during the meeting. We meet in the back Nursery Room.

Irene Carrillo BS, RN, CPN, CLNC

God's Beauty Photo contest

Our children are very good with their cameras. They found some wonderful sights of God's creations.



And the winner is Rachel with her relaxing sunset pictures.



Leland found beauty in the star inside his apple.



Josie's sunset was breathtaking.

Please see the color photos online from the church's website.

A special thank you to our judges; Laurel Fabian and Chuck Carrillo.

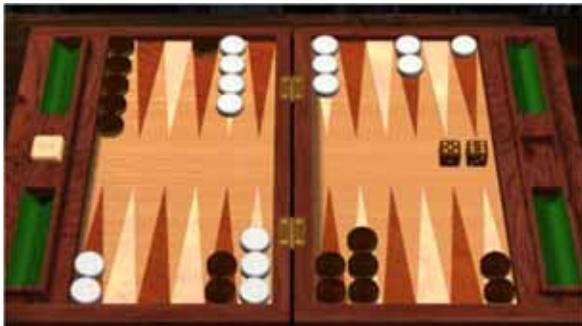


We have begun the planning for the upcoming MEGA Sports VBS, Monday, June 17 through Friday, June 21 from 6pm to 8pm each day.

We need a lot of help. All volunteers must be Safe Sanctuary trained. If you are available and can help, please let us know and plan to attend the upcoming meetings. If you worked the event in 2018 you probably have Safe Sanctuary training; it is good for two years. If you need training, it will can be arranged.

- March 23 Leander Library, room B 3pm
- For anyone who wishes to be part of the event planning:
- May 19 VBS volunteers noon
- For all volunteers who will be working the event:
- June 16 VBS decorating 3pm
- June 17 -21 MEGA Sports VBS 6-8pm

Please contact Debra Longoria, Amanda Theriot, or Carolyn Smith for further information.



CARDS

CABIN FEVER GAME NIGHT

**Thursday, March 28,
2019**

Starting at 6:30pm

**Bring any finger food to
share**



CHESS



CHECKERS



Are You a Caregiver Looking for Guidance?

Discover Resources at This **FREE** Workshop Series!

Powerful Tools FOR Caregivers

Wednesdays, March 6-April 10, 9:30 a.m.-11:00 a.m.

Cedar Park United Methodist Church

600 W. Park St.

Cedar Park, TX 78613

To Register: Bonnie How at 512-335-9540 or bonnie@cpfumc.org

This series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from **Powerful Tools for Caregivers** benefit caregivers by developing a wealth of self-care strategies to better handle the unique challenges faced by family caregivers. The evidence-based curriculum of **Powerful Tools for Caregivers** was developed by Dr. Kate Lorig and her colleagues at Stanford University and has benefited more than 80,000 caregivers nation-wide.

You Will Learn To:

- Identify and reduce personal stress
- Communicate feelings, needs, and concerns
- Take care of you
- Communicate more effectively during challenging situations

Who Should Attend? ANYONE:

- Caring for a loved one
- Looking for caregiving resources and needing caregiving guidance
- Wanting to master caregiving decisions and learn from emotions



CAREGIVERU
A Program of AGE of Central Texas

CaregiverU funding provided through a generous grant from

St. David's FOUNDATION

Class Schedules & More Information: www.CaregiverUcentx.org

CPFUMC March 2019

See full calendar online at <https://cpfumc.org/find-an-event/>

Cedar Park First United Methodist Church, CARE Calendar, Child's Haven Events, Choir, **Mar 2019 (Central Time - Chicago)**
 CP1UMC Youth, Other Groups, Pumpkin Patch, SCOUTS, United Methodist Men, United Methodist Women

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	1	2
8:30am - Worship 9:45am - Sunday 10:45am - Worship @ 3pm - Soul Lift 6pm - NO YOUTH	9:30am - Tai Chi 12:30pm - Talley 6pm - Buttercup 7:30pm - Centering	Directory Photos 8am-9pm @ Sanctuary 8am - Directory 9:30am - Morning 10am - Bible Study 3:50pm - Talley	8am - Directory 9:30am - Powerful 1pm - Easy Line 1pm - Talley Piano 6:30pm - BS Pack	9:30am - Dr. Seuss 2pm - Talley Piano	6:30pm - Alcoholics	
3	4	5	6	7	8	9
8:30am - Worship 9:45am - Sunday 10:45am - Worship 6pm - NO Youth	9:30am - Tai Chi 12:30pm - Talley 6:30pm - TRUSTEES 7:30pm - Centering	9:30am - Morning 10am - Bible Study 3:50pm - Talley 5:30pm - Shrove	9:30am - Morning 10am - Bible Study 1pm - Easy Line 1pm - Talley Piano 6:30pm - BS Pack	9am - Picture Day 9: 10am - Lenton Bible 2pm - Talley Piano 6:30pm - Buckies	6:30pm - Alcoholics	9am - UMW Meets
10	11	12	13	14	15	16
8:30am - Worship 9:45am - Sunday 10:45am - Worship 6pm - Youth @	9:30am - Tai Chi 12:30pm - Talley 6:30pm - FINANCE 7:30pm - Centering	9:30am - Morning 10am - Bible Study 3:50pm - Talley 4pm - GS Troop	9:30am - Powerful 1pm - Easy Line 1pm - Talley Piano 5:30pm - GS #40530	10am - Lenton Bible 2pm - Talley Piano	NEWSLETTER Input 6:30pm - Alcoholics	
17	18	19	20	21	22	23
8:30am - Worship 9:45am - Sunday 10:45am - Worship 3:30pm - Worship @ 6pm - Youth @	Sam - ACH Spring Break 9:30am - Tai Chi 6:30pm - COUNCIL 7:30pm - Centering	9:30am - Morning 10am - Bible Study 12pm - Women's 6:30pm - Wolves @	9:30am - Powerful 1pm - Easy Line 6:30pm - BS Pack 6:30pm - Buckies	10am - Lenton Bible 6:30pm - CABIN	6:30pm - Alcoholics	
24	25	26	27	28	29	30
8:30am - Worship 9:45am - Sunday 10:45am - Worship 3pm - Soul Lift 6pm - Youth @	9:30am - Tai Chi 12:30pm - Talley 7:30pm - Centering	9:30am - Morning 10am - Bible Study 3:50pm - Talley 4pm - GS Troop 7:30pm - AA Men's	9:30am - Morning 9:30am - Mbrship 9:30am - Powerful 1pm - Easy Line 1pm - Talley Piano 5:30pm - GS #40530	10am - Lenton Bible 10am - Petting Zoo 2pm - Talley Piano	6:30pm - Alcoholics	
31	1	2	3	4	5	6
8:30am - Worship 9:45am - Sunday 10:45am - Worship 12pm - Project 6pm - Youth @	9:30am - Tai Chi 12:30pm - Talley 6:30pm - TRUSTEES 7:30pm - Centering	9:30am - Morning 10am - Bible Study 3:50pm - Talley 6:30pm - Wolves @ 7:30pm - AA Men's	9:30am - Powerful 1pm - Easy Line 1pm - Talley Piano 6:30pm - BS Pack 6:30pm - Buckies	10am - Lenton Bible 2pm - Talley Piano	6:30pm - Alcoholics	