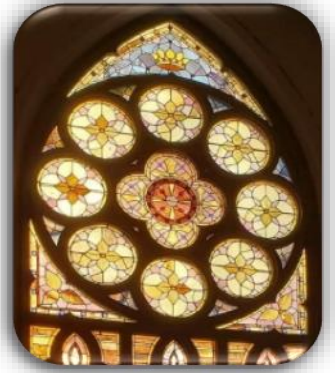


# The Link: Connected in Christ

## March 2024



### Our Mission: “Bring People to Christ”

313 East Montgomery, Knoxville, IA 50138

Phone: 641-842-3712

Email: [first@kfumc.com](mailto:first@kfumc.com) Website: [www.kfumc.com](http://www.kfumc.com)

Facebook:

<https://www.facebook.com/knoxvillemethodistchurch>

YouTube:

<https://www.youtube.com/@firstunitedmethodistchurch9770>

### Church Service Times

**Sunday Sanctuary  
Worship 9:30 AM,  
in-person worship**

**Sunday Children's  
Church 10 AM**

**Live Worship  
Streamed Online  
Sunday 9:30 AM via  
YouTube and KNIA**

**Radio Worship  
Worship with us via  
the radio at 1320 AM,  
95.3 FM or 94.3 FM at  
9:30 AM on Sundays**

### Strength for the Day



March is here. And with it, the oh so welcome sight of longer days with more glorious sunlight!

One of the “I AM” sayings of Jesus in the Gospel of John is “I am the light of the world”. Light is a symbol of God and of God’s life-giving and life-sanctifying activity found throughout the Bible, all the way back to Genesis.

Not only did Jesus call himself the “light of the world” who gives the “light of life” to those who follow him (John 8:12), but he also said that those who followed him were “the light of the world” (Matthew 5:14).

I was reading about light recently. From a physics standpoint, light is produced when atoms are subjected to a higher energy source than themselves, whether that’s through a brighter light, heat, or electricity. Some electrons in the atom are excited to a higher orbit around the nucleus than before. When the electrons return to their ground state --- their normal orbit or energy level, they emit or give off a “photon” --- a particle of light energy.

Humans harness these photons in a number of ways. Two are interesting to consider for our lives as Christians.

One is through a laser. “Laser” is an acronym for “Light Amplification (by ) Stimulated Emission of Radiation.” Stated very simply, a laser works by stimulating the electrons of atoms in a certain substance to a higher state and capturing in a tube the photons produced as they return to their normal state.

Many of the photons in the same wavelength bounce back and forth between the two ends of the tube, aligning themselves. One end of the tube is a full mirror which reflects all of the photons back to the other end. The other end is an only partially coated mirror, which lets some of the light particles (photons) pass through and travel in a pointed direction. Depending on the level of the excited state of the photon particles, and if they have been focused into a tighter beam of light by passing through another lens as they leave the laser tube, the laser light can do anything from helping a presenter to point out something on a screen to an audience with a red dot, to helping an engineer build something by cutting through metal with surgical precision.

The church functions much like a laser when we are working together at our best. When we come together for worship and allow the greater power or energy of the Holy Spirit to excite our spirits and elevate us to a higher plane through singing praises to God, through joining our spirits with the Spirit of the Risen Christ when we pray, when we hear God's word read and preached, when we celebrate Communion --- we become like those electrons who have been excited to a higher orbit. And when we as the church, decide to pursue a congregational ministry --- when a few or several or all of us agree and work in unison, march in step, and start a new mission project, or offer a new worship service, or try a new model for children and youth ministry or plan to build a new church, or start a new group, or whatever --- when our power as a congregation is focused and released into the world ---- wonderful and mighty things will happen. The light of Christ never shines so brightly! And as Jesus said, "people will see our good works and praise our Father in heaven." (Matthew 5:16)

Now, the other way those who follow Jesus Christ act as light to the world is more like a flashlight or a street light. The same excitement happens to the electrons through a greater energy source causing them to create photon light particles as they return back to their lower or ground state. But instead of harnessing and focusing and pointing many photons in a singular direction --- individual photon particles of light are diffused and scattered over a wide area. The light beam is not as powerful as a laser, but it certainly is useful in many ways --- illuminating a dark path or street so we can find our way home, pointing out obstacles or other dangers that could cause us to stumble or hurt us, helping us to find something or someone that we couldn't otherwise in the dark, and helping us to not only feel safer, but be safer.

When we as individual Christians let the light of our love shine into the various places that the daily orbit of our lives take us --- we help illuminate the darkness of other people's lives --- helping them to avoid the obstacles and dangers of this world, but more importantly, find the path that will lead them to life; to Jesus, who is the light of life.

Friends, as you revel in the increasing light of the coming spring, may you rejoice in the light of God, in whom there is no darkness at all.  
Let your light shine!

Peace,  
Pastor Jamie Cutler

# LENTEN DINNERS

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LOCATION @ FELLOWSHIP HALL  
DINNER @ 5:30-6:15PM  
SPEAKER @ 6:20-7PM

## FEBRUARY 28TH

Menu: Lasagna

Speakers: Jacob & Makayla Chambers

Host: Cooking for a Cause

TIME: 4:30-6:15 dinner, 6:20-7:00 speaker

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## MARCH 6TH

Menu: Baked Potato Bar

Speakers: Chris & Melodie Smith

Host: Trustees

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## MARCH 13TH

Menu: Maid Rites

Speaker: Lauren Petersen

Host: Staff Parish Relations Committee

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## MARCH 20TH

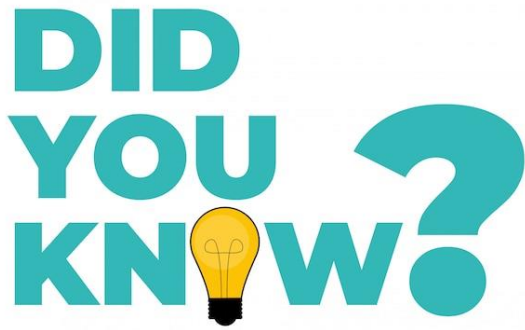
Menu: Walking Tacos

Speaker: Marley Larson

Host: Living Way Youth

**FREE WILL DONATION.**

**PROCEEDS GOING TO NEIGHBOR HELPING  
NEIGHBOR AND MONTGOMERY STREET PRESCHOOL.**



**DID YOU KNOW.....We will be treated to biscuits and gravy after service on 3/17/2024?**

Join us after service on 3/17/2024 in the Narthex for a savory treat of biscuits and gravy, prepared and served by the F.U.N. group. Enjoy this savory treat and fellowship as we continue into this Easter season. Ask us how you can be a part of the F.U.N. Group!

# CELEBRATE EASTER

**At Knoxville First United Methodist Church**



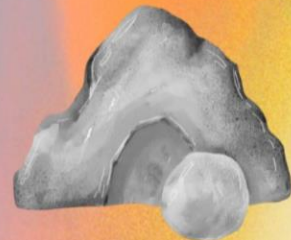
**Palm Sunday**

March 24th at 9:30am



**Good Friday**

March 29th at 7pm



**Easter Sunday**

March 31st at 9:30am

## What Are You Doing for Lunch?

Meals on Wheels delivery volunteers are needed **Monday, April 8, 2024 through Thursday, April 11, 2024** (4 routes each day). Please reply to this email or sign up in the Narthex if you are interested in volunteering for any of these routes. Volunteering for Meals on Wheels is a great way to make a huge impact in a short amount of time. Anyone can deliver meals, and it's a great volunteer opportunity for families and individuals of all ages. Sign up today and find out how easy and rewarding it is to bring nourishment and independence to your neighbors throughout the community! Thank you.

**All meals are to be picked up 10:30-10:40 a.m. in the alley behind police station.  
If volunteering multiple days signing up for the same route makes it easier.**

<u>DATE &amp; ROUTE</u>	<u>VOLUNTEER</u>	<u>VOLUNTEER</u>	<u>CELL NUMBER</u>
<b>Monday, April 8, 2024</b>			
Route 1			
Route 2			
Route 3			
Route 4			
<b>Tuesday, April 9, 2024</b>			
Route 1			
Route 2			
Route 3			
Route 4			
<b>Wednesday, April 10, 2024</b>			
Route 1			
Route 2			
Route 3			
Route 4			
<b>Thursday, April 11, 2024</b>			
Route 1			
Route 2			
Route 3			
Route 4			



# CHILDREN, YOUTH & FAMILY MINISTRY HAPPENINGS

It is hard to believe Lent is already here. FUMC has a lot of great activities for everyone to enjoy this Lenten season. Please remember it is never too late to start coming to any of our programs. We always welcome new faces! If you have any questions, please contact me at [lpetersen@kfumc.com](mailto:lpetersen@kfumc.com).

## Living Way Youth Meetings



Youth Group meets on the first and third Sunday night from 5-7pm. This group is for youth in grades 6-12.

### Mark your calendars:

- **March 17th** – Iowa Wolves Game, leave 1:30pm return by 8pm
- **March 20th** – serve Lenten meal
- **April 13th** – Wesley Woods Retreat, leave 7:15am return by 2:30-3pm

## Children's Church



Children's Church is on Sundays from 10-10:30am (right after Children's Time). Our curriculum is designed for preschool and early elementary kids. We are following along with The Story.

**Reminder** – No Children's Church March 31st

## Pathfinders



Our 3<sup>rd</sup>-5<sup>th</sup> graders have been having a great spring session. This semester they are doing a service project to raise money and collect items for the Marion County Humane Society. Watch our Facebook page for a list of requested donations. The drop off deadline is Monday, April 1<sup>st</sup>. All items can be dropped off at the church office.

Pathfinder meeting dates: Tuesdays 3:30-5pm, March 5<sup>th</sup>, 19<sup>th</sup>, and April 2<sup>nd</sup>

## Mark Your Calendars

### Good Friday Day Camp – March 29<sup>th</sup>, 2024 from 9am-noon

Kids ages 4 through 5<sup>th</sup> grade will enjoy a fun filled morning learning about the Easter Story by walking with Jesus from Palm Sunday all the way to the resurrection. They will enjoy hands on crafts, activities, and games to help them learn about the events of Holy Week! To register, please fill out the registration form and send to Lauren at [lpetersen@kfumc.com](mailto:lpetersen@kfumc.com)

Blessings, Lauren

# GOOD FRIDAY DAY CAMP

March 29th, 2024

9am - 12pm



## Day Camp Registration Form

Parents Name: \_\_\_\_\_ Child(ren) Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Child(ren) Birthday: \_\_\_\_\_ Child(ren) Grade: \_\_\_\_\_

Allergies: \_\_\_\_\_

Emergency Contact (other than parent): \_\_\_\_\_

### Social Media & Photo Release

By signing this form, I give Knoxville First United Methodist Church the permission to photograph my child and use his or her picture solely for the church's website or Facebook page. Knoxville First United Methodist Church will never publish a child's name with any of its publications.

Child's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Parent's Name (print): \_\_\_\_\_

Date: \_\_\_\_\_

# PRESCHOOL NEWS & UPDATES

## Enrollment Information for 2024/2025

Enrollment for the 2024/2025 school year opens March 1<sup>st</sup>. Classes will be offered for 2 year olds, 3 year olds and a pre-kindergarten class for 4s and 5s. The registration form is included in the newsletter and will also be on the church website ([www.kfumc.com](http://www.kfumc.com)). The MSPS staff will be holding a Registration Open House on Thursday, March 21 from 4:30 until 6:30. This is a great time for families to come tour our facility and meet the staff. Invite your friends and neighbors that may be interested in preschool!





# Preschool Registration Form Page 1

## Classes Offered:

### Totally Two's

(Must be 2 by September 15)

This class gives children a chance to begin experiencing preschool with learning experiences primarily coming from play, while working on social/emotional growth.

Friday Mornings

8:30 -11:00 am

\$50.00 per month

### Thrilling Three's

(Must be 3 by September 15)

This class explores in a learning environment where activities are set up to encourage development of large and small motor skills while also working on social/emotional development.

Monday and Wednesday Mornings

Or

Tuesday and Thursday Mornings

8:30 -11:00 am

\$90.00 per month

### Kinder Explorers

(Must be 4 by September 15)

Classes meet four days per week preparing children for kindergarten. Classes work on both academic and social/emotional skills while in a loving nurturing environment.

4 days per week (AM or PM, PM class will only be available if AM is filled)  
Monday, Tuesday, Wednesday, & Thursday

8:30 – 11:00 am or 12:30 - 3:00

\$130 per month



## Our dedication to quality:

Montgomery Street Preschool is a ministry of the First United Methodist Church. We have been Knoxville's choice for faith based early learning for over 50 years. We are dedicated to providing high quality early childhood education to Knoxville and the surrounding area.

Montgomery Street Preschool is unique in that we offer a two-year old preschool class and we also accept registrations for 5 year olds that may not be ready for Kindergarten.

Montgomery Street Preschool is proud to be a part of the Knoxville community. We are an agency of the Marion County United Way. Donations to the United Way help us to update classrooms, curriculum, and learning centers.

## Enrollment Forms:

To enroll in preschool, the enclosed enrollment form needs to be filled out for each child. The form along with the registration fee may be mailed or dropped off at the preschool or First United Methodist Church office.

**Financial assistance is available. Please ask the director for more information or for the scholarship form.**

## Preschool Registration Form Page 2

### **Our Philosophy:**

Your child is a unique child of God. At Montgomery Street Preschool, children are encouraged to have a healthy self-image and appreciation of themselves and the community. Through opportunities for individual affirmation and group sharing, the children learn positive feelings of self-worth, confidence, and trust.

Your child learns by doing. Children learn best when they have "hands-on" experiences. Through learning centers, children grow in basic skills needed for further growth in language arts, mathematical thinking, science, and creative arts. Our learning environment provides activities which develop large and small motor skills, listening skills, and school readiness skills.

### **Our setting:**

- Spacious, bright, colorful rooms with a variety of equipment for developing large and small motor skills
- Fenced in outdoor play area with climbing structure. Indoor climber for cold or rainy days.

### **Our Teaching Staff:**

-Director and teachers are highly qualified through continuing education classes, training events, and teaching experiences.

-Classes have no more than 12 children with a teacher and an assistant.

Montgomery Street Preschool  
313 E. Montgomery  
Knoxville, Iowa 50138



**Where your child learns...**

**I Am Special!**

**I Am Loved!**

**I Can Do It!**

**I Am Ready!**

**Located at Knoxville First United  
Methodist Church**

**313 E Montgomery**

**Knoxville, Iowa 50138**

**Phone: 641-842-2193**

**Email- [msspschool@hotmail.com](mailto:msspschool@hotmail.com)**

For the 2024/2025 School Year:

September tuition will be due September 1, 2024. If payment is not received or arrangements have not been made with the director by September 1, your child's spot will be given to a child on the waiting list.

A \$25.00 non-refundable fee must accompany this form.

Please register my child for:

- ☐ Totally Two's (Friday) AM
- ☐ M/W Thrilling Three's AM
- ☐ T/TH Thrilling Three's AM
- ☐ M/T/W/TH Kinder Explorers AM
- ☐ M/T/W/TH Kinder Explorers PM

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Child's Age      Date of Birth      Sex

\_\_\_\_\_  
Parent's name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City/Zip

\_\_\_\_\_  
Mom Cell      Dad Cell

\_\_\_\_\_  
Preferred Phone Number

\_\_\_\_\_  
Email address for school correspondence



## **MSPS Spring Fundraiser**

MSPS students will be raising funds by learning nursery rhymes, bible songs, and prayers this spring. All MSPS students will have donation sheets starting March 1. They will collect donations through March 22. The week of March 25 students will participate in a Nursery-rhyme-a-thon to see how many nursery rhymes, prayers, and songs they can complete. Donations may be made to any MSPS student or through the preschool. All money raised will be going to the scholarship fund for next school year. MSPS thanks our church family for their continued support of our program!



## Marching Through Lent



“The Kingdom of Heaven is like a treasure that a person discovered hidden in a field. In their excitement, they hid it again and sold everything that they owned to get enough money to buy the field and to get the treasure, too!” Matthew 13:44

We have received our ashes and have begun our Lenten journey. Each Wednesday night, we will be joining together in Christian fellowship with a light meal and friends sharing about their life and their relationship with God. Please plan to join us on March 6, 13, and 20 in the lower level of the church,

There’s excitement in the air—I have seen my first robin! I know that we can have some tough winter days ahead of us yet. We remember March blizzards and April snow storms. Yet, sighting your first robin in late winter is still an event that lifts one’s spirits.

We seem to do a lot of sorting in our house. Going through a shoe box of pictures, finding treasures that we no longer need and load them up for the Almost Free Shop. Have you had the pleasure of sorting through some boxes with your grandpa or grandma? You can discover all sorts of treasures. Jesus’ story in Matthew tells about a person who was excited to find a treasure. Perhaps this person was taking a short cut through the field, or maybe they were just out for a springtime walk—in search of robins! In any event, their path led them past a small object sticking out of the ground. And when they investigated, they discovered a buried treasure. Their heart pounded and they had to have it. So they made arrangements and bought the entire field just to get the treasure.

The real excitement, the true treasure that is waiting to be discovered is the kingdom of God. And the good news is that God has provided each of us a map—in the Holy Bible and in our individual hearts to help us find God’s kingdom. If we are willing to look deeply and genuinely join in the search, an amazing relationship with God awaits us. God wants us to be as excited about the Good News as we would be excited in finding a treasure from our grandparents or in sighting a robin in March.

Are you eagerly seeking to grow your relationship with God? One thing is for sure, it will be an exciting journey. Being a part of God’s kingdom is exciting. Good luck on seeing your first robin, and best to you as you discover more in your faith journey with God. See you Sunday!

---Pastor Brent

## March 2024

KFUMC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 25	26	27	28	29	Mar 1	2
8:30 AM ☞ Adult Bible S☞ 9 AM ☞ Holy Donut Hol☞ 9:30 AM Worship Service☞ 10 AM Education Room ☞ 10 AM Children's Church☞ 11 AM Chapel Reserved ☞ 5 PM Pickleball (Peter, P)☞ 7:30 PM NA Meeting ☞	7:30 AM Monday Mornin☞ 11:45 AM Staff Meeting ☞ 1 PM Neighbor Helping ☞ 2 PM Almost Free Shop ☞ 5 PM Beginners Adult Pi☞ 6 PM Girl Scouts ☞ 6:30 PM F.U.N. Meetin☞	9 AM Almost Free Shop ☞ 3:30 PM Pathfinders ☞ 6:30 PM ☞ The Story Sm☞ 7:30 PM Alcoholics Anor☞	Statistical Reports Due 12 PM WINGS ☞ 1 PM Neighbor Helping ☞ 4:30 PM Cooking for a C☞ 5:30 PM ☞ Lenten Meal 6 PM Pickleball (Peter, P)☞ 7 PM ☞ Nominations Meet	5 PM Pickleball (Peter, P)☞ 7 PM Chancel Choir Practic☞ 7:30 PM NA Meeting ☞	9 AM Almost Free Shop ☞ 12 PM Alcoholics Anonym☞ 6 PM Narcotics Anonym☞	4 PM Clean & Sober Soc☞
3	4	5	6	7	8	9
Communion Sunday/Fo☞ 8:30 AM ☞ Adult Bible S☞ 9 AM ☞ Holy Donut Hol☞ 9:30 AM Worship Service☞ 10 AM Education Room ☞ 10 AM Children's Church☞ 11 AM Chapel Reserved ☞	7:30 AM Monday Mornin☞ 11:45 AM Staff Meeting ☞ 1 PM Neighbor Helping ☞ 2 PM Almost Free Shop ☞ 5 PM Beginners Adult Pi☞ 6 PM Girl Scouts ☞ 7 PM ☞ P46:10 Meeting	9 AM Almost Free Shop ☞ 3:30 PM Pathfinders ☞ 6:30 PM ☞ The Story Sm☞ 7:30 PM Alcoholics Anor☞	12 PM WINGS ☞ 1 PM Neighbor Helping ☞ 5:30 PM ☞ Lenten Meal 6 PM Pickleball (Peter, P)☞ 7 PM Confirmation	9 AM ☞ UWF Executive Me☞ 5 PM Pickleball (Peter, P)☞ 7:30 PM NA Meeting ☞	Ignite Youth Leadership Conference (Living Way Youth G☞ 9 AM Almost Free Shop ☞ 12 PM Alcoholics Anonym☞ 6 PM Narcotics Anonym☞	4 PM Clean & Sober Soc☞
10	11	12	13	14	15	16
8:30 AM ☞ Adult Bible S☞ 9 AM ☞ Holy Donut Hol☞ 9:30 AM Worship Service☞ 10 AM Education Room ☞ 10 AM Children's Church☞ 11 AM Chapel Reserved ☞ 4 PM Pickleball (Peter, P)☞ 7:30 PM NA Meeting ☞	9 AM ☞ Staff Meeting 1 PM Neighbor Helping ☞ 2 PM Almost Free Shop ☞ 5 PM Beginners Adult Pi☞ 6 PM Girl Scouts ☞	9 AM Almost Free Shop ☞ 5 PM Garden Club ☞ 6 PM Community Chorus R☞ 6:30 PM ☞ The Story Small☞ 7:30 PM Alcoholics Anor☞	MSPS Spring Break 12 PM WINGS ☞ 1 PM Neighbor Helping ☞ 5:30 PM ☞ Lenten Meal 6 PM Pickleball (Peter, P)☞	9 AM Rachel Circle UWF☞ 5 PM Pickleball (Peter, P)☞ 7:30 PM NA Meeting ☞	Heather Off at Noon 9 AM Almost Free Shop ☞ 12 PM Alcoholics Anonym☞ 5:30 PM F.U.N. Prep for Bis☞ 6 PM Narcotics Anonym☞	4 PM Clean & Sober Soc☞
17	18	19	20	21	22	23
8:30 AM ☞ Adult Bible S☞ 9 AM ☞ Holy Donut Hol☞ 9:30 AM Worship Service☞ 10 AM Education Room ☞ 10 AM Children's Church☞ 10:30 AM ☞ St Patrick's Da☞ 11 AM Chapel Reserved ☞	7:30 AM Monday Mornin☞ 11:45 AM Staff Meeting ☞ 1 PM Neighbor Helping ☞ 2 PM Almost Free Shop ☞ 5 PM Beginners Adult Pi☞ 6 PM Girl Scouts ☞ 6:30 PM SPRC ☞	9 AM Almost Free Shop ☞ 3:30 PM Pathfinders ☞ 6 PM Community Chorus R☞ 6:30 PM ☞ The Story Sm☞ 7:30 PM Alcoholics Anor☞	12 PM WINGS ☞ 1 PM Neighbor Helping ☞ 5:30 PM ☞ Lenten Meal 6 PM Pickleball (Peter, P)☞ 7 PM Confirmation	11 AM Adult Bible Study☞ 6:30 PM MSPS Registration 5 PM Pickleball (Peter, P)☞ 7 PM Rebecca Circle UWF☞ 7:30 PM NA Meeting ☞	9 AM Almost Free Shop ☞ 12 PM Alcoholics Anonym☞ 6 PM ☞ Community Choru☞ 6 PM Narcotics Anonym☞ 7 PM Community Chorus R☞	4 PM Clean & Sober Soc☞
24	25	26	27	28	29	30
Palm Sunday 8:30 AM ☞ Adult Bible S☞ 9 AM ☞ Holy Donut Hol☞ 9:30 AM Worship Service☞ 10 AM Education Room ☞ 10 AM Children's Church☞ 11 AM Chapel Reserved ☞	7:30 AM Monday Mornin☞ 11:45 AM Staff Meeting ☞ 1 PM Neighbor Helping ☞ 2 PM Almost Free Shop ☞ 5 PM Beginners Adult Pi☞ 5:30 PM ☞ Finance Com☞ 6 PM Girl Scouts ☞	9 AM Almost Free Shop ☞ 6:30 PM ☞ The Story Sm☞ 7:30 PM Alcoholics Anor☞	12 PM WINGS ☞ 1 PM Neighbor Helping ☞ 4:30 PM Cooking for a C☞ 5:30 PM ☞ Movie "Greater☞ 6 PM Pickleball (Peter, P)☞ 7 PM Confirmation	1:30 PM Sarah Circle Me☞ 5 PM Pickleball (Peter, P)☞ 7:30 PM NA Meeting ☞	9 AM Almost Free Shop ☞ 9 AM Good Friday Day Car☞ 12 PM Alcoholics Anonym☞ 6 PM Narcotics Anonym☞ 7 PM Good Friday Service☞	4 PM Clean & Sober Soc☞
31	Apr 1	2	3	4	5	6
8:30 AM ☞ Adult Bible S☞ 9 AM ☞ Holy Donut Hol☞ 9:30 AM Worship Service☞ 10 AM Education Room ☞ 11 AM Chapel Reserved ☞ 4 PM Pickleball (Peter, P)☞ 7:30 PM NA Meeting ☞	1 PM Neighbor Helping ☞ 2 PM Almost Free Shop ☞ 5 PM Beginners Adult Pi☞ 6 PM Girl Scouts ☞	9 AM Almost Free Shop ☞ 11:45 AM ☞ Staff Meeting 3:30 PM Pathfinders ☞ 6:30 PM ☞ The Story Sm☞ 7:30 PM Alcoholics Anor☞	12 PM WINGS ☞ 1 PM Neighbor Helping ☞ 6 PM Pickleball (Peter, P)☞ 6:30 PM The Gathering 7 PM Confirmation	12:30 PM UWF Executive☞ 1:30 PM UWF General M☞ 5 PM Pickleball (Peter, P)☞ 7:30 PM NA Meeting ☞	9 AM Almost Free Shop ☞ 12 PM Alcoholics Anonym☞ 6 PM Narcotics Anonym☞	Saturday Chapel Service R☞ 4 PM Clean & Sober Soc☞ 5 PM Chapel Worship Se☞