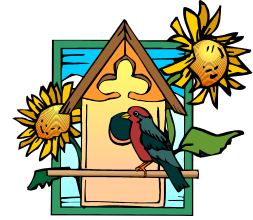




GOVANS PRESBYTERIAN CHURCH  
 5828 YORK ROAD  
 BALTIMORE, MD 21212  
 (410) 435-9188 (VOICE) (410) 323-4409 (FAX)  
 WWW.GOVANSPRES.ORG

**JULY/AUGUST  
 2005**



# The Bellringer

## Thoughts From The Pastor

.The ad was for Alters. "Well," I thought, "that's not of interest to me. After all Presbyterians don't have altars, we have Communion Tables." An Altar is a place of sacrifice, a table is where the family gathers. No altars for me. But then I noticed the mistake. The ad said alter, with an E. "I like that," I thought. I don't think that's what they meant, but the verb says something quite different from the noun. Isn't an Altar, with an A, the place where we are

altered, changed, made new? Couldn't my life take a little altering here and there? Especially the kind of altering that happens in the presence of Jesus. Maybe even more than a little. I tossed the ad away thinking ruefully, Presbyterians don't use altars, with an A, but we certainly do believe in alters, with an E.

Neta Lindsay Pringle

### Inside this issue:

Praise Band Notes	2
Mariners	2
Heartfelt Thank You	2
Life Line Screening	4
Free Blood Pressure Check	5
Calendar	Insert

## DEADLINE FOR THE BELLRINGER

**NOTICE:** Deadline for articles for the Bellringer is the **15th of every month**. If you have anything you want to contribute to the Bellringer you may leave the article/information in the church office mailbox in the workroom or email it to [gpcoffice@yahoo.com](mailto:gpcoffice@yahoo.com)

## 2004 PICTORIAL DIRECTORIES



The 2004 Pictorial Directory has finally arrived! If you have not yet picked up your copy, see Marilyn Forbes after church on Sundays. Thank you for your patience.

### Topics to Look For:

- July/August Worship Leaders/Ushers
- A Happy Thought
- Gratitude Corner
- Birthday List
- Lectionary for the Lord's Day
- CARES
- Govans Sunday Schedule
- Senior Network News

## PRAISE BAND NOTES

Our praise band for the 9:15 AM service has been in need of a monitor system, that is, speakers which allow all of the band members to hear each other. As it has been, the singers who are farthest apart can't hear each other, and our wonderful drummers have generally relied on extra sensory perception to keep the beat.

Thanks to Ed Richardson's acquaintance with Tom Lerario, the executive director of Woods Memorial Church in Severna Park, Govans became the recipient of Woods Memorial's surplus sound equipment. Ed and Mike Kirkpatrick made the trip to Woods

Memorial, not knowing what was available. Four "hotspot" monitors had been on our wish list for a couple of years, and there were exactly four. Instances like this seem to be the Lord's way of reminding us who is actually making the arrangements. We also acquired speakers, an amplifier, equalizer and compressor.

The equipment was put to use two days later at the Woodberry Crossing bull roast for which Beth and Ed Richardson, Dave Kirkpatrick and Mike Kirkpatrick provided part of the music. The praise band now has a system that will provide amplification for off-

campus events.

On a different note, you may have noticed that the band has been playing some traditional hymns that have been arranged in a contemporary style. For this we give thanks to our own Dave Kirkpatrick. The renditions of "I Surrender All", "Amazing Grace", "Just As I Am", "I Need Thee Every Hour", "O Jesus I Have Promised", and "We Are The Church", are some of his arrangements.

Sincerely,  
Mike Kirkpatrick

## MARINERS

The Mariners will not meet in July and August. If you are willing to host a meeting during the 2005-06 year please contact our new chair, John Kinnier at 410-321-7235. Thank you for being willing to chair Mariners.

A special thanks to Joan Riffert and Charlie Corson for a job well done during 2004-05 .

## BALTIMORE CITY FIRE DEPARTMENT "BATTALION 4" OUTREACH INITIATIVE

This initiative is limited to north/northeast Baltimore and will provide free home inspections, possibly correct hazards in the home, install free smoke detectors, review egress and exit plans, discuss safety issues and answer questions for seniors in this area of the city. The boundaries are North—City Line, South—33rd Street/Parkside Drive/Moravia Road/ Frankford Avenue, East—City Line, West—Jones Falls Expressway, I-83. See Sandy or Pat in the Senior Network for an Application form.

## HEARTFELT THANK YOU

Dear members of Govans Church,

Thank you so much for the beautiful flowers and for your thoughts and prayers.

With love,  
Kathleen Mi-

chael

I would like to thank the church for the generous gift of money to me at my retirement reception.

It was so very nice to see so many friends there to wish me well on my retirement. I really loved working at the church and I will miss it very much. Thanks again for all the best wishes.

Ruth Baker

**The Gratitude Corner**

"Gratitude is our most direct line to God and the angels. If we take the time, no matter how crazy and troubled we feel, we can find something to be thankful for. The more we seek gratitude, the more reason the angels will give us for gratitude and joy to exist in our lives."

--Terry Lynn Taylor

## LECTIONARY FOR THE LORD'S DAY: JULY 2005



# JULY

**7/3     14th Sunday in Ordinary Time**  
Gen. 24:34-38, 42-49, 58-67; Ps. 45:10-17 or S. of Sol. 2:8-13; Rom. 7:15-25a; Matt. 11:16-19, 25-30

**7/10    15th Sunday in Ordinary Time**  
Gen. 25:19-34; Ps. 119:105-112; Rom. 8:1-11; Matt. 13:1-9, 18-23

**7/17    16th Sunday in Ordinary Time**  
Gen. 28:10-19a; Ps. 139:1-12, 23-24; Rom. 8:12-25; Matt. 13:24-30, 36-43

**7/24    17th Sunday in Ordinary Time**  
Gen. 29:15-28; Ps. 105:1-11, 45b or Ps. 128; Rom. 8:26-39; Matt. 13:31-33, 44-52

**7/31    18th Sunday in Ordinary Time**  
Gen. 32:22-31; Ps. 17:1-7, 15; Rom. 9:1-5; Matt. 14:13-21

<p><b>1st</b> Deb Dalton</p> <p><b>2nd</b> Estelle Hess</p> <p><b>8th</b> Jay Forbes</p> <p><b>9th</b> John Matthews</p> <p><b>11th</b> Ethan Knarr</p> <p><b>12th</b> Elsie Hegwood</p> <p><b>14th</b> Janet Simons</p> <p>Beth Richardson</p> <p>Amy Hardin</p> <p>Jocelyn Ray</p> <p><b>15th</b> Jean Jackson</p> <p><b>16th</b> John Kinnier</p> <p>Stephen Haduch</p> <p><b>17th</b> Dan Dillon</p> <p>Sue Childress</p> <p>Olivia Sterling</p> <p><b>18th</b> Lois Boyd</p> <p>Judy Dobbs</p> <p>Chris Mellott</p>	<p><b>19th</b> Colin Brown</p> <p>Aladdin Owoh</p> <p><b>21st</b> Tom McElfattrick</p> <p>Janet Lord</p> <p>Jody Hamilton</p> <p><b>22nd</b> Matt Mellott</p> <p><b>23rd</b> Helen Koller</p> <p><b>25th</b> Kelsey Brown</p> <p>Sam Cox</p> <p>Caron Mullins</p> <p><b>26th</b> Charles Corson</p> <p>Maggie Farrand</p> <p><b>28th</b> Alice Read</p> <p><b>29th</b> Magdalene Fennell</p> <p>Catherine Wilson</p> <p><b>30th</b> Eleanor MacDougall</p> <p><b>31st</b> Marilyn Forbes</p> <p>Ben Hobbs</p>
--	---

**JULY**

**WORSHIP LEADERS**

**7/3**     Julie Mertus

**7/10**

**7/17**    Robin Chandlee

**7/24**    Edith Brown

**7/31**    Corky Shaw

If you have any questions  
Please contact Robin  
Chandlee at 410-337-9257.

**JULY USHERS**

**Jack Weller—Capt.**

**Mike Field**

**Okpe Orie**

**Alice Orie**

**Ed Boyd**

**Sarah Weller**

If you have any questions con-  
tact George Cognet at 443-  
604-2153 or by email.

**A HAPPY THOUGHT:**

Happiness is an inner state of well being. A state of well being enables you to profit from your highest: thoughts, wisdom, intelligence, common sense, emotions, health, and spiritual values in your life.

This happy thought by Lionel Ketchian.

**LECTIONARY FOR THE LORD'S DAY:  
AUGUST 2005**



**AUGUST**

**8/7**      *19th Sunday in Ordinary Time*  
Gen. 37:1-4, 12-28; Ps. 105:1-6, 16-22, 45b;  
Rom. 10:5-15; Matt. 14:22-23

**8/14**      *20th Sunday in Ordinary Time*  
Gen. 45:1-5; Ps. 133; Rom. 11-1-2a, 29-32;  
Matt. 15:(10-20) 21-28

**8/21**      *21st Sunday in ordinary Time*  
Exod. 1:8-2:10; Ps. 124; Rom. 12:1-8; Matt. 16:13-20

**8/28**      *22nd Sunday in Ordinary Time*  
Exod. 3:1-15; Ps. 105:1-6, 230-26, 45c; Rom. 12:9-21;  
Matt. 16:21-28

**LIFE LINE SCREENING  
Tuesday, July 12th**

Pre-registration is required by calling 1-800-697-9693. Testing done at Senior Network. Stroke Screening/Carotid Artery, Abdominal aortic Aneurysm Screening, Osteoporosis Screening, and Peripheral Arterial Disease Screening. These test quickly detect arterial abnormalities which can cause disrupted blood flow. The screenings are fast, accurate, and available at an affordable rate. Sign up for all four screenings and pay only \$129 or Vascular Package (3 screenings) \$109.

**AUGUST USHERS**

**Harry Hess—Capt.  
Jon Morgan  
Joan Commarata  
John Markel**

If you have any questions contact George Cagnet at 443-604-2153 or by email.

**AUGUST  
WORSHIP LEADERS**

**8/7**      **Drew Andersen**  
**8/14**      **Beth Richardson**  
**8/21**      **Alice Read**  
**8/28**      **John Kinnier**

If you have any questions lease contact Robin Chandlee at 410-337-9257. Other readers potentially available for substitution:  
Lois Boyd, Corky Shaw, Robin Chandlee & JoAnn Copes

<b>1st</b>	<b>15th</b>
Megan Cohen	Anne Englar
David Pontious	<b>16th</b>
<b>4th</b>	Leon Minto
Bea Pettit	<b>17th</b>
Craig Forbes	Linda Owen
George Hoyle IV	<b>20th</b>
<b>5th</b>	Jim Pannebecker
Delores Batts	<b>21st</b>
<b>6th</b>	JoAnn Copes
Sydney Sutherland	Mary Weller
<b>9th</b>	<b>22nd</b>
David Owen	Meg Knarr
Heather Hopkins	<b>23rd</b>
<b>11th</b>	Agnes Bauer
Julie Mertus	Sylvia Usher
Lavasia McLaughlin	<b>24th</b>
Corey Hoyle	Avis Reither
<b>12th</b>	Sid Venable
Gail Brown	<b>27th</b>
<b>13th</b>	Caleb Corkery
Barbara Hulfish	Ava May
<b>14th</b>	<b>31st</b>
John Markel	Lori Hatz
Wilma Webster	Roy Archer
Patsy Owen	
Monee McLaughlin	

**GOVANS FLEA  
MARKET WILL BE  
SEPTEMBER 10TH**

**SNNB: Senior Network of North Baltimore**

Located in the Harry &amp; Jeanette Weinberg Center

The SNNB offers a variety of programs and activities for senior adults. Below are a few of the activities for this month. For more information on any of these programs, please call SNNB at 410-323-7131.

**WIN A FREE PROGRESSIVE LUNCH TRIP**

\$62.00 Value                      \$1.00 per chance

Try your luck and purchase a raffle for only \$1.00. Enjoy a driving tour of Uniontown with a Step on Guide. A wonderful tour of the Atrium in Taneytown where we will have our main entrée. Tickets can be purchased in the office during office hours.

**EVENING COMPUTER CLASS**

**July 13th to August 17th**  
**Wednesday Nights 6-8 p.m.**

**Word Class:** Does your text change unexpectedly? Do you want to make text go where you want it? Learn some formatting techniques in Microsoft Word and let this powerful word processing program work for you. You must know how to edit text, use menus and tools. Call Sandy with any questions.

**FREE BLOOD PRESSURE CHECKS**

Wednesdays, July 6th and 20th  
10:30 a.m.

**VA MARYLAND HEALTH CARE SYSTEM**

**Friday, August 5th**  
**1:00 p.m.**

John Possi, Outreach Coordinator will be here from the VA will provide important information of how to navigate the VA health care system. Call to sign up and join us for lunch.

**FRIDAY LUNCH BUNCH AT SENIOR NETWORK**

**7/1 Patriotic Luncheon**—Dress for the occasion. Brown bag lunch. You bring your lunch and Senior Network provides the dessert and beverage.

**7/8 Out to Lunch Bunch**—12 Noon—Ruby Tuesdays. This month we will meet at Ruby Tuesdays located at 1728 E. Northern Parkway/Loch Raven Blvd. Lunch on your own (LOYO) In order to make reservations, we need you to call the office to sign up.

**7/15 Lunch with Good Samaritan Hospital.** Lunch with Good Sam—Sandwich, salad, chips, dessert and beverage.

**7/22 Birthday Luncheon**—Cold Cuts, Rolls, Chips, Carrot & Raisin Salad, Dessert, Beverage.

**7/29 Pot Luck Friday**—Bring your favorite dish to share. Dessert & beverage provided.

**If you wish to attend the Friday luncheons, you must sign up by noon on Wednesday. Call 410-323-7131 to sign up. If you find that you cannot attend, it is important that you let us know. If you sign up 3 times for lunch, do not attend & do not let us know, it will be at our discretion to continue to include you in our lunch program. A \$2.00 donation is requested for each luncheon held at SNNB.**

**ORAL SCREENING**

**Friday, July 15th**  
**10:00 am to Noon**

The Smoke-free Tour Bus will be here. There will be screenings for Oral Cancer and while on the bus, you may engage in several hands-on activities. Call the office to sign up.

**DO YOU HAVE ASTHMA?**

Would you be willing to take part in a focus group at Senior Network? Group conducted by Dr. Crystal Simpson, MD, from Johns Hopkins Hospital. Lunch provided, stipend for participation. Focus Group to meet at Senior Network. Call Pat Jeffers if interested.

**DON'T FORGET THE MANY CLUBS, CLASSES, DAY TRIPS, AND EXTENDED TRIPS THAT THE SENIOR NETWORK HAS FOR YOU TO ATTEND. COME AND JOIN US. WE HAVE SOMETHING FOR EVERYBODY.**

**Govans Presbyterian Church**  
5828 York Road  
Baltimore, MD 21212

**RETURN SERVICE REQUESTED**

**Non-Profit Org.**  
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**DATED MATERIAL**  
Please Deliver Between  
6/21-6/24

**WE'RE ON THE WEB**  
**WWW.GOVANSPRES.ORG**



## **GOVANS SUNDAY SCHEDULE**

9:15 a.m.

**CHILDREN AND FAMILY SERVICE**

With Contemporary Music

Coordinator: Mike Kirkpatrick

10:10 a.m.

**SUNDAY SCHOOL**

**ADULT OPTIONS**

11:00 a.m.

**TRADITIONAL WORSHIP**

William Wisnom—Director of Music

**BARRIER FREE**

**CHILDCARE IS PROVIDED**

**ALL ARE WELCOME**

The Ellen Morriss Memorial Labyrinth

is open from dawn to dusk daily

## **CARES: Our Local Food Pantry**


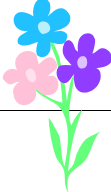






*CARES is a Food Pantry & Financial Assistance Center located at St. Mary's Church, serving the residents of Govans and surrounding areas. Donations can be dropped off here during church (basket located in Tower Room or to the church office). CARES needs assistance all year long.*

*Wish List:* Tea bags, sweetener packets, small containers of canned meats such as tuna, chicken, and chili, chicken stew, beef stew, spaghetti noodles and sauce, jello/pudding, boxed potatoes, rice, beans, soups, jelly and peanut butter, canned vegetables/fruits, cereal, along with female personal care items and paper items such as toilet paper, paper towels, etc. Thank you for your support.



# JULY 2005





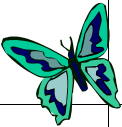


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>31</p> <p>9:15 a.m. Children &amp; Family Service 11:00 a.m. Traditional Worship Service</p>					<p>1</p> <p>12:00 p.m. Friday Lunch Bunch (SH)</p> 	<p>2</p> <p>8:30 a.m. Fresh Breeze Mindfulness Sangha (SH)</p>
<p>3</p> <p>9:15 a.m. Children &amp; Family Service 11:00 a.m. Traditional Worship Service</p> <p><i>12:30 p.m. Wedding - Shannon Jeffords &amp; Michael Cortigine</i></p>	<p>4</p> <p><b>INDEPENDENCE DAY</b></p> <p>CHURCH OFFICE CLOSED PRESCHOOL CLOSED SNNB CLOSED</p> 	<p>5</p> <p>9:30 a.m. Staff Meeting (Lib) 11:00 a.m. Bible Study (Lib) 7:00 p.m. New Wave (SH)</p>	<p>6</p>  <p>11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 1:30 p.m. Line Dancing (SH) 7:30 p.m. Contemporary Music Rehearsal (Sanc.)</p>	<p>7</p>	<p>8</p> <p>12:00 p.m. Friday Lunch Bunch (AWAY)</p>	<p>9</p> <p>8:30 a.m. Fresh Breeze Mindfulness Sangha (SH)</p>
<p>10</p> <p>9:15 a.m. Children &amp; Family Service 11:00 a.m. Traditional Worship Service</p>	<p>11</p> <p>11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 7:00 p.m. Debtors Anon. (MP-Rm)</p>	<p>12</p> <p>8:30 a.m. Life Line Screening (SNNB/SH) 9:30 a.m. Staff Meeting (Lib) 11:00 a.m. Bible Study (Lib) 7:00 p.m. New Wave (SH)</p>	<p>13</p> <p>11:00 a.m. Exercise Class (SH) 12:30 p.m. Line Dancing (SH) 1:30 p.m. Line Dancing (SH) 7:30 p.m. Contemporary Music Rehearsal (Sanc.)</p>	<p>14</p> <p>10:30 a.m. CARE Training (SNNB/SH) 7:30 p.m. Sufi Order (SH)</p>	<p>15</p> <p>12:00 p.m. Friday Lunch Bunch (SH)</p> 	<p>16</p> <p>8:30 a.m. Fresh Breeze Mindfulness Sangha (SH)</p>
<p>17</p> <p>9:15 a.m. Children &amp; Family Service 11:00 a.m. Traditional Worship Service</p>	<p>18</p> <p>11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 7:00 p.m. Debtors Anon. (MP-Rm)</p> 	<p>19</p> <p>9:00 a.m. BMHS (SH) 9:30 a.m. Staff Meeting (Lib) 11:00 a.m. Bible Study (Lib) 1:00 p.m. Afternoon 2 the Movies (SNNB/SH) 7:00 p.m. New Wave (SH) 7:30 p.m. All Ministry Area Meeting (SH)</p>	<p>20</p> <p>11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 1:30 p.m. Line Dancing (SH) 7:30 p.m. Dancers of Universal Peace (SH) 7:30 p.m. Contemporary Music Rehearsal (Sanc.)</p>	<p>21</p> <p>9:30 a.m. Caregivers Seminar (SNNB/SH) 7:30 p.m. Sufi Order (SH)</p>	<p>22</p> <p>12:00 p.m. Friday Lunch Bunch (SH)</p>	<p>23</p> <p>8:30 a.m. Fresh Breeze Mindfulness Sangha (SH) 9:00 a.m. Family and Children Services (MP-Rm)</p>
<p>24</p> <p>9:15 a.m. Children &amp; Family Service 11:00 a.m. Traditional Worship Service</p>	<p>25</p> <p>11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 7:00 p.m. Debtors Anon. (MP-Rm)</p>	<p>26</p> <p>9:30 a.m. Staff Meeting (Lib) 11:00 a.m. Bible Study (Lib) 7:00 p.m. New Wave (SH) 7:30 p.m. Session (SH)</p>	<p>27</p> <p>11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 1:30 p.m. Line Dancing (SH) 7:30 p.m. Contemporary Music Rehearsal (Sanc.)</p>	<p>28</p>	<p>29</p> <p>12:00 p.m. Friday Lunch Bunch (SH)</p> 	<p>30</p> <p>8:30 a.m. Fresh Breeze Mindfulness Sangha (SH)</p>

Room Codes: SH=Sharp Hall, WR=Waverly Room, Lib.=Library, MP-Rm.=Multi-Purpose Room, Gal.=Gallery, DR=Deacons Room, CR=Choir Room



# AUGUST 2005

# SUMMER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 7:00 p.m. Debtors Anon. (MP-Rm)	2 9:30 a.m. Staff Meeting (Lib) 11:00 a.m. Bible Study (Lib) 7:00 p.m. New Wave (SH)	3 11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 1:30 p.m. Line Dancing (SH) 7:30 p.m. Contemporary Music Rehearsal (Sanc.)	4	5 9:30 a.m. Yoga Class (SH) 12:00 p.m. Friday Lunch Bunch (SH) 	6 8:30 a.m. Fresh Breeze Mindfulness Sangha (SH)
7 9:15 a.m. Children & Family Service 11:00 a.m. Traditional Worship Service	8 11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 7:00 p.m. Debtors Anon. (MP-Rm)	9 9:30 a.m. Staff Meeting (Lib) 11:00 a.m. Bible Study (Lib) 7:00 p.m. New Wave (SH)	 10 11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 1:30 p.m. Line Dancing (SH) 7:30 p.m. Contemporary Music Rehearsal (Sanc.)	11 8:30 a.m. BMHS (SH) 7:30 p.m. Sufi Order (SH)	12 9:30 a.m. Yoga Class (SH) 12:00 p.m. Friday Lunch Bunch (SH) <b>Wedding Rehearsal</b>	13 8:30 a.m. Fresh Breeze Mindfulness Sangha (SH) <b>3:00 p.m. Outside Wedding</b>
14 9:15 a.m. Children & Family Service 11:00 a.m. Traditional Worship Service	15 11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 7:00 p.m. Debtors Anon. (MP-Rm)	16 9:30 a.m. Staff Meeting (Lib) 11:00 a.m. Bible Study (Lib) 7:00 p.m. New Wave (Sanc) 7:30 p.m. All Ministry Area s (SH)	 17 11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 1:30 p.m. Line Dancing (SH) 7:30 p.m. Contemporary Music Rehearsal (Sanc.) 7:30 p.m. Dancers of Universal Peace (SH)	18 8:30 a.m. BMHS (SH) 7:30 p.m. Sufi Order (SH)	19 9:30 a.m. Yoga Class (SH) 12:00 p.m. Friday Lunch Bunch (SH) <b>Wedding Rehearsal</b>	20 8:30 a.m. Fresh Breeze Mindfulness Sangha (SH) <b>Wedding Laura Western &amp; Bob Cashill</b>
21 9:15 a.m. Children & Family Service 11:00 a.m. Traditional Worship Service	22 11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 7:00 p.m. Debtors Anon. (MP-Rm)	23 9:30 a.m. Staff Meeting (Lib) 11:00 a.m. Bible Study (Lib) 7:00 p.m. New Wave (Sanc) 7:30 p.m. Session (SH)	24 11:00 a.m. Exercise Class (SH) 12:30 p.m. Tai Chi (SH) 1:30 p.m. Line Dancing (SH) 7:30 p.m. Contemporary Music Rehearsal (Sanc.)	25	26 9:30 a.m. Yoga Class (SH) 12:00 p.m. Friday Lunch Bunch (SH)	27 8:30 a.m. Fresh Breeze Mindfulness Sangha (SH)
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Room Codes: SH=Sharp Hall, WR=Waverly Room, Lib.=Library, MP-Rm.=Multi-Purpose Room, Gal.=Gallery, DR=Deacons Room, CR=Choir Room