

# WHY ARE SMALL GROUPS IMPORTANT?

In a congregation our size, small groups are the primary way for people to connect with others while pursuing spiritual transformation in their lives. Small groups are a way of building an interconnected community, one in which we foster opportunities to sojourn together. When we nurture intentional relationships with one another, we embody a relational God – a God made known in the life and ministry of Jesus, who reminds us that wherever we gather in small numbers, the Christ



## FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST · BOULDER

Presence is with us.

All of our small groups embody four important values: Inviting, Growing, Connecting and Serving. Some groups may emphasize one value over another, but

each group seeks to incorporate all four values. For example, while a book study group may be primarily about *growing* spiritually and intellectually through a book, it is also intentional about *inviting* others to join the group, *connecting* with one another to build community, and *servicing* others through outreach.

We have three kinds of small groups: Small Groups & Ministries (Bible studies, fellowship groups, discussion and support groups); Mission & Christian Social Action Groups (ongoing groups focused on service, social justice and inclusion); and Classes & Workshops (learning opportunities with professional instructors for nominal fee).

We hope the small group offerings at First Congregational Church will help you to discover and enrich your faith, to discern and use your gifts, and to build community within our congregation. Look through the many offerings, find something of interest to you, and get involved. **Sign up at the Small Groups Fair on Sunday, February 17th following the second service, or call/email the facilitator listed.**

If you have an idea for a future small group, or are interested in leading a group, contact our Small Groups Coordinator, Susan Wilkinson, at 303-772-3531 or [suemacnutson@gmail.com](mailto:suemacnutson@gmail.com). You may also contact Pedro Silva, Associate Pastor at 303-442-1787 x102 or [pedro@firstcong.net](mailto:pedro@firstcong.net).

*"Where two or three are gathered together in my name, there am I in the midst of them."*

-- Jesus (Matthew 18:20)

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## SMALL GROUPS & MINISTRIES

### BIBLE STUDY

#### The Shorter Letters of the New Testament

All are welcome to this small group that is celebrating its twentieth anniversary this season as one of the longest continuing groups in our recent history. We will be studying some of the shorter letters in the New Testament starting on September 18 with the book of Ephesians. This group is structured as an open study so you can come any time you are able and still receive something that can enrich your day and help you to feel a part of our community. Sign up and we will send you a reminder of each study, and the text for that day.

Date and Time: First, Third and Fifth Wednesdays, 5:30 to 6:45pm  
 Place: Heritage Room  
 Contact: John Bisceglia [johnbisceglia80305@msn.com](mailto:johnbisceglia80305@msn.com), Chris Braudaway-Bauman [chris@firstcong.net](mailto:chris@firstcong.net)

### BREAKFAST BUNCH

A group of seniors meets weekly for breakfast. Join us – no need to call ahead – just come! This group meets year round and newbies are always welcome.

Date and Time: Mondays, 8:30am  
 Place: Parkway Café, 4700 Old Pearl (behind Toyota dealership)  
 Contact: Mary Greenwald, 303-443-6478, 303-817-2117  
 Shirley Whitely, [shirwhite1055@gmail.com](mailto:shirwhite1055@gmail.com)

## DINNER CHURCH COOKING GROUP

The church comes together periodically in Plymouth Hall on Saturdays once a month for a dinner worship service for all ages. To prepare for this evening each month, join Matt Hess, Diana Shellenberger, and Phil Braudaway-Bauman in the church kitchen or at Phil's and Chris' home in Longmont to make dinner. If you like to cook or help in the kitchen, this is your chance. Dates and times of the group gathering will vary.

Contact: Phil Braudaway-Bauman at [phil@baumanhome.com](mailto:phil@baumanhome.com) or Matt Hess at [hess.matt.j@gmail.com](mailto:hess.matt.j@gmail.com)

## FAMILY FELLOWSHIP DINNER GROUP

This is an opportunity for families with young children up through elementary school age to gather in fellowship (older siblings are welcome). On one weekend night a month, we will gather for an early evening potluck dinner at the home of one of the group members. There is no planned program, just a chance for FCC parents and children to spend time together, while still getting home for bedtime. If you are interested in being on the email list, contact Jeanne Quinn.

Date and Time: TBD by Host  
 Place: TBD by Host  
 Contact: Jeanne Quinn, [jeannequinn1@gmail.com](mailto:jeannequinn1@gmail.com), 303.818.4156

## FELLOWSHIP OF THE GRAPE (FOG)

Fellowship of the Grape (FOG) is an ongoing monthly gathering of over-21 church members or visitors to share wine (or non-alcoholic beverages) and get to know each other informally. People volunteer to host at their homes on a monthly basis, and can set a theme, such as wines from New Zealand, California white wines, or anything they choose. Participants bring a bottle of wine and a hearty appetizer to share. Hosts provide space, plates and napkins, and a non-alcoholic beverage alternative. The church provides wine glasses for the event. Sign up to receive email notices, and/ or to be a volunteer host. Notices also appear in the Friday Weekly Update. All are welcome!

Date and Time: 4th Friday of each month, 6-8 pm. No gathering in November or December.  
 Place: Rotating location, volunteer hosts each month  
 Contact: Karen Cumbo 970-222-0176 or [kjcumbo@gmail.com](mailto:kjcumbo@gmail.com)  
 Bob Cutler at 303-819-7695 or [cutlerb17@gmail.com](mailto:cutlerb17@gmail.com)

## KNITTING MINISTRY

If you are interested in learning to knit, or knitting with others, you are invited to join this group. The knitting is simple, and the camaraderie is great. We knit prayer shawls for those in our church community in need of comfort and support in difficult times; baby blankets for new additions to our congregation, and blankets for graduating seniors. Shawls have been made for centuries; they are universal and embracing. They enfold, comfort, cover, wrap, nurture, hug, shelter and beautify, and are symbolic of God's inclusive and unconditional love. Over the last 15 years, we have provided more than close to 275 shawls and blankets to others. Come join us in this fun and rewarding ministry. We mostly knit on our own but come once a month to share the fellowship of knitting together.

Date and Time: 1st Tuesday, 1:30-2:30pm  
 Place: Heritage Room, FAITH Center  
 Contact: Alma Alber, 303-449-5663, [almaalber@comcast.net](mailto:almaalber@comcast.net)

## MARTIE MCMANE ARTS MINISTRY

The Arts Ministry's mission is to create, encourage and promote opportunities for people to experience and explore the dynamic flow between spirituality and the arts. The arts are understood to include visual arts, dance, music, drama, creative writing or any other art form the Arts Ministry wishes to include in furthering its mission. The Arts Ministry offers three major areas for involvement:

**Exhibitions** - Bring rotating art into the building for congregational and community viewing; plan and install exhibitions; host First Friday opening receptions.

**Worship** - Provide fabric art and other visual art for sacred spaces; plan visual installations in the sanctuary; encourage use of drama and liturgical dance in worship.

**Workshops** - Provide experiential opportunities for non artists and artists to learn and grow; sponsor an artist in residence program at the church to enrich the congregation; offer educational opportunities to highlight various art forms, practices and media.

This Ministry is open to anyone who has an interest in participating in any of these activities. You need not be an artist.

Contact: Bonney Forbes [bonforbes@gmail.com](mailto:bonforbes@gmail.com)  
 Alma Alber [almaalber@comcast.net](mailto:almaalber@comcast.net)

## MEMOIR WRITING GROUPS

Have you ever considered writing a memoir? The goal of each member of these groups is to write individual vignettes which will eventually comprise a memoir. We write in response to a weekly "prompt" and then read our vignettes to the group. Each group is limited to 10 members.

Date and Time: First Mondays, 8:30-10:00 a.m.(not accepting new members at this time) and Wednesdays, 12:00 noon to 2:00 p.m.(the Wednesday group meets weekly)  
 Place: Mondays – Standish Room, Wednesdays - Conference Room  
 Contact: (First Monday of the Month) Donna Daniell, LCSW, [donna.lcsw@gmail.com](mailto:donna.lcsw@gmail.com), 303 682-5220  
 (Wednesdays) Nancy Wade, [nmwade1@gmail.com](mailto:nmwade1@gmail.com), 303-579-7746

## MEN'S BREAKFAST

Do you hunger for conversation that is more than just talk? Then join us for the much famed Men's Breakfast. This is an open community of men who have a heart for our church community and our world. Every week we have conversations that take a heart and head approach to inviting in personal and communal transformation.

Date and Time: Fridays, 7-8:30am  
 Place: Standish Room, FAITH Center  
 Contact: Pedro Silva, 303-442-1787, [pedro@firstcong.net](mailto:pedro@firstcong.net)

## MOVIE GROUP

Do you enjoy thought-provoking movies of all sorts? Popular releases and "artier" films? Films from the U.S. as well as other nations? Films that address relationship issues, current affairs, and historical events? If so, join us for the First Cong Movie Group. Similar to a book club, we watch a film on our own on DVD, On-Demand, or streamed online. Then we meet on a Friday evening at a group member's home to discuss it. We gather at 6:45pm, for a few minutes of social time and refreshments, then the conversation begins at 7:00pm. During the first part of the conversation, we recall more concrete aspects of the movie: the characters, settings, events, and dialog. After a break—with "potluck" refreshments including popcorn from the host—we deal with more abstract issues: motivations, intentions, meanings, and takeaways. We adjourn at 8:30pm. We also throw an annual Oscars party – with costumes and competing to guess the most winners. We meet monthly 7-9 times a year, usually Friday (aiming for the third Friday of the month). Recommendations of films are welcome as are volunteers to moderate the discussions of them. If you can accommodate a group of 12-16 people in your home, also consider volunteering to host a session. The group is organized by Keith Lance and Bev Nelson, both of whom are happy to answer any questions you may have.

Date and Time: Usually 3rd Fridays, but sign up for the movie group email list for dates and movie selections  
 Place: Home of Keith Lance and John Bisceglia, 710 S. 46th St., Boulder, CO 80305  
 Contact: Keith Lance, 720-232-5866, [keithlance@comcast.net](mailto:keithlance@comcast.net)  
 Bev Nelson, 303-442-5332, [bevnelsonadr@comcast.net](mailto:bevnelsonadr@comcast.net)

## MUSIC GROUPS

### Adult Choir

The Adult Choir is always delighted to welcome new members in all sections to our friendly group of music-makers who enjoy being together and singing a wide variety of music. Rehearsal: Thursdays 7:15-9:00 pm

Contact: Kajsa Teitelbaum, Director of Music, [kajsa@firstcong.net](mailto:kajsa@firstcong.net)

### Congregational Bells

The Congregational bells welcome anyone interested in learning more about ringing. No previous ringing experience is needed, but it is a plus if you can read music. Rehearsal: Tuesdays at 5:45-7:00 pm

Contact: Kajsa Teitelbaum, Director of Music, [kajsa@firstcong.net](mailto:kajsa@firstcong.net)

## MUSIC GROUPS

### Children's Choir

Children's Choir is for children in 1st-5th grades. We meet under the direction of our Children's Music Director, Julia Wirth, in the choir room on Sunday mornings 9:30 – 10:15 am. This is a great opportunity for our youngest children to learn more about the different aspects of music in a fun and playful way.

Contact: Julia Wirth, Youth Choir Director, [Julia.wirth@colorado.edu](mailto:Julia.wirth@colorado.edu)

### Youth Choir

Youth Choir meets in the choir room on Sunday mornings 11:45a.m.-12:30 p.m. under the direction of our Children's Music Director, Julia Wirth. The age ranges from 6th – 12th grade and we sing a great variety of music, from classic to contemporary Christian. No previous music skills are needed, only your interest in singing together with friends and having a lot of fun. Come and check us out!

Contact: Julia Wirth, Youth Choir Director, [Julia.wirth@colorado.edu](mailto:Julia.wirth@colorado.edu)

### Small ensembles

Various groups meet and make music together for our services, based on the need of specific services. Let Kajsa know if you are interested in participating, and she will add you to the group.

Contact: Kajsa Teitelbaum, Director of Music, [kajsa@firstcong.net](mailto:kajsa@firstcong.net)

## OUR FIRST 90 YEARS

This group is for members 88 years and older to fellowship and share stories and lessons of life, sometimes over a meal or in discussion about different topics. Visitors 88 and younger are welcome.

Contact: Pedro S. Silva II, [pedro@firstcong.net](mailto:pedro@firstcong.net)

## SPIRITUAL SUPPORT GROUP FOR CAREGIVERS

The Spiritual Support Group for Caregivers meets on a monthly basis serving those who provide care for loved ones. The group is facilitated by volunteers and offers a safe and confidential setting where one can receive support for the sometimes challenging caregiver journey. The meetings are structured along respectful guidelines that foster sharing, reflection, and an invitational spirit.

Date and Time: 2nd Sundays, 12-1:30pm

Place: Heritage Room, FAITH Center

Contact: Bill Forbes [wmforbes1@gmail.com](mailto:wmforbes1@gmail.com), Margaret Perez [mlbperez@aol.com](mailto:mlbperez@aol.com)

## SPIRITUAL SUPPORT GROUP FOR MENTAL HEALTH & WELLNESS

A Spiritual Support Group for Mental Health and Wellness meets for persons who are affected with mental health challenges, as well as for family and friends. This confidential group provides a place to share, learn, and grow in a supportive environment. We welcome all faith traditions or none.

Date and Time: 2nd & 4th Mondays, 7-8:30pm  
 Place: Heritage Room, FAITH Center  
 Contact: Anne Weiher, [anne.weiher@gmail.com](mailto:anne.weiher@gmail.com)

## WOMEN'S SPIRITUALITY GROUP: *The Ridiculous Journey: Following A Nobody from Nowhere*

This series is a search for purpose and meaning in the events and choices of our lives. It recognizes the journeys we are on in the midst of the greater journey. It is a costly journey with an unknown destination. It is a journey with a Middle Eastern homeless man from twenty centuries ago and why he still stirs the souls and imagination of so many. Join us for this 8-week series that is organized into 4 actions: Reveal (a short film and discussion), Read (a short article), Reflection (short film) and Respond (a weekly action challenge). Where should we go you and I? Shall we go along together? This series will be co-led by Chris Braudaway-Bauman and Linda Kowatch from October 1 to November 19th.. All women are welcome.

Date and Time: Tuesdays, 12-1:30pm  
 Place: Heritage Room, FAITH Center  
 Contact: Susan Pfretzschner, 303 440-6346, [susanpf2@comcast.net](mailto:susanpf2@comcast.net)

## WONDER WOMEN

Wonder Women is an ongoing "drop in" group of women who meet twice monthly to share thoughts and experiences on "the meaning of life" after age 60. The group chooses a book to read and then we come together twice a month to share thoughts, experiences and questions from our reading. This Fall, we are reading "Woman Rowing North" by Mary Pipher. We invite you to join us as we journey on our exploration of what it means to "age gracefully".

Date and Time: 1st & 3rd Thursdays, 1:30-3pm  
 Place: Heritage Room, FAITH Center  
 Contact: Alma Alber, 303-449-5663, [almaalber@comcast.net](mailto:almaalber@comcast.net)

## XYZ BRIDGE GROUP

Do you enjoy playing bridge? Well, this is the group for you. This group meets on the second Monday of the month at 1:15. Some knowledge of bridge is helpful, but John would be happy to meet with beginners to bring them up to speed.

Date and Time: 2nd Monday of the Month, 1:15 p.m.  
 Place: Varies  
 Contact: John Edlin, 972-529-7410

## MISSION & CHRISTIAN SOCIAL ACTION

### BOULDER CHAPTER NAACP

This group, organized with the encouragement and participation of FCC members and staff, meets on the 1st Monday of the month. The NAACP does its work through Committees, including: Education, Criminal Justice, Freedom Fund/Economic Opportunity, Communications and Civic Engagement. The mission of this group is to work to ensure justice and equality and inclusion for people of all colors. Joining the NAACP is of great value, even if one cannot participate in committees or attend regularly. The website is <https://naacpbouldercounty.org/> or follow us on Facebook, Meetup, Twitter, and Instagram.

Date and Time: First Mondays, 6:30-8:30pm  
 Place: Second Baptist Church, 5300 Baseline Rd., Boulder  
 Contact: Susan Pfretzschner, [susanpf2@comcast.net](mailto:susanpf2@comcast.net)

### COMMUNITY TABLE

FCC provides volunteers on the first Wednesday of each month to serve an evening meal to Bridge House Path-to-Home participants and anyone else in need of a nutritious meal. This is a great opportunity to help others, and helpers of all ages are welcome. We have a great time together, too! Sign up in advance from the weekly online update under Quick Links or contact Denise Cone, [denise.cone@msn.com](mailto:denise.cone@msn.com).

Date & time: 1st Wednesdays, from about 4:30-6:30pm  
 Place: Bridge House Path to Home, 2691 30th Street, Boulder  
 Contact: Denise Cone, [denise.cone@msn.com](mailto:denise.cone@msn.com)

### HABITAT FOR HUMANITY

Our church is a long-time supporter of H4H. Volunteers are always welcomed for work days with the families who will soon occupy the homes. No construction experience is needed. Visit [www.flatironshabitat.org](http://www.flatironshabitat.org) to sign up (click on the Volunteer button). In addition, you can have 5% of your grocery purchases at King Soopers and Safeway be donated to H4H. For King Soopers, you sign up for their reward program at [www.kingsooperscommunityrewards.com](http://www.kingsooperscommunityrewards.com) by clicking on the "Community Rewards" link after you login, then selecting "First Congregational Church FCC Boulder" (id BA294), and finally clicking on the Enroll button. For Safeway, you can get a special rechargeable Safeway Gift card from Tom Woods, [tnwoods@comcast.net](mailto:tnwoods@comcast.net), or Denise Cone, [denise.cone@msn.com](mailto:denise.cone@msn.com).

Card Contact: Tom Woods, [tnwoods@comcast.net](mailto:tnwoods@comcast.net) and Denise Cone, [denise.cone@msn.com](mailto:denise.cone@msn.com)

## MENTAL HEALTH / A2A MINISTRY

This group's mission is to help our church extend God's extravagant welcome to all persons, seeking to understand, include, and empower people with all differing abilities and disabilities, apparent or unapparent. We work to reduce the stigma around disability and mental illness by providing educational opportunities, resources, and spiritual support for those many people who live with a disability or a mental illness and for their families and friends. We meet monthly to develop programs, provide resources, and host conferences and conversations in our church on disabilities and mental illness.

Date and Time: Third Tuesdays, 7pm  
 Place: Heritage Room, FAITH Center  
 Contact: Anne Weiher, [anne.weiher@gmail.com](mailto:anne.weiher@gmail.com), 720-839-4139

## MINDFUL WORKS MINISTRY

The work of the Mindful Works Ministry is to help facilitate the implementation of the Church Wide Mission Project between our congregation and Mindful Works, a social enterprise that works with people in mental illness recovery (<https://mindful-works.org/>). This ministry will gather monthly and is welcoming new participants.

Contact: Pedro S. Silva II, [pedro@firstcong.net](mailto:pedro@firstcong.net)  
 Linda Roan-Yager, [lindaroanyager@gmail.com](mailto:lindaroanyager@gmail.com)

## SOUP KITCHEN

What's better than Food and Fellowship? Offering it to those in need! Give yourself the gift of service by volunteering for the 4th Sunday of your birthday month, or choose any month that is convenient for you.. We encourage families to volunteer. Click on [Quick Links](#) to sign up.

Date and Time: 4th Sundays  
 Place: Plymouth Hall  
 Contact: Lynn Peterson, 303-443-8274 or [Quick Links](#) on The FCC Boulder Weekly Update

## TRAINS OF THE CARING MINISTRIES

Looking for ways to be helpful in the First Congregational UCC family? The Board of Parish Life operates three caring ministries called:

**THE MEAL TRAIN** - providing meals to members in times of need on an occasional basis

**THE CARE TRAIN** - sending cards or making phone calls to members in times of need

**THE RIDE TRAIN** - providing rides to church or appointments to members who need this help

You will receive email notification and specific information as needs arise among church members. If you are able, you can respond and make a difference. There is no minimum commitment.

Contact: Nancy Sissom, [nancy.sissom@gmail.com](mailto:nancy.sissom@gmail.com) (720-530-3863) or  
 Caroline Douglas, [spd3cjd@msn.com](mailto:spd3cjd@msn.com) (303-525-7525)

## TOGETHER COLORADO

Together Colorado is a nonpartisan, multi-racial and multi-faith community organization working to place human dignity at the center of public life in Colorado. This group is for those who are interested in opportunities to work with people from many traditions to put faith in practice in areas of social justice.

Date and Time: TBD  
 Place: Pedro's Office  
 Contact: Pedro Silva [pedro@firstcong.net](mailto:pedro@firstcong.net)

## VISITATION MINISTRY

The purpose of this ministry is to intentionally serve as the hands and feet of Christ to one another. Offering the ministry of Presence for those who are sick, shut in, or otherwise unable to come to weekly worship services or participate in church activities. Our gatherings are designed as a mini-retreat for reflection, spiritual deepening, and encouragement of the visitors. We also read books to guide us on the journey.

Date and Time: Last Tuesday of the month, 3:00 p.m. - 4:30 p.m.  
 Place: Rm. 314 FAITH Center  
 Contact: Pedro Silva, [pedro@firstcong.net](mailto:pedro@firstcong.net)

## CLASSES & WORKSHOPS

### BOOK DISCUSSION: *Being Mortal*, by Atul Gawande

This 6-week discussion group, brought to you by The Ministry of Last Things, will be based on Atul Gawande's book *Being Mortal*. It is a repeat of well received discussion groups from four years ago. We'll discuss various aspects of aging and end of life concerns, including issues such as independence and aging, understanding our choices (medical and otherwise), and facing our mortality (and how our faith may help with that). The series should be of interest not only to people facing these issues, but also those who are helping parents face them. An outline of the chapters that we discuss will be available to guide discussion, so come, even if you haven't done the reading!!

Date & time: Mondays, from 4:00 – 5:30, beginning October 14<sup>th</sup>  
 Place: Heritage Room in FAITH Center  
 Contact: Larry Dansky, [danskylarry@gmail.com](mailto:danskylarry@gmail.com)

**IMAGING THE WORD: AN ART LECTONARY APPROACH TO DISCOVERING MEANING FROM THE BIBLE**

Over the two millennium of Christianity, visual artists have tried to capture and share their understanding of God and passages of the Bible through their work. As an exercise in expanding our understanding of the Scriptures, this Adult Sunday School class will reflect on one of the lectionary Bible readings through the artist's lens.

Date and Time: Look for updates in the Weekly Update and Church Bulletin, 9:30 a.m. (Meeting in the Middle)  
 Place: Standish Room  
 Contact: Mark K. Meyer 303-993-6484, [mc\\_meyer@sbcglobal.net](mailto:mc_meyer@sbcglobal.net)

**TAI CHI AT FIRST CONG**

Looking for a way to meditate and, at the same time, improve your muscle strength, flexibility, and balance? Tai Chi is a gentle, non-strenuous way to build a stronger body-mind-spirit connection. First Cong's long-running Tai Chi class led by Virginia Schultz meets on Mondays from 9:30 to 10:30 a.m. in the Chapel in the FAITH Center. Be advised to dress in loose clothing and light footwear (in a pinch, bring your slippers) for maximum comfort. Designed for everyone from beginners up--this class is a wonderful way to start the week. You can start the Tai Chi class at any time. The cost is \$10.00 per class.

[lindaroanyager@gmail.com](mailto:lindaroanyager@gmail.com)

Instructor: Virginia Schultz

Date and Time: Mondays, September 23-December 16, 2019, 9:30-10:30 am (**No Classes 10/14 or 11/25**)

Place: Chapel, FAITH Center

Contact: Keith Lance [keithlance@comcast.net](mailto:keithlance@comcast.net), 720-232-5866

Price: \$10.00 per class

**TASTE AND SEE: Discovering God Among Butchers, Bakers, and Fresh Food Makers**

God is a foodie who wants to transform your supper into sacrament. Margaret Feinberg, takes you on a culinary exploration of Scripture in this six-week DVD series. You'll learn fresh Biblical discoveries as she shares stories from wandering a California farm with one of the world's premier fig farmers, baking fresh matzo at Yale University, descending 400 feet into the frosty white caverns of a salt mine, and visiting a remote island in Croatia to harvest olives. With each visit, Margaret asks, "How do you read these Scriptures, not as theologians, but in light of what you do every day?" Their answers will forever change the way you read the Bible - and approach every meal. Each session begins in the kitchen with a delicious recipe you can try at home, and then transitions into rich, tasty Biblical teaching. This group will be co-led by Phil Braudaway-Bauman and Linda Kowatch. Books will be available for \$10 in the church office.

Date & Time: October 10, 17, 24, 31 and November 7 & 14 at 5:30-7:00pm

Place: Heritage Room

Contact: Linda Kowatch at [lindakowatch@yahoo.com](mailto:lindakowatch@yahoo.com)

## YOGA FOR WELLNESS

I invite you to join the church's yoga community, where you'll use the yoga asanas to practice balance, relieve stress, connect deeply with yourself and engage in the challenge of stretching body, mind and spirit. This year-round class has been meeting since 2011, when I first began teaching yoga. The only pre-requisite is a willingness to grow. You're also welcome to a free guided meditation from 5-5:20.

Instructor: Diana Shellenberger, [diana.shellenberger@gmail.com](mailto:diana.shellenberger@gmail.com) , 303-856-4830  
Date and Time: Wednesdays, 5:30-7pm  
Place: Grace Gallery, FAITH Center (west end of church basement)  
Price: \$10.00 per session