

Yoga

Instructor: Judy Schweibert; Location: Chapel. (Ongoing class)

Yoga is a great way to calm the mind, enliven, and relax the body. This class includes basic yoga postures, breathing exercises, and simple meditation techniques. Wear loose comfortable clothing and it is suggested that you not eat for 40 minutes prior to the class. There is a \$5 charge per class.

Meditation with Pastor Ted

Instructor: Pastor Ted; Location: Lounge (3 classes, 2/10, 2/24, 3/3)

What we discover in meditation can stir our hearts, but how do we meditate? Learn how to be in close touch with God's reality, power and grace through continued, intentional, focused thought.

Weight Loss Challenge

Instructor: Penny Saner; Location: Library (12 classes, 2/3 through 5/5)

Lose weight and earn money with group support! A personal coach will guide you through 12 weeks of weight loss. The top three losers split the prize money. There is a fee of \$39 for the 12-week class. Class starts at 7 pm.

The Gardening Series with Master Gardeners

Location: Nelson Hall (13 classes, starting 2/10)

Listen and learn from the experts on how to prepare your soil, select and care for trees and plants and overcome challenges with gardening associated with low desert conditions.

February 3: *Herbs* with Carolyn Hills

February 10: *Garden Soil Preparation* with Mark Pfeil

February 24: *Citrus and Tasting* with James Truman and Jim Dennis

Living Your Strengths

Instructor: Carol Ann Vaughan and Sally Clifford; Location: Room 11 (6 classes starting 3/24)

Identify and affirm your talents, and learn how to use your strengths for growth and service. There is a fee of \$30 for materials; scholarships are available.

Face-to-Face Space in the Library

Every Wednesday, we'll set aside some space for you to do your own thing — whether it's surfing the Web with our free Wi-Fi, catching up with old friends, or just relaxing with a book. Bring your laptop or a good book. Look for our new Face-to-Face corner in the Library where you can just hang out!

Taste & See for KIDS

Kid ZONE

Kid Zone

Location: Room 24

Kids meet every week for fun activities, crafts, and special classes.

Nursery

Free nursery care in Room 12.

February

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| 3 | Gardening—Herbs
Yoga
Weight Loss Challenge
Face-to-Face Space |
| 10 | Meditation
Gardening—Garden Soil Prep
Yoga
Weight Loss Challenge
Face-to-Face Space |
| 17 | Ash Wednesday Service of
Worship at 7 pm
Taste & See Dinner at 5:30 pm
NoTaste & See classes |
| 24 | Meditation
Gardening—Garden Soil Prep
Living Your Strengths
Yoga
Weight Loss Challenge
Face-to-Face Space |



Eat • Learn • Play

Taste & See! Wednesday evenings at Church of the Beatitudes is an opportunity to break bread, learn new things, hang out with friends and family, and meet new friends. This is a casual time designed to satisfy your appetite, with a light supper and hour-long learning opportunities to feed your soul.

Taste & See is for kids, too!

School-aged kids can enjoy many activities at Kid Zone in Room 24. For younger children, we offer free nursery care in Room 12.

A light supper is served in Nelson Hall between 5:30 and 6:30 pm for a \$5 donation; families can donate \$12.

Bring your family, invite a friend. Whether you see a class that sparks your interest, simply want to spend some time with friends or want an opportunity to invite a friend, we offer something for everyone.

Ash Wednesday February 17

5:30 pm Light Supper
7 pm Service of Worship

Ash Wednesday marks the beginning of the Lenten Season and is a day of self-examination and prayer. Join us for the imposition of ashes and the blessing of hands.

**Church of the Beatitudes
United Church of Christ**
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FEBRUARY 2010

eat
learn
play
at

Church of the Beatitudes
United Church of Christ

Wednesdays

5:30 - 6:30 pm
Light Supper (optional)

6:30 - 7:30 pm
Classes and Fun