

Taste & See ON SUNDAYS!

Adult Education Class

Join Jim Hartley in the Lounge each Sunday morning at 10:30 am. Jim will lead an ongoing discussion-based Bible study class. This class often will be lectionary based, using *Seasons of the Spirit* curriculum as its jumping-off point. Jim Hartley is a retired Disciples of Christ minister who, with his wife Suellen, joined our community of faith last year. Come and expand your mind and build relationships in group discussion and fellowship.

Strengths Training

Join Carol Vaughan in Room 11 starting March 2 at 10:30 am. Carol Vaughan, Certified Strengths Coach, will help you identify your God-given talents. There is a materials fee of \$30 for this six-session class.

Taste & See for Kids & Youth

Kid Zone for school-aged kids in room 24
Senior High Youth Group in the Youth Center
Confirmation class for 8th graders in the Youth Center
Free nursery care in room 12.



What Matters: Public Forums

The Ministry of Service is sponsoring a series of public forums on issues that concern you, your family and your community. Listen to experts on topics related to immigration, health and others.

Church of the Beatitudes
United Church of Christ
555 W. Glendale Avenue · Phoenix, AZ 85021
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www.beatitudeschurch.org

Taste & See

MARCH—APRIL 2008 CALENDAR

Break bread
Learn new things
Meet new friends
at Church of the Beatitudes

Wednesdays

5:30—6:30 pm

Light Supper (optional)

6:30—7:30 pm

Classes

Sampling of the Classes

Yoga	Pie Making	Architecture
Nutrition	Prayer	Kid Zone
Chili Primer	Bible Study	Sacred Spaces

Free nursery care and Kid Zone for school-aged kids

Taste & See

Don't let the title fool you. Although we DO serve food on Wednesday nights, **Taste & See** is about so much more! We offer classes for adults including Yoga, Decorating, Nutrition, Cooking and Prayer. There is Kid Zone in room 24 for school-aged kids and free nursery care in room 12. Senior High Youth Group and Confirmation class for 8th graders is also available in the Youth Center. All of this happens from 6:30 to 7:30 p.m.

Prior to the classes, food is served in Nelson Hall between 5:30 and 6:30 pm for a donation. Whether you see a class that sparks your interest, simply want to spend some time with friends (did we mention that childcare is free?), or want an opportunity to invite a friend, we offer something for everyone.

Finding Your Sacred Space

Instructor: Holly Shaver; Location: Room 11

Learn how to identify and develop a sacred space inside your home where you can restore balance and sanctuary from the busy and demanding world we live in. You learn what defines a sacred space, how to find it and how it can be designed to meet your own personal needs and wants. This class will meet on April 2, 9, 16, and 23.

Nutrition 101: Eat Right, Feel Great, Live Longer!

Instructor: Jeanie Scheetz; Location: Library

Have fun learning how to eat right, feel great and live longer! We'll explore easy ways to enhance your health – with a little Bible backup! Class will meet on April 23 and 30.

Chili Primer with Barbara Fenzl

Location: Nelson Hall

Barbara Fenzl, cookbook author and owner of Les Gourmettes Cooking School, will teach you to identify and use fresh and dried chilies. Learn how good chilies are for you as you watch Barbara prepare a few dishes using them. Small tastings, from appetizers to desserts, will allow you to detect their subtleties and versatility. Class size is limited. This class meets on March 5 only. Call 602-264-1221 to reserve your space.

Pie Making with Georgia Macdonough

Location: Kitchen

Need help making that perfect piecrust? Get tips from one of the best! This is a hands-on class so you will need to provide your own pie pan. Georgia will supply the ingredients. There is a \$5/person charge for this class to cover cost of supplies. This class meets on March 12 only.

Swing Dance Lessons

Instructor: Becky Hayes; Location: Nelson Hall

Singles, couples, young, old, experienced or not are invited to this fun class!

Stampology 101

Instructor Gael Edwards; Location: Lounge

Do you want to learn how to rubber stamp, make your own cards or scrapbook? Are your photos stored in shoeboxes and unorganized? Do you have scrapbooking supplies but don't know what to do with them? Learn how to sort everything out and make beautiful photo albums or cards. You can work at your own pace. New and experienced scrapbookers are invited. Just bring your supplies and pictures to the first class. This class meets on March 5, 12, 26 and April 2, 9, and 16.

Prayer Class

Instructor: Brent Smith; Location: Bride's Room

Want to expand your prayer life? Join Brent in discussing and experiencing a variety of different prayer forms. Some of the prayer forms will include: meditative prayer, centering prayer, movement, lectio divina, and the labyrinth walk. This class is ongoing.

Styles of Architecture

Instructor: Tom Denny; Location: Lounge

Enjoy an overview, showing what each style tells us about the culture that created it. What does a Greek temple tell us and why? What did the Romans do to it? What caused the Gothic cathedral and how does it contrast with the early church and classic Paganism, the Catholic Church and the start of the Renaissance? This class will meet on March 5.

Yoga

Instructor: Kate Gotsis; Location: Chapel. Class starts at 6:15 pm.

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.