



Upcoming
mark your calendars



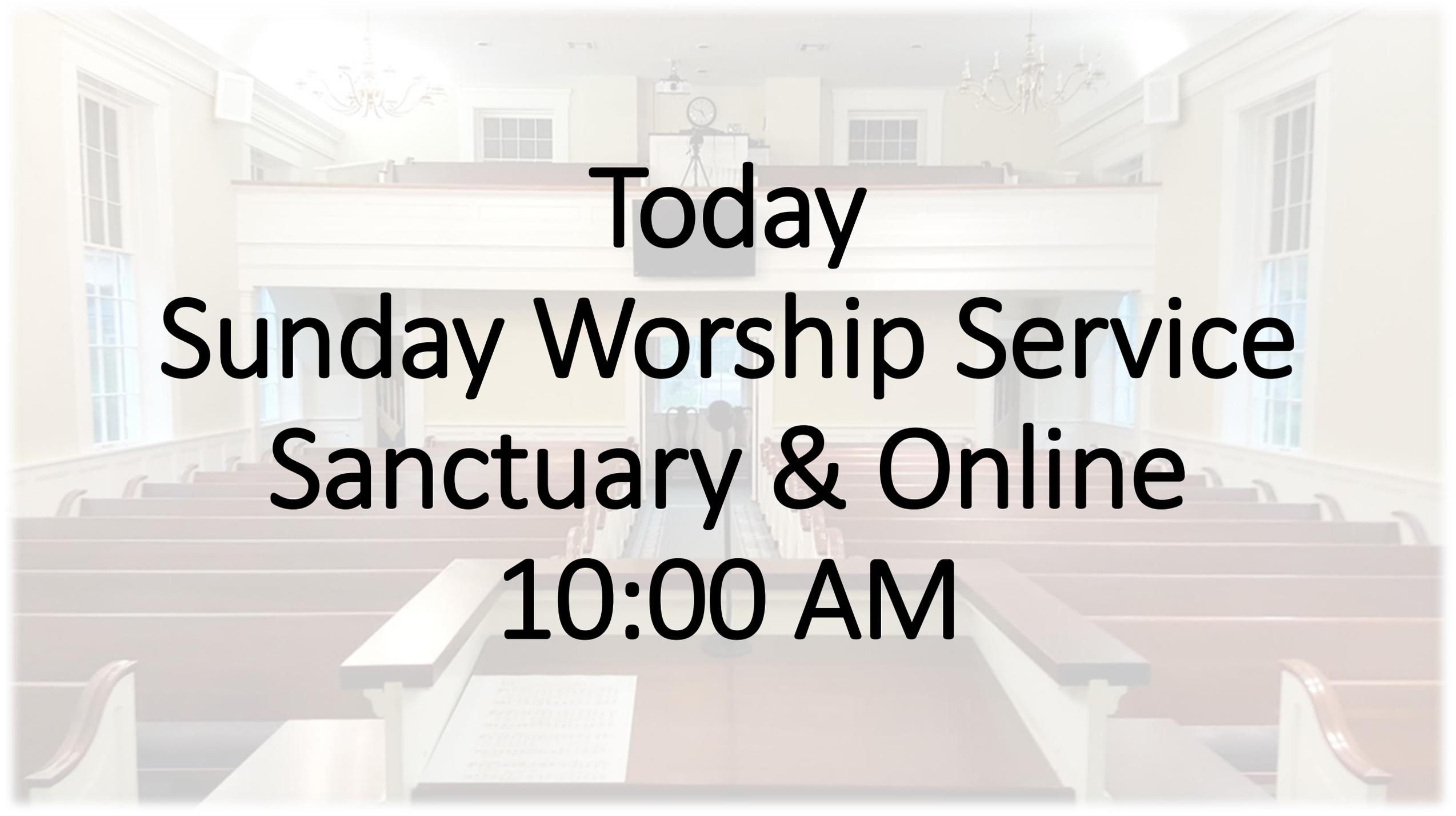
Today

Greeters: Catherine White &

Grant Beal

Readers: Cathy Scott &

Catherine White



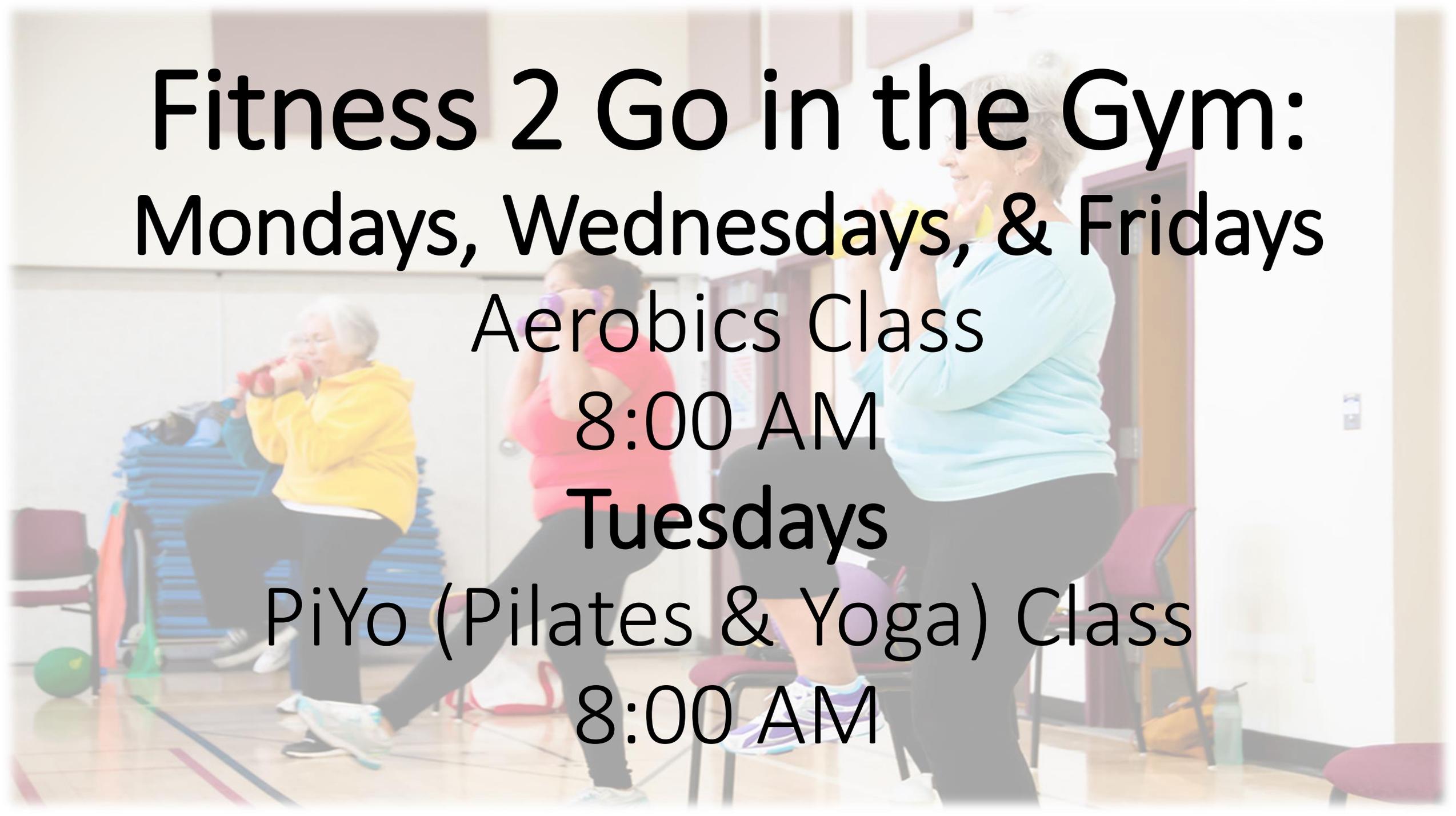
Today
Sunday Worship Service
Sanctuary & Online
10:00 AM

A person is shown in a gym setting, performing a lunge exercise. They are wearing dark athletic leggings and sneakers. They are holding a dumbbell in their right hand, which is resting on the floor. The background is a blurred gym environment with various pieces of equipment. The text is overlaid on the image in a large, bold, black font.

Today
Fury Elite Softball Team
Off-Season Conditioning
Gym
2:00 PM

A photograph of several handbells resting on a blue mat. The handbells are made of a shiny, reflective metal, likely brass or bronze, and have a classic bell shape with a flared bottom. They are arranged in a row, with some slightly overlapping. The background is a light-colored floor, possibly a gymnasium, with some blue and red lines visible. The overall image has a semi-transparent white overlay where the text is placed.

**Today
Handbells Practice
Sanctuary
4:30 PM**



Fitness 2 Go in the Gym: Mondays, Wednesdays, & Fridays

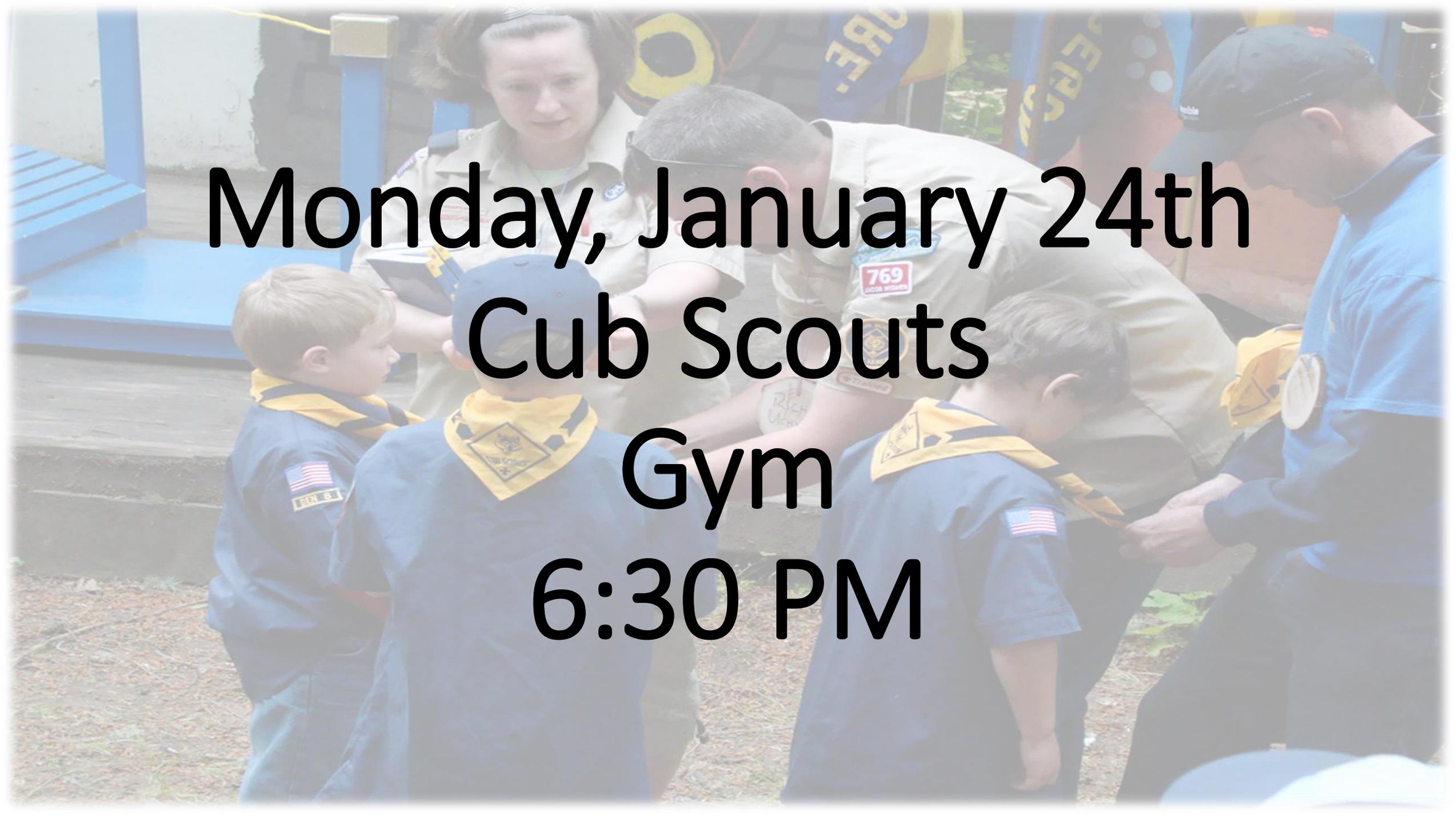
Aerobics Class

8:00 AM

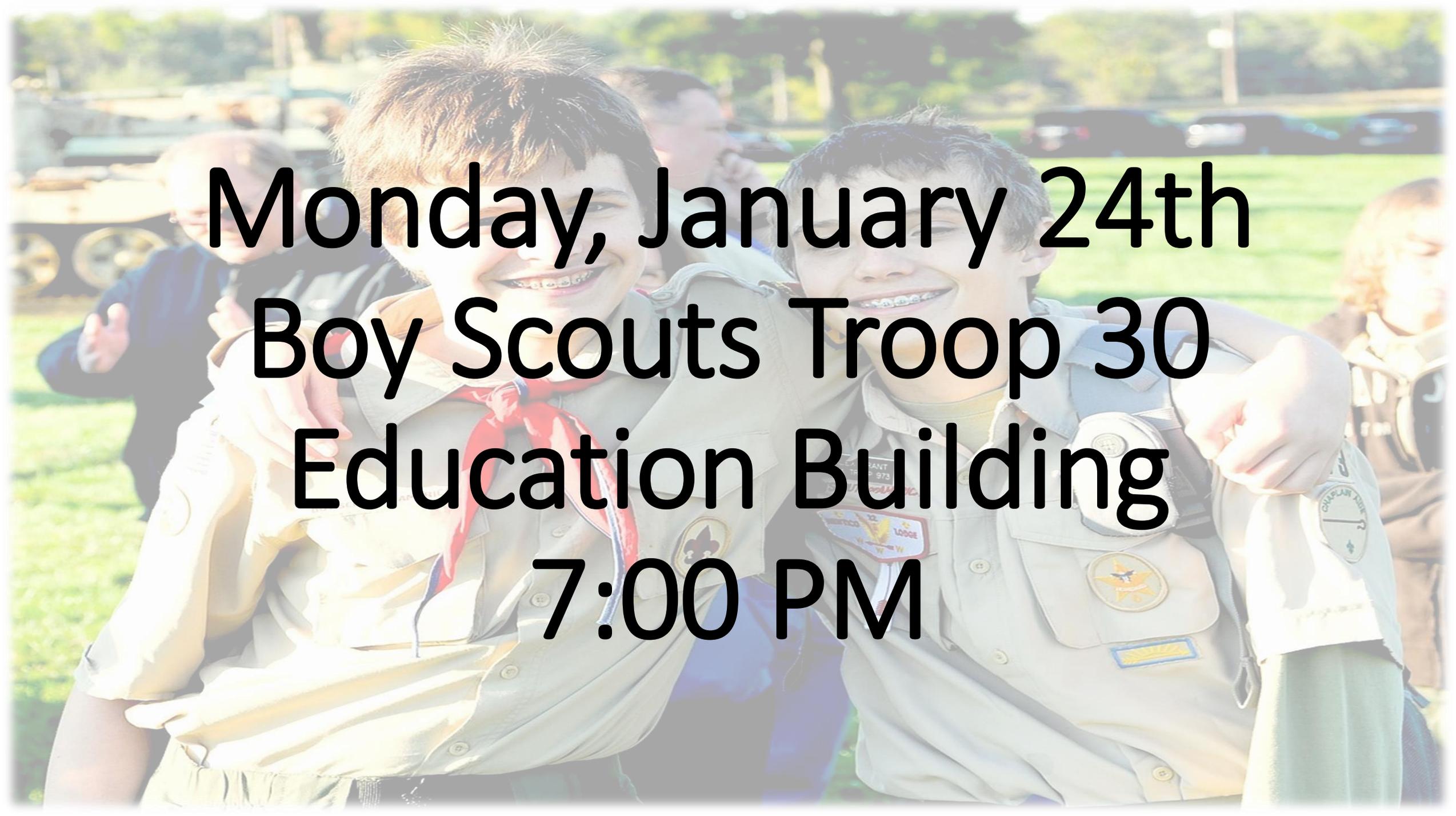
Tuesdays

PiYo (Pilates & Yoga) Class

8:00 AM



Monday, January 24th
Cub Scouts
Gym
6:30 PM

A photograph of two young boys in Boy Scout uniforms, smiling and looking towards the camera. They are wearing light-colored shirts with various patches, including a fleur-de-lis and a star. The background is a blurred outdoor setting with other people and vehicles.

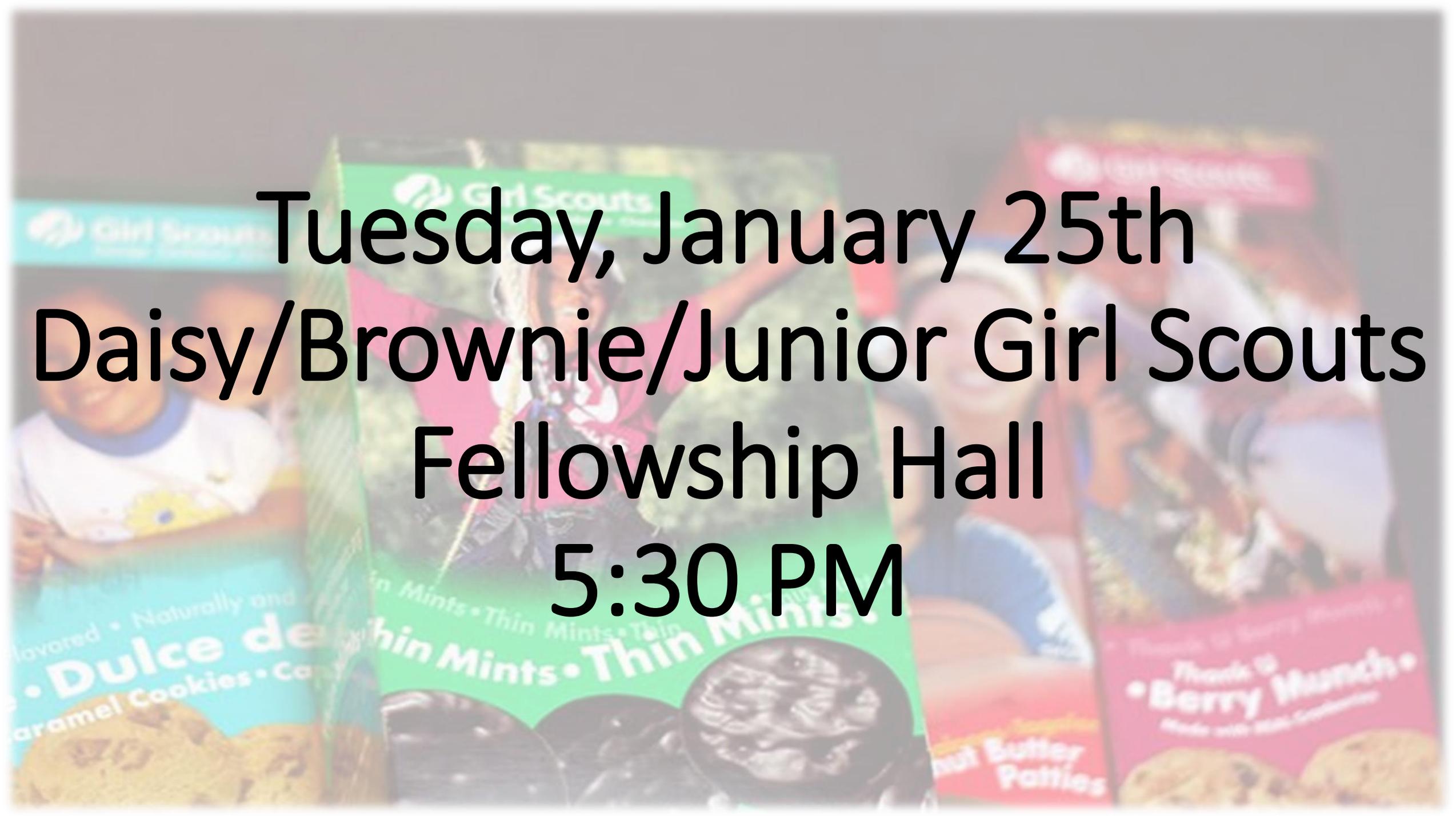
Monday, January 24th
Boy Scouts Troop 30
Education Building
7:00 PM



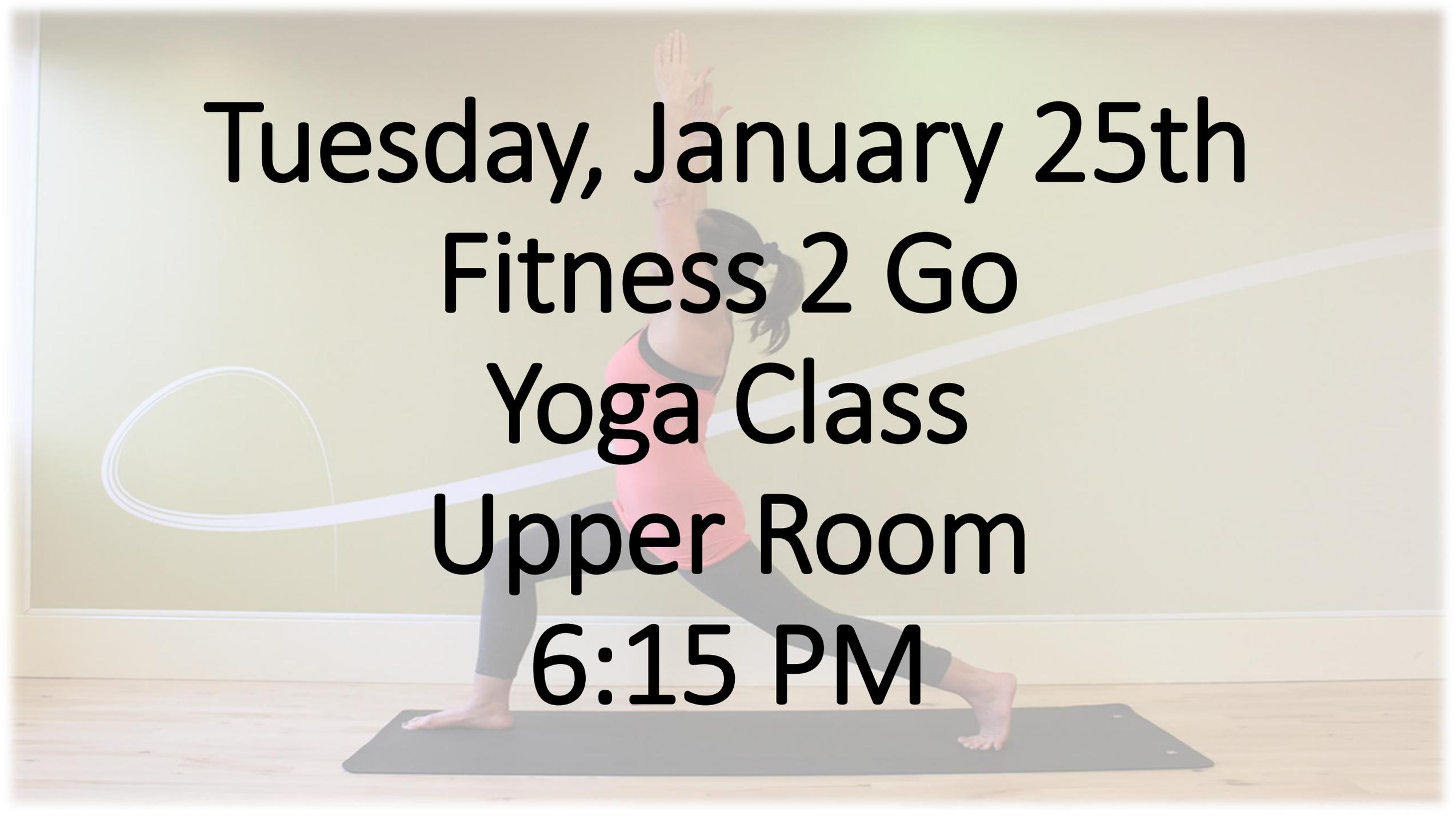
Tuesday, January 25th
Merry Mailers
Church Office
9:00 AM



Tuesday, January 25th
MCLC Chapel
Sanctuary
9:45 AM



Tuesday, January 25th
Daisy/Brownie/Junior Girl Scouts
Fellowship Hall
5:30 PM



Tuesday, January 25th

Fitness 2 Go

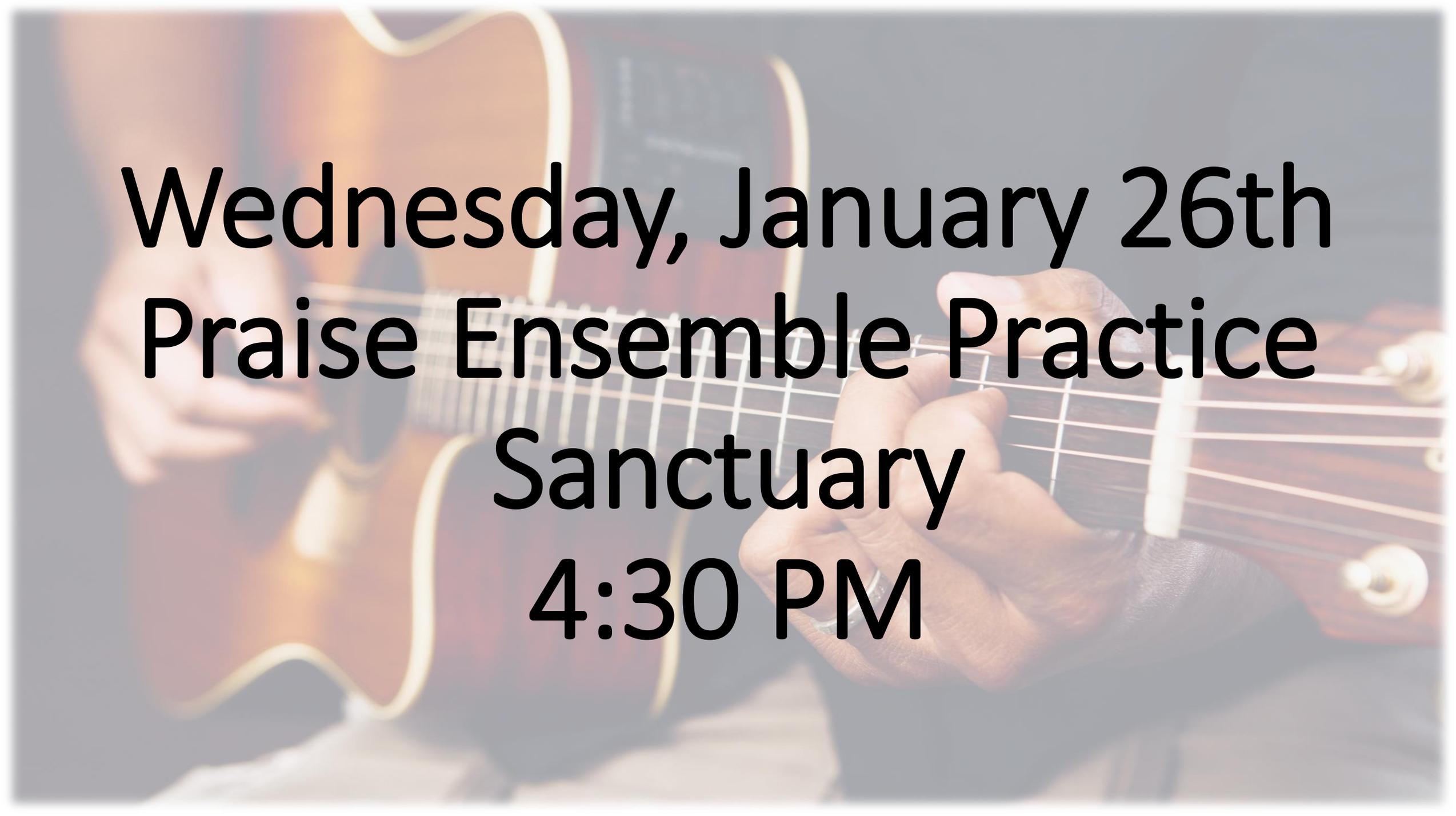
Yoga Class

Upper Room

6:15 PM

A top-down view of a wooden desk with a silver laptop, a white notebook with a black pen, and a black smartphone. A semi-transparent grey box is overlaid on the center of the image, containing text.

Wednesday, January 26th
Facebook Live Devotional
with Communion
8:00 AM



Wednesday, January 26th
Praise Ensemble Practice
Sanctuary
4:30 PM

A photograph of a child's hands playing a piano. The child is wearing a grey sleeveless top and a white skirt with purple and pink polka dots. The piano keys are visible, and the background is softly blurred. Overlaid on the image is the following text:

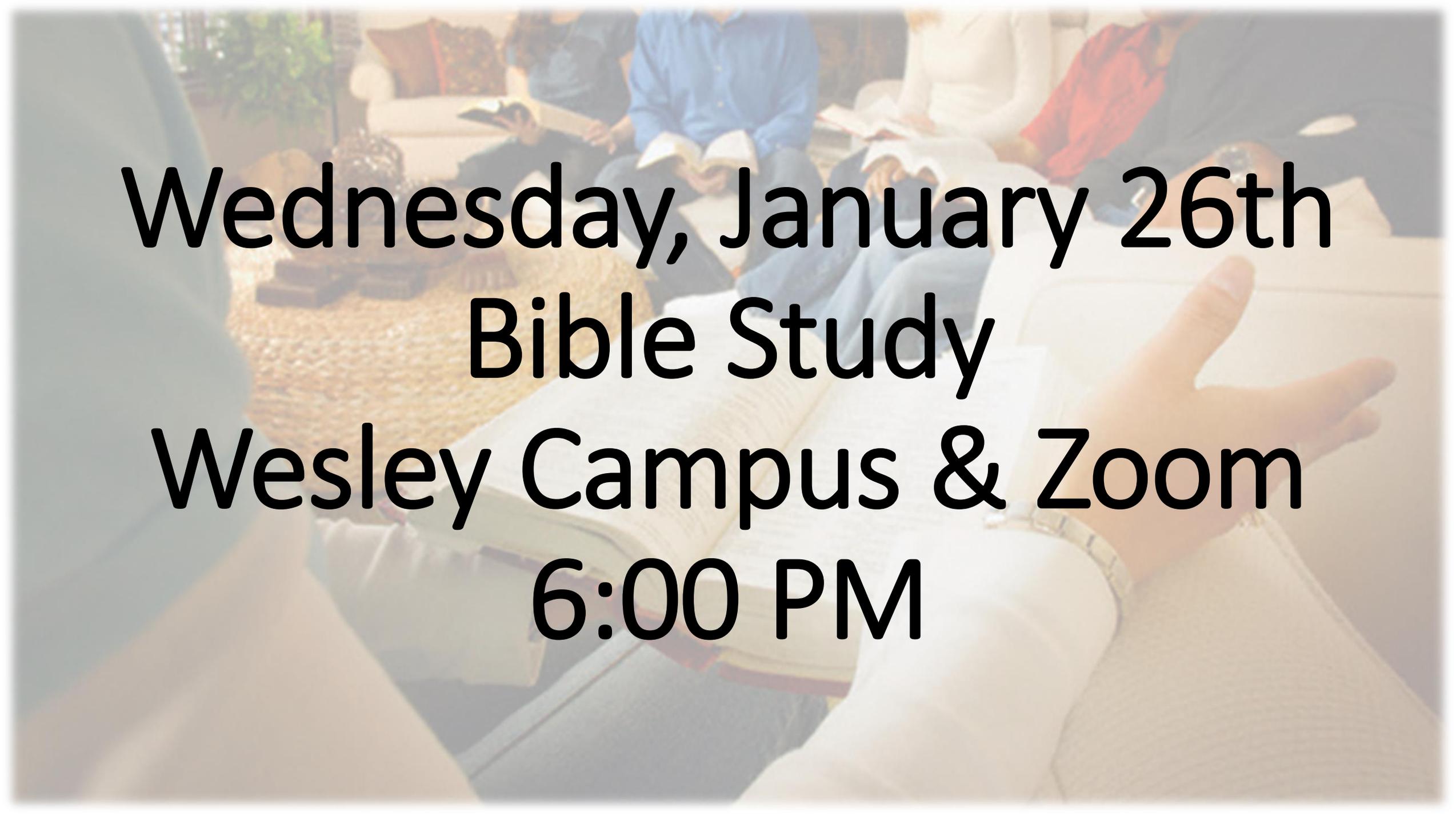
Wednesday, January 26th
Children's Music Ministry
Choir Room
5:30 PM

A young girl with blonde hair, wearing a blue sleeveless top, is smiling and holding a sandwich. She is sitting at a table with a plate of food, including a sandwich and a drink. The background is blurred, showing other people at tables.

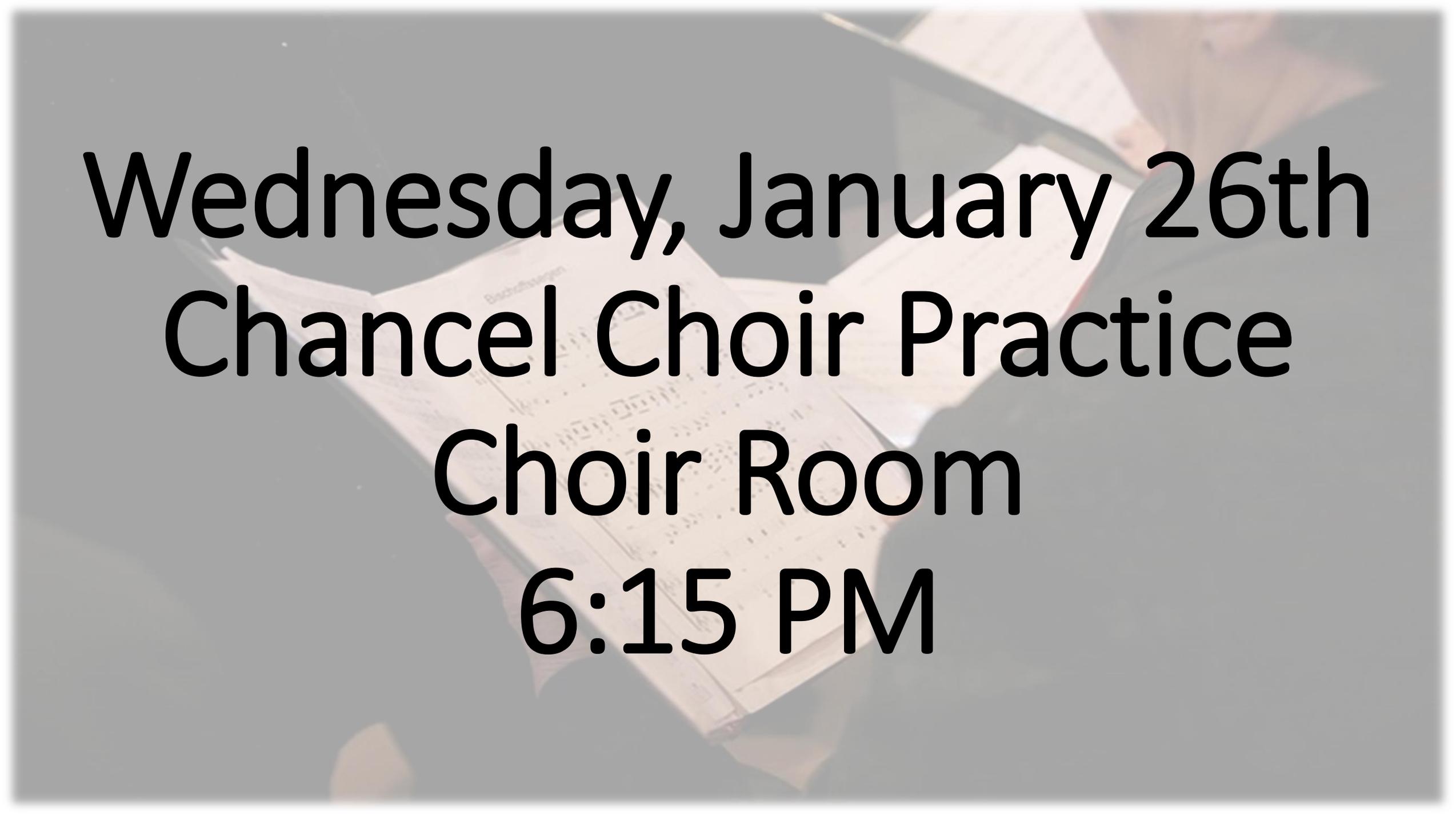
Wednesday, January 26th
Children & Youth Ministry
Fellowship Hall

6:00 PM

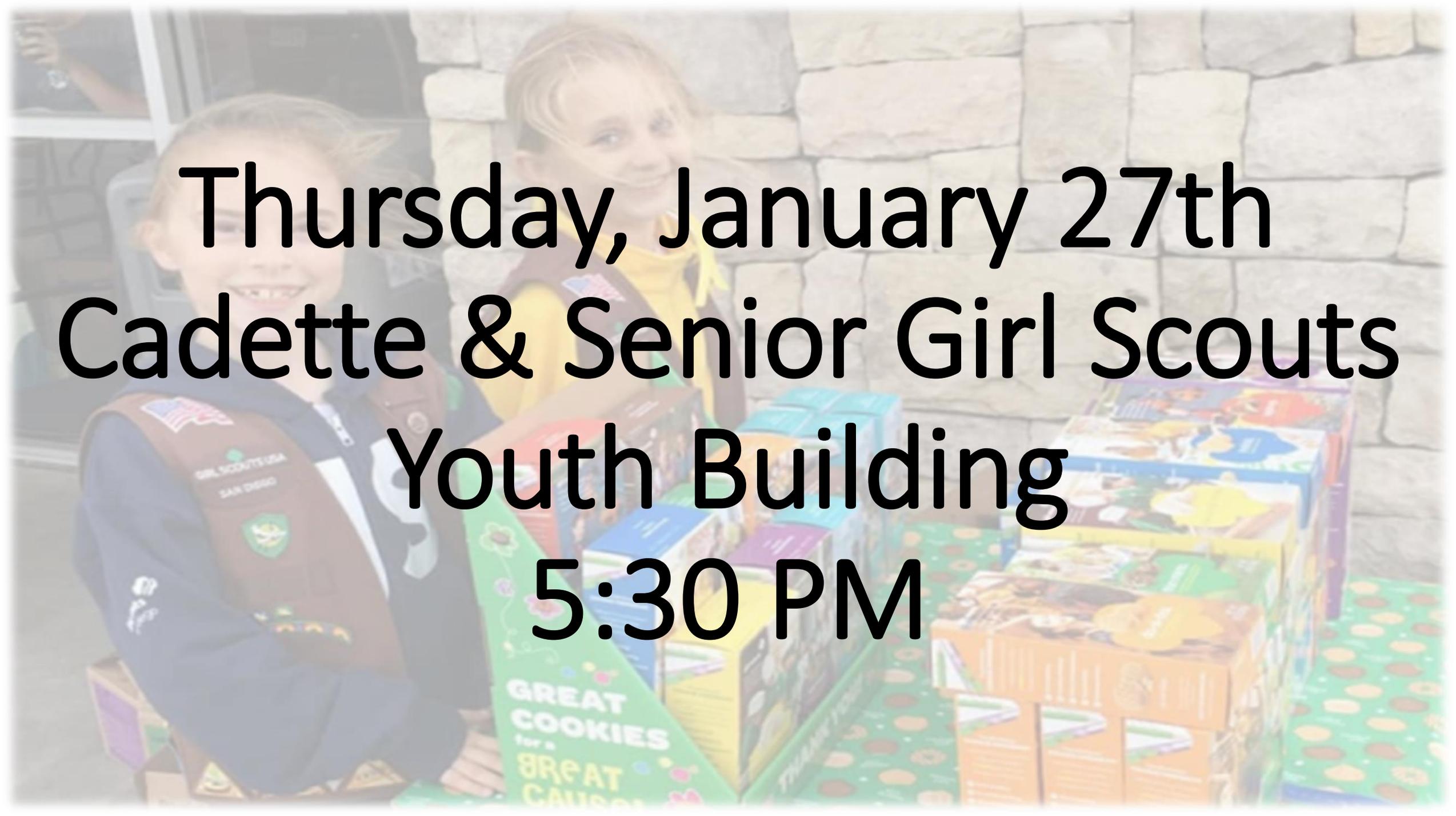
Dinner provided!

A group of people are sitting on a light-colored sofa in a living room, reading Bibles. The scene is dimly lit, suggesting an evening setting. The text is overlaid on the image in a large, bold, black font.

Wednesday, January 26th
Bible Study
Wesley Campus & Zoom
6:00 PM

A person is shown from the chest up, wearing a dark blue shirt, looking down at an open book. The book's pages are filled with musical notation, including staves and notes. The background is a soft, out-of-focus grey. The text is overlaid on the image in a large, bold, black font.

Wednesday, January 26th
Chancel Choir Practice
Choir Room
6:15 PM

A photograph of two Girl Scouts, a Cadette and a Senior, sitting at a table covered with a green and white polka-dot tablecloth. They are surrounded by numerous boxes of Girl Scout cookies. The Cadette on the left is wearing a blue and brown uniform with a sash that says "GIRL SCOUTS USA SAN DIEGO". The Senior on the right is wearing a yellow and brown uniform. The background is a stone wall. The text is overlaid on the image in a large, bold, black font.

Thursday, January 27th
Cadette & Senior Girl Scouts
Youth Building
5:30 PM

A background image of an indoor gymnasium. In the foreground, a line of young women in athletic wear are performing a stretching exercise, leaning forward with their hands on the floor. In the background, a man in a red shirt is also stretching, and other people are visible in the distance. The gym has a green artificial turf floor and a dark wall with some equipment.

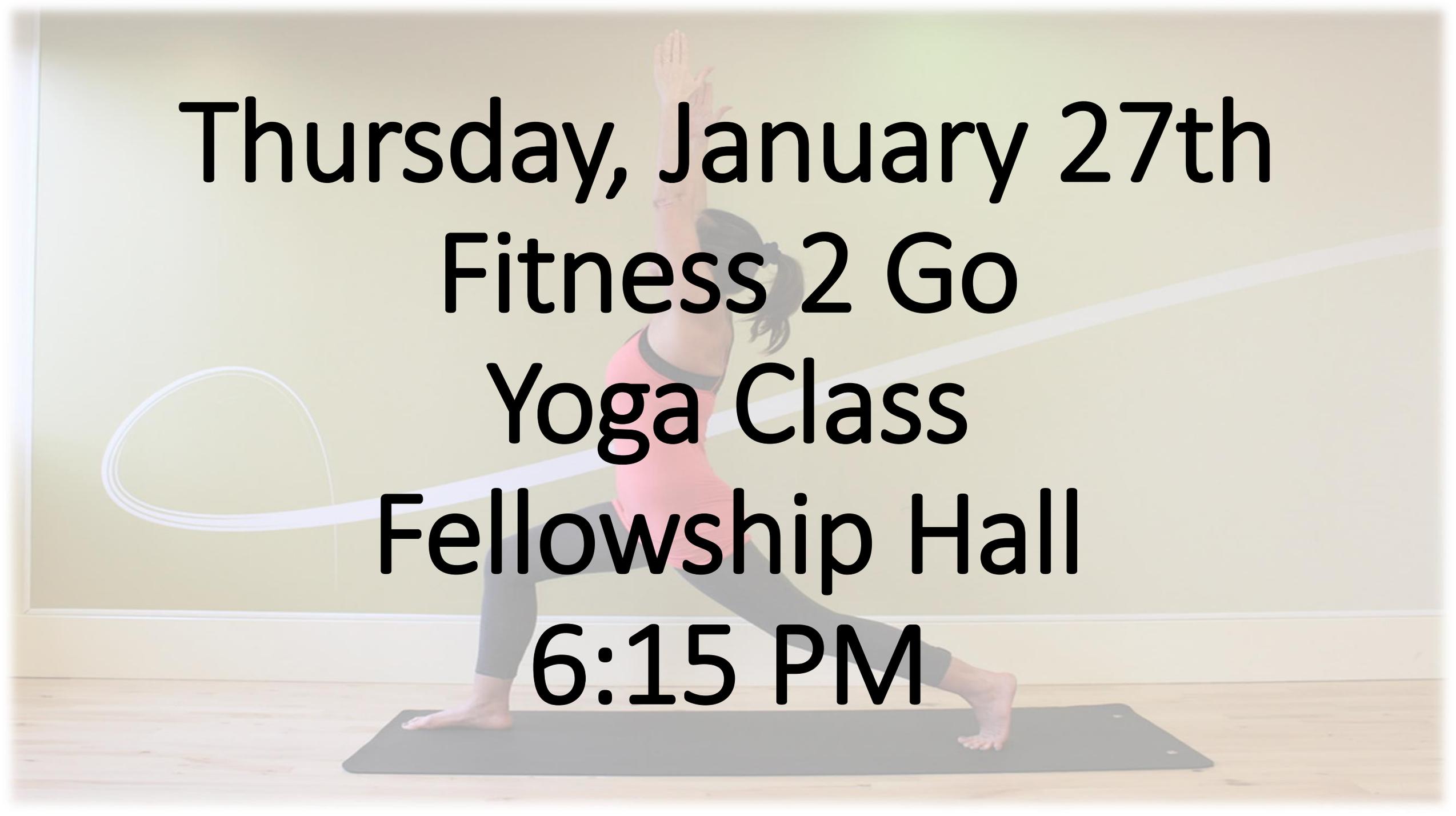
Thursday, January 27th

Fury Elite Softball

Winter Conditioning

Gym

5:30 PM

A woman with dark hair in a ponytail, wearing a pink long-sleeved top and black leggings, is performing a yoga pose on a black mat. She is in a lunge position with her right leg forward and her left leg back, with her hands raised above her head. The background is a light-colored wall with a white baseboard and a wooden floor. A white hula hoop is visible on the left side of the image.

Thursday, January 27th

Fitness 2 Go

Yoga Class

Fellowship Hall

6:15 PM

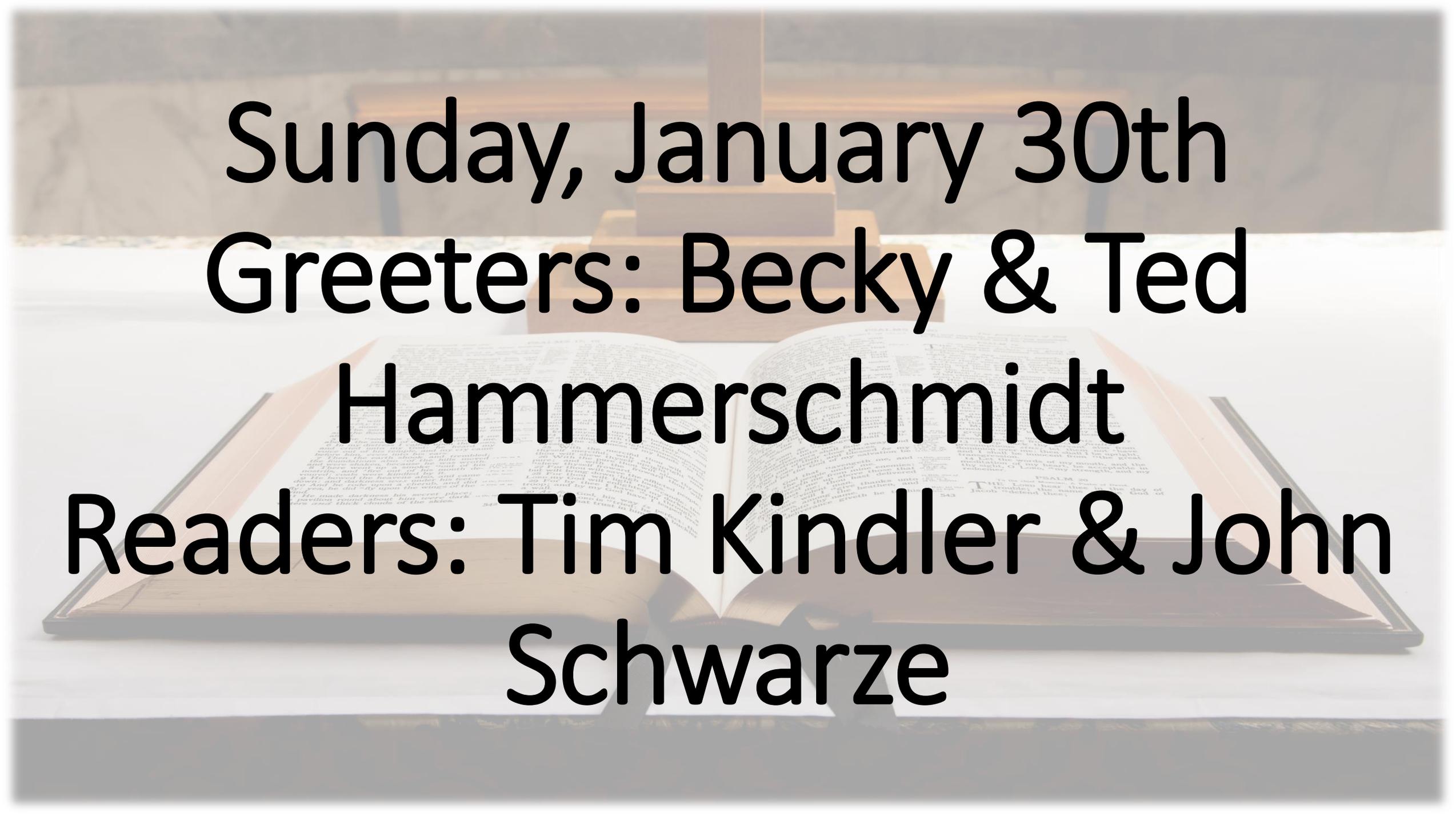


Sunday, January 30th

Sunday School

Fellowship Hall Classrooms

9:00 AM

An open book with text overlaid. The background is a soft-focus image of an open book with text on the pages. The text is overlaid in a large, black, sans-serif font. The text reads: Sunday, January 30th, Greeters: Becky & Ted, Hammerschmidt, Readers: Tim Kindler & John Schwarze.

Sunday, January 30th
Greeters: Becky & Ted
Hammerschmidt
Readers: Tim Kindler & John
Schwarze



Sunday, January 30th

Fifth Sunday Worship Service

Fellowship Hall & Online

10:00 AM

A yellow softball with red stitching is positioned in the center of the frame, resting on a green grass field. The background is a blurred view of a baseball field, showing the bases and the pitcher's mound. The text is overlaid on the image in a large, black, sans-serif font.

Sunday, January 30th
Fury Elite Softball Team
Off-Season Conditioning
Gym
2:00 PM



Sunday, January 30th
Handbells Practice
Sanctuary
4:30 PM