

THIS WEEK:

FRIDAY, JULY 15

7:00 AM - AA (FS)

8:00 AM - Harbor Watch

SATURDAY, JULY 16

10:30 AM Discipleship Group

SUNDAY, JULY 17

9:30 AM – CHOIR PRACTICE

10:30 AM – **Outside** AND ON [ZOOM](#) **6th Sunday after Pentecost**, this Sunday we will remember that we are the body of Christ and our bodies are meant to move. We have an incarnate faith, one that just doesn't sit and pray, work and rest, but we should also be about playing and dance

MONDAY, JULY 18

7:00am - AA (FS)

3:00PM-5:00PM Food Shelf Open to the Public (LL)

TUESDAY, JULY 19

8:30AM-4:30PM– Explorer's Club

12:00PM - Clergy Cluster

7:00 PM - Zen Meditation

WEDNESDAY, JULY 20

7:00 AM - AA (FS)

7:00 PM - Sing-a-Long & Music Jam

THURSDAY, JULY 21

8:30AM-4:30PM– Explorer's Club

10:00AM – Tai Chi

12:00 PM—Women's AA (FS)

FRIDAY, JULY 22

7:00AM - AA (FS)

8:00 AM – Harbor Watch

SUNDAY, JULY 24

9:30 AM – Pick-up Choir

10:30 AM – **Outside** AND ON [ZOOM](#) **7th Sunday after Pentecost**, in the gospel story, Jesus is asked by the disciples how to pray. This Sunday we will look at the Lord's Prayer and talk about other ways we can pray, what is prayer, and how much we should pray. Come and join us as we pray and worship together