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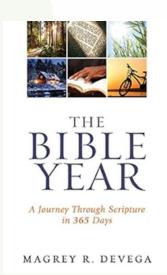
## **H3**

H3 (as in Head, Heart, Hands) groups are FLPC's small group ministry. In this guide, you'll see some H3 groups focus on Bible study (B365) and a book study, while others are breakfast groups or fellowship groups. All H3 groups are intended to help us grow in our relationship with God and with other followers of Jesus, continuing the process of transformation into disciples of Christ. H3 groups meet at a day and time of the group's choosing, offering the group a chance to study, eat, pray, play, and even serve together. If you are discerning what your next steps in the path of living out your faith may be, join an H3 group! We continue to add groups each year, so let us know if you'd like to start one!





**B365** is a specific type of H3 group. These groups are in the process of a year-long study of Magrey Devega's *The Bible Year: A Journey Through Scripture in 365 Days*. Groups studied the Old Testament in the spring and summer, but **all B365 groups are now open for those who wish to study the New Testament.** If you're looking to increase your Scripture knowledge, join one of these small groups! Please email the B365 leader if you'd like to join their B365 group for their New Testament study.



## **FLY and JV FLY**



FLY and JV FLY are the names of our K5-12 grade programs. FLY (Forest Lake Youth) is available for all students in 6-12 grades, and JV FLY is available for all students in K5-5 grades. For FLY information, please email Bill Wannamaker: billwannamaker@flpc.org. For JV FLY information, please email Ed Black: edblack@flpc.org.

# **H3 Groups**

#### **B365 New Testament Study**

**Tuesday night at 7:00 PM**: Led by Beth Rozek on Zoom. *Begins September 9 on Zoom*. Contact the church office (803) 787-5672 for more information.

**Wednesday morning at 11:00 PM:** Led by Ruth Roberts and Ed Black. *Begins September 3 in Room E-205*. Email Ed Black to join: edblack@flpc.org

**Wednesday evening at 6:00 PM:** Led by Ellen Skidmore and Jodi Beckham. *Begins September 17 in Room E-205*. Email Jodi Beckham to join: jodibeckham@flpc.org

#### **Bible and Book Studies**

**Sunday night at 7:30 PM (women only):** *Begins September 21.* This is a group for women in their 20's through 50's. Leaders rotate. Contact the church office (803) 787-5672 for more information.

**Tuesday morning at 7:30 AM: Prayer Breakfast (men only)**: Begins September 9 in the Fellowship Hall. Join the men of Forest Lake Presbyterian for a prayer breakfast and devotional at the church. Contact the church office (803) 787-5672 for more information. Cost is \$4 per breakfast.

Tuesday morning at 10:30 AM (women only): Begins September 2 in Room S-211. This is a group for women in their 50's and above. Join these women for a fun, informal discussion as you read How We Learn to Be Brave: Decisive Moments in Life and Faith by Mariann Budde. Contact the church office (803) 787-5672 for more information.

Wednesday afternoon at 4:00 PM: Book Discussion Group: Begins September 3 in Room E-201. Join members of your church family in the ongoing "Book Discussion Group" to have open, honest conversation about a particular book. Leaders are rotated. The first book we'll discuss is Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado. Contact the church office (803) 787-5672 for more information.

**Friday at noon: (men only)**: *Begins September 19*. Led by Travis Taylor. Join FLPC men for a biweekly lunch and book discussion at a local restaurant. Contact the church office (803) 787-5672 for more information.

## **Music and Youth Ministries**

## **Music Ministry**

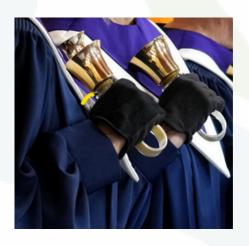
Wednesday evening at 6:15 PM: Handbell choir:

Contact Beth Mears (bethmears@flpc.org) for more information about this fun group.

Location: Choir Room.

Wednesday evening at 7:00 PM: Chancel choir:

Contact Beth Mears (bethmears@flpc.org) for more information about this fun and talented group as we prepare to sing for worship. *Location: Choir Room*.



## **Children and Youth Ministry**



**Preschool playdates:** All preschool students are invited for fellowship at a local park on the first Saturday of every month. Contact Ed Black for more information: edblack@flpc.org

**JV FLY:** All K5-5 graders are invited to join Ed Black and adult volunteers for food, fellowship, and a movie or games once a month. Meets September 5, October 5, November 2, and December 7. Ed will email details to parents.

**FLY Eats:** On selected dates, join Bill Wannamaker and FLY as they eat monthly (midweek) at a local fast food restaurant. Bill will email details to parents.



**FLY High School Lunch:** On selected Sundays, high school students are invited to meet with Bill Wannamaker and other adult volunteers for fellowship, service, and faith formation.

**FLY on Sunday evenings at 5:30 PM:** All middle and high school students are invited to join Bill Wannamaker and adult volunteers for fellowship, service projects, and faith formation. *Location: Fellowship Hall* 

## **Additional Ministries and Events**



## **Caring for the Caregiver Group**

Sponsored by FLPC's Stephen Ministry, all current or former caregivers are invited to this support group. Contact Ed Black for more information: edblack@flpc.org



#### **FLPCafé**

Every Thursday at noon, come join us for a delicious meal and fellowship. Make your reservation by noon on Monday and menus can be found in the church's weekly e-news.

#### Men's Retreat

Our Men's Retreat will be Saturday, November 15 to Sunday, November 16. Go to FLPC.org/news-events for registration and more information.



### **Presbyterian Women (PW)**

Every woman is welcome to participate in any PW activity. Women of all ages have the opportunity to become involved in small groups (called Circles) that meet monthly (September – May). Circles enjoy caring friendships with each other, spiritual enrichment through prayer and Bible study, and actively supporting local missions. Faith and fellowship are further nurtured by an annual overnight winter retreat. Contact the church office for current meeting schedules, and for additional information, please contact the church office.

### **Senior Ministry**

Look for our Senior Lunch events that usually happen at church during the week. Sometimes we plan day trips usually within the state! Look for more information and the fall schedule in your weekly e-news.

### **Wood Shop**

Forest Lake has a comprehensive Wood Shop that may be used by anyone wanting to improve their wood working skills in a safe environment. Sign up for a Wood Shop orientation to find out what tools and equipment are available and what it takes to become a Wood Shop member or supervised guest. For more information, contact the Wood Shop by emailing the FLPC Wood Shop Steering Team at flpcwoodshop@flpc.org.



# Sunday School and Worship

**8:45 AM (incoming officers)**: Officer training for newly elected deacons and elders. *Location: Room E-205. Begins September 7.* 

**9:00 AM**: (infants-4K): Our youngest disciples are welcome to hear a story and sing in the nursery during Sunday school and worship. Please note the nursery closes at 11:00 AM. For more information, or to volunteer with the nursery, please contact Sissy Ervin: sissyervin@flpc.org. *Location: Nursery. Begins September 7.* 

**9:00 AM**: **(elementary students)**: Join our teachers as we have a Bible lesson, music, and fellowship for K5-5 graders. The main textbook is *Growing in God's Love: A Story Bible. Location: Begins in the Fellowship Hall with snacks and energizers. The first class meeting is September 14.* 

**9:00 AM: (adults): Every Day Faith**: Join the FLPC family as you read Scripture and have conversation together. No reading in advance is required, so please come for discussion and fellowship! The curriculum is *The Present Word. Location: Room E-201. Begins September 14.* 

**9:00 AM**: **FLY (middle and high school students)**: Join FLY (Forest Lake Youth) teachers for coffee, a Bible lesson, and fellowship. *Location: Begins in the Fellowship Hall with snacks and energizers. The first class meeting is September 14.* 

**10:00 AM**: Worship in the sanctuary. *EVERY SUNDAY!* 

**11:00 AM**: **(adults)**: **FLPConversations**: Join the FLPC family as you discuss contemporary issues using *The Wired Word* lessons. *Location: Room E-209. Begins September 14*.



