

# ACTIVITIES AT BEMIDJI UNITED CHURCH BEMIDJI, MINNESOTA

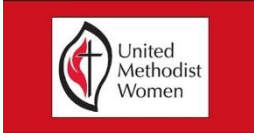
PLEASE CALL CHURCH OFFICE FOR CONTACT INFORMATION 751-3503

## BEMIDJI METHODIST WOMEN (BMW)

9:15 AM, 3rd Wednesday of each month, Sept-May

Lounge

Our church women meet to share a business meeting, devotions, a program, and a treat. They regularly donate monies from sales of nuts for many church projects.

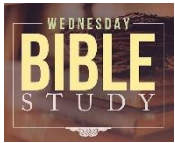


## BIBLE STUDY

3:30 Wednesdays, Sept - May

Chapel

This is a beginner study of the Bible, for adults. Beginning studies will be the stories in the Bible. The Bible used is the New Revised Standard Version.



## BIKING GROUP

3:30 Wednesdays, Memorial Day to Labor Day

Meet at Church

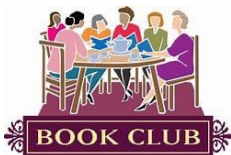
Casual bicycle riding for adults



## BOOK CLUB

6:30 - 8:00 Wednesdays, starting June 6 (approx. 8 meetings)

Book will be # Stolen, by Jessica Fralin (about social media and how it affects our spiritual life) Child care provided. Sign up by 2nd wk of May by text or email. All are welcome.



## CHANCEL CHOIR

Practice: 5:30 PM Wednesday, Choir Loft

10:00 AM Sunday, current Anthem Practice, Choir Room.

For High Schoolers and older. Provide anthems for some 10:30 Sunday Services



## CHURCH SERVICES

### 9:00 EARLY WORSHIP

1/2 hour long, geared for young families, but all are welcome.

This is a non-traditional service



### 10:30 WORSHIP

Traditional service, 1 hour, all are welcome.



## COFFEE FELLOWSHIP

9:30, 11:30 following the service

Lounge

Time to meet friends for chatting and a cup of coffee or lemonade. We serve Fair Trade Coffee, which is a mission project. Open to all.





### **FAIR TRADE COFFEE MISSION PROJECT**

Ongoing project, meetings are a few times a year  
Coffee Cart, where we sell coffee and chocolate to help growers in places like Honduras.



### **FAITH & FELLOWSHIP**

Date & time vary  
Upper Room  
Group of women who stamp greeting cards. These are sold after church service, and the proceeds are used for church building projects.



### **GAME NIGHT**

5:30 - 8:00 PM, 2nd Saturday of the month  
Lounge  
Anyone 14 and older meet for fellowship, food, and games  
Cost is \$5.00 for pizza, bring own beverage, and a dish to share if you wish. RSVP needed.



### **GRIEF AND LOSS SUPPORT**

2:00 PM, 1st Thursday of the month  
Chapel  
Exploring feelings when dealing with grief and loss.  
Conversation with people who are experiencing any form of grief and loss.



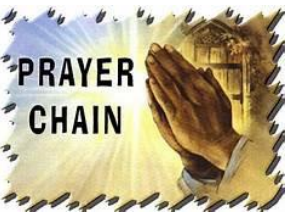
### **KNITTING GROUP**

6:30 - 7:30, Monday evenings Sept - May  
Church Library  
If you would like to learn to knit, refresh your skills, or know how to knit, join us for fellowship and lessons. We are not professionals, but would like to share our skills with others. We have some yarn and needles to learn stitches and a pattern for a simple project. No charge for lessons. Please feel free to bring a project in progress for guidance.



### **NURSERY CARE**

Care for infants and toddlers during Sunday church service  
KID ZONE area, follow the silhouettes down the south stairs to the lower floor. We have a fully staffed nursery.



### **PRAYER CHAIN**

A group of people that take prayer requests from the congregation and pray regularly for those who are in need. These requests are passed through the chain after being lifted up during church, notifying the pastor, or the group is notified. The people in the chain keep the prayer within the chain unless it is known that it is an open prayer request.



### **PRAYER SHAWL MINISTRY**

10 - 11:00 AM, 3rd Saturday of the month

Chapel

This group meets for fellowship and making Prayer Shawls and Pocket Prayer Squares for those who would like to have one. Need to bring knitting needles or crochet hooks.



### **ROMEOS**

10:00 AM Wednesdays

Sanford Health (hospital cafeteria)

Group of retired men who meet for fellowship and coffee each week.



### **ADULT SUNDAY SCHOOL**

9:00 AM, Sundays

Chapel

Congregation led study and discussion of beliefs, social issues.



### **SUNDAY SCHOOL**

9:30 - 10:15 AM after the Early Worship

KID ZONE area. Follow the silhouettes down the south stairs.

Time for our children to meet with our dedicated teachers to explore the teachings of Jesus.



### **VISITATION TEAM**

Members of our congregation who visit people from our church who can no longer physically attend services.



### **YOUTH GROUP**

6:30 Wednesdays, Sept - May

Upper Room

Young adults in Middle School and High School meet for fellowship, ministry projects, and fun.

## OUTSIDE GROUPS MEETING AT OUR CHURCH

(SOME FEES MAY APPLY)



### ALCOHOLICS ANONYMOUS (AA)

A 12-step group that is a closed meeting. Please call the church for contact information if interested.



### COMMUNITY TABLE

5:00-6:00 Wednesdays and Thursdays (Mondays and Tuesdays at Mt. Zion Church, 414 Lincoln Ave)  
Fellowship Hall  
Free Meal, Everyone Welcome!



### GIRL SCOUTS

Leader's Meeting 5:00 PM, 2nd Monday of the month  
Girl Scouts meet 6:30 PM Mondays  
Lounge  
Contact: Stephanie Card 751-4886



### SOKUJI ZEN MEDITATION

6:15 PM, Thursdays  
Upper Room  
Weekly sitting meditation and discussion over tea  
Contact: Geri Wilimek 751-0887



### MINDFULNESS BASED STRESS REDUCTION (MBSR)

Evidence based skills for less suffering and better functioning - 8 week class.  
Contact: Geri Willimek 751-0887



### RUBY TUESDAY JAM SESSIONS

5:30 - 7:30 PM, Tuesdays  
Group of musicians with acoustic instruments that meet for fellowship and music jamming



### SQUARE DANCE

7:30 - 10:00 PM, 1st and 3rd Friday  
Fellowship Hall  
First City Squares hosts square dances at our church from Sept through May on usually the first Fri of the month, and the third Fri or Sun (call Jeff Anderson, 302-383-1502 for more details)  
Fri dances are held from 7:30-10 pm and Sun dances are from 2-4:30 pm



### STAMPING GROUP

2:00-5:00 PM, 2nd Saturday of the month  
Lounge  
Membership Club that meets for crafting cards



## **YOGA**

12:00 noon and 5:30 PM Tuesdays, 9:30 AM Saturdays

Upper Room

Contact: Mary Therese Peterson 759-2566 [marythereseart@yahoo.com](mailto:marythereseart@yahoo.com)