

This sounds a lot like God's family...

"Life in a family - life in *any* community -
is both our sorest test and our sweetest joy.

Life together stretches us, pulls us, and strains us;
but in it we are nourished by the struggle itself.
It is the best chance God gives us to grow out of ourselves
and into something more like what we're meant to be.

Life together is a welcome tether that kindly
but relentlessly binds our ravenous egos.

Life together is where most people
get their only chance to be heroes - local heroes,
yes - but giants of spirit nonetheless:

courageous and well-tempered souls
who return again and again
to brave the rigors and savor the delicacies
of loving the same people for a long time."

(Michael Lindwall, *Good News from Northaven*)



For more info about *any* of the above

Contact:

Lois Shellrude
Pastor of Adult Ministries
914-205-7662
Lois@BedfordCommunityChurch.org

Or check out:

www.BedfordCommunityChurch.org

Adult Ministries



**Spiritual Growth Electives,
Events, Small Groups,
& Activities**

**Bedford Community Church
Winter & Spring, 2017**

ADULT MINISTRIES...ENCOURAGING A "JOURNEY OF SPIRITUAL GROWTH"

IN ADULT MINISTRIES, we believe that our journey should be one of continuous growth. But, while we are always growing in one direction or another, the question is,

"Where and how are we growing?"

In our *spiritual* growth, we want to move beyond mere *information about God*, to *transformation* of our very lives *by God!*

How does this happen?

We grow through *interactions with others in ordinary life*, and through *attention to spiritual practices* such as prayer, the study of scripture, simplicity, solitude, confession, worship, hospitality, and service. These strengthen and enliven our relationship with God and others.

Does my spiritual growth happen by itself or do I need to do something?

By being intentional and attentive to our spiritual lives, we get to know and *love God* more deeply. We learn to *love others* by courageously embracing emotional and spiritual health for ourselves, and then reach out to others in healthy and meaningful relationships. And as we learn to *love like Jesus loved*, we will connect more deeply with others and serve one another in significant and life-giving ways.

How are we helping make this happen at BCC?

We offer a range of electives, events, and activities which are geared towards giving us opportunities to *deepen our understanding* of what it means to follow Christ; *tools for strengthening our emotional and spiritual lives*; *activities and groups* which will help us *deepen our relationships* with others, and *serve the wider community*.

FAQs:

Do I need to be a member of BCC to take a class, an elective, or participate in an activity or small group? No! Everyone is welcome.

If I can't get there at the start time or date, is it OK to come late? Sure. Come when you can get there. You are the one who loses out when you miss a session!

How many weeks do the classes run? This varies, but most run between 6 & 13 weeks.

Do the electives cost? No, although some do have a \$10-15 donation for the workbook for the course.

Can I bring someone with me? Please do!

ELECTIVES

SUNDAYS:

9:15 am

THE 2 DEGREE DIFFERENCE: How Small Things Can Change Everything, begins January 8, 9:15 am, room 25 ~ Are you hoping for a change in your life in this new year? Are you tired of trying all these different things and not seeing the change stick? Studies show that sometimes we try to make too many changes, and too big of a change all at once. It's time to focus on a 2 degree change. It may not seem like much but it has the power to steer you in a completely different direction.

Contact: Sarah Samson, Sarah@bedfordcommunitychurch.org

11:00 am

TEN WORDS OF GRACE, begins January 8, 11:00 am, room 25 ~ The Ten Commandments, called "The Ten Words" in Biblical times, are nothing less than Ten Words of Grace. The first four instruct us on how to love God and the last six instruct us in the grace of loving others as ourselves. Re-acquaint yourself with the Ten Words, a timely blueprint for living a graced life. **Contact:** Bob Ronda, BobLiz1969@gmail.com

MONDAYS:

MOMS-in-PRAYER, begins January 9, 1:00 – 2:00 pm, meets every Monday that school is in session ~ Please join us if you have a burden to pray for your children or grandchildren, their schools, their teachers and administrators. Or come if you are willing to pray for a specific child and school. We are Moms, Grandmas, and friends of children of any age who believe that prayer makes a difference in the lives of children, little or big. **Contact:** Traci Stark, TraciStark@optonline.net

HOLY YOGA WITH MICHELE, 7:00 – 8:00 pm, on-going ~ Yoga can be a Christ honoring practice where we delight ourselves in the Lord while we practice yoga. Let's worship God with our body, soul, and mind. Michele says, "I hope to deepen people's connection to Christ and enable them to feel the presence of God as they quiet themselves with a focus on deep breathing and a balanced sequence of yoga postures that stretch and strengthen the entire body. Anyone can do yoga; it isn't limited to those with a flexible or trim body!" Bring water, a yoga mat if you have one, and dress comfortably. **Contact:** Michele Garrison, Michele.L.Garrison@gmail.com

MONDAY con't.

GRIEFSHARE, new cycle TBD, 6:30 – 8:00 pm, men and women ~ If you have ever been to a wedding or welcomed a new baby into the family then you know that these are joyous occasions in which everyone wants to share. But losing a loved one is unique, not so easily shared, and after a week or so the one suffering the loss can find themselves feeling very much alone as everyone else's life goes back to normal, a very isolating experience. We (BCC) offer a Faith based program called GriefShare where grieving people can come together to talk, listen, or simply be with others in the same situation. Each week there will be short video presentations on various aspects of grieving followed by the opportunity to talk and share experiences and thoughts. Come join us and take a chance on feeling a little better. **Contact: Rich Dorgan, Nagrod@optonline.net, 914-763-9259**

WORSHIP & INTERCESSION EVENINGS, 3rd Monday evenings, 7:00 - 8:00 pm, 1.16.17, 2.20.17, 3.20.17, 4.17.17, 6.19.17 ~ These evenings are a time for us to gather together as a body for worship and intercession. Come anytime between 7:00 - 8:00 pm, stay as you can, and go when you need to, but come and join your heart and voice with other believers in prayer and gratitude to God.
Contact: Kelvin Walker, Kelvin@BedfordCommunityChurch.org

TUESDAYS:

NAMI Connection, NAMI Friends and Family, (National Association for Mental Illness) ~ **Both groups meet from 7:00-8:30 pm on the 4th Tuesday of each month at BCC.** **NAMI Connection** is a **Peer Recovery Support Group** for people living with mental illness; a place to come to share experiences, coping skills, resources, and HOPE! **NAMI Friends and Family** is a support group for friends and family members of those with mental illness. "Feel better than when you came. Contribute to the group. Feel supported. Feel connected in a real way."
Contact: Chris Gaur, ChrisGaur@gmail.com

MEN'S BIBLE STUDY: ABRAHAM: FRIEND OF GOD, MAN OF FAITH, 7:30 pm, begins January 10 ~ Abraham was a man of faith. Though he was not perfect, he got up after he stumbled, putting one foot in front of another, even when he couldn't see what God was doing or where He was leading. We can learn many things from his life decisions and apply them in our own lives of following God. All men are welcome.
Contact: Bob Ronda, BobLiz1969@gmail.com

WEDNESDAYS:



JUST PRAY, START YOUR DAY THE ONLY WAY! On-going, every Wednesday, 6:45 - 7:00 am. On the train? Getting ready for work? Eating breakfast? Want to start your day with God's thoughts? From 6:45 – 7:00 am each Wednesday morning, we have a short devotional and prayer time by phone! Join us! Dial: **605-475-5900**, wait for the prompt, then dial access code: **280-4687#**. Let's start our Wednesdays together with God! **Contact: LoisShellrude, Lois@BedfordCommunityChurch.org**

COMMUNITY BIBLE STUDY (CBS) ~ 9:15 – 11:15 am ~ All women and their preschoolers are invited to enjoy the **Gospel of Matthew**. Come and learn to be fishers of men with Jesus.
Contact: Liz Ronda, 914-232-8904

DIVORCECARE, 7:00 - 9:00 pm, begins February 1, ~ DivorceCare is a 13 week program which offers tools, resources, and fellowship through one of life's most difficult experiences. Divorce Care is a faith-based program. Each session focuses on *some aspect* of what one confronts while going through divorce: kids, anger, finances, faith and belief, forgiveness, etc. All are welcome. Please pass the word to others you know who may want to take advantage of this course. You may join at any time.
Contact: Sheila Rhodes, moomah4@yahoo.com

BROTHERS & BURGERS ~ 4.5.17, 6.7.17, 7:00 pm, Westchester Burger ~ All MEN are invited to the Westchester Burger Company, 353 N. Bedford Rd. Mt. Kisco, for burgers and fellowship. It is \$30 for all-inclusive meal, drink, tip, etc. See you there! RSVP to David.B.Zimmer@gmail.com, or on Facebook at "Men of Bedford Community Church".

THURSDAYS:

MOTHERS OF PRE-SCHOOLERS (MOPS), 9:30 – 11:30 am, meets first Thursday of the month from Sept – June ~ **MOPS** is a Christian-based organization that helps **moms with preschoolers** (ages 0-5) connect with other moms in Westchester County. Each month we have a speaker discussing different aspects of raising children and motherhood. Our **childcare program** provides a safe and nurturing environment for the kids. The children are grouped by age. They spend the time listening to a Bible story, creating a craft, having a snack and playing with new friends. Come hungry as breakfast will be served! Come also on the 3rd Thursday for planning group. We need you! Watch for other Thursday events!
Contact: Deanna Pastore, DeannaWall@hotmail.com

THURSDAY con't.

MOMSnexT, 12:00 – 2:00 pm, meets first Thursday of the month from September to June ~ MomsNext is a Christian-based organization that helps moms with school-aged children connect with other moms in Westchester County. Each month we have a speaker discussing different aspects of raising children and motherhood. Topics this year include encouraging personal growth and parenting strategies. Come hungry as lunch will be served! There will be a devotional time on the other Thursdays at the same time. Join us for these as well.

Contact: Deanna Pastore, DeannaWall@hotmail.com

KNIT FOR KIDS (K4K), 1:00 - 3:00 pm, meets 1st & 3rd Thursdays of the month ~ Bring the warmth and comfort of handmade sweaters to impoverished children around the globe. **K4K** is a ministry of the international aid organization, *World Vision*. We work on sweaters, talk about and pray for the children who will receive them. K4K provides patterns for simple pullover sweaters, and you will need only basic level skills in knitting or crocheting. We welcome all, including learners. Come and we'll teach you!

Contact: Claudia Ein, ClaudiaEinDesigns@gmail.com

THE BOLD CHRISTIAN: USING YOUR GOD-GIVEN SPIRITUAL AUTHORITY AS A BELIEVER, 7:00 – 9:00 pm, begins January 26 – March 2 ~ Opposition! It is inevitable in any worthwhile pursuit. Jesus even promised challenge in the faith journey, "In the world you will have tribulation. But take heart; I have overcome the world" (John 16:33). There is a bit of a reflex in us when hearing these words from Jesus—you have overcome but what about me. It does not always feel like I am overcoming. This book presents the case that one key aspect of being an overcomer for the Christ follower is the notion of spiritual authority. Living in a world that is rooted in power, Christ followers are challenged daily by powers that seek to interrupt or trample their success in the journey through Christ—the world and the kingdom of darkness.

Contact: Kelvin Walker, Kelvin@BedfordCommunityChurch.org

SOUL CARE: 7 TRANSFORMATIONAL PRINCIPLES FOR A HEALTHY SOUL, 7:00 - 9:00 pm, begins March 16 – April 27 ~ Brokenness grasps for the soul of humanity. We are broken body, soul, and spirit, and we need the healing touch of Jesus. **Soul Care** explores seven principles that are profound healing tools of God: securing your identity, repentance, breaking family sin patterns, forgiving others, healing wounds, overcoming fears, and deliverance. This class will challenge us to engage in an interactive, roll-up-your-sleeves and get messy process -- a journey of self-reflection, Holy Spirit inspiration, deep wrestling, and surrender. It is a process of

discovering yourself in true community and discovering God as He pierces through the layers of your heart.

Contact: Kelvin Walker, Kelvin@BedfordCommunityChurch.org

FRIDAYS:

HOLY YOGA with Michele, 10:00 – 11:00 am, on-going ~ Yoga can be a Christ honoring practice where we delight ourselves in the Lord while we practice yoga. Let's worship God with our body, soul, and mind. Michele says, "I hope to deepen people's connection to Christ and enable them to feel the presence of God as they quiet themselves with a focus on deep breathing and a balanced sequence of yoga postures that stretch and strengthen the entire body. Anyone can do yoga; it isn't limited to those with a flexible or trim body!" Bring water, a yoga mat if you have one, and dress comfortably. **Contact:** Michele Garrison, Michele.L.Garrison@gmail.com

SATURDAYS:

WOMEN'S BREAKFASTS, 8:00 – 9:30 am, February 18, May 27, July 1 ~ Women of all ages meet for mutual encouragement, sharing, laughter and food. Bring a breakfast dish to share (quiche, muffins, fruit, etc.) and come share your wisdom, your life experience, your joys and sorrows with other women. Hey, we're all in this together!

Contact: Lois Shellrude, Lois@bedfordcommunitychurch.org

MEN'S BREAKFASTS ~ 8:00 – 9:30 am, (January 21, March 18, April 29, June 24) ~ Men of all ages meet in the Fellowship Hall at BCC for a great breakfast, good laughs, great connections, and mutual encouragement. All are welcome! **Contact:** Dave Zimmer, David.B.Zimmer@gmail.com

RETREATS

MEN'S RETREAT ~ February 10 -11, 2017 ~ Join us at Graymoor Spiritual Life Center for a terrific time with men: worship, deepen your understanding of faith, hang out, eat, and generally enjoy time together! For more info: pick up a brochure from the Adult Ministries table, and sign up and pay online at: bedfordcommunitychurch.elixio.church/forms/mens-retreat

WOMEN'S RETREAT ~ April 1, 8:30 am – 4:30 pm ~ Women join us for a day to "BREATHE". One of the greatest challenges for women in our culture is taking time to cease from all the activities and just breathe. We are in bondage to busyness. We constantly strive to complete the limitless to-do lists that hinder us from experiencing all that God has for us. By neglecting time for tranquility, serenity, and repose, we limit our Christlikeness and miss out on some of God's greatest gifts. In the Old Testament, Sabbath was given to the Israelites as a gift, and it is still a gift to us today. If you are weary, worn out, and exhausted, then the concept of Sabbath will change your life. **Contact:** Lois Shellrude, Lois@bedfordcommunitychurch.org

OTHER GROUPS, MINISTRIES & EVENTS

PRAYER MINISTRY ~ We have several ways that we invite you to participate in our prayer ministry:

1. **WORSHIP AND INTERCESSION EVENINGS, 7:00 - 8:00 pm, 1.16.17, 2.20.17, 3.20.17, 4.17.17, 6.19.17** ~ These evenings are a time for us to gather together as a body for worship and intercession. Come anytime between 7-8:00, stay as you can, and go when you need to, but come and join your heart and voice with other believers in prayer and gratitude to God.
2. **REQUESTS, UPDATES, and PRAISES** ~ You are welcome to email or phone a prayer request, a prayer update, or praise, at any time to Lois Shellrude (Lois@bedfordcommunitychurch.org). On Sundays, you may also fill out the prayer card which is in each pew and place it in the offering plate. We will publish these in the regular Prayer Bulletins we send to the congregation by email.
3. On Sundays, there will always be members of the **PRAYER TEAM** at the front of the sanctuary for you to pray with after the service if you would like to.
4. Any member of the **PASTORAL STAFF** is ready and willing to pray with you at any time as requested or needed. Please do not hesitate to ask.

NEWCOMERS LUNCH ~ If you are new to Bedford Community Church in the last 6 months, and would like to discover more about what BCC is about and learn about our programs and ministries, we invite you to have “**Lunch with the Team**”. These gatherings will usually be held in the Fellowship Hall downstairs immediately following the 2nd service. Watch for the next date, and sign up on the Adult Ministries table.

Contact: **Kelvin Walker**, Kelvin@bedfordcommunitychurch.org

FRIENDSHIP DINNERS ~ As a way to meet new people, connect for the first time, or deepen friendships, we have occasional “Friendship Dinners”. Here’s how it works: After the 2nd service on the planned date, we meet in various homes to have a meal together. The “host” supplies the entrée and the place (your home), and each “guest” is assigned a side dish, an appetizer, or a dessert. Your entire family is welcome! Let’s have dinner together! Watch for the upcoming dates!

Contact: **Lois Shellrude**, Lois@BedfordCommunityChurch.org

MISSIONS

Each month, in the worship services, we have a focus on Missions which we call **Missions Moment**. We learn more about some ministry with which we are connected, or about a ministry that is new to us. With any designated funds for Missions, we primarily support the Great Commission Fund (GCF) of our denomination, the Christian & Missionary Alliance, and also several missionaries who are not from the C&MA, yet have a connection with our church. Once or twice a year we focus more specifically on Missions by having a **missionary family** with us and share their ministry in depth with us. You may give at anytime to Missions by writing a check to BCC with “Missions” in the memo line.

Contact: **Lois Shellrude**, Lois@bedfordcommunitychurch.org

BAPTISM, BABY DEDICATION, & CHURCH MEMBERSHIP ~ If you are interested in being baptized, having your baby dedicated to God, or joining our church in membership, please email the church office and let Pastor Sarah Samson know. She will get in touch with you.

Contact: **Sarah Samson**, Sarah@bedfordcommunitychurch.org

SERVICE OPPORTUNITIES:

HOSPITALITY ~ Each Sunday between services we have a time of fellowship in the Fellowship Hall downstairs when we share a cup of coffee or tea, and a small goodie of some kind. However, this does not happen by itself! **We need you to share in this ministry!** This means you will bring goodies for about 60 (bought ones are fine), set up, take down, and clean up afterwards. Coffee will be made each week, so no need to deal with that. (Give us receipts and we will reimburse you for the goodies.) Do this by yourself or with a friend. It is a wonderful way to serve others by creating a warm and friendly context for connecting with one another. We can walk you through the first time you do it. Sign up is on the Adult Ministries table.

Contact: **Lois Shellrude**, Lois@BedfordCommunityChurch.org

FRONTLINE MINISTRY ~ GREETERS AND USHERS ~ Do you want to have an immediate impact? Are you friendly and inviting? Ushers and greeters are on the “frontlines”! You are the “face of the church”! You set the climate of the church and bring a true reflection of the church by your welcoming smile, helpful attitude, and making others feel welcome and comfortable! Join our team! First training date is Sunday, 12:30 pm, October 23. Watch for other dates, or simply contact Ken or Pam Smith to join! **Contact:** **Ken & Pam Smith**, spk91@aol.com

BLOOD DRIVE ~ We host 2 or more blood drives a year. The first of these is January 6, then April 21. Come and give the most precious of gifts to others...your blood! **Contact:** **Chris Wolle**, ChrisAWolle@gmail.com

HELP WITH CHILDCARE ~ If you are 18 or older and are willing to watch 1 or 2 children in the nursery at BCC on Wednesday or Thursday evenings from 7:00-9:00 pm, let us know. There are sometimes those who wish to come to groups but do not have a way for their children to be cared for. If they could bring their children to the church and have someone care for them (right across the hall), this would be a great blessing. This would be on an "as needed" basis. We will pay for the required background check.

Contact Lois Shellrude, Lois@bedfordcommunitychurch.org

BEDFORD HILLS WOMEN'S CORRECTIONAL FACILITY is a maximum security women's prison in Bedford Hills. We reach out in several ways:

1. During the year, we **provide lunches** for the children who come to visit their Moms at the prison on weekends. Our next date is: **Sunday, April 23, 2017.**
2. **Host families** are needed during the summer months to house a child or two who come to be with their Mom for a week. This is a time that the children look forward to with great joy and anticipation. They stay with a host family during the evening and overnight and then are returned to the prison to be with their Mom during the day.
3. Several times throughout the year, we will ask for donations of **clothes or toys** for various projects at the prison.
4. **Woman 2 Woman** "It is healing for a woman in prison to have a relationship that is caring, honest, and trustworthy. Most have had very few, if any, of those." Launched by Bedford Presbyterian Church, **Woman 2 Woman** is a prison ministry program that connects women in various congregations and community with women incarcerated at Bedford Hills Correctional Facility. These women are our neighbors, yet many of them have little to no outside contact. This program is designed to provide them with much-needed emotional support, encouragement and friendship; and to stretch our own capacity for empathy and understanding by developing a relationship of mutual respect and caring with someone whose history and circumstances is typically very different from our own. A training session is a **MUST** if you want to get involved. Next training TBD. Watch for dates.

OTHER SPECIAL EVENTS COMING UP...

ASH WEDNESDAY SERVICE ~ 7:30 pm, March 1

GOOD FRIDAY SERVICE ~ 7:30 pm, April 14

EASTER SERVICES ~ 8:00, 9:15, 11:00 am, April 16

SMALL GROUPS

What is a Small Group and what is the purpose?

It is a group of people (usually of similar age or life experience or interest) who meet together on a regular basis; usually every other week, to connect in meaningful relationships, to experience and model authentic community, to study, fellowship, be accountable, pray, and serve together. (And did we mention eat, laugh, and enjoy each other?)

Why join a Small Group?

- ✓ A small group provides a natural and easy context in which to grow in your faith alongside other Christians.
- ✓ You will pray for others and be prayed for.
- ✓ You will develop deeper friendships.
- ✓ You will be supported in times of crisis and change, or difficulty.

Our small groups take many forms in order to meet the varied needs, time constraints, geographical areas, family needs, etc. within our congregation. New groups are created as leaders emerge and needs are identified.

Not quite convinced?

If you're not quite convinced about why you would need something besides the Sunday services, read on!

- ✓ You will have the encouragement and insights of others.
- ✓ You will be a part of something bigger than just yourself.
- ✓ You can share on a whole different level...health concerns, kid concerns, marriage concerns, job concerns, and have others support and pray for you. You won't be alone in your walk with Jesus.
- ✓ You will be able to make a difference in someone else's life!

Being part of a small group gives us a chance to be part of a community of people who know us, and love us anyway!!

OK, I'll try it out. How can I join a small group?

If you are interested in **joining** or possibly **leading** a small group, sign up on the Adult Ministries table at BCC, or email:

Lois Shellrude, Lois@bedfordcommunitychurch.org

GIVE IT A TRY!! JOIN US!