

ADULT

Discipleship & Missions

@ BCC

Encouraging a *Journey*
of Spiritual Maturity...

maturing in Christ

maturing in Love

maturing in Knowledge

maturing in Service



For more info about *anything* in this booklet,

Contact:

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Pastor of Adult Discipleship & Missions
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Or check out:

www.BedfordCommunityChurch.org

Fall, 2018

ADULT DISCIPLESHIP...ENCOURAGING A "JOURNEY OF SPIRITUAL GROWTH AND MATURITY"

IN ADULT DISCIPLESHIP, 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 we're able to 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 growth 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 and is there a cost? This varies, but most run between 6 & 13 weeks. There is no cost.

Can I bring someone with me? Please do!

ELECTIVES

SUNDAYS:

11:00 am

THE STORY - ADULT CLASS, 11:00 am We will be following *The Story: Gospel of Matthew* - Sept 9, *Gospel of Mark* - Sept 16, *Gospel of Luke* - Sept 23, and *Gospel of John* - Sept 30. In each of these sessions we will look at the special focus each evangelist takes on the Life of Jesus. Then we continue along with the whole church, on our journey through the beginning of the "church" in Acts, through the letters to various congregations, and finally concluding on October 28th with the Revelation of Jesus to John.

Contact: Bob Ronda, BobLiz1969@gmail.com

MONDAYS:

MOMS-in-PRAYER, begins September 17, 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

GRIEFSHARE, meets every other Monday, beginning September 17, from 6:00 – 7:30 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 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

MONDAYS con't.

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

12-STEP RECOVERY, 8:15 – 9:15 pm, room AD 2 - We are a 12-step group for people dealing with various compulsions and addictions, where Christ will be as welcome as anyone of us. All meetings are open discussion meetings, and are open to you or a friend in recovery. Please be mindful that all who attend, and all that is discussed, remains confidential.
Contact: BCC12stepRecovery@gmail.com

TUESDAYS:

THE CHRISTIAN "ATHEIST": Believing in God but Living as if He Doesn't Exist, 7:00 – 8:30 pm, begins September 17 - "The more I looked, the more I found Christian "Atheists" everywhere," says writer Craig Groeschel. As a former "Christian Atheist", he knows his subject all too well. After over a decade of successful ministry, he had to make a painful self admission: although he believed in God, he was leading his church like God didn't exist. To Christians and non-Christians alike, to the church and the unchurched, the journey—from his family and his upbringing to the lackluster and even diametrically opposed expressions of faith he encountered—will look and sound like the story of their own lives. Here's the question: am I putting my whole faith in God but still living as if everything was up to me? A few of the topics we'll cover: When you believe in God but: don't really know Him; when you are ashamed of your past; aren't sure He loves you; when you still worry all the time; when you can't forgive; trust more in money, and more! Join us for this 6-week study.
Contact: Lois Shellrude, Lois@bedfordcommunitychurch.org

MEN'S BIBLE STUDY: LIFE OF CHRIST IN THE GOSPEL OF LUKE, begins September 12, 7:30 – 8:45 pm ~ Join us as we look at the life of Christ through the eyes of Luke, the physician. **ALL men are welcome.**
Contact: Bob Ronda, BobLiz1969@gmail.com

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 every 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

WEDNESDAYS:

COMMUNITY BIBLE STUDY (CBS) ~ begins September 12, 9:15 – 11:15 am ~ All **women** and their **preschoolers** are invited. Want to know what happens in the future? Come enjoy learning about the book of **Revelation**. CBS meets every Wednesday that school is in session.
Contact: Liz Ronda, 914-232-8904, BobLiz1969@gmail.com

DIVORCECARE, 7:00 – 9:00 pm, begins September 12, runs 13 weeks minus Thanksgiving week ~ DivorceCare is a 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

GOLIATH MUST FALL: WINNING THE BATTLE AGAINST YOUR GIANTS, 7:00 – 9:00 pm, begins October 3, Women only – Fear. Rejection. Addiction. Anger. All must fall. You may have a threatening giant in your life, an adversary or stronghold that's diminishing your ability to live a full and free life. Frozen in the grip of rejection, fear, anger, comfort, or addiction, we lose sight of the promise God has for our lives. God has a better plan - a plan for you to live in victory. In *Goliath Must Fall*, Pastor Louie Giglio, uncovers a key to living free from our giants: it is not better slingshot accuracy, but keeping our eyes on the one and only giant-slayer – Jesus. Put your hope in Him, and watch Goliath fall.
Contact: Lisa Bruno, LDBruno@aol.com, or
Adrienne Wollaston, Wollaston1@optonline.net

THURSDAYS:

KNIT FOR KIDS (K4K), 1:00 - 3:00 pm, meets 1st & 3rd Thursdays of the month ~ Bring the warmth and comfort of handmade sweaters, blankets, hats, and scarfs to impoverished children around the globe. **K4K** is a ministry of the international aid organization, *World Vision*. We work on the various items, talk about and pray for the children who will receive them. K4K provides patterns, 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, ClaudiaEin@optimum.net

OTHER GROUPS, MINISTRIES & EVENTS

THURSDAYS con't.

FASTING AND PRAYER THURSDAYS, 7:00 – 8:00 pm - We invite you to join in a season of fasting and prayer for God to speak clearly about where He is leading us as a church and what He is doing during this transition period. Let's remember: God is still present and still on the throne – so let us keep our eyes on Him. God is still at work building His Kingdom – so let us stay on mission with Him. God is still longing to reveal Himself to us – so let us keep seeking Him. Join us any Thursday.

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

FRIDAYS:

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

CAYA (Come As You Are) MOMS, 10:00 – 12:00 am, from Sept – June – Moms of ANY age will meet together EVERY Friday throughout this year for a devotional and fellowship time. Our childcare program provides a safe and nurturing environment for the kids. Join us!

Contact: **Jessica Cambareri**, JMCambareri@gmail.com

Deanna Pastore, DeannaWall@hotmail.com

SATURDAYS:

WOMEN'S BREAKFASTS, 8:00 – 9:30 am - 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. We're all in this together! Watch for dates.

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

MEN'S BREAKFASTS ~ 8:00 – 9:30 am ~ Men of all ages meet every other month in the Fellowship Hall at BCC for a great breakfast, good laughs, great connections, and mutual encouragement. All are welcome! Watch for dates.

Contact: **Dave Zimmer**, David.B.Zimmer@gmail.com

BCC CONQUER – Many Christians struggle with *pornography*. With the coming of the Internet, its popularity has been soaring, with easy access and privacy like never before. An alarming fact is that by 2011 there were over 4.2 million pornographic *websites*. Not only is pornography wrecking marriages and single men and women's lives, it is also ruining them financially. Worldwide, the total cost spent on pornography is over \$97 billion dollars annually. In 2007 a CNN poll revealed that over 70% of Christian men and over 20% of Christian women admitted to being addicted to some sort of Internet pornography. But there is help! If you are struggling in this area, we have a class/support group which will be starting soon. It will be *completely confidential*. Please do not hesitate to reach out. You will not be judged, but supported in the struggle. We will let you know the start date and a confidential email address when the group begins. At this time, **the group forming is for men only**. (Pray for the resources to start one for women.)

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

- **FASTING AND PRAYER THURSDAYS, 7:00 – 8:00 pm** Join us to fast and pray for our church, particularly in this time of transition and looking for a new pastor.
- **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 (attached to your bulletin) and place it in the offering plate. We will publish these in the regular Prayer Bulletins we send to the congregation by email.
- 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 be a part of this team, contact: **Lisa Bruno**, LDBruno@aol.com
- 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.

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

Each month, 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 host overseas workers to share their ministry in depth with us. You may give at any time to Missions by writing a check to BCC with "Missions" in the memo line. **Contact:** Lois@bedfordcommunitychurch.org

MORE SERVICE OPPORTUNITIES:

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 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! **Contact:** **Ken & Pam Smith**, spk91@aol.com

EMERGENCY SHELTER PARTNERSHIP, December 3 – 9 ~ We partner with other churches and organizations through **Neighbor's Link** to offer a week of safe shelter and 3 meals a day for the homeless. We make a delicious, hot evening meal, a safe place to bed down, breakfast in the morning, and a bag lunch to take with them for the day. We will be asking YOU to participate in this endeavor by providing the meals during that week. **Contact:** **Kelvin Walker**, Kelvin@bedfordcommunitychurch.org

BLOOD DRIVE ~ We host 2 blood drives a year. First date is Friday, October 5, 3:30 - 8:30 pm. Please watch for more dates. Sign up to give blood at: Redcrossblood.org, and look for our location. Come and give the most precious of gifts to others...your blood!
Contact: **Chris Wolle**, ChrisAWolle@gmail.com

WORSHIP MINISTRY – If you are interested in joining the worship ministry as an instrumentalist or singer, please
Contact: **Alexa Ojeda**, Alexa.Ojeda1@gmail.com

TECHNOLOGY / MEDIA – If you are interested in joining our Technology/Media Team (soundboard, computer, etc.),
Contact: **Sarah Samson**, Sarah@bedfordcommunitychurch.org

HOSPITALITY MINISTRY - If you would like to be part of a team to provide goodies or service at our coffee hour,
Contact: **Sarah Samson**, Sarah@bedfordcommunitychurch.org

TUTORING – We offer free tutoring for 1st – 12th grades at BCC on Tues and Thurs afternoons, and we tutor at Bedford Hills Elem School on Mon and Thurs. If you are interested in *being a tutor* or having your *child tutored*,
Contact Roger Garrison at: OpenBookTutors@gmail.com

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

- During the year, we **provide lunches** for the children who come to visit their Moms at the prison on weekends. We will inform you of dates as they arise.
- **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.
- Several times throughout the year, we will ask for donations of **clothes or toys** for various projects at the prison.
- **Prison Partners** - It is healing for a woman in prison to have a relationship that is caring, honest, and trustworthy. Most of the incarcerated women have had very few, if any, of these. We encourage our women to commit to monthly visits with women in the Bedford Hills Correctional Facility. These women are our neighbors, yet many of them have little to no outside contact. We want 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 quite possibly very different from our own. If you are interested in this ministry, **Contact:** Lois@BedfordCommunityChurch.org

OTHER SPECIAL EVENTS COMING UP

WOMEN: MAKE YOUR OWN WREATH OR CARDS for CHRISTMAS ~ Saturday, November 10, 11:00 am – 2:00 pm. ~ Would you like to make a wreath and your own cards for Christmas this year, and have a lot of fun while doing it? Bring a bag lunch (we'll provide coffee and tea), and join us in the Fellowship Hall. Geri Suozzo Smith will guide us through this fun and 'crafty' day. **Contact:** **Geri Smith**, Gattara@aol.com

CHRISTMAS EVE SERVICES, Monday, 5:00 & 6:30 pm, December 24. Nursery at 5:00 pm service only.

SAVE THE DATE: MEN'S RETREAT – February 8-9, 2019 at Graymoor Spiritual Life Center, Garrison, NY

SAVE THE DATE: WOMEN'S RETREAT – February 15-16, 2019, at Graymoor Spiritual Life Center, Garrison, NY

GROWTH GROUPS

What is a Growth 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 the Bible or a great book, fellowship, be accountable, pray, and serve together. (And did we mention eat, laugh, and enjoy each other?)

Why join a Growth Group?

- ✓ A growth 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 growth 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 issues, 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 growth group?

If you are interested in **joining** or even possibly **leading** a growth group, sign up on the sign-up table at BCC, or email Lois Shellrude. Lois will contact you.

Lois Shellrude, Lois@bedfordcommunitychurch.org

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 heros - local heros, 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*)

And here's more...

Jesus said,
"Love one another in the same way I have loved you. By this will all people know you are My disciples."