

THE *talking trinity*



What happens when God stops listening?
What can you do when everything seems to go wrong?

Join us for **YOUTH SUNDAY** and find out how our Triniteens approach these questions?

It will be fun and challenging.
Invite a friend to join us as the youth lead us in worship and share the Good News with a twist.

THAT'S MARCH 3RD AT TRINITY PRESBYTERIAN CHURCH.

THE *talking trinity* is the monthly newsletter of Trinity Presbyterian Church, Topeka, Kansas

MARCH 2019



.With record snowfalls in Topeka, winter seems interminable this year. And by coincidence, the season of Epiphany also feels stretched out. We have been singing “Star of wonder, star of light” at the end of every worship service, even though the Three Kings have long departed the manger and have headed home by another way. The eccentricities of the lunar calendar results in an Easter that is later than usual, which means that we have a later Lent. [Why? Easter occurs after the first full moon that takes place after the Spring equinox].

In a culture that moves quickly to the “next new thing,” the slow pace of the church year can either feel refreshing or frustrating. I admit that this year, I find the pace to be stifling, although this says more about my spiritual shortcomings. I am ready for spring, for newness, and for change! But the Spirit has a way of slowing us down, for giving us space to reflect and rest in the moment. Lent, which begins March 6, will likely prolong feelings of stillness and quiet. Spring and Easter come in their own time. Let us take the opportunity to embrace the winter doldrums, explore doubt, and exercise mindfulness.

May you have a blessed Lent.
Rev. Meredith



David and I want to thank all of you who helped celebrate our 50th anniversary. We are planning a year long celebration and wanted to start with our Trinity family. The Triniteens were excellent servers and much appreciated. It is the journey not the destination and marriage is a forever journey.

Thank you also for the kind words about the basement renovation. We are pleased with the new look and believe there are a few projects left. Thank you for being our Trinity family.
David and Jurahee Shriver

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GET UP-TO-DATE INFORMATION AT:

www.trinitypresbyterian.net
On Trinity’s website you can access archived issues of the weekly newsletter, The Trinity Candle, and this monthly newsletter, The Talking Trinity.

office@trinitypresbyterian.net
Use this email address to contact the office secretary.

www.FACEBOOK.com/TrinityTopeka
Trinity’s Facebook account has information about upcoming and past activities at Trinity and many great pictures as well.

2018 / 2019 WORSHIP ATTENDANCE				
Month	Date	Sunday	Total	Events
FEBRUARY	3rd	1st	86	
	10th	2nd	85	
	17th	3rd	97	
	24th	4th	136	Teacher Appreciation



- 13-Mar Jerry & Cathy Newland
- 14-Mar Ralph & Kay Howard
- 23-Mar Dana & Cory Schoffelman

Use less fertilizer on your lawn. Mulch your grass clippings to enrich your lawn. Make a compost pile to recycle your kitchen scraps without meats or fat. Then your garden will have natural fertilizer with wonderful nutrients for your veggies!

GREEN CORNER

**FEBRUARY 2019
SANCTUARY FLOWER MINISTRY**

Flowers were provided to the Glory of God on the:

- 3rd by Brenda Dietrich in loving memory of her grandparents.
- 10th by Mary Nestor in loving memory of her mother, Dorothy Nestor.
- 18th by Pat Thomblison in loving memory of her mother's birthday.
- 24th by Carol Shannahan in vlogin memory of her father, Thomas.

- 01-Mar Andrew Armstrong
- 01-Mar Madison Meenen
- 02-Mar Kay Graham Scott
- 05-Mar Cathy Newland
- 05-Mar Scott Ashley
- 07-Mar Janis Holiwell
- 07-Mar Martha Peterson
- 07-Mar Linda Dolezal
- 09-Mar Ryan Kemp-Pappan
- 10-Mar Alex Wales
- 11-Mar Greg Lee
- 14-Mar Portia Maxon
- 15-Mar Kari Hachiya
- 18-Mar Rhonda Ross
- 19-Mar Wendy Pullen
- 19-Mar Jamie Merklein
- 22-Mar Martha Benignus
- 24-Mar Karen Brown
- 26-Mar Jim McCormick
- 26-Mar Laura Rolph
- 27-Mar Donna Whipple
- 28-Mar Beverley Lutz
- 28-Mar Camden Chooncharoen
- 28-Mar Bruce Voigt
- 29-Mar Judy Rundell
- 29-Mar Natalya Thomblison
- 30-Mar Robert Burtch
- 31-Mar Cathy Headworth



Mission



Because of your generosity, 264 food items were donated to Doorstep to feed hungry people/families in our community. Your gifts for Souper Bowl Sunday, soup and crackers, totaled 276.4 pounds!

Trinity serves on the 2nd Tuesday of the month at 4:45PM. This month it is March 12th.



Trinity works on the 4th Tuesday of the month at 1PM. This month it is March 26th.



Trinity serves on the 3rd Friday of the month at 9AM. This month it is March 15th.



Blue Out Sunday (Wear something Blue) - March 10

Why Wear Blue?

The first Sunday in Lent is designated "Wear your blue t-shirt to church Sunday" as a testament of one of the ways One Great Hour of Sharing makes a difference. Blue Out Sunday recognizes the vital work of Presbyterian Disaster Assistance (PDA). Thousands of volunteers each year put on a blue t-shirt that says "Out of chaos, Hope." They bear not only ladders and drywall for rebuilding, but also the love of God. Many disaster survivors who see the love of God evident in the lives of these servants are able to take off their cloak of mourning and begin to find joy.

Disaster after disaster, Presbyterians have responded in record numbers with prayers, financial gifts, and hands-on experience. In the first half of 2017, 20 countries received aid and support after catastrophic events – typhoons, earthquakes and flooding. 28 states received help following natural and human-caused disasters including tornadoes, wildfires and hurricane. PDA has supported the opening of five schools in Syrian refugee camps which are hosting over 300 students. Large-scale emergency relief projects are underway for South Sudanese displaced persons and refugees. Many volunteers have put on blue PDA t-shirts and worked shoulder-to-shoulder to live out Christ's call to serve their neighbors in need.

Presbyterian Disaster Assistance (PDA) is urging all congregations to participate in a Blue Out Sunday. Together, let's tell the story of hope out of chaos.

Join the Blue Out!



One Great Hour of Sharing

OGHS is the single, largest way that Presbyterians come together every year to work for a better world. Around the world, millions of people lack access to sustainable food sources, clean water, sanitation, education and opportunity. Three programs supported by One Great

hour of Sharing (OGHS) work in different ways to serve individuals and communities in need. From initial disaster response to ongoing community development, their work fits together to provide people with safety, sustenance and hope.

THE PROGRAMS ARE:

- ♥ Presbyterian Disaster Assistance (PDA) – Works alongside communities as they recover and find hope after the devastation of natural or human-caused disasters, and support for refugees
- ♥ Presbyterian Hunger Program (PHP) – Takes action to alleviate hunger, care for creation, and the systemic causes of poverty so all may be fed
- ♥ Self-Development of people (SDOP) – Invests in communities responding to their experiences of oppression, poverty and injustice and educates Presbyterians about the impact of these issues.

Received during the season of Lent to Easter Sunday, each gift to OGHS helps to improve the lives for people in these challenging situations. The offering provides us a way to share God's love with our neighbors in need.

HIGHLIGHTS FROM THE FEBRUARY SESSION MEETING



- Welcome to Trinity the following six new members: Lot Weckerling, Alzirene Santos, Consolata Ndichu, Jerry Niehaus, Laura Sidlinger, and Robert Sidlinger.
- Approval was given to the Peacemaking Committee for submitting an application to Presbytery requesting a \$3,000 grant for La Talpetates scholarships.
- Exciting possibilities for Trinity’s future was shared by the Visioning Committee.

JERRY NIEHAUS



Having attended Trinity for some time, Jerry is coming to Trinity through Reaffirmation of Faith. Jerry enjoys various kinds of art.

LOT WECKERLING



Lot comes to Trinity through Reaffirmation of Faith. She and her late husband, Maurice, have three children. Lot is recently retired from Stormont-Vail and enjoys walking. Lot has attended Trinity for some time and is the daughter-in-law of member Wilma Weckerling.

WELCOME NEW MEMBERS

CONSOLATA WANTIRU NDUNGU



A native of Kenya, Consolata comes to Trinity through Reaffirmation of Faith. She and her husband, Kenneth Ndungu Kamau, have two children. Growing up in Kenya, Consolata was a member of a Presbyterian church. She enjoys traveling.

ALZIRENE SANTOS



A native of Brazil, Alzirene comes to Trinity through Reaffirmation of Faith. Alzirene sings in the Trinity choir and attends the HEAT classes at Trinity. She is a nutrition educator for K-State Research and Extension. Her husband is Aidan Jones.

Christian Education Classifieds

What is Lent?

Lent is a special season in church that lasts 40 days from Ash Wednesday until Easter Sunday. During Lent, Christians spend time reflecting on their relationship with Jesus. Some may choose to study the Bible more; others may collect food and donations for charity. Because Lent focuses on Jesus' journey to the cross, church music during Lent may sound somber. Colors in the sanctuary will be purple (the color of penitence), gray, and black. But this doesn't mean Sunday worship will not be joyful—even when we sin and say we are sorry for how we act towards others, God still loves and forgives us.

What is Ash Wednesday?

Lent begins on Ash Wednesday. Our church will have an Ash Wednesday service at 7:00 pm on March 6. On Ash Wednesday, we say sorry to God for unkind words and deeds we have done. Some people choose to have ashes rubbed on their forehead in the shape of a cross. These ashes remind us that human beings are made of dust, and one day we will die. But the ashes also remind us that Jesus forgives us and that no sin can separate us from God's love.

Adult

2019 Walk to Jerusalem (W2J)

This Lent, join Trinity for a Walk to Jerusalem.

Lent is a time for self-reflection and examination. Lenten disciplines help us deepen our faith and grow as followers of Jesus. **The Walk to Jerusalem** incorporates physical, mental, and spiritual disciplines. Together, you will see that we can all make it to Jerusalem...and even beyond.

How it Works:

Each traveler gets a "passport." You earn an X for each activity. One X = 200 miles. When you come to church on Sunday or during the week, you log your miles on the world map located in the foyer.

But I can't Walk or Run Very Well. Is this for Me?

Yes! Anyone can participate, regardless of age or physical fitness level. All types of exercise counts!

What Kind of Activities count?

Any mental, physical, or spiritual exercise. Be creative! You can:

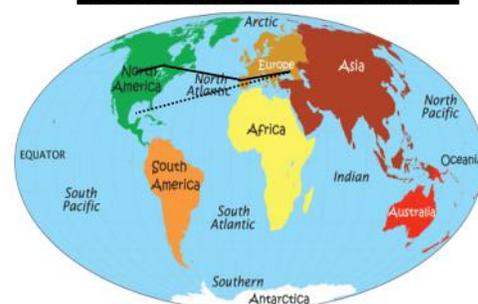
- Walk around the block
- Save your spare change for One Great Hour of Sharing
- Spend time in daily prayer.
- Read the Trinity Lenten Devotional
- Visit someone in the hospital
- Donate money or goods to Doorstep or a favorite charity

Together, we can walk the 7,250 miles to Jerusalem. See you on the road!

If you have questions, talk to Jenny Lee, Karen Meenen, or Rev. Meredith. (Passports will be distributed March 3rd.)



MY JOURNEY TO JERUSALEM



CURRICULUM FAIR



Adult CE will be hosting their annual **Curriculum Fair** in the church parlor on **Sunday, March 31** during the Sunday School hour. Please join us as we peruse and discuss the latest curriculum for our 2019-2020 year.

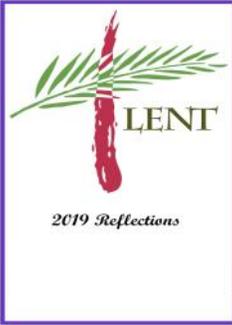
Adult continued

Mindfulness Meditation for Everyone

Mindfulness and Meditation For Everyone returns on Tuesday, March 5 at 6PM in the Sanctuary. This session goes through April 16th.

Lenten Devotional Books

will be available beginning March 6. Many of the devotions are written by Trinity members.



Simply Lent

Please join us for a simple dinner and time for fellowship and reflection on Ash Wednesday, March 6, 6:00 PM

Ash Wednesday service to follow at 7:00 PM

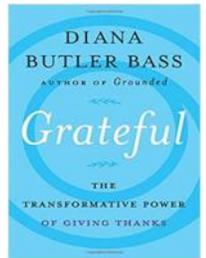


Page Turners

Beginning
Friday, April 5th
1:30
The Classic Bean
Fairlawn

Have you considered...

...joining our Page Turners book study group. It's more than a book study, it's a lot of fellowship and laughter! We will be starting a new book, GRATEFUL, The Transformative Power of Giving Thanks by Diana Butler Bass. We will start our new book on Friday, April 5th at 1:30 at The Classic Bean in Fairlawn.

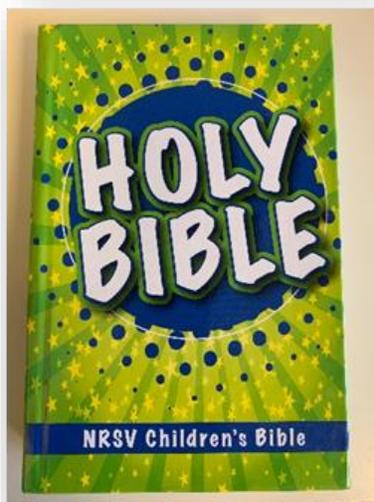


Children's

Third Grade Bible

Presentation

Cade Schoffelman received his Third Grade Bible on January 20. A tradition at Trinity is to receive the Bible wrapped in four layers.



Sunday School-Children/Youth



Valentine Cookie Decorating
 Sunday School classes decorating Valentine Day cookies which were donated to the Topeka Rescue Mission.



Here comes Peter Cottontail, hopping down the bunny trail. Please invite your friends, classmates and neighbors to attend Sunday School on April 14 (write that down on your calendars) where there will be an Easter Egg hunt for the children during Sunday School.

We need volunteers to make this event a success! You can help by donating plastic eggs and non-seasonal individually wrapped candies that we can give to the Easter Bunny to hide on our lawn for the kids of all ages to "hunt". If you would like to volunteer your time instead of candy and eggs, help is also needed with filling hundreds of plastic Easter Eggs. Contact Karen Meenen to volunteer.

Bring your Kids out to a morning filled with learning the Easter story and LOTS of candy. The fun starts at 9:30 AM! Bring A Friend! Hippity, Hoppity, Easter's on it's way!



Trinity Nursery
 We invite and encourage families to bring all children in to worship. After the Young People's Message in worship, Infants through entering kindergarteners may be taken to the nursery/ preschool.

**CONFIRMATION
 SUNDAY IS
 MAY 19.**

Christian Education



Vacation Bible School “Roar! God is Wild! God is Good!” Monday, June 17 – Wednesday, June 19 6 – 8:20 PM

Everyone (ages 3 – 103) is invited! Mark your calendar to attend VBS and invite your friends and relatives. This would be a great time to have your grandkids visit. There will be an adult class from 6:30 – 7:30 pm. There is no cost to attend VBS.

VOLUNTEERS ARE NEEDED to help with VBS as Crew Leaders, Station Leaders, Kitchen Crew and snack providers. If you would like to help with Roar! God is Wild! God is Good, please contact Karen Meenen.

Please consider helping to send a Trinity youth/child to summer camp at Heartland. We have several families who could use some financial assistance in order to send their child to camp. If you would be interested in making a donation to the camp fund, please contact Karen Meenen or Pastor Mere.



Triniteens



Mama always said that a good breakfast is the most important meal of the day! So with Mama’s infinite wisdom in mind, be sure and mark your calendars to attend the Triniteen’s Annual Easter Breakfast fundraiser. Donations will be accepted, and the proceeds from this breakfast help fund our mission projects throughout the year.

The breakfast is cooked & provided by parents of our 7th-12th graders, and served by the Triniteens themselves. We always have a wonderful assortment of breakfast casseroles and coffee cakes. Fellowship Hall “Diner” will be open on Sunday, April 21 from 9 am until 10:15 am...so come enjoy a delicious breakfast before heading to Service. Breakfast is the most important meal of the day, you know. Mama said. Donations gratefully accepted at the door.

GRADUATION SUNDAY – APRIL 28

College & High School Graduates & Eighth Graders

We will recognize graduates in worship. Immediately following worship we will celebrate with an all congregation reception in the parlor. A card basket will be available. Graduates and their families/guests are invited to lunch in Fellowship Hall at 11:45 am. Graduates are:

- COLLEGE GRADUATES:** Bryon Ashley, McKenna Tauer
- HIGH SCHOOL GRADUATES:** Daniel, Gifford, Cami Raines
- EIGHTH GRADE PROMOTIONS:** Amanda Carpenter, Meleena Hieronymus, Kiara Robinson, Levi Ross, Rosie Thompson



Is your graduate listed above? If they are not, please contact Karen Meenen (272-2620).

Triniteens

Endowment Committee Scholarship Program

Subject to available funding, each year the Trinity Presbyterian Endowment Committee awards postsecondary education scholarships to graduating high school seniors. To be eligible, high school seniors planning to attend a post-secondary institution must:

- complete an application, and
- be a member of Trinity Presbyterian Church, or
- demonstrate that they have been active in Trinity youth activities

Presbyterian Youth Triennium 2019

July 16-20, 2019

The Presbyterian Youth Triennium is a five-day event for high school age youth (entering freshmen through graduated seniors). The Triennium is focused on equipping young people to be transformational Christian leaders and seeks to join the home churches of the attendees to help call young people into deeper discipleship in Jesus Christ. The Youth Triennium is a high energy, Biblically infused and focused, youth friendly conference. The Youth Triennium occurs every three years. The event is held at Purdue University and typically has more than 5,000 participants. We will travel to Kansas City on July 15, spend the night at a Presbyterian Church and take a chartered bus to this event. We are accepting registration forms with a \$50 deposit. Questions contact Karen Meenen.

Triennium Scholarships Needed

We have several families who could use financial assistance. If you would be interested in making a donation, please contact Karen Meenen or Pastor Mere.

Triniteens Visit to the Capitol

Brenda Dietrich, who attends Trinity, gave the Triniteens a behind the scenes tour of the Capitol. Brenda, State Representative of the Kansas House, representing District 52 and the former Superintendent of the Auburn Washburn School District in Topeka provided a presentation on her career.



The House Floor

Touring at the Capitol



Triniteens

Brenda Dietrich at her desk on the floor showing how the phones work



Brenda Dietrich's Office



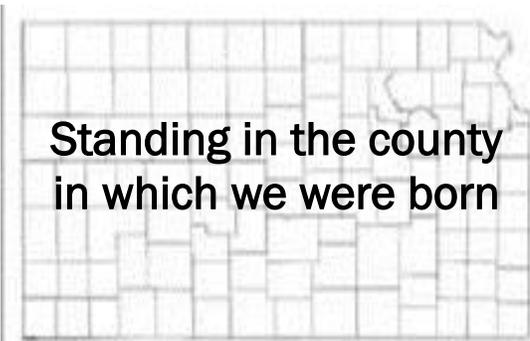
Looking up at the amazing view



Kero, Catherine, Kiari, Kate looking over the railing



Standing in the county in which we were born



Triniteens



TRINITEENS
IN
WORSHIP
JANUARY 27



Annual Meeting Luncheon

The Triniteens served an Italian meal at the annual meeting on January 27. All proceeds raised go to support youth mission trips.



Triniteens



Reed and Titan serving lunch

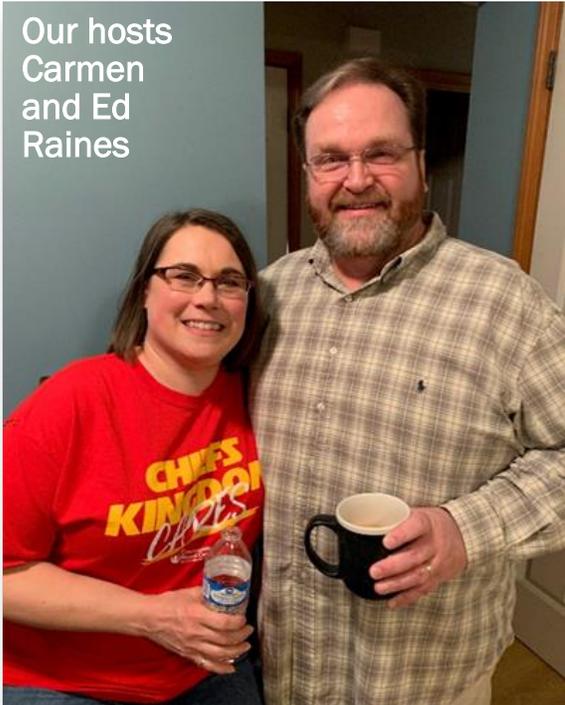


Triniteens receiving a well earned round of applause for the meal.



Kiara and Catherine serving lunch

TRINITEENS SUPERBOWL PARTY The Triniteens enjoyed watching the Super Bowl. A huge thanks to our hosts Ed and Carmen Raines!



Our hosts Carmen and Ed Raines



Cami and Hannah



Karen and Catherine



Amanda, Camryn, Karen and Kiara



Keaton, Ben and Alex

Triniteens

Triteen Faith Visit

On February 10 the Triniteens attended worship at The Reformed Presbyterian Church. After worship we met with Pastor Brad Johnston and discussed the similarities and differences between our two churches.



Levi, Rosie, Camryn, Kiara



Ben and Alex

Significant Relational Groups

Lunch Bunch

Join the Lunch Bunch fellowship potluck gathering every 2nd Wednesday of the month at noon for good food, fellowship and fun! Just bring a dish to share and plan on enjoying lunch and good conversation. Next lunch March 13. No RSVP's are needed. All are welcome.



Significant Relational Groups

Exercise Classes

We offer 13 free exercise classes led by certified instructors each week. In addition, we offer 3 free exercise classes led by Trinity members each week.



Pilates Fusion Class



Cardio Interval Class

OUR NEWEST EXERCISE OFFERING

LINE DANCING

Join us each Monday from 10 - 11 am for line dance lessons in Fellowship Hall.



“SWEAT,
SMILE
AND
REPEAT.”

“GOOD
THINGS
TAKE
TIME.”

Significant Relational Groups

TOUR OF THE CAPITOL – AN ADULT OUTING

Representative Brenda Dietrich, who attends Trinity, will provide a 90 minute behind the scenes **tour of the Capitol on Sunday, March 24 for adults.**

For this tour you will need to be mobile as you will be walking up and down stairs (it won't be handicap accessible). The tour is **limited to the first 25 adults** who sign up on the sheet on the bulletin board in the lobby. There will be another opportunity for a tour in April or May, in case your schedule does not allow you to attend in March.

The tour will begin promptly at 12:30 pm. You may park in one of the parking stalls off of 8th street or Jackson Street and walk to the visitor center.

Representative Brenda Dietrich is the former Superintendent of the Auburn-Washburn School District in Topeka. She was Superintendent from 2001-2015 and during her tenure was named the 2007 Kansas Superintendent of the Year and was one of 4 finalists for National Superintendent of the Year.

Representative Dietrich graduated from McPherson High School and received her B.S. in Elementary Education from Kansas State University. Upon graduation, she taught school in Sydney, Australia for two years before returning to the United States. She taught in Kansas City, Missouri, Turner School District, and Fort Leavenworth USD 207 while earning a Master's Degree and a Ph.D. in Education Administration. Rep. Dietrich devoted 40 years to public education and loved every minute of it, retiring in 2015 after 19 years as a Superintendent in Massachusetts and Kansas.

Representative Dietrich has always been actively engaged in professional activities and Boards at the national, state, and local level. She has been on the



Boards of the United Way, Junior Achievement, Family Service and Guidance Center, Greater Topeka Chamber of Commerce, Heartland Visioning Steering Committee, and currently serves on the Jayhawk Area Council of Boy Scouts, Topeka Shawnee County Library Foundation, STARBASE, and Visit Topeka. She is also a Paul Harris Fellow and a member of Topeka South Rotary. At the state level, she has been the Chair of Leadership Kansas, a Governor's Appointee to the Kansas Advisory Group on Juvenile Justice, an Advisory Board Member for the KS/MO Superintendent's Forum, and President of the Kansas Association of School Administrators. Representative Dietrich was honored as the Topeka ABWA 2015 Woman of Distinction and with the YWCA Women in Leadership Award.

Representative Dietrich will begin her second term in the Kansas House of Representatives on January 14, 2019. When not in session, she supervises doctoral students for Baker University, conducts Superintendent Searches for Ray and Associates, and volunteers in the community.



EASTER LILIES

Easter is a special time of celebration in the life of the church. It's also the time to dedicate an Easter lily to loved ones. The Trinity Deacons are taking lily orders beginning Sunday, March 3 through Wednesday, April 3, 2019.

Cost of each plant is \$9.

Order forms are available from ushers on Sundays, the church office or use the copy in this newsletter.

Submit your completed order form and your payment to the church office no later than Wednesday, April 3rd. Checks should be made to "Trinity Presbyterian Church." Write "Easter Lily" in the memo line.

Special envelopes are available in the church pews to use for your forms and checks.

Lilies will be displayed in the sanctuary during worship on Easter, April 21st. If you checked that you want to keep your lily, please pick it up at the end of the Easter service. All plants not picked up will be delivered to home bound members of Trinity.

DEACONS

2019 Easter Lily Order Form

Trinity Deacons are selling Easter Lilies from **March 3rd through April 3rd**. Lilies sold will adorn the sanctuary on Easter. To order, complete this form.

YOUR NAME: (please print) _____

I AM ORDERING _____ Lily plant(s) at \$9 each. Total amount paid: \$ _____

DEDICATE MY LILY/LILIES AS FOLLOWS:

(List names as you want them to be printed in the dedication flyer.)

IN MEMORY of: _____

IN APPRECIATION of: _____

to the GLORY OF GOD.

I will keep my lily/lilies: _____ **YES**---I will pick them up after the Easter service on April 21st.

_____ **NO**---Please donate them.



Questions? Contact Peggy Morford or Nancy Carpenter.

Payment & order form **due** in the church office by: **Wednesday, April 3, 2019**

1. Put in the **Offering Plate** - (*SEPARATE from your regular pledge*), or
2. Put in the **secretary's mailbox** (*in church office*), or
3. Mail **both** to the church. (*attn: Lilies, 4746 SW 21st Street, Topeka, KS 66604*)

Lily dedications will be listed in the worship bulletin on Easter.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL PEGGY MORFORD AT 220-7876.

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>24</p> <p>9:15 AM Nursery Open</p> <p>9:30 AM Sunday School - All classes</p> <p>10:30 AM WORSHIP-Teacher Appreciation</p> <p>11:30 AM Triniteen Youth Sunday Practice</p> <p>4:00 PM THE HEAT (YOGA)(FH)</p>	<p>25</p> <p>9:30 AM Mondays with Mere (Classic Bean)</p> <p>10:00 AM Line Dance Class (FH)</p> <p>12:00 PM Bible Bites (Bible Study) (P)</p> <p>12:00 PM THE HEAT Kickbox Fusion(FH)</p> <p>1:00 PM Sticks 'n String (P)</p> <p>5:30 PM The HEAT Strong by ZUMBA (FH)</p> <p>6:15 PM The HEAT-Pilates Fusion (FH)</p> <p>7:00 PM PERSONNEL Mtg (Pastor's ofc)</p>	<p>26</p> <p>10:00 AM Staff Meeting (P)</p> <p>12:00 PM The HEAT Yoga (FH)</p> <p>1:00 PM Harvester's</p> <p>2:30 PM FOLDING TALKING TRINITY (P)</p> <p>4:00 PM Aerobics (Rm 13/14)</p> <p>5:30 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:00 PM Mindfulness & Meditation for all ages (S)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>27</p> <p>12:00 PM THE HEAT (Kickboxing) (FH)</p> <p>6:00 PM Trinity Game Group (P)</p> <p>7:00 PM Triniteen Youth Sunday Practice (S)</p>	<p>28</p> <p>12:00 PM The HEAT-Pilates (FH)</p> <p>5:00 PM Yoga (Rm 13/14)</p> <p>5:30 PM The Heat Cardio Interval (FH)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:30 PM Hand Bell Choir Rehearsal (S)</p> <p>7:15 PM Squares Dance Lessons (FH, K)</p> <p>7:30 PM Choir Rehearsal (Rm 11)</p>	<p>1</p> <p>12:00 PM The HEAT Cardio Strength (FH)</p> <p>2:00 PM Page Turners Book Study (Classic Bean)</p> <p>4:00 PM Aerobics (Rm13/14)</p>	<p>2</p> <p>9:00 AM Terminex</p> <p>9:00 AM The HEAT-CARDIO REMIX (FH)</p> <p>12:00 PM PEO Convention Planning Mtg - F, K, P</p>
<p>3</p> <p>Transfiguration Sunday</p> <p>YOUTH SUNDAY</p> <p>9:15 AM Nursery Open</p> <p>9:30 AM Sunday School - All classes</p> <p>10:30 AM WORSHIP-YOUTH SUNDAY (S)</p> <p>4:00 PM THE HEAT (YOGA)(FH)</p>	<p>4</p> <p>9:30 AM Mondays with Mere (Classic Bean)</p> <p>10:00 AM Line Dance Class (FH)</p> <p>12:00 PM Bible Bites (Bible Study) (P)</p> <p>12:00 PM THE HEAT Kickbox Fusion(FH)</p> <p>1:00 PM Sticks 'n String (P)</p> <p>5:00 PM ADULT CE MTG (Rm 12)</p> <p>5:30 PM The HEAT Strong by ZUMBA (FH)</p> <p>6:15 PM The HEAT-Pilates Fusion (FH)</p>	<p>5</p> <p>10:00 AM Staff Meeting (P)</p> <p>12:00 PM The HEAT Yoga (FH)</p> <p>4:00 PM Aerobics (Rm 13/14)</p> <p>5:30 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>5:45 PM DEACONS Mtg (Rm 12)</p> <p>5:45 PM WORSHIP (Rm 12)</p> <p>6:00 PM Mindfulness & Meditation for all ages (S)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>6</p> <p>12:00 PM THE HEAT (Kickboxing) (FH)</p> <p>1:30 PM Mary Ruth Circle (P)</p> <p>5:00 PM EVANGELISM Mtg (Parlor)</p> <p>6:00 PM Lenten Dinner (FH, K)</p> <p>7:00 PM ASH WEDNESDAY Worship Service</p>	<p>7</p> <p>12:00 PM The HEAT-Pilates (FH)</p> <p>5:00 PM Yoga (Rm 13/14)</p> <p>5:30 PM The Heat Cardio Interval (FH)</p> <p>6:00 PM PROPERTY Committee (Rm. 12)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:30 PM Hand Bell Choir Rehearsal (S)</p> <p>7:15 PM Squares Dance Lessons (FH, K)</p> <p>7:30 PM Choir Rehearsal (Rm 11)</p>	<p>8</p> <p>12:00 PM The HEAT Cardio Strength (FH)</p> <p>2:00 PM Page Turners Book Study (Classic Bean)</p> <p>4:00 PM Aerobics (Rm13/14)</p>	<p>9</p> <p>9:00 AM The HEAT-CARDIO REMIX (FH)</p> <p>1:30 PM Wayne Terpening Memorial Service- Reception to Follow (S, F, P, K)</p>
<p>10</p> <p>FIRST SUNDAY IN LENT</p> <p>DAYLIGHT-SAVING TIME BEGINS</p> <p>9:15 AM Nursery Open</p> <p>9:30 AM Sunday School - All classes</p> <p>10:30 AM WORSHIP-COMMUNION</p> <p>11:45 AM PEACEMAKING Mtg-Rm 12</p> <p>4:00 PM THE HEAT (YOGA)(FH)</p>	<p>11</p> <p>Spring Break</p> <p>9:30 AM Mondays with Mere (Classic Bean)</p> <p>10:00 AM Line Dance Class (FH)</p> <p>12:00 PM Bible Bites (Bible Study) (P)</p> <p>12:00 PM THE HEAT Kickbox Fusion(FH)</p> <p>1:00 PM Sticks 'n String (P)</p> <p>5:30 PM The HEAT Strong by ZUMBA (FH)</p> <p>6:15 PM THE HEAT-Pilates Fusion (FH)</p>	<p>12</p> <p>Spring Break</p> <p>10:00 AM Staff Meeting (P)</p> <p>12:00 PM The HEAT Yoga (FH)</p> <p>4:00 PM Aerobics (Rm 13/14)</p> <p>4:45 PM Serve at Rescue Mission</p> <p>5:30 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:00 PM Mindfulness & Meditation for all ages (S)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>13</p> <p>Spring Break</p> <p>12:00 PM Lunch Bunch (P)</p> <p>12:00 PM THE HEAT (Kickboxing) (FH)</p> <p>4:30 PM VISIONING Mtg (Parlor)</p> <p>6:00 PM FINANCE Mtg (12)</p> <p>6:00 PM Trinity Game Group (P)</p> <p>6:45 PM Esther Circle (rm 14) lesson starts at 7</p>	<p>14</p> <p>Spring Break</p> <p>12:00 PM THE HEAT-Pilates (FH)</p> <p>5:00 PM Yoga (Rm 13/14)</p> <p>5:30 PM MISSION CMTE-P</p> <p>5:30 PM The Heat Cardio Interval (FH)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:30 PM Hand Bell Choir Rehearsal (S)</p> <p>7:15 PM Squares Dance Lessons (FH, K)</p> <p>7:30 PM Choir Rehearsal (Rm 11)</p>	<p>15</p> <p>MONTHLY NEWSLETTER ARTICLE DEADLINE</p> <p>Spring Break</p> <p>9:00 AM Serve at Let's Help</p> <p>12:00 PM The HEAT Cardio Strength (FH)</p> <p>2:45 PM LELC Saint Patricks Day Parade (FH, Parking Lot)</p> <p>4:00 PM Aerobics (Rm13/14)</p>	<p>16</p> <p>9:00 AM The HEAT-CARDIO REMIX (FH)</p>
<p>17</p> <p>SECOND SUNDAY IN LENT</p> <p>St. Patrick's Day</p> <p>9:15 AM Nursery Open</p> <p>9:30 AM Sunday School - All classes</p> <p>10:30 AM WORSHIP</p> <p>11:30 AM JUMP</p> <p>Network Meeting (FH)</p> <p>4:00 PM THE HEAT (YOGA)(FH)</p>	<p>18</p> <p>9:30 AM Mondays with Mere (Classic Bean)</p> <p>10:00 AM Line Dance Class (FH)</p> <p>12:00 PM Bible Bites (Bible Study) (P)</p> <p>12:00 PM THE HEAT Kickbox Fusion(FH)</p> <p>1:00 PM Sticks 'n String (P)</p> <p>5:30 PM The HEAT Strong by ZUMBA (FH)</p> <p>6:15 PM THE HEAT-Pilates Fusion (FH)</p>	<p>19</p> <p>10:00 AM Staff Meeting (P)</p> <p>12:00 PM THE HEAT Yoga (FH)</p> <p>4:00 PM Aerobics (Rm 13/14)</p> <p>5:30 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:00 PM Mindfulness & Meditation for all ages (S)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>20</p> <p>First Day of Spring</p> <p>12:00 PM THE HEAT (Kickboxing) (FH)</p> <p>7:00 PM SESSION (FH)</p>	<p>21</p> <p>12:00 PM The HEAT-Pilates (FH)</p> <p>5:00 PM Yoga (Rm 13/14)</p> <p>5:30 PM The Heat Cardio Interval (FH)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:30 PM Hand Bell Choir Rehearsal (S)</p> <p>7:15 PM Squares Dance Lessons (FH, K)</p> <p>7:30 PM Choir Rehearsal (Rm 11)</p>	<p>22</p> <p>12:00 PM The HEAT Cardio Strength (FH)</p> <p>4:00 PM Aerobics (Rm13/14)</p>	<p>23</p> <p>9:00 AM The HEAT-CARDIO REMIX (FH)</p> <p>11:00 AM Fritz Memorial (P,S,K,FH) Lunch to follow</p>
<p>24</p> <p>THIRD SUNDAY IN LENT</p> <p>9:00 AM Triniteen Faith Visit</p> <p>9:00 AM Triniteen Faith Visit</p> <p>9:15 AM Nursery Open</p> <p>9:30 AM Sunday School - All classes</p> <p>10:30 AM WORSHIP</p> <p>4:00 PM THE HEAT (YOGA)(FH)</p>	<p>25</p> <p>9:30 AM Mondays with Mere (Classic Bean)</p> <p>10:00 AM Line Dance Class (FH)</p> <p>12:00 PM Bible Bites (Bible Study) (P)</p> <p>12:00 PM THE HEAT Kickbox Fusion(FH)</p> <p>1:00 PM Sticks 'n String (P)</p> <p>2:30 PM FOLDING TALKING TRINITY (P)</p> <p>5:30 PM The HEAT Strong by ZUMBA (FH)</p> <p>6:15 PM THE HEAT-Pilates Fusion (FH)</p> <p>7:00 PM PERSONNEL Mtg (Pastor's ofc)</p>	<p>26</p> <p>10:00 AM Staff Meeting (P)</p> <p>12:00 PM THE HEAT Yoga (FH)</p> <p>1:00 PM Harvester's</p> <p>4:00 PM Aerobics (Rm 13/14)</p> <p>5:30 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:00 PM Mindfulness & Meditation for all ages (S)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>27</p> <p>12:00 PM THE HEAT (Kickboxing) (FH)</p> <p>6:00 PM Trinity Game Group (P)</p>	<p>28</p> <p>12:00 PM THE HEAT-Pilates (FH)</p> <p>5:00 PM Yoga (Rm 13/14)</p> <p>5:30 PM The Heat Cardio Interval (FH)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:30 PM Hand Bell Choir Rehearsal (S)</p> <p>7:15 PM Squares Dance Lessons (FH, K)</p> <p>7:30 PM Choir Rehearsal (Rm 11)</p>	<p>29</p> <p>12:00 PM The HEAT Cardio Strength (FH)</p> <p>4:00 PM Aerobics (Rm13/14)</p>	<p>30</p> <p>9:00 AM The HEAT-CARDIO REMIX (FH)</p>
<p>31</p> <p>FOURTH SUNDAY IN LENT</p> <p>JUMP</p> <p>COMMISSIONING</p> <p>9:15 AM Nursery Open</p> <p>9:30 AM Sunday School - All classes</p> <p>10:30 AM WORSHIP</p> <p>4:00 PM THE HEAT (YOGA)(FH)</p>	<p>1</p> <p>9:30 AM Mondays with Mere (Classic Bean)</p> <p>10:00 AM Line Dance Class (FH)</p> <p>12:00 PM Bible Bites (Bible Study) (P)</p> <p>12:00 PM THE HEAT Kickbox Fusion(FH)</p> <p>1:00 PM Sticks 'n String (P)</p> <p>5:00 PM ADULT CE MTG (Rm 12)</p> <p>5:30 PM The HEAT Strong by ZUMBA (FH)</p> <p>6:15 PM THE HEAT-Pilates Fusion (FH)</p>	<p>2</p> <p>10:00 AM Staff Meeting (P)</p> <p>12:00 PM THE HEAT Yoga (FH)</p> <p>4:00 PM Aerobics (Rm 13/14)</p> <p>5:30 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>5:45 PM DEACONS Mtg (Rm 12)</p> <p>5:45 PM WORSHIP (Rm 12)</p> <p>6:00 PM Mindfulness & Meditation for all ages (S)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>3</p> <p>12:00 PM THE HEAT (Kickboxing) (FH)</p> <p>1:30 PM Mary Ruth Circle (P)</p> <p>5:00 PM EVANGELISM Mtg (Parlor)</p> <p>6:45 PM Esther Circle (P) lesson starts at 7</p>	<p>4</p> <p>12:00 PM The HEAT-Pilates (FH)</p> <p>5:00 PM Yoga (Rm 13/14)</p> <p>5:30 PM The Heat Cardio Interval (FH)</p> <p>6:00 PM PROPERTY Committee (Rm. 12)</p> <p>6:10 PM Nursery Open</p> <p>6:15 PM THE HEAT-ZUMBA FITNESS (FH)</p> <p>6:30 PM Hand Bell Choir Rehearsal (S)</p> <p>7:15 PM Squares Dance Lessons (FH, K)</p> <p>7:30 PM Choir Rehearsal (Rm 11)</p>	<p>5</p> <p>12:00 PM The HEAT Cardio Strength (FH)</p> <p>1:30 PM Page Turners Book Study (Classic Bean)</p> <p>4:00 PM Aerobics (Rm13/14)</p>	<p>6</p> <p>9:00 AM Terminex</p> <p>9:00 AM The HEAT-CARDIO REMIX (FH)</p>

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 FOURTH SUNDAY IN LENT JUMP COMMISSIONING 9:15 AM Nursery Open 9:30 AM Sunday School - All classes 10:30 AM WORSHIP 4:00 PM THE HEAT (YOGA) (FH)</p>	<p>1 9:30 AM Mondays with Mere (Classic Bean) 10:00 AM Line Dance Class (FH) 12:00 PM Bible Bites (Bible Study) (P) 12:00 PM THE HEAT Kickbox Fusion(FH) 1:00 PM Sticks 'n String (P) 5:00 PM ADULT CE MTG (Rm 12) 5:30 PM The HEAT Strong by ZUMBA (FH) 6:15 PM The HEAT-Pilates Fusion (FH)</p>	<p>2 10:00 AM Staff Meeting (P) 12:00 PM The HEAT Yoga (FH) 4:00 PM Aerobics (Rm 13/14) 5:30 PM THE HEAT-ZUMBA FITNESS (FH) 5:45 PM DEACONS Mtg (Rm 12) 5:45 PM WORSHIP (Rm 12) 6:00 PM Mindfulness & Meditation for all ages (S) 6:10 PM Nursery Open 6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>3 12:00 PM THE HEAT (Kickboxing) (FH) 1:30 PM Mary Ruth Circle (P) 5:00 PM EVANGELISM Mtg (Parlor) 6:45 PM Esther Circle (P) lesson starts at 7</p>	<p>4 12:00 PM The HEAT-Pilates (FH) 5:00 PM Yoga (Rm 13/14) 5:30 PM The Heat Cardio Interval (FH) 6:00 PM PROPERTY Committee (Rm. 12) 6:10 PM Nursery Open 6:15 PM THE HEAT-ZUMBA FITNESS (FH) 6:30 PM Hand Bell Choir Rehearsal (S) 7:15 PM Squares Dance Lessons (FH, K) 7:30 PM Choir Rehearsal (Rm 11)</p>	<p>5 12:00 PM The HEAT Cardio Strength (FH) 1:30 PM Page Turners Book Study (Classic Bean) 4:00 PM Aerobics (Rm13/14)</p>	<p>6 9:00 AM Terminex 9:00 AM The HEAT-CARDIO REMIX (FH)</p>
<p>7 FIFTH SUNDAY IN LENT 9:15 AM Nursery Open 9:30 AM Sunday School - All classes 10:30 AM WORSHIP 4:00 PM THE HEAT (YOGA) (FH)</p>	<p>8 9:30 AM Mondays with Mere (Classic Bean) 10:00 AM Line Dance Class (FH) 12:00 PM Bible Bites (Bible Study) (P) 12:00 PM THE HEAT Kickbox Fusion(FH) 1:00 PM Sticks 'n String (P) 5:30 PM The HEAT Strong by ZUMBA (FH) 6:15 PM The HEAT-Pilates Fusion (FH) 7:00 PM JUMP RALLY (location tbd)</p>	<p>9 10:00 AM Staff Meeting (P) 12:00 PM The HEAT Yoga (FH) 4:00 PM Aerobics (Rm 13/14) 4:45 PM Serve at Rescue Mission 5:30 PM THE HEAT-ZUMBA FITNESS (FH) 6:00 PM Mindfulness & Meditation for all ages (S) 6:10 PM Nursery Open 6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>10 12:00 PM Lunch Bunch (P) 12:00 PM THE HEAT (Kickboxing) (FH) 4:30 PM VISIONING Mtg (Parlor) 6:00 PM FINANCE Mtg (12) 6:00 PM Trinity Game Group (P)</p>	<p>11 12:00 PM The HEAT-Pilates (FH) 5:00 PM Yoga (Rm 13/14) 5:30 PM MISSION CMTE-P Interval (FH) 6:10 PM Nursery Open 6:15 PM THE HEAT-ZUMBA FITNESS (FH) 6:30 PM Hand Bell Choir Rehearsal (S) 7:15 PM Squares Dance Lessons (FH, K) 7:30 PM Choir Rehearsal (Rm 11)</p>	<p>12 12:00 PM The HEAT Cardio Strength (FH) 4:00 PM Aerobics (Rm13/14) 6:00 PM LELC Parents Night Out (CS, FH, Classrooms)</p>	<p>13 9:00 AM The HEAT-CARDIO REMIX (FH) 10:30 AM Chapter CS PEO workday -FH</p>
<p>14 PALM SUNDAY 9:15 AM Nursery Open 9:30 AM Sunday School - All classes 10:30 AM WORSHIP 4:00 PM THE HEAT (YOGA) (FH)</p>	<p>15 MONTHLY NEWSLETTER ARTICLE DEADLINE 9:30 AM Mondays with Mere (Classic Bean) 10:00 AM Line Dance Class (FH) 12:00 PM Bible Bites (Bible Study) (P) 12:00 PM THE HEAT Kickbox Fusion(FH) 1:00 PM Sticks 'n String (P) 5:30 PM The HEAT Strong by ZUMBA (FH) 6:15 PM The HEAT-Pilates Fusion (FH)</p>	<p>16 10:00 AM Staff Meeting (P) 12:00 PM The HEAT Yoga (FH) 4:00 PM Aerobics (Rm 13/14) 5:30 PM THE HEAT-ZUMBA FITNESS (FH) 6:00 PM Mindfulness & Meditation for all ages (S) 6:10 PM Nursery Open 6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>17 12:00 PM THE HEAT (Kickboxing) (FH) 7:00 PM SESSION (FH)</p>	<p>18 12:00 PM The HEAT-Pilates (FH) 5:00 PM Yoga (Rm 13/14) 5:30 PM The Heat Cardio Interval (FH) 6:10 PM Nursery Open 6:15 PM THE HEAT-ZUMBA FITNESS (FH) 6:30 PM Hand Bell Choir Rehearsal (S) 7:00 PM WORSHIP- MAUNDY THURSDAY-COMMUNION 7:15 PM Squares Dance Lessons (FH, K) 7:30 PM Choir Rehearsal (Rm 11)</p>	<p>19 9:00 AM Serve at Let's Help 12:00 PM The HEAT Cardio Strength (FH) 4:00 PM Aerobics (Rm13/14) 7:00 PM GOOD FRIDAY</p>	<p>20 9:00 AM The HEAT-CARDIO REMIX (FH)</p>
<p>21 EASTER 9:00 AM Triniteen Easter Breakfast (FH, K, P) 9:30 AM No Sunday School - All classes 10:15 AM Nursery Open 10:30 AM WORSHIP 4:00 PM THE HEAT (YOGA) (FH)</p>	<p>22 *CHURCH OFFICE CLOSED- PD Earth Day 9:30 AM Mondays with Mere (Classic Bean) 10:00 AM Line Dance Class (FH) 12:00 PM Bible Bites (Bible Study) (P) 12:00 PM THE HEAT Kickbox Fusion(FH) 1:00 PM Sticks 'n String (P) 5:30 PM The HEAT Strong by ZUMBA (FH) 6:15 PM The HEAT-Pilates Fusion (FH) 7:00 PM PERSONNEL Mtg (Pastor's ofc)</p>	<p>23 10:00 AM Staff Meeting (P) 12:00 PM The HEAT Yoga (FH) 1:00 PM Harvester's 4:00 PM Aerobics (Rm 13/14) 5:30 PM THE HEAT-ZUMBA FITNESS (FH) 6:10 PM Nursery Open 6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>24 12:00 PM THE HEAT (Kickboxing) (FH) 6:00 PM Trinity Game Group (P)</p>	<p>25 12:00 PM The HEAT-Pilates (FH) 2:30 PM FOLDING TALKING TRINITY (P) 5:00 PM Yoga (Rm 13/14) 5:30 PM The Heat Cardio Interval (FH) 6:10 PM Nursery Open 6:15 PM THE HEAT-ZUMBA FITNESS (FH) 6:30 PM Hand Bell Choir Rehearsal (S) 7:15 PM Squares Dance Lessons (FH, K) 7:30 PM Choir Rehearsal (Rm 11)</p>	<p>26 12:00 PM The HEAT Cardio Strength (FH) 4:00 PM Aerobics (Rm13/14)</p>	<p>27 9:00 AM The HEAT-CARDIO REMIX (FH) 6:00 PM (set up) 7- 9:30p Friendship Squares Dance (to 10p clean up) (FH, K)</p>
<p>28 GRADUATION SUNDAY 9:15 AM Nursery Open 9:30 AM Sunday School - All classes 10:30 AM WORSHIP- Graduation Sunday 11:30 AM All Church Graduation Reception (P) 11:45 AM Graduation Sunday Lunch (FH, K) 4:00 PM THE HEAT (YOGA) (FH)</p>	<p>29 9:30 AM Mondays with Mere (Classic Bean) 10:00 AM Line Dance Class (FH) 12:00 PM Bible Bites (Bible Study) (P) 12:00 PM THE HEAT Kickbox Fusion(FH) 1:00 PM Sticks 'n String (P) 5:30 PM The HEAT Strong by ZUMBA (FH) 6:15 PM The HEAT-Pilates Fusion (FH) 7:00 PM JUMP NEHEMIAH EVENT (Most Pure Heart of Mary Church)</p>	<p>30 Presbytery - Ellsworth 10:00 AM Staff Meeting (P) 12:00 PM The HEAT Yoga (FH) 4:00 PM Aerobics (Rm 13/14) 5:30 PM THE HEAT-ZUMBA FITNESS (FH) 6:10 PM Nursery Open 6:15 PM THE HEAT-Cardio Interval (FH)</p>	<p>1 12:00 PM THE HEAT (Kickboxing) (FH) 1:30 PM Mary Ruth Circle (P) 5:00 PM EVANGELISM Mtg (Parlor) 6:45 PM Esther Circle (P) lesson starts at 7</p>	<p>2 12:00 PM The HEAT-Pilates (FH) 5:00 PM Yoga (Rm 13/14) 5:30 PM The Heat Cardio Interval (FH) 6:00 PM PROPERTY Committee (Rm. 12) 6:10 PM Nursery Open 6:15 PM THE HEAT-ZUMBA FITNESS (FH) 6:30 PM Hand Bell Choir Rehearsal (S) 7:15 PM Squares Dance Lessons (FH, K) 7:30 PM Choir Rehearsal (Rm 11)</p>	<p>3 12:00 PM The HEAT Cardio Strength (FH) 4:00 PM Aerobics (Rm13/14)</p>	<p>4 9:00 AM Terminex 9:00 AM The HEAT-CARDIO REMIX (FH)</p>



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