



Wonderful Wednesdays!

GRAND RE-OPENING January 12 – April 6 (12 weeks)

ONLINE REGISTRATION.....VERY IMPORTANT.....REGISTER NOW! Don't wait, we need to plan. Everyone, young and old, is invited to join in 12 weeks of fun, fellowship, discussion, and study. Enjoy a light meal (voluntary donation) served promptly at 6PM, followed by music worship and small group classes for adults and children ending at 8PM. Nursery provided.

ALPHA (12 weeks): If you've ever wanted to ask some of the big questions of life in an open, small group space without judgement, then try Alpha! The Alpha Course offers a variety of talks on big issues around faith designed to engage guests and inspire conversation. Who is Jesus? How can I have faith? How do I make the most of the rest of my life? These are some of the topics we will explore. Curious?...Try Alpha! Facilitator: David Lord

When God Doesn't Fix It (5 weeks) and So Long Normal (5 weeks): Laura Story examines what happens when life doesn't turn out as expected and offers reassurance that although the situation may never get better, we can grow because of it...not because of faith, but because of the faithfulness of God. So Long Normal guides us to leave behind the idols of comfort, caution, and routine so we can live strong and well, even when life takes an unexpected turn. Laura weaves personal stories with examples of scripture. Losing our normal may be the beginning of a new adventure with God. Facilitator: Deb Broadwater. Note: **This is a Hybrid Class**

Grateful Aging Safely and F.I.T.T Program (12 weeks): Nine steps designed to encourage healthy, mindful and meaningful aging. FITT stands for frequency, intensity, time, and type of exercise. These are four elements to consider when one creates workouts that fit your goals and fitness level. Join Dr. Alina Dawson and her Full Distance assistants to assist you for twelve weeks at Bethlehem! Like her on Facebook @fulldistancestudio to learn more. Don't let the word exercise scare you away. Alina can assist with posturing, how to safely stretch your body. Chairs will be used during stretching. No floor exercise! Facilitator: Dr. Alina Dawson, PT

Men's "Fellaship" Small Group

Calling men of all ages and at any stage of their faith journey with Jesus Christ. Whether you are married, single, have a young family, adult children, active in the faith and or just getting started, this group is for you. This small group will be informal and have a flexible agenda based on the interests and availability of our group (in person and virtual meetings anticipated). We will have faith-based discussions and perhaps take on a mission project. Most importantly, we meet weekly to discuss life's challenges living the life of a Christian today while enjoying each other's company. Facilitator: Ryan Tinsley, email: rst.geotech_07@yahoo.com call or text 804-212-5236

Getting Ahead (16 weeks): BUMC has partnered with LCM to once again be able to offer this class called "Getting Ahead in a Just Getting By World". This course is designed for those struggling to make ends meet, living in unstable and stressful situations, and who are in poverty, to become more financially stable, take control of their lives and get ahead. **An application process is required. (Contact Susan Hughes for more information via LCM or BUMC). Facilitator: Rusty McMullen**

Children and Youth classes will be offered during this time. Please sign up your children and/or youth.

PLEASE REGISTER BY January 7th

It would be great if you could fill in this form to let us know you are coming. Please turn the form in to the church office. Questions? Contact rca9956@aol.com or the Church Office, 297-7957.

WE WOULD PREFER IF YOU WOULD REGISTER ONLINE:

<http://www.bethlehemunitedmethodist.org/>

REGISTRATION FORM (for Adults, Youth, Children, Nursery)

First Name _____ Last Name _____

Address _____ Zip _____

E-Mail _____

Daytime Phone _____ Age _____ (for children and youth)

____ **Count me in** for the Wed evening meal at 6PM (total number that will eat)

____ *I would like to attend the **Alpha** course*

____ *I would like to attend the **When God Doesn't Fix It / So Long Normal** course*

____ *I would like to attend **Grateful Aging Safely & F.I.T.T. Program***

____ *I would like to attend **Men's "Fellaship" Small Group***

____ *I would like to attend the **Getting Ahead** course*

____ *I would like to attend the **Pre-K (ages 3-6)** class*

____ *I would like to attend the **Grades 1-5** class*

____ *I would like to attend the **Youth** class*

____ *I am in need of a **Nursery** (child age _____)*

Nursery will be provided for 0-2 years, Leader: Amber Scott