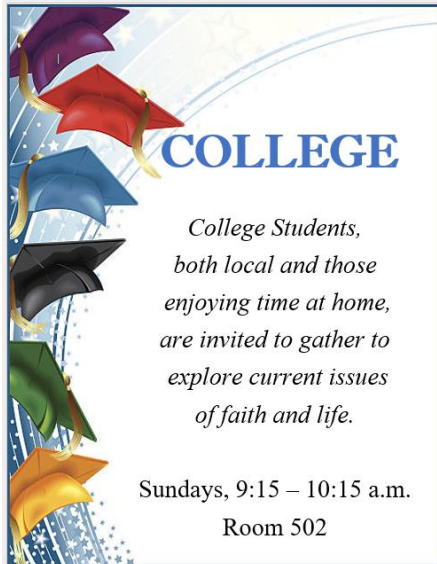


Adult Ministries will Warm your Heart this Winter!

- “Books of Faith” Gospel studies now in Session!
- February is  month at Wednesday Night Together
- New Women’s Bible Study Begins this week
- Adult Mission Trip Information Meeting February 20
- We are Fed to Feed Others!



COLLEGE MINISTRY

All college students and friends are invited to be part of the College group, meeting Sundays, 9:15 – 10:15 a.m. in Room 502 across from the church office. A light breakfast is served, everyone is welcome, bring a friend!

St. Mark's UMC

INCLEMENT WEATHER POLICY

Monday - Friday, St. Mark's follows the Murfreesboro City Schools (MCS) system in determining whether the church office will be open and church-wide events held.

When MCS are closed, the church office will be closed and all church-wide activities will be canceled. Small groups and other gatherings may occur at the discretion of leadership.

At all times, please check St. Mark's social media and/or your email for the most up-to-date information in the event of inclement weather, especially on weekends.

Wednesday Night Together



Food, Fellowship, Faith, and Fun for All Ages!

Featuring food preparation and service by
THE SWEET ADDICTION catering and
St. Mark's United Methodist Men.

Upcoming Menu: 2/19

Baked Spaghetti, Roasted Zucchini,
Garlic Bread, Salad Bar
and Dessert

FEBRUARY IS MONTH!

THE 5 LOVE LANGUAGES: THE SECRET TO LOVE THAT LASTS! February 5 & 12, Room 403.

Discover a simple and effective way to strengthen your connections, so you, your heart, and your loved ones can experience greater joy and harmony in your relationships. Led by Rev. Tommy Ward.

HEART HEALTH AND MORE! February 5, 12, 19, and 26

Are you doing all you can to care for your body and physical health? These sessions will help!

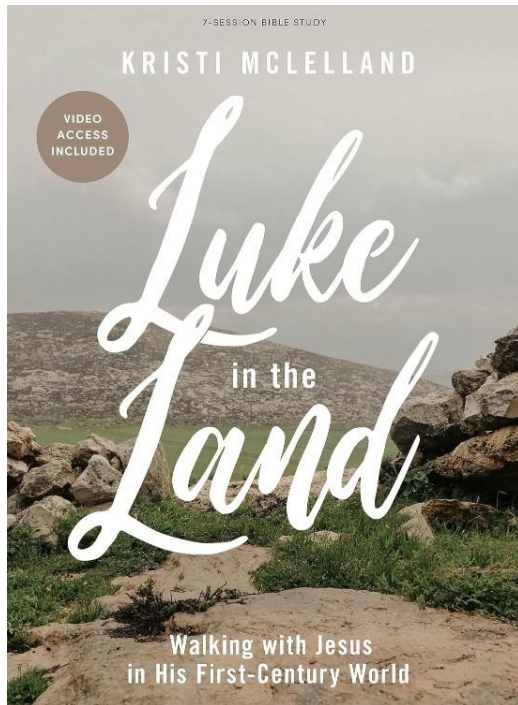
2/12 **Bless Your Heart** – an overview of heart care and concerns for all ages with Dr. Ahmad J. Abu-Halimah, (known as Dr. Abu), Cardiologist, Room 402/404.

2/19 **Dealing with Dementia** – Dr. Paul Foster, Neurophysiologist, Room 402/404
Dr. Foster will give an overview of Alzheimer's, dementia, and other memory problems, along with their sources and risk factors.

2/26 **Have a Heart** – Join the Heart of Tennessee Chapter of the Red Cross to learn what Hands-Only CPR is and how to administer it. We will also complete a service project for the Red Cross. In Room 503/505.

BOOKS OF FAITH: THE GOSPEL OF MATTHEW Join the conversation as we open the scriptures and dig deeper into the Gospels, beginning February 5th and continuing for 8 sessions. Led by St. Mark's retired clergy in the Banquet Room. Books available for \$10 each; see Rev. Touchton.

A HEART FOR GOD February 19 & 26 How do we understand the sacraments of Baptism and Communion in the United Methodist tradition, and how do they affect our discipleship? Led by St. Mark's clergy in Room 403.



New Women's Bible Study Beginning

Thursdays, 9:00 – 11:00 a.m.

Beginning February 13th

Led by Patti Daws in Room 1203

Books Available

in the Church Office, \$25 each



BOOKS OF FAITH STUDIES NOW IN SESSION

Join the conversation as we open the scriptures and dig deeper into the Gospels, beginning with Matthew and continuing for 8 sessions. This focused study will allow time to savor and enjoy the stories of Jesus and his disciples more fully.

Each study offers a guide for reading a few chapters of the Gospel each week and continues the devotional focus enjoyed with The Grand Sweep. Books are available for \$10 each; see Rev. Touchton. To participate as a reader or join a study group, email martha@stmarkstn.org.

Groups currently meeting weekly include:

Sundays, 9:15 – 10:15 a.m. led by Rev. Martha Touchton in Room 504, beginning Feb. 2
Wednesdays, 6:00 – 7:00 p.m. led by our retired clergy in Room 405, beginning Feb. 5
Fridays, 10:00 – 11:00 a.m. led by Claudia Hunter in Room 503/505, beginning Feb. 7



Information Meeting for 2026 Adult Mission Trip

Relief work goes on year-round at the historic United Methodist Committee on Relief (UMCOR) Depot in Sager Brown, Louisiana, where most anyone of any age or ability can contribute directly to disaster response around the globe. The work includes processing and shopping donated relief supplies including flood buckets and relief kits, repairing homes, serving in a women's shelter or Food Bank, and tutoring young children.

Information about a trip in early 2026 will be shared Thursday, February 20th in Room 402/404 with Rev. Gary Wedgewood and Rev. Martha Touchton. Any persons interested in this mission trip are encouraged to attend!

