



Friends In Faith Small Groups & Gatherings

FAITH EXPLORATION

Women's Tuesday Afternoon Book and Bible Study

Prayers & Squares

We are making pocket squares for our military members and our leadership. We will be making prayer quilts as well. Please join us if you wish to learn to quilt, if you already quilt or would like to join us as we pray. If you would like more information about this ministry please contact Pam Mikkola 472-9225.

The Prayer Shawl Ministry

We will meet the first Wednesday of the month at 10 a.m. in the Living Room. Whether you knit, crochet, or crewel you are needed. Contact Fran Bader at 361-6291 or dfrannie@yahoo.com for more information.

FELLOWSHIP

Singles Group

This group gathers for a variety of fun and interesting activities, both planned and spontaneous.
Contact: Patti Jones 858-1889

Singles, Widowed, Divorced Suppers

We meet the third Sunday of the month at 5:30 p.m. at T-Bones in Bedford to share a meal and conversation. Contact: Fran Gray.

Adult Senior Retired Couples Group

The group continues to meet the second Tuesday of each month at T-Bones in Bedford at 11:30 a.m. for a leisurely lunch. All senior retired couples are invited to join the group. Contact Charlene Isham to make a reservation so T- Bones will know the number that is attending.

Friendship Quilt Guild

The Guild meets on the third Tuesday of the month and visitors are welcome. For more information about Guild activities and membership, please contact Pam Mikkola 472-9225.

Community Coffee Hour for Seniors

This group will meet Wednesday mornings starting November 12th, November 19th, December 3, 10 and 17 in the Living Room from 10:00-11:00 a.m. Join us for sweet treats, coffee, and stimulating conversation. Make new friends and build community.

BOOK GROUPS

Books and Friends (Second Tuesday of the month)

This group will meet at 7:00 p.m. on the second Tuesday beginning in October at a member's home. We plan to read Paul Tillich's book of sermons, The Eternal Now. It is available on-line at

<http://www.religiononline.org/showbook.asp?title=1630>. These sermons will help us understand why Tillich is regarded as one of the greatest theologians of the last century. In early 2014, we plan to read The Great Work of Your Life by Steven Cope. The fast pace and often overwhelming realities of daily life may leave us feeling uncertain about how to realize our life's true purpose. In The Great Work of Your Life, yoga scholar Stephen Cope applies concepts from the two-thousand-year-old spiritual classic, the Bhagavad-Gita, to the lives of well-known Western figures

including Jane Goodall, Walt Whitman, Susan B. Anthony, John Keats, and Harriet Tubman. By showing how each of these people found and followed their unique path to dharma, Cope shows the contemporary relevance of the classic yoga story. To sign up contact Marilyn Brock 488-2141 or marilyn.brock@comcast.net.

Read Your Own Darn Book Club

Not your ordinary book club. Read whatever you like and then meet at the RYODB Club to discuss. Bring a good book, leave with another one! It's Win-Win. We have a great time and everyone is welcome! Contact Nancy Wickwire if you would like to Host. anwick@comcast.net

HEALTH AND FITNESS

Parish Nurse Program

The group meets Tuesdays at 10 a.m. in the Youth Activity Room for chair exercises and health checks. Contact: church office.

Parish Nurse Outreach – Yoga

We will be incorporating into our 1 ¼ hour practice a breakdown of poses (asanas) to better understand positioning, benefits of pose and contraindications. Come experience this Hatha Yoga class @ 6:45 p.m. Tuesday nights @ Bedford Presbyterian Church. (75-minute class)

This Vinyasa Yoga style is designed for every body...whether new or well practiced...the focus being on each individual's practice, in an atmosphere of non-judgment and non-competition. Yoga provides a way to reduce stress and anxiety, as well as improving balance, strength, and flexibility through practice.

Wear comfortable clothes, bring your mat (or use mats available) and water, and maybe a light blanket for use to stay warm during our rest period. Meeting in Youth Fellowship Room ... (basement / first classroom on the left). Registration forms at Ingathering, Sept 8, or at church reception desk after Sept. 8. For Information: call Donna Rodanas@ 472-5923.

To reach members by phone or e-mail, log on to MyBPC through the church web site or pick up a Membership Directory at church.