

# Epiphany of Our Lord

Sunday, January 6, 2019 Mt. Hermon Lutheran Church West Columbia, SC 9:00am Worship

### **WELCOME**

We welcome you to Mt. Hermon Lutheran Church!
If you are worshipping with us for the first time, WELCOME,
If you are worshipping again, WELCOME BACK.
Worship is much more joyful when we add our voices to offer praise and thanksgiving. If you need anything, just ask one of the ushers or greeters.
A nursery is provided for younger children should you want to use it at any time. If you would like to discuss discipleship at Mt. Hermon,
Pastor Gina would love to speak with you!

Again welcome...

**PRE-SERVICE** For Unto Us a Child is Born Arr. Mark Hayes

#### WELCOME AND ANNOUNCEMENTS

Please see the Community Announcements in the back section of the bulletin. Please note that all the congregation responses are printed in **Bold and Italics.** 

PRELUDE Shepherd's Pipe Carol Arr. Dale Wood

We are silent as we prepare our hearts for worship.

#### THE GATHERING

We stand and face the baptismal font. All may make the sign of the cross, the sign marked at baptism, as the presiding minister begins.

In the name of the Father, and of the **†** Son, and of the Holy Spirit.

#### Amen.

Please turn to face the cross at the entrance of the sanctuary. As broken children, we begin worship by acknowledging our sinfulness and asking for God's forgiveness.

#### **CONFESSION AND FORGIVENESS**

Let us confess our sins with confidence in God's promise of forgiveness.

Silence for reflection and self-examination.

Most merciful God,

we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.

In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. As a called and ordained minister of the church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the † Son, and of the Holy Spirit.

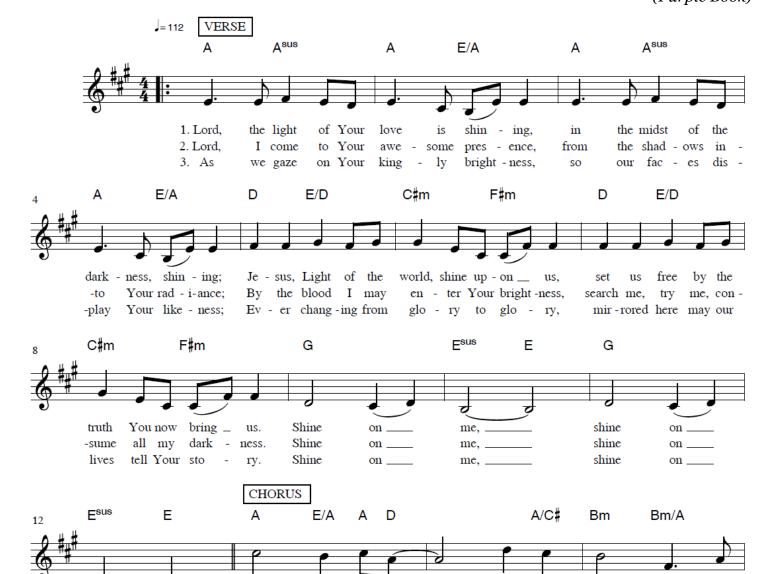
Amen.

As the cross passes your pew, please turn your bodies and worship attention to the front of the sanctuary.

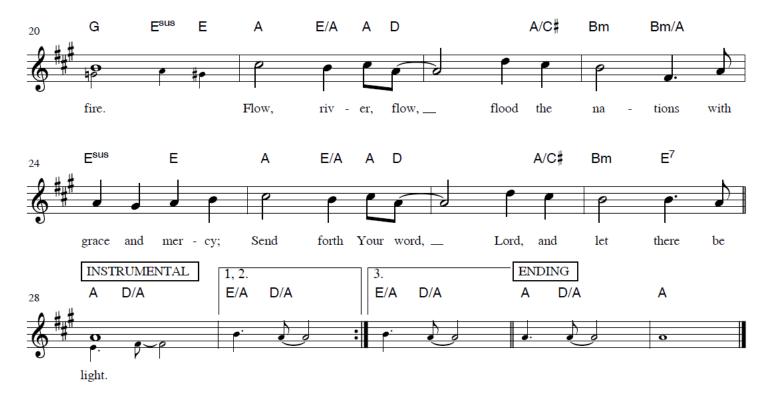
#### **HYMN**

#### Shine Jesus Shine

W&P 123 (Purple Book)







#### **GREETING**

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

And also with you.

#### **CANTICLE OF PRAISE**



- 1 Glo-ry be to God in heav-en; peace, good-will to all the earth.
- 2 Glo-ry be to Christ for ev er, Lamb of God and Lord of love.
- 3 Ho-ly One we now ac-claim you; Lord a lone, to you we call;



Might-y God of all cre - a - tion, Fa - ther of sur - pass - ing worth: Son of God and gra - cious Sav - ior, you have come from heav'n a - bove; Ho - ly One in faith we name you, God most high, yet near to all:



we ex - alt you, we a - dore you, we lift high our thanks and praise. on the cross you died to save us; now you reign at God's right hand. Je-sus Christ, with God the Spir - it, in the Fa-ther's splen - dor bright.



Saints and an - gels bow be - fore you; here on earth our songs we raise. Hear our prayer; re - store, for - give us; in your prom-ise firm we stand. For the peace that we in - her - it, glo - ry be to God on high!

#### PRAYER OF THE DAY

We pray together.

O God, on this day you revealed your Son to the nations by the leading of a star. Lead us now by faith to know your presence in our lives, and bring us at last to the full vision of your glory, through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

We sit.

### THE WORD

#### **READING: Isaiah 60:1-6**

A reading from Isaiah.

<sup>1</sup>Arise, shine; for your light has come, and the glory of the LORD has risen upon you.

<sup>2</sup>For darkness shall cover the earth, and thick darkness the peoples; but the LORD will arise upon you, and his glory will appear over you.

<sup>3</sup>Nations shall come to your light, and kings to the brightness of your dawn.

<sup>4</sup>Lift up your eyes and look around; they all gather together, they come to you; your sons shall come from far away, and your daughters shall be carried on their nurses' arms. <sup>5</sup>Then you shall see and be radiant; your heart shall thrill and rejoice, because the abundance of the sea shall be brought to you, the wealth of the nations shall come to you. <sup>6</sup>A multitude of camels shall cover you,

the young camels of Midian and Ephah; all those from Sheba shall come. They shall bring gold and frankincense,

and shall proclaim the praise of the LORD.

The Word of the Lord. **Thanks be to God.** 

(Read responsively)

#### PSALM 72:1-7, 10-14

<sup>1</sup>Give the king your justice, O God, and your righteousness to the king's son;

#### 2that he may rule your people righteously and the poor with justice;

3 that the mountains may bring prosperity to the people, and the hills, in righteousness.

## <sup>4</sup>Let him defend the needy among the people, rescue the poor, and crush the oppressor.

<sup>5</sup>May he live as long as the sun and moon endure, from one generation to another.

## <sup>6</sup>Let him come down like rain upon the mown field, like showers that water the earth.

<sup>7</sup>In his time may the righteous flourish; and let there be an abundance of peace till the moon shall be no more.

## <sup>10</sup>May the kings of Tarshish and of the isles pay tribute, and the kings of Sheba and Seba offer gifts.

<sup>11</sup>May all kings bow down before him, and all the nations do him service.

# <sup>12</sup>For the king delivers the poor who cry out in distress, the oppressed, and those who have no helper.

<sup>13</sup>He has compassion on the lowly and poor, and preserves the lives of the needy.

<sup>14</sup>From oppression and violence he redeems their lives, and precious is their blood in his sight.

#### **READING: Ephesians 3:1-12**

A reading from Ephesians.

¹This is the reason that I Paul am a prisoner for Christ Jesus for the sake of you Gentiles—²for surely you have already heard of the commission of God's grace that was given me for you, ³and how the mystery was made known to me by revelation, as I wrote above in a few words, ⁴a reading of which will enable you to perceive my understanding of the mystery of Christ. ⁵In former generations this mystery was not made known to humankind, as it has now been revealed to his holy apostles and prophets by the Spirit: ⁶that is, the Gentiles have become fellow heirs, members of the same body, and sharers in the promise in Christ Jesus through the gospel.

<sup>7</sup>Of this gospel I have become a servant according to the gift of God's grace that was given me by the working of his power.

<sup>8</sup>Although I am the very least of all the saints, this grace was given to me to bring to the Gentiles the news of the boundless riches of Christ, <sup>9</sup>and to make everyone see what is the plan of the mystery hidden for ages in God who created all things; <sup>10</sup>so that through the church the wisdom of God in its rich variety might now be made known to the rulers and authorities in the heavenly places. <sup>11</sup>This was in accordance with the eternal purpose that he has carried out in Christ Jesus our Lord, <sup>12</sup>in whom we have access to God in boldness and confidence through faith in him.

The Word of the Lord. **Thanks be to God.** 

We stand.

#### GOSPEL ACCLAMATION



#### **GOSPEL: Matthew 2:1-12**

The Holy Gospel according to St. Matthew the 2<sup>nd</sup> chapter. *Glory to you, O Lord*.

¹In the time of King Herod, after Jesus was born in Bethlehem of Judea, wise men from the East came to Jerusalem, ²asking, "Where is the child who has been born king of the Jews? For we observed his star at its rising, and have come to pay him homage." ³When King Herod heard this, he was frightened, and all Jerusalem with him; ⁴and calling together all the chief priests and scribes of the people, he inquired of them where the Messiah was to be born. ⁵They told him, "In Bethlehem of Judea; for so it has been written by the prophet:

6'And you, Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who is to shepherd my people Israel.'"

Then Herod secretly called for the wise men and least secretly secretly called for the wise men and least secretly secre

7Then Herod secretly called for the wise men and learned from

them the exact time when the star had appeared. <sup>8</sup>Then he sent them to Bethlehem, saying, "Go and search diligently for the child; and when you have found him, bring me word so that I may also go and pay him homage." <sup>9</sup>When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. <sup>10</sup>When they saw that the star had stopped, they were overwhelmed with joy. <sup>11</sup>On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. <sup>12</sup>And having been warned in a dream not to return to Herod, they left for their own country by another road.

The gospel of the Lord. **Praise to you, O Christ.** 

We sit.

**CHILDREN'S SERMON** 

#### PRAYER OF PREPARATION

Please pray with me the prayer of preparation.

Holy God, you have a word for me today. Make my heart soft and plant your word in me in order that it may bear fruit in your kingdom. Amen.

**MESSAGE** 

Pastor Ray Mohrmann

We stand.

#### I Want to Walk As A Child of the Light ELW 815 **HYMN** child of walk as light. I want to the I 1 a want to I want see... the bright-ness of God. I to want to I'm look - ing the com - ing of Christ. I for . . . want to fol - low God Je the give sus. set stars to look at Je Clear Sun of righ - teous - ness, sus. with be Je When we have run . . . with sus. life light to the world. The star of Je my is sus. shine on my path, and show me the Fa ther. way to the joy pa - tience the shall know the race, we of Je sus. Refrain him there all. night and the is no dark-ness at The

Shine in my

The

Lamb is

heart,

the

Je

Lord

light of

the

sus.

a - like.

both

God.

are

of

day

cit - y

#### **NICENE CREED**

glorified,

Living together in trust and hope, we confess our faith with the words of the Nicene Creed.

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead. and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life,

who has spoken through the prophets.

who proceeds from the Father and the Son,\*

who with the Father and the Son is worshiped and

We believe in one holy catholic and apostolic church. We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come. Amen.

#### PRAYERS OF INTERCESSION

Dwelling in the presence of God with us, let us boldly pray for the church, the world, and all in any need.

After each petition: Hear us, O God. Your mercy is great.

The Prayers conclude:

Trusting in the presence of God by the power of the Holy Spirit, we commend all for whom we pray, dwelling in the light and hope of Christ, our Savior.

Amen.

#### SHARING OF THE PEACE

The peace of Christ be with you.

And also with you.

The people may greet one another with a sign of Christ's peace, and may say, "Peace be with you," or similar words.

We sit.

### THE MEAL

#### **OFFERING**

We give our monetary offering to support Christ's mission in this place and around the world in gratitude of God's amazing grace. You may make a contribution any time by visiting **www.mthlc.org** and click on "On-line Giving." Thank you for your gifts and your stewardship.

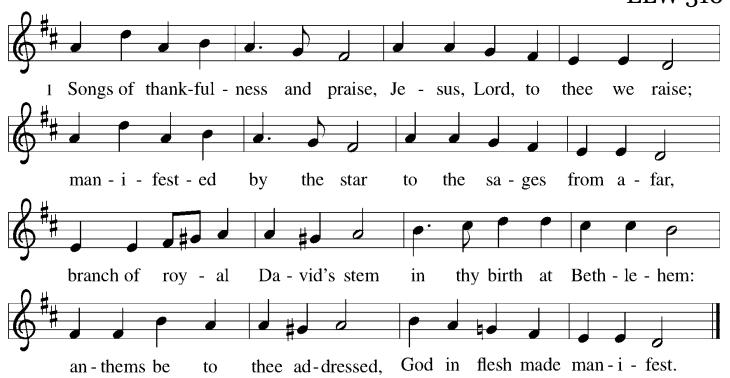
Please also take this time in worship to complete the pew registers.

#### **OFFERING**

#### Epiphany Carol

Arr. O'Brien

**OFFERTORY** Songs of Thankfulness and Praise (verse 1 only) ELW 310



#### OFFERING PRAYER

We give thanks for these gifts and we pray together.

Holy God, your beauty shines forth from the manger and your love flows from the cross.

As you gather us around these signs of your love come among us, warm us to extend your care among the hungry and all in need.

#### **GREAT THANKSGIVING**

In Jesus' name we pray. Amen.

The Lord be with you. **And also with you.** 

Lift up your hearts.

#### We lift them to the Lord.

Let us give thanks to the Lord our God.

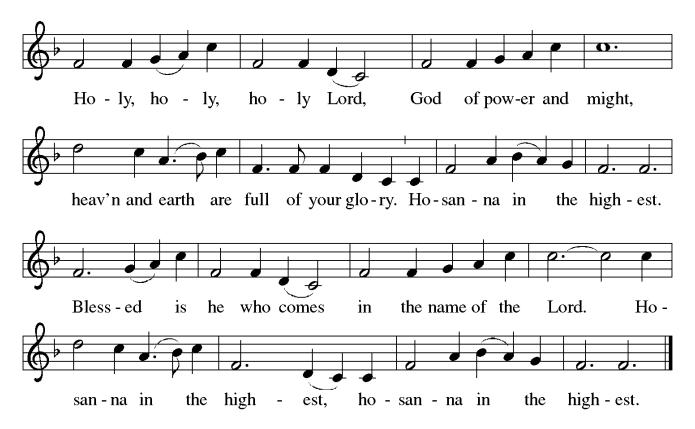
#### It is right to give our thanks and praise.

#### **PREFACE**

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior Jesus Christ.

By the leading of a star he was shown forth to all nations; in the waters of the Jordan you proclaimed him your beloved Son; and in the miracle of water turned to wine he revealed your glory. And so, with all the choirs of angels,

with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:



#### **EUCHARISTIC PRAYER**

Holy One, the beginning and the end, the giver of life:

Blessed are you for the birth of creation.

Blessed are you in the darkness and in the light.

Blessed are you for your promise to your people.

Blessed are you in the prophets' hopes and dreams.

Blessed are you for Mary's openness to your will.

Blessed are you for your Son Jesus,

the Word made flesh.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying:
This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin.
Do this for the remembrance of me.

Let us proclaim the mystery of faith:

### Christ has died. Christ is risen. Christ will come again.

With this bread and cup

we remember your Word dwelling among us,

full of grace and truth.

We remember our new birth in his death and resurrection.

We look with hope for his coming.

#### Come, Lord Jesus.

Holy God, we long for your Spirit.

Come among us.

Bless this meal.

May your Word take flesh in us.

Awaken your people. Fill us with your light. Bring the gift of peace on earth. **Come, Holy Spirit.** 

All praise and glory are yours, Holy One of Israel, Word of God incarnate, Power of the Most High, one God, now and forever. **Amen.** 

#### THE LORD'S PRAYER

Lord, remember us in your kingdom and teach us to pray:

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.

For thine is the kingdom, and the power,
and the glory, forever and ever. Amen.

#### **INVITATION TO COMMUNION**

Come to the table where Christ meets you. Eat, rejoice, and be glad! *We sit.* 

#### **DISTRIBUTION OF COMMUNION**

All are welcome to this Meal. Come down the center aisle to receive the bread. (gluten free wafers are also available.) Then move to the chalice (cup) of wine, dip the bread in the wine. Return to your pew by the side aisle. Those not communing, may cross their arms across their chest and come forward for a blessing. Those who desire communion but who are not able to come forward will be communed first in their pew.

#### Music During Communion (CONTINUED)



#### Bright and Glorious Is the Sky

#### ELW 301



5 Guided by the star, they found him whose praise the ages sound. We too have a star to guide us, which forever will provide us with the light to find our Lord, with the light to find our Lord.

king,

arms,

to

rest -

ing

new - born

lov - ing

6 And this star, as bright as day, that will never lead astray with its message so appealing, is the word of God, revealing Christ, the way, the truth, the life, Christ, the way, the truth, the life.

born

ing

new -

lov

king.

arms.

the child, the

her

in

We stand.

#### **BLESSING**

May the Body and Blood of our Lord, Jesus Christ, strengthen you and keep you in His grace. *Amen*.

#### **PRAYER AFTER COMMUNION**

We pray together.
God of wonder,
in Jesus we behold the light of the world come near.
As you have come among us now,
send us out in joy, hastening to share
the good news of your love.
We ask this in the name of Jesus,
through the Spirit dwelling among us now and forever.
Amen.

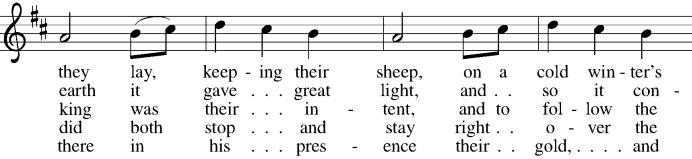
#### THE SENDING

#### **BLESSING**

God the Creator who delights in you, Jesus the Savior who is born for you, and the lifegiving Spirit who shines on you, † bless you and keep you in hope and peace. *Amen*.

As the cross passes your pew, please turn and face the entrance of the sanctuary.

#### The First Noel **HYMN ELW 300** The first No el did 1 the an - gel say was to They 2 look ed and shin - ing saw . . a star up And the light of 3 by that . . same three . . star This drew 4 star near to the north-west, o'er Then wise . . 5 tered in those men three, full en fields cer-tain poor shep-herds in fields as they where lay; in in . . . the east . . be - yond . . them far; and the to wise. . men came . . from coun seek for a try far; to Beth - le - hem . . there it took . . its rest; and it rev - 'rent - ly . . . their knee, offered up - on . . . and







#### **DISMISSAL**

Go in peace. Share the joy of Christ.

Thanks be to God.

**POSTLUDE** Angels From the Realms of Glory

Arr. Burkhardt

#### **COMMUNITY ANNOUNCEMENTS**

**FLOWERS** that beautify our sanctuary today are given to the Glory of God and in honor of Karly's 18<sup>th</sup> birthday on January 5<sup>th</sup>. With love Daddy, Mama, and Tanner.

A Special Thank you to Pastor Ray Mohrmann for leading worship this morning. Pastor Morhmann is the South Carolina development officer at Lutheran Services Carolinas.

**Pastor Gina** will be returning from leading a Bible Study at the Isle of Palms this afternoon. Plan to come to the Community Evening Worship this evening and bring a friend or neighbor.

**Wednesday January 23<sup>rd</sup>** 6:00pm Week of Pray for Christian Unity.

We have switched from Setting Three to Setting Ten of the Evangelical Lutheran Worship book (ELW).



Come in your PJ's and enjoy breakfast served by Mt. Hermon's LCY

Tickets

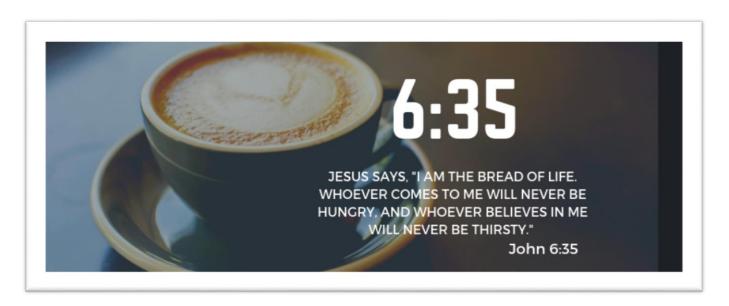
- \* Adult \$7.00
- Child 0-3 yrs. Free

27th 7:30-8:30am

Mt. Hermon Lutheran Church

Nothing else STACKS UP!

> All proceeds will benefit Mt. Hermon's LCY activities



Copyright © 2018 Augsburg Fortress. All rights reserved. Reprinted by permission under Augsburg Fortress Liturgies Annual License #SB146394. New Revised Standard Version Bible, Copyright © 1989, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved. Revised Common Lectionary, Copyright © 1992 Consultation on Common Texts, admin Augsburg Fortress. Used by permission. Copyright © 2017 Augsburg Fortress. All rights reserved. Reproduced by permission © 2018 Christian Copyright Licensing International. All rights reserved.

Serving Today\* Serving January 13th\*

Greeter: Al Stevens David Marsh
Crucifer: Joel Price Sr. Skyler Miller
Acolytes: Ainsley Allen Ainsley Allen

Joshua Koon Mackenzie Burns

**Lector:** Alyson Price Joel Price Sr.

**Communion Asst.** 

Joel Price Sr. Emily Morris

Angie Hydrick Perry Bouknight

Trudy Bouknight Bryce Addy

Children's Sermon:

Sheila Eargle Diane Boulware

Nursery: Grace Roof, Haley Addy & Grace Roof, Larry Amick &

Karen Nicholson Kay Bryant

Food Pantry: Jan. 9 Jan. 16

Diane Boulware Angie Hydrick

#### **Serving in January\***

Council Representative: Jamie Addison

Altar Guild: Ann Addy, Diane Boulware, Annette Price

**Tabulators:** Buddy Hydrick, Jo Leach, Kay Little, Linda Water-

Hamilton, Angie Hydrick

Ushers: Herb Bucknam, Wayne Eargle, Parker Boulware, Tom Stahl

please arrive no later than 8:45am

<sup>\*</sup> If you are unable to serve, please ask someone to cover for you and notify the church office of the change. If you have a responsibility in worship,

#### Mt. Hermon Prayer List 2019

The Member Care Committee is again asking you to use the enclosed prayer list as part of your daily devotions. This list gives dates and names to be prayed for each day over the next few months. You will be praying for others even though you may not know the person or their needs, but God knows. Others whom you do not know will be speaking to God on your behalf as well. Prayer is powerful! God loves it when we care for others. Enjoy your conversations with God.

1/6/2019	Mt. Hermon Lutheran Church   Cindy Kleckley   Cody Kleckley
1/7/2019	Ronnie Wilbourne   Kenneth Bouknight   Faye Sox
1/8/2019	Peal Dennis   Thomas, Danielle & Sophie Martin   Jimmy Bouknight
1/9/2019	Daryl Leigh & Rick Anthony   Regan Anthony   Grayson Anthony
1/10/2019	Marie Gardner   James Hallman & Jean Shealy   Shirley Riley
1/11/2019	Mary Frances Hamilton   Brittany, Blake & Jack Allen   Theda Addy
1/12/2019	Lauvenia Butts   David, III & Debra Butts   Bryan Butts

#### **OUR CHURCH AT PRAYER**

#### Homebound and Care Facilities

Nell Buff, Lexington Place Margie Hook, Home

Pearl Dennis, *HarborChase*Lynwood Crout, *Home*Lib Swygert, *Lowman Home*Lois Watson, *Lexington Place* 

Lena Wessinger, *Presby. Home* Patricia Bachman, *Carolina Gardens* 

Hazel Bockus, Home

#### Members in Special Need of Prayer

Alberta Berry Clifton Addy Mary Frances Hamilton

Connie Bucknam Mary Frances Sease Perry Bouknight

Georgianna Gray Lila Catt

#### Family and Friends Who Have Requested Our Prayers

Kathryn & Don Bergeron, (Bucknam)

Iris Wellborn, sister of Earl Sease

Scott Coleman (Thurman)

Jim & Vickie Burcham (Thurman)

W.A. "Buddy" Keller (Marion & Cyndi)

Nellie Gantt (Mary Price)

Ben Nicholson (Karen Nicholson)

Jimmy Mills (Tommy Mills)

Tressa Oswalt (Angie Hydrick)

Sue Reeves (Thurman)

Linda Rea (Marion & Cyndi)

Jason Thurman (Thurman)

Richie Tallent (Danny Scott)

Todd Hewitt (Missy Addy)

Evelyn Newman, friend of Ricky and Fran Bouknight

Charlotte Martindle, family of Kelli Mills

Kaiden Robinson (Kelli Mills)

Rose Little, daughter of Marie Kleckley

Mandy McLemore friend of Amanda Boyd, Kim Addy and Allyson Price

Megan Sease, granddaughter of Earl & Mary Frances

#### **UPCOMING EVENTS**

#### Sunday, January 13th Baptism of our LORD

9:00 am Worship Service 10:15 am Sunday School 6:00 pm Council Meeting 6:35 pm Epiphany Service

#### Tuesday, January 14th

1:00 pm Arthritis Chair Class2:00 pm MAT/ Pilates Class6:00 pm Lutheran Men6:35 pm Pray

#### Wednesday, January 16th

6:00 pm Chancel Bells 6:30 pm Chancel Choir 6:35 pm Pray

#### Thursday, January 17th

1:00 pm Arthritis Chair Class2:00 pm MAT/ Pilates Class6:35 pm Pray

#### January 22

Deadline to submit information for the February Newsletter

#### January 23

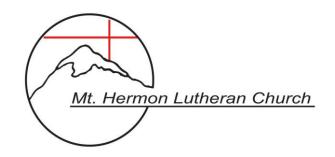
6:00 Mt Hermon will host Week of Prayer for Christian Unity Meal will follow in the Fellowship Hall

#### January 28

Lutheran Men in Mission District Meeting, Emmanuel Lutheran

#### February 1 - 3

Mt Hermon Leadership Retreat, Camp Kinard



3011 Leaphart Road West Columbia, SC 29169 office@mthlc.org 803.794.6430 Monday – Friday 9:00 am – 1:00 pm Pastor Gina 803.951.3784

Rev. Gina D. Metze, *Pastor* 803.951.3784 Ruthie Brannen, *Cantor* Brittany Mailleue, *Parish Administrator*  PastorGinaMetze@gmail.com RuthieBrannen@gmail.com office@mthlc.org

#### **CONGREGATIONAL OFFICERS**

President, *Terry Swygert* Secretary, *Alyson Price* Financial Secretary, *Annette Price*  Vice President, Ronnie Fulmer Treasurer, Emily Morris Sextons, Ricky Bouknight, Allison & Terry Swygert

#### Sunday, January 6<sup>th</sup> Epiphany Guest Pastor Ray Mohrmann

9:00 am Worship Service 10:15 am Sunday School

6:35 pm Pray

6:35 pm Epiphany Service

#### Tuesday, January 8th

1:00 pm Arthritis Chair Class

2:00 pm MAT/ Pilates Class

6:35 pm Pray

#### Wednesday, January 9th

6:00 pm Chancel Bells

6:30 pm Chancel Choir

6:35 pm Pray

#### Thursday, January 10th

1:00 pm Arthritis Chair Class

2:00 pm MAT/ Pilates Class

6:35 pm Pray