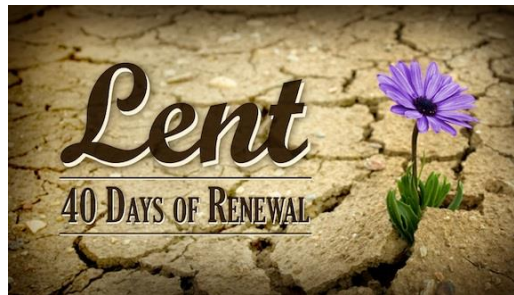


St. Paul's Lutheran Church of Smithfield
139 Craig's Meadow Road, East Stroudsburg PA 18301
stpaulscraigsmeadow@verizon.net
stpaulscommunitychurch.com
Church office: 570- 223-9422

Congregational Council Members

Laura Pride – President	570-807-6114		
Carrie Strohl – Vice President	570-656-5600	Patricia Clements	570-856-7433
Kay Malinowtizer – Secretary	570-242-3157	Ed Stephens	570-460-2028
Laura Biddulph -	570-369-0359	Don Carr	Treasurer
Patricia Clements –	570-856-7433	Church Secretary	Juli Jupin
Adrian Martenco –	570-807-3897	Choir Director	Katherine Ertle
Tom McGhee –	570-994-4169	Financial Secretary	Dana Strohl
Dick Rehm -	570-350-2615	Sunday School Superintendent	Stephanie Stephens



SAINT PAUL'S
CALL – March 2019

Regular Sunday Schedule

Worship – 8:15 a.m.
Sunday School – 9:00 a.m.
Confirmation – 9:00 a.m.
Adult Class – 9:00 a.m.
Worship – 10:15 a.m.

Each Month

First Sunday - Holy Communion (2nd service)
Second Sunday - Teaching and Prayer Service (Communion 1st service)
Third Sunday - Holy Communion (2nd service)
Fourth Sunday - Contemporary Service (Communion 1st service)
Fifth Sunday - Healing Service

St. Paul's Mission Statement

We are a community of faith called to share the good news of Jesus as our model of life. We seek spiritual maturity through worship, learning and serving. We invite and welcome all who desire to share this journey of faith active in love.

A Prayer for Lenten Grace

Loving God,
During the sacred season of Lent, bring me closer to you.
Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.
Help me to fast from those things that threaten the well-being of body and soul and remind me of the grace of simplicity.
Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.
May this season be a grace-filled time to rekindle my love for and faith in you.
Amen.



The following is the procedure for inclement weather. The church council will make the decision if services will be delayed or cancelled due to weather. If there will be a delay or closing or if Sunday School is cancelled, that information will be on Facebook. There will also be a message put on the answering machine for the church. If you are not sure if services are cancelled, please call the church at 570-223-9422 and listen for a message. If there is not a special message, then services are at their usual time.

If you were unable to attend the semi-annual Congregational Meeting on Sunday January 27th, and didn't receive the church ministries and committee report, it will be sent out this week by e-mail and posted on the church web site. If you are interested in a printed copy please contact office and one will be saved for you.



Dear Friends in Christ,

As we begin a new month, I would like to share some reflections I have from February. Our dear friend and companion in the faith, Barbara Litts died in the Lord early in the month. Her physical presence is deeply missed, but there is not doubt that her spirit is with us. I would like to thank everyone involved in Barbara's celebration of life. Well done.

This month I also attended my first Worship and Music Committee meeting. I was impressed. This dedicated group of congregation members is charged with making sure that our worship is meaningful on every level. They are involved with every aspect of worship from the care of the organ and piano to the ordering of communion wafers, and candle oil. I am grateful for their expertise and ongoing assistance.

God has graced our church with an abundance of musical talent. On more than one occasion I have had conversations with members on how moving and inspiring our worship is when "just the right song" is played or sung. From the organ and the choir, to the Praise Team, to the Sunday school children and Tim's early service hymn-sing we are learning about God's love through music.

We have gone through noticeable changes as a congregation and people are talking about them. Changes in leadership. Changes in service attendance. Changes in staff. Changes in Pastoral leadership. Add these changes to any personal changes we might be going through and it's bound to cause stress and anxiety. I read somewhere that it's not the event that affects you, but the way that you react to it. A bible verse comes to mind when I think about navigating through change. Hebrews 13: 8 - "Jesus Christ is the same yesterday and today and forever." I encourage all of you to keep that in mind. We as a church may be going through changes (we always have- fear just makes change a little more uncomfortable) but God is always the same. I take comfort in that.

On March 6th, Our Lenten Journey begins with Ash Wednesday services at 11:30 a.m. and 7:00 p.m. On Wednesdays during Lent (3/13, 3/20, 3/27, 4/3, and 4/10) we will meet in Celebration Hall for a Soup and Bread dinner followed by a short vesper service and program. The program topic will be "Living Our Baptism- The Five Gifts of Discipleship". Dinner begins at 6:00 p.m. The vesper service and program begin at 6:45 p.m. and ends by 7:30 p.m. I hope to see you all then.

Yours in Service,
Laura Pride

Laura Pride

P.S. My cell phone # is above. My home phone is 570-476-9225. My email is papride5@ptd.net



Greetings from Music & Worship!

Daylight saving time is Sunday, March 10th! Remember to “spring ahead” and set your clocks forward 1 hour on Saturday! The March proverb: Comes in like a lion...is true for Music & Worship with a number of activities and events planned for Spring! Lenten Soup Suppers, Organ Fundraisers, and the return of “*Bravo: A Night of Music*” are just a few. If you have any ideas or are interested in helping, please reach out to me or join us at this month’s meeting on Monday, March 3rd at 6pm.

-Your friend in Christ,
Tim Lasslett



THRIVENT Members - A Thrivent action team is forming to help fund a number of Music & Worship events. If you are a Thrivent member or would like to look into a membership to help our effort, contact our Thrivent representative, Jeff Gilbert.



Bows & Bins - New ribbon for Christmas bows and plastic bins are just one project this spring. During this year’s Spring Clean up we’ll need volunteers to help organize and clean out the attic.



Lent - Join us on Wednesday evenings March 13th thru April 10th in Celebration Hall for Lenten Soup for the Soul. The topic will be “Living our Baptism...Five Gifts of Discipleship”. Soup and bread will be served at 6:00PM followed by a Vesper Service & Lenten Program at 6:45PM. Soup makes are needed, please see the bulletin board to sign up.



Ash Wednesday and Holy Week Services ~ Maundy Thursday, April 18th 7PM

Ash Wednesday, March 6th 11:30 & 7PM Good Friday, April 19th 11:30 & 7PM

Palm Sunday, April 14th 8:15 & 10:15AM Easter Sunday, April 21st 8:15 & 10:15AM

*Information on placing orders for Easter flowers to follow in bulletins.



Guest Artist – Classical Guitarist, John S. Arnold - As a soloist, he has performed with a number of symphony orchestras and was recently featured on NPR’s “Behind the Guitar” sponsored by C.F. Martin & Company. He will be performing on April 7th during the 10:15 service. Please invite family, friends and any students of the guitar to join us.



Organ Fund - Barbara Litts was instrumental in acquiring St Paul’s organ. Her generosity continues with her wish that memorial donations be made in her name to the organ fund. The Emery Organ Company has recommended a complete overhaul of the organ’s electrical system and replacement of the blower. A sub-committee has been formed to research the best long-term solution.



Children’s Choir - The St Paul’s Children Choir under the direction of May Ertle are rehearsing Sunday’s at 9am in the choir room in preparation for Palm Sunday. All children between the ages of 5-15 are welcome. Bring a friend!



New Members Welcome! - St. Paul’s Voices are welcoming new members. If you like to sing or have a friend, please join us at one of our open rehearsals. From March 13th-April 17th we rehearse on Wednesdays at 7:30PM and return to our 7pm Thursday rehearsals on April 25th.



“A Night of Music” Returns! - Returning to the St Paul’s stage Bravo: A Night of Music on Saturday, May 11th. Stay tun



Stewards of The Good News

"St. Paul's Stewardship committee meets on the fourth Thursday of each month at 6:00 p.m. We are committed to sharing the Good news with our congregation and reminding them that stewardship is not just about money. It is about Love! We hope that our short messages shared on the fourth Sunday of each month challenge us all to reimagine the ways in which we steward God's resources — time, talents and treasures — in response to God's commandment to love God and our neighbors. Join us!"

The Stewardship Committee will begin to share a program called "Opening Your Spiritual Gifts" this month. The program will assist us all in opening our spiritual gifts by guiding us through three activities:

Scripture Review: highlighting scripture references that support the existence of spiritual gifts and identify those which are commonly found in service today. Watch for "Gift Definitions and References" in our Stewardship Insert in the bulletin beginning in a few weeks!

Self-Assessment: A list of 60 questions which will help you identify the gifts you have received in greatest measure. Go to www.elca.org/Our-Work/Congregations-and-Synods/Faith-Practices/Spiritual-Renewal/Assessment-Tools. (copy and paste this link) and take the self-assessment. Copies to do by hand will be available in mid-October.

Exploration Of Use: Suggestions for the various types of ministry you might be most effective in because of your spiritual gifts.

The Stewardship committee would like to remind everyone to return their commitment cards and their time and talent sheets. We need to have them so we can do the budget for 2019.

St. Paul's Lutheran Church of Smithfield
Income & Expense Statement (Unaudited)

	January <u>2019</u>	Year to <u>Date Budget</u>	Annual <u>Budget</u>
INCOME			
CHURCH INCOME			
GENERAL INCOME	\$6,986.84	\$11,874.99	\$146,400.00
BENEVOLENCE INCOME			
Regular Benevolence	152.00	200.00	2,400.00
Thrivent Choice	0.00	125.00	1,500.00
Pantry/Good Samaritan	393.00	0.00	0.00
MISCELLANEOUS INCOME	737.88	1,247.91	15,725.00
INTEREST INCOME	2.28	13.75	165.00
ORGAN & PRAISE BAND INCOME	50.00	0.00	0.00
DESIGNATED FUNDS INT. & DIV.	3.00	0.00	0.00
TOTAL INCOME	<u>\$8,325.00</u>	<u>\$13,461.65</u>	<u>\$166,190.00</u>
EXPENSES			
CHURCH EXPENSES			
STAFF	\$2,964.84	\$7,895.68	\$95,948.22
BENEVOLENCE EXPENSE			
Benevolence (Synod)	583.33	583.33	7,000.00
Pantry/Good Samaritan	0.00	0.00	0.00
PARISH ADMINISTRATION	421.13	608.34	7,300.00
WORSHIP	423.18	523.33	6,280.00
LEARNING	0.00	295.83	3,550.00
PROPERTY	3,783.90	4,539.58	51,275.00
DEBT PAYMENTS	1,173.89	1,174.00	13,506.00
STEWARDSHIP	0.00	62.50	1,300.00
WITNESS	97.50	33.33	400.00
SOCIAL FELLOWSHIP	185.64	291.67	3,500.00
ORGAN & PRAISE BAND EXP.	<u>395.05</u>	<u>0.00</u>	<u>0.00</u>
TOTAL EXPENSES	<u>\$10,028.46</u>	<u>\$16,007.59</u>	<u>\$190,059.22</u>
EXCESS INCOME/(EXPENSES)	<u>(\$1,703.46)</u>	<u>(\$2,545.94)</u>	<u>(\$23,869.22)</u>

Cash Accounts

CHECKING ACCOUNTS & PETTY CASH	\$51,038.43	
THRIVENT FINANCIAL	129,038.93	
MIF - DESIGNATED FUNDS	<u>5,039.57</u>	
TOTAL CASH ACCOUNTS		<u>\$185,116.93</u>
December	Year to	Year to Date



TEE Shirts for Sale!!

There are a limited number and sizes left of St. Paul's t-shirts left for sale. Shirts are \$10 each. Please show your support by making a purchase before the summer. Sizes and number of shirts left: Small: (5), Medium: (10), Large: (3), XL: (8), XXL: (3) See Jeannette Richardson if you are interested.



March 15th, 2019 from 6:30 p.m. until 8:30 p.m. Grades 6 thru 12. Gather your friends. Come have fun! Share your ideas for youth night.



Please be sure to check the acolyte and crucifer schedule to see if your child is scheduled to serve. We appreciate our wonderful children and their supportive families!

Families Helping Families Pancake Breakfast

Sunday, March 3 After the second Service in Celebration Hall \$2 per person \$8 for a family of 4 or more We are asking Sunday school parents and children to help set up and serve. Please let Stephanie Stephens know if you are able to help. Thank you to those who have already volunteered!

First Communion

Classes will begin on Sunday, March 17. There will be a parent meeting on this date, too. Class dates- March 24, March 31, April 7, April 14.

First Communion is set for Palm Sunday, April 14 at 10:15 service for children in second grade or older. Please contact Stephanie Stephens if your child will be receiving First Communion this year.



Easter Egg Hunt For our Sunday school children and their younger siblings

April 7 During the Sunday school hour (9 AM)

The hunt will take place first, then we will have a nice breakfast together.

Touch of Home

April 28 We will be packing boxes for those who are close to our hearts but far away during the Sunday School Hour.

There is no class on Easter Sunday, April 21 and Mother's Day, May 12. The last day of Sunday School is May 19.



We are All Companions on the Way

Drop in on Wednesday Night for a refreshing
Spiritual Formation Worship Service.

We Share Scripture, Prayer, Meditation, Discussion and of course Food!

First Wednesday of the Month: Pot Luck Dinner Bring a dish to share at 6:00 p.m.

Second - Fourth Wednesdays: Bring your own Dinner at 6:00 p.m.

Worship 6:30 p.m. - 7:15 p.m.

Spiritual Formation will take a break starting **March 6th** until further notice so that we may all take part in the Lenten Soup Suppers and Lessons which begin on **March 13th** in Celebration Hall. Look for more information in this newsletter.

**Women's Prayer
Group**



The Women's Prayer Group is Going Great!
We are steadily in our study of "Power of a Praying Woman"

Group Meets the Second and Fourth Sundays
After the 2nd Service Coffee Hour

Building Relationships with One Another
and Strengthening our Prayer Lives Together !!
All Are Welcome to Drop in for Prayer and Discussion!
We have books if you don't already have one.

See Laura Biddulph for more information.



Community Garden

The garden has produced an abundance of produce this season. From lettuce in late spring, a monster crop of zucchini, tomatoes, and green beans in the summer, to jewel-colored onions, carrots, and beets this fall! We have been blessed by God and Dick Rehm's green thumb and our pantry clients and congregation members are so grateful! This fall material purchased with money we received from Thrivent will be wrapped around our apple trees for deer control. The garden is being cleaned up, weeded and closed for the winter. We will start up again in March & April 2019, help is always welcome! No Experience necessary!!!! See Dick Rehm, Ed Stephens or call the church office at 570-223-9422 if you are interested.



Property Committee



There are many odd jobs to be done on a continual basis to maintain our church property. If you would like to donate time to the upkeep of our church property please contact Ted Strohl at 570-856-8008. There are always jobs to be done! The Property Committee meets on the first Monday of the month at 7:00 p.m.

The Social Hall floor needs to be replaced. The estimated cost of the materials is \$3000.00. Donations for this cause are appreciated. You may indicate such on your envelope. Thank you!



MARCH IS RICE and BEANS MONTH. PLEASE BRING AS MANY ITEMS AS YOU ARE ABLE TO CHURCH ON SUNDAY AND PUT THEM IN THE BASKETS ON THE ALTAR! THANK YOU!! Laundry and dish detergent, toothbrushes and personal hygiene items are also welcome. Thank you to our fabulous volunteers!!

The pantry does not turn anyone away and makes due with what we have so that every family receives groceries every two weeks. St. Paul's and the community thank you for your continuous support of this important ministry. In addition to the "food of the month" item requested in the bulletin, donations of any nonperishable food items along with laundry detergent, dish soap, shampoo, bath soap, and other hygiene items are most welcome. Also, don't forget when purchasing items for our pantry to also hand in your Weis Market Receipts! I offer a tremendous and heart-felt thank you to those who have helped pick up food at the stores! We could not do it without your help. For more information or questions on the food pantry, please see Laura Pride, Jackie McGhee, and Nancy Fritz.

Pocono Wildlife Center is in need of the following items:

Hand Towels	Lysol
Quilted Paper Towel	Laundry Detergent
Toilet Paper	Hand Sanitizer



There is a box in the Narthex for donated items.
Thank you... *Tracy Lasslett and Faye Jones*

FAMILIES HELPING FAMILIES

Pancake Breakfast

pancakes * hash browns * sausage

SUNDAY, MARCH 3, 2019
COFFEE HOUR IN CELEBRATION HALL

Suggested Donation:
Family of 4 or more \$8 or
\$2 per person



Please come and enjoy a fundraiser hosted by St. Paul's Sunday School!

St. Paul's Friday Ladies

Here's the picture of the ladies. They are all holding quilts that they all helped to finish for a young woman who lost her husband back in November. The woman named Summer had started the quilts as a hobby with her husband. She has a two-year-old and a three-year-old and the loss of her husband so suddenly and tragically was very overwhelming to her. She was anxious to have the quilts finished because they presented memories of her husband. When I saw her story on Facebook looking for help to finish her quilts I asked Edie if she and the ladies were interested. They met her and immediately said they would stop all of their lap quilt making and work solely on finishing Summer's quilts. Summer and her young girls recently relocated to California to be near family. I will be mailing this picture along with the quilts to her this week. They really are an awesome group of ladies!

Laura



Joan Delores Freda Edie Winnie Ruth Ann Hillery



The Hospitality Committee meets quarterly to review the operation of Celebration Hall. They take care of advertising the hall as a venue, booking events and acting as on-site stewards during those events. They also oversee the care of the hall including maintenance and cleaning. The committee met on September 26th. At this time there are several items that Celebration Hall is in need of. As the committee plans fundraising efforts, they would like to offer a list of these items to the congregation in hopes that we might be able to donate funds to defray costs.

The following is a list of items needed and their estimated cost.

1 Round Table: \$200.00, 20 Stacking upholstered chairs: \$25.00 each, 6 Banquet-Length Tablecloths: \$25.00 each

If you would like to help, please see a member of the Hospitality Committee: Laura Pride, Faye Jones, Kay Malinowitzer, Sam Malinowitzer, Audrey Barr, or Ed Stephens. Thank you!



We are in search of a coordinator to help with Family Promise. The job includes making phone calls to the congregation to enlist their help in providing two meals during our co-host week. We co-host with Stroudsburg Wesleyan Church 4 times a year, and our next co-host date will be in February 2019. We NEVER have to host during a holiday! If you're interested please see Laura.

SERVING FOR THE MONTH OF MARCH

Greeters

3 Carrie and Walter Strohl
10 Sal and Noreen Manda
17 Alisa and Steven Nixon
24 Don and Gloria Killeen
31 Pride Family

Lay Readers

3 Tim Lasslett
10 Hilary Lew
17 Madeline McCarron
24 George Power
31 Stephanie Stephens

Acolytes

3 Lucas Morris
10 Ashley Tully
17 Chloe Shane
24 Brooke Nixon
31 Marissa Stephens

Coffee Servers

3
10
17
24
31

Counters:

3 Joy Donnelly
10 Doug Albertson
17 May Ertle
24 Sophie Cramer
31 Jaime Frailey

Ushers

3 Doug Albertson and Pat Clements
10 Jeannette Richardson and Lynne Williams
17 Faye Jones and Sally Harps
24 Laura Biddulph and Marylee Rehm
31 Jackie McGhee and Nancy Fritz

Nursery Assistants

TBA

Communion Assistants

3 Kay Malinowitzer and Dick Rehm
10
17 Ed Stephens and Alan Pride
24

Crucifer

3 Camille Patrick
10
17 Sam Pride
24
31



*Lois Rehm (early) Linda Rouzer and Edith Lansdowne***If you are unable to serve on your assigned day, **please find a replacement** and notify **Laura Biddulph lbiddulph0812@yahoo.com** as soon as possible. Thank You.*



SPAGHETTI DINNER

ST Paul's Lutheran Church
of Smithfield

In Celebration Hall

March 21, 2019

4:30 p.m. to 7:00 p.m.

Donation - \$6.00 per person

Eat in or Take out



If you have any questions...Please call:

Kay Malinowitzer

(h) 570-223-5049 or (c) 570-242-3147

Faye Jones ~ (h) 570-223-8035

Directions: Take business 209 N ~ Turn L onto Craig's Meadow Road ~ 1/4 mile behind Country Kettle on Craig's Meadow Road ~ Celebration Hall is located behind the church.

*Sponsored by the Evangelism Committee
Raffle Sponsored by People of the Way*



ST. PATRICK'S
AT
ST. PAUL'S LUTHERAN CHURCH
OF
SMITHFIELD



In Celebration Hall
 (located behind the church)



Raffle

*Food, Fun
 and
 Entertainment*

IRISH DINNER
AND
ENTERTAINMENT

SATURDAY, MARCH 16, 2019

DINNER SERVED - 4:30 PM to 6:30 PM

Sponsored
 by
 Evangelism and Fellowship
 Committees

Will be serving
Corned Beef and Cabbage Dinner
or
Chicken Dinner

*Take Out
 Available*

ADULTS - \$11.00

CHILDREN - \$5.00
10 & under

For info call -
 Church office - 570-223-9422
 Kay - 570-223-5049
 Faye - 570-223-8035



*Directions - Business Rt. 209N - Turn Left
 onto Craig's Meadow Rd., 1/8 mile behind
 Country Kettle*

Pack 82

St Paul's Lutheran Church



Come join us on Monday nights from 6:30pm to 8:00pm
here at St Paul's Lutheran Church.

Boys from 1st grade to 5th are welcome.

For more information please contact

Bill Donovan : bdonovanpack82@gmail.com

Or

Mike Romer :

LEE123@PTD.NET





KARATE CLASSES

We invite you to become part of our karate family. Our certified instructors will teach age appropriate Isshin-Ryu Karate as well as grappling, judo and self-defense techniques.

Class Information:

Days:

Tuesdays and Thursdays.

Times:

Children (6-12) 6:30 PM to 7:30 PM
Adults (13 and up) 7:30 PM to 8:30 PM

Location:

St Paul's Lutheran Church
139 Craig's Meadow Road
East Stroudsburg, PA 18301

Cost:

Suggested donation: \$40 per month

Phoenix Martial Arts Society is a public 501(c)(3) charitable organization.

For more information contact:

Phoenix Martial Arts Society

PO Box 326
Analomink, PA 18320

Phone: 570-982-4999

E-mail: info@phoenixmartialartssociety.com

Web: www.phoenixmartialartssociety.com

Come and explore the many benefits that martial arts training has to offer.

- Confidence
- Leadership
- Discipline
- Coordination
- Physical Fitness
- Friendships
- Anti-Bullying
- Self Defense

Each class focuses on the traditional Okinawan karate values and skill sets while making sure our students have a great time!



NOTE: This activity is not officially endorsed or financially supported by the East Stroudsburg Area School District. Permission to distribute this information is provided as a service to the students and staff.

MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 10:00 am Friday Ladies	2
3 8:15 Worship 9:00 Sunday School, Confirmation Class 9:10 Adult Bible Study 10:15 Worship-Communion PANCAKE BREAKFAST COFFEE HOUR IN CH	4 6:00 Music and Worship Meeting 7:00 Property Meeting	5 11:30 am Bible Study 7:00 Contemporary Music Rehearsal 7:00 Church Council Meeting	6 ASH WEDNESDAY SERVICE 11:30 am and 7:00 pm	7 7:00 Choir Rehearsal	8 10:00 am Friday Ladies	9
10 8:15 Worship-Communion 9:00 Sunday School, Confirmation Class 9:10 Adult Bible Study 10:15 Worship	11	12 11:30 am Bible Study 7:00 Contemporary Music Rehearsal	13 LENT 6:30 Soup Supper 6:45 Lenten Service in CH 7:30 Choir Rehearsal	14 6:30 Finance Meeting	15 10:00 am Friday Ladies Youth Group 6:30-8:30 in CH	16  St. Patrick's Irish Dinner 4:30-6:30
17 8:15 Worship 9:00 Sunday School, Confirmation Class 9:10 Adult Bible Study 10:15 Worship-Communion	18 7:00 Evangelism Meeting	19 11:30 am Bible Study 7:00 Contemporary Music Rehearsal	20 LENT 6:30 Soup Supper 6:45 Lenten Service in CH 7:30 Choir Rehearsal	21 Spaghetti Dinner 4:30 - 7:00	22 10:00 am Friday Ladies	23
24 8:15 Worship-Communion 9:00 Sunday School, Confirmation Class 9:10 Adult Bible Study 10:15 Contemporary Worship	25	26 11:30 am Bible Study 7:00 Contemporary Music Rehearsal	27 LENT 6:30 Soup Supper 6:45 Lenten Service in CH 7:30 Choir Rehearsal	28	29 10:00 am Friday Ladies	30
31 8:15 Worship 9:00 Sunday School, Confirmation Class 9:10 Adult Bible Study 10:15 Healing Service	<p> Cub Scouts: Every Monday at 6:30-8:00 p.m. Girl Scouts: 2nd and 4th Wednesday at 5:45 p.m. Karate: Every Tuesday and Thursday 6:30 p.m. NA: Every Thursday and Saturday 6:30-9:30 p.m. </p>					