WELCOME TO CBC

Welcome to Central Baptist Church. Please join us following the service for coffee hour in Clarke Hall.

If you have questions about our congregation, please speak with our deacons.

Children may leave for Sunday school after the service's children's time.

We now have a nursery! Please sign up to take a turn. The sign-up sheet is in the parlor.

We now will have 5 handicap parking spots on the church side next to the walkway.

THIS WEEK AT CBC

Exercise with us!

Fun group meets on Tuesdays & Thursdays at 8:30 to 9:30 at Clarke Hall. We use various exercise videos appropriate for all levels. We start with a gentle warm-up, walk about two miles, then cool down, followed by gentle stretches. Sometimes we use light weights and floor mats (provided). Questions? Contact Ellen Greene at 932-8288 or en707@cox.net

Community Chair Yoga (free)

Classes are In Person Mondays | 1:00 - 2:00 pm with Susan.

- ** Free for all Jamestown Pantry Participants and to the CBC congregation
- ** open to all Jamestown residents for free too
- ** Pre-registration appreciated at shriyoga.org

CBC OPPORTUNITIES

Little Dresses

The mission of "Little Dresses for Africa" is to provide relief to African children, by distributing home-made dresses to little girls, primarily in African villages, but also other countries in crisis. These meetings will be on the last Thursday.

CBC CALENDAR AT A GLANCE

Sunday, June 29 9:30 a.m. Worship Service Coffee Hour 10:30 a.m. Monday, June 30 1:00 p.m. Chair Yoga Tuesday, July 1 8:30 a.m. Exercise with us! Thursday, July 3 8:30 a.m. Exercise with us! Sunday, July 6 Worship Service 9:30 a.m. 10:30 a.m. Coffee Hour Monday, July 7 1:00 p.m. Chair Yoga **Tuesday, July 8** 8:30 a.m. Exercise with us! Thursday, July 10 Exercise with us! 8:30 a.m. Sunday, July 13 9:30 a.m. Worship Service 10:30 a.m. Coffee Hour

Attendance on Sunday, June 22nd Worship Service: 59

Building Use Reminder from Trustees:

Anyone wishing to use the church building for a personal or group event must first contact our Office Administrator, Tanya Crowley, at **cbctanya1@gmail.com**. All reservations must go through the office to prevent scheduling conflicts and ensure we meet insurance requirements. A building use form is also required and will be provided upon request.

***Please use Tanya Crowley, our office administrator's <u>cbctanya1@gmail.com</u> email address moving forward. <u>tanya@cbcjamestown.com</u> will no longer be managed. Thank you!