

## **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.

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!**

This 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](mailto: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](http://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, July 13**

9:30 a.m.      Worship Service

10:30 a.m. Coffee Hour

**Monday, July 14**

1:00 p.m. Chair Yoga

**Tuesday, July 15**

8:30 a.m. Exercise with us!

**Thursday, July 17**

8:30 a.m. Exercise with us!

**Sunday, July 20**

9:30 a.m. Worship Service

10:30 a.m. Coffee Hour

**Monday, July 21**

1:00 p.m. Chair Yoga

**Tuesday, July 22**

8:30 a.m. Exercise with us!

---

**Attendance on Sunday, July 6th**

Worship Service: 42

***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](mailto: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.

***CBC Coffee Hour***

We are looking for volunteers to help with our Sunday Coffee hour following the worship service. There are instructions for setting up & clean up are near the back of the sink. You have the choice to provide snacks or not. If anyone is interested, please sign up, the sign-up sheet in Clarke Hall kitchen

**The Jamestown Community Food Pantry**

A nonprofit organization dedicated to assisting food insecure Jamestown residents. Central Baptist Church supports the

mission of the JCFP by providing the space for the food pantry's operations. Additionally, CBC has an ongoing nonperishable food collection that is donated to the JCFP on a monthly basis. During **July** the food pantry is in need of **Boxed cereal, oatmeal, canned baked beans and fruit cups** Donations can be placed in the basket in the church parlor.