



# The Loop

02.10.19

## “THE TABLE” ADULT CLASS

Join us for conversation and Bible study in Ferguson Hall on Sundays at 9 am and 10:30 am today. The Table is studying 1 Corinthians. For more information contact Brian Wyatt at [brian@wyattlegal.com](mailto:brian@wyattlegal.com).

## RENEW EXPERIENCE

Experience ReNew. A place where you can make friends and bring friends. This is a monthly gathering that is designed to be a high energy, media focused, concert style gathering. Join us TODAY at 6:30 PM for the ReNew experience here at Fremont. All are welcome! For more information visit [www.experiencerenew.org](http://www.experiencerenew.org).

## FREMONT VOLLEYBALL

Are you ready for Fremont Volleyball? Come learn to play, scrimmage, and compete against other teams. Your child must be enrolled in 5th-8th grades to participate. The volleyball season runs from March-May with Friday and Saturday games! Registration is NOW OPEN! Register online at [www.fremontpres.org/rec](http://www.fremontpres.org/rec). For questions or more information contact Tad Carrillo at [fremont-hoops@gmail.com](mailto:fremont-hoops@gmail.com).

## GRIEF SHARE

Grief Share is a safe and caring place for you to work through one of life's most difficult experiences - the loss of a loved one. You don't have to go through the grieving process alone. Grief Share is led by people who understand what you are going through because they have been there, too. You'll gain access to valuable resources that will help you recover from your loss and look forward to rebuilding your life. Our day-time Grief Share class will resume on Friday, February 15. The 13-week program will meet every Friday in the Community Life Center (CLC) at 10:00 am. The evening Grief Share group will be changing from once a month to twice a month soon. For more information contact Bobbi Trask at [BTrask@fremont.org](mailto:BTrask@fremont.org) (916) 452-7132.

## AN EVENING OF MUSIC - CANCELED

Pat Gaylean's "Evening of Music" on February 22nd has been canceled.

## SENIORS UNITED

Fremont's Seniors Ministry invites one and all to attend our next FIRS luncheon on Thursday, February 14th in Ferguson Hall at 11:30 am. Colonel David Trask US Air Force Retired will share a presentation titled "Whispers from The Cold War." During David's career, he flew a number of different aircraft and commanded a wide variety of military organizations. Some of his missions have been declassified and will be able to be shared.

Our menu is meatloaf, mashed potatoes and gravy. Green beans, salad, Jello, rolls, and a Valentine dessert of chocolate cherry cake (additional cake for those who cannot eat chocolate)

If you regularly attend, please be sure to let your caller know you will be coming. If you are not a regular attender but want to come please make a reservation by calling Laurietta Parsh (916) 223-9174.

## WOMEN'S RETREAT 2019

You're in for a great God-filled weekend with the women of Fremont Presbyterian Church. We will be spending time in His word, prayer, and fellowship. It will be a time for you to connect with Jesus and other women, which is not only a gift for yourself, but to us as well! We will be learning, through His word, how to 'dance' in the darkness of our lives. You will enjoy the breathtaking views of Lake Tahoe, make many new friends, and eat too many sweets.

This year's retreat is April 5, 2019 - April 7, 2019 with Guest Speaker Laurie Schlaepfer. Cost is \$225 per person. Register online at [fremontpres.org](http://fremontpres.org). For more information contact Marie McConnell at [mconnell\\_jm@msn.com](mailto:mconnell_jm@msn.com).

## SAVE THE DATE - ACC 2019

Fremont Presbyterian will gather at Mission Springs in Santa Cruz for the 2019 All-Church Conference, July 28 - August 3. More information coming soon!

## SANCTUARY FLOWERS

Honor the memory of a loved one with flowers in the Sanctuary on a Sunday morning. Remember someone special on a birthday or anniversary with flowers of celebration. Call Barbara Kennedy at 489-5665 to schedule a Sunday.

## FREMONT FAMILY WEDNESDAY

Come join us on Wednesday evenings for a time of connecting and community. We value the opportunity to grow in our faith and Wednesday evenings provide something for the whole family. Dinner is \$3 per person. Nursery and pre-school care for life group families provided from 6:15-7:25.

If you're not in a life group and would like to join, email Dave Pack: [dpack@fremontpres.org](mailto:dpack@fremontpres.org). For information on any of the music programs, contact the Music Office at 916-452-7132 or email [jshepherd@fremontpres.org](mailto:jshepherd@fremontpres.org).

4:45 pm - Music 'N Motion (grades K-5)

4:45 pm - Sounds of Praise Choir (grades 6-12)

5:00 pm - Wigglin' Worship- Mommy/Daddy and Me  
(ages 5 and under)

5:45 pm - Dinner

6:00 pm - DIVE (Kids) / One Life (JH) / HS Bible Study

6:15 pm - Life Groups

## PRAYER REQUESTS

To submit a prayer request, use a Prayer Card from the usher station or the pew racks or a Connection Card. You may also submit a request online at [fremontpres.org/prayer-request](http://fremontpres.org/prayer-request).

**RECOVERING:** Pat Galyean

**KEEP IN PRAYER:** Families and individuals who continue to have difficulties facing any form of grief and loss.

## NEXT SUNDAY

February 17 • Dan Willson preaching

**SERIES:** Free at Last: A Study of Galatians

**TITLE:** "Free at Last: From Pleasing Others"

**TEXT:** Galatians 1:10-12

## NAIROBI, KENYA ATTACK UPDATE

In Daystar University, we have continued to pray together for our country on a daily basis and in our chapel meetings. The intercessory teams have taken it on themselves to intercede daily. The office of the Deputy Vice-Chancellor has organized Counter-Terrorism training for the Daystar community.

Daystar University observed a week of prayer and fasting following the attack. The entire community gathered on the two campuses for prayer and communion on Jan. 31.

Please join them in prayer for the family of Daystar alumnus James Oduor who was killed in the attack and for families of the other 20 victims, for protection of Daystar faculty, staff and students and for wisdom for the Kenyan government as it deals with terrorism threats.

Stay up to date with everything that is going on here at Fremont with the weekly newsletter "The Loop" or visit [www.fremontpres.org](http://www.fremontpres.org) to sign-up to get the weekly email.