

February Tidelines

Cadboro Bay United Church

2019

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Cadboro Bay United Church

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Facing the Storm – Mark Green

If there is anything we do know about in Canada, its how to face a storm. Whether it be a rain storm, a wind storm or a snow storm, we have experienced it all - **no matter where in Canada you live. No one looks forward to a storm (unless you're storm watching in Tofino perhaps)** and while there are things we can do to prepare, there are elements for which we simply cannot plan. And how we handle the unexpected says a lot about us.

Life also has unexpected storms that can hit us at times. Sometimes it is an **unexpected death, sometimes it's the loss of a job, housing or security.**

Sometimes it is a political event that rocks our sense of hope in the future. **Sometimes it's a mental health crises or a shift in our social networks. Regardless, we all find ourselves facing these** events from time to time. It is simply a part of life. And learning to not only survive but be resilient is an important life skill. We know that not facing these events in life as they happen simply pushes the issues underground to re-emerge another time. Integrating the learnings from the disappointments, tragedies and hardships in life are a part of what shape who we are.

The same is true of communities. From time to time our sense of identity, security or focus will be shaken. How we respond to such is important. We can respond in fear or in anger. We can try to simply ignore and hope it will soon pass. Or we can face it head on. Figure out what the options are and who our companions will be along the way. The kind of communities we build will depend on the core values that guide our living. Such storms may cause us to rethink those values or shift the priority that they have for us but that is not a bad thing. We all need opportunities to reflect on what the rudders are in our lives that guide us.

We also cannot spend our time trying to avoid storms, for they do serve a purpose in life. And while seeking out a storm can be narcissistic or drama seeking behaviour, avoidance does not help to strengthen our skills. When one is sailing and a storm comes up, the worst thing to do is try put down an anchor or try and run from it. Instead, one must head into the wind and adjust the rudder. One cannot hold on too tight but instead one must allow the wind and storm to blow and toss the boat around a bit. We cannot control everything but knowing what to focus on is important. The metaphor speaks for itself as a life lesson. At times we must simply ride out the storm in as flexible a way as we can.

Our story for February has Jesus asleep in the front of the boat when a huge storm suddenly comes up. **The disciples are terrified and they wake up Jesus asking him to "fix" it. How often we look to others to fix things and take away the pain. Jesus responds to the immediacy of the crisis but then he rebukes them "Why are you so afraid? Have you no faith?" It's the question we too are asked as we sail through life. Why are we so afraid? Have we no faith in ourselves and in others that we can weather the storm? Can we trust that our past experiences as individuals and as communities will provide wisdom that will allow us to survive the storm? Can we not trust? These questions are of importance to us everyday. As individuals, as organizations and as communities. Together we will explore these questions during the month of February.**



Movie Night Saturday Feb 23 7pm at CBUC

In Celebration of Black History Month in Canada, we will be watching *The Long Road to Justice*. On Nov. 8 1946, Viola Desmond stood up against a racially segregated movie theatre in New Glasgow, Nova Scotia. Her courageous stand, 9 years before Rosa Parks' action, was a seminal event in Canada's civil rights movement. A few other NFB shorts will also be featured. Beverages and snacks are provided and discussion will follow.

Kids and Youth Konnect

January was a busy month for all of our tots, primary and kindies, kids konnect and youth konnect. A huge thank you to Maddy Carr-Cannings, Hannah Green, and Joshua Hotchin who make Sundays amazing for each group that they are in. The children are wonderful and it is equally as awesome to be able to explore, create and discover along with their minds on Sunday mornings.



Children and youth followed the theme of Epiphany and the Season of Light for January while focusing on the scripture in the Gospel of Matthew of Salt + Light. There was an abundance of salt, black light, science experiments, slime, sparklers, spiritual practices and laughter that poured into Sunday mornings.

For the month of February children and youth will be looking at the scripture in the Gospel of Mark around the story of Jesus calming the storm. It is going to be another amazing month, and the child and youth team are excited to see you soon!



Youth Groups

Jr. Youth will be meeting on February 8th from 7-9 pm. Please note the time change for this evening. As well Jr. youth will be heading to Camp Pringle on Friday, February 22- Sunday, February 24th for youth retreat for those from Victoria, Duncan, and from around the island.

This is a youth retreat at Camp Pringle that is for youth in grades 6-12 and it sounds like it is shaping up to be a fantastic weekend. I will be going up and staying the

night on Friday then heading back down to Victoria Saturday evening. There will be music, time to hang out, group time with others and as a community. Time to hang out in nature, meet new people, chill with friends, use the ROCK CLIMBING wall and ARCHERY. Cost can be subsidized if needed, and there are funds available, so please use them if need be. To apply for a bursary through Victoria Presbytery go to www.victoriapresbytery.org and click on the tab that says "Resources" then click on "Youth Bursary Fund Application" then you can email to Barbara Hansen at bmhansen@telus.net Also if needed we can apply for further cost reduction through Cadboro Bay's Church Council. WHOOOOOOOOOO IS COMING? A fabulous weekend away on beautiful Lake Shawnigan!

Sr. Youth will be gathering on Sunday, February 10th from 7-9 pm as well as a weekend at Camp Pringle on February 22-24th!

Family Fun Night - Feb 19th

Family Fun Night will be coming together for a delicious meal, community engagement, and fun on Tuesday, February 19th from 5-7 pm. This evening will focus around making art together as a community. There will be something for everyone of all ages, and family size. Come on out for a great evening!



Young Adults

Mark your calendars for Sunday, February 10th and Sunday, February 24th for time to worship, lunch and be together!



A Special Thank You

On very short notice, several women from the congregation provided food for the shelter guests at the local Native Friendship Centre on Christmas Day and New Year's Day. Thank you so much to Bonnie Hetherington, Susan Draper, Eileen Campbell and Karen McIvor! The guests were very happy to have meals cooked with care and one man said he hadn't eaten that much in a long time! Hopefully, next year we'll have more time to plan it. Lynne Crawshaw

HOLY WALKAMOLIES Team Update: Coldest Night of the Year Fundraiser for Our Place

It's cold out there. And on February 23rd, 6 people from St. Aidan's and CBUC are going to do something about it! Together with thousands of Canadians across the country, we'll be walking and fundraising to support hungry, homeless, and hurting people and families served by Our Place. **We've pledged to raise \$1000 and have received \$340 in pledges to date. We'd love to raise more but it means we're going to have to get more walkers or more people to donate directly to our team. If you'd like to join the team, use this link: <https://cnoy.org/register>. If you'd like to give directly to our team, go here: <https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=838440&langPref=en-CA>** Because you give, so can we! Thanks for your support.



You Are More Spiritual Than You Think

Join us after church on Feb. 10 at St. Aidan's and February 17 at Cadboro Bay to discover a variety of spiritual practices you could explore during Lent and beyond. **Members from St. Aidan's and CBUC are coming to display some brief information about spiritual practices that work for them and to let you know how you can explore these further.**

WALKING A LABYRINTH: Arlene Galloway Ford from St Aidan's will host walking different labyrinths in The Greater Victoria Area-one each week over the first four weeks of Lent. Come and try this activity as a contemplative experience for spiritual renewal.

GUIDED MEDITATION, BODY SCAN, AWARENESS AND BREATHING: This is an opportunity to experience a relaxing yoga-like meditation that helps you become aware of your body and its connection to your spirit. Noelle Lucas, a member of CBUC, has been practicing and teaching yoga for over 20 years. Noelle has offered to lead four meditation sessions during Lent on March 7, 14, 21 and 28 at 4-5 pm at CBUC. This meditation can be done sitting on a chair. Please contact CBUC office to register.

VIRTUE CARD MEDITATIONS: During Lent, Betty Doherty is offering to lead four introductory sessions on meditation using The Virtues Project (TM) Cards You can check out the website at www.virtueproject.com. Betty could be available Monday or Wednesday afternoons or Tuesday or Friday evenings. Please contact CBUC office to indicate interest and preferable time.

Spring Break Music Camp

Mar 18-22

with performances Mar 22 & 23

9am-3pm



Squash: The Musical

Grades 1-7

\$160.00/child

Jr. Leader Opportunities
for Youth in Grades 8+

Snacks included pls bring a lunch

During the camp you will...

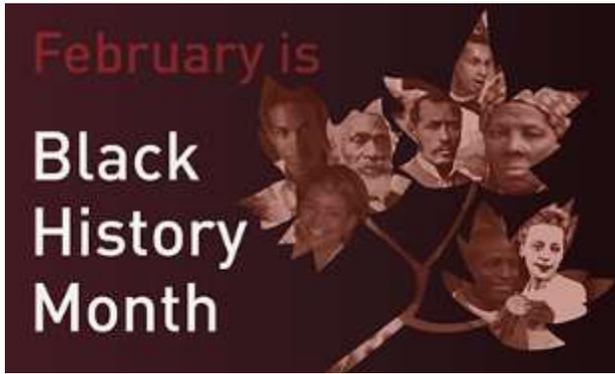
- ~ Create Set Design & Staging
- ~ Learn the Musical Score
- ~ Play Games
- ~ Go Swimming
- ~ Do lots of singing!

REGISTER @ CADBAYUC.ORG



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Sunday, 17 Feb 2019 - BLACK HISTORY OBSERVANCE at CBUC



Black Canadians is a designation used for people of Black African descent, who are citizens or permanent residents of Canada. ... The term African Canadian is occasionally used by some Black Canadians who trace their heritage to the first slaves brought by British and French colonists to the North American mainland.

In 1995, after a motion by politician Jean Augustine, representing the riding of Etobicoke—Lakeshore in Ontario, Canada's House of Commons officially recognized February as Black History Month and honored Black Canadians.

This service will be an opportunity to glimpse some of the magnificent history of a few of those Canadians and **Permanent Residents of African descent who've made contributions to this country through word and song shaped by faith, love, despair, trust and hope.**

For a different glimpse of Black History, consider joining the members of The Great American Song Book Trio (Kelby MacNayr, Joey Smith and Louise Rose) in their observance of Black History Month at 1:30PM on Saturday, **the 16th at Hermann's Jazz Club, 753 View Street.**

Tai Chi Chih

Tuesday Tai Chi is open to everyone who would like to practice a meditative way of moving. The form followed is Tai Chi Chih which has twenty soft, fluid, rounded, balanced movements which are easy to learn. Some of the benefits attributed to regular practice of this art are improved breathing and circulation, reduced blood pressure, increased relaxation, tranquility and serenity, reduced stress and tension, increased flexibility, strength and endurance, improved balance, coordination and grace, improved concentration and attention as well as increased confidence and awareness. We start at 9:30 and work for approximately 1 hour. Come and see if it will work for you. You are not expected to be there every week and you do not need to have any previous experience. It begins on January 29th and continues every Tuesday until June.



Intercultural Mini Workshop

Sunday Feb 10th following worship and lunch @ CBUC campus

Join us for the 5th in this series of Intercultural Awareness and Understanding. Julie Ng is our facilitator who brings an abundance of experience and insight in the area of Intercultural issues.

Following worship we will share in a light lunch for Soup Sunday and continue our intercultural exploration. Whether you have been to any of the previous sessions or not, you are welcome to attend. This month we will continue to discuss the Culture of Canada utilizing the Cultural Iceberg model. You are welcome to join whether you have been a part of a workshop before or not. This workshop is in itself an intercultural experience.



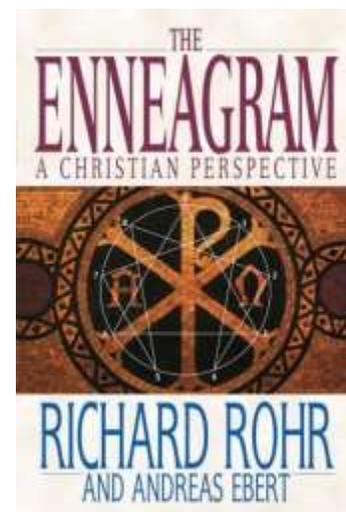
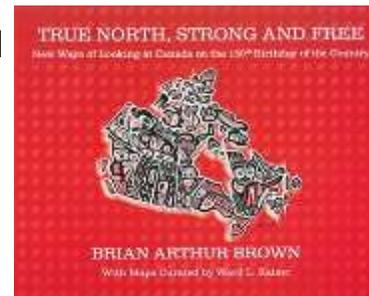
Library News for February 2019

Calm in the midst of the storm is the theme for the congregation in February. Where will **it lead us, especially in today's societal storms? This month we are also continuing to** ponder the ideas in the Who is My neighbor series and The Massey lecture studies which highlight two of our collaborative congregational core values. Two more topics of importance to be highlighted in February are the special service lead by Louise Rose on Black History (February is Black History Month) on February 17th and the Enneagram Workshop on February 8-9.

The books to be highlighted this month deal with neighbours and our relationship to them, ways of implementing change in a new way and discovering who we are by the enneagram. *True North Strong and Free* by Brian Arthur Brown, encourages Canadians **to look at Canada in a new way that introduces them to fellow Canadians they don't** really know. The novel *The Heaviness of Things that Float* by Jennifer Manuel captures the dilemma of those who wish to be accepted by another culture without truly **understanding what that entails. Srdja Popovic's book, *Blueprint For Revolution*, is "a** handbook for anyone who wants to effectively (and peacefully) improve their **neighbourhoods, make a difference in their community , or change the world".** Finally, *The Enneagram, A Christian Perspective* by Richard Rohr and Andreas Ebert is a good reference for those interested in how the Enneagram works.

For the children, a new library book, *The Orange Shirt Story* by Phyllis Webstad and illustrated by Brock Nicol helps them to understand why the Orange Shirt Day is important to the First nations People and fellow Canadians who are trying to support them. Finally, the book, *Pride, Celebrating Diversity & Community* by Robin Stevenson helps children to celebrate differences with their family and neighbours.

Three new books have been added to the Library in January, - come and check them out. If you have finished reading the book you have signed out bring it back for someone else to read and take out another one.



Annual General Meeting - Sunday Feb 24th

Our annual congregation general meeting date has been set by Council as Sunday February 24th following a shortened worship service. This is an opportunity for the congregation as a whole to ask **questions of its leadership, to review the year's activities, financial reports and budgets for the 2019 year.** It is also the time when gratitude is offered to those who have served in leadership and those who have offered themselves to be nominated to new positions. Annual reports will be available online around Feb 10th and there is a sign up list for those who need a paper copy. A light lunch of muffins, cheese and fruit will be available as well as childcare to enable all to attend. There will also be a motion to affirm and accept the vision statement *From Neighbourhood to Regional: A new Platform for a 21st Century Church* . You can access this statement online as well. Mark the date on your calendar now.



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Spring Break Music Camp Monday March 18 – Friday March 22nd

The date is fast approaching for our annual Spring Break Music Camp! This year our musical is entitled “*Squash: The Musical*” A journey unfolds of love and friendship, loss and new life when a child befriends a butternut squash. Full of humour, gentle wisdom and insight and a look at intergenerational relationships, this play is sure to move young and old alike. The score is peppered with songs from a variety of decades that will leave everyone humming and singing long after the performances are done.

The camp runs each day from 9-3, Monday thru Friday March 18-22. Cost is \$160 per child. This camp is open to children in Grades 1-7 (with a Jr Leaders opportunity for those older than this.) We will spend time learning the script and the score, creating elements of the set, engaging drama techniques and learning about friendships and ourselves. Registration is available online at cadbayuc.org and brochures for you to distribute to neighbours and friends are in the entrances at both doors.

Performances will be on the Friday and Saturday nights, March 22nd & 23th starting at 7 pm. We hope you can join us for these performances and support the children as you have in the past. Admission is by donation. If you are wanting to help in any way, we will be once again be in need of cookies (no nuts, choc chip and sugar cookies are the favourites), drivers one way to the pool on Wed afternoon and someone to greet and hand out programs at the door on the day of the performances. Let the office know if you wish to help in any of these ways.



Spring Break Music Camp **Mar 18-22**
with performances Mar 22 & 23
9am- 3pm

Squash: The Musical

Grades 1-7
\$160.00/child
Jr. Leader Opportunities for Youth in Grades 8+
Snacks included pls bring a lunch

During the camp you will...

- ~ Create Set Design & Staging
- ~ Learn the Musical Score
- ~ Play Games
- ~ Go Swimming
- ~ Do lots of singing!

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When God was Flesh and Wild.

A workshop with Bob Haverluck Wed Feb 6th @ CBUC

Session 1 9:30 – 12 noon

Session 2 1: 00 – 3:30

Thurs @ Cordova Bay UC Session 3 9:30-12 noon

Each session stands on its own and you can attend any one or all three. Each session is \$10 and you can pay at the door. You are invited to bring a bag lunch with you for the Wednesday sessions and beverages will be provided.

Here is an example of the imagination of Bob Haverluck as he pens a new legend about St. Francis, the **patron saint of animals....**

*“On one of his travels, Francis rode
into a village on the back of a large pig.
They stopped in front of the big house
with a huge flower garden - a garden the pig would enjoy immensely.
As the motley strangers came through the gate, the owner shouted from the
window,*

“Get the hell out of here!”

*As Francis replied, “Hey, maybe that is why I came
[to get rid of bad behaviour that makes life hell for creation]” the window
slammed shut.*

*But soon an old woman working in her little garden
welcomed in this stranger with the pig.*

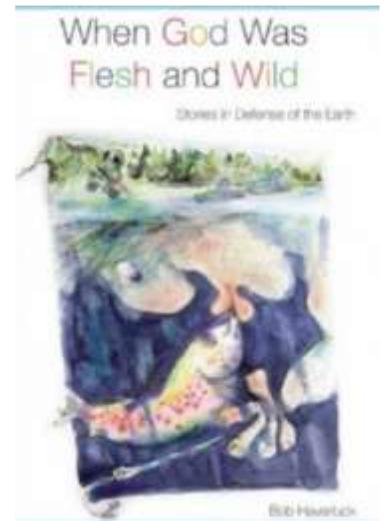
***Before long, Francis was sitting in the village square, singing of the Creator’s passion
for all the creatures of creation.***

Especially the least, those counted last or not at all.

***Many of the villagers realized, “This is the famous Francis!” The homeowner who had
chased away Francis and the hairy swine came up to Francis and whispered,
“I want to apologize, I didn’t realize who you were.”***

“No need to apologize to me,” smiled Francis. “But you should apologize to the pig.”

*Imagine the magnitude of the apology we humans owe the creatures of this planet.
Of course, any apology worth its salt is a beginning of seeing and doing things differently.*



Soup Sundays

Continuing over the next 2 months our Soup Sundays will happen on the 2nd Sunday of the month to coincide with Intercultural Workshop. But whether you are attending those or not, you are invited to attend these lunches. A light lunch of homemade soups and buns are available in the hall, at no cost and you are invited attend and invite a new friend in the congregation to join you so you can have a longer conversation over a meal. Vegan and Gluten Free options are always included in the choices.

Worship committee takes responsibility for hosting these lunches and they welcome any soup makers who would like to provide one of the two soups, to contact Sarah Porter. Help with clean up is also always appreciated.

Enneagram Workshop February 8 & 9

Friday Feb 8 from 7-9 pm Saturday Feb 9 from 9:30 am – 3:30 pm

Cost: \$40 per person \$15 for students or low income (*includes handouts, Lunch and refreshments*)

Register online or sign up in the Narthex

The Enneagram is a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling and acting. These patterns determine what individuals of each personality type pay attention to and how they direct their energy and behaviour. In addition, each of the nine patterns is associated with an underlying motivational energy which helps to explain why we do what we do. Discovering your enneagram personality type can help you bring positive change into your life by providing practical tools for navigating your everyday life. It can give you insights into your self and others and can help each of us to live more fully connected to the essence of who we are. The Enneagram was first and foremost a spiritual tool and as such offers us powerful assistance in integrating the spiritual and personal aspects our lives.



Friday evening we will use the tool to find out what number on the Enneagram you are and the basics of the pattern **as they apply to you. If you did the mini workshop last year, this will be similar and a reminder if you've forgotten.** Saturday, we will dive deeper into the Enneagram learnings and insights as they apply to understanding ourselves in relationship to others (partners, parents, children, grandchildren and friends). Understanding these dynamics can be key to changing long standing patterns that may no longer be serving us well.

Lunch will be served and advance registration is required so we know what materials and food to prepare. You can register online (cadbayuc.org) or sign up in the Narthex or give the office a call. Presenter: Catherine Fouracre M.Ed, MCC, RCC Catherine has been studying the Enneagram for over 20 years. She is a Registered Clinical Counsellor and Workshop presenter.

Mark's Sabbatical 2019

The United Church of Canada provides for Ministry Personnel to have a sabbatical time of renewal every 5 years. While Mark was eligible for it last year, he delayed it to this year due to the timing of the reVisioning process. His leave begins March 1st and will run to the 5th of June. He will be back for the remainder of June as a time to meet with working groups, staff and council to set program and theme directions and get updated on what new steps will be integrated in the fall of 2019. He will then finish his time away with his holidays for the month of July coming back in August to integrate into what has happened while he was away with what he learned on sabbatical. In the March newsletter there will be an outline of some of the activities, study and research that he will be engaged in as well as a blog link for those who may want to follow his learning and travels along the way.

During his time away, Margaret Harper's hours have been increased to 20 hrs per week to cover some of Mark's responsibilities but not all. She will coordinate worship and preach for about half of the Sundays with guest preachers filling in for other weeks. She will attend council meetings, some of the working groups, and attend to some of the administration. Some of her pastoral care responsibilities will continue and some will move to the Pastoral Care committee. Other parts of Mark's work, like study groups, will be picked up by volunteers and some elements will have a furlough in his absence. Margaret will be available for emergency pastoral care as well and regular office hours will be posted during his time away so you know when Margaret is available. We are deeply grateful that Margaret is able to fill in during this time to provide continuity. We are also blessed with a number of retired clergy and competent lay folks who can lead and minister during Mark's time away as well.

Exploring Amalgamation Working Groups

In January, 3 working groups got underway to research, consult, dream and plan for the various dimensions of the Visioning paper of moving to a regional church. The areas that each are exploring have focus but there is also

tremendous overlap that will require them to be communicating with one another and working in a flexible way. The following is an excerpt from the Vision paper of some of what the working groups will be focusing on:

- Establish 3 primary working groups with subgroups emerging. Each group will also need to pay for resources (staff, consultants, studies, etc) to help facilitate and attend to specific steps along the way that require history, skill and competence in those areas
 - One for Pragmatic organizational dynamics of potentially merging two congregations;
 - I. Issues of governance, finance, worship, small groups, fundraising, staffing, outreach, administration,
 - II. Establishment of small group ministry and making the transition to a new model
 - III. Addressing the anxieties and communication needs for current members and stakeholders
 - IV. Integration of intercultural programs and staff
 - V. Integration of reconciliation programs and initiatives
 - VI. To articulate a name for this new ministry entity
 - VII. To articulate and help establish diverse streams of service, ministry and entry points for both those who have historically supported and been nurtured by the present model of church as well as for those who have not found ways to connect and be supported in the past.
 - One for assessing the assets we have and ways they can be faithfully leveraged;
 - I. researching and analyzing what the financial and community value of the properties are
 - II. investigate what the potential and possible uses might for the current assets the amalgamated community of faith would currently have
 - III. uncover what restrictions or limitations there may be to the various assets and ways they can be leveraged
 - IV. proposing a regional location with needed qualities that might serve the future needs of the amalgamated community of faith and its programs;
 - V. discerning the wisdom of building or leasing for the future
 - VI. discerning the use of current properties in the larger vision and plan
 - VII. interfacing with the social enterprise and pragmatic working groups to see what needs they have articulated in relation to space and asset use and development
 - VIII. connecting with and listening to the needs and articulated visions of neighbourhoods, district of Saanich and other partner groups
 - One for exploring social enterprise opportunities.
 - I. Discern what needs and values it will address
 - II. Developing a strategic and viable business model
 - III. Provide projections for 5 year income goals and economic model
 - IV. Articulation what difference it will make in the lives of individuals and the community

...More on next page

Exploring Amalgamation Working Groups Continued...

For you information, the people working on the three working groups are as follows

Pragmatic Organizational Considerations:

Kathryn Berge	- Susan Draper
Katy Nelson	- Trish Schiedel
Tony Smith	- Margaret Harper (small groups)
1 more appointment in process	

Asset Management and Resource Development:

Jennifer Coulter	- Anne Churchill
Clare Attwell	- Gordon Robinson
Kevin Sing	- Colin Booth
Kelly Orr	

Social Enterprise:

Scott Morrice	- Sylvia Campbell
Bill Fosdick	- Julie Ng
Ron Fisher	- Jean Margison
Sarah Bowder	- Paul Malnarich

These working groups also have Ministry staff attention where needed and external consultants hired to support as needed too.

Dates to Remember

Feb 3	10:00am	First Fruit Sunday - Bring some fruit for Our Place
Feb 6	9:30am & 1:00pm	When God Was Flesh & Wild - No Registration Required
Feb 8	7:00pm	Enneagram Workshop - Register @ cadbayuc.org
	7:00pm	Jr. Youth Group
Feb 9	9:30am	Enneagram Workshop Continues
Feb 10	11:00am	Soup Sunday
	11:00am	Young Adults
	11:30am	Intercultural Workshop
	7:00pm	Sr. Youth Group
Feb 18		Family Day - Office Closed
Feb 19	5:00pm	Family Fun Night
Feb 23	9:00am	Healing Pathways Practice Session
	7:00pm	Movie Night - <i>The Long Road to Justice</i>
Feb 24	10:45am	AGM
	11:00am	Young Adults

