

NEWS

THINGS TO BE A PART OF AT CiB



Guest Speaker Today

Rev. Jan Moody, M Div.



Welcome our friend and neighbor, Jan Moody, as she shared an inspiring message from The Book Of Genesis about the character, Hagar.

Today After Worship!

BOLD Speaking



Small speak tweaks can turn you into a powerful speaker very quickly. Our interactive session today, right after worship with free lunch, will help you deliver with great confidence once and for all, and we won't even have to say the word!



A Safe Space To Be Heard.

Pastor Ryan leaves two open appointments on his calendar every Thursday for anyone who would like to chat. No strings attached.

- Learn one physical move that makes your new confidence seem almost palpable.
- Discover your personal power points – not on the screen – on your body!
- Cure the “uhms”, “errrs”, and “ahhs” – your sure message blockers – once and for all.
- Figure out where your eyes should REALLY look. Angelina Jolie will show you.
- Work the room like a pro. You'll see how you need to move to deliver with power.
- Use your hands deliberately. Delete “Dreaded Hanger Disease”.
- Fix what you don't like about your voice type. Do you know it?
- Avoid the voice “Flat line”.
- Cure “Death by Podium”.
- Practice with communion words and benedictions.

Trust us, it won't be torture. Guaranteed laughs. You get BOLD speaker good KARMALS when you speak up, and you'll take home a mini-book of SPEAK TWEAKS.



Get more info at
churchinbethesda.org/chat.

THERE IS ~~NO~~ SUCH ~~A~~ THING AS A FREE LUNCH

Free food is distributed at 12:30 PM, Monday through Friday. No strings attached.
Get more info at churchnbethesda.org/lunch-program

Everyone Should Eat

If you are in need of meals, come to the back entrance of the church Monday through Friday at 12:30 PM for free food.



Get more info at
churchnbethesda.org/lunch-program.

MAY WE PRAY FOR YOU?

churchnbethesda.org/prayer

May we pray for you?

If you're celebrating something, we want to celebrate with you. If you're hurting, we want to carry that with you. Please visit our prayer page to share your requests with us.



Get more info at
churchnbethesda.org/prayer.

GIVE

Partner with us in our
good work in the world.

Generosity Is Worship

We invite you to partner with us in our good work by making a one-time or recurring donation. Your gifts enable us to be an even more engaging community.



Get more info at
churchnbethesda.org/cultivate.

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Get Updates

CiB sends out periodic updates to keep our community up to speed on all that's going on. Updates are available via email and/or text and you may unsubscribe at any time.



Subscribe today at
churchnbethesda.org/get-updates.

DINNERS

LET'S BE FRIENDS.

churchnbethesda.org/dinners

Let's Be Friends

If you are new to CiB, or even if you've been with us for a long time, we would love to make you dinner. There's not agenda rather than making new friends.



Get more info at
churchnbethesda.org/dinners.