

JANUARY 13 - 2025

If you are not a part of CCF's Friends and

Family Group page (this is a private page), please email adminccf@gmail.com so Dana can invite you to the group!

MLK Advocacy Event

Sunday, January 19th 12pm



"Are we a fitness center? Because as long as you come, you can get better. As long as you come, progress can be made And most of your learning is not done by the physical fitness trainers, but by other people who are working out at the gym at the same time as you... we learn from each other"

Life Encounter Group

Monday 1/13 | 6:30pm | Gathering Room

Women's Self-Defense Class

Tuesday 1/14 | 6pm-7pm | Great Room

Kaleidoscope Bible Study Wednesday 1/15 | 7pm | Zoom

Sunday Worship Service Sunday 1/19 | 10am | Sanctuary

MLK Day Advocacy Event

Sunday 1/19 | 12pm | Great Room - Rev. James Bady

WOMENS SELF-DEFENSE CLASS INSTRUCTION BY KRISTIN MALANDRUCCO

Developing self-awareness in emergency situations fosters strength, confidence, and resilience. Learn essential self-defense techniques rooted in Brazilian Jiu-Jitsu to better protect yourself. Attending the entire series is recommended but, it is not required.



January 14th Class 1: Standing Defense

Tuesdays • 6pm-7pm • Conference Room

January 28th

Class 2: Mount Escapes Class 3: Headlock Escapes

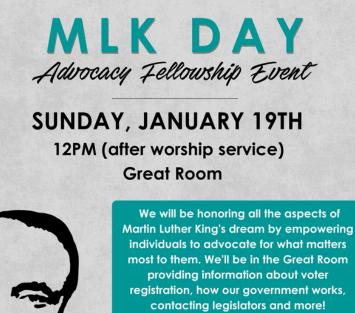
(for ages 13 years and up)

March 11th Class 4: Guard on the Bottom

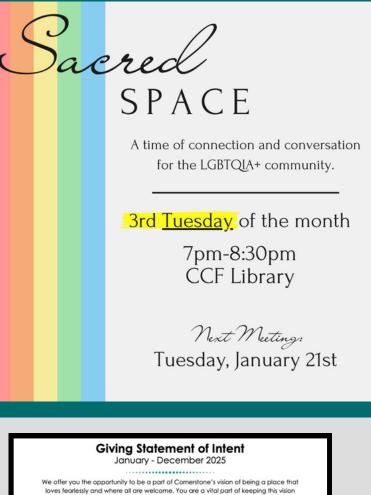
\$15 per class OR \$50 for all 4 classes







WE WILL PROVIDE SNACKS & DRINKS!







2025 STATEMENT

INTENT CARD Thank you for helping us plan



this year!

Sound Tech

our budget for

Meeded Camera operator

• Live Stream



Volunteers

- Email adminccf@gmail.com
 - STREAM

Powerpoint Slides
Photography



- From Sunday...
- Spotify Playlist of this week's Worship HERE



Watch Sunday's Sermon again HERE





<u>cornerstonewestchester.com</u>

