

Sup, Study, or Sup & Study!

We know that weekday evenings can be bursting with sports, activities, homework, meetings, and more. We want to offer a chance to slow down, refuel, and connect with one another. You are welcome to join us for dinner, or just slide in when class begins. We get it, we're busy too, and we're here to help!

Meal Information

Our kitchen team is fabulous but here are some ways you can help:

- **Sign Up and PAY in advance** – these meals are a delicious bargain, so go ahead, take the leap and pay in advance. You won't regret it, and you'll help us pay the grocery bills!
- **Talk to us about your allergies.** We understand, and we want everyone to be safe. Just let us know when you register, and then follow the special guidelines presented each week.
- **Offer to do the dishes!** The fun is in the preparation, the chore is in the cleanup. More volunteers will help the cleanup go faster!

Questions & Registration

For more information contact
Kelly Falck, Director of Faith Formation
kelly.falck@trinitycamphill.org or
717-737-9921
Register online at
www.timetosignup.com/trinitycamphill



trinity | camp hill
LUTHERAN CHURCH

Tentative Menu*

Oct. 4

Marinated chicken breast

Oct. 11

Ham & sweet potato casserole

Oct. 18

Lasagna

Oct. 25

Roast Pork

Nov. 1

Seafood Night

Cost of Meal each week:

Adults \$7

Children 6-12 - \$5

Children under 6 eat FREE

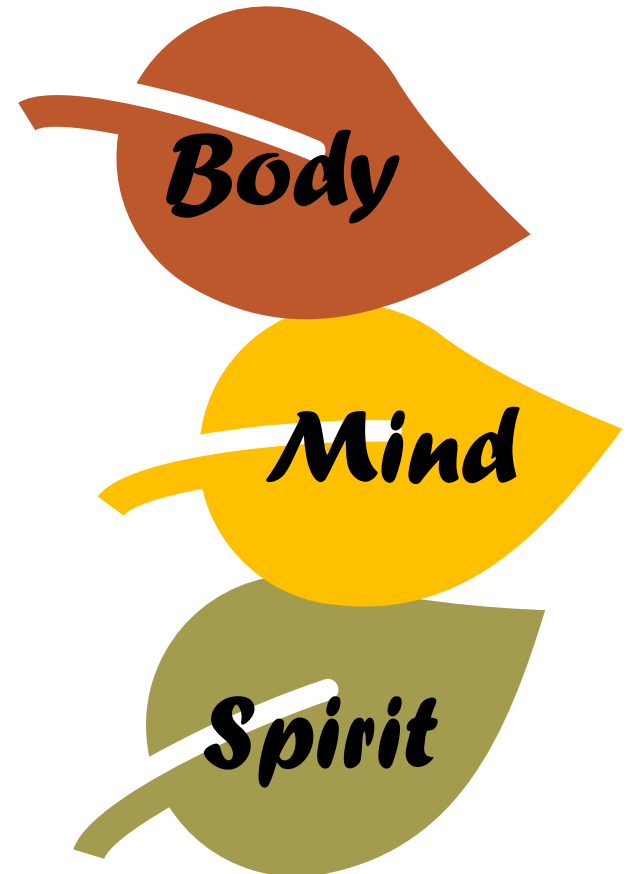
Cost per family capped at
\$20 per week

Pay online for the whole season at
www.trinitycamphill.org and click DONATE

**Menu subject to change at the Chef's
discretion. When registering,
please indicate any dietary restrictions.*

Fall 2017
Sup & Study

**Strengthened
to Serve:**



October 4, 11, 18, 25 & November 1



Strengthened to Serve

Join us this fall as we seek to discover ways to bolster our faith through BODY, MIND, SPIRIT. We will offer delicious meals prepared by Trinity's kitchen crew at 5:30 pm, followed by classes from 6:30 – 7:30 pm. Choose the class that most interests you! Children ages 10+ are invited to participate in one of the Body, Mind, Spirit courses with an adult companion.

Body Building God's Temple

Using the ancient art of Taiji, participants will learn the graceful rhythmic movements as gentle exercise to improve health by increasing alertness and body awareness, developing concentration and sensitivity, balance and posture and enhancing a sense of groundedness. Indeed our bodies are temples of God (1 Corinthians 3:16) and we are to take care of them.

Mind Growing in Knowledge

1. **NOOMA:** The popular NOOMA videos use Jesus' perspective to explore the world. Linda Horner will use these videos to spark our minds to think differently about our place in God's universe.
2. **Semper Reformanda** (Always Reforming): Trinity Pastors Horner and Brock offer insight into the Reformation and how it informs how we live our lives today.

Spirit Discovering God within Us

Learn how to connect consciously to Christ one breath at a time in this five-week series. Awaken the breath of God through Christian-based mindfulness practices. Understand better how connectedness to God creates positive changes and improves our wellbeing. Led by Deacon Marsha Roscoe, Director of Mission Interpretation at the Lower Susquehanna Synod.

Healthy Me! (kids age 3-10)

Exploring themes of healthy living in body, mind and spirit with new discussions and kid friendly activities each week. Classes are best geared to children age 3 to 10. Older children are welcome to attend one of the other courses with an adult companion. Nursery available for those under 3 by request.

Serving Together

On the last evening (Nov 4) our classes will be shortened so that we can all work together on a service project in Fellowship Hall. Tasks will be designed for all ages and abilities - you won't want to miss it!

New Member Orientation Course

New this season! Trinity's New Member Orientation Course will take place during Sup & Study. If you or someone you know is considering becoming a member of Trinity, this is the place to start!

WEDNESDAY, October 4

6:30 – 7:30 pm, Library

WORSHIP: Word & Sacrament: Baptism, Communion in the Lutheran church

WEDNESDAY, October 11

6:30 – 7:30 pm, Library

WORSHIP: Exploring Music & Liturgy in our traditional and contemporary services

WEDNESDAY, October 18

6:30 – 7:30 pm, Library

CONNECT: Trinity's relationship with Lutherans around the world

WEDNESDAY, October 25

6:30 – 7:30 pm, Education Wing

CONNECT: Ways we connect people with God & Others - Children & Families, Youth & Students, Adults and more!

WEDNESDAY, November 1

6:30 – 7:30 pm, Library

SERVE: Working together as God's Hands

Weekend of November 4 / 5

Be received as New Members at your choice of Worship Service

