

APRIL WEDNESDAY NIGHT

SMALL GROUPS

TO SIGN UP [CLICK HERE](#)

WRITING

LED BY MARY EVELYN HOLLOWAY

IN THE LIBRARY

This group was so beloved during Lent we just had to bring it back! Come together and learn different ways to write as a form of prayerful reflection. Led by Mary Evelyn Holloway, we will discover how writing can become a ritualistic practice that brings us closer to God, closer together, and closer to learning more about ourselves.

YOGA

LED BY JOANNA HARDY-WEST

IN THE COURTYARD (WEATHER PERMITTING)

Join us for some much-needed movement and relaxation after a busy season! Bring your own mat or towel and comfortable clothing. Weather permitting, we'll gather in the courtyard after dinner. Otherwise, we'll be in the Loft. All ages and skill levels are welcome. If you have any questions, feel free to email Joanna at jkathardy@gmail.com.

THEOLOGY, IDENTITY, AND ME:

AN AFFIRMING STUDY OF GENDER, SEX, AND HUMAN SEXUALITY

LED BY OPEN TABLE

IN THE IRL CLASSROOM

Open Table invites you to join their group this month to discuss and learn more about affirming theology with a lens for diverse gender identities, expressions, and sexual identities.

WEDNESDAY, APRIL 10
OLD FAITHFUL HYMNS SING-A-LONG
LED BY SANDY LAWRENCE
IN THE SALT CLASSROOM

"When we sing to God in heaven, we will find such harmony." Come and join us as we sing beloved hymns from our past and present. Led by Sandy Lawrence, an experienced musician and music educator, you're invited to join the circle and sing or bring your instrument from home to play and follow along as the group creates music together. Let's make a joyful noise!

WEDNESDAY, APRIL 17
COMMON MEDICAL PROBLEMS AND TREATMENTS FOR THOSE 65 AND OLDER
LED BY DR. RICHARD D. DESHAZO
IN THE SALT CLASSROOM

Dr. deShazo served as the former host of the weekly, state-wide doctor call-in show, *Southern Remedy*, for Mississippi Public Broadcasting. While there, this show won a regional Emmy Award. He is also a geriatric-geriatrician and will give a brief presentation on "Common Problems and Treatments for Seniors" and take your questions.

Dr. Richard deShazo and his wife, Gloria, are members of First Church and moved here from Jackson, Mississippi where he was Professor of Medicine and Pediatrics for the last 20 years. He is now an Adjunct Professor of Medicine at UAB in the Department of Medical Education.

WEDNESDAY, APRIL 24
DEMYSTIFYING THE SCIENCE OF NUTRITION
LED BY DR. AMY GOSS
IN THE SALT CLASSROOM

Come learn the science behind how nutrition influences our metabolic health with Dr. Amy Goss, Assistant Professor of Nutrition Sciences at UAB and a Registered Dietitian. Dr. Goss has years of experience in Nutrition Science and hopes to bring more clarity and understanding to the science of nutrition.

ONGOING SMALL GROUPS

CITYKIDS & MDWK STUDENT MINISTRY

In the CityKids wing (2nd floor of the Education building)

Have you ever had to follow a rule that made absolutely no sense to you? Maybe it was a rule about what you could or couldn't wear, where you could or couldn't go, or who you could or couldn't spend time with. When some people think about God, that is what they think about — a list of rules miles long that don't seem important or relevant to their lives. But said there are only two rules that matter most: love God and love others as you love yourself. In this 3-week series on the book of James, we'll discover that the right rules can set you free!

OPEN TABLE

In the IRL Classroom (2nd floor of the Education building)

In this small group we will make space for an LGBTQ+ centered look at spiritual connections, the Bible, and faith through a combination of open discussion and guided conversations. This group is LGBTQ+ led and is open to all but will center around the LGBTQ+ community's experience.

CONVERGE

In the Parlor (bottom floor of the Office building)

Converge Midweek is an ongoing small group for young adults at First Church that is open and welcoming. We begin each meeting by checking in with one another and then have guided conversation on a variety of topics. Conversations can focus on books of the Bible, a video series, or a book series. There is no "homework" that needs to be done before attending. Just show up and know that you belong.

FIRST CHURCH CHANCEL CHOIR

In the Choir Room (Sanctuary building)

If you've been looking to join the First Church choir, now is your chance! Come and join us for practice as we meet each Wednesday evening to rehearse and prepare to lead in worship in the Sanctuary each Sunday morning.
