



News to Know

Refuge: Wednesday at 6:30

Worship at 6:30 in The Harbor. We'll be focusing on Jonah 2 this week.

Sunday Morning Small Groups

There's not a better way to invest in your faith on a Sunday morning than by joining a small group. We'd love to see you this week! We have groups that meet at 9:45 and 11.

Abounding Grace: Sunday at 4

All girls are invited to the Abounding Grace Bible study. This week, they are starting a new study on spiritual disciplines. Brittany Myers, our new girls' minister, and Margo Cupps will be leading. They would love to see you there.

Camp Fundraiser Meeting: February 8

If your student is attending camp and would like to participate in a fundraiser. We have an information meeting on February 8 after the 9:45 service in the Fellowship Hall.

Super Bowl Party: February 8

We'll be watching the game in The Harbor at 5:25. We're still looking for two more volunteers to help make soup. Let me know if you're available!

Senior Event: February 20-21

Our seniors will be attending the Pursue Conference at FBC Montgomery on Feb. 20-21. The cost is \$36. If your student wants to go, please let me know.

Refuge this Week

In Jonah 2, Jonah prays from inside the belly of the fish. His prayer reveals several truths about how God rescues us: you can't run so far that the Lord can't hear you; you can't mess up so badly that the Lord can't bring you back; you can't truly know the Lord and remain the same; you can't save yourself, you must trust the Lord; and you can't earn salvation, because salvation belongs to the Lord. The goal for our students is for them to stop running from the Lord but recognize that rescue is available.

Resource of the Week

This week's resource is titled, "Parents, Resolve to Rest." It can be found [here](#).



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