

BIG NIGHT OUT

Friday, Feb. 10

Big Night Out is a directed date night for couples of all ages on Feb. 10, combined with a kids' event at the church, 6:30–9:30 pm, in Building B. However, married couples are encouraged to participate whether or not they have children! Don't make plans. Just show up at the church at 6:30 pm to receive your instructions for the evening.

If you do have kids, please register by 5 pm on Feb. 8 by contacting the Church Office.

Health Screenings

Life Line Health Screenings return to Paramount on Monday, March 12. Life Line Screening is the leading provider of community-based preventative health screenings in the U.S., screening more than one million people every year for strokes, arterial disease, and osteoporosis.

Did you know that four out of five stroke victims had no apparent warning signs? Did you know that 80 percent of strokes are preventable?

Talk to your physician about Life Line Screening, then pre-register by calling 1-800-679-5192 (use priority code HSC6137). The cost for ultrasound screenings for stroke, heart rhythm, aortic aneurysm, arterial disease, and osteoporosis is \$149.

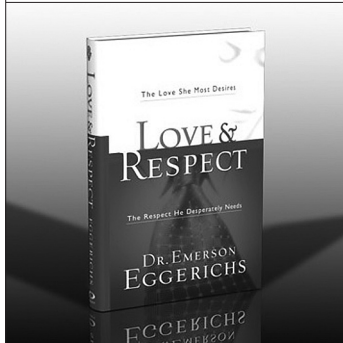
To learn more, call the Recreation Desk or contact Wade Cavitt (wade@paramount.org).

Wednesday LifeGroups for Adults Begin Feb. 1

Adult LifeGroups begin February 1 and include the following options:

- *Parenting Beyond Your Capacity*: A 5-week study for all parents, detailing ways to engage your family in exploring why a relationship with God matters (6:30–8 pm, Fireside Room, \$10, Leaders: Victor & Theresa Miller).
- *Overwhelmed by God*: This study examines Moses' interaction with God and drives home the realities of God's presence, absence, and power. What do you long for most: God's blessing...or His presence? (6:30–8 pm, Room A4, \$8, Leader: Aaron Groff).
- *Song of Solomon*: An 11-week study for both singles and married couples, teaching the biblical design for relationships. Topics include dating and courtship, marriage and intimacy, conflict resolution, and keeping romance alive (6:30–8 pm, Room A12, \$10, Leaders: Jeff & Debbie Jackson).

Advance registration (paramount.org/wednesday-lifegroups) is not required but is helpful. Contact Victor Miller (355-3396, victor@paramount.org) to learn more.



Love & Respect Marriage LifeGroup

A new Sunday-morning LifeGroup designed to deepen marriages begins in February. Based on the two essential ingredients for an ideal marriage (as taught in the book *Love & Respect* by Dr. Emerson Eggerichs) this DVD-and-discussion-based group begins Feb. 12 at

9:30 am in Room A236, led by Wade and Pam Cavitt. Cost is \$10 per workbook. One workbook per person is strongly suggested.

Advance registration (paramount.org/marriage-education) is helpful for this group. Contact Jeff & Debbie Jackson (marriage@paramount.org) for more information.

Pre-Marriage Course: Do you know anyone getting married? Tell them about "Prepare to Last," a weekend pre-marriage course at Paramount Feb. 17–18! Through "Twogether in Texas," participants get \$60 off their marriage license fee upon completing the course. Register by Feb. 15! Learn more at paramount.org/pre-marital.

GriefShare Resumes

GriefShare, a Christ-centered grief recovery support group, begins a new session on Tuesdays beginning February 7, continuing through May 1. The afternoon class meets 1–3 pm in Paramount's Room A22. An evening class meets 6:30–8:30 pm, also in A22. If you've lost a loved one in death, these meetings are for you. All sessions stand alone, are open to the public, and last approximately two hours. To learn more, contact Victor Miller (victor@paramount.org).



February 2012

- 1** GirlTalk • 9:30, 626 Café
Stretch & Balance • 4 pm, A3
626 Pizza Night • 6 pm, C150
Wednesday activities • Adult LifeGroups begin (see front for details)
- 2** Thursday Bread • 9:30 am, C158
Glory Singers • 11 am, Music Suite
Upward Practices • 6–8 pm, Gym
- 4** Upward Games • 9 am–1 pm, Gym
EXP • Regular Schedule
- 5** Regular schedule
Peebz Coach • 9:45 am
Purity 101 for parents • 9:45 am
OneVoice Choir • 5:30 pm, Music Suite
Youth Discipleship • 6:30 pm
- 6** Prayer Quilt Ministry • 1 pm, C160
Upward Practices • 6–8 pm, Gym
Recovery Group • 7 pm, C154
- 7** GriefShare begins • 1–3 pm, A22
Upward Practices • 6–8 pm, Gym
GriefShare begins • 6:30–8:30 pm, A22
- 8** GirlTalk • 9:30, 626 Café
Stretch & Balance • 4 pm, A3
Wednesday activities
- 9** Thursday Bread • 9:30 am, C158
Glory Singers • 11 am, Music Suite
Upward Practices • 6–8 pm, Gym
- 10** Big Night Out • 6:30–9:30 pm
(see front for details)
- 11** Upward Games • 9 am–1 pm, Gym
EXP • Fellowship meal night
- 12** Regular schedule
Love & Respect LifeGroup Begins • 9:30 am, A236 (see front for details)
OneVoice Choir • 5:30 pm, Music Suite
Youth Discipleship • 6:30 pm
- 13** Manna Ministry orders due • 1 pm
Prayer Quilt Ministry • 1 pm, C160
Upward Practices • 6–8 pm, Gym
"Friends for the Journey" • 6 pm, A200
Recovery Group • 7 pm, C154
- 14** GriefShare • 1–3 pm, A22
Upward Practices • 6–8 pm, Gym
GriefShare • 6:30–8:30 pm, A22
- 15** GirlTalk • 9:30, 626 Café
Stretch & Balance • 4 pm, A3
Wednesday activities
- 16** Thursday Bread • 9:30 am, C158
Glory Singers • 11 am, Music Suite
Upward Practices • 6–8 pm, Gym
- 18** Upward Games • 9 am–1 pm, Gym
EXP • Regular Schedule
- 19** Regular schedule
Children's Discovery Class • 9:45 am
OneVoice Choir • 5:30 pm, Music Suite
Youth Discipleship • 6:30 pm
- 20** Prayer Quilt Ministry • 1 pm, C160
Upward Practices • 6–8 pm, Gym
Recovery Group • 7 pm, C154
- 21** GriefShare • 1–3 pm, A22
Upward Practices • 6–8 pm, Gym
GriefShare • 6:30–8:30 pm, A22
- 22** GirlTalk • 9:30, 626 Café
Stretch & Balance • 4 pm, A3
Wednesday activities
- 23** Thursday Bread • 9:30 am, C158
Glory Singers • 11 am, Music Suite
Upward Practices • 6–8 pm, Gym
- 24–26** Fiix DNow • See sidebar at right
- 25** Upward Games • 9 am–1 pm, Gym
Manna Ministries food distribution • 9–10 am, Building C
EXP • Regular Schedule
- 26** Regular schedule
Children's Discovery Class • 9:45 am
OneVoice Choir • 5:30 pm, Music Suite
Youth Discipleship • 6:30 pm
- 27** PreK Parent/Teacher Conferences
Prayer Quilt Ministry • 1 pm, C160
Upward Practices • 6–8 pm, Gym
Recovery Group • 7 pm, C154
- 28** GriefShare • 1–3 pm, A22
Upward Practices • 6–8 pm, Gym
GriefShare • 6:30–8:30 pm, A22
- 29** Stretch & Balance • 4 pm, A3
Wednesday activities



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Fiix DNow

Attention, all 5th & 6th graders (and parents)! Paramount's Fiix DNow weekend is Feb. 24–26. In it, groups of participants will stay in host homes with one college leader and one high school leader. Large-group sessions will be led by Anthony Watt and Kristi Greenway, with worship led by the 626 Praise Band. The theme is "Whatcha doin'?" and will cover purity in every aspect of life.

Cost for the weekend is \$30. Sign up in the Peebz or Fiix foyer.

Host homes are needed! If you can help, contact chad@paramount.org.

Camp KidJam

All kids entering grades 3–6 next year can be a part of Camp KidJam, July 23–26. Cost for this fun and spiritually impactful event is \$270, with a \$50 deposit due by April 1 to guarantee your spot (the remaining balance is due by May 20).

Camp packets with more information and registration forms are available in the Peebz and Fiix foyers. Contact Dennis (dennis@paramount.org) to learn more.

Did You Know? Throughout the month of February, Paramount's youth are raising money in 626 to buy a goat (or multiple goats) for villages in Africa.