



Date	Event
<b>2022</b>	
Saturday, November 12, 2022	Relaunch Prayer Breakfast
<b>January 2023</b>	
	<b>Fitness</b> - Weight Loss Challenge Begins (approx. 6 months)
Tuesday, January 3, 2023	<b>Faith</b> - Spiritual Discipline of Prayer
Tuesday, January 10, 2023	<b>Faith</b> - Spiritual Discipline of Prayer
Saturday, January 14, 2023	<b>Zoom Call</b> - "Understanding the Benefits of Coaching" with Elder Keith Penn-Jones
Tuesday, January 17, 2023	<b>Faith</b> - Spiritual Discipline of Prayer
Tuesday, January 24, 2023	<b>Faith</b> - Spiritual Discipline of Prayer
Tuesday, January 31, 2023	<b>Faith</b> - Spiritual Discipline of Prayer
<b>February 2023</b>	
Sunday, February 12, 2023	<b>Fellowship</b> - Super Bowl Party
Sunday, February 19, 2023	<b>Fitness</b> - Cardiac Health Month Announcement & Blood Pressure Screenings
<b>March 2023</b>	
	<b>Fitness</b> - Spring Physical Fitness Challenge Begins
Saturday, March 25, 2023	<b>Family</b> - Role of a Husband/Preparing for Marriage
<b>April 2023</b>	
	Church Anniversary Month
<b>May 2023</b>	
	<b>Fitness</b> - May: Mental Health Month & Mental Health Symposium (date tbd)
	<b>Fitness</b> - Men's Bible Study Class for PATH Session 2: May thru July
Tuesday, May 2, 2023	<b>Faith</b> - Spiritual Discipline of Meditation
Sunday, May 7, 2023	<b>Fitness</b> - Blood Pressure Screenings
Tuesday, May 9, 2023	<b>Faith</b> - Spiritual Discipline of Meditation
Tuesday, May 16, 2023	<b>Faith</b> - Spiritual Discipline of Meditation
Saturday, May 20, 2023	<b>Fellowship</b> - Game Night (Chess, Cards, and Dominos)
Tuesday, May 23, 2023	<b>Faith</b> - Spiritual Discipline of Meditation
Tuesday, May 30, 2023	<b>Faith</b> - Spiritual Discipline of Meditation
<b>June 2023</b>	
	<b>Fitness</b> - National Men's Health Month
	<b>Fitness</b> - Summer Physical Fitness Challenge Begins
Sunday, June 18, 2023	<b>Family</b> - Father's Day
Saturday, June 24, 2023	<b>Family</b> - Day at an Amusement Park
<b>July 2023</b>	
	<b>Fitness</b> - July: National Minority Mental Health Month
Saturday, July 15, 2023	<b>Fellowship</b> - Fishing

Date	Event
<b>August 2023</b>	
Tuesday, August 1, 2023	<b>Faith</b> - Spiritual Discipline of Solitude
Sunday, August 6, 2023	<b>Fitness</b> - Blood Pressure Screenings
Tuesday, August 8, 2023	<b>Faith</b> - Spiritual Discipline of Solitude
Tuesday, August 15, 2023	<b>Faith</b> - Spiritual Discipline of Solitude
Tuesday, August 22, 2023	<b>Faith</b> - Spiritual Discipline of Solitude
Tuesday, August 29, 2023	<b>Faith</b> - Spiritual Discipline of Solitude
<b>September 2023</b>	
	<b>Fitness</b> - September: Prostate Cancer Awareness Month
	<b>Fitness</b> - Fall Physical Fitness Challenge Begins
Saturday, September 9, 2023 - Sunday, September 10, 2023	Men's Retreat
Sunday, September 3, 2023	<b>Fitness</b> - Prostate Cancer Screenings
Saturday, September 23, 2023	<b>Family</b> - African American Museum
<b>October 2023</b>	
Tuesday, October 3, 2023	<b>Faith</b> - Spiritual Discipline of Silence
Tuesday, October 10, 2023	<b>Faith</b> - Spiritual Discipline of Silence
Tuesday, October 10, 2023	<b>Fitness</b> - World Mental Health Day
Saturday, October 14, 2023	<b>Fellowship</b> - Bowling
Tuesday, October 17, 2023	<b>Faith</b> - Spiritual Discipline of Silence
Tuesday, October 24, 2023	<b>Faith</b> - Spiritual Discipline of Silence
<b>November 2023</b>	
	<b>Fitness</b> - November: National Diabetes Month
Sunday, November 5, 2023	<b>Fitness</b> - Blood Pressure Screenings
<b>December 2023</b>	
Saturday, December 9, 2023	<b>Family</b> - Blended Family Conversation
<b>2024</b>	
Sunday, February 11, 2024	<b>Fellowship</b> - Super Bowl Party
Saturday, May 18, 2024	<b>Fellowship</b> - Hiking
Saturday, July 13, 2024	<b>Fellowship</b> - Water Rafting/Tubing/Biking/Ziplining
Saturday, October 19, 2024	<b>Fellowship</b> - Paint Ball