

Calendar of Events

- Jan. 3 Church offices closed
- Jan. 4 Liberty Builders, 9 am, Warehouse (Tuesdays)
- Jan. 6 Liberty Crocheters, 9 am, A132
- Jan. 9 21 Days of Prayer begins
- Jan. 10 Heart Throbs Luncheon and Social, 11:30 am
- Jan. 11 Soul Survivors, 2 pm, Liberty Café
- Jan. 13 Liberty Crocheters, 9 am, A132
- Jan. 17 MLK, Jr. Day—church offices closed
- No Heart Throbs rehearsal
- Jan. 20 Liberty Crocheters, 9 am, A132
- Jan. 23 Life Track (www.libertylive.church/lifetrack)
- Jan. 24 Heart Throbs Rehearsal, 10:30 am, A132 (Mondays)
- Jan. 27 Games, Lunch, and a Movie* 10:30 am, A132
- Feb. 8 Soul Survivors, 2 pm, Liberty Café
- Feb. 9 A Matter of Balance: Managing the Fear of Falling, 9:30 am, A132* (Wednesdays through March 30)
- GriefShare** session 1, 6pm, A132 (Wednesday evenings through May 4)

* indicates sign up with Marie or Dani OR at www.libertylive.church/adults55

LIBERTY LIVE CHURCH

THE JOURNEY

A NEWSLETTER PUBLICATION FOR **ADULTS 55+** **JANUARY '22**



Join us for Games, Lunch, & a Movie on Thursday, **January 27**, beginning at 10:30 am in room A132. Lunch is at noon. Just coming to watch the movie? Arrive by 1 pm.

We will enjoy a pizza buffet, fruit salad, dessert and beverage. \$8.00 per person. And, of course, freshly popped popcorn at intermission!

Kevin Sorbo stars in and directs the 101 minute movie "Let There Be Light".

World-famous atheist Dr. Sol Harkens (Kevin Sorbo) delights in debating Christians. Isolated from his wife Katy (Sam Sorbo), his self-destruction culminates in a car crash that leaves him clinically dead for 4 minutes. The message from that experience challenges his convictions. Reluctantly leaning on his family's forgiveness, Sol struggles to find meaning in the words "Let There Be Light."

Sign up for lunch by January 23 online at www.libertylive.church/adults55 or with Dani or Marie at 757-826-2110.

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Soul Survivors

Gatherings are the second Tuesday of the Month at 2 pm in Liberty Café.

Soul Survivors... women and men who have lost their spouse or significant other. We are all looking to enjoy life again, and to enjoy it with others. Come join us; make new friends, find new interests. This is not a grief support group. Please contact Liberty about our next GriefShare sessions.

Our next Soul Survivors meeting is January 11.

Life Track

LIFE TRACK
DISCOVER YOUR PURPOSE

Life Track is designed to help you discover your purpose and to live the life that God created for you! You will also have the chance to learn more

about Liberty, and why we say, "It's not just church, it's life!"

Join us for lunch on Sunday, January 23 at noon in the Dining Hall.

Please register in advance at a Next Step Center or at www.libertylive.church/lifetrack

A Matter of Balance: Managing the Fear of Falling

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater.

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 12-14 participants led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

Marie Warren and Kathy Parsons (Certified Trainers) will facilitate this 8 week class beginning Wednesday, February 9, 9:30am-11:30am. Call Marie at 826-2110 for more information or to register. \$10 materials fee.



The Heart Throbs Adults 55+ Choir Luncheon and Social

The Heart Throbs will have a luncheon and social on Monday, January 10 at 11:30 am in room A132. Please RSVP by January 6 to Marie Warren at 757-826-2110.