

# COVID Update (posted 11/8/20):

### LIFE Groups/Sunday School:

MBC currently has several adult Sunday morning LIFE groups/Sunday School classes gathering at 9am. Most meet in our building, but several offer the opportunity to Zoom in from home. Please contact the church office for more information on which group might best fit your needs. All adult classes are currently studying the workbook *Discovering the Christian Life* which pairs with our current sermon series. High school and middle school students are learning to study the Bible more closely using the book of Ephesians. We hope to begin offering Sunday School for elementary-age children sometime starting in January 2021.

#### Worship Service:

MBC returned to one main worship service at 10:30am on Sunday mornings. We offer childcare for infants and toddlers and Children's Church for elementary-age children during this time. Parents may check-in children starting at 10:15am (prior to the beginning of the service) at the check-in desk in the Children's Wing of the building.

#### Wednesday evenings:

On Wednesday evenings, we offer Bible studies for men and women, along with programs for children and students from 6:15-8pm.

## During the week:

We offer free fitness classes for women on Mondays, Tuesdays, and Thursdays! Mondays at 4:30pm and Tuesdays at 9am are heartrate raising STEP/Cardio classes. On Tuesdays from 9-10am, the program is a stretching and strength workout. All ladies ages 14 and up are welcome and all equipment is provided.

We also support several local organizations such as Manna House, the North Texas Food Bank, Mentors Care, BESTWA, and the Venus Prison Ministry throughout the year with various events and service projects.

# We would ask people attending any of our programs to practice social distancing and wear a mask as they enter and/or walk around the building. However, masks may be removed when seated.

For any questions regarding this information or for help getting connected to a group that meets your needs, please call (972-723-0002) or email (info@midlothianbible.org) the church office.