

# The Beacon

April 7 & 8, 2018



# Welcome to Shalimar UMC

We are so glad you've chosen to worship with us this week! Hearing assistance devices are available for the Sanctuary. Please see an usher to obtain these aids. Enjoy fellowship, coffee, and snacks in the Family Life Center Gym between worship services.

## Our Vision

Christ-centered, multigenerational, family and community relevant ministries through worship, discipleship, and mission.

## Our Mission

**REACH, TEACH, and SEND**

We **REACH** out to our congregation, community, and the world to **TEACH** the word of God as provided in the Holy Scripture, and **SEND** our members and missionaries to be witnesses to God's grace and His promise of eternal life to us through the death and resurrection of Jesus Christ.

## Worship Services

### Break Free

Our Saturday evening service begins at 6:00 pm in the Family Life Center. This transformational service involves modern music, multimedia, and a style of preaching that is practical and participatory.

### Traditions

At 8:00 and 11:00 am Sunday mornings in the Sanctuary we celebrate through the rich traditions of our faith such as hymns led by organ and piano, seasonal vestments, and traditional Methodist liturgy. Our Chancel Choir leads the 11:00 service.

### Connect

At 9:30 Sunday mornings in the Sanctuary we engage in a four-fold service of gathering praise, service of the Word, Holy Communion with candle stations for prayer, and sending forth. The music is a blend of contemporary praise songs and upbeat hymns.

### Freedom

At 11:07 Sunday mornings in the Family Life Center Gym we worship through modern music, multimedia, and a teaching style message in a non-traditional atmosphere. We come to God as we are to experience the freedom of not having to stay that way.



# 8:00 Traditions Worship Service

<b>Prelude</b>		Mary Jo Horner and Joel Lane <i>Because He Lives</i>
<b>Community Life and Celebrations</b>		Rev. Faith Parry
<b>Hymn of Praise</b>	<i>Easter People, Raise Your Voices</i>	Hymn No. 304
<b>Affirmation of Faith</b>		Hymn No. 881
<b>Gloria Patri</b>		Hymn No. 70
<b>Morning Prayer</b>		Rev. Brian Dale
<b>Offertory Hymn</b>	<i>What a Friend We Have in Jesus</i>	Hymn No. 526
<b>Offertory Prayer</b>		Dr. Brad Bradford
<b>Giving of God's Tithes and Our Offerings</b>		Joel Lane <i>Glorify Thy Name</i>
<b>Doxology</b>		Hymn No. 95
<b>Sermon</b>	<i>The Unforgettable Message</i>	Dr. Philip McVay
<b>Hymn of Response</b>	<i>Spirit of the Living God</i>	Hymn No. 393
<b>Holy Communion</b>		
<b>Closing Prayer</b>		Rev. Brian Dale
<b>Closing Song</b>	<i>God Bless America</i>	
<b>Postlude</b>		Mary Jo Horner and Joel Lane

2nd Sunday of Easter  
Parament colors - White



**NEXT**  
STEPS

**Sunday, April 22nd | 12:30 pm | FLC Rm 106**  
**Lunch is our treat!**

Join us for an informal gathering for those who want to see who they are, what we believe, and what your Next Step might be. Whether you're new to Shalimar UMC or you've been attending awhile.

# 11:00 Traditions Worship Service

<b>Prelude</b>		Mary Jo Horner and Joel Lane <i>Because He Lives</i>
<b>Community Life and Celebrations</b>		Rev. Brian Dale
<b>Hymn of Praise</b>	<i>Easter People, Raise Your Voices</i>	Hymn No. 304
<b>Sermon</b>	<i>The Unforgettable Message</i>	Dr. Philip McVay
<b>Hymn of Response</b>	<i>Spirit of the Living God</i>	Hymn No. 398
<b>Affirmation of Faith</b>		Hymn No. 881
<b>Gloria Patri</b>		Hymn No. 70
<b>Morning Prayer</b>		Rev. Brian Dale
<b>Offertory Hymn</b>	<i>What a Friend We Have in Jesus</i>	Hymn No. 526
<b>Offertory Prayer</b>		Dr. Brad Bradford
<b>Giving of God's Tithes and Our Offerings</b>		Rejoice
	<i>Above All</i>	
<b>Doxology</b>		Hymn No. 95
<b>Holy Communion</b>		
<b>Closing Prayer</b>		Rev. Brian Dale
<b>Closing Song</b>	<i>God Bless America</i>	
<b>Postlude</b>		Mary Jo Horner and Joel Lane

No Children's Church on Communion Sunday

## Ministerial Staff

Dr. Philip McVay - Lead Pastor

Rev. Brian Dale.....	Executive Pastor
Rev. Faith Parry.....	Connection Pastor
Dr. Brad Bradford.....	Worship Pastor
Ben Savage.....	Worship Ministries Associate
Karen Jadin.....	Preschool Director
Dawn Rozofsky, Jen Leibold.....	Interim Children's Co-Directors
Kim Margold.....	Program Director
Jason Theriault.....	Interim Youth Director

# Serving Sunday, April 8, 2018

<b>Altar Care</b> .....	Pat Brantley
<b>Communion Preparer</b> .....	8:00 Jill Dickey 11:00 Susan Daugard
<b>Communion Servers</b> .....	8:00 Russ & Polly Schambeau
.....	9:30 Denise Bowen, Rhonda Bradford, Cheri Penas, Barbara Zipfel
.....	11:00 Joyce Kiser, Alexis Tibbetts, Laurel Tovrea
<b>Connection Table</b> .....	9:00 Beth Russell, Sandy Kocanowski
.....	10:30 Lynne Stefanik
<b>Flower Delivery</b> .....	Phil & Corrine Richter
<b>Greeters</b> .....	8:00 Jenny Shim, Constance Newhouse
.....	11:00 Beth Russell
<b>Pew Care</b> .....	Pat Gross
<b>Prayer Room</b> .....	8:00 Bev Bain 9:30 Rhonda Keller
.....	11:00 Frank & Jeanne Purdy
<b>Sorters</b> .....	8:00 Jeanne Rief, Patricia Payne
.....	9:30 Suzy Chapman, 11:00 Beth Russell, Charley Dyess
.....	11:07 Ron Garriga, Larry Wood
<b>Ushers</b> .....	8:00 Basil Bethea, Frank Brooks, Martha Gorecki, Don Schambeau
.....	9:30 Sue Langdon, Casey Brennan
.....	11:00 Charley Dyess, Beth Russell, Barry Steiner, Tom West
<b>Westwood Driver</b> .....	Josh Kiser

## Permanent Endowment Fund

How long has it been since you updated your will? Does it carry out your wishes? You may have considered leaving something to your college or favorite charity. Have you considered the SUMC Permanent Endowment Fund for a gift that keeps on giving? For more information, call the Church Office, 651-0721.



## Pastor's Class

Join us in FLC Room 106 each  
Wednesday at 6:00 pm

### After Hours Emergency

#### Pastoral Assistance:

Dr. Philip McVay (850) 607-1133  
Rev. Brian Dale (404) 597-6242  
Rev. Faith Parry (850) 420-9888

Text to Give  
850-203-3057

# Philip's Focus

## Easter Reflections, Unforgettable Message, ALL IN

We move into this week basking in the glow of a wonderful Easter Weekend! Our church really had a great spiritual impact on so many people this past week. Shalimar is blessed to have a congregation that can rally together, give their all for particular areas of service, and contribute to the building up of God's Kingdom. We are blessed indeed!

This support for Shalimar's Ministry comes in tandem with both laity and staff. Our lay leadership has been unbelievable so far this year! Our elected leadership is "stepping up" to the challenges and seeking to bring out the best in our church both now and planning for the future. We have volunteers serving with passion and "answering the bell" to respond to needs and opportunities when they emerge. I'm grateful for all the laity who serve in leadership roles and countless volunteers that keep everything going forward in a positive direction.

Our staff has also functioned at a higher level so far this year. Let me brag on our staff. As the Shalimar campus has been "buzzing" with relentless activity our staff makes so much happen each week! All of the worship, programs, and activity require the active planning and coordination of our staff doing their job and going the extra mile. Our staff is exceptional and also gets along with the congregation, each other, getting things done, and making things happen!

As we move forward, the Easter message of resurrection goes before us. This message is why we exist and is our hope. The "Unforgettable Message" will be this weekend. This "out of the box" sermon will remain a mystery until worship time. Come and see what this is all about this weekend at all five services!

We are excited about the new sermon series ALL IN. We will be using the book *ALL IN* by Mark Batterson. In addition to reading the book and listening to the messages, let me also invite you to join a small group for four weeks. There is nothing better than growing with others in Christ. Mark Batterson says it like this on the cover of his book... "You are one decision away from a totally different life." As we continue in the Easter message of new life, let us make this one decision to be ALL IN for Jesus.

Hope to see you this weekend! Thanks for all you are doing to make a difference for the Kingdom through Shalimar United Methodist Church!

Shalom,  
Philip

Dr. Philip McVay, Lead Pastor  
[philip@shalimar-umc.org](mailto:philip@shalimar-umc.org)





## Altar Flowers



The flowers placed in the Sanctuary today  
are given to the Glory of God.

*In memory of Roger Tucker*  
~Tanya Tucker

Flower bouquet and rose reservation book  
located in Narthex or contact the church office at 651-0721.  
Bouquets \$40 each / Roses \$4 each.

Adults \$6.50  
Kids (3-10) \$3.00  
Max \$25 Per Household

### FELLOWSHIP DINNER

**ENTREE:** Country Style Grilled Chicken, Dirty Rice, Asparagus  
**SALAD OPTION:** Spinach  
**KID OPTION:** Hot Dogs

RSVP ON COMMUNICATION CARD OR CALL 651-0721 BY NOON ON WEDNESDAYS

## Master Planning Committee Survey

The Master Planning Committee is asking for your input for future plans development. A survey is enclosed in today's Beacon. Additional copies are available today and through April 29th in the Sanctuary Narthex, the FLC Lobby, and the Admin Office. It will be helpful if you use this survey to share your candid ideas. Completed surveys may be placed in boxes in the three locations mentioned above through April 29th. Thanks for your participation in helping SUMC be all she can be for Christ.

## 2018 Confirmation Class

Join us Sunday, April 15th in the 11:07 am worship service in the FLC  
to affirm this group of youth.

Stay Connected!  
Facebook:  
Shalimar UMC



Visit us online:  
[shalimar-umc.org](http://shalimar-umc.org)



The  
Unforgettable  
Message

TODAY'S SERMON NOTES:

Not in a group or class? Check these out!  
[shalimar-umc.org/groups](http://shalimar-umc.org/groups)  
or pick up a Places to Grow flyer at the Connection Table in the FLC.



# This Week's Guide for Groups & Individuals

## ALL IN READING PLAN - SERMON GUIDE

### APRIL 15: INTRODUCTION

Read *All In* by Mark Batterson, chapters 1-3.

*The Christian faith is not boring, mundane, or safe. It is the greatest adventure any human being can ever experience. It demands all you have and are, and then it demands more.<sup>1</sup>*

Matthew 19:16-26

### APRIL 22: PACK YOUR COFFIN

Read *All In* by Mark Batterson, chapters 4-7.

*The Christian faith was never meant to be an easy road, a painless journey, or a simple three-step adherence to a set of beliefs. To follow Jesus' demands we give everything and invest all we have, and are, for the One who has laid down everything for us. He gave His life for us. The question is: Will we give our lives for Him?<sup>2</sup>*

Luke 9:23-25, John 3:27-30, Matthew 4:18-22, Joshua 3:5

### APRIL 29: CHARGE

Read *All In* by Mark Batterson, chapters 8-9.

*Many people play it safe, retreat when things get tough, and slip into predictable and familiar patterns. Christians who are all in take risks, charge forward even when it is tough, and are willing to try new things if there is a chance it will forward the cause of Jesus.<sup>3</sup>*

Matthew 21:12-13, 15:1-9, Luke 4:31-37, Matthew 16:17-18, Philippians 3:12-14

### MAY 6: RIM HUGGERS

Read *All In* by Mark Batterson, chapters 6, 10-11.

*Being all in and living all out for Jesus is about action, taking chances, and following God's will no matter what the cost. It is not enough to simply believe the Bible and have correct information about the Christian faith. We need to do something!<sup>4</sup>*

James 1:22-25, Deuteronomy 6:4-9, Luke 10:27, 1 Samuel 14:1-23

### MAY 13: BURN THE SHIPS

Read *All In* by Mark Batterson, chapters 12-17.

*If we are going to go all in and all out for the All in All, it will mean following God's Plan A for our life and not resorting or retreating to our Plan B. In a world where quitting and taking the safe route seems to be hitting epidemic levels, we need to burn the ships, press forward, and quit quitting!<sup>5</sup>*

Hebrews 12:1-3, Genesis 6, Hebrews 11:7, Judges 3:31, 5:6, Isaiah 6:1-8, Judges 6:11-18, Exodus 3:4-14

1 *All In Study Guide* Introduction

2 *All In Study Guide* Session 1

3 *All In Study Guide* Session 2

4 *All In Study Guide* Session 3

5 *All In Study Guide* Session 4

Faith Parry, Associate Pastor  
faith@shalimar-umc.org



# ALL IN

Go All IN for  
Christ with



All In with Christ

Join us April 14th or 15th as we go **ALL IN** with Christ together as a church.

It's all or nothing ... It's now or never

Kneeling at the foot of the cross of Christ and surrendering to His Lordship is a radical act of dethroning yourself and enthroning Christ as King. We have small groups throughout the week so you can find your place to go **ALL IN** with Christ.

Find a group at [goo.gl/QfXJLb](http://goo.gl/QfXJLb) today.



## MILITARY FAMILY GROUP

Sundays | 6:00 PM

7-week series begins April 8th. We will be studying the book *The Battle Plan for Prayer* by Stephen & Alex Kendrick. Study will equip believers to develop their own prayer strategy and be specific and strategic in prayer. This study features teaching on the topics of: what prayer is and is not, why God wants us to pray, specific areas of prayer, specific strategies for prayer, and more.

The goal of the Military Group is frequent moves, deployments, and transitions can make it hard for military families to establish strong, trusted networks. The Military Family Group offers a safe place for family members of both active and former military members to share their experiences, struggles, and hopes in living with the challenges of military life.

For more information contact Jeanne Racquier at 850-362-7271 or Deb Hutto at 850-240-2564.

Getting  
To  
Know  
Your  
Bible

## Bible 101

Have you ever wondered why different Bible translations say different things? Or, where to start when you go to study the scriptures? Maybe, you want to know where to start when you have questions that need to be answered. These are the types of things Pastor Brian will be going over in his Bible 101 class on April 21st from 8:30-12 in room 207. Learn more at [goo.gl/z1zoxR](http://goo.gl/z1zoxR).

# Merge Young Adults

Michelle Carmical - Lead Facilitator | 850-217-0391



Shalimar UMC Merge

## Merge:

Single Young Adults  
(18-30-ish)



Merge is for young adults 18-30's who want to grow in their faith together. This group is made up of single young adults who are seeking God's guidance in life. They meet in the #10 house on 2nd Street.

Thursdays | 6:30 pm | #10 2nd Street

## Rooted:

Colossians 2: 6-9  
Young Adult Couples  
(before children)



Calling all couples, before children, in your 18-30's. Come grow in your faith in a relaxed group environment on Sunday mornings at the #10 house on 2nd Street, directly behind the church. You will have opportunities for fellowship and spiritual growth through a wide variety of studies.

Sundays | 10:00 am | #10 2nd Street

April 11th | 6-7:30 pm | Room 207

Join us for our first Bible Journaling session led by Diane Van Minsel. Diane leads Bible Journaling workshops at Lifeway in Destin, and is excited to bring these sessions here at the church. We are planning on doing these meetings on the 2nd Wednesday of the month.

# Bible journaling



## Threads of Love

Love to Knit or Crochet?

Our "Threads of Love" group is in need of some additional hands to keep up with creating the Prayer Shawls and Baby Blankets that are our ministry. The group meets on the first and third Mondays of the month at the #10 2<sup>nd</sup> Street house behind the church from 2:00-3:30 pm. But if you would like to work from your home, the details of the designs and yarn are available. For more information please contact Marilyn Canon at 501-658-4352.

# Friendship Club

Join



## April Monthly Meeting & Trip

Tuesday, April 10<sup>th</sup> Program Meeting & Luncheon: You will be fascinated to hear our popular guest speaker, Dr. Kathy Johnson, University of West Florida Associate Professor of Criminology and Criminal Justice, speak to us about criminal justice in the U.S. (Kathy is also a fun instructor at the Center for Life Long Learning).

On Friday, April 20<sup>th</sup>, mark your calendars and bring a lounge chair and we will travel to the Fort Walton Beach Landing for lunch with vendors and to hear Native American Flute Festival musicians at the Musical Echoes festival. More details to come, but the website is: <http://www.musicalechoes.org/schedule.html>

For additional information, please contact Ollie Fay Flint, 651-2360,



Pete Peter [fpeters1@cox.net](mailto:fpeters1@cox.net)

Michelle Carmical [carmical@cox.net](mailto:carmical@cox.net)

### Feed the Need

Looking for volunteers to help hungry children & families in Okaloosa County. Volunteers will work 1.5 hour shifts to pack food for immediate distribution for Feed the Need on Saturday, May 5th from 7:30 am - 3: 00 pm. Register for your shift at [FEEDTHENEED.life](http://FEEDTHENEED.life). For more info contact Ken Winzeler at 585-0938 or Mack Gay at 863-2878.

### Therapeutic Foster Care

Our community is in need of people willing to open their homes as a Therapeutic Foster Parent. In 4 surrounding counties there are 1900 kids in Foster Care. In Okaloosa alone there are 500 kids in care and 55% of the kids are outside the home. If you are interested in becoming a foster parent please call Michelle Giordano at 850-860-4259.

*Thank you!*

I can't thank everyone enough for your prayers, home visits, cards, e-mails, phone calls, and hugs were plentiful. Special thanks to Stephen Ministries and the Searchers Sunday School class for the wonderful meals they provided. I know I can't make this new part of my life without my church family. I love you all. Thank you and God Bless.

~Donna Gregg



# MYSTERY AT MIKE'S

By Nancy Bond

## A YOUTH CHOIR DINNER THEATER FUNDRAISER

APRIL 26 & 27, 2018 | 6:30 PM

\$15 PER PERSON

TICKETS CAN BE PURCHASED IN THE CHURCH OFFICE, AT FELLOWSHIP DINNER, AFTER CHURCH ON SUNDAYS, OR FROM ANY YOUTH CHOIR MEMBER



LC01oK0062

## Help Wanted

### Fun + Work = Working with Kids

FUN, loving, and responsible people needed to work at SUMC Nursery | After School Care | Summer Camp  
Contact Dawn Rozofsky 850-294-2384, Jen Leibold 582-4985, or church office, 651-0721 to apply or additional information.  
Volunteers also needed in these program areas.

#### Nursery

- 18 or older
- Part-time, M, W, Th, S, & S
- Various times

#### After School Care

- 16 or older
- Part-time, M-F
- 2-5:30 pm
- Help with homework and supervise large group of children

#### Summer Camp

- 16 or older
- Summer long
- Full or part-time
- M-F 7:30 am-5:30 pm
- Supervise children

## United Methodist Men's Breakfast

Sunday, April 15th at 7:00 am, FLC, Room 106

All are invited.

A speaker and cook are needed  
Please contact Keith Latimer,  
[keith\\_e\\_l@yahoo.com](mailto:keith_e_l@yahoo.com).





Jason Theriault - Interim Youth Director  
youth@shalimar-umc.org



fusionsumc

FUSION Shalimar UMC Youth

## PARENT TEXTING LINE

Text @fusionsumc to #81010

## SUNDAY SCHOOL

Meet in Youth Rooms

## FUSION TONIGHT

6:30 - 8:00 pm

## Wednesday— Small Groups

6:30-8:00 pm Youth Rooms

## Attendance, Holy Week and Easter

Maundy Thursday	186	9:37 am service	107
Good Friday	187	11:00 am service	354
Holy Saturday	98	11:07 am service	251
8:00 am service	269	Livestream	158
9:30 am service	229	<b>TOTAL</b>	<b>1347</b>



MOPS (Mothers of Preschoolers)

Meeting Thurs, April 12th  
9:00 am in Family Life Center 106

## Overnight Scrapbooking

Friday, April 13th Noon - Midnight  
Saturday, April 14th 7:00 am - 4:00 pm

# SUMC Kidz

Dawn Rozofsky, cell 850-294-2384 | Jen Leibold, cell 582-4985  
Church 651-0721 | [children@shalimar-umc.org](mailto:children@shalimar-umc.org)

**SUNDAY SCHOOL: 9:30-10:30 am**  
**NO CHILDREN'S CHURCH**

**WEDNESDAY NIGHT ACTIVITIES:** Kinder-5th grade  
Choir and Fish Factory  
5:30 - 8:00 pm  
Choir will sing in church on April 29th



THANK YOU to all our volunteers at the Easter Fest,  
who helped us celebrate our Lord Jesus with the  
250+ children and their families.



We appreciate all you do for the children and the kingdom of God!  
THANK YOU for joining us at Easter Fest and for sharing the message of  
He Is Risen with the community!

## UPCOMING CHILDREN'S EVENTS

Stay posted for some fun in April: 5:30 - 8:00 pm  
Summer Camp - June 4<sup>th</sup>-Aug.8<sup>th</sup>, Registration is open now

Check us out on Facebook @ SUMC Kidz Ministry  
We post updates, photos and news to this page regularly for all events  
happening in Children's ministry. [goo.gl/b1nARv](http://goo.gl/b1nARv)  
Email: [children@shalimar-umc.org](mailto:children@shalimar-umc.org)

# Preschool

## 2018-19 PRESCHOOL REGISTRATION

Preschool registration for the 2018-19 school year has begun. If you are registering for our VPK program, then you **MUST FIRST** go on-line and get the VPK certificate.

The website is [familyservices.floridaearlylearning.com](http://familyservices.floridaearlylearning.com). Once you have the VPK certificate, bring it in and fill out our registration form. Registration forms are available in the preschool office.

Any questions, please call Karen at 651-0721

# Weekly Schedule

## Sunday, April 8th

### Worship Times

**Traditions Worship** ..... 8 & 11 am  
**Connect Service** ..... 9:30 am  
**Freedom Service** ..... 11:07 am

Freedom Band Rehearsal..... 8:00 am  
Sunday School for all ages..... 9:30 am  
Rooted Young Couples .....10:00 am  
Y/C Dinner Thtr Rehearsal....1:00 pm  
Grief Share.....3:00 pm  
Youth Band Rehearsal .....4:30 pm  
Youth Choir Rehearsal .....5:30 pm  
Military Family Group.....6:00 pm  
Youth Worker's Meeting .....6:00 pm  
Special Buddies.....6:30 pm  
Fusion Youth .....6:30 pm

AFTER SCHOOL CARE  
Mon—Fri 2:00—5:30 pm

## Monday, April 9th

Connect Team Rehearsal.....5:30 pm  
Alanon .....6:00 pm  
Lighthouse Ensemble.....6:00 pm  
Monday Bible Study .....6:00 pm  
One + ONE Singles .....6:00 pm  
Emerald Coast Pops.....7:15 pm

## Tuesday, April 10th

Friendship Club Luncheon...11:30 am  
Joy Ringers Bell Rehearsal.....5:30 pm  
1st Aid/AED Training .....5:45 pm  
Journeymen .....6:00 pm  
Prayer Group.....6:00 pm  
Trustees Committee .....7:00 pm

## Wednesday, April 11th

Splash of Joy #1 & #2 ..... 9:30 am  
Fellowship Dinner .....5:00 pm  
God's Kids Choirs .....5:30 pm  
Bible Journaling .....6:00 pm  
Disciple 4 .....6:00 pm  
Gloryland Ensemble.....6:00 pm  
Pastor's Class .....6:00 pm  
Rejoice.....6:00 pm  
Total Forgiveness .....6:00 pm  
Fish Factory.....6:15 pm  
Chancel Choir .....7:00 pm  
Youth Groups.....7:00 pm

## Thursday, April 12th

MOPS ..... 9:00 am  
12 X 12.....10:00 am  
Bk Free/Freedom.....5:30 pm  
Financial Peace University ....5:30 pm  
Merge Young Adults.....5:30 pm  
Stephen Ministry Superv .....6:30 pm  
Emerald Coast Barbershop ...7:00 pm

## Friday, April 13th

Overnight Scrapbooking..... 12:00 pm

## Saturday, April 14th

### Worship Time

**Break Free Service** .....6:00 pm  
Overnight Scrapbooking..... 7:00 am  
Break Free Band Rehearsal...4:30 pm



1 Old Ferry Road • P.O. Box 795, Shalimar, FL 32579  
(850) 651-0721 • shalimar-umc.org • office@shalimar-umc.org  
Office Hours: Monday – Thursday 8 am - 4 pm • Friday 8 am - Noon