

Worship Services Online

Due to the COVID-19 pandemic, all
worship services will take place online
through Easter 2021.

View an online stream of worship at:

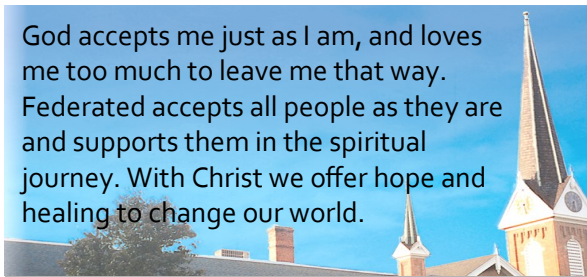
[YouTube.com/TheFederatedChurch](https://www.youtube.com/TheFederatedChurch)

Online Fellowship Hour takes place
on Zoom after worship.

Visit tinyurl.com/FedFellowship

The building will be closed, but activities
are still going on! Latest updates can be
found at fedchurch.org/covid.

God accepts me just as I am, and loves
me too much to leave me that way.
Federated accepts all people as they are
and supports them in the spiritual
journey. With Christ we offer hope and
healing to change our world.



Ahead At The Fed

Sunday, January 31

Rev. Hamilton Throckmorton preaches

10 am Online Worship Service

Music by RISE to Shine Band

11 am Fellowship Hour

11:30 am Sunday School

Sunday, January 31

Deuteronomy 18:15-20

Psalms 111

1 Corinthians 8:1-13

Mark 1:21-28

Sunday, February 7

Rev. Mark Simone preaches

Communion Served

10 am Online Worship Service

11 am Fellowship Hour

11:30 am Sunday School

We welcome you to The Federated Church, a place to belong and a place to become.
We are people just like you, who hope and love and hurt, and we have found
that Jesus Christ makes a transforming difference in our daily lives.
Your presence matters to us. We open our hearts to you.

SJAM Movie Night

January Movie Night (actually a Speakers Night)

Monday, January 25, 7:00 pm on Zoom

Racial Justice Activism: How to Get Involved Rev. Anne Dunlap Minister, Leader, Showing Up for Racial Justice (SURJ) Faith Coordinator and Avery Martens Organizer, strategist [Showing Up for Racial Justice Ohio \(SURJ Ohio\)](#)

Zoom Link: <https://uso2web.zoom.us/j/83595558354?pwd=U1VxZU5SZoNjcEVkbEcxeXpsbVlWdzog>

NEW Music Class

Performance Practice: Dispelling Anxiety in Public

When: Monday evenings, 7:00 - 8:00 pm

How: Online via Zoom

Dates: Every Monday, February 8 – March 15 (6 weeks)

One of the biggest challenges of public performance of any kind is how to handle “stage fright”. Performance in groups or solo, giving a speech, making a presentation, teaching, working smoothly in groups, and other public settings can all create a feeling of anxiety. How do we prepare for these situations? How do we act “in the moment”?

This new class taught by Director of Music Ministries, Joshua Konow, will explore methods to improve confidence, reduce stress, and most notably how to prepare. Taught from the lens of music, the class will focus on how to practice music and learn more fundamental notation and reading skills. Singing, speaking, and some light assignments will be a part of this class to analyze and help every participant individually. This class is not intended only for musicians. Anyone is welcomed to participate no matter your musical background!

For questions and to register for the class, please contact Joshua Konow at jkonow@fedchurch.org or calling 440.247.6490 x 120

Federated Church Annual Meeting

Sunday February 28, 2021 at 11:15 AM

Join us via Zoom (web or phone-in) and be on the lookout for details in the coming weeks.

Online Prayer Service

Wednesday February 3, 7:00-7:30 pm

Join us on the Federated Church YouTube channel for a family friendly prayer service focused on JOY!

Rev. Mark Simone will lead us through songs, scripture, prayer and meditation as we explore Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!" This prayer service will be focusing on concepts the whole family can relate to and understand.

So grab your little ones and join your church family in prayer at [YouTube.com/TheFederatedChurch](https://www.youtube.com/TheFederatedChurch) or go to [Fedchurch.org](https://www.fedchurch.org) for a direct link on our webpage.

We look forward to sharing this special night with you. Contact Kiersti Critchfield kcritchfield@fedchurch.org, 440.247.6490 ex 103 if you have any questions or need more information.

Gentle Slow Flow Yoga

Open to all levels. Virtual class on Zoom. From the comfort of your own home/space.

Mondays at 10:00 - 11:15 am

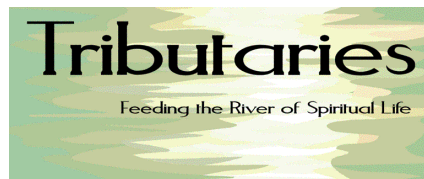
Thursdays at 7:00 - 8:15 pm

This Gentle Slow Flow class links the breath, meditation, movement, and poses together. All levels of Yoga practitioners can find their comfort level, as they slowly and mindfully move through the class.

Balance, focus, and peacefulness result from attention to breath as we move through physical "asana" or poses in our yoga practice. Modifications will be suggested as needed. This class is open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted.

You will need a computer or iPad to join the class via a Zoom link from the comfort of your own home/space.

To register, or if you have questions, email Dawn Dole, RYT200 at newdayyoga.dawn@gmail.com.



FELLOWSHIP OF PRAYER: *Please include in your prayers this week....*

Doug Harlan- 524 Manor Brook Dr, Chagrin Falls, OH 44022-4505- who is scheduled to have back surgery on January 27.

Zach, Kristin, Zoe, and Georgia LeFeber- 18670 Auburn Glen Dr, Chagrin Falls, OH 44023-9091- on the death of Zach's father, Larry LeFeber, on January 16.

Diana Lindeman- 17124 Woodmere Dr, Chagrin Falls, OH 44023-4663- who has been hospitalized for medical issues.

Eryn Simone- 55 Philomethian St Apt 3, Chagrin Falls, OH 44022-2958- who has tested positive for Covid.

Each week, we ask your prayers for two of our staff members. This week please pray for **Melinda Smith** and **Kiersti Critchfield**.

For January, the Mission & Service Commission is asking us to keep in prayer one of our church's mission partners, **Homeless Ministries (Homeless Stand Down in Cleveland)**.

The Fellowship of Prayer Note Writers for this week are:

Myia Sterling, 440.338.4893; Carol Kelly, Elsie Lutman, Janet Peters, Sonja Solar, Nelson Fenner.

Please forward prayer requests to Kiersti Critchfield kcritchfield@fedchurch.org or 440.247.6490 x103, or submit them online at fedchurch.org/prayers. Our Pastoral Care Team and our Prayer and Praise Team will pray for your requests.

Photo Release Policy: Families and others in attendance at a Federated Church function acknowledge that they may be photographed or videoed and their images used in church publications and/or promotional materials.

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