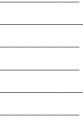
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# NOTES.





### KNOW... VITAL SIGNS: EMBRACING SPIRITUAL HEALTH

Our society is becoming increasingly more health conscious. We are learning the importance of proper rest, diet, and exercise. Our physical health is our personal responsibility. The same is true for our spiritual health. Spiritual health doesn't happen by accident. Neglecting our spiritual health has eternal implications. In this Wednesday evening series, Pastor David and Executive Pastor Stephen will explore God's plan for spiritual vitality through an exposition of I Thessalonians.



#### GROW...

# NEW STUDENT BUILDING OPENING THE LODGE

January 24th will be a huge day in the life of the Champion Forest Student Ministry as our new building officially opens! Join us at 9:30am for Life Groups in your brand new departments and classrooms, be there for the Student Element on Sunday in the huge room at 11:00am, then stay for \$1 lunch complete with volleyball, NFL playoffs on the giant screens and some of the most amazing gaming on the planet. Bring a friend and PLAN TO BE there all the way until 3:00pm on the 24th!



#### GO... OUTREACH

Join us as we visit first time church guests and be the face of CFBC in our community. We will meet in the FLC Lobby at 5:00pm TODAY and January 17th. Stop by, pick up a packet, and help us welcome those who are new to the church!



#### WOMEN'S MINISTRY

#### MOMS

MOMS this week will meet on Monday morning, January 11th and Wednesday evening, January 13th to discuss the widow of Zarapheth. The Monday morning meeting will also feature guest speaker J.J. Jones sharing about family finances. For more information, please visit championforest.org/moms.

#### TUESDAY MORNING BIBLE STUDY...

Beth Moore's new Breaking Free DVD Study leads you through Isaiah 61:1-4, drawing parallels between the captive Israelites and today's believers. You will learn how to identify spiritual strongholds in your life and understand how hindrances toward knowing God are bondage. The class costs \$15 and meets every Tuesday, January 12th - March 30th, 9:30am-11:30am, in AD-320. Childcare is available from ages birth – 5 years, and online registration is available.

# THURSDAY MORNING STUDIES... Revelation

Revelation 1-3 contains God's messages to the seven churches of Asia. See how these ancient messages still speak to the church today in this first of four part study of Revelation. The class costs \$23 and lasts 10 weeks. The introductory lesson starts January 28th and complimentary childcare is available. For more information or to sign up for childcare, please contact Karen Harpole at karen.harpole@att.net.

How to Know You Have Eternal Life, 1 John How do you know if you're really born again? What does it mean to be holy...to love God? Find answers to these and other questions as we look at the fundamentals of Christian beliefs. This 11-week class costs \$25 and begins with an introductory lesson on January 28th. For information or to sign up for complimentary childcare, please contact Laura Holifield at

#### TRUENORTH OUTFITTERS

the holifields@comcast.net.

True North kicks off 2010 with a blast on January 21st at 7:00pm in the Student Building. Our own Marion Fonville, a licensed CHL instructor, will discuss handguns and personal protection alongside the current issues surrounding handguns and shooting. We will also gather interest for a CHL class in the near future so join us around the tables for True North Outfitters Base Camp.

# SVM

#### **FLC ACTIVITIES**

#### 31 DAYS OF FITNESS

Begin again in 2010, and get back in shape at the Family Life Center! Join us for an exciting and fast-paced month of January as we start the new year with 31 Days of Fitness. Each day, we have planned activities such as Boot Camp, Family Fun Night, fitness class samplers, nutrition classes, and much more! Visit championforest.org/sports or the Atrium booth and grab your free copy of the 31 Days of Fitness Calendar. Also, the application fee for all new members will be waived today through the 13th. Sign up today!

#### BASIC TRAINING

Do you need a jump start for the new year? The FLC offers just the thing to get you going! Join us for Basic Training, a 2 week conditioning program designed to spark your fitness or get you ready for the more intense, 4-week Boot Camp. Basic Training meets from January 11th-22nd on Monday, Tuesday, Thursday evenings from 7:15pm-8:30pm. Participants of Basic Training will also receive a discount for the upcoming session of Boot Camp which will be January 25th-February 18th. For more information and to register online, please visit championforest.org/sports!

#### **UKRAINE MISSION TRIP**

July 23rd-31st • Join us on a journey to the Ukraine and help us use Upward Soccer Camp to share the love of Christ. Whether you're a soccer pro or a non athlete, there is a place for you on the team! For more information on the team, please stop by the missions booth today or contact Chad at cpayn@cfbc.org.

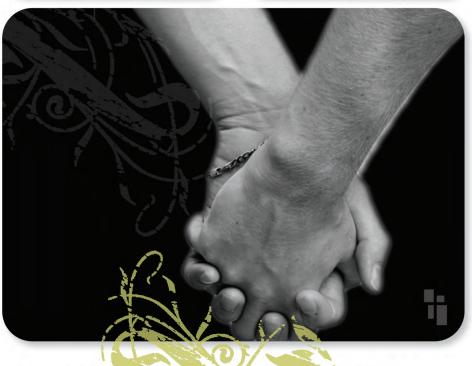


# TEAM CURTIS

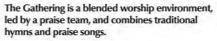
Curtis Jackson is a 3rd grader in our Kids Ministry who is fighting Mitochondrial Disease. If you would like to help find a cure for Curtis, join Team Curtis, a 5K Fun Run & Walk at the Sam Houston Park Downtown on February 6, 2010. For more information, stop by the kiosks in the new atrium. To join the team, go to www.umdf.org/christophersheartfunrun.













Encounter is a casual worship environment, led by a band, and combines modern music and visual elements.



## Elevate Sunday 9:30am KB-265

Elevate takes kids, 1st through 3rd grades, on an imaginative journey of Biblical learning by using dynamic music, drama, large group lessons and engaging small group activities.



#### Element Wednesday 6:45pm FLC • WC

Element is a gathering where students can come to worship in creative and relevant ways through music, fellowship, and Biblical life lessons. Join us for the series, God in Pursuit: a study of the life of Jonah.



#### Remnant Thursday 7:30pm Chapel

Remnant is a band driven and experiential mid-week worship gathering for young adults who wish to grow deeper in truth and community. www.championforest. org/remnant



# WEEKLY LORD'S SUPPER SERVICE

ROOM WC-133 • 9:00 TO 9:30 AM AND 10:45 TO 11:15 AM



## FAITH EVANGLEISM TRAINING

Have you ever wanted to be able to talk to someone about the Lord but you just didn't have the ability or courage to do it? If so, FAITH training will equip you to communicate five simple truths about the Gospel to anyone at anytime. Training sessions start Sunday, January 31st at 5:15pm in the FL Worship Center. The course ends Sunday, April 18th. For more information or to register, please visit championforest.org/faith.

#### CHURCHWIDE EVENTS.

#### INTERCESSORY PRAYER MINISTRY

Experience the blessings that come from praying for the needs of others by joining the CFBC Intercessory Prayer Ministry. You can sign up for a weekly hour in the Intercessory Prayer Room or volunteer to pray using the Online Prayer Room. For more information, please visit www.championforest.org/prayer or contact Amanda at apollries@cfbc.org or 281.440.3800.

#### MONDAY EVENING PRECEPT BIBLE STUDY

Sweeter Than Chocolate-Sweet Words and Real Solutions from God's Book, an inductive study of Psalm 119. In seven brief lessons you will journey through the Psalm devoted to the theme of the Word of God. Discover insights, practical wisdom, and deep truths that will strengthen your walk and relationship with Jesus Christ. The class starts Monday, January 11th and costs \$25 for the workbook. David Miller will lead this study on Monday evenings at 6:30pm in EA-80.

#### LIFE GROUP GREETERS

Beginning January 17th, we will mobilize Adult & Student Life Groups on a quarterly basis to help welcome and greet guests as a part of our new First Impressions Ministry. The Life Groups scheduled to serve on January 17th are:

#### 9:30am

Hinz/Pate, Martinez, and McDonald 11:00am Gray/Hill and Ehrhardt

For more information, please contact your Life Group leadership.

#### STUDENT MINISTRY.

#### PARENT MINISTRY MEETING

Calling parents of 6th-12th Graders: You are invited to the first annual Parent Open House on Sunday, January 24th from 5:00pm – 7:00pm in the new student building. Come see the new student building and connect with other parents. Hear from Student Pastor Jeff Skipper as he shares "What Students Wish Their Parents Knew." Receive your own Student Ministry calendar, hear about Student Ministry opportunities for the year, and learn about our new Parent Ministry. You won't want to miss it! For more information, please contact Dana Grindal at 281.374.0892.

#### MISSION TRIPS

Are you ready to make a difference? The Student Ministry is organizing a trip just for you!

England • Juniors and seniors are invited to join us for a Spring Break journey to Middlesbrough.

England from March 13th-20th. Partnering with local churches in the area, students will be challenged to share their faith in public school classes and impact a spiritually dark area of the world.

Chicago • All high school students will have a chance to make a difference in poverty-stricken areas of Chicago as we work with local food banks, shelters, and other inner city ministries from July 4th-11th.

Galveston • Middle school students will help the city of Galveston recover from hurricane like with demolition and construction projects from July 12-17th.

Learn more about each trip at the Mission Trip Parent Meeting (following the Parent Ministry Kickoff meeting) on January 24th at 7:15pm in the Lodge (our brand new Student Building). You will learn about the exciting details of each trip and can reserve your student's spot with a deposit. The trips are first come, first served, so make plans now to make a difference in your world for Christ and join us on mission in 2010.

#### MISSIONS MINISTRY.

#### MEN HELPING MEN

Men Helping Men equips men in need, giving them tools to change their lives. Join us on Tuesday, January 12th at 6:45pm in EA-90 for a light dinner and an informational meeting on how you can fit into this plan. For more information, please visit the atrium booth or contact lynmcclell@msn.com for more information.

#### **GET TOGETHER NORTHWEST**

Have you ever wondered how you could use your business expertise and skills in ministry? Come to the Get Together Northwest luncheon on January 14th from 11:30 am – 1:00 pm in the student building and see how you can help area ministries with your business expertise. Our featured speaker is Jim McIngvale of Gallery Furniture, and the cost of the catered lunch is \$10.00. Please email becky@thegettogethernw.org or call the missions office at 281.440.3800 to make your reservation.

#### GO... IN JESUS NAME

Tuesday, January 19th • Spring Assistance Ministries Come help with crafts or play games with senior citizens. The CFBC bus leaves at 12:45pm and returns to the church at 3:30pm. Make your reservation with Lezlie Armour at larmour@cfbc.org or stop by the Missions Booth.

Thursday, January 21st • Mission Centers of Houston Join us for a morning of fun as we share our lives with senior citizens who live in the inner city. We will play games, crafts, paint fingernails, and mingle with them. We will leave the church at 9:00am and

return by 2:00pm with lunch on the way back.

Make your reservation with Lezlie Armour at larmour@cfbc.org or stop by the Missions Booth.

### WORSHIP WEDNESDAY

Join us at 6:45pm in the Main Worship Center.

Pastor Stephen will begin the series entitled "Vital Signs: Embracing Spiritual Health."

Come prepared to be challenged and blessed.

#### Hot Meal - \$6.00

Chick-fil-A®

Chicken fried chicken, mashed potatoes with gravy, green beans, and a biscuit.

Salad Plate-\$5.00 Sandwich Meal-\$5.00 Kid's Meal-\$3.00 • Wraps-\$5.00

#### RECENT DECISIONS • 01/03

#### **BAPTIZED**

Nathan Li

# FOR THE RECORD. • 01/03

Life Groups 3,42

#### **Budget Giving**

Required Weekly \$226,923
Received This Week \$138,535
YTD Required \$9,076,923
YTD Receipts \$10,691,113

#### World Missions

Received This Week \$6,031
YTD Receipts \$424,301

#### IMPACT

IMPACT Pledges \$21,600,000
Received This Week \$25,070
Total Receipts \$13,767,674

January 10, 2010