

CBC ACADEMY

JAN 17, 24, 31 **wednesdays** 7:15 – 8:45 PM

worship

7:15 – 7:30 PM



We start the evening with worship in the sanctuary. It helps us transition our hearts and minds into God's Word.

classes

7:30 – 8:45 PM



This is a great opportunity to grow in understanding and applying the Bible. Learn from some of our best teachers in engaging and relevant classes.

Register by Jan. 10th.
Some classes may fill up due to space limitations.



connect with others
enjoy God's word
learn and grow

Be transformed by the renewing of your mind
Romans 12:2

child care



Free! Available by reservation.
Please register your kids on the reg form or by email.



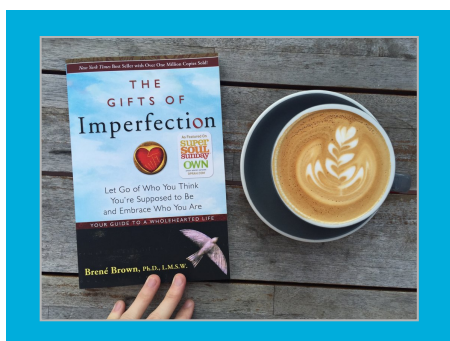
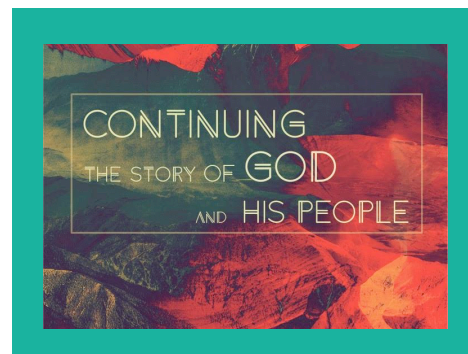
classes:

(Choose ONE; each class meets for all 3 weeks)

**CLASS #1: Continuing the Story of God and His People:
Leviticus, Numbers, Deuteronomy**

Teacher: Brandon Katagi

As a part of our five-year journey through the Old Testament story, this is *bonus* material we won't be able to cover in our sermon series. These three books can be tough to read on your own, but together we'll see many larger themes that will deepen your understanding of who God is and how he calls us to live. We'll focus especially on the relationship between these books and the New Testament world, as well as how they apply to us today.

**CLASS #2: The Gifts of Imperfection**

Teacher: Donna Katagi

We're all imperfect, yet we work so hard to hide it and look perfect. In this class, we'll take a fresh look at our perfectionist tendencies and how we view our imperfections, so that we can more fully trust God, feel loved and worthy, and enjoy life. We'll examine examples from the Bible and discuss some life-affirming tools and practices from *The Gifts of Imperfection* by researcher Brené Brown (reading not required.)

CLASS #3: Fitness and Spirituality

Teacher: Nick Tawa

Physical exercise and nutrition are loaded topics in our culture. We are often caught in the tension of insecurity and vanity, excess and neglect. How do we take care of the bodies God has entrusted to us with a healthy biblical perspective? Come find out. For men and women; all ages and fitness levels are welcome.

**REGISTRATION FORM**Tear off and return this form on the patio OR email information to donna@cerritosbaptist.org

Name _____ CLASS # _____

How would you like to be contacted if needed? Please provide one:

Contact me by email _____

OR contact me by text _____

If child care is needed, please provide name and age of children:
