

# Winter/Spring SHF!

January 6: Acts 2:42 Come Holy Spirit Come

January 13: Mental Games (Olympics)

January 20: Stress test and stress tools (Philip 4  
"Do not be anxious")

January 27: CAYA

February 3: Super Bowl Party

February 10: National Association of Mental Illness w/  
parents

February 17: SHF? President's Day/Ski Trip Weekend?

February 24: CAYA

March 2: Yoga Night psalm 145

March 9: Body Image

March 16: Liturgical Dance -> glorifying God

March 23: No SHF - Easter

March 30: SHF

April 6: CAYA

April 13: Collage

April 20: NO SHF Youth Sunday

April 27: Movie Night (Devil wears Prada)

May 4: Wrap up discussion about movie

May 11: NO SHF/Confirmation

May 18: Bear -> Battlefield

May 25: No SHF Memorial Day

June 1: Senior Farewell