



SERMON
STUDY
GUIDE

May 10, 2026 | 1 Corinthians 9:19-27 | Speaker: Pastor Brian Bales

NEW VISITOR INFO

Welcome! We're so glad you're here!

Visit the Welcome Desk for a Gift!



Scan the QR code to complete the connection card.

Meet the Pastor

Come by the lobby table near the large LED screen display after service!

HAPPY MOTHER'S DAY! ❁

Happy Mother's Day! We thank God for all moms, mom-figures, and loving women in our lives who love, nurture, protect, and guide us in life. We celebrate them and all families today! All women will receive a gift today. Don't forget to take a selfie at our LED screen in the lobby!

CHURCH PULSE SURVEY:

Starting Next Sunday

All adults will be invited to take a brief, confidential survey about spiritual growth, connection, and life with God. Your input helps us understand where our church is thriving, where people may feel stuck, and how we can better care for one another. You'll also receive personalized feedback to reflect on your own spiritual journey. Every voice matters—whether you're deeply connected or new to CFC. Thank you for sharing honestly and prayerfully. *All responses are confidential. CFC will not receive any personal information about respondents.*

BAPTISM CLASSES

Required for 6/21 Baptism

FAMILY MINISTRIES BAPTISM CLASS: May 31 | Rm 208 | 11am

For elementary children/youth wanting to know why, who, and how one should be baptized at CFC. A parent is required to attend w/their child. Register: <https://myrock.cfcwired.org/evdet/fambapclassmay>

ADULT BAPTISM CLASS: May 31 | Rm 110 | 10:45am

Pastor Fred will lead the class for adults desiring to be baptized, or who have questions about baptism. Register at <https://myrock.cfcwired.org/evdet/adbcassmay26>

UPCOMING COMMUNITY EVENT 🏃

CFC x Ringing in Hope's "A Salute to our Troops" Memorial Day Race

RACE

Monday | May 25 | CFC | 7:30am-1pm

Sign up for our annual Memorial Day Run w/Ringing in Hope, benefitting Boulder Crest Foundation, which supports veterans + first responders.



RACE
SIGN UP

Register at <https://tinyurl.com/memrunsignup26> or scan the QR code.

VOLUNTEER

Monday | May 25 | CFC | 7:30am-1pm

Come out to support our Memorial Day participants! Hand out water, cheer them on, and meet people from our community!



VOLUNTEER
SIGN UP

Register at <https://my.cfcwired.org/registration/memrunvol26> or scan the QR code.

CFC RUNNING CLUB

Join a walking/running group for skill level! We move together, encourage one another, and grow in faith—because no pace is too slow when grace leads the way.



CLUB
SIGN UP

Join and start training for the Memorial Day Race at <https://myrock.cfcwired.org/registration/cfcrunning> or scan the QR code.

I have decided to trust in Jesus!



We would love to come alongside you to encourage, guide and support you on your spiritual journey! Please email Pastor Lee Towns at ltowns@cfcwired.org, or scan the QR code so that we can get in touch with you!

Need Prayer?

Share your request at <https://cfcwired.org/request-prayer>—you can remain anonymous. You're not alone, and we're here to lift you up in prayer.

ADULT MINISTRY

MEN'S MINISTRY: *Events below are hosted by Men's Ministry, but all are welcome!*

KAYAKING 🛶

Saturday | May 30 | Beaverdam Reservoir | 8:30am-10:30am

All are invited to a kayaking outing at Beaverdam Reservoir! Limited extra kayaks may be available, please bring extras if you have any! (*Reservoir is behind Mt. Hope Church, park at 42455 Mt. Hope Rd, Ashburn.*)

Contact Derek Schum at derekschum@comcast.net.

Register: <https://myrock.cfcwired.org/evdet/kayakmay26>

FISHING OUTING 🎣

Saturday | June 6 | Cedar Lake, Ashburn | 7:30am-11:30am

Join our annual Ashburn Fishing Outing for a morning of fellowship and fishing. All are invited—come out to learn, relax, or fish. Arrive at any time, but **space is limited to 12**, so reserve early! (*Fishing licenses reqd.*)

Reserve your spot! Email Bryan Moser men@cfcwired.org.

Event details: <https://myrock.cfcwired.org/evdet/fishing26>

WOMEN'S MINISTRY:

WOMEN'S AFTERNOON HIGH TEA ☕

Saturday | May 16 | Lobby | 2pm-3:30pm

Join the Women's Ministry for an Afternoon High Tea—a relaxed and welcoming time to slow down, enjoy tea and treats, and connect with others in a peaceful setting. **Space is limited to 50.**

Sign up: <https://myrock.cfcwired.org/evdet/teapartymay26>.

Questions? Email Beth Davidson at bdavidson@cfcwired.org

WOMEN IN THE WORD: RHYTHMS OF RENEWAL

Thursdays | Rm 303 | 10:30am

Feeling overwhelmed by stress and anxiety? Rebekah Lyons shares her personal journey and practical rhythms to restore joy and balance in this video teaching series.

Purchase study guides at <https://tinyurl.com/rhythms-guide>.

Register at <https://myrock.cfcwired.org/evdet/lyonsspr26>.

SENIORS MINISTRY:

"A SENIOR MOMENT": POTLUCK LUNCH & CONCERT 🎸

Saturday | May 16 | Rm 302 | 11am

Bring a dish to share for our potluck lunch and enjoy a concert with funny guy, Mark Cable! An accomplished acoustic guitarist and songwriter, Mark has released 23 albums and has received radio airplay on Christian stations across the U.S. We're excited to have him! *To learn more about Mark, visit <https://www.markcable.com>. For questions, email Fred Clark: fclark@cfcwired.org*

FAMILY MINISTRY

YOUTH MINISTRY: POOL PARTY 🏊

Wednesday | May 20 | Roundhill | 6:30pm-9pm

Middle & High Schoolers are invited to a Start to the Summer Pool Party at Brooke's home in Round Hill! There will be snacks and pool games!. Parent/guardian registration required: <https://my.cfcwired.org/registration/poolparty2026>

BEYOND U SENIOR RETREAT

Friday-Saturday | May 29-30 | Roundhill | 5pm-5pm

School year 2025-26 juniors and seniors are invited to an overnight retreat with meaningful activities, worship, and honest conversations about faith and stepping into adulthood. Cost: \$30. *Details/registration: <https://my.cfcwired.org/registration/beyondu2026>*

JAIL MINISTRY APPRECIATION

After over seven years of dedicated service, Roger Menzel is retiring from leadership of the CFC Jail Ministry. His commitment, compassion, and vision have left a lasting impact. We are also deeply grateful to Sue Menzel for her faithful support and partnership throughout this journey. The ministry will continue under co-coordinators Denise Acosta and Jordan Steffey. Please join us in expressing our heartfelt appreciation to Roger and Sue, and in supporting Denise and Jordan in this vital work. www.cfcwired.org/jail-ministry

GIVING: Fiscal Year (July 2025–June 2026) *"Together we continue to do good—serving, giving, and loving!"* —1 Timothy 6:18

As we complete this CFC fiscal year ending in June 2026, we are exciting to see how your giving continues to propel kingdom work forward throughout the Summer! Be on the lookout for outreach opportunities that can introduce your friends and families to CFC!

May Giving Goal: \$334,688

May Giving-to-Date: \$41,396

Hispana
CFC Hispanic Ministry

Nuestra congregación Hispana
los invita a su Servicio en Español
los domingos a la 2:00pm.

Nursing Mother's Room
in Children's Ministry

Social Media: @cfcwired

