

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 1:00pm Knitting 7:00pm MBSR	2 10:00am ECHO Thrift Shop 5:00pm Yoga 5:00pm MGI 6:00pm Boy Scouts 6:30pm MBSR 7:30pm Choir	3 8:00am Meditation with Dr. Melillo 8:00am Men's Group 10:00am ECHO Thrift Shop 4:00pm Children's Choir	4 10:00am ECHO Thrift Shop	5 10:00am ECHO Thrift Shop
6 9:00am Bible Study 10:00am Worship & Sunday School 11:00am Fellowship Hour 11:45am Bible Study with Jill	7 10:00am ECHO Thrift Shop 12:00pm Mindfulness Meditation 3:00pm Families First Food Drop-off 7:00pm Seacoast Choral	8 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 1:00pm Knitting 7:00pm Green Team 7:00pm MBSR	9 10:00am ECHO Thrift Shop 10:00am Women's Bible Study 12:00pm Women's Lunch 5:00pm Yoga 6:00pm Boy Scouts 6:30pm MBSR 7:30pm Choir	10 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 4:00pm Children's Choir 6:00pm Justice & Witness Mtg 7:00pm Stewards	11 10:00am ECHO Thrift Shop	12 10:00am ECHO Thrift Shop
13 9:00am Bible Study 10:00am Worship & Sunday School 11:00am Fellowship Hour	14 10:00am ECHO Thrift Shop 12:00pm Mindfulness Meditation 6:30pm Grief Support Group 7:00pm Seacoast Choral	15 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 1:00pm Knitting 7:00pm MBSR	16 10:00am ECHO Thrift Shop 5:00pm Yoga 5:30pm Spiritual Nurture Mtg 6:00pm Boy Scouts 6:30pm MBSR 7:30pm Choir	17 8:00am Men's Group 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 4:00pm Children's Choir	18 8:30am Newcomers 10:00am ECHO Thrift Shop	19 10:00am ECHO Thrift Shop
20 9:00am Bible Study 10:00am Worship & Sunday School 11:00am Fellowship Hour 11:45am Bible Study with Jill	21 10:00am ECHO Thrift Shop 12:00pm Mindfulness Meditation 7:00pm Seacoast Choral	22 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 1:00pm Knitting 7:00pm MBSR	23 10:00am ECHO Thrift Shop 5:00pm Yoga 6:00pm Boy Scouts 6:30pm MBSR 7:30pm Choir	24 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 4:00pm Children's Choir	25 10:00am ECHO Thrift Shop	26 10:00am ECHO Thrift Shop
27 9:00am Bible Study 10:00am Worship & Sunday School 11:00am Fellowship Hour	28 10:00am ECHO Thrift Shop 12:00pm Mindfulness Meditation 7:00pm Seacoast Choral	29 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 1:00pm Knitting 7:00pm MBSR	30 10:00am ECHO Thrift Shop 1:00pm Wildcat Friends 5:00pm Yoga 6:00pm Boy Scouts 6:30pm MBSR 7:30pm Choir	31 8:00am Meditation with Dr. Melillo 10:00am ECHO Thrift Shop 4:00pm Children's Choir 4:30pm Dover Friendly Kitchen		