




















Higher Ground

Triad Health Project



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 National Black HIV/AIDS Awareness Day (Feb 7)	morning silence 9:00—9:15 12:15 REACH  1	 Groundhog Day 2
3	morning silence 9:00—9:15 10:30 Monday Group <i>with Sara's Covenant</i> 12:00 Story  4	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Westover Church</i> 1:15 Visual Journaling <i>with Lisa</i> 5	morning silence 9:00—9:15 12:15 Lunch <i>Chik-Fil-A Friends!</i> 1:15 Robin's Nest <i>with Robin!</i> 6	morning silence 9:00—9:15 12:15 Lunch <i>Holy Trinity</i> 1:30 Living with a Plus Sign  7	morning silence 9:00—9:15 12:15 REACH  8	9
10 	morning silence 9:00—9:15 10:30 Monday Group <i>with Mo-Linda</i> 12:00 Story 2:00  Fitness <i>with Keke</i> 11	morning silence 9:00—9:15  11:30 Tuesday Topics 12:15 Lunch <i>Genesis Baptist and John C!</i> 1:15 Visual Journaling <i>with Lisa</i> 12	morning silence 9:00—9:15 12:15 Lunch <i>Miss Thang!!!</i> 1:15 Outside the Lines <i>with Barb</i>  13	morning silence 9:00—9:15 12:15 Lunch <i>GSO Christian</i>  1:30 Living with a Plus Sign  14	morning silence 9:00—9:15 12:15 REACH  15	16
17	morning silence 9:00—9:15 10:30 Monday Group <i>with Westover Church</i> 12:00 Story 18	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Guilford Baptist</i> 1:15 Visual Journaling <i>with Lisa</i> 19	morning silence 9:00—9:15 12:15 Lunch <i>All Saints Episcopal</i> 1:15 Robin's Nest <i>with Robin</i> 20	morning silence 9:00—9:15 12:15 Lunch <i>Starmount Presbyterian</i> 1:30 Living with a Plus Sign  21	morning silence 9:00—9:15 12:15 REACH  22	23
24 	morning silence 9:00—9:15 10:30 Monday Group <i>with Brother Lee</i> 12:00 Story 25	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Congregational UCC</i> 1:15 Visual Journaling <i>with Lisa</i> 26	morning silence 9:00—9:15 12:15 Lunch <i>Magz and Co.!</i> 1:15 Outside the Lines <i>with Barb</i>  27	morning silence 9:00—9:15 12:15 Lunch <i>Lunch and Learn!</i> 1:30 Living with a Plus Sign  28	"I need a God who is bigger and more nimble and mysterious than what I could understand and contrive. Otherwise it can feel like I am worshipping nothing more than my own ability to understand the divine." —Nadia Bolz-Webber	

For more information, please call Mark or Chase at 336-274-5637.