



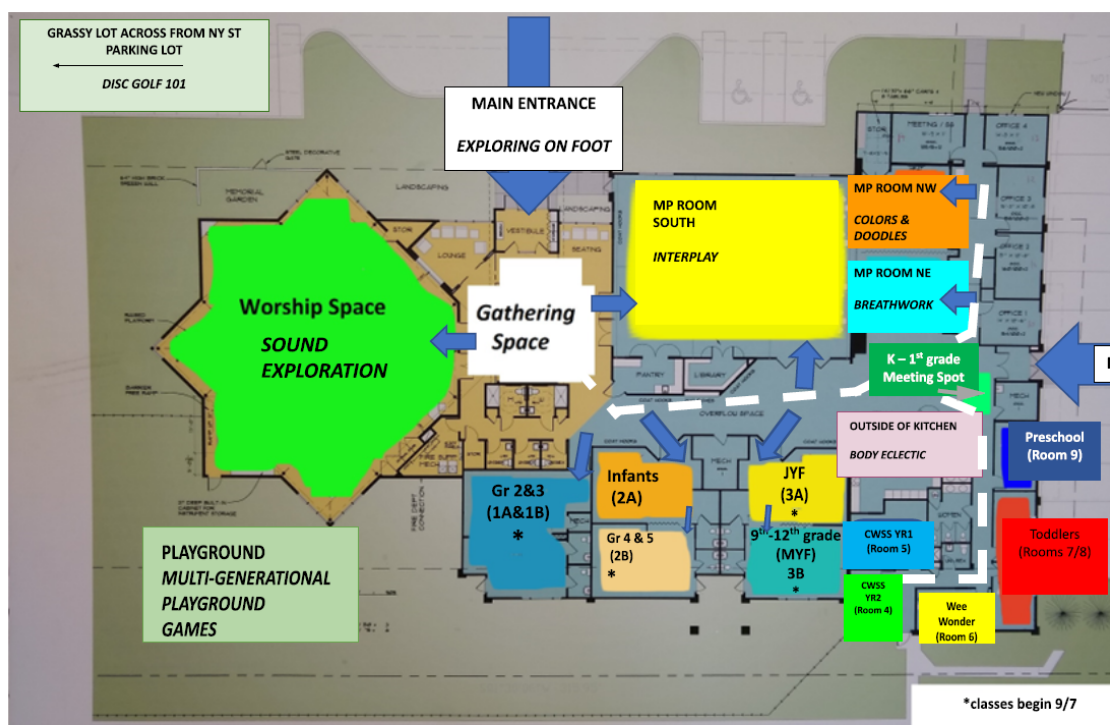
Bodies in Motion

August 10 - August 31, 2025

For the last several years, we have focused on one idea for August. Past themes have been “Food and Hospitality,” “Art and Creativity” and this year we’ll be focusing on the theme of “Bodies in Motion.” We know that our physical, mental and spiritual health are all connected. Our bodies are how we experience the world and move through the world. In the Bible, we often find bodies and physical exercise as a metaphor for our spiritual life. This may be a useful way to think about practices of prayer and worship, but we know that moving our literal bodies is essential to our physical and spiritual health, and not just as metaphor.

Here are some questions to help you prepare for this series: *When do you feel most at home in your body? How are our bodies places to encounter the divine? How do you care for your own body? What are the limits and gifts of your body?*

	Text	Storyteller	Extras
August 10	Hebrews 12:11-13	Anna Yoder Schlabach	Backpack Blessing at Children's time
August 17	Psalms 139: 1-14	Linda Schlabach Miller	
August 24	TBD	Steve Schrock	Communion
August 31	Galatians 5:22-26	Brian Roots	Fellowship Meal (No electives)



ASSEMBLY MENNONITE CHURCH
BODIES IN MOTION ELECTIVES & SUNDAY SCHOOL CLASSES MAP
August 10, 17, & 24, 2025

Second-hour electives

Please join in embodied activity and play during electives for everyone grade 2 and older, including MYF. Adults, please consider “buddying up” with your mentee or a young person from your small group to enhance the fun for all. Bring your water bottle if you plan to participate in an active elective. You may attend the same elective all three weeks or switch weekly - it’s up to you! *Any changes to outdoor electives because of inclement weather will be shared during the verbal announcements at the conclusion of worship.*

Toddlers through grade 1 will have Sunday school starting Aug. 10.

Multigenerational Playground Games - Meet on the playground for recess-style games, for all ages and ability levels. *Please note: This is a group activity, not free play on the playground.*

Disc Golf 101: Curious about this popular sport? Come learn from some of Assembly's regular disc golfers. Beginners welcome, or come to improve your skills. Meet on the grassy lot across New York Street from the parking lot.

Exploring on Foot: Each week will feature a guided walk to connect to our surroundings. The first week will be on our labyrinth, week two will be interacting with the plant and tree neighbors who live on our campus, and then a neighborhood walk the third week. Meet just outside the main entry doors.

Breathwork: Learn and practice deep breathing including with bubbles (week 1), use of our breath in singing (week 2), and chair yoga (week 3). Meet in Multipurpose Northeast.

Sound Exploration: Experiment with the sounds and vibrations we can create, with our bodies as one of the instruments, through singing, drumming, and handheld instruments. No musical or percussion expertise needed. Meet in the worship space.

Interplay: Interplay is an active creative way to unlock the wisdom of our bodies. We will create community with each other through playing with simple forms that everyone will recognize. Interplay uses incremental steps to help us play with each other. This is an intergenerational elective and all, both young and old, are invited. Anyone can do Interplay. Meet in Multipurpose South.

Colors and Doodles: This will be a quiet, self-guided space for reflecting with pens and markers in hand. Materials will be available for coloring, doodling, jotting, or simply sitting and reflecting. Meet in Multipurpose Northwest.

The Body Eclectic: In Week 1, we will explore the meetinghouse, focusing on having one of our abilities taken away (in a wheelchair, without sight) and talk about how we think about ability and disability. In Week 2 we will engage in large scale collaborative art as we create together what cannot be made alone. Overlapping circles and layers of color using full body motion is welcoming work for all ages and abilities. In Week 3 we will create and craft with food, experiencing taste and visual art. Plan to meet outside of the kitchen - locations of activity will vary.