

DISCIPLESHIP ESSENTIALS

We'd love for everyone at Menlo Church to experience this Lab! We'll consider four essential resources Jesus relied on to fulfill his purpose on earth. These same resources are available to help us live our purpose and identity as followers of Jesus. Join us whether you're exploring Christianity or you've been in the church for 40 years. We'll have fun and get to know others as we gain understanding that might change our lives forever.

SAN MATEO CAMPUS: Tuesdays, Oct 18 - Nov 15, 7-8:15PM with Cris Coniconde

MENLO PARK CAMPUS: Mondays, Oct 17 - Nov 14, 7-8PM with Keith Riley

MOUNTAIN VIEW CAMPUS: Tuesdays, Oct 18 - Nov 15, 7-8:30PM with Joy Reeve-Mitta

SARATOGA CAMPUS: Meeting on Zoom* / Mondays, Oct 17 - Nov 14, 7-8PM with Alek Bohigian

SAN JOSE CAMPUS: Tuesdays, Oct 25 - Nov 15, 4-5:30PM with Erin Campos

SUNDAYS

PARENTING WITH CONFIDENCE

SAN JOSE CAMPUS: Sundays, Oct 16 - Nov 6, 1-2:30PM with Mary Eschen

Every parent desires a calm and loving home, but that can be a challenge. In this Lab, you'll learn about dealing with choices, setting boundaries, and developing problem-solving skills. We'll explore different parenting styles and how to provide love and kindness, while also creating discipline. Discover approaches for managing anger and recruiting your entire family to be on the same team when tackling everyday issues (especially screen time).

HELPING YOUR CHILD DEVELOP A FAITH THAT STICKS

ZOOM: Sundays, Oct 16 - Nov 20, 7:30-8:30PM with Brett Koerten

Studies show that the single greatest influence on a child's long-term faith is their parent or guardian. But integrating faith into your family's everyday life doesn't always come naturally. In this Lab, we'll be using Fuller Theological Seminary's Sticky Faith curriculum and research to learn, discuss with other parents, and develop a strategy to help our kids and students follow Jesus for a lifetime. It's never too early or too late to apply the principles you will learn here to your life and family.

GLOBAL HOPE

MENLO PARK CAMPUS: Sundays, Oct 16 - Nov 20, 9-10:15AM with Katie Finlay

How does being a part of Menlo Church bring hope to the world? We support many excellent organizations that bring light into dark places. Join us for lively discussions about ministries that are making a real difference in human trafficking, at-risk youth, spiritual emptiness, inadequate education, and health problems. You'll see the world through God's eyes and discover ways you can be involved in changing lives.

MONDAYS

THE GOSPEL OF MARK

MONDAYS AT MOUNTAIN VIEW CAMPUS, WEDNESDAYS ON ZOOM:

Mondays and Wednesdays, Oct 17 - Nov 16, 7:15-8:45PM with Peter Kilner and Matt Summers

Enjoy this opportunity to look deeply into the words and deeds of Jesus. Each of the Gospels (Matthew, Mark, Luke, John) paint a unique portrait of Jesus that is worthy of close examination. During this six-week journey, we'll focus our time on Mark.

TUESDAYS

WOMEN'S LAB - ISAIAH: POET, REVOLUTIONARY, PROPHET

SAN MATEO CAMPUS: Tuesdays, Oct 18 - Nov 15, 7-8:15PM with Vicki Zung

Want to read your Bible but not sure where to start? Take advantage of this opportunity to dig into God's word one bite at a time, exploring God's relationship with the Prophet Isaiah and what he means to our modern lives. You'll enjoy building connections with other women as we read and explore this vibrant poet-prophet and his visions and prophecies. All you need is a Bible—content will be provided for you to download. Expect an hour of outside reading and study each week.

HEAR GOD BY KNOWING GOD

MENLO PARK CAMPUS: Tuesdays, Oct 18 - Nov 15, 7-8:30PM with Linda McBirney

Take advantage of a great opportunity to find out why God's Word is vital for life. You'll enjoy learning to use tools for observation and interpretation as you read the Bible and journey deeper in your faith. We'll also apply Scripture as we learn the Inductive Bible Study Method to bring about life transformation and worship.

WHAT HAPPY COUPLES KNOW

MOUNTAIN VIEW CAMPUS: Tuesdays, Oct 18 - Nov 8, 7-8:30PM with Brian and Jennifer Blatnik

It's easy to fall into a rut in our marriages, while we assume other couples have it much more together. Join us as we explore an Andy Stanley Bible Study that introduces three habits for maintaining and growing happy marriages.

EXODUS, HOMELESSNESS, AND OUR PLACE IN THE WORLD

ZOOM: Tuesdays, Oct 18 - Nov 22, 7-8:30PM with Steve Ebner

The Bible contains many themes that may surprise you—one of those concerns the people of God being homeless, displaced, seeking a home, and learning how to relate to the world around them. Join in an exploration of topics that include: what it meant for Adam and Eve to leave the Garden, 40 years of Exodus, entering the promised land, Jesus's and Paul's wanderings, modern homelessness, and the meaning of earthly and heavenly homes.

THE MARRIAGE COURSE

ZOOM: Tuesdays, Oct 18 - Dec 6, 7:15-9:15PM with Mark and Mari Yoshitake

When was the last time you had seven date nights with your spouse on the calendar? What if these seven dates were designed with videos and questions to help you strengthen your relationship and love your spouse a little better? Sound too good to be true? It isn't! Join us each week via Zoom to watch short videos, followed by time for private conversations (no group sharing).

THE GOSPEL OF WORK

MENLO PARK CAMPUS: Tuesdays, Oct 18 - Nov 15, 6:30-8PM with Jake Chacko

Work is a gift from God. Take part in a Lab designed to help you discover why your work matters to God and how God matters to your work. You'll explore the Biblical theology of work and discuss ambition, calling, ethics, and more. See faithandworkjourney.com for a snapshot of all we'll be learning.

WEDNESDAYS

PRAYER: LEARNING TO LISTEN

MENLO PARK CAMPUS: Wednesdays, Oct 26 - Nov 16, 7-8PM with Keith Riley

Do you have questions about prayer? Do you desire to pray with greater depth and consistency? Do you wonder if people really hear God? Explore these questions and examine the history of prayer in Christian writings. You'll also enjoy the practice of prayer with others and in solitude.

TOOLS FOR DEALING WITH ANXIETY

MENLO PARK CAMPUS: Wednesdays, Oct 19 - Nov 16, 7-8:30PM with Monte Fisher

We all experience anxiety. But is it possible to avoid being paralyzed by it? Or even to thrive despite it? Learn from experts about the what and why of anxiety, as well as learn strategies for self-care.

WOMEN'S FELLOWSHIP GROUP: THE BOOK OF JAMES

MOUNTAIN VIEW CAMPUS: Wednesdays, Oct 19 - Nov 16, 7:15-8:45PM with Jennifer Blatnik

Discover a journey of practical living faith in the book of James. This kind of faith invites you into a roll-up-your-sleeves and get-your-hands-dirty discipleship that is borne out of an authentic relationship with Jesus. We'll leverage a Bible study by Francis Chan to explore what it means to know suffering and develop a deep relationship with God, all while getting to know one another.

SPEAK LIFE PARENTING

ZOOM: Wednesdays, Oct 19 - Nov 16, 8:15-9:30PM with Carol Ruiz

This Lab is for parents who long for a way of communicating so you can live out your values and faith in your interactions with your children. You'll discover how to move toward cooperation, compassion, and responsibility, while practicing skills that will bring you closer to your kids and to God.

DECONSTRUCTION AND DARK NIGHTS

ZOOM: Wednesdays, Oct 18 - Nov 15, 12-1PM with Matt Stephan

Do you understand your crisis of faith, and do you know what to do with it? That's the focus of this Lab. Join us to explore the philosophy behind current Biblical studies, taking an honest appraisal of the church, as we jump into the dark night of the soul with both feet.

THURSDAYS

THE MARRIAGE COURSE

ZOOM: Thursdays, Oct 20 - Dec 8, 7-9PM with Mark and Missy Morinishi

See the description under Tuesdays.

THE LAST THINGS WE TALK ABOUT

MOUNTAIN VIEW CAMPUS AND ZOOM: Thursdays, Oct 20 - Nov 17, 7-8:30PM with Libby Boatwright

A life-altering medical diagnosis often creates an opportunity to "put our house in order" and talk with our families about end-of-life matters, including practical planning and personal beliefs. This Lab will prepare you to have these conversations and develop an inventory of resources so you can affirm and celebrate the people you cherish.