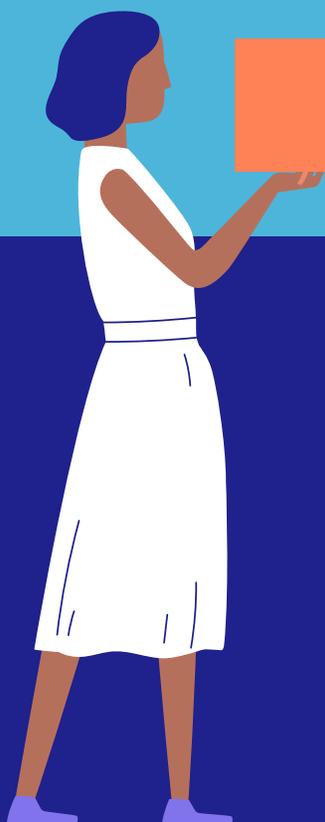


FALL LABS

You are invited to participate in Labs from all campuses and even dive into more than one if you like.



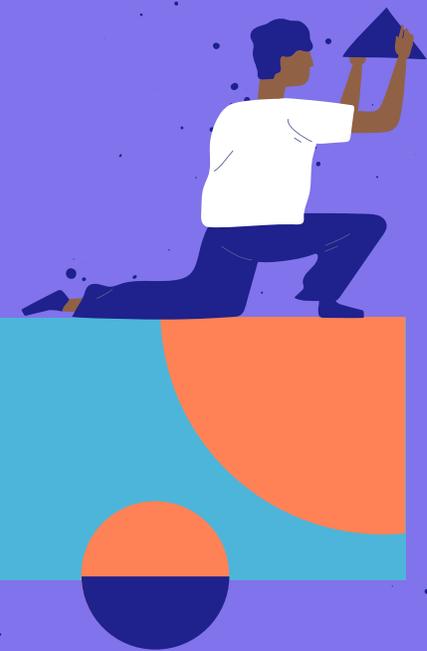
2021





**A QUICK NOTE
BEFORE READING:**

Click the title
of any Lab
to register.



ONLINE CAMPUS

Campus Contact: Mark Morinishi, mmorinishi@menlo.church

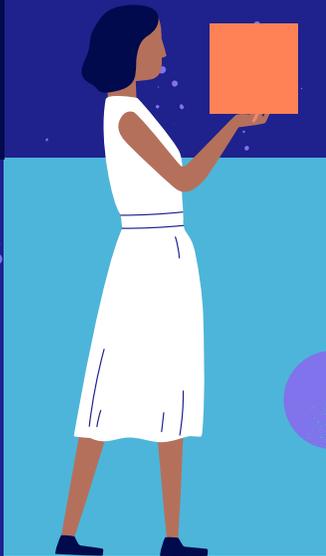
• The Marriage Course

ONLINE: TUESDAYS STARTING SEPT. 21, 7PM

Leaders - Mark and Missy Morinishi: Mark and Missy went through The Marriage Course and found the content so engaging and helpful to their marriage they want to share it with you. They met at Cal Poly San Luis Obispo, hit a few bumps along the way and then married. Mark is on staff with our Menlo Church's Online team. Missy is the Program Director at Legarza Sports. They are excited to deepen their communication and understanding of each other as they lead you on the same journey.

Lab Description: The Marriage Course is a seven-week series designed to address the everyday challenges couples face. You'll dive into connection, communication, conflict, the impact of family of origin, and so much more. Join us via Zoom, to watch short videos followed by time for private conversations (no group sharing). This Lab is suitable for all ages/stages of marriage. Give your spouse the gift of leaning into your most important relationship with these seven "date nights". This Lab involves a cost of \$25 to cover a TMC journal that will be delivered to your home.

For more information about The Marriage Course visit menlo.church/marriagecourse



SOUTH CITY CAMPUS

Campus Contact: [Rachelle Summers, rsummers@menlo.church](mailto:rsummers@menlo.church)

- **Parenting: Developing a Servant Heart in our Children**

ONLINE: THURSDAYS, STARTING SEPT. 23, 8:45PM

Leader - Jadine Kuwahara: Jadine is a Menlo Church Regional Outreach Director, wife and mom. She is passionate for children to know the love of Jesus and join in his heart to serve and love the world and their community.

Lab Description: In this Lab you'll meet other parents and gain practical ways to encourage your family to grow their heart for serving others. We want our kids to have a "want-to" heart grounded in the grace and beauty of God rather than a "have-to" heart motivated by guilt.



SAN MATEO

CAMPUS

Campus Contact: Cris Coniconde, cconiconde@menlo.church

- **Intro to Genesis** ONLINE: THURSDAYS, STARTING SEPT. 23, 7:30PM

Leader - Marel Zinck: Marel loves the Bible and found her perspective on humanity, purpose and God's plan radically altered in her study of Genesis. She's excited to share this journey with you.

Lab Description: In this Lab we'll cover some of the most significant and controversial passages of the Bible. From creation, humanity, purpose, sin and redemption we'll discover God's original intent for us and our world.

- **DadLab** ON CAMPUS AND ONLINE: FRIDAYS, STARTING SEPT. 24, 6:30AM

Leader - Matt Stephan: Matt is a busy dad trying to follow Jesus, serve his family and not get fired. He is also the Campus Pastor at Menlo Church San Mateo.

Lab Description: This lab focuses on spirituality for busy dads of all ages and stages. We will gather for support and to map out spiritual disciplines to fuel your life as a dad.

- **Unveiled** ON CAMPUS: TUESDAYS, STARTING SEPT. 21, 7PM

Leader - Cris Coniconde: Cris is the Adult Discipleship Director at our San Mateo Campus, a mom and a wife. She has completed the Fuller Seminary Spiritual Formation cohort and is working on a Masters from Fuller. She loves leading groups and the power of learning spiritual practices in community.

Lab Description: "And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit." 2 Corinthians 3:18 (NRSV). We desire to be transformed into the image of Christ. Join us in this practical spiritual formation Lab where we'll engage in practices of prayer, solitude, Scripture meditation, and more as we pursue the with-God life together.



MENLO PARK CAMPUS

Campus Contact: Keith Riley, kriley@menlo.church

• Parenting Beyond Your Capacity

ON CAMPUS: WEDNESDAYS STARTING SEPT. 22, 7PM

Leaders - Emily and Dave Liggett + Stephen and Lindsey Dick: Dave and Emily Liggett are the parents of four adults and grandparents of six. They have been involved at Menlo as volunteers in Menlo Kids, Student Ministries and Marriage Mentoring; and in the local community coaching youth sports and scouts. Stephen and Lindsey Dick are the parents of two active young children. Lindsey is very involved with Menlo Mothers Together.

Lab Description: This lab is based on the book, *Parenting Beyond Your Capacity*, by Reggie Joiner and Carey Nieuwhof. You will gain a practical approach to parenting, understanding child/adolescent development and find fun ways to engage your family in a relationship with God. This is for parents of kids of all ages. You will be encouraged and energized in the challenges of parenting while you get to know others on the same journey.

• What's My Purpose?

ON CAMPUS: SUNDAYS, STARTING SEPT. 19, 11:30AM

Leaders - Katie Finlay and Rachel Sherwood: Katie has taught high school biology, raised three children, and volunteered in Menlo's Ethiopia Initiative. Rachel has spent over 30 years in defense, and is looking forward to purpose-driven dialogue without acronyms.

Lab Description: Join us as we explore God's purposes in our lives, work and relationships. The pandemic has caused many of us to question our direction in life, and this lab provides a friendly space to consider changes. We will include personal stories, small group discussion, an optional picnic, and community.

• Reading, Studying, and Meditating on Scripture

ON CAMPUS, TUESDAYS STARTING SEPT. 21, 7PM

Leader - Cheryl Fletcher: Cheryl is on the Menlo Church Executive Leadership Team over Discipleship. She is a graduate of Fuller Theological Seminary (MA) and Gordon-Conwell Theological Seminary (Dmin) and has over 35 years of ministry experience in Young Life and local churches in Austin, Los Angeles and the Bay Area. She loves hiking, fly fishing and all things John Steinbeck.

Lab Description: The Bible is our greatest guide to knowing Jesus — so why is it often mishandled and misunderstood? This Lab will take a deep dive into how we read, study and meditate on Scripture to know God and ourselves more fully. You'll get to know one another and leave with practical tools to implement in your daily/busy lives. And we will have fun!

• The Pursuing God: Knowing God and Our True Identity

ON CAMPUS: TUESDAYS STARTING SEPT. 21, 7PM

Leader - Keith Riley: Keith is the Adult Discipleship Director at the Menlo Park campus, husband to Liz and dad to Amaya. He has a Masters of Theology from Houston Baptist Seminary and has served in the local church for nine years. He has also studied extensively with the Renovare Institute on Spiritual Formation to help people journey with God and understand his unique design for them.

Lab Description: Do you have questions about the character of God? Is he good? Is he good to you? Why does he seem angry at times? Why does he seem near to some and far from others? In this lab, we will dive into these questions and more as we wrestle with our perceptions in light of Scripture and Church history. How we view God impacts how we interact with him and how we see ourselves. Join us on this journey of community seeking to delight in God.

• Gospel of Work

ON CAMPUS: TUESDAYS STARTING SEPT. 21, 7PM

Leader - Jake Chacko: Jake is a 40-year veteran of the corporate and tech world. He spent years as an elder at Menlo Church and served on the Menlo staff as our Director of Operations. He is husband to Sushil, dad to their three adult daughters and grandfather to his namesake, Jacob. He has been on the faith and work journey for several years and wishes he had had this training at the beginning of his career and can't wait to share it with you.

Lab Description: Why do we work? How does our work matter to God? How does God matter to our work? What does the Bible say about work? This Lab will delve into the gospel of work (literally, the "good news" about work) through teaching, discussion, and application of material from the Faith & Work Journey developed by Denise Yohn (www.faithandworkjourney.com). This is a spiritual formation and professional development experience and is targeted for all stages of the work experience.

• 1 Corinthians Study

ONLINE: WEDNESDAYS, STARTING SEPT. 22, 9AM

Leader - Susan Jordan: Susan loves studying the Bible and applying it to her life. She has been a part of the Precepts Bible Study as well as serving as a former Bible Study Fellowship leader. Susan is also married with three grown daughters. Leilani Stritter, Danielle Dearborn and Anna Itoi will assist Susan in leading this Lab.

Lab Description: Join us for a Lab focused on using the inductive Bible study method to discover all God has for us in 1 Corinthians. We'll use a study guide that dives into scripture in a way that makes it personally relevant, and is perfect for anyone, whether you've never read the Bible this way or you've done so for years.

• 1 Corinthians Study

ON CAMPUS: THURSDAYS, STARTING SEPT. 23, 7PM

Leader - Debbie Hall: Debbie is passionate about studying God's word and understanding its application to her life. She has participated in and led Bible studies for over 20 years. Debbie is also a wife, new grandparent, former Elder for Menlo Church, and loves hiking and golf.

Lab Description: Join us for a Lab focused on using the inductive Bible study method to discover all God has for us in 1 Corinthians. We'll use a study guide that dives into scripture in a way that makes it personally relevant, and is perfect for anyone, whether you've never read the Bible this way or you've done so for years.

• 1 Corinthians Study

ONLINE: THURSDAYS, STARTING SEPT. 23, 7PM

Leader - Betsy Bowersox: Betsy's greatest joy is to learn with others about God's deep steadfast love, overwhelming transforming saving grace and His absolute truth in His Word. She has been a part of Precepts Bible Studies for 12 years. Betsy is also a wife, a mom and an avid gardener.

Lab Description: Join us for a Lab focused on using the inductive Bible study method to discover all God has for us in 1 Corinthians. We'll use a study guide that dives into scripture in a way that makes it personally relevant, and is perfect for anyone, whether you've never read the Bible this way or you've done so for years.

• Discovering and Living God's Heart for Immigrants

ONLINE: WEDNESDAYS STARTING SEPT. 22, 7PM

Leaders - Sue Johnson and Bennie Ingraham: Sue Johnson is the Managing Director of Able Works, a non-profit fighting for economic justice in Northern California. She and her family lived in Spain and then returned to the Bay Area with a deep desire to have an impact through social justice. She is passionate about helping others reach their full potential, regardless of nationality.

Bennie is the Regional Outreach Director at the Menlo Park Campus. Her heart and experience in serving across cultures, locally and internationally, makes her ideal in guiding a lab on loving and welcoming the stranger.

Lab Description: Have you ever wondered what the Christian response to immigration should be? Can immigration reform be compassionate, sensible, and just? This Lab will dive deep into a Christian response to immigration. We will dive into history, Scripture and policy analysis while seeking to debunk myths and misconceptions about immigration. We will be reading and hearing from expert speakers. We will also hear directly from those with stories from within and outside the immigration system.

• Journey to Generosity

ON CAMPUS: WEDNESDAYS STARTING SEPT. 22, 7PM

Leaders - Anne Rosales and David Kim: Anne is excited to share her love of generosity and to journey with you as you discover the benefits of living generously. She and her husband have been at Menlo Church over 30 years and she is presently a director with the Church of the Pioneers Foundation.

David is a trained facilitator with the Generous Giving Ministry. He and his wife have two kids and have called Menlo Church home for two decades. David's professional experiences include corporate finance, law and venture capital. He serves on the Menlo Church Elder Board and the board of COPF.

Lab Description: This lab explores God's call to be generous. Together we'll watch videos, read Scripture and discuss our thoughts on what a life of joyful generosity can be.



SANCTUARY YOUNG ADULTS

Campus Contact: Adam Hendrix, ahendrix@menlo.church

- **Lasting Lessons for the Soul**

ON CAMPUS: SUNDAYS STARTING SEPT. 26, 5:30PM

Leader - Samantha Littlefield: Sam loves cheering on people as they deepen their awareness of God moving in their midst. She believes that lives are changed when people walk in loving union with the trinity and she wants to help people as they journey on that path of followership. She is the Student Ministry Director at Menlo Church Menlo Park and is working on a Masters of Spiritual Formation at Portland Seminary.

Lab Description: This Lab will examine the six dimensions of faith and practices that define the Christian tradition, as guided by Streams of Living Water, by Richard Foster. We'll explore practical ways to incorporate different practices into our daily lives, and we'll take time learning from ancient mothers and fathers who've gone before us.



MOUNTAIN VIEW CAMPUS

Campus Contact: Joy Reeve-Mitta, jmitta@menlo.church

• The Power of Words

ON CAMPUS AND ONLINE: MONDAYS STARTING SEPT. 20, 7:15PM

Leader - Peter Kilner: Peter is currently an elder and frequent Bible teacher for Menlo Church. He and his wife, Deb, taught a Bay Area Bible Study Fellowship class for 18 years and serve as marriage mentors for the church. Peter knows how difficult it is to tame his own tongue and it excited about how we can all improve our communication skills through applying the wisdom of the Bible through the power of the Holy Spirit.

Lab Description: The Bible teaches that words are powerful to bless or curse and to heal or destroy relationships. This lab is a practical Bible study designed to transform our relationships at home, work, and in our communities. By studying together, we'll grow and find friendship. Join us!

• Crown Financial

ON CAMPUS: WEDNESDAYS STARTING SEPT. 22, 7PM

Leaders - Bill Teter and Monte Fisher: Bill is educated in law and finances and his was focused on banking. He has led over 25 Crown Financial groups and provides encouragement and counselling to individuals seeking God's guidance for their finances.

Monte Fisher is the Care and Recovery Director at the Menlo Park campus. He also had a 25-year career in software.

Lab Description: The Bible has over 2300 passages focused on finances and stewardship. You won't read all these passages but they will come to bear in this eight-week lab based on resources from Crown Financial (crown.org). You'll gain practical ways to live a wise and generous life beyond simply budgeting.

• Strengthening Resilience

ON CAMPUS AND ONLINE: SUNDAYS STARTING SEPT. 19, 12PM

Leader - Marcia Davis-Cannon: Marcia Davis-Cannon is the director of large group meetings for Career Actions Ministry and a Career Transition Coach. She has a coaching certificate from Western Seminary, a Wharton MBA, and a long history of volunteerism.

Lab Description: Resilience is the ability to bounce back from adversity. Like a muscle, we can strengthen our resilience at any age or stage. In this practical, experiential lab, you'll learn what makes relationships and lifestyles more resilient, how to build a resilient mindset and how to reframe negative narratives. You'll leave with helpful resources, and a plan to strengthen your own resilience week-by-week.

• Women, Men, and Biblical Equality: Reading Critical Passages on Gender Roles

ON CAMPUS: WEDNESDAYS STARTING SEPT. 22, 7PM

Leader - Taylor Choate: Taylor is the Connections Director at the Mountain View campus. She has a Master's in Divinity from Houston Theological Seminary and wrote her thesis on men and women in the church. Her focus was the critical passages used to argue male hierarchy.

Lab Description: What does Scripture really have to say about men-women relations in the church and in the home, and what does that mean for us today? The way that we answer those questions profoundly affects our understanding of God's purpose for our lives and the lives of those around us.

Each week our Lab will:

1. Learn about the tools and methods of biblical interpretation and how to apply them in context.
2. Engage, analyze and discuss disputed biblical texts concerning men and women in the church and in the home.
3. Question how these texts relate to our understanding of ourselves, our peers and our God

• Cultivating Spiritual Formation as Parents of Teens and Young Adults

ON CAMPUS: TUESDAYS STARTING SEPT. 21, 7PM

Leader - Joy Reeve-Mitta: Joy is wife to Pramod and together they are the parents of three children. She previously worked as a Marriage and Family Therapist and is currently the Director of Adult Discipleship at the Mountain View Campus. Joy is excited to explore with you how the journey of parenthood spiritually forms us as we partner with God and our community to guide our kids in their faith journey.

Lab Description: This Lab will use resources from the Fuller Youth Institute to guide our time. These resources will equip you to take steps toward your teenagers and young adults in a mutual journey of spiritual growth. You will read Growing With, apply what you learn at home and be encouraged by our group discussion.

• Discovering God's Heart for Racial Justice

ON CAMPUS: TUESDAYS STARTING SEPT. 21, 7PM

Leaders - Kristin Walsh, Larry Wu, and Matt Summers: Kristen and Larry are married and have a long history of pursuing God's heart for justice through Scripture and relationships. Larry works in the Tech industry and Kristin is a medical doctor working with marginalized communities. Together they are the parents of adorable twin boys. Matt Summers is the Campus Pastor at Mountain View and excited to get to know you.

Lab Description: Join the Mountain View Social Justice Group and our new Campus Pastor, Matt Summers as we journey through a 6 week experience of exploring Racial Justice and Lament. If you have a desire to know God's heart for Racial Justice and Reconciliation you belong at this Lab! We will be using the booklet, An American Lament, which includes daily devotions and guided discussions for our time together.



SARATOGA CAMPUS

Campus Contact: Rié Collett, rcollett@menlo.church

• **The Hidden Agenda** ON CAMPUS: MONDAYS STARTING SEPT. 20, 7PM

Leaders - Steve Ebner and Leslie Mahan: This lab is an interactive deep dive into themes reiterated throughout the Bible that are rarely given attention in Sunday sermons. One such theme is the rest of God and his people. We'll explore several aspects of this rest. We look forward to getting to know you!

Lab Description: This lab is an interactive deep dive into themes reiterated throughout the Bible that are rarely given attention in Sunday sermons. Join us as we get to know one another and wrestle down these important themes.

• **The Screwtape Letters** ON CAMPUS: TUESDAYS STARTING SEPT. 21, 7PM

Leader - Jeff Wong: Jeff is a husband, dad, life-long learner, retired attorney, hiker and fly-fisherman. He loves diving into Scripture and good conversation.

Lab Description: Spiritual warfare is real, but it can be hard to see in our daily lives. The Screwtape Letters by C.S. Lewis has been a helpful guide to Jeff over the years and he's excited to study it with you in this Lab. You'll pool insights, see your life and world differently and help each other battle a little bit better. A video series from the C.S. Lewis institute will help guide your time.

• **God's Heart for Justice** ONLINE: MONDAYS STARTING SEPT. 20, 7:30PM

Leader - Dave Harrison: Dave is the Director of Strategic Partnerships for International Justice Mission (ijm.org). He has over a decade of experience addressing domestic and global poverty through market-based solutions and international development efforts. When Dave is not playing baseball or swimming with his two sons, he enjoys hiking with his wife in the Santa Cruz Mountains.

Lab Description: This lab will focus on God's heart for justice, how extreme violence happens against the vulnerable, and what you can do to protect the marginalized among us and around the world.

• Speak Life Parenting

ONLINE: THURSDAYS STARTING SEPT. 23, 8:15PM

Leaders - Carol Ruiz and Mark Yoshitake: Carol is an engineer by training and has stayed home to raise four children (now 25, 23, 21, and 9). She has 20 years of volunteer experience working with kids in the classroom, and more than 10 years in volunteer parent education at McAuliffe School, with the last 3 years focused on helping parents of tweens and teens communicate positively with their children as they pass through this exciting, but challenging time of life.

Mark is a high-tech leader who has worked for Microsoft, Google, YouTube, and Amazon, but is first and foremost a husband, father and a Christ-follower. He's excited about facilitating, contributing, and learning about how to bring more effective parenting into our lives. He's looking forward to sharing and learning together and cultivating a community of people who serve and support one another.

Lab Description: How can you build strong relationships with your children? How can you teach your children resilience to face their problems? How can you help your children experience the Love of God? These questions have an answer. In the midst of the demands, busyness and struggles of family life you can connect with your child and experience a depth of love, patience, and wisdom that you may never have believed possible. You are invited to join Speak Life, a 7-week Lab designed to introduce the compassionate skills of Nonviolent Communication (NVC), and give you an understanding of how to change your family dynamics with small, purposeful actions that powerfully align with your faith. (The \$149 program fee will be discounted to \$99. If you need financial assistance please let us know).



SAN JOSE CAMPUS

Campus Contact: Josh Robertson, jrobertson@menlo.church

- **The Enneagram: Growing Compassion for Yourself and Others**

ON CAMPUS: TUESDAYS STARTING SEPT. 21, 7PM

Leader - Tatiana Schmidt: Tatiana Schmidt is the worship pastor at our San Jose campus and excited to share her passion for the Enneagram. Her Instagram account – [enneagramvibes](#) – has over 64,000 followers. She is married to Timmy, and they are cat parents to Eden.

Lab Description: Have you ever felt like there was a certain type of personality that you struggle to get along with? Or even struggle to understand? Do you want to become more self-aware, so you can break out of unhealthy patterns, becoming more loving and compassionate toward others and yourself? The Enneagram is a great tool for learning how to love others better and become aware of our own blind spots that might make us “that personality type that’s hard to get along with.” In this lab, we will take a deep dive into all nine Enneagram personality types to grow in navigating conflict and differing communication styles. We’ll also see the character of Jesus reflected in each type.

- **Parenting the Love and Logic Way™**

ON CAMPUS: WEDNESDAYS STARTING SEPT. 22, 7PM

Leader - Mary Eschen: Mary has been teaching practical parenting skills to schools and churches for over 10 years. She hosts the podcast, *Parenting Decoded*. As a struggling parent Mary was introduced to Love and Logic® parenting concepts and fell in love with the practical skills and how they helped parents raise responsible, respectful kids in a loving manner – exactly what she wanted to do with her own children! She has worked in the tech industry and is a certified Life Coach.

Lab Description: This Lab is focused on: How to Raise Successful, Stress-Free, Responsible Children with Parenting the Love and Logic Way™. You will experience practical teaching, videos, group exercises and short readings to serve you as a parent. We will be in this together, committed to knowing and encouraging one another.