

**Helping people find purpose in Jesus through genuine relationships.**

**SPRING FORWARD THIS SUNDAY**  
Don't forget to move your clocks forward one hour at 2:00AM this Sunday, March 8. If not, you might be arriving an hour late to church!



**RENEWING YOUR MIND: HABITS OF HEALING**

Many of us know what it feels like when our minds won't slow down, when worries dominate our thoughts, or when relationships are strained. The early church faced many of the same struggles. Yet scripture invites believers into habits of living and paying attention that cultivate the peace of Christ. **This week, drawing from Philippians 4:1-9**, we'll let Paul coach us in practices that lead toward healing: repairing relationships, turning anxiety into prayer, and training our attention toward what is true and beautiful. This Lent, we invite you to embrace habits that strengthen both spiritual life and mental health. Join us at 9:00AM or 10:45AM in our Sanctuary to discover how renewing your mind can begin to reshape your life. If you are not able to meet with us in person, please check out Westminster online at [wpcmedford.com](http://wpcmedford.com) or on our Facebook page.

**RENEWING YOUR MIND**

*Mental Health Workshops*

INVITE A  
FRIEND  
& RSVP HERE

RSVP by scanning the QR  
Code, or email  
[dereck@wpcmedford.com](mailto:dereck@wpcmedford.com)  
with dates & childcare info



**MAR 8** From Anxiety to Courage (Part 2)  
by Karolyn Mengerhausen, LPC, LMFT

**MAR 22** Toolkit for Parenting & Developing Others  
by Kacy Mullen, PhD, LCP

**MAR 15** How to Endure Emotionally  
by Kacy Mullen, PhD, LCP

**MAR 29** Truth and Grace Boundaries  
by Heather Siewell, QMHP

**ALL WORKSHOPS ARE 12:15-2PM**  
at Westminster Presbyterian Church

**Lunch and childcare available for ages up to 10 available with required RSVP. Walk-ins welcome for workshops only.**

All skill levels welcome

# PAINTBALL

*youth group*

Organized by Youth 71Five



Details & RSVP on QR Code



07 MAR 2026  
0900-1300



## Men's Breakfast

8:00am March 14, 2026

Black Bear Diner

**Guest Speaker: Aron Rono**

Tickets \$10 each

For more information, email Jim Coli at [jimcolimedford@gmail.com](mailto:jimcolimedford@gmail.com) or call 541-779-0337



### YOUNG ADULT PAINTING CLASS

For young adults **18-28 years** old (we won't kick you out yet if you are 29 or 30.) This is a guided class led by a professional. Everyone will be guided through the same painting, and each person will get to keep their work to take home. **Limited to 10 painters so first come, first serve. RSVP or for more information, use the QR code.**

SAT. APR. 4TH @ 3-5P




### YOUNG ADULT PAINTING CLASS

Sunday April 19 1-3PM

2026

You're invited to our 5<sup>th</sup> Annual Spring Celebration

Bring the whole family for an afternoon of **FREE ACTIVITIES!** For ages 2 - 12 years old



Westminster Presbyterian Church 2000 Oakwood Drive, Medford [wpcmedford.com](http://wpcmedford.com)

