

SFC NEWSLETTER

JOIN US FOR

Holy Hangouts

PAGE

TUES 7:30-8:30PM

EMERSON

SAT 9-10AM

CLARK

TUES 6-7PM

ARMINGTON

WED 7:30-8:30PM

VAN KAMPEN

WED 8:30-9:30PM

GLC / OV / OFF CAMPUS

FRI 8-9AM

LOOK FOR A ZOOM LINK VIA EMAIL!



Relaxing Like Jesus

SIMPLICITY

IT CAN BE HARD TO SLOW DOWN DURING THE SCHOOL YEAR, ESPECIALLY RIGHT NOW. HERE ARE SOME SUGGESTIONS FOR CREATING "MARGIN" WHEREVER YOU FIND YOURSELF:

- ALLOW EXTRA TIME BETWEEN CLASSES TO GO OUTSIDE AND ENJOY GOD'S CREATION!
- TAKE CARE OF YOURSELF - GET PLENTY OF SLEEP AND STAY HYDRATED

**CALEB
YOUNG**



DORM: EMERSON
MAJOR: BIOCHEM, PREMED
HOMETOWN: YAOUNDÉ, CAMEROON
SPOTIFY PICKS: TRAVIS SCOTT, CORY ASBURY, FRANK OCEAN
ASK ME ABOUT: MY 17-YEAR CAMEROONIAN EXPERIENCE

**SARAH
YAMAICHI**



DORM: EMERSON
MAJOR: SPANISH, POLITICAL SCIENCE
HOMETOWN: ORCUTT, CA
SPOTIFY PICKS: EARLY 2000S HIP HOP & RAP
ASK ME ABOUT: CROSSFIT & WEIGHTLIFTING

WHAT'S AN SFC?

WE'RE A TEAM OF STUDENTS WHO WANT TO WALK WITH YOU ON YOUR FAITH JOURNEY THIS YEAR!

WE'RE HERE TO SERVE, GROW ALONGSIDE YOU, AND ENCOURAGE INTENTIONAL COMMUNITY ON (AND OFF) CAMPUS.