

# NEWS

THINGS TO BE A PART OF AT CIB

THURSDAY, SEPTEMBER 14 AT 7 PM

## SUSTAINABLE TRANSPORTATION

**Walking, Biking, Transit, and EVs, Oh My!**  
Navigating the Options for Sustainable Transportation

There are loads of options for sustainable transportation these days, and yet most of us are still driving gas cars for most of our trips. Hear about how we can use walking, biking, public transit, electric vehicles, and efficient driving to reduce the money we spend, have a more enjoyable commute, and be more sustainable. We cover the benefits, challenges, and solutions to each of these approaches and how we can combine them.

**SNAP FOR MORE**  
  
**INFORMATION**



THURSDAY, OCTOBER 12 AT 7 PM

## COMPOSTING


**Composting**  
Turn Your Kitchen Waste Into Gold



THURSDAY, NOVEMBER 2 AT 7 PM

## REDUCING CONSUMPTION


**Getting a Handle on Buying So Much Stuff!**



THURSDAY, NOVEMBER 16 AT 7 PM

## BASIC TOOLS AND HOW TO USE THEM


**You can do this!**



THURSDAY, JANUARY 11 AT 7 PM

## HOUSEHOLD ENERGY EFFICIENCY

**Energy Efficiency and renewable energy**



## Get to class.

Join us on Thursday evenings this fall to learn life skills that will improve, not only your own life, but the lives of others, too.

All classes are free, open to the public, and you are encouraged to invite friends.



Get more info at [churchnbethesda.org/classes](http://churchnbethesda.org/classes).

## Class Listing

### Sustainable Transportation

Thursday, September 14, 7PM at Church In Bethesda

### Composting

Thursday, October 12, 7PM at Church In Bethesda

### Reducing Consumption

Thursday, November 2, 7PM at Church In Bethesda

### Basic Tools (And How To Use Them)

Thursday, November 16, 7PM at Church In Bethesda

### Household Energy Efficiency

Thursday, January 11 (2024) 7PM at Church In Bethesda

## Everyone Should Eat

If you are in need of meals, come to the back entrance of the church Monday through Friday at 12:30 PM for free food.



Get more info at [churchnbethesda.org/lunch-program](http://churchnbethesda.org/lunch-program).

THERE IS ~~NO~~ SUCH A  
THING AS A FREE LUNCH

Free food is distributed at 12:30 PM, Monday through Friday. No strings attached.  
Get more info at [churchnbethesda.org/lunch-program](http://churchnbethesda.org/lunch-program)



## There's music in you!

If you play an instrument or sing, we want to include you in our Sunday worship! All ages and skill levels are welcome. Interested?



Snap the QR code above to send us an email.



## May we pray for you?

If you're celebrating something, we want to celebrate with you. If you're hurting, we want to carry that with you. Please visit our prayer page to share your requests with us.



Get more info at [churchinbethesda.org/prayer](https://churchinbethesda.org/prayer).

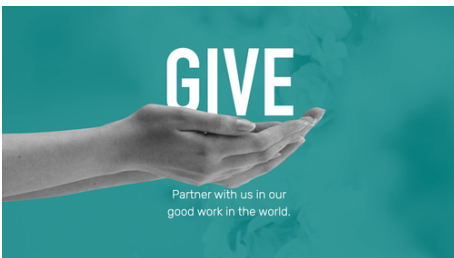


## Get Updates

CiB sends out periodic updates to keep our community up to speed on all that's going on. Updates are available via email and/or text and you may unsubscribe at any time.



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Get more info at [churchinbethesda.org/cultivate](https://churchinbethesda.org/cultivate).