

**Health and Wellness Speaker.** The Health and Wellness Ministry Team is proud to welcome Dr. A. Jay Cohen as our guest speaker on Sunday, October 31 at 9:45 a.m. in the Fellowship Hall. He is an endocrinologist at the Endocrine Clinic and his topic is “Osteoporosis: It’s not just a Woman’s Disease.” All are welcomed to attend.

**CPR Classes.** A CPR class will be offered at Germantown UMC on Friday, November 5, from 8 a.m.-12 noon in Room 136 behind the Fellowship Hall. The cost of the class is \$55 and you will receive the American Heart Association certification upon completion. The course will again be taught by Angie Printup of CPR-TO-GO. For more information, contact Beverly Rhoads at 754-7216, ext. 107, or brhoads@germantownumc.org.

**Flu and Pneumonia Vaccines Available.** Methodist Healthcare will be administering flu and pneumonia vaccines to our congregation on October 27. A nurse will be in the Mike Wilson Fellowship Hall between 8:30 a.m.-12 noon, and again from 5-8 p.m. The flu vaccine will provide protection for the H1N1 flu as well as other strains. Please call Valerie Foster at 758-6517 to sign up for your vaccine. The cost for the flu vaccine is \$20 and the pneumonia vaccine is \$50. (The pneumonia vaccine is only needed every 5 years.) Medicare Part B will pay for the cost of the vaccine—just have your information available when you arrive. For more information, contact Beverly Rhoads at 754-7216, ext. 107, or brhoads@germantownumc.org.

**College Care Packages.** We are planning on sending Exam Care Packages to our current college students as a way to continually support them. We will be sending a package of snacks, goodies, and notes of encouragement to each student. If you would like an Exam Care Package to go to your college student, please email his/her name and physical address to Renee Pearl at rpearl@germantownumc.org by November 14.

## Men’s Ministries

**Sonrise Prayer Group.** The Men’s Sonrise Prayer group invites all men to join them in a powerful study of James Moore’s book *Have you ever seen a Hearse Pulling a Trailer*. Each week we will be studying key passages of scripture with deep religious themes. The study is held on Tuesday mornings from 6:30 a.m.-7:15 a.m. in room 339. For more information call Bryan Barger, 752-0522, John Phillips, 756-5434 or visit [www.gumcsonrise.shutterfly.com](http://www.gumcsonrise.shutterfly.com).

## Older Adults

*These events are for everyone—singles and couples. Our activities are open to anyone age 55 and older regardless of church membership*

**Senior News—XYZs November Event.** Enjoy art and good food with us when we tour *Objects of Wonder: Four Centuries of Still Life* at The Dixon Gallery & Gardens and eat lunch at Dan McGuinness Pub on Tuesday, November 16. We depart at 9:15 a.m., and the cost is \$5 per person plus lunch on your own. Call Luci Cromer, 755-0803, Louise McGhee, 755-3463, or Gretchen Blair, 755-0797, to make reservations before Tuesday, October 19.

**See you at the Germantown Senior Expo.** Plan on spending an hour or two at the Senior Expo. There will be FREE health screenings, informational booths, demonstrations, great door prizes, and free refreshments. There are both corporate and non-profit exhibitors, and more than 1,500 guests come each year. Be sure to visit Booth #7, our church booth.

WHERE: Germantown Athletic Club, at Neshoba and Exeter

WHEN: Thursday, November 4, 2010, 9 a.m.-3 p.m.

COST: FREE admission—wear comfortable shoes. There will be a lot of booths.

**Senior News—November Brown Bag Lunch Series.** Jimmy Ogle, Memphis history expert, will present “Memphis in the 1900’s.” This presentation will be Friday, November 5, in the Fellowship Hall. The program starts at 11 a.m. with lunch at noon. Bring your own sack lunch; the church will supply the beverages. Call Luci Cromer, 755-0803, for more information. No reservations are needed. *There will be a crossing guard on West Street to help with overflow parking.*

**Senior News—XYZs December Event.** Give yourself an early present and come with us to see *A Christmas Story* at The Circuit Playhouse on Saturday, December 4. We depart at 12:45 p.m., and the cost is \$15 per person. Call Luci Cromer, 755-0803, Louise McGhee, 755-3463, or Gretchen Blair, 755-0797, to make reservations before Monday, November 8.

## Health and Recreation

Carissa Algea, Director, 753-3100, calgea@germantownumc.org  
Patrick Peavy, Sports, 753-3100, ppeavy@germantownumc.org  
Erica Puryear, Nursery, 753-3100, epuryear@germantownumc.org

### Owings Life Enrichment Center (OLEC)

2323 West Street • 901-753-3100

Hours: Monday-Thursday 6:30 a.m.-9:00 p.m.;

Fridays 6:30 a.m.-5:00 p.m.; Saturdays 8:00 a.m.-12:00 noon

*Nursery Available:* Monday-Friday 9:00 a.m.-12:00 noon

**October 30 Zumba Party.** Mark your calendars for a special workout on Saturday, October 30, from 9:30-11:30 a.m. Our very own Zumba teachers and Zumba Gold teacher will be joining forces on this special day. Plus, Carissa Algea will teach the Thriller dance and there will be a costume contest, a raffle, and plenty of fun! This event will take place in the Mike Wilson Fellowship Hall and childcare is free.

**October OLEC Special.** All hour-long Swedish massages are only \$45 in honor of breast cancer awareness and national massage therapy month! Call Carol Panasuk, LMT, at 292-5913 to book your service.

**Children’s Basketball Season.** Registration is still underway and ends *today*. The fee is \$70 and it is first-come, first-serve. Pick up a form at the Information Center or register at [germantownumc.org](http://germantownumc.org). Practices begin on November 1 and the games will begin in December.

## Student Ministries

Alison Bocking, 758-6508, abocking@germantownumc.org

Jason Baker, 758-6515, jbaker@germantownumc.org

**Element**, our version of United Methodist Youth Fellowship, meets on Sunday nights from 6-8 p.m. A snack supper is available for \$3. Element will not meet tonight due to Fall Break. Join us next week as we kick-off the *Stop Hunger Now* campaign! See you next week!

**Destination X-Sunday, October 31.** Visit [germantownumc.org](http://germantownumc.org) to reserve your spot! Where are we going? You won’t know! Just dress in NEON from head to toe! You’ll need ten bucks to board the bus. First you gotta sign-up online, so don’t make a fuss. We’ll meet at 6 p.m. and be back by 9 p.m. At the end of the night, you’ll be feeling fine!

## Children's Ministries

Lauren Boswell, 758-6512, lboswell@germantownumc.org  
Janelle Crist, 758-6525, jcrist@germantownumc.org

**Elementary Grace Place.** Grace Place is the Sunday School program for children in senior kindergarten through 5th grade, offered from 9:40-10:40 or 11:00-12:00. All children gather in the Chapel for assembly, then proceed to classrooms by grade level groups for experiential learning. This Sunday we continue our 6-week rotation theme, "Making Good Choices: Jonah."

**Stop Hunger Now: Operation Sharehouse Meal Packing.** Did you know that for as little as 25 cents, a bag filled with rice, soy, and dried vegetables can feed a family? What can you get for 25 cents? Over the next six weeks, the children of Grace Place are bringing in quarters to feed the hungry. A collection will be taken during chapel opening. A church-wide donation drive will follow in the coming months to raise money for GUMC's Operation Sharehouse Meal Packing Event to be held January 17 at the OLEC. This will be a family-oriented mission event on MLK day, in which all ages can participate in packaging up to 100,000 meal packets to be sent to underdeveloped countries. Start saving your quarters!

## Missions

Thanks again to those of you who took part in reading activities to our Caldwell-Guthrie students recently. For you who could not be involved with that wonderful experience, here are a couple of other opportunities that are approaching where we need volunteers:

**Friday, October 22.** 8:30 a.m.-2:30 p.m. Persons are needed in the school Incentive Store. The students earn points during each grading period for a good behavior grade on their report cards. They come to the Incentive Store to redeem points earned for small toys, games, balls, etc. and volunteers are needed to assist them in their selections. If you can help with this on October 22, please contact Anne Fritz, afritz@memphisbar.org or 409-3477.

**Thursday, November 11.** Volunteers are needed to be jurors for the school Think Show. Every student in the school is involved in creating an assigned project to be displayed for adults outside the school to critique. For more information, contact Shirley Gee at dramamama6@aol.com or 756-6550.

## Wednesday Evening Classes

**Worship: From Early Jewish Practice Until Now**  
Wednesday evenings • October 13-November 10  
6-7 p.m. • Room 339

Rev. Steve Atkins will explore the history and development of worship from early Jewish practices, through developing Christianity, the Protestant Reformation, up to No registration is required and there is no cost. Participants should bring their Bibles (and a friend)!

**Love and Marriage**  
Wednesday Evenings • October 27-November 10  
6:30-7:30 p.m.

Between work and children and a thousand different commitments, sometimes the relationship you value the most slides to the back burner. Learn how to bring it back to the forefront this fall in a three session seminar with Christina Burns, LPC/MHSP. There is no fee. Register at [germantownumc.org](http://germantownumc.org) or contact Jessica Webster at 758-6511 or [jwebster@germantownumc.org](mailto:jwebster@germantownumc.org).



October 17, 2010

## Announcements

*"ENOUGH, Discovering Joy Through Simplicity and Generosity."*

This is a book by Rev. Adam Hamilton that is the inspiration for our Stewardship Campaign this year. As a complement to our campaign, we are offering a two lesson series on the book in the Mike Wilson Fellowship Hall *today* and next Sunday, October 24, from 9:40-10:40 a.m. This class is especially for those who may have missed the study in Sunday School, and for those who are not members of an Adult Sunday School class.

**Fall Festival.** Our annual Fall Festival will be held Saturday, October 30, from 5-7 p.m. at the Owings Life Enrichment Center. Families and kids of all ages can enjoy games, crafts, treats, music, treat walk, inflatables, face painting and more! PLUS, we're having a Pumpkin Contest! Bring a carved/decorated pumpkin to enter to win a Kroger \$25 gift card! (1 entry per family. Drop off by 5:30 p.m. and votes will be counted at 6:30. You don't have to be present to win.) Hot dogs and hamburgers will be sold to benefit Habitat for Humanity. Please consider bringing a non-perishable item to donate to the food pantry at First Works. Dress up in your favorite non-scary costume and come join the fun!

**Lakeshore Night at Jason's Deli.** On October 28, from 5-9 p.m., all are invited to "Lakeshore Night" at Jason's Deli located at 3473 Poplar Ave. Lakeshore will receive 10% of the profits for all of the items sold during the designated time. Lakeshore is a camp and retreat center sponsored by the Memphis Conference of the United Methodist Church.

**Book Group.** Our book group meets the 4th Monday of each month at 10:30 a.m. in Room 338. Join us on October 25 as we discuss *South of Broad* by Pat Conroy. All are invited. For more information, contact Jan Johnson at 753-0431 or [jshjohnson@gmail.com](mailto:jshjohnson@gmail.com).

**Germantown United Methodist Church**  
**2331 South Germantown Rd. 38138**  
**901-754-7216 • [germantownumc.org](http://germantownumc.org)**