

Health & Recreation Ministries

(Owings Life Enrichment Center or OLEC)

Tiffany Griffin, 753-3100, tgriffin@germantownumc.org

Patrick Peavy (sports), 753-3100, ppeavy@germantownumc.org

Basketball! Have you found your high-tops yet because registration for basketball for K-12th grade starts tomorrow and runs through October 19. Online registration only! All practices are held in the OLEC gym and games are played in local churches in Shelby County. Kindergarten teams are co-ed and begin in January. Games are played on Sunday afternoons. 1st-12th grade teams are divided by gender and play on Saturdays starting December 3. The fee to play is \$70 and all teams play 8 games. Questions? Contact Patrick Peavy.

Don't miss these new opportunities to stay in shape!!

- AFTERNOON Very, Very Very Beginner Boot Camp – Tuesdays/Thursdays at 3:00 p.m.
- Pedal and Pump – Tuesday (new)/Thursdays at 9:30 a.m.
- 20/20/20 – Wednesday and Friday at 9:30 a.m. Come try it; your first time is FREE!
- Zumba Gold – Fridays at 11:30 a.m.
- Ro-Ken Karate – Tuesday nights from 7-8:30 p.m. Call for information.

Fall Dance Classes started last week at the OLEC. Contact Gracie Leetham at 753-3100 or Mary Ann Brand at 428-0002.

Massage Therapy—Back to School Special through September 30. Call Carol Panasuk at 292-5913 to make an appointment. Gift certificates are also available.

Don't forget these classes – not new but still good!!

- **Tighten and Tone Class** led by Ronda McCain on Wednesdays from 8:15-9:15 a.m. Work every major muscle group using resistance equipment.
- **Senior Fitness Class** led by Melissa Olson (Tuesdays and Thursdays from 11:30 a.m.-12:30 p.m.). Helpful for those with joint pain, arthritis, fibromyalgia, and other joint-related disparities.
- **MWF 6:30 -7:00 A.M. Conditioning Course.** Cost is \$90/6 week session and classes are prorated. Call Todd Hinton at 488-2845.
- **Mat Pilates.** (Mondays/Wednesdays 4:45 p.m. and Tuesdays/Thursdays 8:15 a.m.) Taught by Pilates certified, master yoga instructor and veteran group fitness instructor Paula Hatmaker.
- **Weight Training Seminar 101 for Seniors:** Tuesday, October 4, from 1:30-2:45 p.m. Learn the proper way to use weights and stay safe. Call Tiffany Griffin at 753-3100 or Judy Oros at 336-8639 to reserve your spot. We will have a maximum of 10 people. The cost is \$10 for the session.

Older Adults

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

Senior News—October Brown Bag Lunch Series. George Bougher, The Brown Hat Man, will teach us about “W. C. Handy and the Memphis Blues” and perform for us. This presentation will be Friday, October 7, in the Fellowship Hall. The program starts at 11 a.m. with lunch at noon. Bring your sack lunch; the church will supply the beverages. Call Luci Cromer, 755-0803, for more information. No reservations needed.

Senior News—XYZs November Event. Join us for a day of new beginnings when we tour the new Playhouse on the Square complex and eat lunch at the new Jim's Place Memphis on Wednesday, November 16. We depart at 9 a.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 Wednesday, October 19.

Senior News—AARP 55 Alive Driver Safety Program Class. GUMC and AARP will present the “55 Alive Driver Safety Program,” on October 18 and 19, 2 from 9 a.m.-1 p.m. in Room 339. The cost is \$12 for AARP members (\$14 for non-members) payable to AARP. Successful completion entitles participants to a discount on their auto insurance premiums for three years. Call Ray Malone at 309-5966 to register.

Prayer Concerns

A complete list of prayer concerns list is available at the Information Center and outside the sanctuary. To submit a prayer request, call Linda Terrell at 754-7216 or email lterrell@germantownumc.org. In the event of an after-hours emergency, pastoral help is available. Call our Emergency Pastoral Care number at 901-412-5776.

In Deepest Sympathy

Louise Reynolds, grandmother of Michelle Johns, September 8
Virginia Hefley, mother of Keith Hefley, September 7
Mary Ann Norman, mother of Lisa Gamble, September 3
Marvin Ray, husband of Nellie Ray, September 3
Tempe James Lawrence, daughter of Tempe James Chancellor, September 1

Congregational Concerns

Dick Benson, Mary Carpenter, Casey Casteel, Kimberly Jessop, Elizabeth Johnson, Camille (Bobby) McNeely, Saja Mason, Susan Nicholas, Joe Penn, Fred Smith, Terri-Lyn Smith, Damian Stock, Myra Thomas, and Kalynd Underwood



MINISTRY EVENTS

Germantown United Methodist Church

September 18, 2011

Announcements

TODAY! Churchwide Family Outing. Everyone is invited to this free picnic at Golf & Games Family Park on Sunday, September 18. Simply come to the private GUMC pavilion from 1-3 p.m. for free wristbands and free hotdogs and drinks served by the Seekers class. Wristbands are good until 6 p.m. for go-karts, Putt-Putt, bumper boats, ropes course, Battlezone, game room credits, Lasertron, batting, and children's rides.

In the Fellowship Hall Today—Register for Edwin's Way 5K! Named in memory of Edwin Smith, an avid runner and passionate supporter of our Student Ministry Program, Edwin's Way is an annual 5K Run/Walk presented by members of Germantown UMC. This year's race will be held on Sunday, October 2, at 3 p.m. at Nashoba Park. You may also register online at germantownumc.org. Race participants will enjoy the shady and scenic path provided by the Germantown Greenway, starting and ending in Nashoba Park, with a post-race celebration featuring live music and delicious food samples from area restaurants.

Wednesday Nights at Germantown UMC. Choose from three studies held each Wednesday evening at 6:30 p.m. No reservations are needed:

- “A Second Look,” at Sunday's sermon, facilitated by Rev. Richard Smith.
- 1st Corinthians Bible study taught by Rev. Steve Atkins.
- “Life Rules” study by Rev. Andy Stanley. Facilitated by Dick Carruth.

A children's program and nursery are provided. Dinner is served at 5:30 p.m. The cost is \$7 for adults and \$4 for children (ages 4-12); children 3 and younger eat free. Menu for September 21: Pulled Pork BBQ, Potato Salad, Baked Beans, Cole Slaw, and Dessert. Make your reservation at germantownumc.org or call 754-7216 by Tuesday at noon.

Are You the Mother of a Teenager? Join with other mothers of teens each Monday at 11 a.m. for a time of open conversation about communicating and connecting with the young adult in your home. This group, facilitated by Christina Burns, LPC/MHSP, is free and open to the community. For more information, contact Jessica Webster at jwebster@germantownumc.org or call 758-6511.

What Does it Mean to be Methodist? (Thursdays at 6 p.m. through November 10) Facilitated by Rev. Richard Smith, this study will focus on the thought and theology of John Wesley, the founder of Methodism, and its effect on our contemporary Methodist views and beliefs. Each session will consist of a presentation by Rev. Smith followed by a time of open discussion. Register at germantownumc.org or contact Jessica Webster at jwebster@germantownumc.org or 758-6511.

Music for the First Day of Autumn. Jim Thrash, our Director of Music, will present a solo piano recital on Friday, September 23, at 7:30 p.m. He will present music by Mozart, Schubert, Respighi, Ravel, and Faure.

Installation of McKendree District Superintendent. On Sunday, September 25, all are invited to attend the installation service for Rev. Cynthia Davis as McKendree District Superintendent. The service will be held at Emmanuel UMC, 2404 Kirby Rd., from 2:30-4:30 p.m.

2012 Trip to the Holy Land. Rev. Steve Atkins will be leading a 12-day trip to the Holy Land June 6, 2012. There will be an informational meeting on Sunday, September 25, at 2 p.m. in Room 339. For additional information contact Rev. Steve Atkins at 299-2365.

Church Board Meeting. Our next Church Board meeting will be held on Monday, September 26, in the Mike Wilson Fellowship Hall. For more information contact Randy Lewis at rdlewis@fedex.com.

Ushers and Greeters Training. If you are currently an usher or greeter for our Sunday morning services at Germantown UMC, or if you would like to be, please mark your calendars for Sunday, September 25, from 12:15-1:30 p.m. and join us at the Adult Education Building. If you are interested in serving as an usher or greeter, you are invited to attend. RSVP for lunch to rpearl@germantownumc.org or call 758-6519.

Children's Ministries

*Janelle Crist, 758-6525, jcrist@germantownumc.org
Shelley Haines 758-6512, shaines@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. We are continuing our 6-week rotation, "Calling the Disciples." As children rotate weekly through fun stations—Crafts, Games, Science, Snack, Story, and Video—they will learn how Jesus called people to be his followers and how we can be disciples of Jesus today.

Missions

Do Students Who Live in Poverty Perform Differently at School?

On Sunday, October 23, at 9:30 a.m. in the Fellowship Hall, Janice Crawford, executive director of New Leaders for New Schools and former executive director of Communications for Memphis City Schools, will offer insights into the cultural differences between inner city schools and their students and the parents they serve. In Memphis City Schools, 31.3 percent of students live in abject poverty, defined by the U.S. Census Bureau as four people—two of them children—with income below \$22,113. The Alpha Class invites you to learn more about the challenges schools face in teaching children who live in poverty. All invited!

Adults in Ministry: Mountain T.O.P. The fall weekend schedule for Adults in Ministry is set and now is the time to make your reservation. AIM is a wonderful, fulfilling ministry where we replace steps, porches, roofs, windows, etc., for people who need our help and our love in the Cumberland Mountains of Central Tennessee. There are five weekends to choose from in October. A few people from Germantown have made reservations for the October 13 weekend, but you may go any weekend in October. For more information, call Doug Warner at 755-9729.

Music Ministry

Jim Thrash 758-6526, jthrash@germantownumc.org

Would you like to be an acolyte? If you are in the 4th, 5th, or 6th grade and would like to serve your church as an acolyte, we will be having an acolyte training session on Wednesday, September 21, at 5 p.m. in the sanctuary. This session will be led by Mary Groh. You will need to attend an acolyte training session to be an acolyte and you will need to bring a parent with you to the training session. Fill out the acolyte form available at the Information Center (outside the Fellowship Hall).

Student Ministries

*Jason Baker, 758-6515, jbaker@germantownumc.org
Lindsay Butler, lbutler@germantownumc.org*

Element. Element, our version of United Methodist Youth Fellowship, meets on Sunday nights at the OLEC from 6-8 p.m. A snack supper is available for \$3. Join us tonight as we wrap up our first series for the year: *Creating Your Life Story*. See you then!

Synergy/Synago Small Groups. Are you looking to invest a little more time in your faith journey? Are you craving more time with Christian friends outside of Element? If that's you, join us each Wednesday night for our Synergy (6-8 grade) and Synago (9-12 grade) small groups. Synergy meets in the Oasis Youth Lounge from 6:25-7:25 p.m. and Synago meets at

the home of Daniel and Whitney Oppenheim (1909 Newfields Rd.) from 7-8:30 p.m. Synergy questions? Contact lbutler@germantownumc.org. Synago questions? Contact jbaker@germantownumc.org.

ACTS Drama Team. ACTS, our youth drama ministry, is in full swing gearing up for the November Improv Show. The team will still be recruiting new members over the next couple of weeks, so it's not too late to sign up. Not called to act? Try lighting, sound, and stage management on the ACTS team. Questions? Email lbutler@germantownumc.org.

Trek 2.0 Kick-Off, September 18. Starting this morning, our Trek Sunday School program will get a facelift. At each hour, students will have donuts and fruit, and will have the option to participate in a short devotional led by Butler or Jason, or visit the Prayer Chapel where an adult volunteer will lead the students in a time of quiet reflection. Come see what it's all about! Questions? Contact Jason Baker.

Congregational Care

*Rev. Gail Bruno, 754-7216, gbruno@germantownumc.org
Beverly Rhoads, 754-7216, brhoads@germantownumc.org*

Life Line Health Screening. Do your legs ache after walking a short distance? If so, you may want to consider being screened for peripheral artery disease (PAD), a condition in which the arteries that carry blood to the arms or legs become narrowed or clogged by plaque, slowing or stopping the flow of blood. PAD is closely linked to coronary artery disease, and identifying PAD can also help prevent heart attack and stroke. Life Line Screening will be at Germantown UMC on Thursday, October 20. Register for the Stroke, Vascular Disease and Heart Rhythm Package for \$139. All four ultrasound screenings take 60-90 minutes to complete. Call 1-888-653-6441 for more information or to pre-register.

CPR Classes. A CPR class will offered on Friday, October 14, from 8:30 a.m.-12:30 p.m. 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. Please contact Beverly Rhoads for more information at 754-7216, ext. 107, or brhoads@germantownumc.org.

Health and Wellness Speaker. On Sunday, October 16, at 9:40 a.m., everyone is invited to hear Dr. David Kube speak in the Mike Wilson Fellowship Hall on the topic of ADD/ADHD (Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder). Dr. Kube is Associate Professor of Pediatrics, Chief of Developmental Pediatrics, at UT Boling Center for Developmental Disabilities. Even though this disorder is often thought to affect children only, many adults are also affected.