

Health and Wellness Speaker. On Sunday, October 16, at 9:40 a.m., everyone is invited to hear Dr. David Kube speak in the 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.

Health & Recreation Ministries

(Owings Life Enrichment Center or OLEC)

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

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

Register NOW for Basketball. Register now for basketball for students in grades K-12th. 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. Register at germantownumc.org. (Online registration ONLY.)

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.

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.
- **Zumba Gold** – Fridays at 11:30 a.m.
- **Ro-Ken Karate** – Tuesday nights from 7-8:30 p.m.
- **Tighten and Tone Class** led by Ronda McCain on Wednesdays from 8:15-9:15 a.m. Work major muscle groups 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.

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

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, at 11 a.m. in the Fellowship Hall with lunch at noon. Bring your sack lunch; the church will supply the beverages. No reservations needed.

XYZs November Event. Join us as 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.

AARP 55 Alive Driver Safety Program Class. October 18 and 19, 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.

Births

Talbot and Alexandra Howard, daughter Arington Elise Rostran Howard, born September 11.

In Deepest Sympathy

Bob Brown, cousin of Sue Myers, September 19

Louise Reynolds, grandmother of Michelle Johns, September 8
Virginia Hefley, mother of Keith Hefley, September 7

In Hospital or Care Facility

Jamie Fiser, Betty Genkinger, and Cheryl Rutherford

Home from Hospital or Care Facility

Raegan Michael, DeWayne Hawkins

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 Kalyn Underwood



MINISTRY EVENTS

Germantown United Methodist Church

September 25, 2011

Announcements

SIGN UP TODAY for Edwin's Way 5K! Registration tables are set up in the Mike Wilson Fellowship Hall. 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. Cost is \$20 for the Run/Walk (includes T-shirt). Be a Spirit Runner for just \$15 and receive a T-shirt. This year's race will be held on Sunday, October 2, at 3 p.m. at Nashoba Park. You may also register and pay 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 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 28: Country Fried Steak, Creamed Potatoes, Turnip Greens, Corn on the Cob, Rolls, and Dessert. Make your reservation at germantownumc.org or call 754-7216 by Tuesday at noon.

Installation of McKendree District Superintendent. All are invited to attend the installation service today for Rev. Cynthia Davis as McKendree District Superintendent to 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 today at 2 p.m. in Room 339. For additional information contact Rev. Steve Atkins at 299-2365.

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. This group will meet in at McVay Counseling Center, 2305 McVay Rd. 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. Register at germantownumc.org or contact Jessica Webster at jwebster@germantownumc.org or 758-6511.

Inquirer's Class Sunday, October 2 at 9:40 a.m. If you are new to the Methodist Church or new to GUMC, come join us to learn about United Methodist beliefs and congregational life at GUMC. We meet in Room 329 at 9:40 a.m. An optional tour of the campus is available at 10:30 a.m. Contact Julie McKenna at 486-0721 for more information. **Monthly Book Group** (Held 4th Monday at 10:30 a.m., Room 338) September 26: *Tea Rose* by Jennifer Donnelly; October 24: *Snow Flower and The Secret Fan* by Lisa See; November 28: *Half Broken Horses* by Jeanett Wall. Contact Jan Johnson at jshjohnson@gmail.com.

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. **The Faux Celtic Women are at it Again!** Don't miss their First Annual One-Stop Faux Farewell Tour on Tuesday, October 11 at 7 p.m. The GUMC Chapel will provide an intimate setting for live acoustic music featuring Sharon Hailey, Eva McPeters, and Ilace Mears. Using fiddle, harp, and hammered dulcimer, they'll weave harmonies from their English, Irish, and Scottish heritage. The ladies will also welcome special guest, Steve Eulberg from Ft. Collins, Colorado. Admission is free, but donations will benefit the rebuilding of St. James UMC and Peace Lutheran Church in Joplin, Missouri. Both churches lost their physical homes in last spring's deadly tornado.

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

Caldwell-Guthrie Elementary. On October 6, we'll join K-2nd graders nationwide reading the book *Llama, Llama, Red Pajama*. Volunteers are needed to assist with this one-hour program. Contact Shirlee Clark at shirleemclark@me.com or Libby Anderson at 853-9931.

Guest Speaker Discusses Education. More than 60 percent of the parents of children in poverty have no high school diploma. Another 34 percent have a high school diploma, but no college. What are the challenges Memphis educators face in dealing with students who live in abject poverty, which is \$22,113 or less a year for a family of four? The Alpha Sunday School class invites you to hear Janice Crawford, executive director of New Leaders for New Schools and former executive director of Communications for Memphis City Schools, on October 23 at 9:30 a.m. in the Fellowship Hall.

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. We will 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.

Student Ministries

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

Lindsay Butler, 758-6516, 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. Tonight, Rev. Richard Smith and Rev. Rebecca Luter will be joining us to participate in dinner, games, and worship, and will "share their stories" by way of a Q&A session. Hey, maybe they'll even Berney with us. Who knows? You'll have to come to find out!

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

Openheim from 7-8:30 p.m. Synergy questions? Contact lbutler@germantownumc.org. Synago questions? Contact Jason Baker. **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? Contact Lindsay Butler.

Trek 2.0. Our Trek Sunday School program now has a complete 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.

Crave Retreat, November 4-6. Mark your calendars for November 4-6 as we travel to Victory Ranch for our annual Crave Retreat. Our friend Addison Shock from SIFAT (Servants in Faith and Technology) will be our retreat speaker, and Ty Garvey will lead us in worship through song. Victory Ranch is one of the top high adventure campuses in the nation, so we hope you'll join us for great food, games, worship, high adventure, and fellowship! 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. Germantown UMC will host a preventive health screening event on Thursday, October 20. This event is also being sponsored by Methodist Healthcare. Life Line Screening will perform screenings for: 1) stroke; 2) atrial fibrillation; 3) abdominal aortic aneurysm; 4) peripheral arterial disease; 5) osteoporosis. They are non-invasive, painless, and take 60-90 minutes to complete. Cost ranges from \$129-\$159. Call 1-888-653-6441 or visit lifelinescreening.com to schedule your appointment.

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 at 754-7216, ext. 107, or brhoads@germantownumc.org.