

## Health & Recreation Ministries

(Owings Life Enrichment Center or OLEC)

Tiffany Griffin, 753-3100, [tgriffin@germantownumc.org](mailto:tgriffin@germantownumc.org)

Patrick Peavy (sports), 753-3100, [ppeavy@germantownumc.org](mailto: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](http://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. (First time is free!)
- **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.
- **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.

**Senior News—XYZs December Event.** Get into the Christmas spirit when you hear the musical extravaganza, “Christmas With Kevin and Bethany Paige” at the Bartlett Performing Arts and Conference Center on Friday, December 2. We depart at 6:45 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 Friday, October 28. Because this concert is already sold out to the public, please note the very early payment deadline.

**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](mailto: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

Juanita Morris—grandmother of Kim (George) Bennett, great grandmother of Lillian and Logan Bennett

Gayle Garth—mother and mother-in-law of Paige and Shad Williams, grandmother of Ramsay Laughlin and Addison and Brennan Williams, September 24

Bob Brown—cousin of Sue Myers, September 19

## In Hospital or Care Facility

Jamie Fiser, Betty Genkinger

## Home from Hospital or Care Facility

Janelle Crist, DeWayne Hawkins, Raegan Michael, Cheryl Rutherford

## Congregational Concerns

Richard (Dick) Benson, Mary Carpenter, Janelle Crist, Kimberly Jessop, Elizabeth Johnson, Saja Mason, Dan Newlander, Joe Penn, Fred Smith, Terri-Lyn Smith, Damian Stock, Myra Thomas



# MINISTRY EVENTS

Germantown United Methodist Church

October 2, 2011

## Announcements

**TODAY—Edwin's Way 5K!** Today in the Fellowship Hall we will be handing out race tees and packets to people who have signed up. We will also register late sign ups for \$25 in the Fellowship Hall and beginning at 2 p.m. at Nashoba Park.

**Weekday Welcome Center Volunteers Orientation.** In a recent sermon, Rev. Richard Smith shared his desire to have a smiling face and a pleasant voice greet our guests at the Welcome Center each day. We asked for volunteers to serve for 3½ hours—one day per month. Thank you for responding to the call to serve in the Welcome Ministry of Germantown United Methodist Church! We will have an orientation meeting on Thursday, October 6, at 1 p.m. in the Mike Wilson Fellowship Hall. We have just a few spots left, so if you have any interest in helping with this vital ministry, please contact Mary Anne Gibson, 754-7216, ext. 100, or [mgibson@germantownumc.org](mailto:mgibson@germantownumc.org).

**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 October 5: Barbecued Chicken, Scalloped Potatoes, Lima Beans, Baked Apple, Rolls, and Dessert. Make your reservation by noon Tuesday at [germantownumc.org](http://germantownumc.org) or call 754-7216.

**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. (Attend as often as you wish.) For more information, contact Jessica Webster at [jwebster@germantownumc.org](mailto:jwebster@germantownumc.org) or call 758-6511.

**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.

**Coming November 6: Evacuation maps and an EMERGENCY Team.** On Sunday, November 6, you'll note a new folder in the pew rack featuring approved evacuation routes from the sanctuary and balcony in the event of a fire or severe weather. The folders are location-specific; showing separate evacuation routes for fire and severe weather from both the sanctuary and balcony locations. Evacuation routes are part of a comprehensive emergency plan that includes a new EMERGENCY Team. This now-forming EMERGENCY Team will provide trained volunteers to respond to medical emergencies, fire, severe weather, intrusion and disruption. A training session will be held Saturday, October 22 from 8:30 a.m. until 1:30 p.m. utilizing qualified instructors in the above areas. A light lunch will be served. If you have questions or would like to serve your church in this way, email Don Rhoads at drhoads@germantownumc.org.

**Monthly Book Group** (Held 4th Monday at 10:30 a.m., Room 338)  
October 24: *Snow Flower and The Secret Fan* by Lisa See; November 28: *Half Broke Horses* by Jeanett Wall. Contact Jan Johnson at jshjohnson@gmail.com.

## Children's Ministries

Janelle Crist, 758-6525, [jcrist@germantownumc.org](mailto:jcrist@germantownumc.org)  
Shelley Haines 758-6512, [shaines@germantownumc.org](mailto: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. Today we begin our new 6-week rotation, "Caring for God's Creation." As children rotate weekly through fun stations—crafts, games, science, snack, story, and video—they will become aware of God's world through the first creation story in Genesis. They will discover why and how it is part of their Christian responsibility to take care of our world.

## Missions

**Caldwell-Guthrie Elementary.** We need 10 more volunteers on Thursday, October 6 from 9-10 a.m. to read the book *Llama, Llama Red Pajama* to K-2nd graders and help them with a simple activity. More than 2 million people nationwide will be reading the book that same day. This is a wonderful volunteer opportunity, requiring a minimum amount of time to experience the work of this ministry. Please contact Shirlee Clark at [shirleemclark@att.net](mailto:shirleemclark@att.net) or Libby Anderson at 853-9931.

**Guest Speaker Discusses Education.** "It's More Than Money." Over 80% of Memphis City School students receive a free or reduced price lunch. What impact does poverty have on a student? How is the culture of poverty different from ours? 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 Sunday, October 23 at 9:30 a.m. in the Fellowship Hall.

## Student Ministries

Jason Baker, 758-6515, [jbaker@germantownumc.org](mailto:jbaker@germantownumc.org)  
Lindsay Butler, 758-6516, [lbutler@germantownumc.org](mailto: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. Element is on tonight after Edwin's Way 5K! Cool down for a couple of hours after the race, and then come hang out with us! We're starting a new series tonight, and will be worshipping in our secret space! See you at 6 p.m.!

**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. The first couple of weeks have been a BIG HIT! Questions? Contact Jason Baker.

**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 from 7-8:30 p.m. Synergy questions? Contact Lindsay Baker. 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.

**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](mailto:gbruno@germantownumc.org)  
Beverly Rhoads, 754-7216, [brhoads@germantownumc.org](mailto:brhoads@germantownumc.org)

**FORWARD**, our grief recovery program for those who have lost a spouse, will begin Thursday, October 13, from 6:30-8:00 p.m. in Room 342. Sessions will be held weekly through Thursday, November 17. Have you or someone you know lost a spouse? The seminars are conducted by professional counselors and deal with subjects ranging from the physical aspects of grief to methods for taking charge of your new life. To register, visit [germantownumc.org](http://germantownumc.org) or contact Linda Terrell at [lterrell@germantownumc.org](mailto:lterrell@germantownumc.org) or 754-7216.

**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](http://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](mailto: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 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.