

October Exercise Class Special. Buy a 10-punch card for \$40 and receive two free passes to the one of the following classes: Tighten and Tone, Core Fitness, or Mat Pilates.

The **Tighten and Tone class** is led by Ronda McCain on Wednesdays from 8:15-9:15 a.m. Work every major muscle group in your body using a variety of resistance equipment.

Core Fitness. This Mat Pilates-style class focuses on restoring strength to the abdominal wall. Held Thursday evenings at 7:05 p.m.

In honor of National Massage Therapy Week and Breast Cancer Awareness Month, Carol Panasuk is offering a one-hour massage for \$45 for the week of October 17-21. Appointments are on a first come first serve basis and will be offered for that week only. Please call Carol Panasuk at 292-5913 to schedule your appointment.

Mat Pilates. (Monday/Wednesday 4:45 p.m. and Tuesday/Thursday 8:15 a.m.) Mat Pilates tones you from head to toe. Join us and experience one hour of Swiss ball, resistance bands, hand weights and the Pilates magic ring. Taught by veteran group fitness instructor Paula Hatmaker.

Senior Fitness Class led by Melissa Olson (Tuesdays and Thursdays from 11:30 am-12:30 p.m.). Get a great workout that is designed specifically for senior adults; easy on the joints and is therapeutic and helpful for those with arthritis and other joint-related disparities.

MWF 6:30 A.M. Conditioning Course is a 30 minute class. First class is free. Cost is \$90/6-week session. This is perfect for those who are serious about making a commitment to exercise and seeking an early morning opportunity. Call Todd Hinton at 488-2845 or email thinton2@comcast.net. Join late and receive a prorated rate.

Mary Ann Brand's Dance Classes will not meet the week of October 17-21 due to Shelby County Schools Fall Break.

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

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.

November Brown Bag Lunch Series. Jimmy Ogle, life-long Memphian and Memphis history expert, will take us on a visual tour of "Memphis Memorials." This presentation will be Friday, November 4, 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. 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. 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

Fisher Williams, father and father-in-law of Pam and Joe Penn,
October 7

Jona Jacobsen, sister and sister-in-law of Kris and Mary Hansen;
aunt of Karl Hansen, September 30

Juanita Morris, grandmother of Kim (George) Bennett, great
grandmother of Lillian and Logan Bennett, September 29

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

In Hospital or Care Facility

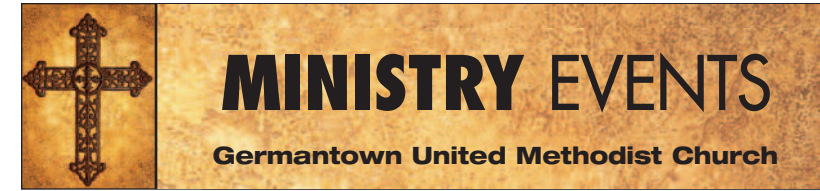
Jamie Fiser, Betty Genkinger

Home from Hospital or Care Facility

Dan Stockel

Congregational Concerns

Richard (Dick) Benson, Mary Carpenter, Janelle Crist, Mina Elliot,
DeWayne Hawkins, Kimberly Jessop, Elizabeth Johnson, Saja Mason,
Joe Penn, Cheryl Rutherford, Fred Smith, Terri-Lyn Smith, Damian
Stock, Myra Thomas, and Debbie Thompson



October 9, 2011

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. (*Will not be meeting Wednesday, October 12*).
- 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 12: Fried Chicken, Mashed Potatoes, Zucchini Casserole, Green Beans, Green Salad, Rolls, Pecan Pie, and Oreo Cookie Cake. Make your reservation by noon Tuesday at germantownumc.org or call 754-7216. (Wednesday night dinner will not be served October 19 because of Fall Break.)

Wednesday, October 26: "The Kenya Mission Experience"

6:30 p.m. • Fellowship Hall

Members of the 2011 mission team will share transformational and unique stories from Kenyan's lives and their own. Come and learn more about the lives that have been transformed by God through your support and prayers.

Wednesday, November 2: GUMC Charge Conference

6:30 p.m. • Fellowship Hall

Our new District Superintendent, Dr. Cynthia Davis, will be leading us in a time of celebration of the vision and ministries of Germantown UMC. We encourage everyone to meet Dr. Davis and hear her special message to our church.

Wednesday, November 9: Youth Missions Celebration

6:30 p.m. • Fellowship Hall

During the summer of 2011, our youth participated in three mission trips. Hear their stories of serving the people of Appalachia and the Binghamton neighborhood of Memphis, learn of their experience of a simulated third world country and service in Northern Alabama.

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.

Evacuation Maps/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. 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. -1:30 p.m. utilizing qualified instructors in the above areas. A light lunch will be served. If you 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 Jeannette Walls. Contact Jan Johnson at jshjohnson@gmail.com.

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. Today we continue our series on "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.

Fall Festival. Mark your calendars. This year's Fall Fest will be held Sunday, October 30 from 5-7 p.m. at the OLEC.

Hero Training Camp – Part 2:

Wednesdays: Oct. 26, Nov. 2 and 9 • 6:15 p.m.- 7:30 p.m.

This 3-week, intensive, crash course is a continuation of Hero Training Camp Part 1, but newcomers are welcome! We'll be celebrating all the gifts that God has given us to help us change the world and make a difference for Him. Register at germantownumc.org or contact Jessica Webster at jwebster@germantownumc.org.

Missions

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.

Youth Ministry

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. Join us tonight for a very special evening! Kicking down doors, candles, and hilarious Crave videos! Come see what it's all about!

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 few 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? Join us each Wednesday night for 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.

Destination X, October 30. Destination X is a tradition we began close to this time last year, where we take the Sunday night closest to Halloween to venture out to an unknown destination for an exciting time of fellowship and "mystery" activities. Watch for clues for this year's event during the next couple of weeks!

Crave Retreat, November 4-6. Register at germantownumc.org for our annual Crave Retreat to be held November 4-6 at Victory Ranch! 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, 758-6510, gbruno@germantownumc.org
Beverly Rhoads, 754-7216, 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 deal with subjects ranging from the physical aspects of grief to methods for taking charge of your new life. To register, visit germantownumc.org or contact Linda Terrell at lterrell@germantownumc.org or 754-7216.

Life Line Health Screening. Germantown UMC will host a preventive health screening event on Thursday, October 20. 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. Call 1-888-653-6441 or visit lifelinescreening.com to schedule your appointment.

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

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

Only 10 Days Left for Basketball Registration. GUMC offers basketball for Kindergarten-12th grade and registration for the 2011-2012 Basketball Season is in full swing! Online registration ends October 19. All practices are held in the OLEC gym and games are played in local churches. 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. All teams play 8 games. Questions? Contact Patrick Peavy.