

## Health & Recreation Ministries

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

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**November OLEC Special!** Buy a 10-punch card for \$40 and receive 2 free passes to one of these classes: Zumba, Zumba Gold, 20/20/20, Yoga

- **Zumba Gold** is a class designed specifically for seniors or those who want to get back into shape. Ditch the workout and join the party with this low-impact dance class while you move to Latin rhythms! Monday, Tuesday and Thursday at 9:30 a.m.; Monday and Wednesday at 6:00 p.m.; Saturday at 9:30 a.m.
- **Zumba** is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Friday at 11:30 a.m. and Saturday at 10:45 a.m.
- **20/20/20.** Work the entire body by devoting 20 minutes to cardio like step, kickboxing or Zumba, 20 to toning and 20 to abdominal/stretching work. Wednesday and Friday at 9:30 a.m.
- **Yoga.** In a flowing sequence of traditional poses come find the edge you've been looking for. Using movement with breath, increase your strength, coordination, concentration, and body awareness while calming your mind and reducing stress. Monday, Wednesday and Friday at 10:30 a.m.; Tuesday and Thursday at 6:15 a.m.
- **Same Great Workout—New Name!** Kickboxing is now TBC (Total Body Conditioning.) The workout you don't want to miss – fabulous music, total body strength and toning utilizing bands, dumbbells, stability balls and mat work, cardio dance and kickboxing transitions! Taught by Memphis personal training coach Jack Douglas. Tuesday and Thursday nights from 6-7 p.m. in the OLEC dance studio.
- **Class Time Change.** Core Fitness, which was on Thursday evenings at 7:05 is now Thursday at 10:45 a.m. in the cycling room
- **Weight Training Seminar 101 for Seniors.** Back by popular demand! As we age, weight training becomes more important for many reasons. Weight training enables better quality of life by increasing stamina which allows us to perform everyday activities. Join us on Tuesday, December 6, from 1:30-2:45 p.m. You will learn all the in's and out's of the weight room so you may continue on by yourself and perform easy exercises on your own. Please call the OLEC at 753-3100 and speak with Tiffany Griffin 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—December Brown Bag Lunch Series.** Evonne Siemer will share fascinating facts about the writing of the lyrics and music when we “Name That Tune—Christmas Style.” This presentation will be Friday, December 2, 2011, 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 January Event!** Join us for a fascinating day when we visit Temple Israel and tour the chapel, sanctuary, and museum, featuring the Adler Judaica Collection, and eat lunch at Dan McGuinness Pub on Tuesday, January 17, 2012. We depart at 9:30 a.m., and the cost is \$3 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 Friday, December 16.

## Prayer Concerns

A complete list of prayer concerns 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

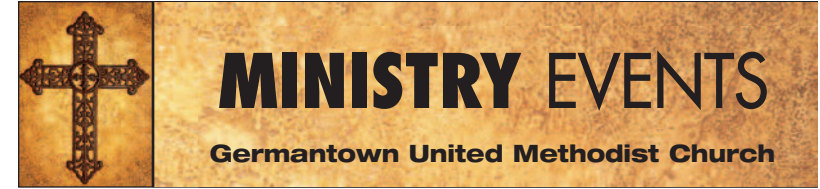
Don Hubbard – brother-in-law of Robin (Marc) Tate, November 10  
Maggie Greene – mother of Erin Leigh Greene (Mike) Nunn, November 7  
Maryestel F. White – GUMC member, November 7  
J. Mike Blair – father-in-law of Rocky Blair; grandchildren Kit Blair and Alanna Blair, August 21  
Joe Bradshaw – father of Lyn (Will) Hays, grandchildren Taylor, Will, Brandon Hays, Caroline Kelly, November 1

## In Hospital or Care Facility

Jim Doran, Warner Neubauer, Bill Troxel

## Congregational Concerns

Richard (Dick) Benson, Nancy Blake, Mary Carpenter, Brooke Henderson, Kimberly Jessop, Elizabeth Johnson, Joel Myers, Bill Peeples and Susan Peeples, Fred Smith, Myra Thomas



**November 13, 2011**

## Wednesday, November 16 Thanksgiving Dinner and Advent Workshop

Dinner will be served at the Owings Life Enrichment Center beginning at 5:30 p.m. Our menu will consist of Turkey and Dressing, Green Beans, Mashed Potatoes, Sweet Potato Casserole, Cranberry Salad, Rolls, Pumpkin Pie, and Pecan Pie. Following dinner, everyone is invited to prepare for the Christmas season at our Advent Workshop. Prepare your Advent wreath together as a family or bring an old wreath to refurbish. Enjoy holiday refreshments, make Christmas crafts, and experience the Christmas story performed by our youth ACTS group. Sign up for dinner at [germantownumc.org](http://germantownumc.org) or call 754-7216 by noon Tuesday. No reservations are needed for the Advent Workshop.

**Lifeblood Drive.** Please consider giving blood at our Lifeblood Drive on Sunday, November 20, at the Owings Life Enrichment Center. Lifeblood will be taking donations from 8:30 a.m. until 1:00 p.m. Anyone who is at least 16 years old, weighs at least 110 pounds and is in generally good health is eligible to donate. The process takes about 30 minutes, and each donation can save up to four lives.

**“A Second Look” at Sunday’s Sermon** led by Rev. Richard Smith. Wednesdays, November 30-December 14, 6:30 p.m. (Rm 342) This is a unique opportunity to discuss the previous Sunday’s sermon and have a time for questions and discussion. The text and video of the sermons are posted to our website each Monday.

**Holy Land Classic—June 6-18, 2012.** Led by Rev. Steve Atkins, this journey through the Holy Land includes visits to Jerusalem, Bethlehem, and the Sea of Galilee. Visit [www.eo.travelwithus.com](http://www.eo.travelwithus.com) for a complete description, or contact Rev. Steve Atkins at 299-2375.

## Alternative Christmas Market

Sunday, December 4

9 a.m.-12:30 p.m., Fellowship Hall

Make plans to attend this year's Alternative Christmas Market on Sunday, December 4. A list of organizations that will be represented this year is being finalized and will be provided in plenty of time for you to do your Alternative Christmas shopping planning.

### How does Alternative Christmas work?

You walk through Fellowship Hall, visit the displays, and learn about many worthwhile organizations that GUMC actively supports throughout the year, buy the goods they have for sale as gifts for people on your Christmas list or make donations to the organizations in honor of a loved one. When a donation is made, you will receive a card you can give to the honoree to let them know the loving way in which you are remembering them this Christmas.

### I love the message of Alternative Christmas and would love for my children to be able to understand and participate. Is there anything planned for them?

YES! We will have a children's room this year, for children up to 12, stocked with fair trade items from SERRV International so your children can buy a SURPRISE gift for parents, grandparents, etc. All items are made by artisans from around the globe in countries such as Israel, India, Chile, Indonesia, and El Salvador and will be on sale for \$5 each. We will have helpers present to help your children select and wrap their presents. Our helpers will also explain to the children where the goods come from and how, by buying one of these items as a Christmas present, they are helping another one of God's children in a country far away earn enough money to feed themselves and their families. Purchasing these SERRV goods helps these artisans make a living and enables your children to go shopping without you and surprise you.

Mark your calendar for December 4 and considering buying meaningful, life-changing gifts this year at GUMC's Alternative Christmas. Credit cards are not accepted. Please bring your checkbook or cash!

**Church Board Meeting.** All members are welcome to attend this meeting on Monday, December 12 at 7:15 p.m. The agenda will include year-end reports from all committees and ministry teams on 2011 accomplishments and plans for the upcoming year.

## Missions

**Toys Needed for Reelfoot Rural Ministries Toy Store.** Last Christmas 1,593 children from 715 families received toys through the Reelfoot Rural Ministries Toy Store. Parents pay a small amount to "buy" five new toys for each eligible child. RRM also provides 60 senior participants with a personal gift. Gifts and toys should not be wrapped and price tags should not be removed. Leave toys in either of the two big Rubbermaid bins downstairs behind the Fellowship Hall before December 2. A list of suggested toys is available at the Information Center and at the kiosk located outside the sanctuary.

## United Methodist Women

**Christmas Brunch.** Germantown United Methodist Women will host a "Christmas Bells Brunch" on Tuesday, December 13 at 10:30 a.m. in the Fellowship Hall. Entertainment will include the cast from Germantown Community Theater who will perform an act from C.S. Lewis' *The Lion, The Witch, and the Wardrobe*. A special feature of the unit meeting will be the presentation of "Membership Pins" that recognize members who have demonstrated outstanding service and leadership during the past year. Ladies are urged to deck themselves with Christmas bells and holiday colors! For reservations, call 754-7216 by noon Thursday, December 8. Child care is free if requested with reservations

## 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. Element is back on tonight! Come on out and let's regroup after an AMAZING Crave!

**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.

**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 Butler. Synago questions? Contact Jason Baker.

**Turkey Bowl, November 27.** It's almost time for our annual dodgeball tournament, that happens each year around Thanksgiving! We'll be raising money to support Manna House and will give more details real soon! In the mean time, be getting your team together and ready for competition!

**Night Owl Ski Trip, December 30.** Mark your calendars now for our first annual Night Owl Ski Trip! Details coming soon!

## 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. This week we conclude our 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 and learn why it is part of our Christian responsibility to care for our world.

**Acolyte Training Session Tuesday, November 15.** 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, there is an acolyte training session on Tuesday, November 15, 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. Forms are available at the Information Center.

**Save the Date!** Milk 'n Muffins will be Saturday, December 10, from 9-11 a.m. in the Fellowship Hall.