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Seven First Sayings

This year, in traditional worship, we will journey through an Easter worship series entitled “**The Seven First Sayings of the Resurrection.**” These are the first words Jesus speaks *after* He rises—words that reveal his heart, his mission, and his ongoing work in us.

During Lent, the “Seven Last Words” from the cross has shown us the depth of Christ’s suffering love. These **Seven First Sayings** show us the power of resurrecting love. Jesus spoke in power to people in fear, grief, confusion, doubt, and weariness—and the words of Christ still speak to our lives today.

Each week of April, and into May, we will explore one of the resurrection appearances of Christ, calling people to a new life.

- “Woman, why are you weeping?” (John 20:1-18) — Jesus meets Mary in her grief and calls her by name, reminding us that resurrection begins with being known and loved.
- “What things?” and later, “Was it not necessary...?” (Luke 24:13-35) — On the Emmaus Road, Jesus walks with confused disciples and opens the Scriptures, showing us that resurrection brings clarity and renewed understanding.
- “Peace be with you.” (Luke 24:36-49 and John 20:21-23) — In the upper room, Jesus speaks peace into fear and breathes the Spirit into His followers. “As the Father has sent me, so I send you.” (John 20:21-23) — Resurrection is not only comfort; it is commissioning.
- “Do not doubt, but believe.” (John 20:24-29) — Jesus meets Thomas in honest doubt, showing that resurrection faith is not fragile, but patient and invitational.
- “Children, have you any fish? Cast to the right side.” (John 21:1-14) — On the shore of Galilee, Jesus restores weary disciples with provision, presence, and fellowship.
- “Do you love me? ... Follow me.” (John 21:15-22) — Jesus restores Peter and calls him into renewed purpose.
- “You will receive power... and you will be my witnesses.” (Acts 1:4-11) — The risen Christ ascends, promising the Spirit and sending the church into the world.



Tim Carpenter
Senior Pastor



Senior Pastor

Rev. Tim Carpenter | tcarpenter@germantownumc.org

...Continued

Join us as we listen to Christ speak these same words into our lives. As we hear his words, we find that:

- He comforts our grief with presence and hope.
- He walks with us in confusion and opens our eyes to truth.
- He breathes peace into our fears and anxieties.
- He restores our calling when we feel unworthy or uncertain.
- He strengthens our faith when doubt feels overwhelming.
- He feeds our souls when we are tired from the work of life.
- He sends us out with the promise of the Spirit's power.



Resurrection is not only an event we celebrate, but also Life we are invited to live! Join us this Easter Sunday, and all Easter season, as we encounter Christ in Spirit and in Scripture.

Holy Week Worship

Holy Week Worship

- ◆ March 31 (Tuesday) - Germantown Presbyterian
- ◆ April 1 (Wednesday) - Germantown UMC
- ◆ April 2 (Thursday) - New Bethel Missionary Baptist
- ◆ April 3 (Friday) - St. George's Episcopal

*12 pm worship followed by a light lunch (Tues-Thurs)
(No lunch on Friday)*

Stations of the Cross will follow Good Friday's worship

Holy Thursday - April 2

"Is it I, Lord?" - 7 pm in the Sanctuary

(Living Last Supper and Communion worship experience, led by the Testimony Youth Choir and youth participants.)

Easter Sunday Services

6:30 am - Youth led Sunrise Service

(Trinity Center in McVay Gardens)

8:30 am - Traditional worship in the Sanctuary

10:30 am - Prism Contemporary worship in the OLEC

10:30 am - Traditional worship in the Sanctuary

Executive Minister

Rev. Dr. Scott Alford | salford@germantownumc.org

The Use of Money: A Wesleyan Perspective

Ever since 1744, when it was first written, John Wesley's sermon, "The Use of Money," has been a foundational text in United Methodist teaching on stewardship and generosity. It is included with other sermons of Wesley in the Standard Sermons, which are part of the documents that form our doctrinal standards.

Wesley based this sermon on a verse from The Parable of the Dishonest Manager (Luke 16:1-13). In it, Wesley offers his view of money as a gift from God. In a nutshell, money is morally neutral, in itself, but can be used for good or evil. Humans are not owners but stewards of resources, accountable to God. The sermon addresses how to use our worldly wealth to bring about eternal blessings by using money righteously. Wesley breaks down his teaching into three practical rules:



Rev. Dr. Scott Alford
Executive Minister

Gain all you can

Wesley urges diligent, productive work to earn as much as possible. However, this must be ethical—never at the expense of health, life, or others' well-being. Avoid harmful occupations, dishonest practices, or exploiting neighbors (e.g., no selling harmful goods, no usury that oppresses). Work hard, use talents fully, but always with integrity and regard for God's will.

Save all you can

Practice frugality and simplicity. Avoid waste, extravagance, unnecessary luxuries, or lavish spending on self-indulgence (e.g., fine clothing, excessive food/drink, or vain pursuits). Do not hoard for pride or security—saving means avoiding foolish expenditure, so that more remains for good purposes. Wesley warns that luxury corrupts both body and soul.

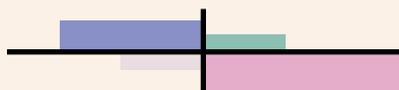
Give all you can

This is the capstone and often-neglected rule. After gaining and saving ethically, use surplus to meet necessities for self/family, then give the rest generously to relieve the poor, support the church, and advance God's kingdom. Wesley believes Christians should render to God all that is God's—potentially even more than a tithe (10%). Generosity secures eternal blessings in heaven and counters the dangers of riches.

Humans are not
owners but
stewards of
resources,
accountable to God.

The sermon emphasizes that money's ultimate purpose is to do good: feed the hungry, clothe the naked, aid the sick, and spread the gospel. Without the third rule, pursuing the first two leads to spiritual harm, making one "twofold more the child of hell." Wesley calls for radical stewardship—wealth exists to serve others and glorify God, not self.

In sum, John Wesley inspires teachings on generosity, ethical earning, simplicity, and social holiness, urging all of us to live as faithful stewards in a material world. As we ponder Wesley's instruction, may we do so by prayerfully asking: "Lord, where do you want us to be in our giving?"



Prism

Rev. Mimi White | mwhite@germantownumc.org



Sundays | 10:30 am

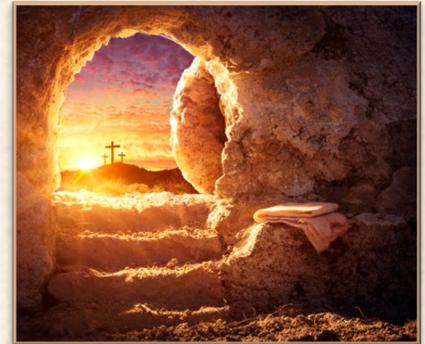
Owings Life Enrichment Center



Rev. Mimi White

On the first Sunday of April, we celebrate the miracle of Easter. After that, we may feel as though the rest of the year holds no celebration as grand to look forward to—but that is not the right perspective. We shouldn't view Easter as something that ends with Easter Sunday. Instead, we should view Easter Sunday as the launching pad for the *resurrection hope, joy and faith* that will carry us through the rest of the year! In other words, Jesus followers are Easter people all year long!

So what did you take away from this past Easter season? Was your faith renewed? Was hope restored? Did you experience joy? Was it good to be reminded of the Gospel stories of death and sin being defeated? Was it good to be reminded that death doesn't have the last word? If so, that's good—now take that and run with it! The power of death and sin were defeated, so that we can enjoy eternal life right here and now. What God did for the world through Jesus, God seeks to do for the world through us today. We are equipped to be healers in this world.



In his farewell discourse (John 13-17), Jesus washed the disciples' feet and told them to love one another. Service to others was his final instruction to us. When we do what he taught us to do, we experience all kinds of blessings through our service (in whatever way we have been equipped to try to make this world a better place.) This is what "Jesus following" is all about. As Pastor Steve Stone always said, "It's a life we would not trade for any other, and we hope will never end—and, by God, never does!" Because of Easter, we celebrate the promise of eternal life, yet we sometimes forget eternal life begins here and now. So let's be sure to celebrate this truth every week!



Join us at Prism in the OLEC, on Sunday Mornings, at 10:30 am, for our celebrations, with incredible music from Prism Riot. Invite all your FRANS (Friends, Relatives, Associates, Neighbors, Strangers) to come with you, because we don't want anyone missing out on the chance to have a life they would trade for no other!

Generosity



Generosity Statement

We are called to joyfully and gratefully share our blessings to transform lives for God's glory. We believe that the discipline of generosity helps us to live out our calling to invest in our church's ministry, to love others, and impact the world. God calls us to be faithful stewards and share the many blessings He has provided for us.

Ways to Give

- **Cash and Checks** - Given in the offering plates or mail
- **Electronic Giving** - See below
- **Venmo:** @GermantownUMC
- **Text:** "GIVE" to 901-910-1220
- **Automatic Bank Drafts** - Organized through your personal bank or the church office
- **Required Annual Distributions from IRAs/Stock Transfer** - Organized through your broker
- **Wills and Estate Planning** - Organized through your attorney to designate the church as one of the beneficiaries

Electronic Giving:

Go to our church website www.germantownumc.org and click on "Give".

If reading this digitally, click [here](#) to give

Scan to Give



2026 Estimate of Giving



For help with any of these options, contact Sharon Panis in the church office.

Finance

Myron Boswell, Finance Chair

GUMC BUDGETED FINANCIAL SUMMARY as of February 28, 2026	ACTUAL YTD	BUDGET YTD	OVER/UNDER BUDGET	JULY 2025 TO JUNE 2026 ANNUAL BUDGET	% ACTUAL YTD to ANNUAL BUDGET
TOTAL INCOME	2,130,673.36	2,080,578.60	50,094.76	3,120,868.00	68.27%
TOTAL EXPENSES	1,974,717.21	2,076,458.83	(101,741.62)	3,120,868.00	63.27%
NET INCOME OVER EXPENSE	155,956.15	4,119.77	151,836.38		

Churchwide



Each month we recognize a volunteer or volunteers who **make an impact** by selflessly sharing their time and talents for the betterment of our church and community.

Emily Jones - Youth Group Volunteer

For the past three years, Emily Jones has been a dedicated youth group volunteer on Sunday nights, at Element, and an active member of the Youth Advisory Council. Her commitment has made a meaningful impact on the lives of countless students.

Emily's favorite part of serving is watching the kids grow from wide-eyed sixth graders into older teenagers, who invest in one another and are committed to strengthening their relationship with God. She believes that the weekly rhythm of shared meals, silly games, and heartfelt worship plays a powerful role in building a strong sense of community and faith among the students.



Emily is grateful to be part of what God is doing in the GUMC youth group and feels especially thankful for the way it has enriched the lives of her own children. **We extend our heartfelt thanks to Emily Jones for her faithful service, her generous spirit, and the difference she continues to make in the lives of our youth.**

The youth ministry is always looking for more adults, like Emily, who are willing to volunteer their time or resources to show the students they are supported and cared for by the larger church community. If anyone is interested in joining the volunteer team, please contact Chloe Granberry (cgranberry@germantownumc.org)

Part-time Associate Youth Director Needed

Germantown United Methodist Church is seeking a **Part-Time Associate Youth Director** to join our ministry team.

This person will work alongside our youth director to nurture meaningful relationships with our middle and high school students, support youth activities, and assist with special events and mission opportunities.

The ideal candidate has a heart for young people, a love for Christ, and a desire to help teens grow spiritually, socially, and emotionally.

If you, or someone you know, might feel called to this important role, we would love to hear from you.

For more information about the position, visit our church's webpage. Send resume, a short introduction, and your favorite youth group game to Scott Alford (salford@germantownumc.org.)

Join our Team!



Churchwide

Spring into Auction

Supporting the Ministries of GUMC

\$10 per Ticket

A Fun Evening to Support our Church & Mingle with Friends, old and new!

Hors d'oeuvres + Music

Giftcards, experiences, trips, art, and more!

Friday, April 24th, 2026

6:00 PM - 8:30 PM

To register, click [here](#) or Scan QR code.



www.germantownumc.org/sign-up-events/

Contact Jace Athow at jacelmccollum@gmail.com or Myron Boswell at emyronboswell@gmail.com with any questions!

If you have something to donate for our silent auction, please contact Jennifer Predmore (jenn_38138@yahoo.com) or Patty Harriman (patty.harriman@gmail.com)

LET'S MAHJONG!



2nd Thursdays
Beginning April 9
6:00 pm
The Huddle



New to Mahjong? We'll have someone there to teach and help you get started!

Everyone is welcome!
No registration required.
Feel free to bring your Mahjong set, if you have one!



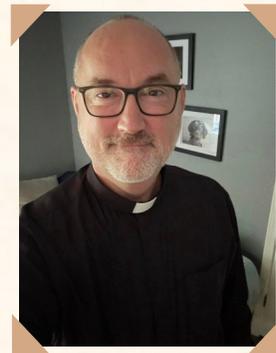
Questions? Contact Chesley Porteous • 901-268-4884 • chesleyporteous@gmail.com

Music Ministry

Rev. Todd Wilson, Minister of Music | twilson@germantownumc.org | 901-754-7216

A word from Rev. Todd Wilson...

In the summer of 2018, I began my tenure at GUMC. I told the search committee that I came with a pre-existing condition. I had committed to beginning seminary and was seeking to become a Deacon in the United Methodist Church. For several years, I had been dealing with a gnawing sense to do more, and I finally responded to the call God was placing on my life. Starting seminary, licensing school, taking on the role of Design Team Chairperson for Music and Worship Arts Week at Lake Junaluska, and beginning a new position at GUMC was a handful of multi-track efforts. It was an exciting time to be with you all!



I am grateful for the support I received from GUMC along the way. I must admit, had I known all the details of the process, I may have made other choices—perhaps found other ways to serve. Being deferred by the Board of Ordained Ministry for a year was a humbling experience. I even have a tattoo that marks that occasion! The hardest part of being deferred was coming back to you and sharing what “deferred” meant and why I was being placed in the position of “not yet” by the Board. And, again, you all were very supportive. I’m fortunate to experience that very support in my attempts at preaching and teaching. You’ve helped an old man learn new tricks!

I recently completed interviews with the Board of Ordained Ministry and have been recommended by that body to be ordained in full connection as a Deacon at Annual Conference, on Tuesday, June 9, at FUMC Murfreesboro. I pray you’ll shout a few “amens” that night and help me celebrate this long, and often bumpy, journey. After all, you’ve been with me from the beginning. I also look forward to amending my tattoo to salute the occasion. Stay tuned for the big reveal!

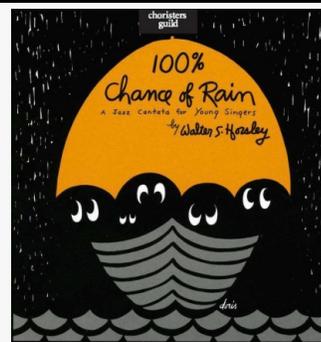
Sincerely,

Rev. Todd Wilson

Children’s Choir’s Concert and 5th Grade Choir Recognition

Sunday, May 3 | 5 pm | Sanctuary

May 3, 2026 promises to be a wonderful day at GUMC! The Cherub, Alleluia, and Hosanna choirs offer their year-end children’s choirs concert. The Alleluia and Hosanna choirs (kindergarten-5th grade) will present a musical, “100% Chance of Rain,” by Walter Horsley, which highlights the story of Noah and the Ark. It incorporates great melodies, humor, and sound biblical teaching. The show ends with 100% chance of LOVE! The children have been working on this since December and would love to have a large and loving audience!



Another feature of this program is the presentation of personalized hymnals to our fifth grader choristers, who will be in the Testimony youth choir next year. This recognition also serves as an encouragement from the congregation that these youngsters continue to sing and offer their gift of song to the Lord.

The children’s choir’s concert takes place in the GUMC sanctuary, Sunday, May 3, at 5 pm, followed by a festive reception in the Mike Wilson Fellowship Hall. Please come and offer *your gifts of presence and love to these young choristers!*

Music Ministry

Rev. Todd Wilson, Minister of Music | twilson@germantownumc.org | 901-754-7216

IS IT I, LORD?

Living Last Supper & Communion Service



**Holy Thursday, April 2
7 pm in the Sanctuary**

The Testimony Youth Choir and youth participants will present "Is It I, Lord?" on Thursday, April 2, at 7 pm, in the sanctuary. This *Living Last Supper* worship experience brings Holy Thursday to life through artistically scripted monologues, voiced from the perspective of each disciple, as they respond to Jesus' words that one of them would betray Him. Each disciple ponders who would do such a thing, and asks, "Is it I, Lord?"

Through reflective storytelling, choral anthems, and congregational singing, the service invites us to step inside the Upper Room and examine our own hearts. As the worship transitions into the celebration of Holy Communion, you will be invited to receive the elements from the disciples and from Jesus, deepening the connection between Scripture, sacrament, and story.

The evening will conclude with the solemn stripping of the sanctuary and a time of quiet meditation, guiding us prayerfully toward Good Friday.

We invite you to join us for this meaningful and moving service and to support our youth as they lead us in worship during this sacred week.



Our Mission

We are a welcoming community of faith,
committed to:

Loving God and loving others

Serving Christ and sharing Him

Transforming lives and making disciples



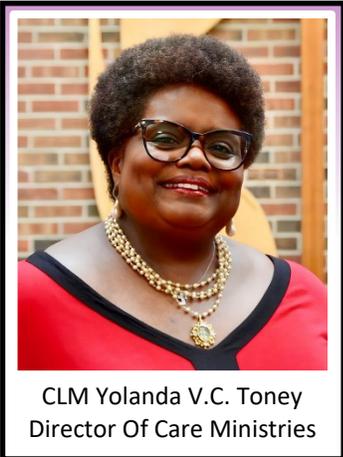
Care Ministries

Yolanda Toney | ytoney@germantownumc.org | 901-801-6368



"So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us."

~ 1 Thessalonians 2:8



CLM Yolanda V.C. Toney
Director Of Care Ministries

The Messiah Is Among Us

Someone gave me the small book, "Holy Moments," a few years ago. One of my favorite stories was about a group of joyful monks who lost their joy.

Their leader was perplexed. He couldn't figure out

how they lost their joy, and he couldn't figure out how to get it back. He traveled up a mountain to visit his hermit friend for advice. After they spent some quality time together, the hermit told the monk to return to the monastery and tell the other monks, "The Messiah is among you."



There is more to the story, but the short version is that the monks understood the message. They started to treat each other better, gradually the joy returned, and the monastery flourished. A village even formed around it.

As we worship and fellowship together, be reminded that the Messiah is STILL among us.

Are you being called from the pews into the mission field? Here are some ways you may answer that calling. Your options are not limited to this list. There are many ways to serve. Contact Yolanda Toney to discuss how you may serve.

- **Prayer Ministry** - Join a team of volunteers, who arrive 30-45 minutes before worship, to pray throughout the church for all who enter the sanctuary before worship begins. The team also prays with the pastors. New members are welcome. **Contact Yolanda Toney if interested.**
- **Monday Night Visits to First-Time Visitors** - Armed with fresh cookies, you will visit first-time visitors. You may bake cookies, go on visits, or both. **Contact Sue Myers, 901-756-7919 or joelmyers1@comcast.net.**

To serve in the following ministries, Contact Yolanda Toney:

- **Grief Ministry** - Commit to stay in touch with a person, who has suffered a close familial loss, for a year. Regularity of contact would be determined by the person affected by the loss and you. Contact might include calls, notes, or visits.
- **Note/Card Writing Ministry** - Once a month or less, you will write notes to assigned persons. Adults, youth, and children may contribute to this ministry.
- **Calling Ministry** - Monthly or bi-monthly (determined by you) you will call assigned persons to check in with them. These people may be ill, shut-ins, or may be absent from church for several Sundays.
- **Meal Ministry** - Occasionally, persons or families may appreciate a meal during a difficult time. You would make the meal or purchase a meal and deliver it.
- **Care for the Caregiver** - Give a caregiver at least an hour break. Sign up to be contacted if/when needed.

Care Ministries

Yolanda Toney | ytoney@germantownumc.org | 901-801-6368

On Monday, April 13, at 11:00 am, in Room 339, Matthew Rhoads, Attorney, specializing in estate planning, probate administration, and elder care law, will be with us again to talk about healthcare law and advance care planning. After his last visit, many of us realized that we wanted and needed to learn more. The consensus was that we were inspired to make plans, revise plans, or update plans. If you missed Matthew last year, do come! If you attended before, you may have additional questions. This seminar may be similar to the last one, but not the same. You won't want to miss it.

Come prepared to listen and ask questions. There is no cost for this seminar, but registration is required.

Care Ministries and Elder Care Ministries present

HEALTHCARE LAW & ADVANCE CARE PLANNING SEMINAR

April 13, 2026 | 11 am | Room 339

Click [here](#) to sign up or scan the QR code below.



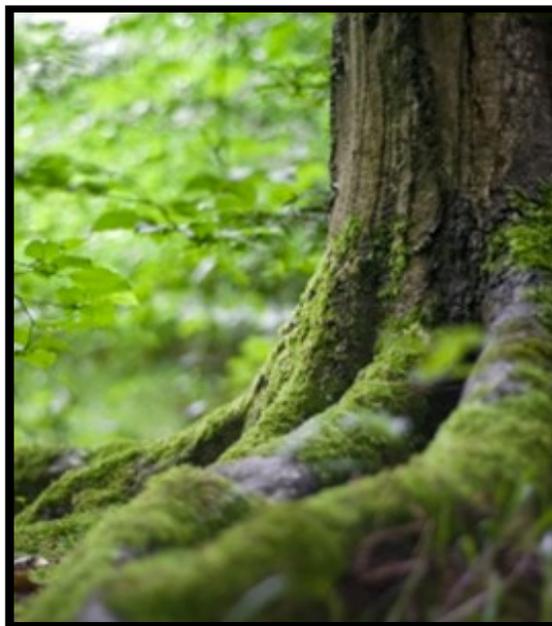
Free event.
Registration required.



Matthew A. Rhoads

Attorney
Estate Planning, Probate Admin.
& Elder Care Law
Douglass & Runger, PLLC

Questions? Contact Yolanda Toney
ytoney@germantownumc.org



Steady Ground

*A Place for Navigating
Loss and Change*

April 19, 2026

Meets the third Sunday of the month, at 11:30 am, or immediately following the traditional worship service, in the fellowship hall.

For more information and to register online, click [here](#) or scan the QR code.

Questions? Contact Yolanda Toney
ytoney@germantownumc.org



Adult Education

Mary Groh, Director | mgroh@germantownmc.org | 901-754-7216

IGNITING THE SPARK II TENDING THE FLAME

**NEW
DATE!**

Wednesday, April 8 | 6:30-8 pm

Please note: This class was originally scheduled for February 25. If you registered for the February session, there is no need to register again. If you previously registered, but cannot make it to the April session, please email Mary Groh (mgroh@germantownmc.org.)

Open to all: Experienced teachers, those who have never led an adult class, or those who want to slightly wade in the water to check it out.

This program will be our second interactive group discussion, focusing on:

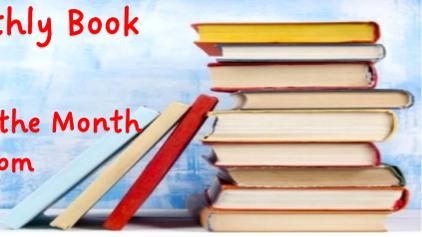
- Why we do what we do and how we keep it going
- Creating memorable lessons – connecting our past to present and future
- Class trends/ new materials / idea sharing / leading with impact
- Building the pipeline of teachers
- Launch TLC – teacher learning community format
 - ⇒ Where to obtain ideas and materials – planning ahead / or last-minute call
 - ⇒ How to choose topics – content, connection, clarity
 - ⇒ Class dynamics – timing, tone, target audience, the two or three concept
 - ⇒ What you do know that will “help you lead” – what you don’t know that will “help you grow.”



If you have not registered previously and would like to attend, please click [here](#) or scan the QR code.

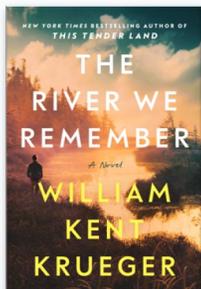
Monday Monthly Book Group 2026

4th Monday of the Month
10:00 am-12:00 pm
Room 338



There is no need to register. Just purchase the book (or check out from the library) and join us for a spirited discussion!

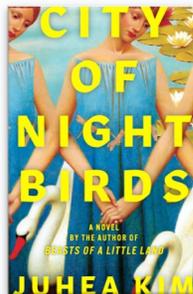
For questions, please contact Mary Groh.



April 27

The River We Remember

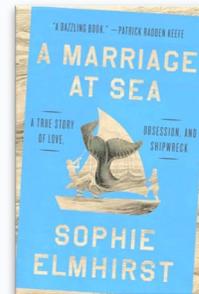
By William Kent Krueger



May 18

City of Night Birds

By Juhea Kim



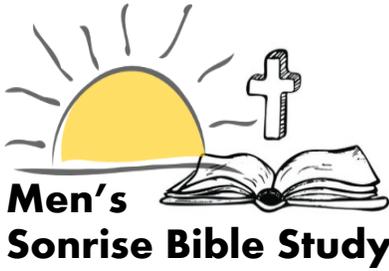
June 22

A Marriage At Sea

By Sophie Elmhirst

Adult Education

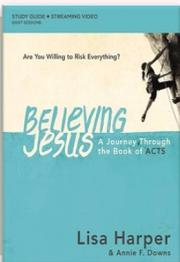
Mary Groh, Director | mgroh@germantownumc.org | 901-754-7216



Tuesdays | 6:30 am

All men are welcome to join us on Tuesday mornings, at 6:30 am, in the Mike Wilson Fellowship Hall.

No registration required.

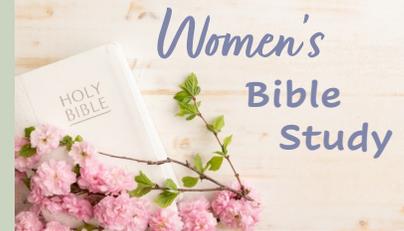


Believing Jesus **A Journey Through the Book of ACTS**

Wednesdays, April 8 – May 27

9:45-11:45 am via Zoom.

Facilitator: Chesley Porteous | Cost: \$18.00

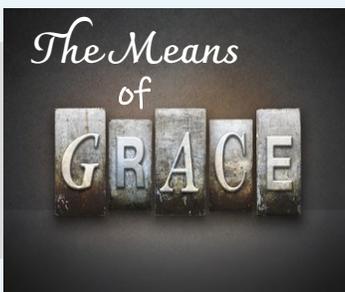


Throughout the Book of Acts, believing Jesus and what he said is the core value that marked every believer in the first church. In this eight-session women's video Bible study, author Lisa Harper launches into the book of Acts to discover how Jesus' command to spread the gospel changed the lives of those who believed and shaped the culture that surrounded the growing church.

Join us for this journey through the Biblical stories of the early Christian movement and see what kind of wild adventures await those who truly believe Jesus.



To register, click [here](#) or scan QR code.

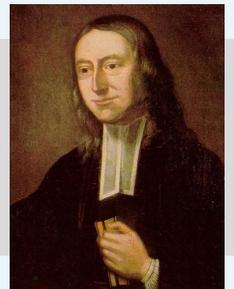


The Means of Grace

Tuesdays, April 21 – May 26

10 – 11:30 am

Teacher: Rev. Rick Pinkston | Cost: FREE



One phrase you might hear United Methodists use often is "Means of Grace," but what does it mean? The Means of Grace are vital practices we engage in every day to deepen our relationship with God, live out the teachings of Christ, and allow the Holy Spirit to grant us renewed hope and strength in our spiritual journey. They include prayer, searching the scriptures, Christian conferencing (or conversation), fasting, Sacraments (The Lord's Supper and Baptism), and acts of mercy.

This six-week study will look at grace as the cornerstone of the United Methodist Church's understanding of the way God relates to humankind. Join Rick Pinkston as he shows us how we can take these practices out of theoretical consideration and incorporate them into our living so that we might experience God and God's grace more fully.



To register, click [here](#) or scan QR code.

Older Adults

Luci Cromer, Chair | 901-755-0803 | luci2@comcast.net



Don't Forget the April Brown Bag Lunch Program!

Andy Pouncey, City of Germantown, TN Historian and Former Chair of the Tennessee Historical Commission, will speak about "Frances Wright and Nashoba, an Experiment to End Slavery." This presentation will be on Friday, April 10, 2026, in the Fellowship Hall. **Please note that this is a change in date.** The program starts at 11 am, 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.



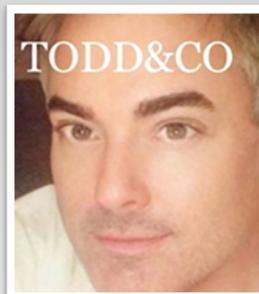
Andy Pouncey
City of Germantown Historian

****There will be a crossing guard on West Street to help with overflow parking.****

Bring Your Treasures to the May Brown Bag Lunch Program!

When you were growing up, did your mother ever give you a dish or a vase that belonged to someone in the family and warn you never to get rid of it, because it was worth a lot? Did you ever wonder whether it was just worth a lot of memories or actually worth a lot of money? Bring your items to the May Brown Bag Lunch Series, an adventure in learning sponsored by the Older Adult Council and find out.

Todd Stricklin, local interior designer and owner of Todd & CO Estate Sales, will be available to give you an estimated value of jewelry, china, art, books, fabric, silver, toys, games, dolls, and anything else you can carry in your hands. You may bring **only four items**—no pictures of items, vinyl records, stamps, coins, Orientalia, large pieces, or furniture, please. This is going to be a fun activity; you won't believe the value of what's in your house or attic!



PROGRAM: "GUMC Attic Treasures Roadshow". There will not be a speaker.

WHERE: Mike Wilson Fellowship Hall

WHEN: May 1, 2026. Program starts at 11 am; lunch is at noon.

COST: FREE—the church will supply beverages.

RESERVATIONS: No reservations are needed. Just bring your sack lunch and enjoy the program and the fellowship.

QUESTIONS? Call Luci Cromer, 901-755-0803

****There will be a crossing guard on West Street to help with overflow parking.****



Older Adults

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XYZs Go to Baseball Game in May!

Join us as we partake in the great American pastime with a fun-filled evening at AutoZone Park. If you have never been there with us, you are in for a treat! Our seats are reserved in the upper dugout box, behind home plate and close to all the concessions and restrooms. Game time is 6:45 pm, so we will have plenty of time to find our seats and pick up dinner at the ballpark. We should have much cooler weather in May, rather than going in the summer—you might even need a jacket! Sign up soon—seating is limited.

WHERE: AutoZone Park, Memphis Redbirds play the Jacksonville Jumbo Shrimp

WHEN: Tuesday night, May 12, 2026

COST: \$15 per person includes ticket & transportation. Dinner is on your own.

DEPARTURE: 5:30 pm from OLEC parking lot. (Be there by 5:15 pm.)

RESERVATIONS: Call Luci Cromer, 755-0803, Gretchen Blair, 755-0797, or Garnet Brenneman, 754-3711. You must make your reservation before paying.

DEADLINE FOR MONEY and RESERVATIONS: Friday, April 10



XYZs See Sweeney Todd in June!

Sweeney Todd: The Demon Barber of Fleet Street is a Tony Award-winning musical, by Stephen Sondheim (music and lyrics) and Hugh Wheeler (book), based on a Victorian penny dreadful. It tells the story of an unjustly exiled barber, who returns to 19th-century London seeking revenge, partnering with a pie-maker, Mrs. Lovett, to dispose of his victims in her pies, leading to a gruesome and darkly comedic tale of obsession, injustice, and retribution. Known for its sophisticated and shocking story-line with a complex and challenging score, *Sweeney Todd* is a major work in musical theatre. This show is co-produced with Opera Memphis. Make your reservation NOW and come with us to opening night! Swing your razor high, Sweeney!

WHERE: Playhouse on the Square

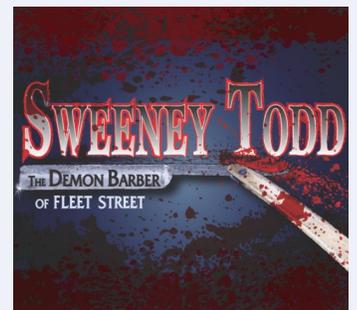
WHEN: Friday, June 12, 2026

COST: \$15 per person cost includes reserved seat and opening night reception

DEPARTURE: 5:45 p.m. from OLEC parking lot. (Be there by 5:30 p.m.)

RESERVATIONS: Call Luci Cromer, 755-0803, Gretchen Blair, 755-0797, or Garnet Brenneman, 754-3711. You must make your reservation before paying.

DEADLINE FOR MONEY and RESERVATIONS: Tuesday, May 12



Older Adults

Luci Cromer, Chair | 901-755-0803 | luci2@comcast.net

Our Handy Helpers are waiting for your call...

The Handy Helpers Ministry Team, sponsored by the Older Adult Council, lends a “helping hand” to older adults in our church who need assistance with small repair and maintenance jobs around the house.

WHAT TYPE OF JOBS DO HANDY HELPERS DO?

- Light maintenance and repairs, including small carpentry jobs, such as malfunctioning doors, locks, or windows.
- Minor electrical work, such as replacing light switches and light bulbs.
- Replacing smoke alarm batteries.
- Minor plumbing work, such as working on “running” toilets or leaky faucets.
- Other miscellaneous jobs are considered on an individual basis.



If you are planning a larger job for your house (repainting, wood replacement, remodeling) and would like a second opinion of what really needs to be done, call Handy Helpers, and they will send someone out to take a look and talk to you about it.

Handy Helpers do not work on large or small appliances, roofs, home decorating, or on jobs requiring tall ladders.

WHAT DOES THIS SERVICE COST?

The Handy Helpers service charges only for parts and materials used in the repair. There is NO charge for labor.

TO QUALIFY FOR THE HANDY HELPERS SERVICE:

You must be a member of Germantown United Methodist Church, have homeowners liability insurance, and be over 60 years of age.

To request assistance, please contact Ron or Nina Gaddy, 901-754-1238

Friday Bridge Group Disbanded!

The weekly Friday Bridge Group that met in the Huddle, from 10 am-2 pm, for party bridge is no longer meeting because of lack of interest. If you still want to play bridge or start playing bridge, the City of Germantown Parks and Recreation Department sponsors weekly bridge at the Pickering Center, 7771 Poplar Pike.



Social Bridge is on Tuesdays, from 9 am-1 pm, and the cost is \$3 per session or \$15 for five sessions. This group is casual and social. Drinks and snacks are provided. A partner is not necessary.

ACBL Sanctioned Germantown Bridge Club meets on Wednesdays and Thursdays, from 10 am-1 pm. The cost is \$8, and players must bring a partner. Drinks and snacks are provided.

Interested in learning to play? Contact Germantown Bridge Director, Tom Bartlett, at 901-497-4873 or tombartlett2003@gmail.com.

Germantown United Women in Faith (GUWF)

Stephanie Adams, President | women@germantownumc.org

Lent by Candlelight



GUWF Lent by Candlelight was a lovely evening, where women gathered together around beautifully decorated tables in the fellowship hall, followed by a service in the chapel, as they prepared their hearts and minds for the season of Lent.

This year's speaker was Sarah Sutton, who shared her inspirational faith journey as part of the chapel program.

If you were unable to attend, we hope you will join us next year! We'd love to have you share in this very special experience with us. All women are invited!

For more information about Germantown United Women in Faith programming, check out our webpage at www.germantownumc.org/womeninfaith.



Germantown United Women in Faith (GUWF)

Stephanie Adams, President | women@germantownumc.org

May Speaker Luncheon

Tuesday, May 5 | 11:30 am | Fellowship Hall

Speaker: Rev. Dr. Birgitte Thaarup French



All women are invited to join us for a catered meal, warm fellowship, and an inspirational message from Rev. Dr. Birgitte Thaarup French, senior pastor of Colonial Park UMC, at our GUWF May luncheon on May 5, 2026, at 11:30 am, in the Mike Wilson Fellowship Hall.

“Pastor Bee,” as she prefers to be called, is a lifelong United Methodist, growing up as a PK (pastor’s kid) in Copenhagen, Denmark. In 1983, she became a medical missionary with the General Board of Global Ministries, and, for the next 13 years, she served in Zaire (now Congo), Algeria, and Kenya.

“Pastor Bee” moved to Atlanta in 1997. She received her Master of Divinity from Candler School of Theology at Emory University and earned a Doctor of Ministry from Memphis Theological Seminary. “Pastor Bee” has served several churches in the North Georgia and legacy Memphis Annual Conferences. She has also served as Executive Director of First Works, Inc. She leads retreats for women and is a mentor to many young clergy persons.

She currently serves as senior pastor at Colonial Park UMC in Memphis, Dean of TWK Conference licensing school, and on the Executive Committee of the Board of Ordained Ministries.

“Pastor Bee” is married to Niels French, and they have two children. She loves to take long walks, read mysteries, cook a good meal, bake bread, and knit.

Her favorite scripture is from 1John 4:7-9 *“Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God’s love was revealed among us in this way: God sent his only Son into the world so that we might live through him.”*

Please make your reservation and payment of **\$15** by **noon** on **April 30, 2026**.

Two methods to register:

- Click [here](#) or scan the QR code to pay by credit card online.
- Checks payable to GUWF, memo “May Luncheon,” deposited in the GUWF drop box outside the Mike Wilson Fellowship Hall.



Questions? Contact Yolanda Toney at yvctoney@gmail.com



***“Let us love, not in word or speech,
but in truth and action.”***

1 John 3:18 NRSV

Germantown United Women in Faith (GUWF)

Stephanie Adams, President | women@germantownumc.org

Hannah's Hope

Every GUWF speaker luncheon is hosted by one of our women's circles (small groups), providing lovely table decorations and greeters.

In addition to hosting the May luncheon, Joy Circle is also having a "baby shower" for Hannah's Hope, in conjunction with the Blessing of the Babies portion of our program.

If you would like to purchase an item for Hannah's Hope, simply use either the link or QR code below for a wish list. Gifts may be brought to the speaker luncheon on May 5, or they may be shipped directly to Hannah's Hope.



<https://www.amazon.com/registries/gf/guest-view/O3S8K3N3I2ZE>



*Thank's
you*

If you would like more information about Hannah's Hope, visit www.hannahs-hope.org

Blessing of the Babies

Blessing of the Babies is a cherished tradition at GUMC. We are pleased to announce that our annual Blessing of the Babies has been moved from September to May, in celebration of the Mother's Day season—a perfect fit! Because of this, we will offer to bless any baby born since May 2025. This will be good news for any church or unit member who may have missed the September 2025 blessing.

We have many blessings to share, so spread the word!

If you have a baby, grandchild, or great-grandchild born after May 2025, please send a photo, the baby's name, date of birth, and parents, grandparents, and great-grandparents' names to Yolanda Toney at yvctoney@gmail.com by **April 10**.

Your baby will be blessed at the GUWF luncheon on Tuesday, May 5, receive a blessing certificate, and will be included in a video compilation. We would love to have your little one be a part of this darling celebration.



Elder Care Ministry

Rev. Linda Gabriel, Elder Care Minister | lgabriel@germantownumc.org | 901-758-6508
Richard Mattox, Elder Care Coordinator | rmattox@germantownumc.org | 901-758-6508



Rev. Linda Gabriel
Elder Care Minister

Every morning, I have quiet time in our sunroom, enjoying the light of the new day and enjoying the change of the seasons. It seems that every day there's something new. April is no different. The trees in our yard are starting to bud, daffodils are rising from the ground, and there are more birds. This month, as I observe the beautiful world God creates, I reflect on the resurrection. It is the season of Easter.

When I think about the resurrection in the Gospels, I think of Jesus rising from the dead on Easter morning.

What an incredible event! What new reality! God gifts us with the ultimate victory of life over death! Resurrection is a present reality! Every time hope rises where despair once lived, we see a glimpse of resurrection. When a broken relationship begins to heal, when someone finds faith after years of doubt, or when kindness interrupts cruelty, life pushes back against death. We experience signs of resurrection when we choose forgiveness instead of revenge, when someone becomes sober after years of addiction, or when a heart learns to love again. These moments remind us that the power that raised Jesus is still at work today. Resurrection shows up whenever new life emerges from what once seemed finished.

I invite you to ask yourself, "Where is resurrection happening around me or in me?" Perhaps in your family? Perhaps in your own heart?

For many older adults, life carries memories of both joy and loss. Friends and loved ones pass away, health changes, and seasons of life shift. Yet, even in these later years, God continues to reveal small but powerful signs of resurrection. You have wisdom to share with the younger generations. Share your life experiences and life story with others. The story of Easter is still being written, in ordinary lives every day.

After retirement, there are new ways to serve—through prayer, encouragement, mentoring, or simply being present for others. The longer we live, the more we see that God brings light out of dark seasons. Faith deepens because we have watched God remain faithful again and again. Your life itself testifies that God continues to bring life, meaning, and grace through every season.

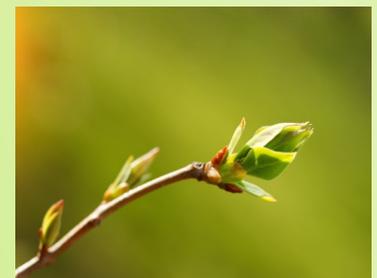
"The light shines in the darkness, and the darkness has not overcome it." (John 1:5)

"Even to your old age and gray hairs I am he...I have made you and I will carry you." (Isaiah 46:4)

Resurrection hope does not fade with age, it grows stronger.

Grace and Peace,

Linda



Elder Care Ministry

Rev. Linda Gabriel, Elder Care Minister | lgabriel@germantownumc.org | 901-758-6508
Richard Mattox, Elder Care Coordinator | rmattox@germantownumc.org | 901-758-6508



10 healthy habits for your brain

Take charge of your brain health. These healthy habits can lower the risk of developing cognitive decline.

1. **Protect your head.** If you ride a bike, wear a helmet. In the car, wear your seatbelt. Do what you can to prevent falls. Learn simple balance exercises that you can do at home every day. Talk with a physical therapist or personal fitness instructor to learn balance exercises.
2. **Be smoke free.** Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



3. **Get moving.** Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day. Go to the OLEC and take advantage of exercise classes and/or the equipment our church provides for your use and enjoyment. If you want to stay at home, check out YouTube on TV and look for exercise classes offered.

4. **Challenge your mind.** Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill.
5. **Control your blood pressure.** Medications can help lower high blood pressure. Work with your doctor to find what's right for you.



6. **Manage diabetes.** Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity, and medication. Discuss options with your doctor.



7. **Sleep well.** Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk with your doctor.

8. **Continue learning.** Challenge your brain to learn something new.

9. **Eat right.** Eating healthier foods can help reduce your risk of cognitive decline. Eat more vegetables and leaner proteins, along with food that are less processed and lower in fat.

10. **Maintain a healthy weight.**



Learn more at alz.org/healthy-habits

Hospitality

Donna Haley, Hospitality Chair (Traditional) | dmhaley_99@yahoo.com | 901-487-8205
Jennifer Predmore, Hospitality Chair (Prism) | jenn_38138@yahoo.com | 901-230-1116

*"For God so loved the world that he gave his one and only Son,
that whoever believes in him shall not perish but have eternal life." John 3:16*



We thank God for this outpouring of love and pray that we can show love to others by welcoming them with hospitality. Let's work together to help everyone who comes to worship experience a warm, loving welcome.

- Smiles
- Greeting others
- Helping with directions
- Wearing a name tag
- Noticing someone new



You can be the one who makes a difference!

Missions

Anne Fritz, Chairperson | clarissafritz@att.net

BORCELLE HOLIDAYS

EXPLORING THE WONDERS OF KENYA, STEP BY STEP.

KENYA MISSION TRIP

June 18 - July 1

Join GUMC on a life-changing mission trip to Kenya, serving alongside trusted local partners we have worked with for many years.

Estimated Cost: ~\$4,000 (travel, lodging, transportation, insurance). Team members cover personal expenses and participate in fundraising for mission projects.

To donate, scan below or go to qrco.de/bgcuam

Learn More: Susan Hillebert (Team Leader) – 901-359-6954 | 1kids.doctor@gmail.com
Ed Clark – 901-826-3514 | gec24753@aol.com

Missions

Anne Fritz, Chairperson | clarissafritz@att.net

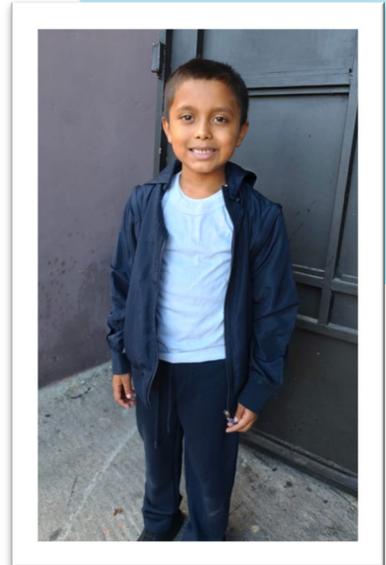


I love my Jacket! It's beautiful!

Our Alturas Kids are very grateful to each of you who have given to this ministry so lovingly and abundantly! Two of our big projects take place in February, at the beginning of the Costa Rican school year. We supply school supplies—a backpack filled with all types of school materials required by the Costa Rican Ministry of Education—and uniform shirts, pants, and shoes.

This year the Lord put on my heart to also buy jackets for the kids. I frequently see them in the street, playing soccer in the rain with no jacket, and, shortly afterward, many of them become sick. When the kids saw their new jackets, they immediately put them on, hugging themselves tightly, and would not let go! It had been very windy that day, and they looked as if they were wrapped in warm blankets, each wearing a smile that couldn't be extinguished, because they felt, "my godparents love me!"

Thank you, GUMC, for being their godparents—the parents God chose for them—who would one day give them a jacket to keep them warm, help them stay healthy, and give them a chance to go to school, which would not be possible without a uniform and school supplies.



Please "like" **Alturas Ministries** on Facebook to stay up to date with all that God is doing through Alturas! To God be the glory, always!



Children's Ministry

Becca Keel, Director of Children's Ministries | bkeel@germantownumc.org
Janelle Crist, Associate Director - Nursery | jcrist@germantownumc.org
Hayley Heard, Associate Director - Elementary | hheard@germantownumc.org

GERMANTOWN UNITED METHODIST CHURCH'S

EASTER EGG HUNT

SATURDAY, APRIL 4

10-11 am *and* 11 am-12 pm
at McVay Gardens

Join us for this free family event!

Registration Required to select a 1-hour time slot



- PETTING ZOO • TRAIN
- CRAFTS • GAMES
- VISIT WITH THE EASTER BUNNY



Hop on over to GUMC's annual Easter egg hunt held at our beautiful McVay Gardens (behind the Owings Life Enrichment Center.) This fun and festive event provides photo opportunities galore! In an effort to reduce crowding, we ask families to sign up for a one-hour time period to attend the festivities (10-11 am and 11am-12 pm.) We will start each hour session with the traditional egg hunt, so bring your baskets and **please arrive promptly!** During the rest of your family's time slot, you will be able to enjoy the petting zoo, ride the train, complete crafts, play games, and more. The Easter Bunny will be there as well! **Registration is required for this FREE family event.** Click [here](#) to register or scan the QR code above. **REGISTRATION CLOSSES THURSDAY, APRIL 2!**



BE the Light.
Matthew 5:14

Acolytes Needed for Traditional Worship Service

Every Sunday, we need two acolytes for traditional worship service. What a great way to begin serving the church at an early age!

Children must be in second grade or older to participate. There is no age limit! Click [here](#) to sign up, or scan this QR code. If your child is interested in acolyting and hasn't been trained, reach out to [Becca Keel](#) to schedule a mutually convenient training session.

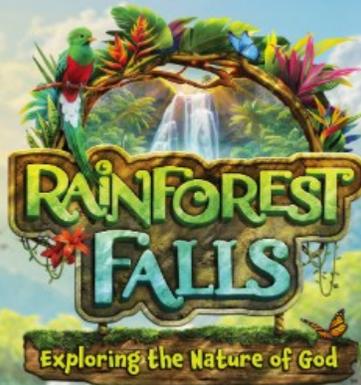


Children's Ministry

Becca Keel, Director of Children's Ministries | bkeel@germantownumc.org
Janelle Crist, Associate Director - Nursery | jcrist@germantownumc.org
Hayley Heard, Associate Director - Elementary | hheard@germantownumc.org



GUMC's
VBS 2026
June 8-12
9 am-12 pm



For Ages 4 (by August 15, 2026)
through rising 6th grade

Rainforest Falls VBS

June 8-12 | 9 am-noon

For children age 4 (by 8/15/26)
through rising 6th graders

An adventure you'll fall for!

Make a splash at Rainforest Falls VBS as we explore the Nature of God—discovering who God is and how much he loves us!

Registration now open! To register, click [here](#) or scan QR code.



Hope to
spot you
there!



Adult and Youth VBS Volunteers Needed

June 2-6 | 9 am-12 pm

Crew leaders and station leaders needed.
Be part of the fun!

Can't help VBS week? That's OK. We have lots of ways for volunteers to help ahead of time with craft prep or decorations. Contact Becca Keel with any questions about volunteering.

To register as a volunteer, click [here](#) or scan the QR code.



Is your child too young for VBS, but you don't want them to miss out on the fun?

We offer a special VBS program (free of charge) for the young children of **volunteers**, featuring age-appropriate games, songs, lessons, and crafts. Your child will have a blast, while you help make VBS an unforgettable experience for everyone!



Children's Ministry

Becca Keel, Director of Children's Ministries | bkeel@germantownumc.org
 Janelle Crist, Associate Director - Nursery | jcrist@germantownumc.org
 Hayley Heard, Associate Director - Elementary | hheard@germantownumc.org

Is your child a budding actor/actress? Does he/she love performing in front of others?
 Mark your calendar for Music & Arts Camp!

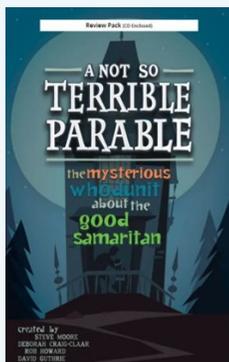


Music & Arts Camp

**"A not so
 Terrible Parable"**

July 27-31 | 9 am-3 pm

**For kids entering
 2nd - 6th grades in
 Fall 2026**



Children will meet each day to prepare for a performance for friends and family at the end of the week. They will perform "A Not so Terrible Parable," a musical in which Jesus' well-known parable comes to life as a fun, over-the-top whodunit. Ms. Cheryl McClurg is back, again, as director for this camp.

Children will be provided with scripts, props, and costumes. They will bring their own lunch each day.

To register, click [here](#) or scan the QR code above.

Elementary Mission Camp

July 13-17 | 9:30 am-3 pm

For kids entering 5th and 6th grade



In this hands-on camp, we will explore three specific types of mission: inner-church mission, urban mission, and rural mission. Each child will have a chance to experience different types of work, hopefully creating an appetite for missional work. Some days, we will make our lunches here at church, and, other days, we will explore some Memphis eateries. We will finish each day with some seriously fun games and fellowship.

To register, click [here](#) or scan the QR code above.

Great things are happening in Children's Ministry!



- | | |
|------------|--|
| April 4 | Easter Egg Hunt |
| April 5 | Easter Sunday |
| May 27 | Family Summer Kickoff in the Park (more details to follow) |
| June 8-12 | Rainforest Falls VBS 2026 |
| June 15-20 | Lakeshore Elementary Camp #1 |
| July 13-17 | Mission Camp (5th & 6th grade) |
| July 19-25 | Lakeshore Elementary Camp #3 |



Germantown United Methodist Preschool

Spring is here! At GUMP, spring brings happy voices on the playground, seeds sprouting in our classrooms, lively conversations about bugs, and plenty of time soaking up the sunshine.



Last month, we celebrated our wonderful team during teacher appreciation week. The teachers and staff want to offer our heartfelt gratitude to all our parents, families, and church community for your constant support. It is truly a gift to serve these precious children and walk alongside their families.



We have been joyfully preparing for the Easter season and are filled with great anticipation as we celebrate this meaningful time together. As Easter approaches, we celebrate the joy and promise of Christ's resurrection:

"He is not here: for He is risen." — Matthew 28:6

Our friends pictured are busy planting seeds, as part of a hands-on exploration of the plant lifecycle. With a little dirt on their hands, they're discovering what helps a plant grow—sunny rays, sips of water, fresh air, and soil. Now, the waiting game begins, as they check in each day to see what's sprouting. Watching their seeds wake up and grow is turning science into a joyful, living story, right before their eyes!

If you or someone you know would love to learn more about all the wonderful things happening at GUMP, we'd be delighted to share! Give us a call at 901-753-3109. We're always excited to welcome new families into our growing community.



Youth

Chloe Granberry, Director of Youth Ministries | cgranberry@germantownumc.org



We had such a great time at **Discovery Weekend 2026!** Throughout the weekend, 52 of our GUMC youth took over the OLEC for the weekend. Our “Waymaker” theme centered on Isaiah 43, and our high schoolers did a great job giving their talks and leading the middle schoolers in fun and fellowship.



A great big thank you to all of our volunteers and adult leaders for helping us put on such a successful event!



The Youth Ministry has been very active with its weekly programming. On Sunday nights, we host Element, a gathering of youth in both middle and high school. At Element, we eat dinner together, play games, worship, and have small group discussions. We are currently exploring the question of “What would Jesus do?” in our Element talk series.

Early on Tuesday mornings, our high schoolers meet to study and discuss the book of Romans, and, on Wednesday nights, we host our Synergy and Synago small groups. Synergy is designated for our middle schoolers, while Synago is for our high schoolers. We are also preparing for Confirmation this spring, where our sixth graders will become recognized members of our church!

**UPCOMING
EVENTS!**

Mark your calendars for our summer fun!
901 Mission Camp (open to rising 7-12th graders) will be June 17-June 19!

[gumc youth]

Owings Life Enrichment Center (OLEC)

Gordon Kelly, Director | gkelly@germantownumc.org
 Kimberly Marsh, Assistant Dir. | kmarsh@germantownumc.org

If you've never visited the OLEC, now is the perfect time! The OLEC is a **full-service exercise facility**. We have a newly-updated **weight room, cardio room, walking track, and open gym time**. All of this is **FREE** to church members! Contact any of our staff if you have questions.



Pickleball

at the OLEC



Daytime Hours

Mondays 12-3 pm
 Tuesdays 9 am-noon
 Wednesdays 9 am-noon
 Thursdays 9 am-noon
 Fridays 9 am-noon

Church Members

\$3
 \$2
 \$3
 \$2
 \$3

Guests

\$5
 \$2
 \$5
 \$2
 \$5



Evening Pickleball!

Wednesdays
 5-7:30 pm

\$2 all players

Please note: Available pickleball times are subject to change due to groups renting the gym or lessons. Please check the website each week under "Gym" or call the OLEC (901-753-3100) for updates on available pickleball times.

Owings Life Enrichment Center (OLEC)

Gordon Kelly, Director | gkelly@germantownmc.org
Kimberly Marsh, Assistant Dir. | kmarsh@germantownmc.org

Workouts for New Moms

Exercise with your child!



(Women without babies are **always** welcomed to any of our class offerings!)

Monday 9:30-10:45 am

(alternates between Stroller Barre and Strides 360)

Stroller Barre®

Stroller Barre® is a 60-minute stroller workout that improves your posture, stability, and mobility while strengthening your body from the inside out! Reconnect with your body, increase flexibility, and find the inner strength you need for motherhood.

Strides 360®

Increase your endurance and speed to sprint through mom life with Strides 360®! Come play with your mom friends, with or without the stroller, during this 60-minute, heart-pumping workout that will energize you for the rest of your day!

Wednesday 9:30-10:45 am

Friday 9:30-10:45 am

Stroller Strides®

Stroller Strides® is a 60-minute total-body workout with strength, cardio, and core training, all while engaging with the little ones in a stroller! You'll leave class feeling strong, empowered, connected, and energized—no matter your stage of motherhood.

Monday 6:15-7:15 pm

Body Boost®

Body Boost® is a 60-minute mom-only workout that is challenging, empowering, and energizing. By combining cardio, strength, core training, and meditation, you will leave this workout refreshed and recharged for all that comes with motherhood.

Wednesday 6:15-7:15 pm

Body Ignite®

Body Ignite is a mom-only strength workout that targets every muscle in your body. This easy-to-follow program will increase your metabolism, athleticism, and ability to lift, lunge, and push everything mom-life throws your way!

Discount for church members. Email memphis@fit4mom.com for more info!

Check out these other classes we offer



Gentle Yoga

Mon & Wed 3:30-4:30 pm

Senior fitness

Tues & Thurs 10-11 am

Vinyasa Yoga

Wed 2-3 pm

HATHA YOGA CLASS



Mondays

6:30 - 7:30 pm



\$10 for trial class
\$16 for single class
\$75 for five classes

- Led by Grace Stephenson
- 800 hour certified teacher
- Trained at the "The Indian Way" Yoga school in Germany

All are welcome!
No experience required

Specializing in:

- Traditional postures
- Breathwork
- Meditation

Call or text Grace to sign up: 901-701-0940

Owings Life Enrichment Center (OLEC)

Gordon Kelly, Director | gkelly@germantownmc.org
 Kimberly Marsh, Assistant Dir. | kmarsh@germantownmc.org

Exercise Class Schedule April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10-11 am Walk Fit (DR) Judy Pearson	9:30-10:45 am Stroller Strides (DR)	10-11 am Chair Class (DR) Judy Pearson	9:30-10:45 am Stroller Strides (DR)	
9:30-10:45 am Stroller Barre (DR)		2-3 pm Vinyasa Yoga (DR)-Al Walton			
3:30-4:30 pm Gentle Yoga (DR)- Al Walton		3:30-4:30 pm Gentle Yoga (DR)- Al Walton			
6:15-7:15 pm Body Boost (DR)				Class Locations: Weight Room—WR Dance Room—DR Upstairs Room—UP	
6:30-7:30 pm Hatha Yoga (DR)		6:15-7:15 pm Body Ignite (DR)			

Open Play Gym Time

Mon: 3:30-5:30 pm
 Tues/Wed/Thurs 1-5 pm

**Please call the OLEC office to confirm Open Gym times.*

Free play time is for church members only. All guests can purchase a \$10.00 day pass.

Owings Life Enrichment Center
 2323 West St.
 Germantown, TN 38138
 (901)753-3100



Follow our Instagram page, @olecgermantown, to keep up with all the latest happenings at the OLEC.

Group Exercise Classes and Personal Training are available at the OLEC. Contact Gordon Kelly or Kim Marsh for more information.



Germantown United Methodist Church

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Editor's Note: ***The deadline for submitting articles for Tidings is the 10th of the prior month. Submissions received after this deadline are not guaranteed to run.***
