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Responsible Rights

This month, we celebrate the 250th anniversary of the Declaration of Independence. It is right to reflect on its importance. Not everyone lives where freedom is valued, and not every government has, as its original charter, a treatise expounding government's purpose as protecting those very rights.

Two hundred and fifty years ago, in a time when kings were thought to have a divine right to rule, our founders agreed upon these words . . . *"We hold these truths to be self evident, that all men are created equal. That they are endowed by their creator with certain unalienable rights."* The founders, in fact, were saying that it was **not the king** who had a divine right, but rather **the people** who had divine rights. Everyone, by the simple fact that they were created by God, had rights. This was a revolutionary statement.

We are citizens of the USA, but our highest allegiance, as Christians, is to God's kingdom. When Jesus was once shown a coin stamped with Caesar's image, he said, *"Give to Caesar what is Caesar's, and to God what is God's."* – Matthew 22:21. He was not placing Caesar and God on equal footing or arguing for a separation between faith and public life. Jesus was saying the coin belonged to Caesar because it bore Caesar's image. The inference, of course, is that which has God's image belongs to God.

The founders appealed to God as their witness in the Declaration, writing: *"Appealing to the Supreme Judge of the world, for the rectitude of our intentions, with firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes, and our sacred honor."* Though political rivals, the founding fathers agreed that sensible exercise of freedom required responsibility. This is just as true today.

The psalmist reminds us, *"Blessed is the nation whose God is the LORD; and the people whom he hath chosen for his own inheritance. – Psalm 33:12.* God blesses those who honor him. If our laws are not just, God will not honor our laws. If our actions are not righteous, God will not honor our actions.

No matter one's political leanings or affiliations, we all can pray for our nation. Perhaps God will honor a people who are on their knees placing their hope in him. Truly our hope lies in a God who gives us our rights. Let's exercise them responsibly.



Tim Carpenter
Senior Pastor



Executive Minister

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



Rev. Dr. Scott Alford
Executive Minister

A Freedom Worth Celebrating

I love the Fourth of July. The grill gets fired up, fireworks brighten the evening sky, and we remember the freedom we have in our great republic. This year, we even celebrate an impressive milestone as we recognize the 250th anniversary of our nation's independence. Yet, as followers of Jesus Christ, we are invited to reflect on a deeper freedom, one that no Constitution can grant and no government can take away.



Paul writes to the churches of Galatia: "For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery" (Galatians 5:1). He isn't talking about political liberty. He's talking about something far more radical—freedom from the crushing weight of trying to earn God's love, freedom from the power of sin and shame, freedom from the fear that we are ultimately alone in this world.

The 27 grievances in the Declaration of Independence primarily target King George III's tyranny and the oppression placed on the people. Our Founding Fathers sought a way for us to self-govern and live into our God-given liberties.

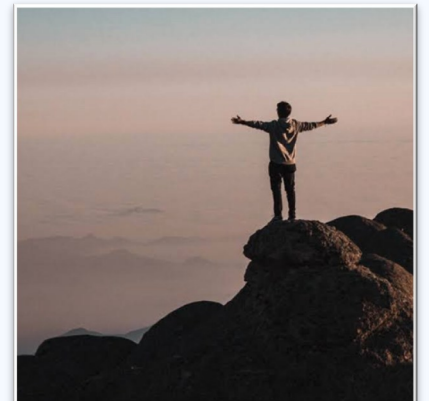
The freedom we have in Christ goes further. It is freedom, not just from something, but also FOR something. Paul tells us that this freedom is not a license to do as we please, but an invitation to love one another (Galatians 5:13). We are free not to pursue our own comfort unchecked, but to serve, to forgive, to reconcile, and to hope.



As we experience these current times of national division, anxiety, and uncertainty, I pray that our semiquincentennial might, in part, remind us of the precious opportunities our nation's founders planted. I hope our fireworks and flag waving can move us closer together in the intent of "*E pluribus unum*" (Out of many, one). However, even more, I hope we can be reminded of how the cross and communion table can address the deep hunger of our hearts, our longing to be loved, the need we have for purpose, and the hope for something eternal.

So, by all means, enjoy the grilled meats, soak in the swimming pools, be awed by the fireworks displays, play Lee Greenwood's "God Bless the U.S.A.," and be proud to be an American. At the same time, may we carry with us the steadfast joy of a people who know a freedom that runs deeper than any national holiday. As Peter writes, we are "a chosen people, a royal priesthood" (1 Peter 2:9)—not because of the country of which we are citizens, but because of the Holy One who called us out of darkness into his marvelous light.

That is a truth worth celebrating every single day.



Prism

Rev. Mimi White | mwhite@germantownumc.org



Sundays | 10:30 am
Owings Life Enrichment Center

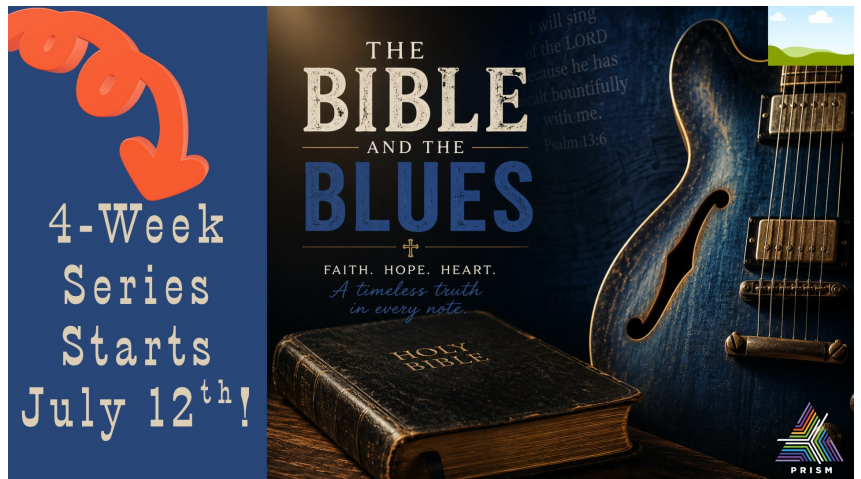


Rev. Mimi White

Memphis is called “the home of the blues” because the blues began right here in the Delta. It all began with the spirituals people sang in the fields to express their pain and the gospel music that followed, inspiring their faith and giving them hope that a better day would come. The Bible is full of people singing the blues. It’s a good thing, too, because don’t we all have them at one time or another?

One of the best seminary classes I have ever taken was on this very topic. One day, we even drove down to Clarksville, MS to see the infamous Crossroads and hear a blues musician sing a blues tune for every Psalm and Lamentation we gave him. (And, we, of course, ate some BBQ!)

A review of the book *The Gospel According to the Blues*, by Gary Burnett, (one of many books from the class) says: “*The Gospel According to the Blues* dares us to read Jesus’ Sermon on the Mount in conversation with Robert Johnson, Son House, and Muddy Waters. It suggests that thinking about the blues—the history, the artists, and the songs—provides good stimulation for thinking about the gospel. Both are about a world gone wrong, about injustice, about the human condition, and about hope for a better world.” This is where we are headed.



On July 12, we begin a four-week series called “*The Bible and the Blues*,” to make the connection between the gospel message and the blues; to understand how expressing our pain helps to heal us; to remember that God answers our pain when we cry out for help; and, of course, to celebrate our Memphis musical heritage with amazing music from Prism Riot and some special guest musicians.

Invite all your *FRANS* (music lovers especially) to join us for this special series this summer at Prism, Sundays at 10:30 am, in the OLEC!



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 May 31, 2026	ACTUAL YTD	BUDGET YTD	OVER/UNDER BUDGET	JULY 2025 TO JUNE 2026 ANNUAL BUDGET	% ACTUAL YTD to ANNUAL BUDGET
TOTAL INCOME	2,750,040.27	2,860,795.65	(110,755.38)	3,120,868.00	88.12%
TOTAL EXPENSES	2,751,081.42	2,849,312.72	(98,231.30)	3,120,868.00	88.15%
NET INCOME OVER EXPENSE	(1,041.15)	11,482.93	(12,524.08)		

Music Ministry

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

DELL HARRIMAN MUSIC MINISTRY ENDOWMENT FUND

The Dell Harriman Music Ministry Endowment Fund, established by Dr. Mark and Patty Harriman, provides funding for music programs of Germantown United Methodist Church, which Dell supported so faithfully.

The fund will honor Dell's tremendous faith and support GUMC's wonderful music program in perpetuity. All contributions to the fund will remain as principal, with only the interest from contributions being utilized. I bring attention to the fund to share a story of generosity.

Just recently, a very generous donation was made to the fund. The donor is connected to our church by his occupation. You see, he's a financial planner for one of our members. Connection of purpose and person allowed for communication and commitment to this donation. I see this as another example of asking people to participate and getting a positive response. We can ask 100 people to come to church with us and have no luck. It can be discouraging, but maybe the next person you invite responds and becomes a devoted follower of Jesus. I encourage you to keep doing this work for the kingdom.

Your participation in growing the fund is encouraged and may be done online by clicking [here](#) or scanning the QR code. Scroll to the Dell Harriman Music Endowment Fund tab. Cash, checks, and estate planning gifts may be directed to the church office. Perhaps we will find other generous donors that will propel this fund to new heights. With God's help, we can make it so!



Churchwide

Summer Worship Series

STORIES You Know? PART 2

Join us Sundays, at 10:30 am, in the sanctuary, for traditional worship.

- July 5 - Abraham and the Three Angels
- July 12 - Jacob Wrestles with the Lord
- July 19 - Parting of the Red Sea
- July 26 - The Ten Commandments
- Aug 2 - The Spies of Canaan



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.

Chesley Porteous — A Welcoming Presence at GUMC

For more than two decades, Chesley Porteous has been a faithful and joyful presence at GUMC. Since becoming a member, Chesley has poured her heart into nearly every aspect of church life, serving with dedication, kindness, and an unmistakable spirit of hospitality.

Whether she is helping with GUWF activities, volunteering at Vacation Bible School, serving as Lay Ministry Council Chair, supporting church events, or leading weekly Bible studies, Chesley embodies what it means to be a servant leader. Her willingness to jump in and help has made a lasting impact on countless members and visitors through the years.

One thing everyone immediately recognizes about Chesley is her love for the color pink. Her bright and cheerful wardrobe has become a signature part of her personality and reflects the warmth and joy she brings to the church family. Just as recognizable as her pink attire is her welcoming smile. As part of the Hospitality Committee, Chesley is the very first friendly face many people see when entering GUMC on Sunday mornings. Liz Wilds, who first visited GUMC after attending the Easter egg hunt in 2025, shares, “Chesley meets everyone at the door with a pink outfit and smile. She has no idea how meaningful it is to hear, ‘I’m so glad you’re here today!’ when you arrive at church. She is a shining light at GUMC!”

Recently, Chesley started a “Mahjong Night” that meets on Thursday nights in The Huddle. This has become a welcoming space where people of all ages can connect, laugh, and build friendships—people who might otherwise have never met. If interested, you can contact her at chesleyporteous@gmail.com.

Thank you, Chesley, for your faithful service and loving heart.



LET'S MAHJONG!

Every Thursday!

6:00 pm

Everyone is welcome!
No registration required.

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



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

Churchwide

Click [here](#) or scan QR code for more information.



**WE'RE
HIRING**



**COMMUNICATIONS
ASSISTANT**
Part-time
(20 hours per week)

Communications Assistant Part-time (20 hours per week)

This person supports the mission and ministry of the church by helping create, manage, and distribute clear, engaging, and consistent communications across print and digital platforms. This role plays a key function in keeping the congregation informed of church news, connected through worship and programming, and inspired to actively participate in the life of the church.

Key Responsibilities

- Weekly bulletin & print materials
- Worship presentation support
- Social media management
- Digital communications & publications
- Administrative assistance

Qualifications

- ◇ Degree or extensive experience in communications, journalism, public relations, or relevant field
- ◇ Strong written and verbal communication skills with strong attention to detail
- ◇ Basic graphic design skills and familiarity with various design tools (e.g., Canva, Adobe Suite, or similar)
- ◇ Experience with social media platforms and content creation
- ◇ Comfort with presentation software and willingness to learn new tools
- ◇ Ability to manage multiple tasks and meet deadlines
- ◇ Alignment with the church's mission and values
- ◇ Availability to work Sunday-Thursday

How to Apply

Submit a resume, brief cover letter, and samples of relevant work (e.g., social media posts, design projects, or publications.) Send all to Scott Alford, Executive Minister, at salford@germantownumc.org.

Love children? Join our Nursery Team!

We're looking for caring, dependable, part-time nursery workers to help create a safe and welcoming space for our youngest children during worship and church events. Shifts are Sunday mornings, occasional weekday evenings, and special events. Adults with childcare experience preferred, but will consider applicants age 16 and older who love interacting with children. Contact Janelle Crist at jcrist@germantownumc.org.



Churchwide



GUMC sent nine lay delegates to represent Germantown UMC and the Metro District to the Tennessee Western Kentucky Annual Conference at Murfreesboro First United Methodist Church, June 7-10.

Front row left to right are Dianne Barger, Lauren Boswell, Mary Groh, Linda and Ron Wiggins. Back row: Beth and John Kitson. (Not pictured are Barbara and Conrad Schanson.)

A highlight of the conference was watching Rev. Todd Wilson ordain a Deacon in Full Connection at the Tuesday night worship service.

Mark your Calendar!

**Bishop
David Graves
Preaching**

Sunday, August 9
at Germantown UMC



Churchwide

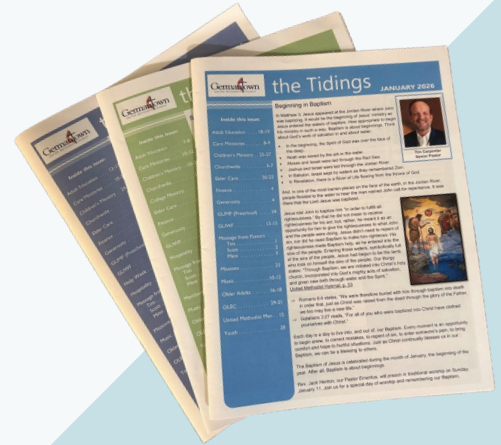
Catch Up with *the Tidings*

Did you miss a recent issue of *the Tidings*?

Looking for details about a past GUMC event?

Our online Tidings Archive makes it easy to access previous newsletters whenever you need them. Visit the church website under **Sign Up & Events > Publications**, or simply click the link below or scan the QR code to browse previous editions.

Click [here](#) for *the Tidings* Archive

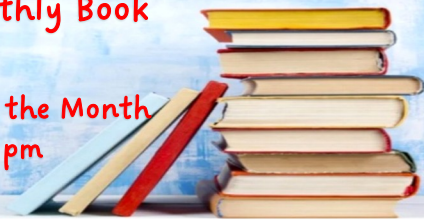


Adult Education

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

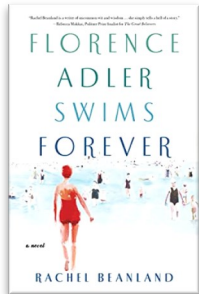
Monday Monthly Book Group 2026

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.



July 27

Florence Adler Swims Forever

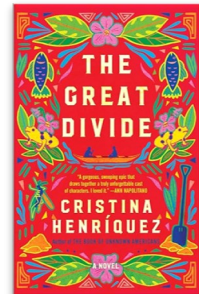
By Rachel Beanland



August 24

Venetian Vespers

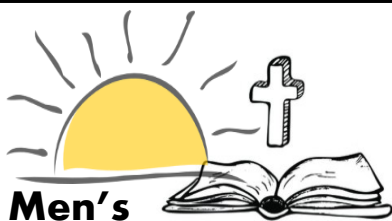
By John Banville



September 28

The Great Divide

By Christina Henriquez



Men's Sunrise Bible Study

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.

Membership



Sunday, August 23

9:00-10:00 am

Are you thinking about joining GUMC but would like to know more about the church?

Join us during the Sunday school hour to meet our pastors and learn about the beliefs and traditions of the United Methodist Church and get to know GUMC a bit better. You will also get to connect with fellow GUMC worshippers and learn about opportunities to serve, connect, and grow!

Please contact Mary Groh at mgroh@germantownumc.org if you are interested in attending.

Mallory Toney

Germantown UMC welcomed Mallory Toney into membership on Sunday, May 31, at the traditional worship service. She joined by transfer of her membership from First Presbyterian Church, Wahoo, Nebraska. Her Welcome Friend is her husband, Asa.

When asked what about GUMC made her want to become a part of our church community, she replied: *"My husband was raised in this church, and I've seen how it shaped his values, relationships, and sense of purpose. GUMC reflects the church I grew up in, and we want our children to grow in faith with strong guidance from family and community."*



Chelsey Selheimer

Germantown UMC welcomed Chelsey Selheimer into membership on Sunday, May 31, at the traditional worship service. She joined by profession of faith and was baptized. Her Welcome Friends are Beverly and Don Rhoads.

When asked what about GUMC made her want to become a part of our church community, she replied: *"The Easter service last year—my first time visiting—was so beautiful. The music and sermon touched me in a way I had forgotten, and hearing the mission statement, then seeing it truly lived out by the congregation, is what drew me to GUMC. I felt immediately welcomed and, through 'Confirmation for Grown-Ups,' felt called to join. It felt like the clear next step after praying on it."*



Membership

Helen and Rev. Jim Curtis

Germantown UMC welcomed Helen and Rev. Jim Curtis to our congregation on Sunday, May 31, at the traditional worship service. Helen joined by transfer of her membership from First UMC Tupelo, Mississippi. Jim is a retired United Methodist Minister in the Mississippi Conference, and he will place his affiliation with GUMC. Their Welcome Friends are Lee and Nancy Harber.

When asked what about GUMC made them want to become a part of our church community, they replied: *"We are looking forward to participating in GUMC's ministries. We find worship at Germantown UMC enriching and meaningful. The ministers, church staff, and its members have all made us feel welcome and at home."*



Karla Richardson

Germantown UMC welcomed Karla Richardson into membership on Sunday, May 31, at the traditional worship service. She joined by transfer of her membership from First UMC Pocahontas, Arkansas. Her Welcome Friends are Lee and Nancy Harber.

When asked what about GUMC made her want to become a part of our church community, she replied: *"My daughter and granddaughter have been members for years. I started bringing my grandson and found a Sunday school class I love (Fiser Covenant Class). I feel welcome and happy here and love the children's programs and the music."*



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

Many of you know that my brother died suddenly from a cardiac event when he was only 38 years old. While I had grieved the loss of my grandparents, this grief was unlike anything I had ever experienced. I had no idea how to cope.

Through my work with Care Ministries, I have come to understand that many people carry deep pain, loss, and heartbreak. The death of a loved one, the loss of health, the end of a career, a failing marriage, or family members who have chosen to go no-contact are just some of the challenges we may face in life.

We all struggle with loss or life changes, so I invite you to join us for our **Coping with Life's Challenges Seminar** on **August 10 at 11:00 am in Room 339** of the main building. There is no fee to attend, and registration is available online.

Other Important Dates:

Care Ministries Team Meeting
August 3, 6:00 pm, Room 339

Steady Ground
Sunday, August 16, 11:30 am
(immediately following the traditional worship service)

CARE MINISTRIES

COPING WITH LIFE'S CHALLENGES SEMINAR



Let's face challenges together.

In this Seminar we will address:

- The many faces of grief
- Secondary grief
- Ambiguous losses
- Is there ever closure?
- Our faith

There is no fee. Use the QR code to register.

MONDAY, AUGUST 10, 2026
11:00 AM
GUMC MAIN BUILDING Room 339



Care Ministries

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

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.

To serve in the following ministries, contact Sue Myers, 901-756-7919 or joelmyers1@comcast.net

- **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.
- **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.

To serve in the following ministries, contact Yolanda Toney (see contact information above.)

- **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.



When: Third Sunday of each month—11:30 am
(after the traditional worship service)

Where: GUMC Room 339

“Good Grief” by Granger E. Westburg guides our discussion.

There is no fee, but please register by clicking [here](#) or scanning the QR code.

Questions? Contact Yolanda Toney
(ytoney@germantownumc.org)



Germantown United Women in Faith (GUWF)

Stephanie Adams, President | women@germantownumc.org



Fall/Winter GUWF Children's Consignment Sale

Shop Friday and Saturday, August 21-22

It's that time of year! Clean out the closet, rummage through the attic, and sort through the garage for children's clothing, furniture, toys, baby equipment, and more. GUWF Children's Consignment Sale registration is now open! Visit ConsignGermantown.com, click [here](#), or scan the QR code below, to review guidelines and details. All proceeds from this sale benefit GUWF missions. It's a 37-year tradition of community outreach!

Can't consign? We love donations! Coordinate with us in advance of the sale to donate your gently used items up to two weeks before the sale. We will price and tag each item, with 100% of the sale price going to GUWF missions! You will receive an early consignor shopping pass in return, along with a thank you letter as your receipt for tax purposes. Please be sure your donated items have an approximate value of more than \$40.

Email info@ConsignGermantown.com for more information.

We also need volunteer help and have many shifts available! Volunteers who work at least four hours get to shop early at the Thursday pre-sale event. We'll have an especially big need for volunteers on Saturday afternoon. Since Prism worship uses the OLEC on Sundays, we will need lots of hands to help us sort through unsold merchandise and get the gym back in order. This GUMC Day of Service opportunity will have two three-hour shifts, **12:30-3:30 pm, and 3:30-6:30 pm**. Those who work both will be eligible for the earliest pre-sale shopping time. Sign up online [here](#) or scan the QR code to help.



Consign



Volunteer

Consign | Donate | Volunteer | Shop



Our consignment sale serves as a wonderful outreach to the community, drawing people into our church from all over the Mid-South as consignors, shoppers, and volunteers.

Join us and help make a difference.
Thank you for your support!

Check out the following page for important dates!

Continued...

Germantown United Women in Faith (GUWF)

Stephanie Adams, President | women@germantownumc.org

...Continued

Fall/Winter GUWF Children's Consignment Sale Important Dates

Consignor Registration Deadline/Inventory Entry

Tuesday, August 18 at 11:59 pm

Refer to the website for complete information about accepted merchandise and consignor instructions.

Consignor Drop Off

Wednesday, August 19, 1-8 pm and Thursday, August 20, 8 am-1 pm

Private Pre-Sale

Thursday, August 20, 5:30-8 pm

Volunteers who work eight or more hours, **or** both Day of Service shifts on Saturday (only 6 hours), may shop at 5:30 pm. Those who volunteer four or more hours may shop at 6 pm. Consignors may shop at 6:30 pm.

Public Sale

Friday, August 21, 8 am-3 pm

Public Half-price Sale

Friday, August 21, 5-8 pm and Saturday, August 22, 8 am-12 pm

Consignor Pick-up

Saturday, August 22, 6:30-8:30 pm



Older Adults

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

XYZs Tour the Newly Opened Metal Museum in September!

Join us as we kick off our 2026-2027 season with a fascinating experience. We are going to be the first group to tour the Metal Museum, formerly called the National Ornamental Metal Museum, at its new location in Overton Park. The Metal Museum in Memphis is the only institution in North America devoted exclusively to the art and craft of fine metalwork and is dedicated to preserving and advancing the broad practice of metalsmithing and metal arts. We are going to take a guided tour of the galleries and the sculpture garden and see a metals studio demonstration of casting, a process in which molten liquid metal is poured into a hollow mold cavity. Before we go to the Metal Museum, we will have lunch at Bosco's Squared in Overton Square—a favorite of ours for years. Come prepared to be amazed and maybe do a little Christmas shopping, too!

WHERE: The Metal Museum and Bosco's Squared

WHEN: Tuesday, September 22, 2026

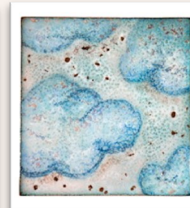
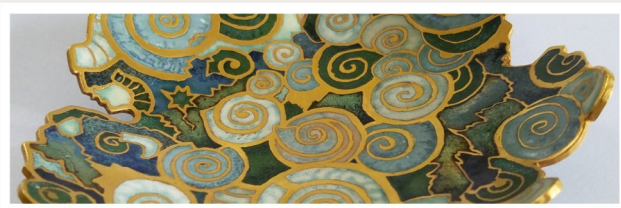
COST: \$20 per person plus lunch on your own.

DEPARTURE: 10:30 am from OLEC parking lot. (Be there by 10:15 am.)

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: Monday, August 24



Brown Bag Lunch to Resume in September...



Don't forget—the Brown Bag Lunch program will start up again in September.

Your August Tidings will have information about the kick-off event. In the meantime, have a wonderful summer break!



Older Adults

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

AARP Smart Driver™ Course

July 9 & 10 | 9 am-1 pm

Germantown United Methodist Church and AARP will present the “AARP Smart Driver™ Course,” the nation’s largest driving refresher course. This 8-hour course is scheduled for July 9 and 10, from 9 am-1 pm. Successful completion entitles participants to a discount on their auto insurance premiums for three years. There is no driving test or written exam. Register early because the class will be closed at 28 participants. The results of taking these classes have been proven—class participants have fewer accidents and tickets.

WHERE: Room 339 in the Ministry Center.

WHEN: Thursday and Friday, July 9 & 10, 2026, 9 am-1 pm.

COST: \$20 fee for AARP members (\$25 for non-members) payable to AARP

RESERVATIONS: Call Ray Smith at 901-410-0184

DEADLINE FOR RESERVATIONS: Reservations will be taken until class is full.



The objectives of the course are to help you:

- Be independent, safe, and confident while on the road.
- Keep up with changes so you don't put yourself and others at risk.
- Learn state-specific information throughout the course.
- Focus on areas such as roundabouts, pavement markings, stop-sign compliance, red-light running, and safety issues such as speeding and seatbelt and turn-signal use.

Check your calendars and register now. Your check is your ticket to this class.

Contacting the Church

- When you have a pastoral prayer need, Let Us Know.
- If you have a health emergency or concern, Let Us Know.
- If there is a need for which you'd like support, Let Us Know.

Let Us Know – so we can be attentive to your spiritual and practical needs.



How to Contact the Church

- Call the church main number at 901-754-7216.
- Email Brenda West (Senior Pastor Assistant) at bwest@germantownumc.org.
- Email Yolanda Toney (Congregational Care Ministry Director) at ytoney@germantownumc.org.
- Email Richard Mattox (Elder Care Coordinator) at rmattox@germantownumc.org.
- Email Rev. Linda Gabriel (Elder Care Pastor) at lgabriel@germantownumc.org.
- Call your Sunday school or small group leader.

Elder Care Ministry

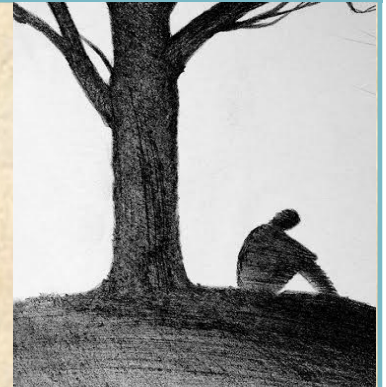
Rev. Linda Gabriel, Elder Care Minister | lgabriel@germantownumc.org | 901-758-6508
Richard Mattox, Elder Care Coordinator | rmattox@germantownumc.org | 901-758-6508



Richard Mattox
Elder Care Coordinator

Coping with the Death of a Loved One

Grief is a journey that looks different for everyone. While there is no right or wrong way to mourn the loss of a loved one, these simple suggestions may offer comfort, support, and guidance as you move through the healing process.



- Give yourself permission to feel the pain and loss.
- Be patient with the process, and don't pressure yourself with certain expectations.
- Accept yourself as you experience your pain, your emotions, your own way of healing, and your own timetable.
- Express your feelings, and let yourself cry. Both are necessary for healing.
- Get support. Talk about your loss, your memories, and your experience of the life and death of your loved one. Don't protect your family and friends with your silence. Ask others for what you need. Find others to talk to who have lost loved ones.
- Try to maintain your basic style of life. Avoid making major life changes (such as moving, changing jobs, and altering important relationships) within the first year of bereavement. This will allow you to maintain roots and a sense of security.
- Take care of yourself: eat well and exercise. Physical activity is a good way to release tension. Allow yourself to have small physical pleasures that may help you replenish yourself, such as hot baths, naps, and favorite foods.
- Avoid overindulgence in alcohol. Because alcohol is a depressant, it will only make you feel worse in the long run.
- Forgive yourself for all the things you said or didn't say or do. Compassion and forgiveness for yourself and others is important in healing.
- Give yourself a break from grief. Although it's necessary to work through grief, you don't need to constantly focus on it.
- Prepare for holidays and anniversaries. Decide if you want to continue certain traditions or create new ones. Plan ahead how you want to spend your time and with whom. Do something symbolic in memory of your loved one. (Donate flowers to your church service in memory of your loved one.)
- Join a bereavement support group. Others can give encouragement, information, guidance, comfort, and practical suggestions. Support groups can help you feel less isolated.

Youth

Chloe Granberry, Director of Youth Ministries | cgranberry@germantownumc.org
Courtney Brookshire, Associate Youth Director | cbrookshire@germantownumc.org

Youth “Fun Day” at the Memphis Zoo



Youth summer programming has kicked off to a great start! In early June, we had our first “Fun Day,” where the youth group took a trip to the Memphis Zoo for a scavenger hunt. We took pictures with so many animals! “Fun days” will continue every other Thursday this summer. Join us!



Youth Step up for VBS

Vacation Bible School was a huge success, thanks to our incredible youth volunteers. Serving as crew leaders and station leaders for both elementary and preschool VBS, they not only helped lead activities but also served as

positive role models. The younger children loved spending time with them and looked up to them throughout the week.



We also had a great turnout for both of our post-VBS youth hangout events, where we let all the energy out after a morning of work.

Summer Synergy, Synago, and Sabbath Class

Summer Synergy and Synago—our Wednesday night programming—continues this summer, as middle schoolers and high schoolers dive into a small lesson and devotion, followed by activities of their choice. We are also in the midst of the seven weekly Sabbath classes this summer with Chloe. This class is open to adults and youth, which is perfect for sharing different perspectives and having great discussion. Join us Mondays, from 7-8 pm, through July 13.



Check out the summer calendar on the following page for more information on what we have planned for July!

Youth

Chloe Granberry, Director of Youth Ministries | cgranberry@germantownumc.org
 Courtney Brookshire, Associate Youth Director | cbrookshire@germantownumc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Summer Synergy! 3pm-6pm 1	Mission Day! 2	3	4
Sunday School & Church 5	6	7	Summer Synago! 3pm-6pm 8	Fun Day! 9	10	11
Sunday School & Church 12	13	14	Summer Synergy! 3pm-6pm 15	Mission Day! 16	17	18
Sunday School & Church 19	-----Lakeshore Week!!!-----					25
Sunday School & Church 26	27	28	Final Summer Hangout! 29	30	31	

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



Worship Reminder

Children are **always welcome** at our worship services! We hope that you will bring your elementary students (and younger children, too, if you wish) to worship with you each week. For our traditional service, we have children's bulletins and worship bags in the cabinet on the east side of the narthex. Please return your worship bag to the bin after the service.

The Hamilton Nursery is open from 8:45-11:30 am for children who have not yet entered kindergarten. There is also a nursing mother/quiet room available in the nursery.

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Elementary Summer Sunday School 9 - 10 am

During the summer (May 24-August 9) all elementary age kids will meet in the Huddle (room 240) during the Sunday school hour. Pick up and drop off will be in the Huddle instead of the classrooms.

Preschool Sunday school will meet as usual in the Hamilton Nursery from 9-10 am.

Acolytes Needed For Traditional Worship Service



Every Sunday, we need two acolytes for the 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 the 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.



Movin' On
UP
Promotion Sunday



Promotion Sunday | Sunday, August 16

All children and youth will be promoted to the next grade on Sunday, August 16. This is a week later than usual, due to the visit from Bishop David Graves on August 9.

On Promotion Sunday, students will move to the next grade level for Sunday school. Those children entering kindergarten will begin meeting in the children's education wing. Dismissal will be from the Huddle. The rising sixth graders will move to Confirmation class at the OLEC. Reach out to Janelle Crist (nursery) or Becca Keel (elementary) if you have questions.

Children's Ministry

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Janelle Crist, Associate Director - Nursery | jcrist@germantownumc.org
Hayley Heard, Associate Director - Elementary | hheard@germantownumc.org



June 8–12 was an incredible week at Rainforest Falls Vacation Bible School, as 170 children and more than 95 volunteers came together to explore the nature of God.

Each day, children discovered an important Bible truth: **God is our creator, God knows everything, God is our safe place, God is love** (exemplified by the gift of his son, Jesus), **and God is forever.** Through engaging Bible stories, exciting games, creative crafts, lively music, and plenty of rainforest fun, these truths came to life in meaningful ways.

We are grateful to everyone who helped make Rainforest Falls VBS such a memorable and impactful week. Thank you to our volunteers, families, and church members whose support made this ministry possible. We celebrate all that God did during VBS and look forward to seeing the seeds of faith planted that week continue to grow in the lives of our children.



Children's Ministry

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Janelle Crist, Associate Director - Nursery | jcrist@germantownumc.org
Hayley Heard, Associate Director - Elementary | hheard@germantownumc.org



Owings Life Enrichment Center (OLEC)

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



Another GUMC T-ball season is in the books! The kids learned the basics of the game and worked on hitting, catching, and throwing, while having a great time in a relaxed, non-competitive environment.

We play in a league with other local churches and have our practices and home games at Germantown Church of Christ, which is right down the road.

If you will have a 3, 4, or 5-year old who wants to play T-ball, look for next year's sign-ups to come out in February or March of 2027.



Owings Life Enrichment Center (OLEC)

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

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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

Specializing in:

- Traditional postures
- Breathwork
- Meditation

All are welcome!
No experience required

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

Owings Life Enrichment Center (OLEC)

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 Kimberly Marsh, Assistant Dir. | kmarsh@germantownmc.org

Exercise Class Schedule July 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

2331 S. Germantown Rd
Germantown, TN 38138
901-754-7216
www.germantownumc.org

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.***
