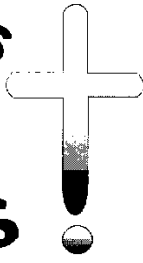


adults  
PLUS



Myers Park United Methodist Church  
News

Programs and activities for adults over 55, especially retired persons



Fall 2003  
*From Your Chairpersons*  
Bill and Marie Pearce



In the glades and coves of the Smokies the bears are beginning to prepare for their season of hibernation, a time when metabolism slows and they take a rest.

Even as the bears prepare for their slowing down, a caring Christian community begins to stir and quicken with the excitement of renewed togetherness in Charlotte.

Who are the members of this caring Christian community? The answer to the first question is that we, in the fellowship of Adults Plus! are that caring Christian community! You, along with many others in this generation exploring aging from a new perspective, are a member of that caring Christian community!

And what are we planning to do? What we are planning to do is to enrich our lives and the lives of other senior adults with opportunities for *spiritual growth, fellowship, education, servant ministry and travel.*

The Council has been actively planting the seeds for a great fall, winter and spring. Take time to read the list of programs already planned through January. We believe you will want to attend every meeting!

We want to challenge you to undertake the following tasks:

- Pray for the ministry of Adults Plus! that through it Myers Park UMC may enrich the lives of many senior adults in the church and the community.
- Ask how your gifts of time and talent can be used in the many opportunities to be in ministry through and beyond the church.
- Accept the challenges of ministry offered you through Adults Plus! Remember that God anticipates that we will continue to grow in our faith and service even as we grow older.
- Mark your calendar for the third Wednesday of every month, reserving the time for Adults Plus! from 10:30 a.m. through lunch.
- Invite **FRAN** (a Friend, a Relative, an Acquaintance or a Neighbor) to come with you to the monthly meeting.
- Suggest new ways Adults Plus! can reach out to others.

Remember, leave it to the bears to slow down their activities as the days of summer fade into the colorings of fall. Be like the tree planted by water that Jeremiah describes in Jeremiah 17:7-8, a tree that "does not cease to bear fruit."



### **Fall Adults Plus! Council Planning Retreat**

Our Council's retreat will be on November 11<sup>th</sup> at Treetops Retreat Center in Lancaster County, SC. This retreat location is easy 30 minute drive south of Charlotte. A Fried Chicken picnic lunch will be provided by Rebecca. More details will follow.

## **MISSIONS**

Adults Plus! continues to be very involved in mission outreach projects. We need items for the Emergency Health Kits to meet our goal of 100 kits this year! You may complete a kit to donate or bring individual items to add to kits in progress.

A complete kit consists of a hand towel, washcloth, soap (wrapped bar), comb, toothbrush, toothpaste, nail clippers, and 6 Band-aids. The kits are to be wrapped in a hand towel with string and placed in a gallon zip-lock bag. **If you prefer to donate multiples of just one item we most need: toothbrushes, toothpaste, nail clippers, and Band-aids.**

### **Lakota Indian Ministry**

For our upcoming meetings, please remember to bring your donation for the families of the Lakota tribe. The Lakota Indians continue to be of prime concern to Adults Plus! through the dissemination of information and the provision of funding.

## A LINE-UP OF STELLAR PROGRAMS IS SCHEDULED FOR FALL ADULTS PLUS! MEETINGS

Vice Chairmen for programs, Mabel and Bill Doser have booked an outstanding schedule of programs for the Adults Plus! fall meetings. Check this exciting schedule!

Wednesday, September 17: Guest speakers will be Lauralee and Mike Bailey who served for the past five years as the parsonage family for the American Protestant Church of The Hague, The Netherlands. Their topic will be "People and places of ministry in the Netherlands."

Wednesday, October 15: Charlotte Observer award-winning general assignment reporter Peter Smolowitz will be our guest speaker. In 2002 he traveled with the US 82nd Airborne Division in Afghanistan and during Operation Iraqi Freedom, he spent four months at the US Central Command Headquarters in Qatar. His topic will be "The Media and the military. Can reporters cover the war without being cheerleaders and without getting stonewalled."

Wednesday, November 19: Our guest speaker is our new senior minister at Myers Park United Methodist Church, Dr. James Howell who will reflect on the road that led him to our church along with his goals for the future.

Wednesday, December 17: We've added a special Holiday program to our schedule this year. Our choirmaster, organist and music director Les Ackerman will present for us a special Christmas music program.

*Programs begin at 10:30AM followed by lunch at Noon. Reservations are required and must be turned in to the caterer at 12 Noon on Mondays the week of the meeting. The new cost for the lunch will be \$5.00. Call the reservation line at 704.376.5520 ext. 5200 and plan to be a part of Adults Plus! this fall*



Mail your registration form in today for the  
Adults Plus! Spiritual Life Retreat  
Sept. 29-Oct. 1

at Lake Junaluska

Deadline to sign-up is Aug. 27<sup>th</sup> (no refunds after that time)

See the insert in this newsletter for more details!



**Note: Still cheaper than what most people spend at a fast food restaurant! The Adult Plus! meals will increase to \$5.00 beginning in September.**

## Health Care Choices - Planning for Your Future

"The future depends on what we do in the present" Mahatma Gandhi

You may find yourself as a care provider or as a care recipient. In either role you have the privilege and responsibility to plan for the future and communicate your health care plans and wishes to your loved ones. Please plan to attend one the following special presentations sponsored by the Health Ministries Team: **Sunday, August 17, at 9:45am in room 251 and Wednesday September 17 at 6:30pm - 8pm in room 108**

Shocking News! CPR -AED Classes offered!

MPUMC has two defibrillators available on campus should someone experience a cardiac arrest. The packs are mounted on the end wall at the reception desk in the Parish Life Building, and in the hallway behind the sanctuary. Our goal is to have a sufficient number of church members trained in the use of the AED pack so that if the need arises, there will be a trained person available. Our next classes will be held in room 109 and are:

Thursday August 21st	1:00pm - 5:00pm
Saturday August 23rd	9:00am - 1:00pm
Wednesday August 27 <sup>th</sup>	6:00pm -10:00pm

Sign up now to take a CPR - AED class to get your wings and join the other 45 elite earth angels!

Web Site: [www.mpumc.org](http://www.mpumc.org)  
Reservations Line: 376-5520  
Fax: 376-0423  
Phone: 376-8584

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