



Act II Community Newsletter

A Ministry for the 55+ Crowd
August, 2017

Act II...

is a community of those who are 55 years and older that celebrate this stage in life by pursuing passions, building new relationships, giving back to our community, absorbing new knowledge and growing in our faith in God through Jesus Christ.

"Better Late than Never" **Here are Our August Events**

Thursday Night Dinner
Aug. 24th 6pm
Mellow Mushroom
2015 Aloma Ave, Winter Park

Come join Act II for an evening of great food and fellowship at this Winter Park restaurant that is know for its great pizza and other munchies. No reservation necessary. Just show up and enjoy the evening.

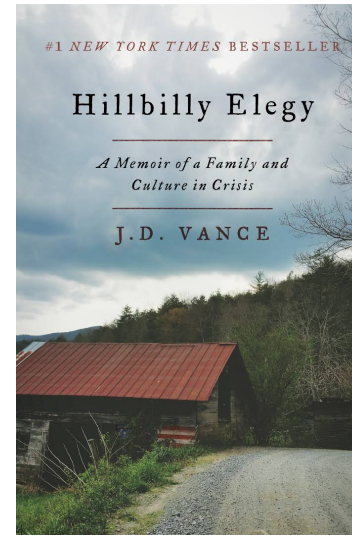
Thursday Night Dinner next month

Sept. 21st 6pm at Jimmy Hula's
2522 Aloma Ave, Winter Park



Act II Book Club
Tues. Aug. 29th, 7pm
MFLC 2nd Floor Resource
Center

This month's discussion will be *Hillbilly Elegy*, a book by J.D.Vance. This book is a memoir about the Appalachian values of his upbringing and their relation to the social problems we see today. Please join us for a time of thought provoking fellowship and sharing.



Next Month's Book and Book Club Date

September 26 *You Don't Have to Say You Love Me* by Sherman Alexie

Act II Serves

We have opportunities....

* **Becky's Beads Ministry** The Becky's Beads Ministry has found a wonderful workshop home at the Oaks Apartments! Going forward, our regular monthly workshops will be held at the Oaks on the second Thursday of every month at 1:30 in the afternoon. Next scheduled workshop is Thursday, Sept. 14th Please join us for this rewarding experience. Questions to Patricia Orr, cporr139@gmail.com.

* Contact Anita at alwilliams5555@gmail.com if you would like to help this month at the **Food Bank at Tusawilla United Methodist Church**. They gather on the fourth Friday of each month from 1-5pm. The date for this month is Aug. 25th.

* **Bicycle Blessings** work day resumes on Sat. Sept. 9th, from 8:30 - 11:30 am at the South Street Campus, 2113 E. South St. in Orlando. Be a part of this unique ministry that repairs and refurbishes donated bikes. No bicycle knowledge needed, but any knowledge is a plus. Jobs for all ages. For more information contact Jack Hays at jackhaysjr@live.com.

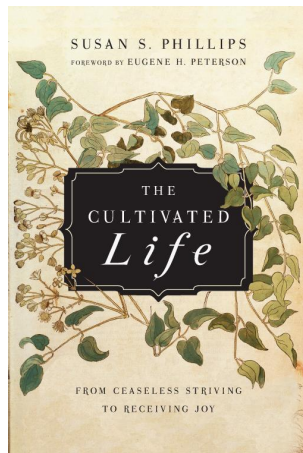
Coming Up!

First (Second) Friday Breakfast
Fri. Sept. 8th, 8:45am
at The Canopy Cafe
240 N Pennsylvania Ave
in Winter Park

Due to the Labor Day Weekend holiday, the First Friday Breakfast will be on the Second Friday this month. We are heading back to The Canopy Cafe. Great place for breakfast, sitting out on the patio with the cool breeze and great fellowship. No reservation necessary.



Wed. Lunch Study
Sept. 13th - Oct 11th
11:45am - 1pm



MFLC 313

Cecily Crossman-Runyan is back to lead another one of her inspiring book studies. The book being discussed is "*The Cultivated Life: From Ceaseless Striving to Receiving Joy*" by Susan S. Phillips. How can a Christian live out their faith yet avoid the temptation to live life as spectators of the chaos that plays on around us?

To register for the class go to [Wed Lunch Study](#). A lunch will be reserved if you request it. Lunch is \$6.

This study is one of a rich variety of discipleship classes for all ages offered this fall at the church. To see a list of classes offered, go to [Fall Classes](#).

Need Tech Help?



**Volunteers for Community Impact's
"Cyber-Seniors" Program
Every Saturday from Sept. 16 - Oct. 28
10am - noon MFLC 313**

Need help with your cell phone, tablet, or laptop? The Volunteers for Community Impact (VCI) organization is sponsoring an event for older adults to have one-on-one help to learn how to navigate your technical devices. All for free!

Sign up's are on a first come, first serve basis. Seating is limited. So hurry to save your spot. You are encouraged to bring your own portable device.

If interested, contact Delilah McKay of VCI at 407-298-4180 x108 or dmckay@vcifl.org.

A New Initiative at the Church



Mindfulness is a stress-reducing practice and a way of being that's creating a huge buzz around our increasingly fast-paced world. Through the graciousness of a grant from the Florida Annual Conference of the UMC, this church is sponsoring a *Mindful Living Initiative*, a way to practice Mindfulness and the Ministry of Presence.

It allows us an opportunity to be still, so we can quiet our bodies, and clear our minds. Through calming mindful practices which include physical movement, Biblical meditation, guided relaxation and other centering practices. To see a line-up of what is being offered at the church go to [Mindful Living](#)

Psalm 46:10 - Be Still, and Know I am God.

All-New Wed Night Lineup at the Church

wednesday
night **LIVE!**

STARTING AUGUST 23rd

A new mid-week Family Time for all ages!

It's an evening of fun, faith and friendship that offers nourishment and nurture for everyone. The evening kicks off with a home cooked meal, followed by opportunities for study, music, dance and fellowship.

Bring your family and friends - it's a fun and enlightening evening.

Go to [Wed Night Live](#) to find out more details and to register for exciting events.

Connect With Us on Facebook

Like us on Facebook!!

Follow Act II on Facebook on its new Act II Facebook page.

We are very excited to embark on this journey and certainly hope you join us. Come on over and give our page a follow. We'll keep you updated on future happenings as well as past events.

Hope you can join us for one or more of these events.
If you have any questions, feel free to contact us.

Blessings,

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