



Act II Community Newsletter

A Ministry for the 55+ Crowd
September, 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.

Preparing for Hurricane Irma

We need your help...

to make sure that the families of FUMCWP are prepared for Hurricane Irma. We will be sending out an email to all church members asking them if they need help or if they are able to offer help as we face the

possibility of a direct hit from the storm. In order to accomplish this task, we are looking for people to call some of our more vulnerable members to make sure they are okay, and to help coordinate the response to the church-wide email. Here are the two needs:



1) Can we send you a list of church members to call and check on and then report back to us?

OR

2) Can you bring a lap top and a cell phone to the church on Friday morning and help us coordinate our response to the church family?

Please let us know ASAP if you are able to do either of these by emailing Gary at garyr@fumcwp.org. We appreciate you prayerfully considering ways to support our FUMCWP family.

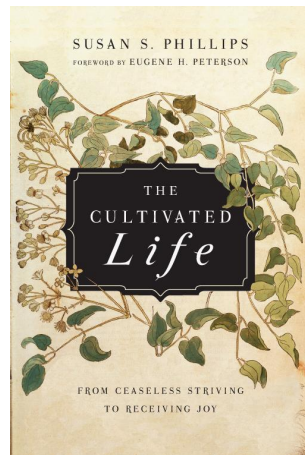
If you have any special needs or concerns before and after the storm you may contact Gary at 407-234-7749.

In September

***A Special Pre-Hurricane
First (Second?) Friday Breakfast
Fri. Sept. 8th, 8:45am
at The Canopy Cafe
240 N Pennsylvania Ave
in Winter Park***

Come and enjoy a special breakfast before the storm hits on Saturday evening. This is actually the second Friday, due to the Labor Day Weekend holiday. So join us as we are head back to The Canopy Cafe. Great place for breakfast, sitting out on the patio with 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](#).



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

Come join Act II for an evening of great food and fellowship at one of our favorite places for Thursday night dinner. No reservation necessary. Just show up and enjoy the evening.

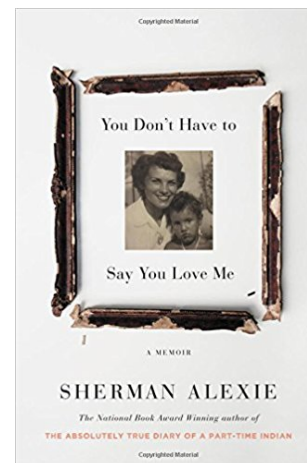
Act II Book Club
Tues. Sept. 26th, 7pm

MFLC 2nd Floor Resource Center

This month's discussion will be on *You Don't Have to Say You Love Me* by Sherman Alexie. This book is a memoir of Alexie's life as an indigenous American with ancestry from several tribes. The novel is a reflection on his experiences living on and leaving the Spokane Indian Reservation and his conflicting relationship with his mother.

Coming up in October

The Alphabet of Grace by Frederick Buechner



WELLNESS INITIATIVE
Body • Mind • Spirit • Relationships

Wellness Initiative
Thurs., Sept. 28th
10:00am-12:00pm
Fellowship Hall

Dr. Richard Konsens, orthopedic surgeon with Jewett Orthopedic Center, will discuss knee disorders and treatments including arthroscopic and traditional knee replacement. Fellowship at 10:30 and presentation 11:00 - 12:00. This is sponsored by Act II ministries but all ages are welcome.

Lunch is available for \$6. Please reserve a lunch at [Wellness Initiative](#)

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 Sept. 22nd.

* **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.

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.

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,

Gary Rideout
Min. of Congregational Care
garyr@fumcwp.org
407-644-2906 x223

Act II, 125 N. Interlachen Ave, Winter Park, FL 32789

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Sent by garyr@fumcwp.org