



Act II Community Newsletter

A Ministry for the 55+ Crowd
December, 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.

For Your Health

Wellness Initiative
Thurs. Dec. 14, 11am
Fellowship Hall
"Knee Health and Surgical Options"

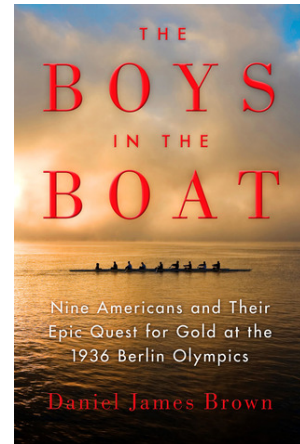
Our special guest speaker will be Dr. Kenneth Krumins of Jewett Orthopaedic Clinic speaking to us on knee health and answering your questions. We will start out with lunch and fellowship time at 11am with the presentation beginning at noon. There is no charge for the presentation but please let us know if you are coming by clicking on [Wellness Initiative](#) so we can get a count for lunch. All adults are invited.



Book Club Christmas Gathering

Act II Book Club and Social
Tues. Dec. 19, 7pm
At the Home of Mike Hays
1217 Fairway Drive, Winter Park

The Act II Book Club will be meeting this month for a social and discussion at the Mike Hays. This month's discussion will be from the book "The Boys in the Boat," the inspiring true story of a college crew team, their journey and discipline to achieve the gold medal during the Berlin Olympics of 1936. This bestseller was written by Daniel Brown and is a PBS series. All are welcome.



Upcoming books for the new year include "American Gospel" by Jon Meacham and "Lion (A Long Way Home)" by Saroo Brierley.

Act II Serves

* **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 1:00 in the afternoon. Next scheduled workshop is Thursday, Dec. 14th. Please join us for this rewarding experience. Questions to Patricia Orr, cporr139@gmail.com.

* The church is looking for friendly Act II people to help with the **Fellowship Coffee** time in the courtyard on the fifth Sundays of the month (only 4 times a year) from 9:30 - 11am. If interested, contact Randy Parsons, Director of Kitchen Ministry at randyp@fumcwp.org or Charlie Schoene at chasschoene@aol.com.

Mindful Living Continues

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, yoga, 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 Events](#)

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

Happening in January

**First Friday Breakfast
Fri. Jan. 5th, 2018 8:45am
at The Canopy Cafe
240 N Pennsylvania Ave
in Winter Park**

Come and enjoy a special meal at our favorite place for breakfast. Join us at The Canopy Cafe. Great place for breakfast, sitting out on the patio with great fellowship. No reservation necessary.



Hot Topics Discussion

**"Homelessness and Children in Poverty:
Making a Difference in Orlando"**

**Thurs. Jan. 25th 11:30am - 1pm
MFLC Gym
Featuring Dr. Joel Hunter**



In the midst of the Happiest Place on Earth and The City Beautiful, we may not realize that homelessness and poverty are pervasive in central Florida. Dr. Joel Hunter and other community leaders will lead us in an eye-opening presentation into these problems in Orlando. They will also challenge us as a church to get involved to help alleviate this crisis.

To register to attend click on [Hot Topics](#) and let us know if you want a lunch. Lunch is \$6 at the door. This will be a remarkable event!

The Joy of Sharing Christmas



The Sharing Christmas event was a great success. Especially considering that a little over a month ago, we were not sure we were going to have the event this year.

But we heard of a need through the "Women of Hope: Christmas Mall" and a group of wonderful volunteers rallied to collect gifts from the church. The Christmas Mall will be at the United

Against Poverty facility, this Sun. Dec. 10th.

Thanks to all who donated gifts so that needy families can have a joy-filled Christmas. And thanks to all who volunteered in any way to help collect the gifts and have them delivered.

Many more families in Central Florida will now have a very Merry Christmas and New Year.

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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