

Welcoming our Guests

If you are a guest in our church, please pick up a guest's sack in Café 1031. These sacks contain lots of goodies and information about our church.

Hearing assistance is available. Please speak with an usher.

ACTIVITIES THIS WEEK

Today:	United Methodist Women Hospitality	
	Girls Night Out—PRAYER	5:30p
Tuesday:	Trustee Meeting	7:00p
Wednesday:	Kids Club	3:30p
	FIVE02 Free Community Dinner	5:02p
	Bible Study-Letters of Paul	6:15p
	Choir Rehearsal	7:30p
Thursday:	Tai-Chi for Health	6:30p
Next Sunday:	Youth Hospitality	
	New Members Class	9:30a

Ushers serving today:

8:30a—Dave Salway, Carl Swander
10:30a—Lance Bransteter

Nursery volunteers: Jessica Bolenbaugh and Toni Fisher

September Mission Focus: Operation Christmas Child

SMALL GROUP OPPORTUNITIES

“Huddle” - Matt Fisher and Ryan Twigg

Wednesday Bible Study in the Conference Room at 6:15pm. Come join this group! They will continue the study on the LETTERS OF PAUL.

Upcoming Activities

Oct. 6	New Members Class	9:30a
Oct. 10	Sisters in Grace	10:00a
Oct. 10	Red Cross Blood Drive Here	12-5:00p
Oct. 27	Harvest Jubilee (5:30p dinner)	6:30pm
Nov. 2	Women's Retreat 'Seaside Escape'	9a-4p
Nov. 23	BBQ Meal and Auction	

Last Week September 22, 2019

General Offering received: \$2393.67
Attendance: 8:30 Service = 53
10:30 Service = 69

BEING NEIGHBORLY

FIVE02 Free Community Dinners

The kitchen crew will be serving community dinners at 5:02p on Wednesdays.

Oct. 2nd Menu: Brats/hotdogs, sauerkraut, cheesy potatoes, salad, and fresh fruit.

XX

Operation Christmas Child Shoeboxes

The Operation Christmas Child shoeboxes are now available for you to take home and fill. Please have them back to the church no later than Sunday, November 10 when they will be dedicated. Each box should have a flyer describing what is suggested and appropriate for including in the boxes. There are also coloring sheets available on the table near the mailboxes if your child or grandchild would like to color and complete one to put in your filled box. If you have any questions, please contact Nita Habegger or Karen Nuttle.

XX

SISTERS IN GRACE

6 Week Bible Study

“The Heart of Christmas On This Holy Night”

Rick Warren tells us about the three greatest gifts Christmas can offer, no matter where we celebrate, whom we share the season with, or how we choose to remember the coming of God's Son into the world. Come and join us as we dig deep into this Holy Night starting October 10th in the Café at 10am.

XX

Tai-Chi For Health

Want to improve your health and well-being? Do you have a chronic condition that makes exercising difficult? Just want to relax and reduce the effects of stress? Try Tai Chi for Health! This set of forms helps to increase muscular strength which supports and protects joints, which can reduce pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. It improves balance both mentally and physically thus significantly reduces the rate of falls of older adults. Additional benefits include improving relaxation, vitality, posture, and immunity. Designed for those with arthritis but beneficial for anyone. Tai chi is a non-judgmental, non-competitive exercise that you do at your own pace and comfort level. It's a restorative gentle flowing exercise. Also, designed for fall prevention. This class can be modified to Seated Tai Chi for those who may have trouble standing. Information will be posted at “Rockford Ohio Area Tai Chi for Health” on Facebook. Classes are on Thursdays at 6:30p.m. in the Café starting October 3rd. Each class is just \$5. But try your first class for free!

Ministers: The People of Rockford UMC
Pastor: Thurlow ‘Chip’ Steffy
September 29, 2019



... building ministry with children, youth and families so that our community may flourish.

Welcome!

We are glad to have you here today as we praise God together and celebrate the way He blesses us.

419-363-3230

Fax: 419-363-2827

Email: pastor.chip.rumc@bright.net

nathan.rupp@rumcoh.org

office.mgr.rumc@bright.net

Website—www.rumcoh.org

Like us on facebook