



2009 BULGARIA MISSION TRIP

On July 20, 2009, eleven missionaries left Greensboro for a 10-day trip to Bulgaria. The Team was led by Amy Kreimer. It was definitely an *Intergenerational* group, with ages nineteen to seventy-two. Rev. Rob Hutchinson, also a member of our team, conducted a pastoral training session on church outreach to youth and young adults, and preached four times during our visits to our three sister churches in Pleven, Voyvodova, and Mizia.



At each church, we had a worship service and a prayer shawl ministry, where we exchanged shawls with our sister churches, and special activities for children. At the Pleven church, we had a workday in preparation for the renovation of their church building, doing yard maintenance, painting, and laying a wood floor. We also had a Bulgaria night and a USA night, with the Pleven congregation. Our Daily Devotional Guide was printed in Bulgarian and English. We visited a Children's orphanage and had games, music, candy, and a clown.

This was our church's third trip to Bulgaria, and we at WMC are truly in mission together with these Bulgarian congregations. It was a wonderful and meaningful trip in every way, and I was blessed to be a part of it.

— Kay Arthur

We are so proud of Kay, member of our Intergenerational Subcommittee, for the outstanding work she is doing in the field of Mission.

REMINDER: Our Committee will be meeting on Monday, September 14, at 10:30 a.m., in the Conference room at church for a planning session for 2010. — Sallie Ward

S.E.N.I.O.R.S. SOCIAL COMMITTEE

Did you miss it?

If you did, then you missed an interesting evening of dramatic presentations of Asian Cuisine at Imperial Koi Bistro and Sushi Bar. Forty-three people attended the joint social for West Market and First Presbyterian. Comments by a few who attended:

- "Fun getting together with other church people and enjoying an unusual meal."
- "A fun evening. Delicious Hors d'oeuvres."
- "Honey chicken—delicious! Good and different."
- "Old friends and new faces."
- "Enjoyed doing something with First Presbyterian."
- "Add beef and pork to the selection."
- "Needed to have a place to chit-chat."
- "Great lamb chops and chocolate chocolate-chip sandwich."
- "Delicious dragon roll and salmon."

Thanks to Wynn and Carol Pope and our S.E.N.I.O.R.S. Social Committee for planning this. Watch for future social events in church publicity.

— Mary Belle Gilbert

A LIFE DEDICATED TO SERVICE

A recent article in the Greensboro News & Record, by Peggy Longmire, featured the volunteer work of our own **Betty Gale Sikes**. She often dresses up in her colonial costumes as Dolley Madison, and gives historical presentations to school children in our community. Many of us see her volunteering at Wesley Long Community Hospital. She also serves as a volunteer at the Greensboro Historical Museum.



Betty Gale is a faithful member of West Market Street UMC, and she gives time and energy to the various efforts the church undertakes. As a 48-year volunteer at Wesley Long Community Hospital, a volunteer member of the Greensboro Historical Museum Guild since 1975, and an active member of West Market Street UMC for almost 59 years, she has been noted for her outstanding volunteer work throughout the community.

We celebrate a life dedicated to service with Betty Gale and Ed Sikes. They are both treasures in our church and community.

FRIENDSHIP CLUB

Friendship Club was started in the late 1960's by Paul Bradley and West Market's Church Visitor, Mrs. Gerringer, to provide an opportunity for older adults to meet for fellowship, an interesting program or a day trip, and a nice lunch. It still has the same format today. Friendship Club is not a "club" that requires one to join. It is an open group that meets monthly September through May, usually on the fourth Monday at 11:00 a.m. Sometimes because of holidays, it is held on the third Monday.

Reservations are required one week prior to the meeting; call Jeanne Shepherd in the Church office, 275-4587. With our church kitchen service changing, meal prices will be announced soon.

The following programs have been planned:

- ♦ September 28: Rev. Ryan Danker, our new Pastor of Discipleship
- ♦ October 26: Amy Kreimer, Mission to Bulgaria
- ♦ November 16: A trip to Burlington to have lunch at The Cutting Board and then stop for a visit at Replacements, Ltd.
- ♦ December 21: Christmas Music by Alice Ann Johnson and Susan Bates.

If you have questions, contact Charles and Mary Belle Gilbert, 288-4664.

North Carolina Falls Awareness Week

Governor Bev Perdue has declared September 20-26, North Carolina Falls Awareness Week. Watch for publicity and information that will be shared that week. Falls are the leading cause of fatal injuries and the second leading cause of nonfatal injuries for people over 65. The North Carolina Falls Prevention Coalition brings together researchers, planners, health care providers, housing specialists, aging services providers, and many others to work together to reduce the number of falls and fall-related injuries for North Carolinians.

— Mary Belle Gilbert

FROM SANDRA HOWELL, PARISH NURSE

Update Regarding Flu Vaccines

We will once again be offering flu vaccines at WMC. Usually flu shots are given in October, through mid-November.



This year they may be given a little earlier, with the additional need for vaccination against the **H1N1 flu**. We will offer the H1N1 flu vaccine, which will be a series of two vaccinations. The second will be given 21-45 days following the first one. The H1N1 vaccinations are expected to be ready in November. Researchers are still studying the regular flu vaccinations

and the H1N1 vaccinations to see if they can be combined safely into one vaccination. These clinics will be open to the public as well, in response to the Guilford County Health Department's need to have assistance with vaccinating the general public. The H1N1 vaccinations will be free of charge. I will keep you updated as I receive current information. In the meantime, please call me if I may be of assistance to you. Remember, be sure to take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth -- germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, the Center for Disease Control recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

"CELEBRATION SINGERS" is an interdenominational choir open to all adults. There will be an 8-week rehearsal period, with a sharing session or performance at the end.

- There is NO audition—This choir is open to anyone who loves to sing.
- We will sing a variety of music, both Sacred and Secular.
- We will explore various musical styles: Hymn favorites, Broadway selections, Classical, and Patriotic

The rehearsal period will be from September 24—November 12. Rehearsals will be at Christ United Methodist Church on Thursday mornings, from 11:00 a.m.—12:00 noon. This would be the perfect opportunity for:

- Any adult that does not like to drive at night.
- Any adult that works at night and cannot participate in their own church choir.
- Any adult that just loves to sing and wants another outlet.

This opportunity should enhance whatever choral experience is already happening at your church—We want to be in addition to... not instead of!

We are intentionally wrapping up our rehearsal LONG before the Christmas Musical rush that we all experience.

The Choir is sponsored by Christ UMC, First Baptist Church, First Presbyterian Church, and WMSUMC.

Please contact me for additional information, or just come to the first rehearsal.

— Alice Ann Johnson

OLDER ADULT MINISTRY WMSUMC

Sub-committee Spirituality

COMMITTEE:

We desire building a strong leadership team in the area of Older Adult Spirituality, getting adults 60 and over involved.

OUR MISSION STATEMENT:

Our ministry is to provide vehicles for the spiritual growth for older adults of West Market Street UMC, both for their own individual spiritual growth and to attract those led by the Holy Spirit to strengthen and build spiritual growth within our church and community at large.

SUB-COMMITTEE ON SPIRITUALITY:

Please welcome the members of our new committee: John Coggins, Chair; Nelda C. Porter; Bill and Marian Simpson; Sarah Hester; Dick Dixon; Dianne Druce; and Shalonn Martin.

We encourage our members at West Market to invite others desiring to build their spirituality by gaining knowledge, to join us as we build, and strengthen our spirituality so as to have a personal relationship with Christ as our lifelong companion. We will achieve this by offering various resources, such as:

- Bible study groups
- Prayer groups
- Small group studies
- Christian Education classes
- Retreats
- And Special worship services.

Our ability to accomplish these goals will depend on the leading of the Holy Spirit, and by those called or led to participate in this mission.

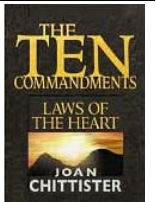
— John Coggins, Chair, Committee on Spirituality

FALL 2009 HOME BIBLE STUDY

Wednesdays,

October 14—November 18, 2009

2:00—3:30 p.m.



Study Book: *The Ten Commandments, Laws of the Heart*

Author: Joan Chittister

- The study sessions will be held at the home of Melva Fraley, 910 Avery Place
- Contact Susan Barnes at WMSUMC, 275-4587, to register and purchase a study book for \$10
- Registration is required and the study group is limited to 20 participants.

Please consider being a part of this study. If you have questions, contact Charles Gilbert.

THE S.E.N.I.O.R.S. EDUCATION COMMITTEE ...

is excited to present fellowship dinners with a special speaker for the following dates:

- **October 9th:** An informative discussion of "Health Care Reform" by Bill Wilson, Associate State Director for Advocacy, NC Chapter of AARP.
- **January 15th :** Dr. F. Belton Joyner, retired Elder of NC Conference, UMC, who will enlighten us with "Singing What We Believe."
- **March 19th:** Holly Stevens, Board Member of Funeral Consumers Alliance of the Piedmont, will share with us about "Funeral Myths."
- **June 4th:** To be announced later.

Please mark your calendars with these dates. We look forward to seeing you at all of our dinner and speaker series. Look for our flyers in the Gathering Space for reservation information, and more.

— Carolyn McMillian