

## What Would Jesus Say?

This Sunday I will preach about the person and the power of Jesus Christ. With an eye toward Christ the King Sunday, November 26, we will take the next step in our construction of the contributions of our particular Christian tradition, the Reformed tradition. The first step: God is sovereign and calls and equips individuals for faith and service. The second step: God self-limits this sovereignty and chooses, in love, to partner with those who follow Jesus for the tasks of ministry and the reconciliation of the world. This coming Sunday we will encounter the third step: God has shown us what life should be like in the person and power of Jesus Christ.

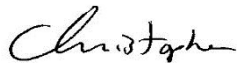
As I write, headlines have broken from yet another mass shooting in Texas. This time, like Charleston, it happened at a church. All mass shootings break my (our) heart(s). But the shooting at a church hits particularly close to home. I think I am supposed to ask us to pray. I know I am. And we must pray: now. But sometimes in the life of the church prayer alone is not enough.

What would Jesus say in the face of such violence and horror? Would Jesus remain silent as bullets rained down upon people worshipping in his name, people attending a country music concert, folks at a Bible study, police on patrol or children at school?

I do not have warrant to speak for Jesus. But, as a pastor, I do have a responsibility to speak with him. I think Jesus would say, and I would join him in saying, "enough." Historically, America's great moral sin is the sad legacy of slavery. Our current national sin is violence, and in particular, an idolatry around powerful guns. Anyone with any authority must, especially if they are a follower of Jesus, do a deep dive into personal, moral conscience and communal moral responsibility and look at mental health policy, access to guns and our country's immoral obsession with murder and the myth of redemptive violence. Members of the media must resolve to refuse to print/broadcast the names of these perpetrators. They need to set their cameras up farther away and stop fueling the celebrity fantasies of deranged killers. People like me, with a voice of some moral and theological impact, must continue to remind people that what is happening with disgusting regularity is not normal and, until it stops, the kingdom of God (which is our beginning and our end) will continue to allude us.

Such changes and conversations have proven to be among the hardest in our society. History tells us that they will never be easy. But following Jesus requires some authentic testimony and some authentic risk. Following Jesus, living as he says, has never been easy. It's not getting any easier. But it is who we are supposed to be, and it is who we must become.

May the grace of Christ abound,



Christopher Edmonston

## Imagine Campaign Update

As of Monday, October 6, we have received 598 pledges totaling \$13,210,957.74 toward our goal of \$17.5 million.

## Stewardship 2018 Update

As of Monday, October 6, we have received 601 pledges totaling 2,639,105. Thank you for your support of the ministry of White Memorial Presbyterian Church.

## Worship on November 12, the Twenty-third Sunday after Pentecost

8:15, 9:30 & 11:00 a.m.: Sanctuary  
11:00 a.m.: OnPoint@1704 - Pickard

### Sermon:

*Jesus Christ: Beginning and End*

### Scripture:

Isaiah 53:1-12;  
Romans 8:1-8, 14-17, 31-39

### Hymns:

*There's a Wideness in God's Mercy*  
*O Jesus, I Have Promised*  
*O Lord My God*

### Baptisms:

9:30 - Gordon Vaughn Pendleton,  
child of Caroline and Gray Pendleton;  
Vivienne Vaughn Watters,  
child of Megann and Tyler Watters;  
11:00 - George Buchanan Jones,  
child of Abby and Patrick Jones;  
Lucille Watson Price,  
child of Anna Claire and Patrick Price

Bulletins are available online.

Church Office Telephone Number:  
919-834-3424

Pastor-On-Call Telephone Number:  
919-605-4593

# JOYS AND CONCERNS

## Prayers and Christian Concerns to:

**Lib Parkin** on the death of her brother, William Alfred Underwood III, October 30; **Jeff and Cindy Sharp, Katie and Timothy Macior, Luke Sharp and Ginny Sharp** on the death of Jeff's mother, Susie Sharp, November 3.

## New Presbyterians:

**Charlotte Ann Riddick**, born November 4, child of Elizabeth and Stephen Riddick, grandchild of Mary and Bill Riddick.

## Marriages:

**Jenna Ross Everly and Nicholas Lanoue**, September 16, Atlanta, GA. Jenna is the daughter of Beth and Tom Everly.

**Katherine Anderson White and John Boyd Davis IV**, November 4, WMPC. Anderson is the daughter of Cynthia and Bart White.

## IN THE CHURCH TRIUMPHANT

**Caulton Wayne Tudor** - November 1, 2017  
WMPC family member: wife, Inez Tudor

## Is a White Memorial Friend or Relative in the Hospital?

Please call the church office to let us know of relatives and friends who are in the hospital so that our pastoral staff may visit them. Due to HIPAA regulations, hospitals do not inform us when a member is hospitalized (even though a request for your church affiliation may appear on the admissions form.) We print members' names in this newsletter and on our hospital board at church so we may pray for them. Please tell us if you or a relative do not want your name included; otherwise, we will follow our usual practice. Contact Sarah Clapp at ext. 210 during business hours.

## Birth Announcements

Sometimes, due to short hospital stays and weekend births, we miss finding out about our "new Presbyterians." Call Rebecca Turner at 919-834-3425, ext. 222, if you have a new baby.

# YOUR ATTENTION PLEASE

## Advent Teacher Workshop

Sunday School teachers for two-year-olds through fifth grade are encouraged to gather for our Advent workshop on November 19 from 4:00-6:00 p.m. We will meet in Geneva Hall. Please let your coordinator know whether you will be able to attend, and bring your calendar to the workshop. Childcare is available by registering online at [whitememorial.org](http://whitememorial.org) or by calling Tonya Higgins at 919-834-3425, ext. 216.

## Honorary Life Membership Nominations

Presbyterian Women is now accepting nominations for Honorary Life Membership for 2018. This honor recognizes those who are active and faithful servants of God in our church and community. Prayerfully consider nominations for this honor. Applications can be found at [whitememorial.org/pw](http://whitememorial.org/pw). Send applications of recommendation to Carolyn Younger at [seebeey@gmail.com](mailto:seebeey@gmail.com). Nominations will be accepted through February 15, 2018.

## Large-Print Hymns Available for Worship

We want everyone to be able to participate in congregational singing. Binders containing large-print hymns are available for your use during worship. The binders are in the narthex. After the worship service, please leave the binder in the pew or return it to an usher. Make a joyful noise!

## Nametags

If you have ordered a WMPC nametag, please check the rolling bulletin board in The Connector for it. To order a nametag, please print your name on the pad that resides on the shelf of the bulletin board. Nametags are ordered monthly on second Wednesdays. Generally you may pick them up by the fourth Monday of the month. You also may contact Elizabeth Viohl at [eviohl@whitememorial.org](mailto:eviohl@whitememorial.org) with nametag requests.



## Ride the Shuttle!

Avoid the traffic around the church and ride the shuttle from Carolina Place, 2626 Glenwood Avenue, on Sundays. Shuttle service begins at 8:45 a.m. and continues until the 11:00 a.m. worship service concludes and everyone is back to their cars. Hayes Barton United Methodist operates a shuttle from the same location, so look for the WMPC sign in the shuttle bus window.

**November 29 newsletter deadline:**  
**Tuesday noon, November 14**

# COMMUNITY MINISTRY AND MISSIONS

## Rise Against Hunger Needs You

Rise Against Hunger (formerly Stop Hunger Now) will be back on campus for a meal-packaging event at a new day and time. The event will be Saturday, December 2, at 10:00 a.m. in Geneva Hall and The Connector and will be done alongside our regular Let's Do Lunch event. This is a great family project and a great way to get service hours. We plan on packaging 10,000 meals, so come for all or a part of the time. This event is sponsored by the Community Service Committee and is part of the new "Show Up and Serve" focus. We need people available for set-up and clean-up also. Contact Gloria Johnson at [gjohnson@whitememorial.org](mailto:gjohnson@whitememorial.org) or 919-834-3425, ext. 207, with questions.

## Educator's Fund

If you work in the Wake County Public School System, this fund could help you meet an immediate or otherwise not covered need. We offer small grants to help with student, teacher or school nurse needs, etc. Contact Gloria Johnson at 919-834-3425, ext. 207, or [gjohnson@whitememorial.org](mailto:gjohnson@whitememorial.org) with questions.

## Disaster Assistance Update

If you would like to make a contribution to the hurricane relief in Texas, Florida or Puerto Rico, please make a check payable to White Memorial and designate disaster relief in the subject line. Our contributions will go to Presbyterian Disaster Assistance, which works with local agencies in affected areas of devastation.

## Olive Oil Soap

Olive Oil Soap made in Palestine will be available again this year. The soap is made in Zababdeh, close to Nazareth, with extra virgin olive oil using centuries-old methods. All proceeds go to help the farmers who make the soap, and \$2 of every bar goes to help with the school fees for the children in Zababdeh. We sold out last year, so we're trying to take orders early. The soap is \$5 per bar, or five bars for \$20. The soap will be available on various Wednesday nights and Sundays throughout October and November in The Connector. It can also be purchased through Celia Poole at [celiapoole@aol.com](mailto:celiapoole@aol.com) or Dana Hunt at [dhunt7490@gmail.com](mailto:dhunt7490@gmail.com).



OAK CITY  
OUTREACH

## Oak City Outreach Collection

Help the WMPC Young Adults collect donations for Oak City Outreach. Items needed are: bars of soap, wash cloths (dark colors), lotion, shaving cream, deodorant (men and women), toothbrushes, toothpaste, shampoo, cough drops, tissue (individual packs), lip balm, disposable razors, over the counter pain relievers. Items need to be travel size and unopened/unused. Drop off items in marked bins located in The Connector.

## Turkey Dinner Collection

11/12/17

8:00 - 11:00 a.m.  
Curbside pickup by  
Carol Copeland Courtyard

*1 frozen turkey or ham  
1 box instant potatoes  
or 1 large can of yams  
1 jar or can of gravy  
1 box dressing  
1 can cranberry sauce  
1 large can green beans  
1 large can of fruit*

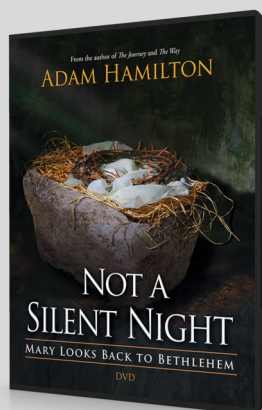
Dinners will go to:

- local food pantries
- StepUp Ministry
- Mayview/Oberlin Community

## Light Up the Night

StepUp Ministry is helping program participants have a great Christmas. Christmas trees are being provided, but they need your help with new lights, ornaments, hooks and extension cords to decorate the trees and light up the night. Please place these items in the collection crates in The Connector by  
Friday, December 1.





Adam Hamilton invites you to spend Christmas with Mary by reading *Not A Silent Night*. In this book we begin at the end, with Mary at the Crucifixion and Resurrection; travel back in time as she witnesses Jesus' life and ministry; and end at the beginning, with the Christ Child born in a stable. There will be duplicate classes Mondays from 6:30-7:30 p.m. and Tuesdays from 10:00-11:00 a.m. on November 27/28 and December 4/5, 11/12 and 18/19 in C301. Register online at [whitememorial.org/register](http://whitememorial.org/register); contact Gloria Johnson at 919-834-3425, ext. 207, or [gjohnson@whitememorial.org](mailto:gjohnson@whitememorial.org) with questions.

## WMPC CHRISTMAS FUN PACKAGE



Help children enjoy the Christmas season with a \$5 purchase of *A Deep Blue Star*. This package contains an activity book filled with fun ways to learn two gospel stories: Jesus' birth and the visit of the Wise Men. The package also includes one Children's Christmas Share card to color and send to a loved one. Your \$5 provides two gifts – a package for a child of your choosing and one for a StepUp family's child. StepUp is an organization that empowers people to provide safe and healthy lifestyles for their families. These packages are available while supplies last. They will be sold beginning at the November 15 Wednesdays Together Dinner and then at the Sunday morning coffee hours.

# J O Y ♥ G I F T

December 3 | 5:30 p.m.

## SANCTUARY

A WMPC family worship tradition.

During the Joy Gift service, children ages four through fifth grade will come forward twice – once to hang ornaments they made in Sunday School and the second time to place under the tree their unwrapped offering of new toys or food for families. White Memorial Youth Choir, Youth Band and members of the OnPoint House Band will participate in the service. Childcare is provided for children three and younger, beginning at 5:15 p.m. Please register online at [whitememorial.org/register](http://whitememorial.org/register).



## Save the Date

Back by popular demand, our WMPC senior adult travelers will return to the fabulous Greenbrier Resort April 24-26! Don't miss this incredible opportunity to spend time at the beautiful, historical and elegant Greenbrier, known as America's Resort! Flyers with trip details and prices are located in the Witherspoon lobby. Reservations with a \$200 deposit are being taken now. Make checks payable to WMPC marked for "Greenbrier Trip" and mail or give them to Tonya Higgins in the church office. If you have any questions, call Susie Jackson.



## HEALTHY KIDS KIT for HAITI



Be a friend  
to White Memorial's  
Mission Partner, Haiti Outreach  
Ministries! The goal is  
to assemble 500-1,000 Healthy Kids Kits  
between Nov. 15 and Dec. 31.

Here's what to do:  
Fill a one-gallon zip-lock bag with the items listed  
below and drop off in marked Connector bin.

One toothbrush, regular size tube toothpaste,  
washcloth, hand towel, bar of soap, several  
Band-Aids, nail clippers, wide-tooth comb,  
one small toy (car, barrettes, animal, etc.)  
that will fit in zip-lock.

Please remove all packaging before filling bag.

If interested in joining the 2018 Haiti trip to deliver health  
kits, contact Gloria Johnson, [gjohnson@whitememorial.org](mailto:gjohnson@whitememorial.org).

## 2018 YOUTH LOCKOUT



**7:00 P.M.-7:00 A.M.  
JANUARY 12-13**

**MIDDLE AND HIGH  
SCHOOL STUDENTS**

**REGISTRATION  
OPENING SOON**

## Help StepUp Children Shop for Parents

Children love to pick out items for parents or special adults in their lives. This is the eighth year of the Shop for Parents Store, to be held on Tuesday, December 5. Each StepUp child has the opportunity to pick out several gifts and have them wrapped. We need your help with items for men and women: holiday-themed items, pot holders, dish towels, gift sets, gloves/scarves, wallets, ties, tools kits, flashlights/batteries, candles, or any item that would make a great gift for a child to choose (new items only). Bring items to Gloria Johnson's office in the Witherspoon Building, W301, by Friday, December 1.



## Theologian -in- Residence 2017

Sunday, November 19  
**Jill Duffield**

This year marks the 500<sup>th</sup> Anniversary of the Reformation. Come hear about the future of the Church.

Jill Duffield, editor of the *Presbyterian Outlook*, will preach at the 8:15 and 11:00 a.m. worship services and she will teach an Adult Forum at 9:30 a.m. in Geneva Hall.



## CONTEMPLATIVE RETREAT

Join us November 28 for a day of Advent preparation, contemplative prayer and solitude at Joslin House and Garden in the heart of Raleigh. There will be time for personal reflection, reading, walking the trails and enjoying the gardens before the rush of the Christmas season. Space is limited to 20 persons. Cost is \$35. Register at [whitememorial.org/register](http://whitememorial.org/register).

# Seasonal Choir

Seasonal Choir members are welcome to join either the Chancel or Sanctuary Choirs for several weeks prior to major festivals/liturgical holidays to prepare additional or larger scale choral-orchestral works. Preparation for the service opportunities this year involves 45 minutes of rehearsal per week, plus "dress rehearsals" as indicated. Be a "seasoned" singer, come join us. High school and middle school youth (by consultation with the Director of Music and Kelly Gold, Director of WMPC Youth Choir) are invited to be seasonal choir members.

## Christmas Eve Lessons and Carols

Sunday, December 24, 5:30 p.m. Candlelight Service of Lessons and Carols

Carols and Anthems will include stunning choral works old and new for a cappella voices and accompanied by piano, organ, harp, strings, brass and percussion.

November thru December: Tuesday *or* Thursday rehearsals, 7:30-8:15 p.m.; see exceptions below:

Combined on Thursday, November 16  
Combined on Tuesday, November 21  
Combined on Thursday, December 21

# PRESBYTERIAN WOMEN'S RETREAT

JANUARY 26-28, 2018  
PINEHURST

**FORGIVENESS: SEEKING WHOLENESS IN A BROKEN WORLD**  
2 CORINTHIANS 5:16-21  
WITH ANNA RAINEY DICKSON



We welcome back Anna Dickson, who was ordained as a Presbyterian minister in the sanctuary of White Memorial in 2011. After serving for two years as White Memorial's Pastoral Resident, she served for three years as the Associate Pastor at First Presbyterian Church in Raleigh, where she was focused on young adult ministry and pastoral care. Anna and her husband, CJ, currently reside in Charlotte, her hometown, with their two small children, Margaret and Andrew.

## Retreat Schedule

### Friday, January 26

Arrive 4-7 p.m., Evening Session  
*Dinner on your own*

### Saturday, January 27

Morning Session, Free Time, Evening Session  
*Breakfast, Lunch, Dinner*

### Sunday, January 28

Worship, Depart before noon  
*Breakfast*

## Costs

### WMPC Registration Fee

\$135 includes 2 breakfasts, lunch & dinner

### Carolina Inn Villa Double or 4 Room Villa

\$91.75 per person per night

### Carolina Inn Single

\$169.02 per night

**WMPC members AND GUESTS are invited.**

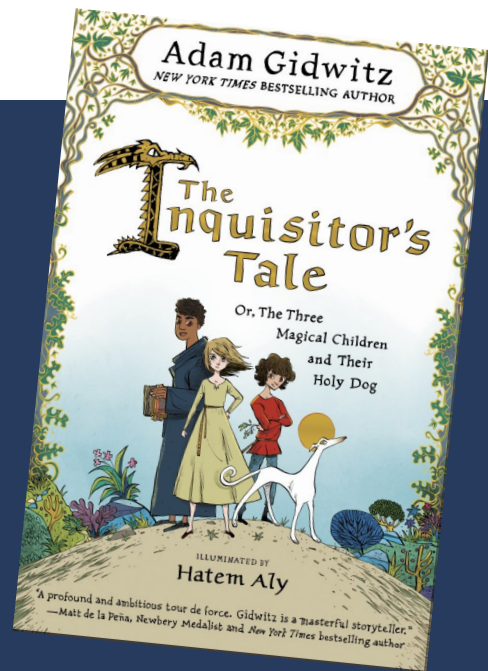
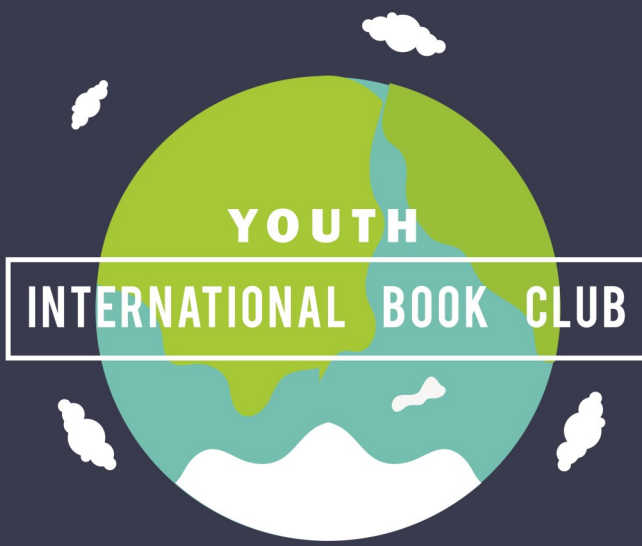
**Registration period runs through December 1**

**\$25 Late Fee after December 1**



**Register online at [whitememorial.org/PW](http://whitememorial.org/PW)  
or pick up form in Witherspoon.**

Financial Assistance is available. Visit [whitememorial.org/pw](http://whitememorial.org/pw).



Enjoy a little taste of other cultures with the Youth International Book Club. Each meeting will explore the cultural characteristics of the particular book with a lunch and book provided. Join us **November 12 and December 3** from **noon - 1:00 p.m.** in **Calvin 301**. Registration is required at [whitememorial.org/register](http://whitememorial.org/register).

## BOOK SUMMARY

A tale about three youth using their gifts in a mission to save holy books from being destroyed. Set in Medieval France, based on true historical events, and told in a Canterbury style.

## NOVEMBER 12 SPECIAL GUEST

Karl Zinsmeister, WMPC Director of Music, will present a collection of medieval music and address the following questions:

- What type of instruments were used in the 13th century church and what were not?
  - How was 13th century church music and tavern music different in style and sound?
- And are these differences relevant today?

## DECEMBER 3 SPECIAL GUEST

Saul Schiffman, Beth Meyer Synagogue, will be our guest teacher for December 3. Saul will give a historical presentation on the Talmud and why studying the Talmud is important to Jewish culture.





### International Book Club

IBC will meet second Sundays of the month from noon-1:00 p.m. in C301. Lunch is provided, and the books are free. See page 8 for details.

### Impact Groups

November 12, 5:00-6:30 p.m. See the youth email newsletter for meeting locations.

### PYC

Join us for our “Friends-giving” on November 19 from 5:00-7:00 p.m. Bring \$5 for dinner.

### Youth Basketball

Registration is available at the youth office, W119, through November 10.

### Looking Ahead

- Prayer Breakfast, Tuesdays, 6:30 a.m. at Bruegger’s Bagels/Stonehenge on Creedmoor
- Prayer Breakfast, Wednesdays at 6:45 a.m.; Chick-fil-A, Cameron Village

### Weekly Youth Email Newsletter

Additional details about all youth programs and events can be found in our youth email newsletter. Do you want to receive the weekly youth email newsletter that’s full of great information? Contact Deb Smith at [dsmith@whitememorial.org](mailto:dsmith@whitememorial.org) to be added to the contact list.

## CALENDAR FOR THE WEEK

### Sunday, November 12 *(Isaiah 53:1-12; Romans 8:1-8, 14-17, 31-39)*

- Worship (8:15, 9:30, 11:00 a.m. - Sanctuary; 11:00 a.m. - OnPoint@1704, Pickard)
- 8:00 a.m. - Turkey Dinner Collection (Portico)
- 9:30 a.m. - OnPoint House Band (Pickard)
- noon - International Book Club (C301)
- 12:45 p.m. - Childcare for Beginnings Class (L102)
- 1:00 p.m. - Beginnings Class for New & Prospective Members (Geneva); Wedding Workshop (S200)
- 3:00 p.m. - Youth Band Rehearsal (K100)
- 4:00 p.m. - Youth Choir Rehearsal (S300)
- 5:00 p.m. - Communion Training for New Elders (Sanctuary); Youth Impact Groups (Off Site)
- 6:00 p.m. - College of Elders Dinner (Pickard)

### Monday, November 13 *(Ps. 135; Neh. 9:1-25; Rev. 18:1-8; Matt. 15:1-28)*

- Presbyterian Women Circles: See feature in Nov. 1 newsletter.
- noon - Women’s Fellowship Luncheon (Pickard)
- 5:30 p.m. - T’ai Chi for Exercise (C200); Health Ministry (C303)
- 6:45 p.m. - Ross Bible Study (C203)
- 7:00 p.m. - Alcoholics Anonymous (C100); Handbell Choir (S300)
- 8:00 p.m. - Adult Basketball (Pickard)

### Tuesday, November 14 *(Ps. 123; Neh. 9:26-38; Rev. 18:9-20; Matt. 15:21-28)*

- 6:30 a.m. - High School Prayer Breakfast (Bruegger’s Bagels, Creedmoor Rd.)
- 7:00 a.m. - Men’s/Women’s Breakfast Bible Study (Geneva/K100)
- 8:30 a.m. - Yoga for Exercise (C100)
- 9:30 a.m. - Fit after Fifty (Pickard); God Talk (W400)
- 3:00 p.m. - Labyrinth Open for Walking (Chapel)
- 4:30 p.m. - StepUp Ministry Board Meeting (C200)
- 5:30 p.m. - Middle East Committee (C203); Property Care Committee (C204); Service Committee (W400)
- 6:00 p.m. - StepUp Life Skills Program/Dinner (Geneva); StepUp Co-Partner Training (C200); Youth Ministries Committee (K200)
- 7:30 p.m. - Boy Scout Troop 395 (Pickard)

### Wednesday, November 15 *(Ps. 15; Neh. 7:73b-8:3, 5-18; Rev. 18:21-24; Matt. 15:29-39)*

- 6:45 a.m. - High School Prayer Breakfast (Chick-Fil-A, Cameron Village)
- 8:00 a.m. - Clothing Closet (W100); StepUp Ministry Jobs Team (C100)
- 9:30 a.m. - Bible Belles (Off Site)
- 10:00 a.m. - Building Committee (W400); Chair Yoga (C200)
- 11:15 a.m. - Yin Yoga (C200)
- 4:30 p.m. - Carol Choir (L304); Joyful Noise Choir (S300); Cherub Choir (L311)
- 5:00 p.m. - Wednesdays Together Dinner (Pickard); Haiti Committee (C204)
- 5:30 p.m. - Widows of White Memorial (Geneva)
- 6:00 p.m. - Women’s Retreat Meeting (C301)
- 6:30 p.m. - Disciple I (K307)
- 6:45 p.m. - OnPoint House Band (K100)
- 7:00 p.m. - Young Adult Bible Study (C102); Adult Faith Formation Committee (C302)
- 8:00 p.m. - Al-Anon (C100)

### Thursday, November 16 *(Ps. 36; 1 Macc. 1:1-28; Rev. 19:1-10; Matt. 16:1-12)*

- 8:00 a.m. - Labyrinth Open for Walking (Chapel); StepUp Jobs Workshop (C100)
- 9:30 a.m. - Lilies of the Field Bible Study (C301); Thursday Morning Bible Study (W400)
- T’ai Chi for Exercise (C200)
- 10:45 a.m. - Keenager Program: *Oberlin Road History* (K100)
- noon - Keenager Lunch (Geneva)
- 6:00 p.m. - Concert Series Committee (C203)
- 7:00 p.m. - Thursday Evening Bible Study (C301)
- 7:30 p.m. - Webelo Scouts (K304-307); Chancel/Sanctuary Choir (S300)

### Friday, November 17 *(Ps. 130; 1 Macc. 1:41-63; Rev. 19:11-16; Matt. 16:13-20)*

- 8:00 a.m. - StepUp Ministry Jobs Team (C100)
- 9:30 a.m. - Fit After Fifty (Pickard)
- 8:00 p.m. - Alcoholics Anonymous (C100)

### Saturday, November 18 *(Ps. 56; 1 Macc. 2:1-28; Rev. 20:1-6; Matt. 16:21-28)*

- 8:30 a.m. - Sunday School Setup (Classrooms)

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ADDRESS SERVICE REQUESTED

## Exercise Classes at WMPC

**Don't miss out on these great exercise opportunities offered by Health Ministries.**



**Yoga for Exercise** - A gentle class with emphasis on stretching, building strength and increasing balance and flexibility.

**Tuesdays** from 8:30-9:30 a.m. in C100. Class will run through 12/12. No class 11/8 or 11/21. Taught by Beth Robinson, [elizabeth.robinson44@gmail.com](mailto:elizabeth.robinson44@gmail.com). \$8 per class.

**Chair Yoga** - Taught by church member Margie Mould, [mmould@bellsouth.com](mailto:mmould@bellsouth.com) on **Wednesdays** from 10:00-11:00 a.m. in C200. The class will run through 11/15. The cost for the eight-week class is \$40, or \$8 for drop-in (cash).



**Yin Yoga** - **Wednesdays** from 11:15 a.m.-noon in C200. The class will run through 11/15.

**Fit After Fifty** - Gentle aerobic exercise.

**Tuesdays and Fridays** from 9:30-10:30 a.m. in Pickard Hall. Class runs through 12/15/17 (exception: no class 11/24). No fee. Taught by Kathy Cassidy, [cassidync129@gmail.com](mailto:cassidync129@gmail.com). Classes resume 1/2/18.



**T'ai Chi for Exercise** - A gentle art that is physically rewarding and mentally stimulating, T'ai Chi (as seen performed by groups in parks around the world) brings you a feeling of well-being, as well as relaxation, improved balance and coordination. You may begin at any class; please sign up for a minimum of eight weeks. T'ai Chi is recommended for ages 14 and up. Register online or call the church at 919-834-3424. Classes run year-round. For details, please contact instructor Honey Music at [honeymusic@gmail.com](mailto:honeymusic@gmail.com).

**Mondays** from 5:30-6:30 p.m. in Pickard Hall (adults).

**Thursdays** from 9:30-10:30 a.m. in C200 (seniors and adults).