



First Church of God Mature Adult Ministry, 2627 Niles Ave., St. Joseph, MI 49085 - myfirstchurch.com/prime-timers - 269.983.1524

Enjoy a Wild Day Away!

On **Tuesday, Sept. 27**, we will go to **Battle Creek** to join other Church of God congregations from across Michigan for an inspirational and fun day!

We will leave on the church bus at 7:30am (bring your cup of coffee!) to go to **North Avenue COG** in Battle Creek for a time of worship and inspiration.

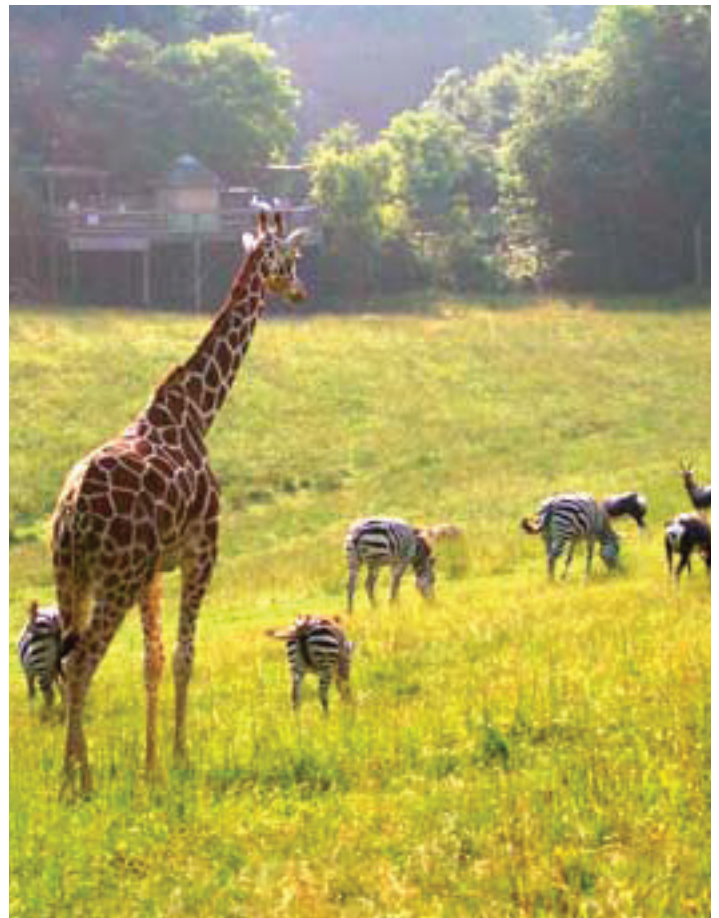
Rev. Tom & Jean Tufts will lead us in worship as we enjoy singing hymns and praising God. Dr. Robert Dulin, a retired pastor from our large church in Detroit, will share a meaningful message with us. Dr. Dulin spoke last year at a similar event and was an outstanding communicator--you will enjoy him!

After lunch at the church, we will go to **Binder Park Zoo** for a fun afternoon of wild animal gazing. They have a wonderful African adventure area at the zoo



with spectacular views of African animals, plus many animals from North America. You can walk at your own pace... as much or as little walking as you choose...as you enjoy this real treat.

The **total cost for the full day is \$27/ person** (includes morning worship, lunch, zoo admissions, and transportation). **Registration deadline is Monday, September 19.**



Mystery Trip: August 22

On **Monday, August 22**, Prime Timers will enjoy a full day of fun at two locations. **We will leave at 7:30am** to travel to our first destination for a unique lunch at a special location. We'll return home around 6:00pm.

We have a full bus. If you'd like to get your name on the waiting list, call the church office: 983-1524.

Two Powerful Caregiving Seminars Offered

Are you caring for a friend or relative? Being a caregiver can be both rewarding and stressful. First Church is hosting **two free workshops** this fall that can give you tools to make caregiving more meaningful and efficient. Learn ways to take care of yourself as well!

Register for either workshop by calling Hospice at Home: 269.429.7100



Powerful Tools for Caregivers

Sundays & Thursdays, Oct 2-20 | 6-8:30pm

Many caregivers found this seminar beneficial, including those caring for a spouse/partner or adult children caring for parents. The older adult you care for can be living with you or across the country.

Class participants report that they:

- are better at caring for themselves
- have fewer feelings of anger, guilt & depression
- can better cope with demands of caregiving
- are more likely to use community services

It's a Birthday Party! Friday, Sept 16

Everyone has one; so why not celebrate together?!

Our **Birthday Bash on September 16, 6:00pm**, will have yummy food, cake, ice cream, entertainment, humor, & prizes.

Ashley Pozivilko, a very talented young harpist, will entertain us with soothing music.

Cheryl & Dave Walberg will share their DVD of Hawaii with us (you'll love the close-ups of the whales) & Helga Helling will give the devotion.

There'll be a prize for the oldest in attendance (no cheating!) & time for conversation.

All that for \$10! Join us! You must sign up by **Monday, September 12.**

MENU

Salami Horns/Wedges
Swedish Meatballs
Vegetable Plate
Cheese/Crackers
Petite Egg Rolls
Fried Wingettes
Fresh Fruit Tray
Ice Cream/Cake

Entering the Caregiver Zone

Thursday nights, Sept 15, 22, & 29 | 6-8pm

This free workshop is a *Hospice at Home* workshop, partially funded by *Area Agency on Aging* and hosted by First Church

Learn how to:

- Discover community resources
- Manage stress
- Organize important documents
- Monitor safety and risk
- Develop personal effectiveness
- Decrease your sense of burden



Harvest Potluck

Friday, Oct 14

It's Harvest time! Time to **dig out that favorite recipe for a dish to share** with your friends as we celebrate God's blessings of harvest. **Be sure to make enough for 10-15 people** so we can all have a taste.

Bill Wurzel will share a devotional about harvest & Brenda Haveisen from *Hospice At Home* will be talking to us about non-pharmaceutical pain management.

Wear a harvest costume & you may be the winner of a beautiful prize (NO witches, devils, scary costumes).

Bring your camera so you can share the fun with others. **Cost: \$2 is all we're asking in addition to a dish of food to share with those in attendance.**

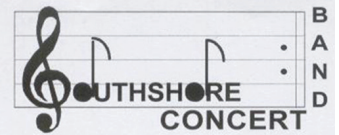
Southshore Band Christmas Concert

Sunday, December 11

On Sunday, December 11, the church bus will leave the St. Joseph campus of First Church at 1:30pm to hear Southshore Band Christmas concert at the Mendel Center. The Southshore Concert Band is a community band that is in residence at Lake Michigan College.

Following the concert, we will go to Super Buffet in Benton Harbor for dinner. Dinner is on your own (approximate cost is \$8/person).

Register no later than Thursday, December 8. Cost is \$2 for transportation. This promises to be a fun and enjoyable Christmas outing.



Prime Time Christmas Dinner Tuesday, Dec 6

Christmas is a time to celebrate, and the “*Heritage 3 Singers*” from Berrien Center Bible Church will help us do just that. On Tuesday, December 6, 6:00pm, bring a friend to enjoy a delicious Christmas dinner and seasonal entertainment.

We have many reasons to celebrate the season; and will be able to enjoy singing some of our favorite carols.

Enjoy a Color Tour

Monday, Oct 17

Enjoy a full day with friends, two meals, and back roads surrounded by fall’s marvelous colors from the comfort of a tour bus!

The bus will leave from the St. Joseph campus of First Church of God at 8:00am, heading north towards Ludington, then on to Cadillac where we will eat lunch at Big Boy (lunch is on your own).

After lunch, a 35-mile color route will be enjoyed before turning south to Grand Rapids. We’ll stop at Arnie’s Restaurant for dinner, returning to St. Joseph about 7:30pm.

Cost is \$20. Bring money for lunch and dinner. Reservations are due by September 26.

Giving Thanks Together

Friday, Nov. 4

Thanksgiving comes early as we share a bountiful meal of turkey with all the trimmings on November 4.

On Friday, November 4, 12:00pm, Teri Albers from Lakeland Health Center will be sharing tips on how to keep our balance as we have fun with a *Wii*. Beth Fiskars, our parish nurse, will give the devotion.

We need all the support we can get to stay on our feet, so come join us. Watch for more details.





Subscribe to the e-version of the Prime Time Newsletter! Send e-mail requests to: teresa.l@myfirstchurch.com.

The Final Word

Trinity Trekkers & Prime Timers DC Trip Nov 10-16

Join us for a 7-day trip to our nation's Capital via motorcoach by Royal Excursion. We leave out of St. Joseph, travel to Pennsylvania for the night, then on to DC for three days of tours and sightseeing

On the return trip home, we will stop again in Lancaster, Pennsylvania, for "The Miracle of Christmas" sight & sound theater.

Total cost for the trip is \$815/per person (double occupancy). Contact Trinity Trekkers for single pricing: 269.983.5000x404/rich.hackbarth@discovertrinity.org.

Registration forms are available at the church office. Make checks payable to "Trinity Trekkers."

4 Ways to Register for Events:

1) **Use the silver "Registrations" mailbox** located in the Gathering Area of First Church. Envelopes located next to the box make this option quick and easy.

2) **Register at the front desk**. Come by the church office, Monday-Thursday, 8:00am-4:30pm.

3) **Mail your registration**. Our address is, "Prime Time Ministry, 2627 Niles Avenue, St. Joseph, MI 49085." Add a note about which event you are registering for or (even quicker) tear out the article and add to the envelope. Make sure you allow enough time for the mail to reach the church before the deadline.

4) **Call the church office at 269.983.1524**. When you come in and pay before the event, mention that you called first.

NOTE: Always make checks payable to "First Church of God" unless stated otherwise.

Just a Chuckle. . .

THE BEST WAY TO PRAY

A priest, a minister and a guru sat discussing the best positions for prayer, while a telephone repairman worked nearby

"Kneeling is definitely the best way to pray," the priest said.

"No," said the minister. "I get the best results standing with my hands outstretched to Heaven."

"You're both wrong," the guru said. "The most effective prayer position is lying down on the floor."

The repairman could contain himself no longer. "Hey, fellas," he interrupted. "The best prayin' I ever did was when I was hangin' upside down from a telephone pole."