

Opportunity to Serve:

Our Crosspoint Faithfully Fit chair exercise group invites you to join them on Mondays and Thursdays from 9-10 am in the Community Life Center. This group has so much fun together. We are looking for a new leader. Would YOU be interested in providing leadership to this group? We will provide training.



Please contact, Barbara Wilder.

Are you on Facebook?

Contact me for info about our Active Adults 50 Plus Facebook Group! Another great way to keep up with what's happening in this ministry!

To join the group:

- 1) Sign up or Log into Facebook
- 2) Search on Facebook for "Crosspoint Active Adults 50 Plus"
- 3) Click "Join" to join the group!

Or go directly to the group page:

facebook.com/groups/yourcrosspointAA50/

If you have any questions, just call me!

*My grace is sufficient for you,
for My power is made perfect
in weakness.*

~2 Corinthians 12:9

ONGOING EVENTS:

STEP ON IT! Free walking program. Keep walking even though we are not meeting in person right now. Contact Barbara to join in the fun!

FAITHFULLY FIT Mon and Thurs, 9:00-10:00 a.m. Meet for exercise and fellowship. Work on flexibility, proper breathing techniques, balance, coordination, brain exercises, and use of light weights. NO FEE! Contact Elaine Hall, 678-2918.

FIT TODAY

Community Life Center Gym | Monday, Wednesday, Friday. 7:30 a.m. Exercises for strength and balance. Cost is \$25 for a 8-week session. Sign up with the Recreation Ministry.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Last Wednesday of each month from 10:00 a.m. -12:00 p.m. Room 700. Facilitated by our Crosspoint Faith Community Nurse Beth Tritschler. Please contact Beth if you would like more information: 678-4411.

*Volunteers are not paid,
not because they are worthless,
but because they are
priceless!*

Be sure to check out the three new events starting in August. Full description on the inside of this brochure. Do you have ideas for us to connect on zoom? Please contact me!

Active Adults 50 Plus August Brochure



Tour of Homes trip, December 2019



Serving at Children in Crisis



Fun at Panhandle Opry

Come join us!

Our mission is to
build a community where people
can come as they are, meet Christ,
grow in their faith,
and find a place to serve.





Barbara Wilder

Minister to Active Adults 50 Plus
BWilder@crosspoint.church
850-678-4411 ext 123

Upcoming Activities: For everyone's safety, we are utilizing zoom for our activities

For more information or to sign up for an event, please contact Barbara Wilder at 678-4411, ext 123, or email her at bwilder@crosspoint.church.

Welcome

We welcome you to the Active Adults 50 Plus Ministry of Crosspoint! We warmly invite you to participate in our activities and programs, and join our community of people who are seeking Christ and who are growing and serving in His name! Our mission is connecting people to Christ!

Young at Heart Luncheon

Currently we are enjoying this program on the zoom platform from 11:30 a.m.-1:00 p.m. No cost. Prepare your own lunch and join us on your computer or tablet. Please sign up by noon the day before the luncheon date by calling or emailing Barbara. The Monday before the meeting, you will be emailed a link to the meeting.

August 11 luncheon:

Rev Ed Shirley, pastor of Brundidge UMC, will present our program: a monologue as the Apostle Peter. Many of you have enjoyed his presentations at conference events such as One Day or Inspirit Retreat!

Invite a friend to attend with you!!

For more information or to sign up for an event or activity, please contact Barbara Wilder at 678-4411, ext 123, or bwilder@crosspoint.church

Enjoy a game of Tabu with us!

Wednesday, August 19 Tabu is like charades using only words instead of actions. We will meet on Zoom, divide into 2 teams. This will be a great time of laughter and enjoying being 'with' each other. The Zoom meeting will open at 12:45 p.m. with the game beginning at 1:00 p.m. We will finish up by 2:30 p.m. Sign ups are needed so I can email you an invitation to the meeting with sign in information.

NEW Bible Study starts

New 6-weeks study, The Road, The Rock, and The Rabbi will begin on Monday, August 17.

This zoom meeting will open at 9:45 a.m. with the study beginning at 10:00 a.m. We will watch and discuss the videos. This study will inspire you and teach you about the Jewish culture in Jesus's time here on earth and is hosted by Kathy Lee Gifford. Such a great study! No homework. Sign ups are needed so I can email you an invitation to the meeting with sign in information.

Moments to Remember

Have you been thinking of writing down some of the stories of your life? Find getting started easy to put off? This group will meet monthly to offer pointers and to share their stories (optional). I'm excited about meeting with you and hearing your stories! We will meet each **second Friday starting August 14.** We will meet on Zoom, at least for a while. The meeting will open at 9:45 a.m. with the official start at 10:00 - 11:30 a.m. Sign ups are needed so I can email you an invitation to the meeting with sign in information.

I hope you have discovered the daily devotional that the YouVersion app has added. I am really enjoying them! But these thoughts come from day 1 of a reading plan on YouVersion called The Benefits of a Real and Good God:

"Psalm 103:1-2: Praise the Lord, I tell myself, with my whole heart, I will praise his holy name. Praise the Lord, I tell myself, and never forget the good things he does for me.

"Psalm 103 begins with a charge to bless or praise God. Note carefully: David is telling himself to praise. He is talking to himself. Sometimes we need to talk to ourselves, especially when we feel discouraged, lonely, depressed, or guilty. Talk to yourself and remind yourself of the promises and commands in the Bible.

"Why is it so vital that we praise God?...He deserves our highest praise. He is worthy of our highest praise....We express our love for God when we praise Him...when we are praising God for His grace, goodness, mercy and faithfulness, we are moved to love our God all the more....in praise, we gain perspective on our problems and needs....we lift our gaze from a focus on our problems to a focus on God. We see things from heaven's perspective. We are more likely to trust God....No wonder the pages of Scripture are peppered with praise."

" Bless the Lord, O my soul, and all that is within me, bless His holy name!"



