

Health and Wellness News for November

News from Faith Community Nurse, Carol Jernigan

Gentle Yoga- Our Fall Series is winding down the year with 3 more classes on Nov. 6, 13 and 26. Class will not be held during Thanksgiving Week. This class provides gentle stretching primarily from the chair but with some standing poses. Class begins and ends with quiet meditation. Props are provided. Class begins at 10 am.

Soups On! Ministry begins for the 2nd year this month. If you would like to be a part of a ministry that provides fellowship and food for those within our faith community that may appreciate a warm bowl of soup and a warm smile, please sign up in the Church Narthex.

Garden Ministry- for the third year in a row, our faithful gardeners have provided a weekly assortment of fresh produce to the JAMA Food Pantry. Items have included fresh lettuce, beets, carrots, green beans, okra, mustard greens, collard greens and sweet potatoes. This has been a weekly commitment of time and labor (2-4 hours) from March until November for all those who have participated. Thanks to all who shared their talents!

Visit with your FCN on Sunday, November 25th for **Blood Pressure**

Screenings and health related conversation. For home visits, hospital visits or transportation for medical appointments please call 423-788-3082 or mobile at 901-485-4280.

Save the Date!

December 16th: Compassionate Christmas Service at 3 pm. In the Fellowship Hall. Members of the Pastoral Care Initiative will be providing time for reflection and fellowship for the Advent Season. Cider and Cookies will be served.

February 13th- Congregational Life and Membership will have” Lunch & Laugh” with food, games and door prizes. Lunch will be served at noon with bingo to follow.

Carol Jernigan, Parish Nurse