



# Welcome to West End UMC

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**Tai Chi with Tom Turnbull - Weekly, 6:15-7:15 p.m. ♦ Gym** - Join West End member Tom Turnbull as he guides participants in weekly Tai Chi sessions. Tom will help participants learn basic movements and techniques of this ancient Chinese practice. Tai Chi is a wonderful combination of low-impact exercise and meditative focus. This class is suitable for persons of all ages. Tai Chi meets each Wednesday night at 6:00 PM in the gym and is open to all comers. No registration necessary.

## New on Wednesday Nights - Creation Justice Series

Raging fires, scorching droughts, looming sea rise, increasing extinctions! God's creation is suffering. It's overwhelming, especially when people with power fail to care or act. But WE CAN! West End can respond to God's call! WE CAN be faithful caretakers of the earth! Our Creation Justice series focuses on what WE CAN do as individuals, families, congregation, and denomination. Join us!

- ♦ February 5—Food for Thought—And Action!
- ♦ February 12 and 19—Erase the Waste, Part 1 & 2 (including plastic)
- ♦ March 5—The Problem of Carbon. A Christian Response
- ♦ March 12—Gardening for All Our Children

Meet in McWhirter Hall. Sessions 6:15–7:15 p.m. Dinner at 5:15 p.m. (optional; RSVP required).

## Yoga With Abigail Redman

West End UMC hosts yoga classes three days a week in Room 322 with instructor Abigail Redman. Classes are free but you may make donations to the instructor to help support this ministry. Come as you wish. Start 2020 off right with any of the following classes:

- Mondays ♦ 5:30-7 p.m. ♦ Vinyasa Yoga (Intermediate) ♦ Suggested donation: \$10-\$20
- Tuesdays ♦ 5:30-6:15 p.m. ♦ Gentle Yoga (Beginner friendly) ♦ Suggested donation: \$7-\$15
- Thursdays ♦ 5:30-6:30 p.m. ♦ Slow Flow Yoga (Beginner friendly) ♦ Suggested donation: \$7-\$15

## Join Us For College Lunch

All College Students, join us for a free meal every Sunday after the late service when school is in session. We meet in Reed Hall directly after the service and walk/drive to a location in the area for food and community. Reach out to Nancy for more info at [nparker@westendumc.org](mailto:nparker@westendumc.org).

## November Financials for West End UMC

	December	Actual YTD	Budget YTD	Difference YTD
<b>Pledged Giving</b>	323,314	1,876,897	1,867,150	9,747
<b>Non-Pledged Giving</b>	86,029	391,555	400,975	(9,420)
<b>Other</b>	121,786	236,280	241,273	(4,993)
<b>Total</b>	<b>531,129</b>	<b>2,504,732</b>	<b>2,509,398</b>	<b>(4,666)</b>

## Prayer Requests and Concerns

Dot Byassee    David Kinnard  
Skip Malone    Barbara Cragg  
Price Taylor    The Family of Susan Piercy