

Fall 2010 Dinner Themes

- 9/1 Beach Blast Potluck
- 9/8 Back to School (Bring School Supplies for OCC)
- 9/15 Local Heroes Night
- 9/22 Jungle Night
- 9/29 Johnny Appleseed Night
- 10/6 Tailgate Potluck
- 10/13 Crazy Hair Night (Bring Combs & Brushes and Hair accessories for OCC)
- 10/20 1950's Sock Hop
- 10/27 Pajama Night
- 11/3 Soup & Sandwich Potluck
- 11/10 Veteran's Night
- 11/17 Jonah and the Whale Night
- 11/24 NO CROSS TRAINING Thanksgiving
- 12/1 Christmas Hors d'oeuvres Potluck

We don't include potlucks in the count for meal passes! Please bring something to share.

Please contact Anita Taylor (ext. 109) or Heather Lear (ext.101) for additional information.

Weekly Wednesday Schedule

3 & 4 Year-Olds

- 4:25-4:55 Cherub Choir
- 5:00 - 5:30 Recreation Time

Kindergarten & 1st Grade

- 4:30 - 5:00 Recreation Time
- 5:00-5:45 Joyful Noise Choir
- 5:45-6:45 Dinner
- 6:45-7:30 Bible Study (Room 101)

2nd & 3rd Grades

- 4:30 - 5:00 Recreation Time
- 5:00-5:45 Hosanna Choir
- 5:45-6:45 Dinner
- 6:45-7:30 Bible Study (Room 213)

4th, 5th & 6th Grades

- 5:45-6:30 Dinner
- 6:30-7:30 Chorister Choir

What Is Cross Training?

Cross training in the athletic arena means that one practices a variety of exercises or sports to achieve fitness and strength of the entire body. At HUMC, we believe a multi-disciplinary practice is also important for the total health of our spiritual bodies. Through the 3 parts of Cross Training: Choir, Bible Study, and Dinner, the children (Cross Trainers) will follow the example of the early church described in Acts 2, who spent their time together in study, worship, breaking bread, and fellowship. While the children are not required to participate in all three components, we believe the children will receive the most benefit by participating in all areas.



Highland UMC CROSS TRAINING



A mid-week ministry where children and adults journey together in their relationships with Jesus Christ

Highland United Methodist Church
1901 Ridge Road
Raleigh, NC 27607
(919) 787-4240
www.highlandumc.org

Cross Training Fellowship Dinner

Wednesdays at 5:45 in Bradley Hall
Fall Semester 2010 Meal Passes
(9 weeks of meals)

please check your desired pass

- _____ \$140/ family (4 or more)
of adults _____ # of children _____
_____ \$40/single adult
_____ \$80/ couple
_____ \$28/single child (5th grade and younger)
_____ \$35/ single youth (6th grade and older)
Regular weekly meal prices:
\$6/adult \$3/child

Names of Participants (Please include children's ages)

Dietary/Special Needs

Due to the outstanding attendance, we need people to help with set-up and clean-up each week. We are asking everyone who purchases a pass to sign up to help at least one week.

I will help with: _____ Set-up _____ Clean-up
_____ Meal Preparation (Tuesdays)

Please attach payment and return to the church office by **Aug. 25, 2010**. Contact Anita Taylor at 787-4240 for more information.

by purchasing a pass, your reservations will be made for you automatically each week.

Dinner at Cross Training

Jesus thought breaking bread together was important, and so do we! Each Wednesday of Cross Training, will include a delicious dinner that is coordinated with our nightly theme. We understand how hectic families' lives are today, and dinner at Cross Training will provide time for children and adults to build relationships through food, fellowship, and fun theme-related activities. Families are encouraged to attend and participate in dinnertime activities, so please plan on joining us!

Family Dinner Fees

Meal Passes

(9 weeks of meals)

\$140 / family (4 or more)

\$40 / single adult

\$80 / couple

\$28 / single child (5th grade and younger)

\$35 / single youth (6th grade and older)

Regular weekly meal prices:

\$6/adult \$3/child

Parental Participation

At HUMC, we believe that parental support and involvement is crucial to the success and vitality of any children's ministry. Children value and are keenly aware of what is important to the adults in their lives. There are a variety of ways parents can participate in Cross Training.

as a parent, I can

- ___ Be a Choir Mom/Dad (who coordinates volunteers for refreshments)
- ___ Help with Choir parties/ refreshments
- ___ Robe Joyful Noise and Hosanna choirs for services
- ___ Help lead a choir
- ___ Help with a Bible Study
- ___ Help with the Cross Training Dinner Program

Children's Bible Study

These groups will be using the *Faith for Life 2* curriculum which is both age-appropriate and relevant to each age groups' spiritual development. We have classes for K-1st grade, 2nd-3rd grade, and 4th-5th grade.

Children's Choirs

Cherub Choir (3 and 4 year olds)

A preparatory choir involving singing, rhythm instruments and movement, using the curriculum *God's Children Singing* by Musikgarten. Children will have the opportunity to purchase an accompanying music packet with a cassette tape and booklet. The children sing twice a year during one of our church services to share what they have learned with their parents and the congregation.

Joyful Noise (K and 1st graders)

This group sings, plays musical games and rhythm instruments, and learns anthems for occasional Sunday worship services and special programs.

Hosanna Choir (2nd and 3rd graders)

This choir sings, plays rhythm instruments and learns to play the Belleplates. The Hosanna Choir will also learn anthems for the occasional Sunday worship service.

Chorister Choir (4th, 5th and 6th graders)

A choir for our older kids to learn anthems and music theory through musical activities. The highlight of the year is putting together a musical in the spring to present to the church congregation.