

## Adult Studies

This fall we have two studies for adults who would like to learn more and deepen their faith. If you are interested in either of these exciting studies, please sign-up in the church office (787 4240).

### “Christian Believer” 6:45-8:00

The goal of *Christian Believer* is to make available to people the substance of the Christian faith that the church has confessed as a way of connecting to God and living faithfully. This thirty-week study of the classical doctrines of the Christian faith aims at presenting, explaining, and interpreting Christian doctrine as the basic teaching of the church to the end that informed believing leads to committed discipleship. Pastor David Goehring will be leading this study.

### “Living a Spiritual Life” 6:30-7:30

based on the book *Reaching Out* by Henri Nouwen, led by David Starks

This class will be a dialogue group focusing on Henri Nouwen’s classic, *Reaching Out: The Three Movements of the Spiritual Life*. Each session will begin with prayer and scripture, followed by a discussion of a chapter from Nouwen’s book, and ending with a time of prayer for one another.

This book emphasizes that the more we understand our inner struggles, the more fully we will be able to embrace a prayerful and genuine life that is also open to others’ needs. For more info, check out *The Ridge Rider!*

*A nursery is provided for infants, toddlers and preschoolers during the adult studies from 6:15 - 8:00.*

## Weekly Wednesday Schedule

### 3, 4 and pre-K 5 Year-Olds

4:25-4:55 Cherub Choir

5:45-6:30 Dinner

### Kindergarten & 1st Grade

5:00-5:45 Hosanna Choir

5:45-6:30 Dinner

6:30-7:30 Bible Study

### 2nd - 5th Grades

5:00-5:45 Chorister Choir

5:45-6:30 Dinner

6:30-7:30 Bible Study

There are lots of fun learning and worship activities for your kids

*A nursery will be provided for infants, toddlers and preschoolers from 6:15-8:00.*

## 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, youth 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](http://www.highlandumc.org)

## Cross Training Fellowship Dinner

Wednesdays at 5:45 in Bradley Hall  
Fall Semester 2011 Meal Passes  
(14 weeks of meals)

*please check your desired pass*

\_\_\_\_\_ \$218/ family (4 or more)

# of adults \_\_\_\_\_ # of children \_\_\_\_\_

\_\_\_\_\_ \$62/single adult

\_\_\_\_\_ \$124/ couple

\_\_\_\_\_ \$44/single child (5th grade and younger)

\_\_\_\_\_ \$55/ single youth (6th grade and older)

Regular weekly meal prices:

\$6/adult \$3/child

Names of Participants (Please include children's ages)

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Dietary/Special Needs

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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 two weeks.

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

Please attach payment and return to the church office by **Sep. 2, 2011**. Contact Amy Takahashi 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 prepared by our chef, Dani Nation. We understand how hectic families' lives are today, and dinner at CrossTraining will provide time for children and adults to build relationships through food, and fellowship. Families are encouraged to attend and participate in dinnertime activities, so please plan on joining us!

## Family Dinner Fees

### Meal Passes

*(14 weeks of meals)*

**\$218 / family** (4 or more)

**\$62 / single adult**

**\$124 / couple**

**\$44 / single child** (5th grade and younger)

**\$55 / 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

Contact Amy Takahashi today at 787-4240 to volunteer to help with our children's programs.

## 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, 4 and pre-K 5 year olds)**

A preparatory choir involving singing, rhythm instruments and movement. The children sing twice a year during one of our church services to share what they have learned with their parents and the congregation.

### Hosanna Choir

**(K and 1st graders)**

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

### Choirister Choir

**(2nd - 5th 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.

*Your child will have so much fun learning about music and singing with their friends in one of HUMC's great children's choirs!*