



## **Breakfast with the Pastor**

**9:00 am | L202 | Guest Lounge**

Are you new to Metro and want to get connected? Then we invite you to join Pastor Mark for a complimentary breakfast on the second floor of the Life Development Center.

## **Metro Growth Track**

**9:15 am | L214**

Are you new to Metro and have already attended Pastor's Breakfast? Then your next step is the Metro Growth Track! Join David and Shelia Wray for a 4-week in-depth look at Metro's structure, your individual gifts, and where you can plug into the Metro community. For more information contact us at [info@metrokog.org](mailto:info@metrokog.org).

## **Ministry for the Unemployed**

If you are unemployed, Metro has a ministry to help you. Contact Paul or Connie Schweigert at 823.9270. Business owners and congregation—If you know of any job openings, call Sandy Evans at 621.4871.

## **Metro Counseling Center**

The Metro Counseling Center has the following seasonal support groups—GriefShare, DivorceCare, DivorceCare4Kids, Caregiver Support, Dianne McPherson Cancer Support, Friendship/Gatekeeper Group (for widows/widowers), and Metro Single Moms. If you are interested in becoming involved in any of these groups, please contact Rita Case at the Metro Counseling Center at 443-3913 or [rcase@metrokog.org](mailto:rcase@metrokog.org).

## **Want to Reserve a Room for Your Next Meeting or Event at Metro?**

Don't assume no one else will be in the room you want to use, the door will be unlocked, and the heat or air will be turned on. Instead, save yourself and everyone else a lot of headaches by booking your room in advance through our Facilities Director, Marilyn Collins, at [mcollins@metrokog.org](mailto:mcollins@metrokog.org).

## **Fall Men's Retreat**

**Friday & Saturday | September 16–17 | Lee Haven Estate in Livingston, AL**

This is an opportunity for Metro men to come together and enjoy the great outdoors. There will be fishing, riding four-wheelers, target shooting, and just goofing off. Bring your own fishing gear, four-wheeler, hunting license, shotgun, and appropriate ammo. Catered BBQ lunch from Butch Larkin on Saturday. Space is limited so sign up in the Commons today!

## **The Birmingham Adult Christian Singles (BACS)**

**Saturday | October 1 | 11:00 am**

The Birmingham Adult Christian Singles (BACS) is having their 7th annual reunion on Saturday, October 1, 2011, at 11:00 a.m. at Randle Weeks' home on Smith Lake, near Cullman. For directions and details, pick up a flyer at the information desk or call Sandy Evans @ 621-4871.

## **Mom's Night Out- Game Night**

**2nd Monday Every Month | 6:00 PM - 8:00 pm**

[Click here to find out more about Mom's Night Out](#)

WHERE:

Metro Church Of God  
2800 Metropolitan Way  
Hoover AL 35243

## **"WOMEN LOVING JESUS"**

**Wednesday | Month of September | 6:30 pm**

Dannette Linsley will be teaching the month of September.

## **Metro Fitness 4 You**

### **4:30 pm | Metro Gym | LDC Lower Level.**

ZUMBA - Sunday Only 4:30pm. Ends Sunday unless 5 come!

"A wise man is strong; yea, a man of knowledge increaseth strength."

Proverbs 24:5. Today is not a day for Weakness.

205-586-4260 Contact Coach Jack Eyer CSCS @ [jackeyer@yahoo.com](mailto:jackeyer@yahoo.com)

**PLUS: Faith & Fitness** class next WED. 5:30 @ dinner table in commons