

Mark Your Calendars!

Pastor David's Celebration



Saturday June 25th 5:30pm—7:30pm Activity Center

The theme for the evening is Lake & The London Bridge (essentially everything Lake Havasu)

The evening includes dinner and an entertaining evening reminiscing David's ministry with us.

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Friday Night Live

Karaoke Night
June 10th 6pm - 8pm in the Activity Center
Dinner \$3/person or \$12/family
Pizza. Salad & Ice Cream Sandwiches

A Message from Pastor Deborah

"Lord, what do You want to do through me?"

Many of you have wondered what was happening at General Conference, the gathering of United Methodists from around the globe that happens once every 4 years. It seems important to hear from our Bishop on this matter, so I defer my column to him this month – Grace and Peace, Pastor Deborah



Dear Members and Friends of the Desert Southwest Conference,

Grace and peace to you in the name and spirit of Jesus Christ! Our church is much more vibrant than the news coverage of floor debates might indicate. My hopes were buoyed by many stories of faithful followers of Jesus Christ engaging in very creative ministries in extraordinarily challenging situations. Across the globe, in the name of The United Methodist Church, ministries of healing and caring love in places ravaged by racism, hate, war and terrorism are offering consolation and care. Where there have been disasters caused by climate change and natural calamities, we United Methodists have been there. In countless settings, hunger, homelessness, poverty, and disease were being combated with generous resources and energy by so many caring persons. The stories were incredible! Lives and communities are being transformed.

My spirits were lifted when we celebrated the extraordinary things we do together when we are focused on our mission of making disciples of Jesus Christ for the transformation of the world. But to be honest, my spirits sank when we engaged in political maneuvering and debate over legislation. There were many moments of deep disappointment when it was obvious that floor debates were not the Christ-like way to come to decisions about matters where there was profound conflict. My hopes rose when the Council of Bishops was tasked with providing a way forward with hope. As you know, the Council suggested and the General Conference affirmed a plan to implement a Commission to work on a plan for unity in our denomination which also called for a halt to consideration of legislation related to human sexuality. The Bishops have already begun working on the implementation of the Plan.

What did General Conference 2016 accomplish? It all depends on who you ask. Did we simply defer the formal vote on legislation until a future General Conference? Or did we put into play the potential to create a different means of determining what God wants for us? Did we stop the hurt and harm being done to each other only to resume the fight in the future? Did we simply *kick the can down the road?* Or did we open up an opportunity to have God speak to us during a period of grace?

Here is my take. I believe the General Conference was tired of the ruthless fighting and the *win-lose* mentality that had brought us close to schism. I believe we now have an opportunity to pause and breathe in God's spirit and prayerfully discern what really matters to us as people called United Methodist. I think this is a chance to work together in a new way to create a church that God will be proud of. The General Conference seems to be saying that we cherish our unity because we are able to do so much more of what God wants us to accomplish when we are working together and that God is not finished with us yet. (from a sermon by Bishop Elaine Stanovsky of the Mountain Sky Area.)

WHEW! Is that my sigh of relief that General Conference is over or is it the sound of God's Holy Spirit rushing to inspire and bless us? It's both! Our Desert Southwest Conference is blessed because in spite of our differences, we have a strong desire to work together in the name of Jesus Christ. We have faithful lay and clergy who are willing to join together in service to others. In the midst of many challenges, we are doing so much in ministries that make a difference in our communities and in the world. And I am relieved to be coming home, and I return to our Desert Southwest Conference feeling even more blessed than before to be given the privilege of serving as your episcopal leader.

With hope for our future,

for Noslubata Robert T. Hoshibata

Thank you to Our Acolytes and Acolyte Coordinator!

Those of you who attend our traditional services at 8 and 9:30 know how blessed we are to have children and youth of our church serving as acolytes in our services. These young folk bring in the light of Christ to symbolize the beginning of our worship, and carry it out to lead us out into service in the world. They help with communion and offering regularly.

Please take a moment to say THANK YOU to those who have served us so well:

Kalia Carpenter
Maia Chiricuzio
Nina Chiricuzio
Alicia Hemingson
Hailey Houseman
Ethan Rempel
Gavin Rempel
Ashley Scharff
Vilan Shamsiddeen
Mercedes Skinner
Trevor Snyder
Akaysha St. Pierre
Brandi Vallera



Our acolyte program will take a brief hiatus for June and July so our families can enjoy their summer vacations. We will begin again in August.



Meanwhile, our acolyte coordinator, Jennifer St. Pierre, has learned that she will be moving out of state for her husband's employment in early summer. We are grateful for her faithful service. Please find time to thank her for training, overseeing, and scheduling our acolytes.

We are searching for a new acolyte coordinator to take her place. Ideally there would be overlap for training. Duties of the position include recruiting, training, scheduling, and supporting our children and youth. It also

involves participation in the worship team, which meets on the second Tuesday of each month at 6:30. Please let Pastor Deborah or our interim worship team leader, Herb Miller, know if you have an interest.



Food DriveBy Missions Committee

Missions Committee members will continue to hand out bags at the end of services the last Sunday of each month. This is to support Gilbert Open Arms Care Center and help them fill their shelves with non-perishable food items. Please ensure all donations have not expired.

Bring the filled bags back on the first Sunday of the next month and place in the Activity Center or in the Cart on the patio.

Calling all Alpha Graduates and Interested Parties: Save the Date

Alpha Celebration Dinner - Free!

Wednesday, August 3, 2016 6:30 PM

If you have been through the Alpha course, we need your help! Please plan to attend the Celebration Dinner August 3 with a guest who might find the course helpful. Invite a friend, neighbor, or someone in the church with whom you have worked or served. Come yourself to share with your table mates how the course has blessed you.



If you are willing to become a table host for this session of Alpha, please contact Pastor Deborah. Training will be provided.



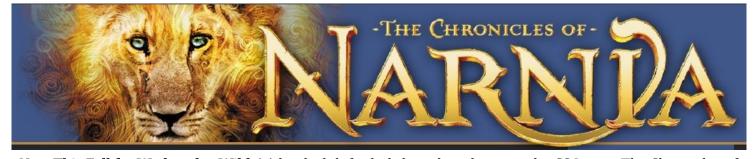
Vacation Bible School June 6th—June 10th

Registration is Open
On The Church Website
So excited to catch the waves with you!!!!

http://gilbertumc.org/grow/children/

then click on VBS
There are two links: one to register and the second link for payment

For those volunteering, there will be VBS Training on Wednesday June 1st at 6:30pm and on Saturday June 4th at 9:30am. Please attend either training. Both are in room 140/141.



New This Fall for Wednesday Wildz! A book club for kids based on the series by CS Lewis: The Chronicles of Narnia. This is for kids in grade 4-6. Come for Dinner at 5:30pm and join us for the book club from 6:30pm—8:00pm. The Wednesday Wildz Book Club begins on August 17th in room 203. Book Club discussions will be lead by Janelle Chiricuzio. (jchiricu@gmail.com).

The first book to be read is "The Lion, The Witch & The Wardrobe." If you don't have a copy of the book please contact Marsha or Janelle as there are extra copies available. Contact Marsha or Janelle with any questions. Marsha can be reached at 480-892-9166 or childrensministry@gilbertumc.og.

Tradition Wednesday Wildz will continue in room 205 for Kindergarten through 3rd grade.

The New Thing...(To Be Continued) By Rev. David J. Harriss

I am about to do a new thing; now it springs forth, do you not perceive it.⁹
I will make a way in the wilderness and rivers in the desert (Isaiah 43:19, NRSV)



God is about to do *a new thing* in our lives, and in yours too. *A new thing* is often accompanied with excitement, suspense, joy and sorrow. A *new thing* can create anxiety because we have lived our lives in a most familiar way without even considering any departure and detour off the straight and narrow path.

For the past 3 years, this church has been nothing less than a joyful blessing for my family and me. Words cannot describe the love that I have for everyone who has contributed to this portion of our spiritual journey. We have relished in this community of faith through worship and ministry. We have established meaningful, personal relationships, through countless hours of quality time and meaningful dialogue. You have all been a delight to work with and personally, I have sincerely enjoyed being your associate pastor.

As of June 26th, 2016, we begin *a new thing.* This date has been designated as my last day in worship service at First United Methodist Church in Gilbert, Arizona. Before this day comes, I would like to thank many who have contributed to our journey together. I considered desisting this item for fear of exclusion; however, I would be remiss if I did not give proper recognition for the Lord's work channeled through many of you during my tenure here. First and foremost, I want to thank my family that is uprooted whenever I become reappointed to another parish. Please know that I deeply love each of you and I am grateful for willingness to be a part of this transient vocation and my life as well. We move forward, together.

To the staff of this church and all who have served on committees which I oversee, *you have testified to my soul!* Paul talks about a spiritual experience where our souls *testify* to one another because they have first testified to the Lord. I truly believe that when we are living Christ-centered lives, our souls testify to others that are also being led by the Lord. Theologically, I think that this is why we connect to some people within the church and to others we do not. That is, our souls have testified to one another on a spiritual level and we have worked together for a common purpose. I will always have a special place in my heart for the many different ways in which you have given to the Lord through your acts of service and kindness. Thank you for your witness.

To Katie Clark, who sat with Francisco each week (until she went to college) and always treated him with respect and no indignity, I offer you tremendous gratitude for your mercy and compassion. Parents of special needs kids recognize those who treat their children with respect and dignity and you always treated Francisco with fairness and kindness. Thank you Katie!

To Deborah, my working counterpart, my superior. I have learned so much under your mentorship and I will cherish your teachings. Whenever I *dropped the ball* (which was many times) you always handled my errors with grace and respect. Whenever I needed time off, you were always sympathetic to my family and me. Whenever I needed to be encouraged, you were always encouraging. You are merciful, respectful, and compassionate. You always have the church's best interests in everything which you do. I will always cherish being in ministry with you.

Finally, I want to thank the many people whom I did not mention above that are a vital part of this church. Because you have been spirit filled and driven, we have all been a part of the Lord's transformation, sanctification, and salvation. Thank you for the many different ways in which you have given to the Lord in the life of this church. You have all been a testament in ministry with me.

We move forward, unafraid, because we know that God has gone before us to prepare a new thing. My prayer for us all is that we strive to emulate the life, death, and resurrection of Jesus Christ. Although I may never see some of you again, know that I will always love you. May God continue to bless the people of First United Methodist Church.



Preschool News

www.gilbertpreschool.com

11 Years and counting!

We have been teaching preschoolers for 11 years here at church! Each class has been treasured and such a JOY to teach! Our very first group of PreK are now Sophomores into High School. What a blessing to have this ministry at our church. Thanks to all of the people who support and encourage us!

Registration for 2015~16

Share the news with a friend... we have a few spots open in our PreK classes and Parent/Tot for 2's. Our program teaches children about Jesus' love and prepares them academically for Elementary school. Check out our website or call 480 892 0166 for more information!

Details about the start of the school year

Enrolled students will receive a packet in the mail in early July about Open House night and the first days of school. We are already excited to begin another awesome year of preschool!

Summer Fun Ideas

Spending time together is the most special part of the Summer! Keep the activities simple and just enjoy them.

- Blow Bubbles
- Go on a Nature walk in the morning and find each of the colors of the rainbow
- Paint with water on the back porch
- Play a Christian radio station and have a dance party
- Make a cave or fort by covering a table with several sheets, have a picnic in there!
- Make Clean Mud

How to make clean mud

Materials needed: 1 bar of Dove (or other moisturizing soap), 1 roll of white toilet tissue, warm water, and grater. Grate the soap into your sand and water table or into a large bin. Have children rip toilet tissue into the bin Add warm water a little at a time. Mix together with hands—enjoy! Extension: Try adding glitter to the mix—beautiful!



Welcome New Members

Welcome Randy Reed & Margie Zeilstra. Randy works as a Crew Leader at the Command Center. Margie's hobbies include arts and crafts and she enjoys teaching. They are proud parents of Ricky who recently joined the church as part of the 2016 Confirmation Class.



First

Music Ministry News By Marty Province



As we approach the summer months, most of the organized ensembles prepare for a much-needed break (the exception is the Praise Band which continues to provide music each week for the contemporary service). During this time, it is my pleasure to thank all of those who have helped to make our music program successful this past year. At the risk of leaving someone out kudos to Susan Bowers and the Cherub Choir, with their accompanist Norma Mayne. Also, heartfelt thanks to Tami Bruce and the Chapel Chimes. We have been truly blessed by their singing and playing this year. As noted above, the adult Praise Band continues to serve in the summer months, and we would be remiss if we did not express our gratitude here to Troy McDonald, who provides leadership in music for the 11:00 service. Another member of our staff who continues his work during the summer is our organist, Jonathan Cochran. It is rare to find a performer of his caliber who can also effectively accompany a choir, and we are VERY blessed to have him. Finally (and maybe most importantly), to everyone who fills the rosters of all of our ensembles we offer our heartfelt thanks for all you do to bring music into our services; we could not do it without you.

As we say, "Thank-you" to Susan and Tami, we are also forced to say "Goodbye," – at least in their roles as leaders of the Cherubs and the Chapel Chimes. Both have served faithfully, for many years, but they will be stepping down beginning this fall. We will miss their talents and dedication. And now, we find ourselves looking for replacements. If you have ever wanted to work with the children in our church, this is your chance. No experience is necessary, only a love for our children and a desire to make music with them. If you are interested, contact Marty through the church office (480-892-9166). We can set a time to talk about how you might best serve our music program.

To the members of the congregation who have yet to be involved in our music program, we invite you to consider joining one or more of our groups next fall. Whether you play an instrument or sing, we have a place for you in music for worship. Contact Marty with any questions.

The **Third-Friday Jam Session** will resume in the fall. Put September 16 on your calendar now, and "come play and sing with us."



- 1 Ashely Reid Debby Munn
- 2 Ryan Lamb
- 3 Diana Elliott Vicki Hanson Therese Pineda Barry Turnrose
- 4 Mason Ramirez
- 5 Warren Begley Susan Bowers Margaret DeBolt Emily Minks Shawn Smith
- 6 Maya Harriss Sara Sanders
- 7 Shauna Harris Ashley Scharff
- 8 Tom Dare Lorelei Karavakis
- 10 Laura Contreras Rita Wagner
- 11 Jonathan Cochran Alexis Eggen Katie Smith Brody Smith
- 12 Riley Fairley Judy Zangri

- 13 Karen Coleman Hailey Lamb Chloe Metz
- 15 Christie Dorf Marie Frazier Hayden Kopp
- 16 Riley Lang
- 17 Barb Perry
- 18 Kim Dare
- 19 Ed Stressman
- 21 Marie Frazier
- 22 Gayle Disch
- 24 Nancy Ball Kalia Carpenter Lisa Sotomayor
- 25 Vicki Harding Michelle McClain
- 26 Kyle Rickman Lindsay Schmidt
- 28 Keith Asplin Karla Romfo
- 29 Brandon Rickman
- 30 Krista Dare Marisol Harriss



Watkins Basic Needs Shelter

This unique, year-round program is designed specifically to serve up to 120 homeless single women as well as up to 20 families every night. As a result of this critical program, UMOM is able to provide the most vulnerable with a warm, safe place to sleep and



a healthy meal. UMOM provides case management and other supportive services for families and single women. UMOM manages and operates the Watkins Basic Needs Shelter. They also receive additional support, both volunteer and financial, from many faith-based and community organizations, such as First United Methodist Church of Gilbert.

FUMC serves every month on the second Saturday. Volunteers are needed to help cook a hot meal in the church kitchen on June 11th from 2:00-4:00 PM and serve the meal at Watkins in Phoenix from 5:00-7:00 PM. Meet at the church at 4:30 PM to caravan. If you are interested, sign up on the Missions Committee kiosk located in the Activity Center. Travel size toiletry items, clothing, and shoes of all sizes are being collected to deliver to the shelter as well.

All donations can be dropped off in the activity center on the shelves near the kiosk. Please send questions to Sandra Toney or Michael Harris at missions@gilbertumc.org.

Mark your calendars! Our next opportunity to host Family Promise will be June 19 - June 26. Family Promise of Greater Phoenix

Contact DyAnn at dyannob@gmail.com or 480-510-7614 with any questions or to volunteer

Family Promise By Dyann O'Brien

We are hosting Family Promise June 19th through June 26th. Your help is greatly appreciated! Sign up to assist with meals, activities, and overnights at the Missions Table on the patio June 5th and 12th.

We will need people to volunteer to

- · Make a meal
- Set up rooms for our guest
- Breakdown rooms
- Laundry
- Purchase food
- Overnight at church

On Thursday, June 2nd in room 205 at 6:30pm there will be an *Introduction to Family Promise*. The meeting will include a fifteen minutes video of what Family Promise is and we will be happy to share what our church specifically does to support the program and what help we need.

Contact Dyann with any questions or to offer help at dyannob@gmail.com.



Youth News

Ryan Collins, Youth & Family Ministries youthministry@gilbertumc.org

On May 15, 2016 we confirmed seven students: Alexandria Bose, Ramon Hernandez, Nathan Howell, Vilan Shamsiddeen, Paige Shanks, Benjamin Smith, and Ricky Zeilstra. The teachers for this year's Confirmation Class were Gayle Disch, Aryn Peppin, and myself (Ryan Collins).

Words cannot express how proud and impressed I am with these seven students. Their confirmation journey started in August where they spent the first half of their class immersed in Christian doctrine. They learned about the Trinity and the different heresies throughout church history ("that's modalism, Patrick!"—Google it), sin and how it entered the human race, Abraham and God's covenant with Israel, the divine and human nature of Jesus, the purpose of Jesus' life and ministry, the resurrection from the dead (both Jesus' and ours), justification, sanctification, glorification, and on and on. They were challenged and thrown into what I would consider a "young theologians" class for the first half of the year.

They finished with Gayle Disch and Aryn Peppin instructing them specifically about Methodism and the UMC—it's history, practices, and emphases. They were taught about John Wesley, love for neighbor, service, the fruit and gifts of the spirit, and generally what it means to be Methodist. They were introduced to different publications: the Book of Discipline, Methodist Hymnals, the Book of Resolutions, etc. They not only received a foundation of Christian doctrine but were also given a robust understanding of Methodism.



Throughout the year they were able to experience different worship experiences. They traveled to a Greek Orthodox Monastery

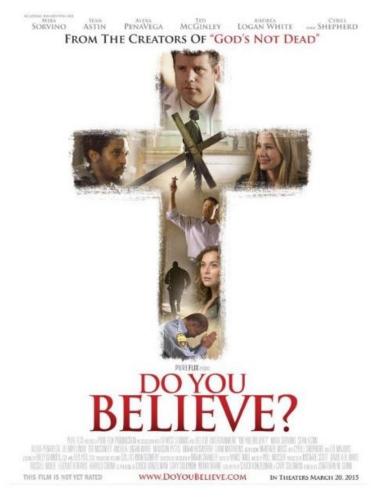
where they had the opportunity to interview a monk about their worship space and worship times. They witnessed an Erev Shabbat (Eve of Sabbath) service in a Jewish synagogue that was chanted entirely in Hebrew. They participated in the high-energy and beautifully reverent worship service at Tanner Chapel AME Church in Phoenix, AZ.

And through it all they engaged, discussed, and participated. But most of all, they impressed. If you see one of these students, please congratulate them on their accomplishment. But most importantly, please pray for them that they would continue on their journey of pursuing God and that their faith would continue to grow strong. God has certainly started a good work in these students.

Welcome to our new Financial Secretary

The Staff Parish Relations Team is happy to introduce our new financial secretary, Taleen Carpenter. We are grateful to Mary Ellen Chuk for her year of faithful and dedicated service to our church and glad that she plans to remain as an active member of First United Methodist. If you see her at worship, please take a moment for a heartfelt "Thank you!" We appreciate your support and well wishes for both. Throughout this transition the financial secretary can be reached at financialsecretary@gilbertumc.org if you have questions about your giving records or related matters. You can also call the church office. The financial secretary will usually be in the office on Tuesdays and Thursdays.





Join us on Saturday June 18 at 2pm in the Sr. High Room Watch the movie and stay for discussion afterwards!

This is the first meeting for a new movie ministry!

Look for future events!

Contact Bethany Castle with any questions 480-278-6356 or at castle.bethany@gmail.com.



Look What Your Giving Is Helping Us Do!

Thank you for your faithful and generous support of our church. During the month of May, your donations to the church's General Fund:

- Made possible through the work of Ryan Collins, our Director of Youth and Family Ministries, and volunteer leaders Gayle Disch and Aryn Peppin, the May 15 confirmation of 7 youth from our church. These faithful leaders and their confirmation students spent 9 months learning about faith, the Bible, and the United Methodist Church.
- Allowed our Senior Pastor, Welcoming and Connection Director, other staff and key church leaders, to plan and carry out our Pizza with the Pastor gathering on May 15. These lunches are held every other second Sunday, especially to welcome newcomers but also for anyone who wants to meet others in our church family and learn about all that our church has to offer.
- Made possible through the work of staff members and volunteers the hospitality shown to
 everyone waiting in line to vote in our Activity
 Center throughout the day on May 17. The
 voters were very appreciative of the coffee,
 water, and snacks our church provided.

Without your gifts, we could not do this work which is all focused on our Mission "To Lead People of All Ages on the Journey to Become Deeply Devoted Followers of Jesus"!

If you have any questions about the church's finances, please contact Susan Bowers, Finance Chair (317-730-0162, Financechair@gilbertumc.org) or Deanna Helland, Church Treasurer/Accountant (480-892-9166, accountant@gilbertumc.org).

The QR code below is for giving via your mobile device. Click on the GIVING link on our website to process your donation on-line. If you have any questions about on-line giving options, or if you need help setting up your on-line giving, please contact our Financial Secretary, Taleen Carpenter (480-892-9166, financialsecretary@gilbertumc.org) or Deanna Helland (480-892-9166, accountant@gilbertumc.org).







Annual Backpack Drive: Last year First United Methodist Church of Gilbert donated 125 backpacks. This year our goal is 500!! We can do it with your help...Yes, YOU!

Beginning June 5th, the Missions Team will be collecting new backpacks and school supplies for students at UMOM Watkins Homeless Shelter, Children's First Academy, and other low-income students. This year, we will also be collecting used backpacks to distribute to homeless people, so as you purchase a new backpack for your children, save those old backpacks to recycle. We will be patching small holes if needed, so donate those old backpacks you no longer use. They are a much needed item for homeless people. If you don't have time to shop, you can make a donation of \$25 and that will provide a backpack filled with supplies.

New Class: 4 Keys to Hearing God's Voice By Pam Johnson

This is a fun, in some ways provocative class (provoking discussion and sharing!), taught by a world-renowned, articulate and entertaining conservative evangelical (former theologian) who has been transformed in spiritual growth by learning to hear God's Voice through an inner awakening to God's presence.

Vilkner teaches a process for developing intimacy with God and spiritual healing, providing a Biblical foundation in a "Life Enrichment and Review Notebook" (no charge!) to guide us through a process of opening our ears, minds and hearts to God's Voice from within. If you have to miss a week or more due to summer plans,



you can get right back on track, or $\,$ borrow the CD to catch up on missed lessons.

	June Anniversaties!				
2	Steve & Penny Erwin	37 years	18	Kendall & Lara Fink	23 years
3	Dean & Laura Boever	21 years	19	Chris & Craig Thompson	45 years
4	Jim & Midori Hall	54 years	20	Molly & Dan Hahn	63 years
6	Roy & Carolyn Phelps	52 years		Barry & Kate Turnrose George & Rita Wagner	41 years 35 years
8	Robin & Patty Lee	43 years	22	Sean & Michelle Comstock	4 years
9	Rick & Marie Frazier Jason & Cindie Rempel	26 years 15 years	24	Tom & Judy Bristow	50 years
11	Phil & Tina Rees	28 years	28	Scott & Katie Bouchie	13 years
14	Al & Judy Zangri	46 years	29	Sharon & Karl Kotsonas	8 years
	Albert & Theresa Pineda	20 years	30	Joe & Norma Mayne Tom & Linda McKinley	43 years 30 years

Post-Traumatic Stress Disorder By Steve Hanson

I remember listening to our Pastor preach about asking what the good Lord would have us do to serve our Church. I believe that is what led me to ask the Pastor's to begin a Post-Traumatic Stress Disorder (PTSD) group. The acronym PTSD comes from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition that is used by professionals in behavioral health. To break down PTSD, a person (any person) must first suffer a traumatic event in his or her life. Any time after the traumatic event happens, it is Post-Traumatic.



In most cases we go through our lives having things happen to us that do not stay in our memory. However, a traumatic event can occur that does not leave our memory. These events are unlimited, because it is dependent upon the interpretation of each person. As life goes on more traumatic events happen that begin to pile up, one on top of the other. When we are in our 20's we may be so busy with starting our lives that these events don't have time to surface and cause a problem. In our 30's we may have found the job we wanted, and begun raising a family. We may have time to relax, and actually have time to clear our minds for an hour or two. This may be the time those traumatic memories begin to resurface, tapping us on the shoulder, wanting our attention. Speaking for myself, it was when I closed my eyes to sleep. And sure enough, at the end of every day, those traumatic memories were there, just waiting for me. Not dealing with these memories caused insomnia, depression, and isolation. Not dealing with these top three effects can cause the loss of a marriage, job, and family.

That is why the Church has this group, so that members can come by and talk about these traumatic events, all in confidence. Currently we have Beth Flores serving as a facilitator with me, in case a member wishes to speak privately with a woman. Group meets every Wednesday evening at 6:30pm in room 133.

June 12th—Blood Drive & Health Check Sunday

Start off your summer with a health check and give a blood donation! All health ministries services will be provided in between services in the Activitv Center on June 12th.

Blood Drive: What are the benefits of donating? It feels great to donate! It's something you can spare—most people have blood to spare...yet, there is still not enough to go around. You will help ensure blood is on shelf when needed—most people don't think they'll ever need blood, but many do. You will be someone's hero—in fact, you could help save more than one life with just one donation. Giving blood literally saves lives.



Health Check: Blood Pressure and pulse screening will also be conducted on this day.

Regular health checks are an important part of your personal health management at all stages of life! We hope the services that the Health Ministry team provides is a great resource to help you in this endeavor.





