

The Evangel

First United Methodist Church of Gilbert

December 2019



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The office will be closed on Christmas Day and New Year Day.



331 S Cooper Road
Gilbert, AZ 85233

480-892-9166

Office Hours:
Monday-Thursday
8:30am-4:30pm
Friday by appointment

Attendance on November 17, 2019 316	General Fund Giving November 17, 2019 \$	General Fund Giving for October, 2019 \$57,984	Expenses for October, 2019 \$59,302
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Third Grade presentation of Bibles

Scott James Hanson, Isaiah Edward Harris, Ty Hemingson, Nathaniel Thomas Koenig , Dylan Ramos, Natalie Riley, and Blakely Char Sandven.

A graphic overlay on a keyboard background. The text is white on a dark grey/black background. It includes the church website and Facebook page, a call to action to stay up to date, and a list of information available on the website.

WWW.GILBERTUMC.ORG
f FB.COM/FUMCofGilbert

STAY UP TO DATE

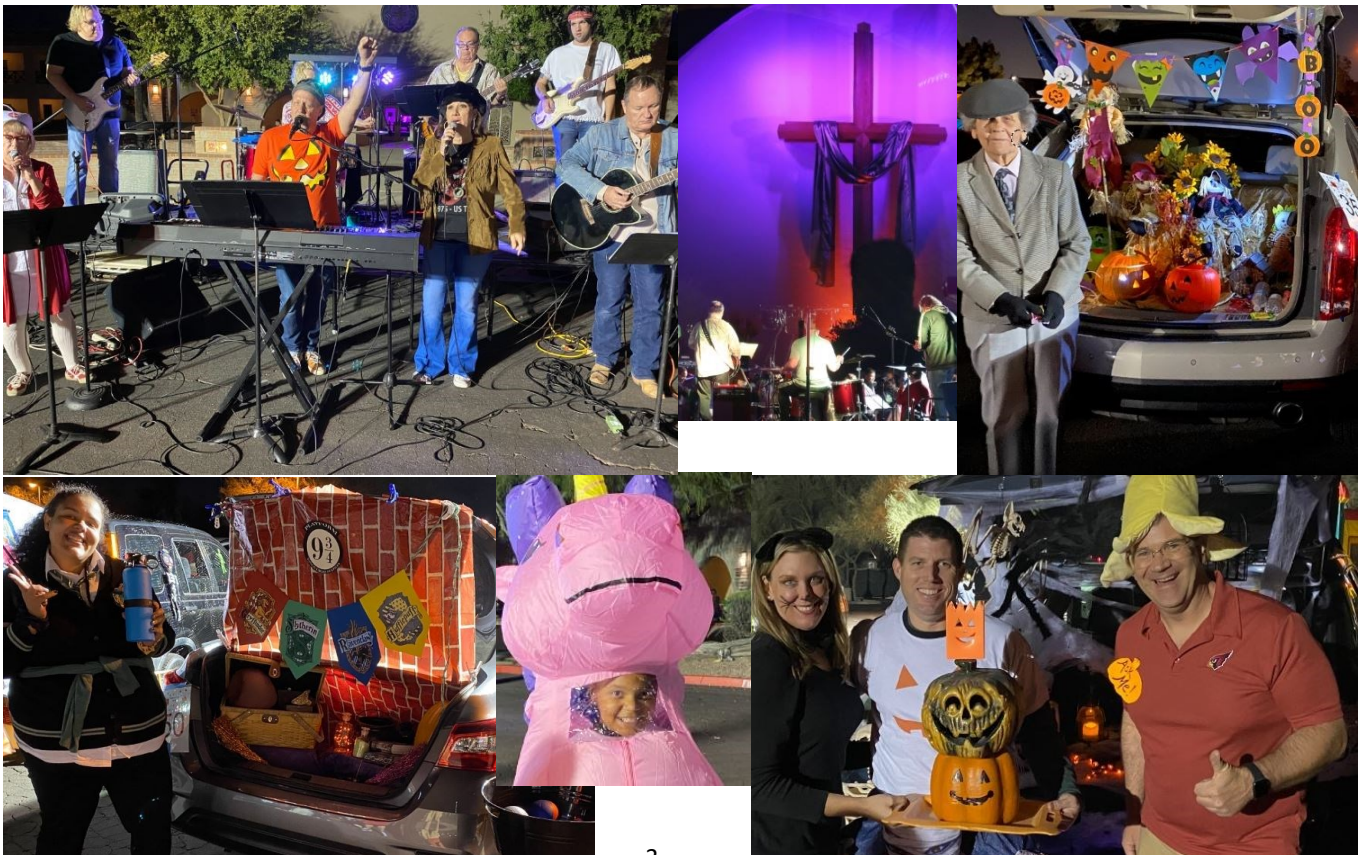
Follow us on facebook or go to our website to see the most current church information:

- Church News
- Renovation Updates
- Upcoming Events



The Family Ministries Team would like to extend our gratitude toward everyone who donated their time, food, candy, baked goods and/or money to make Trunk or Treat an amazing event on Halloween! We had over 800 people register and 98 families express interest in learning more about our church. We think we had 900-1,000 people in our parking lot, as not everyone stopped by the registration table. There were 20 decorated trunks handing out candy – with the winning trunk going to the Cantwell family. We also had 4 bounce houses, awesome music from our praise band and organist, cake walk and free hot dogs that made it a fun and safe event for our community on Halloween. We can't do this without you and we are truly thankful for everyone at First Gilbert in being so supportive each year. What an amazing church community we have here!

If you ever want to help out in planning great events like this one, we would love to have you on the Family Ministries team! Reach out to Eric Butler at home@mebutler.com.





DIY BLOOD PRESSURE READINGS

6 steps for successfully tracking hypertension at home

BY HALLIE LEVINE AND EMILY PAULIN

From AARP Bulletin 10/2019

When it comes to monitoring high blood pressure, doctors encourage a do-it-yourself approach. "Home blood pressure monitoring gives you more observations and a better spectrum," says Paul Whelton, a physician who helped develop the most recent blood pressure guidelines for the American Heart Association (AHA) and the American College of Cardiology. "Doctors' offices are an unusual setting where people are often stressed, and there's usually only a short amount of time. So home is good". For the estimated 103 million American adults who have high blood pressure, or hypertension, DIY monitoring is a convenient tool to help manage the condition, which is linked to heart failure, kidney disease, stroke and many more serious conditions. "Anyone can be trained to take a blood pressure reading very, very well," Whelton says.

Here are six steps for success.

1. Get the right goods The AHA recommends an automatic cuff-style upper arm monitor, because wrist and finger models produce less reliable readings. Make sure you pick a validated model (tested and approved by the Association for Advancement of Medical Instruments); most monitors sold in U.S. pharmacies will be, Whelton says, but he cautions against buying a cheap one. "You get what you pay for. Devices that are in the \$100 range are likely to be valid. Those down around \$20 or \$30 are not." He also advises steering clear of phone apps that measure blood pressure by scanning your fingers. Before purchasing your monitor, make sure the cuff fits. (Ask if you can remove it from the packaging and try it on; if possible, ask a pharmacist to check the fit, too.) People with arms that are extra small or extra large may need to order a custom cuff.

2. Test for accuracy Take your monitor to your next doctor's appointment and have it compared against theirs. "If the systolic reading [the upper number] is within 10 mmHg, the patient's monitor is likely accurate enough," says Luke Laffin, a cardiologist at the Cleveland Clinic. While you're there, have your nurse observe you taking your blood pressure to ensure you're doing it correctly. Doctors may not be the best advisers, Whelton admits. "We learn how to measure blood pressure in medical school, then promptly forget, and we're never questioned on this!" For extra guidance, there are all kinds of videos, charts and guidelines available online. A good place to start is heart.org/hbp.

3. Stay silent, still and chill Don't smoke, consume caffeine or exercise within 30 minutes before taking a measurement. If you have to urinate, do so before the reading. Sit still and upright in a supported chair with your legs uncrossed and your feet flat on the floor. This is important: "One of the biggest mistakes at home and in offices is inappropriate positioning of the patient" says Willie Lawrence, chief of cardiology at Research Medical Center in Kansas City, Missouri. Rest your arm on a supported surface (such as a table), with the upper arm at heart level. Give yourself five minutes to unwind before taking the reading;

4. Strap in Left arm or right? "Typically, when we're starting, we want to measure both arms and use the arm with the highest pressure;" Whelton says. "A lot of times, they're the same. But if there's more than, say, a 10 mm difference in systolic, it's better to follow the arm with the highest pressure:" A bare arm is ideal, although a very thin blouse or shirt is passable, according to Whelton. Strap the cuff above the bend of your elbow. Most cuffs, on the inside, will show you where to fold over.



5. Be consistent Take measurements at the same time each day. The AHA recommends taking two or three readings one minute apart, both first thing in the morning and in the evening before dinner. If you're introducing or swapping medications, your doctor may request extra readings at different times.

6. Record, and don't cheat Most new monitors will store readings digitally or transmit them to a phone app. Some doctors prefer this data over hard-copy journals. "We know from many studies that handwritten records tend to give a rosier picture than the memory bank," Whelton says. But ask your doctor if handwritten records will suffice.

Hallie Levine is an award-winning health writer. Emily Paulin is an associate editor of AARP Bulletin.

Know your numbers

The upper number in a blood pressure represents your systolic score, the pressure in your blood vessels just as your heart beats, The lower number is your diastolic measure, the pressure in your blood vessels between your heart beats. Both are measured in millimeters of mercury (mmHg).

Normal: Systolic less than 120 and Diastolic less than 80.

Elevated: S 120-129 and D less than 80.

Hypertension

Stage 1 S; 130-139 or D 80-89.

Stage 2 S: 140 or higher Or D:90 or higher.

Stage 3 IN CRISIS S: 180 or D higher than 120.

If your readings exceed 180/120 mmHg wait five minutes, then test again. If your readings are still that high, contact your doctor immediately. A high blood pressure diagnosis must be confirmed by a medical professional. *Source American Heart Association.*





In November:

We had a fun filled time learning about Apples and Turkeys. The preschool students enjoyed their pumpkin science activities including describing the inside and outside of the pumpkin, observing if a pumpkin will float or sink, and tasting pumpkin pie. The PreK students enjoyed their annual Thanksgiving feast by making a Friendship Mix out of a variety of cereals and candies. They shared their feast with a loving parent and Thanks and Fun was had by all!

In December:

The Colors of Christmas



All are invited to our preschool Christmas program on Dec.12th at 6:30pm in the sanctuary!! Join us as we celebrate Jesus' birthday with classic Christmas songs and wear your Christmas best!

The children enjoyed making Graham Cracker houses with their classmates! We love this fun activity each year!



Community Rewards Program

Shop at Fry's Food Stores with your VIP card and get great savings, earn fuel points, and help our church preschool. Just go online to FrysFood.com, scroll to the bottom of the page and click on Fry's Community Rewards under **Community**. Log on to your account and search our organization number, **DM609**. You're all set! Your savings help us to earn money for our wonderful program. Thank you!

Advent Activities~ Try making an advent chain like this one. It's a great visual to countdown to Jesus' birth!



Advent Paper Chain

One Christmas night so long ago, a star shone down so all would know,

That in a manger, on that night, a savior was born, our guiding light.

Now Christmas time is almost here, a very special time of year,

When everyone anticipates, that night when we can celebrate.

As you remove a link each night, remember the star that shone so bright

And told the story of Jesus' birth, the Son of God, here on Earth!

REGISTRATION

Registration for the 2020-2021 school year will begin in January! We need your help to spread the word about our wonderful school. We'll have openings in Parent Tot, 3s and PreK. Everyone is welcome! Tell a friend, give us a call and come for a tour!

More

information about our programs is available online – gibertumcpreschool.com.

“The Lord has done great things for us and we are filled with JOY” Psalm 126:3

If you have any questions or would like more information about the preschool, please contact Lora Norris or Adrienne Mesa at 480 892 9166 or preschool@gilbertumc.org.

December 2019 Children's Ministry What's Happening?

Preschool and Kinder



“The very first Christmas was a string of God planned events that came together to create a wonder-filled story that would be told again and again and again.



God sent His Son to earth in the form of a human baby who grew to be someone like no other. Ultimately, He gave His life for us. This

month, we celebrate the beautiful gift of Jesus. We want preschoolers to say again and again that, ‘God gave us Jesus.’ We want it to live deep within their hearts so they grow to trust that God loves them with a love so great that He gave them His one and only Son, Jesus, to be their friend forever.

Wednesday Wilds



Advent Study for kids!
 Peace: 11-20
 Hope: 12-4
 Love: 12-11
 Joy: 12-18
 We will follow the “Almost Christmas” but

with a few twist to engage our kids in this advent season!

1st-6th graders



God is the source of our joy. Our circumstances might not always make us feel happy, but we can have joy knowing that God is in control. Through Jesus, God made a way for us to have a relationship with Him. Knowing Jesus can give us joy no matter

DECEMBER 2019 | ELEMENTARY



WEEK ONE
 ISAIAH 9:6-7, ISAIAH 53:8,
 MICAH 5:2
 Jesus Is Promised
SAY THIS:
 You can have joy because God keeps His promises.

WEEK FOUR
 LUKE 2:1-20
 Jesus Is Born
SAY THIS:
 You can have joy because God sent His Son.

WEEK TWO
 LUKE 1:5-25; 57-80
 The Coming Birth of John the Baptist
SAY THIS:
 You can have joy because anything is possible with God.

WEEK FIVE
 MATTHEW 2:1-12
 The Wise Men Visit
SAY THIS:
 You can find joy when you search for God.

WEEK THREE
 LUKE 1:26-56
 The Coming Birth of Jesus
SAY THIS:
 You can have joy because God is with you.

JOY:
 FINDING A WAY TO BE HAPPY, EVEN WHEN THINGS DON'T GO YOUR WAY

REMEMBER THIS:
 “Always be joyful because you belong to the Lord. I will say it again. Be joyful!” PHILIPPIANS 4:4, NIV

Mission: Collecting for The Christmas Joy Experience! And the youth toy drive!

Coming in December An Advent Study



Youth Communications
TEXT MESSAGE UPDATES & REMINDERS
Youth updates via Remind app.
TEXT: @fumcgil to 81010 Youth News.
Make sure we have your email & permission to send to that address

Director of Youth Ministries
Re-posting of Part-time Position Open—25 Hours Per Week
First United Methodist Church of Gilbert

The First United Methodist Church of Gilbert is seeking an energetic, outgoing, creative person with strong organizational and communications skills to direct our youth programs. This person will lead and support the youth (7th through 12th grades) as they develop as Christians through programming and educational opportunities. In collaboration with the Youth Council, he or she will provide Sunday School, youth fellowship, retreats, service projects, outreach and other faith-based growth opportunities. This is a part-time, highly responsible position. The Director of Youth Ministries reports directly to the Senior Pastor. Candidates should have a bachelor's degree in education, religious studies or a related field or the equivalent in experience and education. We are seeking someone who can work both independently as well as collaboratively with youth, parents, church staff and volunteers. Experience in leading a robust, engaging program of activities and events is a plus. We seek someone with a love for working with youth who is enthusiastic about this role and has a strong personal faith consistent with United Methodist teachings.

Interested candidates should submit a resume, letter of interest and contact information for three professional references to secretary@gilbertumc.org The position is currently open; applications will be accepted until the position is filled. A background check will be required for the candidate selected for this position.

Watch for
upcoming
details on helping our youth serve the
inner city youth
Look for the table on the
patio.



Youth Director youthministry@gilbertumc.org

Youth News • 7th-12th Grade

Music opportunities

Do you want your child or children to sing in a children's choir?

If they are ages 5-12 years (basically school elementary school age including middle school) please contact Randy Vanderpol at randallvanderpol@gmail.com or Melissa at melissavanderpol67@gmail.com and either myself or my wife Melissa will get back with them. We have started rehearsals in the music ministry office at 10:30 Sunday mornings. We hope to perform on December 22 at 9:30 and 11:00 services "Away in the Manager" and "Angels we heard on High".



Do you play an instrument that is considered a part of an orchestra?

Join us to play for our church family for a Christmas Concert please contact Randy Vanderpol at randallvanderpol@gmail.com or Melissa at melissavanderpol67@gmail.com and one of us will get back with you
Or you can text Melissa at 314-570-5896.
Or you can call the office with your information.

Do you have a youth who would like to sing or perform in a youth band?

If they are interested in singing or playing in a youth Band please contact Randy Vanderpol at randallvanderpol@gmail.com or Melissa at melissavanderpol67@gmail.com and one of us will get back with you.
Or you can call. Melissa at 314-570-5896.



Or you can call the office with your information.



Mark your calendar for these other upcoming events:

Don't forgot to order your **Upper Room Disciplines for 2020**. If you want a copy please call the office at **480-892-9166**. Large print \$18 and regular print \$15

Save the Date for a Special Choral Concert by **The East Valley Harmonizers!** The Concert is Sunday December 8, 2pm, in the First UMC Gilbert Sanctuary.

Chili 'n' Caroling December 8th at 6-8 PM come and enjoy the fun!

Order your Poinsettia by Sunday December 15,2019 to reserve yours! The checks can be made to FUMCG for \$10 per plant you may also order and pay online at bit.ly/gilbertgiving. You may Pick up after the last Christmas Eve service.

·Music for Advent **Program with Holiday Volunteer Orchestra** during 8:00 and 9:30 Traditional services **on** December 15th.

Book Club will be having **2020 Book Selection Meeting on December 19th 11:30 in room 142**. All are welcome and suggestions can be sent to Chris Thompson at hikertek@gmail.com.

Blue Christmas Service December 19th 7 pm.

Youth Jingle Jam Parent's Night out December 21st 5-9pm see article on page 15 for further details.

Cookies and apple cider needed for Christmas Eve Services bring labeled nut free cookies and /or cider and spices to office or activity center .

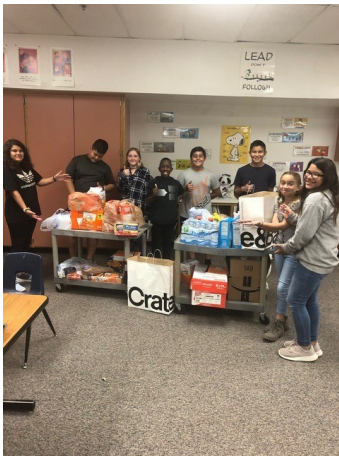
Christmas Eve Services at 4, 6, 8, 10pm on December 24th



Welcome back Jonathan!

Organist Jonathan Cochran has accompanied such varied choral works as Handel's Messiah, Christmas Oratorio by Camille Saint-Saëns, John Leavitt's Requiem, and J. S. Bach's Wachet auf, ruft uns die Stimme, BWV 140. As a pianist, he has played music theatre productions, including Joseph and the Amazing Technicolor Dreamcoat, Hello Dolly and Fiddler on the Roof. As a

solo organist, he has performed in the Temple Square Concert Series (in Salt Lake City) as well at St. Mark's Cathedral and the Mormon Tabernacle. Formerly a violinist, his awards include National Finalist of the National Teachers Association for organ and winner of the Utah State Fair Organ Competition. In London he was Associate Director of Music at St. Peter's Episcopal Church in Eaton Square for 5 years. He is also a certified teach of the Alexander Technique, earned his music degree from Utah State University, where he was also a teaching assistant in the organ performance program. Jonathan was born in Philadelphia, Pennsylvania, and is fluent in German. Again we are so thankful that you are back!



**Donation List for
Gilbert Elementary**

****All food items must be individually packaged****

**Don't forget to Bring in your BoxTops for Education
Please leave donations in the
Activity Center in the designated space.**

_____ Gatorade

_____ Water

_____ Granola Bars/Breakfast Bars

_____ Pop Tarts

_____ Peanut Butter-filled or Cheese-filled Crackers

_____ Cups of Mac'n Cheese

to take (just add water variety)

_____ Cheez-Its

_____ Goldfish

_____ Fruit Snacks

_____ New sweatshirts & jackets

_____ "Trapper-Keeper" type note
book/binders

_____ Composition Books (not spiral-
bound)

_____ Gently used books for students
home

School Volunteers Needed

Please email Missions at missions@gilbertumc.org if you are interested in volunteering. The school needs to know the area of interest and how often you can help. Examples include helping with math, reading, or starting an after-school club such as knitting, crafts, model-building, chorus and gardening. A background check and finger-printing is required for these volunteer positions.

The two side pictures are the students who receive the last supply from FGUMC and pictures were taken with the necessary permissions!

JOIN THE NEW ADULT VOLLEYBALL LEAGUE!
MEETS 1-3 PM IN THE ACTIVITY CENTER

The kids got to play all summer—now it's our turn! League for adults 18+
Hosted by Jenny Vallera: jennyvallera@gmail.com or text 602.695.9411



Blue Christmas Service

Thursday, December 19
7-8 pm



First United Methodist Church of Gilbert
331 S. Cooper Rd. Gilbert, AZ 85233
480-892-9166 gilbertumc.org



Gilbert Men's Ministry

Pathfinders Breakfast Invitation

Saturday December 21st • 8 - 9:30am • Activity Center

Please RSVP to: MensGroup@gilbertumc.org

- Come enjoy a hearty breakfast
- Meet men for spiritual growth and support
- Personal testimonial & life sharing

Interfaith Thanksgiving Service

Tuesday, November 26th at 7:00 pm

Chili & Caroling

Sunday, December 8th at 4:00 pm



First United Methodist Church of Gilbert

331 S Cooper Rd
Gilbert, AZ 85233
480-892-3166



Join us for a concert on Sunday December 8th at 2:00 pm in the Sanctuary



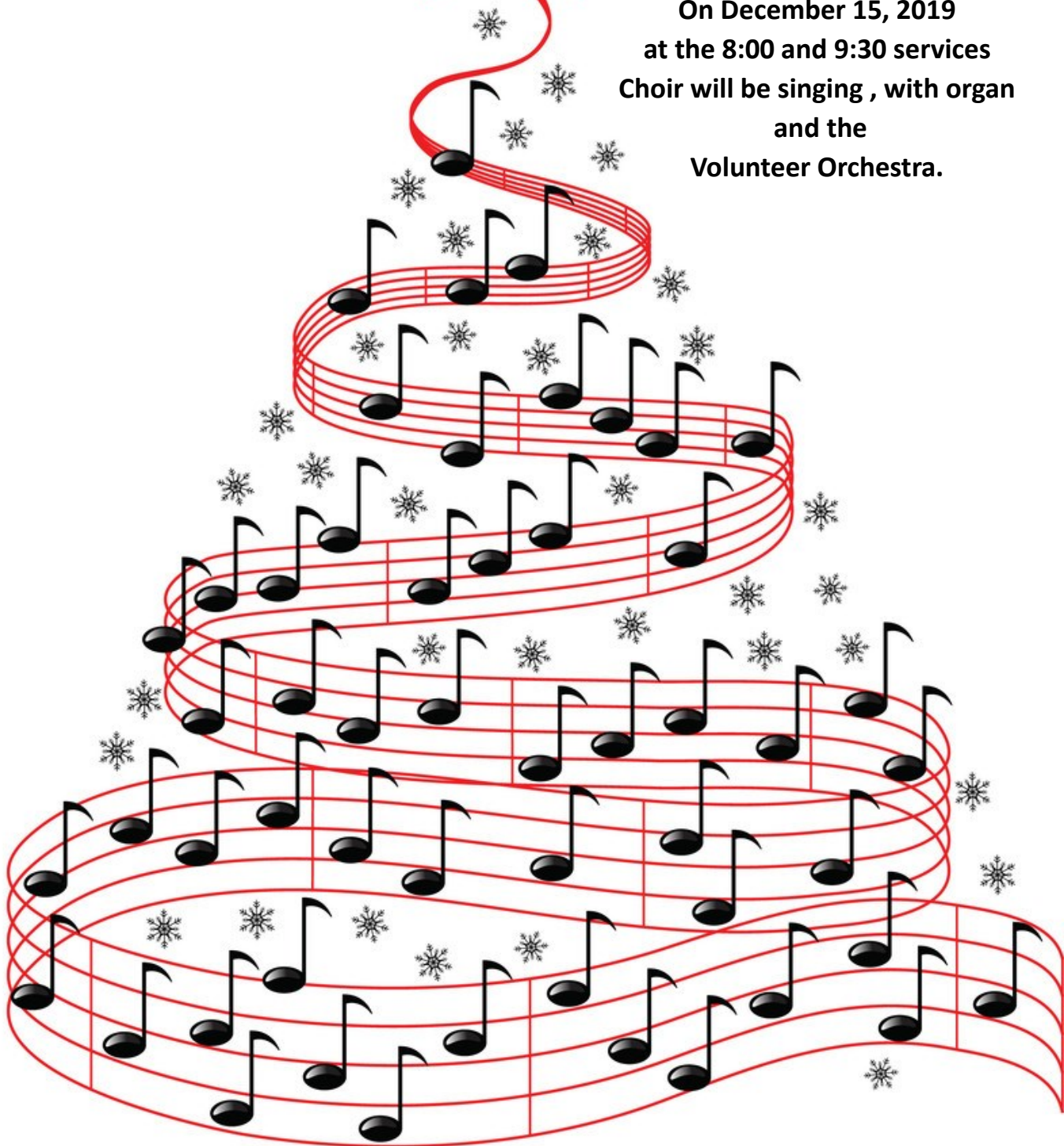
Presented by the Gilbert Men's Pathfinder Ministry. A Free-Will offering will benefit the Gilbert Men's Ministry. The EV Harmonizers are a 501c(3) non-profit. 50% of proceeds benefit the Gilbert Men's Ministry of the First United Methodist Church of Gilbert.



Please join us for a

Special Advent Music Program

**On December 15, 2019
at the 8:00 and 9:30 services
Choir will be singing , with organ
and the
Volunteer Orchestra.**





Please bring your Nut-Free Christmas Cookies so we can share them with Hot Apple Cider on Christmas Eve.

Drop off donations between now and Christmas Eve in the Activity Center on Sundays or the church office during the week.



Christmas Eve Schedule

December 24th

Childcare available from 4-9 pm in Nursery

- 4:00 pm Family Service Pick up Pageant and Carols
 - 6:00 pm Traditional Service Lessons and Carols with Choir , and Organ
 - 8:00 pm Blended Service Lessons and Carols with Choir and Praise Band
 - 10:00 pm Traditional Service with Holy Communion and Hand Bells
- Join us for Christmas cookies and hot mulled cider



Merry Christmas to All!
The church office will be closed December 25th and January 1st.



Congregational Care Support Groups
For more information about groups and other support available, please contact Pastor Diamond at pastordiamond@gilbertumc.org or 480-892-9166



Grief Share Support Group will be starting in January

For those grieving the loss of someone close to them.

This support group

Led by

Kay Pealstrom

is meeting on

Saturdays from

9am-10:30am

in Room 133.

Living Hope

Living Hope Support Group

A group for those experiencing trauma or dealing with PTSD (post traumatic stress disorder). This group meets on Wednesday evenings from 6:30-8:30pm.

JINGLE JAM

Parents' Night Out

Saturday, December 21
5:00 – 9:00 pm in the Activity Center

With Christmas approaching, First Gilbert Youth is offering a parents' night out to benefit their 2020 youth mission trip to Chiloquin, OR.

Your kids will have fun with music, crafts, a bible story, and the movie "The Star" while you have time to shop for the perfect presents without prying eyes, a date night, or just to reimagine life without kids.

Food: Each child should bring a sack supper.
We will provide dessert and drinks.

Age: At least 3 years old and potty trained








Cost: \$15/child, family maximum of \$45

Register by Saturday, December 14 at:
gilbertumc.org/event/jingle-jam-parents-night/

December Calendar of Events 2019

1	2	<p>3 Tues Morning Bible Study</p> 	<p>4 Chat N Chew meets every Wednesday at Noon in Rm 133</p>	<p>5 Christian Women's Fellowship</p> 	6	7
8	9	<p>10 Tues Morning Bible Study</p> 	<p>11 Wednesday night fellowship and classes Chat N Chew meets every Wednesday at Noon in Rm 133</p>	<p>12 Shawl ministry 1pm</p> 	13	14
<p>15 Special Music for Advent with Holiday Volunteer Orchestra</p> 	16	17	<p>18 Wednesday night fellowship and classes</p> 	<p>19 Book Club 11AM Blue Christmas Service 7 PM</p> 	20	<p>21 Men's breakfast 8-9:30 am</p> 
22	<p>23 Winter break</p>	<p>24 Christmas Eve Services 4:00, 6:00, 8:00, 10:00</p>	<p>25 Christmas Day Office closed</p> 	26	27	28
29	30	<p>31</p> 				

January Calendar of Events 2019

			<p>1 office closed</p> 	<p>2 Christian women's Fellowship 11am</p> 	3	4
5	6	<p>7 Tues Morning Bible Study</p> 	<p>8 Wednesday night fellowship and classes Chat N Chew meets every Wednesday at Noon in Rm 133</p>	<p>9 shawl meeting 1PM</p> 	10	11
12	13	<p>14 Tues Morning Bible Study</p>	<p>15 Wednesday night fellowship and classes Chat N Chew meets every Wednesday at Noon in Rm 133</p>	<p>16 book club 11AM</p> 	17	<p>18 Men's Breakfast 8-9:30</p> 
19	20 Martin Luther King Holiday	<p>21 Tues Morning Bible Study</p> 	<p>22 Wednesday night fellowship and classes Chat N Chew meets every Wednesday at Noon in Rm 133</p>	23	24	25
26	27	<p>28 Tuesday Morning Bible Study</p>	<p>29 Wednesday night fellowship and classes Chat N Chew meets every Wednesday at Noon in Rm 133</p>	30	31	

December Birthdays



Ruby Rosemond-Taylor	1
Andrew James	1
Terry Bower	1
Sarah Bowser	2
Jo Asplin	5
Virginia Franklin	7
Veronica Dailey	7
Al Reynolds	8
Miriam Phillips-Gill	8
Linda Allen	10
John Holmberg	10
Christy Robertson– Yoder	12
Alicia Hemingson	13
Isabel Grace Jordan	13
Ernie Broughton	14
Allie Scharff	15
Jonell Woolsey	19
George Dailey	20
Jackie Barnhart	20
KJ Gardour	25
Sylvia Harris	28
Sarah Shanks	29
Phyllis Petrone	30
Barbara Carroll	30

December Anniversaries

Date	Sweet Couple	Years Married
11	Lydia and Matt Ramirez	8
20	Jeni and Jeff Hemingson	16
21	Joyce and Donn Brown	61
24	Pam and Ed Stressman	51
24	Jan and Rick Casebolt	48
24	Elizabeth and Carlos Flores	8
28	Mike and Wendy Griffith	36



A hearty thank you to all who provided much needed food and overnight accommodations to some special families who are working so hard to get out of homelessness! ☑ We were once again blessed by the opportunity to put our faith to work! We are in need of more volunteers to join us in this important work! ! The next hosting week will be April 4-12 , 2020 . To see how our work with Family Promise is helping families move from homelessness to self-sufficiency, check out www.familypromiseaz.org.

DyAnn

