

The Evangel

First United Methodist Church of Gilbert

September 2021



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331 S Cooper Road
Gilbert, AZ 85233
480-892-9166

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

Attendance
August 22nd
In person 130
Virtual viewing 227



Memorial service for Margaret Knoll
will be held on
October 9, 2021
at 11:00am



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



COVID Guidelines Update—July 29, 2021

A Word from Pastor Rick

Greetings Brothers and Sisters in Christ,

We, as a church, have been blessed to be able to worship in this time of COVID. After such a long absence, many have recently been able to gather in person and still others continue to worship virtually.

However, there is strong evidence that the COVID situation is changing rapidly. The Delta variant, in combination with an unvaccinated population, is driving up the rates and seriousness of infections around the world and right here in Gilbert. We can expect things to worsen before they get better. Pandemic experts will update mask recommendations to reflect the reality of this development. These recommendations may get very strict in the near future.

What does this mean for you? I urge you to monitor the guidance from knowledgeable and trustworthy sources to enhance your safety. The most effective way to combat COVID is to wear masks in public settings and to get vaccinated.

What does this mean for First Gilbert? It means that we as a church need to be resolute in our faith, but flexible in our worldly expectations. **For now, the guidelines for in-person worship remain:**

Vaccinated Individuals – mask STRONGLY recommended.

Unvaccinated Individuals – mask required.

Social Distancing – keep your family unit a comfortable distance from others.

Singing – subdued singing permitted, but it is recommended that you sing from the heart, silently.

We will need to be flexible as the pandemic landscape changes. With this in mind, I invite you to continue worship in the way that you feel most comfortable and safe. Keep your spirits up, and please reach out to me with your comments and questions.

Peace,

Pastor Rick

pastorrick@gilbertumc.org

Meet our new members. Please welcome them when you see them on campus.



Kathy and Mike Tremaine have a combined family 5 grown children (one boy and four girls) and have been married almost 18 years. They both work for State Farm. They moved from Minnesota to Arizona and to Gilbert, Mike likes baseball and Kathy likes to hike, explore and reading.

Diane and Gary Whitlock come to us from Silver Lake UMC in Kansas. They have been married for 50 years this June. They have 2 adult sons, Lance and Matt. Darlene, who is a retired acute care



nurse practitioner, likes to read and medical mission trips. She and Gary have been to Tanzania, Ethiopia, Guyana, el Salvador, Sweden, and Canada. Gary, who is a retired radiology administrator, likes wood working, painting and reading and has also been to Jamaica and Greensburg, Kansas after the tornado on church mission trips.



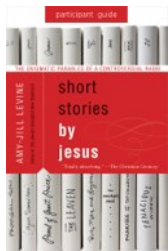
Look forward to
Mike Miller's
trip with UMCOR
Hurricane trip to
Louisiana

Trunk or



Treat

Coming Sunday
October 31, 2021
More to come.....



Pastor Bible Study

Pastor Diamond is teaching “**Short Stories by Jesus**” by Amy-Jill Levine which looks at some of the parables of Jesus from the perspective of a rabbi.

Pastor Rick is teaching a class on the **Apocrypha** -- other books that don't appear in our Protestant bible. He taught from the book of Tobit last Spring; this Fall he is teaching from the books of the Maccabees. You can take this even if you didn't attend his previous Apocrypha class.

Both classes are offered hybrid style which means they will be both in person and online. Please register on our website or write your interest on the yellow card.



5 Ways to Stay Hydrated in the Arizona Heat

According to the Arizona Department of Health Services, on average, 1400+ residents will end up in the hospital this summer due to heat-related illnesses. Let's make sure you are not one of them! Staying hydrated during the summer is critical. Dehydration occurs when you lose more fluid than you take in, which can seriously impact your body's normal functions. As we get older, our body's natural thirst mechanisms can begin to fail, which makes dehydration more likely.

The six most common signs of dehydration in adults according to the Mayo Clinic are:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion



Here are some common-sense, and easy to remember ways to stay hydrated:

1) **Drink water before you get thirsty**

If you wait until you are thirsty, you have already allowed yourself to become dehydrated. Anticipate the need for more water in your diet this summer. Try beginning your day with a 16 oz glass of water and consider skipping your coffee and drinks with alcohol, because both promote fluid loss.

How much water should you drink daily? Calculate $\frac{1}{2}$ your body weight in ounces (e.g., a 130 lb woman should drink at least 65 ounces a day). And if you are outside or exercising in the heat, add 12 ounces every 30 minutes. Most of all, pay attention to how you are feeling.

2) **Bring water with you EVERYWHERE you go**

Whether you are heading out for a walk, hike, swim, or drive, bring your water bottle. You may not realize it, but in our dry heat your sweat is evaporating constantly and quickly, so you must replenish it. If your activity level is going to be moderate to high, consider replacing water with a sports drink to replace the sodium, chloride and potassium lost when you sweat.

3) **Eat plenty of fruits and vegetables**

Fruits and vegetables contain water, nutrients, fiber and potassium. They are smart dietary choices to supplement your water intake. Processed foods and baked goods have minimal water content.

4) **Make hydration a habit**

We are creatures of habit. So why not incorporate water consumption with everyday activities. Drink water before and after every meal. Drink water before and after meetings. And definitely drink a glass of after going to the bathroom.

5) Take notes, if your body requires 65+ ounces of water a day, monitor it. Keep a pen and paper handy and track how much you are drinking and how it makes you feel. Do this until you truly understand what it takes to reach your daily water intake and wellness goals.

Look out for heat stroke symptoms, too

Heat stroke is a serious and potentially deadly condition caused by our bodies overheating. This can happen as a result of too much exposure to high temperatures or to excess physical exertion that raises our body temperature to 104 F (40 C) or higher.

Symptoms include:

- A throbbing headache
- Dizziness
- Muscle cramps
- Nausea
- Disorientation or confusion
- Lack of sweating

When to seek help?

If you are experiencing signs of dehydration or heat stroke, stop what you are doing. Seek a cool location. Drink water. Rest. If your symptoms persist or worsen, seek medical attention immediately.

Have fun and be safe!

Plan outdoor activities in the morning or after the sun sets

Protect your skin with a wide-brimmed hat, and loose-fitting clothing with long sleeves

Use sunscreen

Protect your eyes with UV blocking sunglasses

Take regular breaks to hydrate and cool off

Check weather conditions every day (and set weather alerts on your phone) to make sure there's not an impending summer storm, which brings with it lightning and flash floods.



often



Even during the hottest months in Arizona, there are plenty of opportunities to have fun! Explore art galleries, visit a shaded farmer's market, catch a movie, or enjoy wine tastings, concerts, cultural events and so much more.

Originally printed on Cascades of Tucson website. <https://cascadestucson.com/>



Backpack/School Supplies Drive Update

“You Are Amazing – Thanks for all you do” were that words from the social worker at Gilbert Elementary after receiving Trapper Keepers, Backpacks, Composition Notebooks, Colored Pencils, and a variety of other school supplies donated by FUMC of Gilbert. The success of this project would not be possible without you, the congregation, and your ongoing support. Also, a special shout out and thank you to Janelle and the Children’s Sunday School who helped with the colored pencil donation.

If you didn’t get in on the Backpack/School Supplies Drive, you can support Gilbert Elementary in another way. They are always in need of snacks to replenish their snack cupboard. Individually wrapped items such as granola bars, pop tarts, fruit snacks, peanut butter filled crackers, etc. are much appreciated.

From the Mission Committee – “Thanks for all you do”!



**Women's Christian Fellowship
Will be meeting on
September 2nd at 9:30am
In Room 130
Please come and join us!**

We meet for fellowship every first
Thursday of the month.
Come and join us for fun and fellowship!



Alzheimer's Association Support Group

For Family and Friends who care for those with Alzheimer's and Dementia



Meets First and Third Fridays
1:30 to 3:00 pm in Room 130
First United Methodist Church of Gilbert
331 S Cooper Rd. Gilbert, AZ 85233

After more than a year of “on the phone” meetings the **Alzheimer's Association Support Group** is finally back to live and in-person meetings (with masks) at First United Methodist Church of Gilbert. Our group would like to thank the staff and members of the church for the continuing support. We meet on the first and third Fridays of every month in Room 130 from 1:30 to 3:00pm. Anyone who cares for a loved one with Alzheimer's or dementia is invited to PLEASE join us. We are a “family” of people who are currently or have previously cared for a loved one affected by these conditions. We are here to share our experiences, how we found help, and how we coped.

Here are some additional resources:

Alzheimer's 24hr Help Line 800-272-3900
Phoenix Southwest Chapter 602-528-0545
Martha Burrue, Education mburrue@alz.org



alzheimer's  association®

Preschool News

www.gilbertpreschool.com



FUMC of Gilbert Preschool



Gilbert preschool



@gilpreschool



What a wonderful start to the school year!

We had a great first few weeks with both returning and new families. Our classrooms are filled with 3, 4, and 5 year olds. Thank you to the church community and the Preschool Ministry Team for helping to create such a loving, welcoming environment for the preschoolers and families!

During August, the students and teachers spent time getting to know one another, learned the classroom routine and schedule. On the third week of school, we started talking about the letter Ww, started name writing practice and learning about God's Creations.

Bible Verse - "And do not forget to do good and share with others, for with such sacrifices God is pleased."



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 can also find us under Faith Based or All, First United Methodist Church of Gilbert Preschool. You're all set! Your savings help us to earn money for our wonderful program. Thank you!

Missions-

Our preschool is collecting peanut butter and jelly for the Gilbert Food Bank to help with back to school lunches for local families. We love helping our community!



Grandparents' Day Breakfasts- September 8th and 9th

We love our Grandparents and special loved ones! The preschoolers will host their special person on one of these mornings in the Activity Center. They will eat a breakfast snack, play a game and spend some memorable time together.



If you have any questions about the preschool, please email preschool@gilbertumc.org or call 480-892-9166. Directors Lora Norris or Betsy Marlinga would love to speak with you!

September 2021 Children's Ministry What's Happening?

Preschool and Kinder



SERIES DESCRIPTION: How would you live if you truly believed that God is always with you? Trusting in God's presence can make us brave enough to protect a child, wise enough to give counsel, courageous enough to do what is right, and strong enough to risk everything to save others .

CORE INSIGHT: TRUTH

WEEK ONE: Moses' Mom — Exodus 1:22-2:10

WEEK TWO: Deborah — Judges 4 and 5

WEEK THREE: Rahab and the Spies — Joshua 2:1-22; 6:22-25

WEEK THREE: Rahab and the Spies — Joshua 2:1-22; 6:22-25

BOTTOM LINE:

GOD IS ALWAYS WITH ME. "We have the Lord our God to help us." 2 Chronicles 32:8, NLT

Weds Wilds starts back up September 1st at 6:30pm in room 205 Kinder-6th graders. Register online

On our website.

We need this to be prepared for the Correct number of children, please.

1ST-6th Graders



SERIES DESCRIPTION: When God saw our sin, He took initiative. He sent Jesus to make things right. When we see a need and choose to do something about it, people can see the reality of God's love for them.

CORE INSIGHTS:

FAITH • COMMUNITY

WEEK ONE: Nehemiah Plans to Rebuild the Wall — Nehemiah 1:1–2:18

BOTTOM LINE: Don't wait for someone else to do what needs to be done.

WEEK TWO: Nehemiah Helps the Poor — Nehemiah 5

BOTTOM LINE: Look for ways to make things right.

WEEK THREE: Nehemiah and Sanballat — Nehemiah 2:19-20, 4, 6

BOTTOM LINE: Stay focused on what needs to be done.

WEEK FOUR: The Wall Is Rebuilt — Nehemiah 3–4, 6:15-16, 8:1-17

BOTTOM LINE: Look for ways to celebrate what God has done.

"Work at everything you do with all your heart.

Mission:



**Congrats to Our
Volleyball team for a Great Season !!!!
Thank you again to all the youth volun-
teers at VBS!!!**



Wed. Night Youth Bible Study

Youth, are you interested in participating in a short small group bible study this fall? This would occur concurrent to Choir Practice/ Adult Bible Studies on Wed. evenings. Please sign up here if you are interested! This group would start on Sept 1st at 6:30-8pm Wed nights.



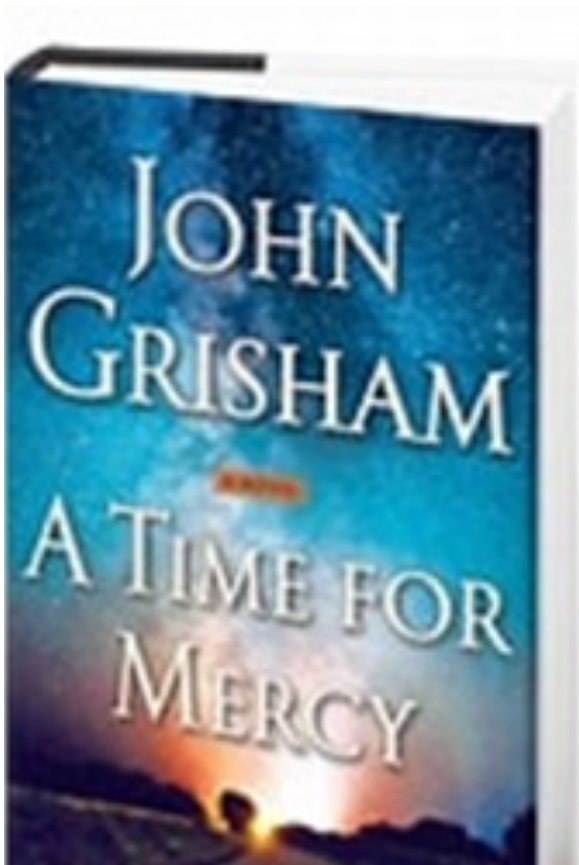
Save the date for Youth Events

- September 12th- Youth Group/Activity TBD
- September 26th- Youth Group/Activity TBD
- October 10th- Fall Fun Activity TBD
- October 24th- Pumpkin Carving Contest



Follow us on Instagram@fumcyouth

The whole leadership team and youth leaders are keeping you and your family in our prayers each week. Please reach out if you need anything youthministry@gilbertumc.org !



The Book Corner

September's book is A Time for Mercy

by John Grisham

Geri Bly will be leading the review of this fiction book which was published in 2012.

The Book Club will meet September 16th at 11:30 in Room 130 and on Zoom.

October's book is The Round House

by Louise Erdich

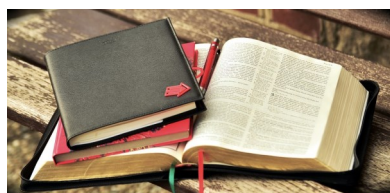
a fiction book.

November's book is Castle by Isabel Wilkerson, a non fiction book.

Tuesday Morning Bible Study

Our first book will be Set Apart a 6-week study of the Beatitudes by Jennifer Kennedy Dean. Same format as before (in person only) no masks recommended (but optional) starting at 9:15 for some social time, prayers and praises at 9:30 with large group video then small group discussion. Please let me know if you want the book (so we can order enough) and if you need nursery care (so I can let those that arrange that know.) Please share with friends/neighbors that might be interested in joining our multi denominational Christian group. (you can join at anytime).

Contact Sonja at
Sonja.ruhland@gmail.com



Mark your calendar for these other upcoming events:
(all small groups are contingent on Bishop Bob and the CDC recommendations.)


- In person is unlimited now. Masks will be worn, by the unvaccinated, recommended for vaccinated. Family seat 6 feet apart from other families. Please be respectful and reverent in the sanctuary.
- Pastor Bible Studies will start on Sept 1 both virtually and in person at 6:30 pm
- Christian Women's Fellowship will meet September 2 at 9:30 am in Room 130 all are welcomed.
- **The Church office will be closed on September 6th in observance of Labor Day.**
- A Celebration of Margaret Knoll's life will be held in Sanctuary with time of sharing in the activity center on October 9, 2021 at 11:00.
- Youth Council Meeting September 19 at 8:30am in Room 201
- Grandparents Day is September 12th .
- The Book Club will meet September 19th at 11:30 in room 130 the book being discussed is A Time for Mercy by John Grisham.
- Tuesday Morning Bible study is meeting every Tuesday morning at 9:15 in room 130.





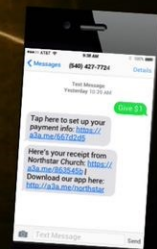
WHILE WE CAN'T MEET
AS A CHURCH, WE CAN
BE THE CHURCH

Text-to-Give

- † Text 480-712-1057
- † Enter amount with \$ sign
for example: 

For first usage only:

- † Register with link provided
- † Click "Process"





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 online now

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



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. (Small groups are contingent on the CDC guidelines)

Prayers for those in need



During this time of uncertainty we will be praying for those in need so please either call or email prayer requests and we will send them out to our dedicated prayer team. The office number is 480-892-9166 or the email prayers@gilbertumc.org. If it is pastors only request please mark pastors only and it will given to the pastors.

And we will being praying for all the concerns and praises.










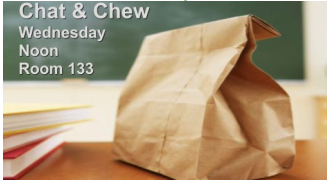

Your

Prayer Team



September Calendar of Events 2021

(All studies and small groups are contingent on Bishop Bob and the CDC recommendations.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Christian Women's Fellowship 9:30 	3	4 Grief share Every Saturday 9:00-10:30 am
5 Communion Sunday 	6 Labor day church office closed	7 Tues Morning Bible 9:15 	8 Chat N Chew Noon Wednesday Night Bible study 6:30	9 Shawl Ministry 1:00 	10	11
12 grandparents day 	13	14 Tues Morning Bible 9:15 off 	15 Chat N Chew Noon Wednesday Night Bible study 6:30	16 Book Club 11:00 	17	18 Mens Breakfast 8-9:30 
19	20	21 Tues Morn. Bible 9:15	22 Chat N Chew Noon Wednesday Night Bible study 6:30 first dau of autumn	23	24	25
26	27	28 Tues Morning Bible 9:15 	29 Chat N Chew Noon Wednesday Night Bible study 6:30 	30	1	2
3 Communion Sunday 						

October Calendar of Events 2021

(All studies and small groups are contingent on Bishop Bob and the CDC recommendations.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1		2 grief share Every Saturday 9:00-10:30
3 World Communion Sunday 	4	5 Tuesday Morning Bible Study 9:15 	6 Chat N Chew Noon Wednesday Night Bible study 6:30	7 Christian Women's Fel- lowship 9:30 	8	9
10	11 Columbus Day 	12 Tues Morn- ing Bible 9:15 	13 Chat N Chew Noon Wednesday Night Bible study 6:30	14 Shawl Ministry 1:00 	15	16 Men's Breakfast 8-9:30 
17	18	19 Tuesday morning Bible study 9:15 	20 Chat N Chew Noon Wednesday Night Bible study 6:30	21 Book Club 11:00 	22	23
24	25	26 Tuesday morning Bible study 9:15	27 Chat N Chew Noon Wednesday Night Bible study 6:30	28	29	30
31 Halloween 						

September Birthdays



Gail Greeley	2
Catherine Panella	2
Sabrina Boever	3
Kimberly Fairley	3
Audrey Williams	3
Dennis E. Hunter	5
Richard Curran	6
Chris Cantwell	8
Ashten Grace Eubank	8
Tom Knoll	8
Susan Mix	9
Cindie Rempel	12
Lindsey Sutton	12
Kathryn Church	13
Eric Butler	14
Paige Cantwell	14
Robert Hartmann	14
Sarah Metz	14
Laura Boever	15
Leah Harris	16
Christopher Odell	17
Brenda Strom	17
Ryan Palmer	19
Maia Chircuzio	20
Zachary Young	20
Alexandria Houseman	21
Jack Van Der Pol	21
Katie Bouchie	21
Cayden Bruce	23
Addie Fairley	23
Jeanie Hirsch	23

Bruce Woolsey	23
Elinore Englebrecht	24
Lisa Martin	24
Jake Regnitz	24
Victoria Paap	25
Delanine Anthony	27
Eliana Sophia Karavakis	27
Lydia Ramirez	27



September Anniversaries

Date	Sweet Couple	Years Married
7	Elinore and LeRoy Englebrecht	74
7	Lisa and Bill Martin	30
7	Shayla and David Paap	19
8	Pat and Jim Bohart	52
9	Lori and Stuart Wiemers	26