

The Evangel

First United Methodist Church of Gilbert

February 2022



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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
Jan. 23rd181

Virtual viewing 184

Church office will be closed February 21st in observance of President's Day



FIRST UNITED METHODIST CHURCH OF GILBERT

UnLimited Opening of Campus

Worship Services



Unlimited wearing a mask on campus is highly recommended, regardless of vaccination status,

You may do virtual check in and prayer request from your device If you desire.

Services at 8:30 and 10:00.

Sunday services will be livestreamed on Facebook and You Tube at 10:00 am.

Any changes in this schedule will be put in the

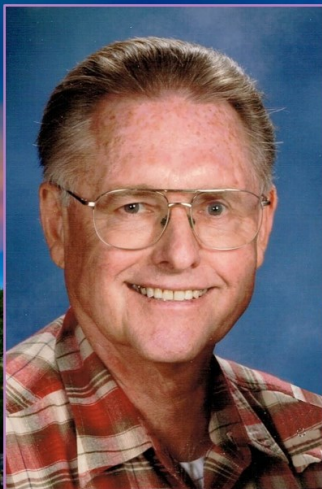
In memory of **Odus Elliott**

Postponed-watch the First Gilbert website for updates



In memory of **Keith Asplin**

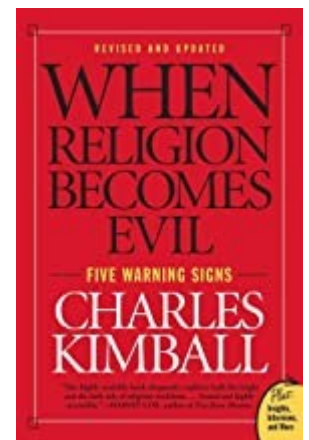
February 25, 2022 at 11:00



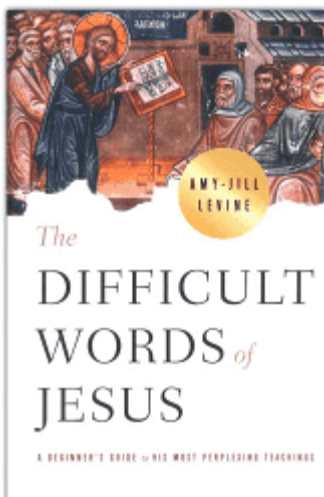


Pastor Rick's Wednesday Night Study

Pastor Rick's Wednesday Night Bible Study will start on the 19th of January at 6:30 and it is on the book "When Religion Becomes Evil" by Charles Kimball. Books are available on Amazon (from 10.99-12.99). His class will be a hybrid (in-person and online) Bible study. Register on line or call the office or write it on your yellow card.



Pastor Diamond's new study will be "The Difficult Words of Jesus" by Amy Jill Levine. Jesus provided his disciples teachings for how to follow Torah, God's word; he told them parables to help them discern questions of ethics and of human nature; he offered them beatitudes for comfort and encouragement. But sometimes Jesus spoke words that followers then and now have found difficult. In "The Difficult Words of Jesus," Amy-Jill Levine shows how these difficult teachings would have sounded to the people who first heard them, how have they been understood over time, and how we might interpret them in the context of the Gospel of love and reconciliation.



This will be a five week study taught by Pastor Diamond. It will be Hybrid style which means it will be both online and in person starting January 12th.

The background of the poster features a vibrant green lawn. In the upper left corner, there is a red and white checkered picnic blanket with several golden-brown hot dogs on it. A large, white, ribbed plate is positioned in the center, serving as a backdrop for the main text.

Annual
CHURCH PICNIC

**Sunday,
February 27**

12:00 pm

Join us for our annual church picnic here at
First United Methodist Church of Gilbert!

All activities will be outside in front of the church.

Music · Games

Hamburgers · Hot Dogs

Please bring something to share:

Last name starts with A-H: dessert; I-S: side dish; T-Z: salad

Contact Eric Butler for more information or to volunteer:

480-415-8175 • home@mebutler.com

2021 Giving statements

Giving statements were recently mailed or emailed depending on your preference. Please confirm that you have received your statement and review it for accuracy. Please contact the financial secretary with any corrections or questions by February 7, 2022. Thank you for your faithful giving!

Penny Legge
480-546-7426

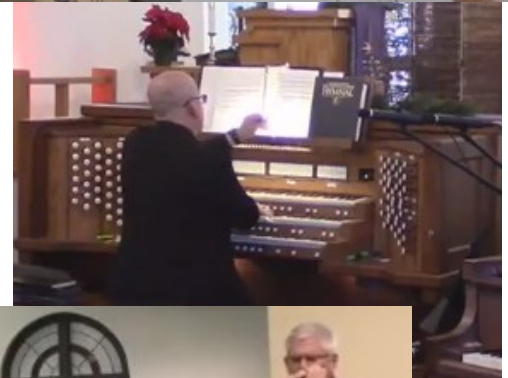
financialsecretary@gilbertumc.org



Thank you Jeff Hendrickson!



You will be missed and we will be praying for you following God's Call every where you go! He has blessed your voice and all your musical talents. We are thankful for the time He sent you to us!





Family Promise is coming again February 6 - 13!

Family Promise provides the resources, time, and love necessary to help families with children get back to self-sufficiency after becoming homeless. We have the opportunity to host 4 families for a week of meals and overnight stays at our campus, Feb. 6 - 13. It takes many volunteers to host Family Promise! We will need volunteers to set up/clean up, provide food, stay overnight and do laundry. **We especially need volunteers to stay overnight. We will have a private host room with a comfortable bed ready for you! You get a good night's sleep and are just on campus in case someone needs assistance. You will be done by 6:00am the next morning.**

Be on the lookout for the Family Promise Volunteer here is the link [Sign Up](#) . Please help us make these families feel welcome at our church.

Part-Time Organist/Accompanist Opening First United Methodist Church of Gilbert



First Gilbert is seeking a part-time Organist/Accompanist for approximately 15 hours per week. The Organist/Accompanist will report to the Music Director, and coordinates with the Senior Pastor. Principal responsibilities include:

- Plan, rehearse and perform Sunday worship music (currently 8:30 and 10:00 am)
- Accompany choir rehearsals (currently Wednesdays at 7:00 pm)
- Music includes preludes, postludes, hymns, offertories, communion
- Accompanist to soloists and special ensembles as needed

Candidates should be an accomplished musician (organ and piano); experienced in sacred music in a traditional environment; have good sight-reading skills; be a good communicator (verbal, email, Zoom); with conduction/direction experience a plus.

To apply, please submit a resume, letter of interest and the contact information for three professional references to secretary@gilbertumc.org





SSP (Sierra Service Project) Summer 2022

The news we've been waiting for! We've been selected for the Smith River, CA location which is on the CA/OR boarder near the coast... It will be a LONG drive, but we can make this a fun road-trip and hopefully a very meaningful week of service! Plan for approximately July 8-July 18! Please Sign Up ASAP if you are interested as our first payment is due at the end of this month! Currently the spaces will be for current 8-12th graders, however that is subject to change once we see how many are signed up. Please call/email Shayla for more details (youthministry@gilbertumc.org). Thank you!

Plan ahead for the summer camps for your Kids and youth!

Mingus Summer Session 2 (June 20-25th, 2022): First Gilbert's own Pastor Diamond will be a Spiritual Director during this week. It'd be great if we could have many children and youth from First Gilbert all attend this week together.

SUMMER CAMP 2022

SESSION 1: JUNE 6-8
 MINI CAMP
 (FOR RISING 1ST-3RD GRADERS)

SESSION 2: JUNE 20-25
 ELEMENTARY CAMP I
 JR. HIGH CAMP 1
 SR. HIGH ADVENTURES IN LEADERSHIP

SESSION 3: JUNE 27-JULY 2
 ELEMENTARY CAMP II
 JR. HIGH CAMP II
 SR. HIGH ADVENTURES IN MISSION

SESSION 4: JULY 4-9
 ELEMENTARY CAMP III
 YOUTH ARTS CAMP
 (FOR RISING 7TH-GRADUATED SENIORS)

SESSION 5: JULY 17-21
 NIGHT OWLS
 (FOR RISING 7TH-GRADUATED SENIORS)

MINGUS MOUNTAIN
 camp & retreat center

Health benefits of walking

Posted on [November 1, 2018](#) by [Web Master](#) Posted in [prevention](#) .

- It increases cardiovascular and pulmonary (heart and lung) fitness.
- It reduces the risk of heart disease and stroke.
- It improves the management conditions such as hypertension high cholesterol, joint and muscular pain or stiffness, and diabetes.
- It makes the bones stronger and improves the balance.
- You can also carry your own body weight when you walk. This is known as weight-bearing exercise.
- It increases muscle strength and endurance
- It reduces the body fat.
- It can also reduce the risk of developing conditions such as heart disease, type two diabetes, osteoporosis and also some cancers.
- Walking is free and doesn't require any special equipment or training.

Walking is a low impact, and can be done at any time of day and can be done at your own pace. It is also a great form of physical activity for people who are overweight, elderly ones, or who haven't exercised for a long time.

When you start walking exercise it may be difficult to do for 30 minutes at one time, then do for 10 minutes three times per day and gradually build up to longer sessions. The best way to warm up is walk slowly. Start off each walk at your leisurely pace to give your muscles time to warm up, and then pick up the speed. You can still achieve your goal by starting with smaller bouts of activity throughout the day and it improves your fitness. Then gently stretch your leg muscles particularly calve muscles and also front and back thighs. Stretches should be held for about 20 seconds. And when you feel any pain, ease off the stretch. Don't bounce or jolt, or you could overstretch muscle tissue and cause microscopic tears, which may lead to muscle stiffness and tenderness.

Along with jogging, running, swimming, walking is also a mode of cardiovascular exercise to improve blood circulation and makes the heart beat more efficiently. It is best to walk when you are on an empty stomach. If needed, you can have a light snack before the walk. Investing in a pair of sturdy shoes is important.

At Sara Rehab we strive to provide you with quality physiotherapy in a professional, prompt yet friendly manner. We do a careful and comprehensive assessment of your condition, and backed-up by a clear, client-centered treatment plan, our aim to provide you with a complete understanding of your ailment and our strategy for returning you to health. You can do the walking exercise under the supervision with our qualified physiotherapists. Our goal at Sara Rehab is to make sure you have a good and exercised health by calling 905 497 4550. Health benefits of walking



Always hydrate
Keep Water
with you.....



And drink it!

Preschool News
www.gilbertpreschool.com

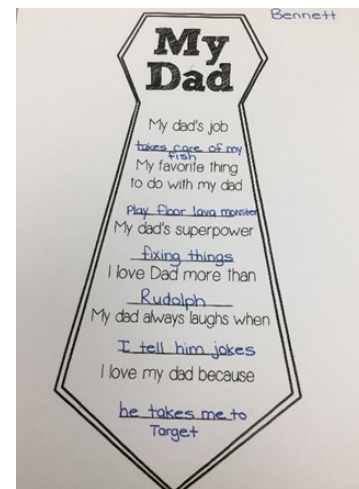
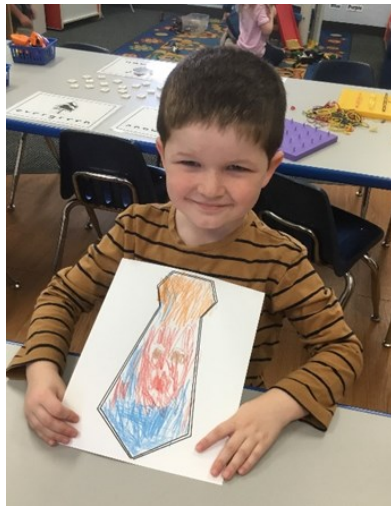


REGISTRATION

Registration for the 2022-2023 school year began in January! Registration information and registration documents are available online or in the church and preschool offices. We have classes for children ages 3-5. Spread the word! Follow us on Facebook, Instagram, and Twitter and on our website: gilbertpreschool.com! Please contact [Lora Norris at norris@gilbertumc.org](mailto:norris@gilbertumc.org) or [Betsy Marlinga at marlinga@gilbertumc.org](mailto:marlinga@gilbertumc.org) for any additional information or questions.

Donuts with Dads

On **January 19th and 20th** the children had a special morning to show their Dads how much they're loved. Individual brown bag breakfast was served with donuts, fruit, and chocolate milk. All the students decorated a tie for their dad to wear and answered questions about their dad. The kids also did a special craft together with their dad during breakfast!



February: Healthy Heart Month

This month we'll learn about different ways to stay healthy including getting plenty of exercise, lots of sleep and eating healthy foods. We'll also discuss proper brushing techniques and the importance of getting their teeth cleaned at the dentist office. These learning opportunities will help

the children develop good habits that that they can benefit from as they grow and develop!

Heart project:

Supplies: pipe cleaner, pony beads, ribbon

Slide the beads onto the pipe cleaner and form into a heart shape.

Tie a ribbon on and give to your loved one... with a hug!

(Great for fine motor skills)

they can benefit from as they grow and develop!



Fun February Activity: Glitter Pink Ombre Playdough



Ask your child to help with this great activity!

It will help build math and science skills as well as develop strong fine motor muscles!

- First you want to gather four bowls (This is to create four separate ombre dough colors), a can of large glitter, red food coloring, and 2 packets strawberry flavored Kool-aide.
- In each bowl add 1 cup all-purpose flour, 1/4 cup salt, 1/2 tablespoon vegetable oil, 1 teaspoon cream of tartar, 1/2 packet of Strawberry Kool-aide and 1 cup of water. Stir each bowl until the ingredients are well mixed.
- Now put a few drops of food coloring in the first bowl and double for the second, triple for the third and quadruple for the last. This will allow each bowl to be a few shades separate from each other.
- Heat your pot over medium-low heat on the stove and add your lightest color play dough first. Slowly sprinkle in a tablespoon or two of glitter.
- Use a spatula to stir the mixture until it starts to thicken and dry up. The dough should start to form a ball away from the walls of the sauce pan. Then you can remove it from the heat and knead until smooth. Repeat for all four homemade playdough colors. After the playdough cools, enjoy rolling out the dough and using cookie cutters to make fun shapes, roll into balls and “snakes”!

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!



Jr. High Sunday School
Room #200 with Ron
During the 10am Service
Sr High Sunday school in
Sr high room #201-202 with Ms. Cindie



Confirmation 2022

Hey 7-12th grade youth, are you interested in taking a deep dive into your faith and exploring making a commitment to the church? If so, please consider taking Confirmation this Spring (Jan-April). Classes will be taught by Pastor Rick, Pastor Diamond, and Shayla, and will meet weekly on Sunday afternoons. Books will be provided. Please sign up [Here](#) if you're interested and we'll reach out with more details.

SAVE THE DATE MORE UPCOMMING YOUTH EVENTS

(Activities are tentative and times TBD- keep watching Youth News for details)

Jan-April 2022- Confirmation classes TBD

Feb. 6th- Youth Group- Geocaching 4-6:30pm

Feb.19-21, 2022- Winter Camp at Mingus

Feb. 27th, 11:15am-1pm-Youth Council Meeting

Feb 27th and March 6th (TBD)- Stock Sales/Fundraiser for SSP

March 6th- Youth Group- Minute to Win It- Afternoon/Evening

March 20th- Youth Group- Pancake Golf and Brunch- 11am

April 1-2, 2022- Confirmation Retreat *Tentative*

April 10th- Youth Group/Activity TBD

April 24th- Youth Group/Activity TBD

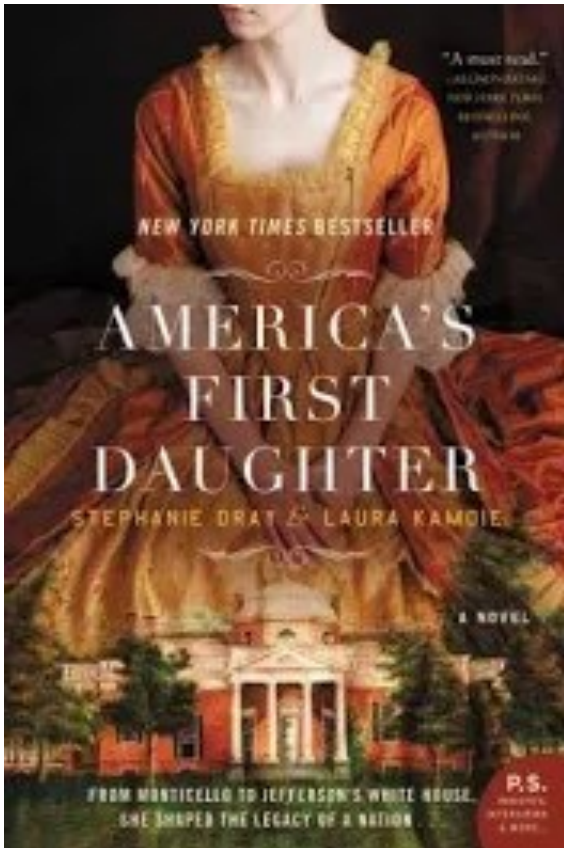
May 1st- Youth Group/Activity TBD

May 15th- Youth Group/Activity TBD

June-July 2022, Mingus Mountain Summer Camps, multiple weeks available (click [here](#) for dates and details)

July 8-17th, 2022- SSP, Summer Mission Trip *Tentative*

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

February's book is America's First Daughter

by S. Dray & L. Kamrie.

Helen Williams will be leading the review of this historical fiction book which was published in 2016

The Book Club will meet February 17th at 11:30 in Room 130 and on zoom.

Tuesday Morning Bible Study

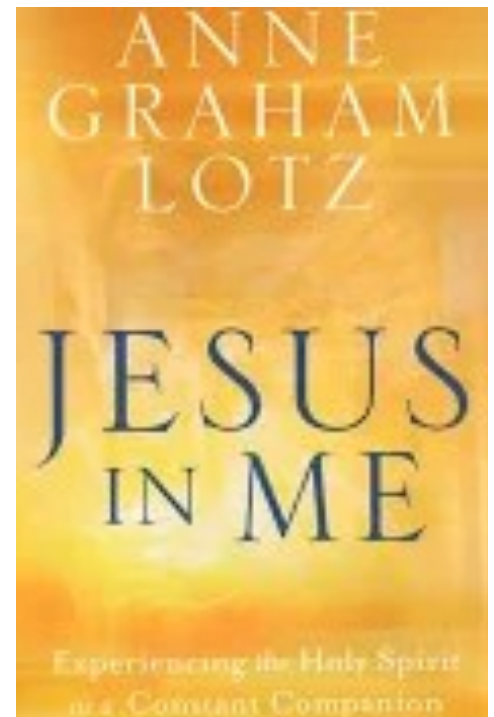
Our next book in Jesus in Me by Anne Graham Lotz starting 1.11.22 at 9:30-11:15 (9:15 social time)

The notion that Jesus can literally be inside of us should startle us with the extent of the intimacy we can have with Jesus, and astonish us with the depth of connection he offers. And it's all possible because of the Holy Spirit.

In Jesus In Me, revered evangelist and Bible teacher Anne Graham Lotz guides us to a deeper relationship with the Holy Spirit. I love the way she drives home the point about who the Holy Spirit really is:

Through eight sessions, we learn why the Holy Spirit is not an optional extra in the Christian life. Instead:

- We can have a relationship with this living, thinking, feeling Person, who is our comforter, counselor, friend.
- We can enjoy his constant Presence, inside us, filling us.
- We can receive and experience his Power.
- We can live a life of Purpose, directed by his guidance.
- We can understand the Precepts in the Bible by hearing directly from the One who breathed it.
- We will be convicted of our sin by his Purity.



Let's discover how we can better love and rely on the Holy Spirit—and embrace how much He loves us!

Contact Sonja Ruhland at Sonja.ruhland@gmail.com

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

- In person is unlimited now. Masks are highly recommended, regardless of vaccination status. Please be respectful and reverent in the sanctuary.
- Odus Elliott Celebration of life has been postponed . Please watch the First Gilbert website for details on rescheduled date and time.
- Chat and Chew meets every Wednesday at 12:00 in Room 136 Bring your own lunch and join us for fellowship.
- February 3rd at 9:30 am Christian Women's Fellowship meets in Room 130.
- Family Promise week coming February 6-13th. Consider volunteering or donating to this worthy cause of giving a hand up to a single parent with kids.
- Book Club Meets February 17 ant 11:30 am in Room 130 February's book in America's First Daughter.
- February 21 the Church office and the Preschool will be closed in observance of President's Day.
- Keith Asplin Celebration of Life will be held on February 25th at 11:00 am with reception to follow.
- February 27th is Camp Sunday this is your chance to give to child that would not otherwise be able to go to camp.
- February 27th is the Spring Picnic.
- March 1st is Ash Wednesday and the beginning of Lent
- Bible presentation to the third grade students will be celebrated on March 13th.





Prayers for those in need

During this time of hopefulness 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 be praying for all the concerns and praises.

Your
Prayer Team



Looking for Gently Used Laptops & Computers

Have you bought a new computer, tablet, or laptop recently? If so, you may have your “old” equipment laying around and taking up space. Donate them to Church’s IT program and help us refresh some of the computer equipment around the church

campus.

Concerned about your data? We will securely wipe your computer before using it, or give you a CD that you can use to wipe it yourself. Drop off computers and laptops at the Church Office.

Questions? Contact Philip Tesarek at ITSupport@gilbertumc.org or (480) 510-4588. Thank you



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 In person
at Sunrise Assisted Living Center
All Are Welcome
580 S Gilbert Rd, Gilbert, AZ 85296**

For those grieving the loss of someone close to them.
This support group. Led by Kay Pealstrom kpealstrom@aol.com is meeting on Saturdays from 9am-10:30am

Masks Required Workbook and class materials required




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. (Small groups are contingent on the CDC guidelines)

Text-to-Give

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

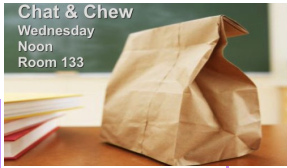
For first usage only:

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



February Calendar of Events 2022

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



Sun

Mon

Tue

Wed

Thu

Fri

Sat



6 Communion

Sunday Family promise week Feb 6th-Feb 13th

7

1 Tues

Morning Bible 9:15



8 Tues Morning

Bible 9:15



2 Chat N Chew

Noon Wednesday Night Bible study

9

Chat N Chew Noon Wednesday Night Bible study 6:30

3 Christian Women's Fellowship 9:30



10 Shawl Ministry !:00



4

11

5 grief share Every Saturday 9:00-10:30

12



13 Souting Sunday



14 Valentines Day



15 Tuesday morning Bible study 9:15



16 chat N Chew Noon Wednesday Night Bible study 6:30

17 Book Club 11:00



18

19 Men's Breakfast 8-9:30



20

21 church office closed in observance of Presidents Day

22 Tuesday morning Bible study 9:15



23 Chat N Chew Noon Wednesday Night Bible study 6:30

24

25 Kieth Asplin Memorial service 11:00a In sanctuary reception to follow

26




27 Transfiguration Sunday and Camp Sunday and Spring Picnic

28



March Calendar of Events 2022

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tues Morning Bible 9:15 	2 Ash Wednesday 	3 Christian Women's Fellowship 9:30 		5 
6 Communion Sunday 	7	8 Tues Morning Bible 9:15 off 	9 Chat N Chew Noon Wednesday Zoom Night Bible study 6:30	10 shawl Ministry 1:00 	11	12
13 Bible Presentation for their 3rd-4th grade 	14	15 Tues Morn- ing Bible 9:15 off 	16 Chat N Chew Noon Wednesday Night Bible study 6:30	17 Book Club 11:00 	18	19 Mens Breakfast 8-9:30 
20 first day of Spring 	21	22 Tues Morn. Bible9:15 	23 Chat N Chew Noon Wednesday Night Bible study 6:30	24 	25	26
27	28	29 Tues Morn- ing Bible 9:15 	30 Chat N Chew Noon Wednesday Night Bible study 6:30 	31		

February Birthdays



Doug White	1
Kristy Zins	3
Jeff Martell	4
Marc Diaz	11
Carlene Du Amarell	12
Dorinda Johns	12
June Morrison	12
Scott Ouellette	12
Joan Egenes	13
Greg Walker	16
Riley Norris	17
Deanna Helland	18
Sharon Dalton	19
Glen Compton	24
Frederick Hartmann	25
Ruby Jean Roberts	27
Janelle Chiricuzio	28
Mary Decker	28



February Anniversaries

Date	Sweet Couple	Years Married
14	Terry and Bruce Bettis	18
14	Lindsay and Ted Lillie	01

