

# The Evangel

First United Methodist Church of Gilbert

February 2023



**Love One  
Another**  
Jesus

The church office  
will be closed  
February  
20  
in observance of  
President's Day

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Attendance  
January 22nd....235

Virtual viewing 120



CHURCH OF GILBERT

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

**Office Hours:  
Monday-Thursday  
9:00am-4:00pm  
Friday by  
appointment  
only**

## Meet Our New Members

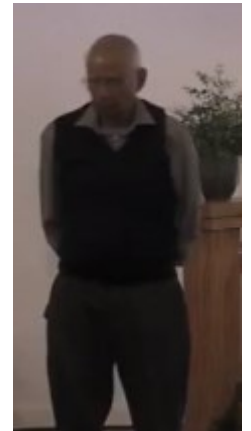
Please welcome them when you see them on campus!

**Daniel and Kristen Fonza** come to us from Illinois and they have two children, Adeline 6 and Elliott 3. Kristen is a stay at home mother who is a speech –language pathologist and Daniel is a medical director and vet. Daniel likes to hike, camping, reading, drawing and family time. Kristen likes to hike, family time, traveling, camping, and reading.



**Marilyn Harter** is our organist . She and her husband James have been married for 44 years. They are very busy people who are retired. She loves reading, gardening, and crafting.

**Doctor Mathuram (Mathu ) Santosham** is joining us from Greenspring UMC in Baltimore , Maryland. He still teaches at John Hopkins University . He is married to Patricia and just celebrated their 51 wedding anniversary. Patricia was also a doctor ( anesthesiologist) who has retired. They have two adult children Vasanth and Shireen . He heard about us through the internet. He enjoys reading and hiking.



## Mark the date! Wednesday Night Fellowship Dinner

On February 1<sup>st</sup> from 5:30pm to 6:30pm we will kick off the first Fellowship Dinner of the year with a Chinese New Year theme. The meal will include orange chicken and fried rice. You can go to the Signup Genius link to sign up to help with food or set up for that evening. The link is <https://www.signupgenius.com/go/10C0948A9AB2EA7FBC61-fellowship>. You can always contact Adriana if you have any questions or to let her know what you can bring. This is a wonderful time to meet, socialize, and have some great food.



**VALENTINE'S  
DAY  
LUNCHEON**

**14TH FEBRUARY AT  
11:30AM IN OUR CHURCH'S  
ACTIVITY CENTER**

*First Gilbert is hosting a luncheon to thank and celebrate individuals who are on the prayer chain, create beautiful shawls, visit people at home or in the hospital, prepare meals through Food Tidings, or help with homebound communion. Those who have been helping with congregational care, you will receive an invitation in the mail by February 1st. If we missed you and you have not received one, please contact Pastor Adriana. We want you there!!*

**Grief Share Support  
Groups are offered on-line  
and in person at First  
UMC of Gilbert  
All Are Welcome**

For those grieving the loss of someone close to them.

This support group. Led by Kay Pealstrom

[k.pealstrom@gmail.com](mailto:k.pealstrom@gmail.com)

Please register with Kay classes meet on Saturdays at 9am on-line and 10:30am in person.



**Supporting Our Congregation**

The Congregational Care team is about to start training individuals who feel a calling to help our congregation. This can include hospital/home visits, homebound communion, praying or sending cards.

Please reach out to Pastor Adriana or Anita Broughton if you are interested.



**DO YOU KNOW?**

**WHO IS FROM THE SAME STATE YOU ARE?**

**WHO WENT TO THE SAME COLLEGE AS YOU?**

**WHAT THE NAMES ARE OF THE FOLKS YOU WAVE AT IN CHURCH EACH SUNDAY?**

**DO YOU KNOW, WE HAVE A PLACE AND TIME YOU CAN FIND THE ANSWERS TO THESE QUESTIONS AND MUCH MORE?**

**COME JOIN US!!!!  
GETTING TO KNOW YOU  
SUNDAY, FEBRUARY 26TH  
10:45AM (RIGHT AFTER 9:30 SERVICE)  
ACTIVITY CENTER**

Contact Pastor Adriana at [pastoradriana@gilbertumc.org](mailto:pastoradriana@gilbertumc.org)

**Congregational Care Ministry**



## Praying for Others

Our church provides opportunity for everyone to lift up others who are in need of prayer. Praying is a spiritual discipline that provides a means to be connected with God and others. Life can be joyful, stressful, flourishing, and uncertain. Prayer is a means to allow God to take control of any and all circumstances.

Everyone is welcome to contact the church office at 480-892-9166 or via email at prayers@gilbertumc.org to let us know of a prayer request that you have. The prayer requests are shared with the prayer team who spends time lifting up these prayers. If you would like your prayer request to be only for the pastors; please let us know and we can definitely do just that.

Please keep Jeannine Langdon's family lifted in prayer. Grief is a challenging heart breaking experience. Please keep those struggling with grief in your prayers. First Gilbert does offer a Grief Share support group on Saturday on-line and in person.



## 5TH ANNUAL DAYS OF CANCER PRAYER EVENT



Join the battle and experience the power of people joining in prayer.  
To receive 30 days of video prayers right to your phone,  
simply text the word "CANCER" to 57838  
or visit [cancercompanion.org/30-days-registration-page](http://cancercompanion.org/30-days-registration-page)

## 30-Day Cancer Prayer Event

This is the 5<sup>th</sup> annual Days of Cancer Prayer event. The event includes thirty prominent individuals who record cancer prayer videos which are shared worldwide, once a day for 30 days. The power of prayer is magnified by people all lifting up the same prayer. Join the battle and experience the power of people joining together in prayer over cancer consistently for thirty days. You can register via text, simply text the word "CANCER" to 57838. You will receive the daily prayers right to your phone. You can go to [30 Days of Cancer Prayer — Cancer Companions](http://www.cancercompanion.org/30-days-registration-page) ([www.cancercompanion.org/30-days-registration-page](http://www.cancercompanion.org/30-days-registration-page)) to complete a form to receive via email.



Below is the list of prayer topics for the 30 days.

1. Jan 29<sup>th</sup>: Opening Prayer, Cancer Survivors
2. Jan 30<sup>th</sup>: Prayers for Cancer Difficulties - Fatigue
3. Jan 31<sup>st</sup>: Prayers for Cancer Difficulties - Radiation
4. Feb 1<sup>st</sup>: Prayers for Cancer Difficulties - Anxiety
5. Feb 2<sup>nd</sup>: Prayers for Cancer Difficulties - Chemotherapy
6. Feb 3<sup>rd</sup>: Prayers for Cancer Difficulties - Depression
7. Feb 4<sup>th</sup>: Prayers for Cancer Difficulties – Workplace
8. Feb 5<sup>th</sup>: Prayers for Oncology Workers – Find a Cure
9. Feb 6<sup>th</sup>: Prayers for Oncology Workers – Oncologists
10. Feb 7<sup>th</sup>: Prayers for Oncology Workers – Nurses/Staff
11. Feb 8<sup>th</sup>: Prayers for Oncology Workers – Cancer Centers
12. Feb 9<sup>th</sup>: Prayers for Oncology Workers – Cancer Researchers
13. Feb 10<sup>th</sup>: Prayers for Oncology Workers – Palliative/Hospice
14. Feb 11<sup>th</sup>: Prayers for Oncology Workers – Social Workers
15. Feb 12<sup>th</sup>: Prayers for Loved Ones - Caregivers
16. Feb 13<sup>th</sup>: Prayers for Loved Ones - Husband with Cancer
17. Feb 14<sup>th</sup>: Prayers for Loved Ones - Wives with Cancer
18. Feb 15<sup>th</sup>: Prayers for Loved Ones - Children with Cancer
19. Feb 16<sup>th</sup>: Prayers for Loved Ones - Grandparents with Cancer
20. Feb 17<sup>th</sup>: Prayers for Loved Ones - Young Adults with Cancer
21. Feb 18<sup>th</sup>: Prayers for Loved Ones - Parents of Children with Cancer
22. Feb 19<sup>th</sup>: Prayers for Types of Cancer – Breast Cancer
23. Feb 20<sup>th</sup>: Prayers for Types of Cancer – Lung
24. Feb 21<sup>st</sup>: Prayers for Types of Cancer – Leukemia and Lymphoma
25. Feb 22<sup>nd</sup>: Prayers for Types of Cancer – Pancreatic
26. Feb 23<sup>rd</sup>: Prayers for Types of Cancer – Digestive
27. Feb 24<sup>th</sup>: Prayers for Types of Cancer – Gynecological
28. Feb 25<sup>th</sup>: Prayers for Types of Cancer – Brain
29. Feb 26<sup>th</sup>: Prayers for Types of Cancer – Men
30. Feb 27<sup>th</sup>: Closing Prayer - Victory

**LORD HEAR OUR PRAYERS**

## Gilbert Feeding Families

The annual challenge to restock the local food banks and pantries is about to begin. This food drive directly supports Gilbert residents dealing with food scarcity. On Saturday and Sunday February 25 & 26<sup>th</sup> businesses, churches and organizations will all work together to gather food. The items collected will be shared among United Food Bank, Midwest Food Bank, Open Arms, Matthew's Food Crossing, Vineyard, St. Anne's Friends of the Needy and AZCEND.

Last year there were 22 locations with volunteers that helped collect over 44,887 pounds of food. This year's goals are to have more locations site and collect more food. There are multiple ways to help. You can donate food to the drive. People can donate money for food to be purchased. Lastly, you can volunteer for a 2 hour shift to be of assistance when people to come by to donate.

The Signup Genius for volunteering is <https://www.signupgenius.com/go/10C0948A9AB2EA7FBC61-community>

## ERT Training

The Desert Southwest Conference has scheduled an ERT Training on Saturday, February 11th at Dove of the Desert UMC in Glendale. Dove of the Desert is located at 7201 W. Beardsley Road, Glendale, AZ 85308. The training is from 7:30am – 4:30pm. The Missions team will reimburse the registration fee of \$20 for anyone who wants to participate in this training. Completing this training puts you on the list to be contacted to be part of a response team for natural disasters across our country.

The ERTs are trained to trap damaged roofs, muck out flood damaged homes, and debris removal to prevent further damage to a person's home and provide a safe environment. The ERTs respond in response to hurricanes, tornados, floods or earthquakes. For more conversation about this process, you can always talk to Mike Miller who has served on the Early Response Team for our district here in the US and internationally.

For more information, or to register please go to <https://dscumc.org/blog/2023/01/02/ert-basic-training-on-february-11/>





# HAPPY 99TH BIRTHDAY JUNE MORRISON

Submitted by: Therese Pineda RN, Parish Nurse

June Neely Morrison has been a compassionate and loving Christian friend to many in this church over the past 76 years. She began playing the piano in 1947 for the then "Community Methodist Church of Gilbert" when Helen Toner was the pastor. June had been raised Baptist and married Marvin Morrison in 1944 on August 12, the hottest day of the year. She officially became a church member in 1949 joining her husband in the Methodist church.



June is the only living person to have attended in all three locations of our church. Our first church building was built in 1919 and was sadly condemned in 1946. While the new church was being built on Main Street (Gilbert Road), she and the rest of the congregation attended services at the Tone Theatre building (Joe's Bar-B-Q). In 1986 June donated the five acres where the Church currently sits at 331 S. Cooper Road. She had done this to fulfill a promise she had made years before to donate part of the developing land to a church.

The current church sanctuary and educational wing was completed in 1991.

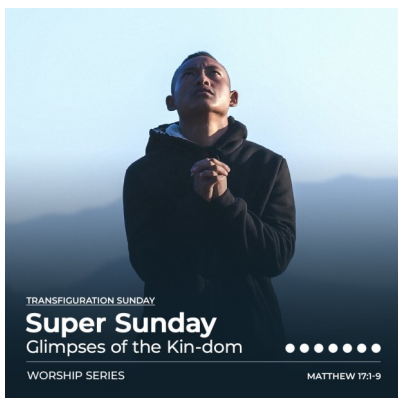
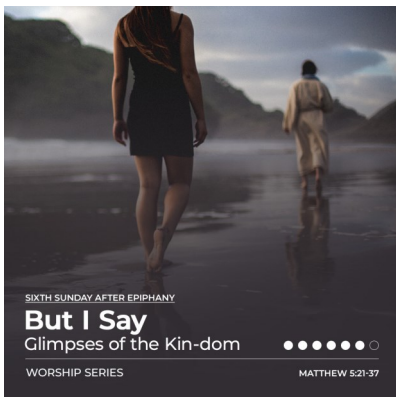
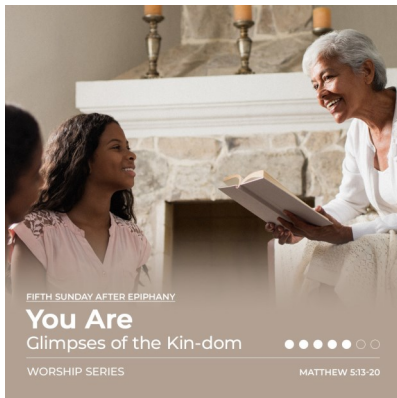
Marvin and June had three sons: Richard, Scott, and Howard. They were all raised in this church and all three have served in Christian service around the world. June has served on just about every committee the church has ever had. Finance, secretary, Stephen Ministry, calling on the sick, cleaning, or whatever needed to be done. She has served as pianist, organist, and choir director. June shared that once Richard managed to escape from the nursery and find his way up the aisle while June was playing the organ during church service. He knew exactly where to find his mother!

Marvin and June shared a great passion for music and often June played the piano while Marvin played the violin. June has served on many boards and positions in the church as well as the community. Marvin and June shared many gifts and service with Chandler hospital. In 1982 they endowed, the Morrison Institute for Public Policy at ASU. They also gifted the School of Agribusiness at ASU Polytechnic. They both believed strongly in service to better the community. June's heart was broken in February of 2007 when Marvin passed away.

In 2000, June along with the help of Parish Nurse Alice Stevenson and Judy Backus began Chat & Chew. Still going strong it is a group of retirees who meet here at the church on Wednesdays at 12:00 noon. Everyone brings their own sack lunch to enjoy in the good company of friends just chatting and chewing. The last several minutes are usually spent singing together with June at the piano keyboard.

June will walk with anyone, anywhere. Through the darkest hours and the most joyous occasions. She is extremely generous and kind. She often wears red and walks upright with great posture and grace. Without question she gives the best hugs in the valley. The next time you see her just try one and you will see! Happy Birthday June!!





## Glimpses of the Kin-dom

We are continuing the sermon series Glimpses of the Kin-dom. This series is attempting to get a glimpse of what life as the people of God might be like. We consider some of the most famous passages of scriptures to help us shape a vision of the life we are called to live—not just a special, rise-to-the-occasion kind of life, but an everyday life, an ordinary life that isn’t ordinary. Because we believe the followers of Christ who live their faith day by day are anything but ordinary. They stand out; they become models and mentors; they are examples of what life is all about. At least that is our hope and our belief: that our lives represent the kin-dom of God. We are the evidence that our faith is true and our God is at work in the world. In other words, we are now the epiphany, the light shining forth for the world to see. And of course, we will fail from time to time. But how we deal with failure is also a sign of that presence and glimpse of the kin-dom. So, this ordinary time is extra-ordinary in the living of it. Let us embrace the call with grace and joy.

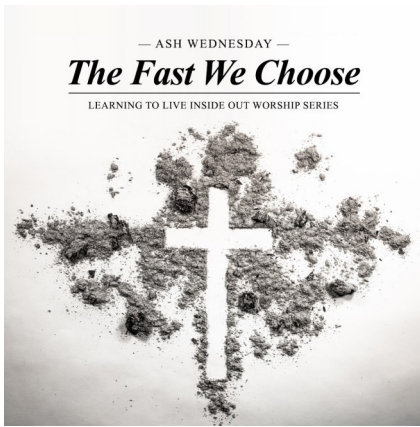
There are three weeks left in this series.

February 5th is **You Are**. Here again, Jesus asks us to reflect on the power we already have. “You are salt. You are light.”

February 12th is Scout Sunday, the sermon title is **But I Say**. Relationships within the body are important, but so is the relationship of the church with the wider community.

February 19th is Transfiguration Sunday, the sermon title is **Super Sunday**. Transfiguration Sunday, like Reign of Christ or Christ the King Sunday, is about the identity of the one we follow. Jesus the Christ is revealed in glory on the mount of transfiguration.





## Learning to Live Inside Out

The next sermon series begins on February 22nd which is Ash Wednesday, the marks the beginning of lent. Ash Wednesday service is at 6:30pm.



Lent is a bi-directional season. Or at least is it should be. That isn't how we usually experience the season. Too often, we see the Lenten journey simply as a journey inward. While that is a great start or an important component to a powerful Lenten experience, it can't be the whole story. Examining your soul is more than just looking inward; it is also considering the state of your should as it walks about in the world. This isn't new. Historically, the church has talked about the spiritual disciplines in two directions. Like the great commandment, these two sides of the same coin cannot ultimately be separated. That is why this series is about doing both—looking inward and moving outward. We are learning to live inside out.

## Smores and more!!

Thank you participating in Camp Sunday on January 29th. We had a lot of fun making smores and sharing the amazing fun and growth that camp ministries provides for our youth. We hope you enjoyed their testimonies.



**Volunteers Needed  
for Coffee Hour**  
Helping the coffee hour team is a fun way to fulfill your call to ministry!  
Contact Divina at [connection@gilbertumc.org](mailto:connection@gilbertumc.org)

*"Come Christians Join to Sing"*  
**Join the Choir!**  
Contact Randy at [musicdirector@gilbertumc.org](mailto:musicdirector@gilbertumc.org)  
or call office at 480-892-9166

## First UMC Gilbert Adult Ministry Plans February -April

**Women's Bible Study, Tuesdays at 9:30am** in room 130. Ongoing classes facilitated by Sonja Ruhland.

**Sunrise Assisted Living Facility, Thursdays (1st & 3rd) at 10am**, Adriana:

February 9th: Words of Life: Chapter 10 & Communion (2nd Thursday of the month)  
February 16th: Sermon on the Mount: Chapter 1  
March 2nd: Sermon on the Mount: Chapter 2  
March 16th: Sermon on the Mount: Chapter 3  
April 6th: Sermon on the Mount: Chapter 4  
April 20th: Sermon on the Mount: Chapter 5 & Communion

**First Gilbert Sunday School, Sundays at 11am** in room 136, Adriana:

Common Ground is a new series by Amberly Neese. It looks at stories of the Old and New Testament to guide discussions on how to live at peace with others even when you disagree.  
February 5th – Common Ground: Chapter 2  
February 12th – Common Ground: Chapter 3  
February 19th – Common Ground: Chapter 4

Luke, Jesus and the Outsiders, Outcasts, and Outlaws by Adam Hamilton is a lent series that explores the life, teachings, death, and resurrection of Jesus as told in the Gospel of Luke.

February 26th – Lent Study/Luke: Chapter 1  
March 5th - Lent Study/Luke: Chapter 2  
March 12th - Lent Study/Luke: Chapter 3  
March 19th – Lent Study/Luke: Chapter 4  
March 26th – Lent Study/Luke: Chapter 5  
April 2nd – Lent study/Luke: Chapter 6  
April 9th Easter Sunday, 16th, 23rd No Classes  
April 30th – New Study TBD

**First Gilbert Sunday School, Sundays at 9:45am** in room 130

Ongoing class facilitated by Chris Odell.

**Faith Walk, Saturdays at 8am** with Adriana at Sagebrush Coffee & Roastery 393 W. Warner Road

Suite 121 in Chandler, AZ 85225

Coffee, devotional and some walking! February 25th

**First Gilbert Wednesday Night Study, Wednesday at 6:30pm** in room 130, Rick:

Half Truths by Adam Hamilton takes a look at the whole truth comparing common Christian clichés with the wisdom found in scripture.

February 1st – Half Truths: Chapter 3

February 8th – Half Truths: Chapter 4

February 15th – No Class

February 22nd – Ash Wednesday no class

Luke, Jesus and the Outsiders, Outcasts, and Outlaws by Adam Hamilton is a lent series that explores the life, teachings, death, and resurrection of Jesus as told in the Gospel of Luke.

March 8th – Chapter 1

March 15th – Chapter 2 & 3

March 22nd – Chapter 4

March 29th – Chapter 5

April 5th – Chapter 6

**First Gilbert Wednesday Night Study, Wednesday at 6:30pm** in room 136, Philip:

Simon Peter by Adam Hamilton. He was not rich or educated, but was familiar with hard work.

He was quick tempered and impetuous, but possessed a passion that would change the world.

He left everything to follow his teacher, yet struggled with doubt and fear.

February 1st – Simon Peter: Chapter 4

February 8th – Simon Peter: Chapter 5

February 15th – Simon Peter: Chapter 6

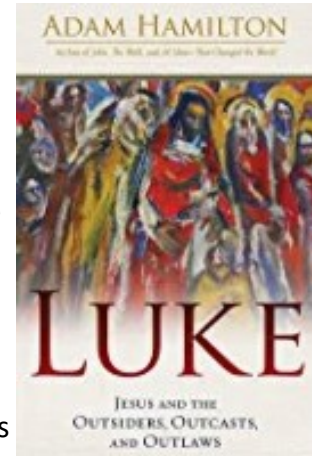
**First Gilbert Mindfulness Sunday Class, Sunday at 11am** in Library, Rob:

The Bible says we must try as hard as we can to receive the Holy Spirit. This is a six-week introductory class to mindfulness to explore ways to find greater peace and control in our lives. February 5th, 12th, 19th

*Reflective Writing, 2nd & 4th Thursdays at 9:30am*, at First Gilbert in room 136 with Erna February 9th & February 23rd

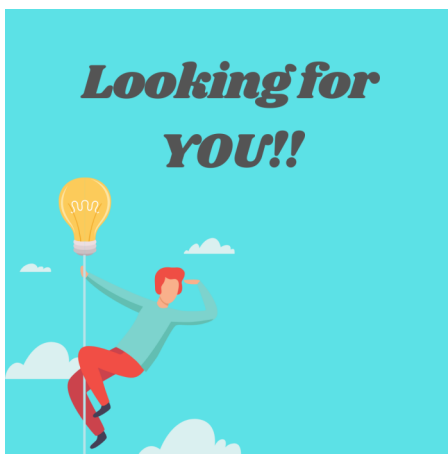
## **This Year's Lenten Study: Luke, Jesus and the Outsiders, Outcasts, and Outlaws by Adam Hamilton**

Jesus came to lift up the lowly. Throughout his ministry to his final days on the road to the cross, we find stories of his relationships with ordinary, flawed, and unexpected people. He met, dined, and traveled with people who were not perfect. Many of them were struggling, some were outsiders or even outlaws. Whoever they were, from those he healed to the outlaws with him at his crucifixion, Jesus brought the good news of God's kingdom to those who most needed to hear it. In *Luke: Jesus and the Outsiders, Outcasts, and Outlaws*, pastor and bestselling author Adam Hamilton explores the life, teachings, death, and resurrection of Jesus as told in the Gospel of Luke.



Through Luke's stories we find Jesus' care and compassion for all as he welcomes sinners and outcasts. As we study Luke and see Jesus' concern for those who were considered unimportant, we hear a hopeful and inspiring word for our lives today. The book can be read alone or used for a group study and church-wide Lenten program. Additional components include video teaching sessions featuring Adam Hamilton, a comprehensive leader guide, free downloadable resources for children and youth, and a digital worship and sermon helps. The book includes a link to download the free teaching resources for children and youth.

This Lenten season this class will be offered on two different dates/times. Pastor Rick will be teaching on Wednesday nights at 6:30 pm in room 136 in person and on line. Class will be starting March 8, 2023 through April 5th, 2023. Pastor Adriana will be teaching on Sundays at 11am in room 130 in person. This class will start on February 26, 2023 through April 2nd, 2023.



### **Teachers, Classes and YOU!! Oh My!**

The Adult Ministry team is looking for teachers and new class content and formats. If you are at all interested in creating or teaching one class this year please let Pastor Adriana or anyone on the Adult Ministry team know.

Team members include Pastor Adriana, Evelyn Plummer, Erna Huitema, Chris Odell, Elaine Miller and Greg Walker.



# Make Your Wishes Known – A Tough Talk

Submitted by Stacy Cantwell

On January 2<sup>nd</sup>, 2023, the world was understandably traumatized after watching the Buffalo Bills NFL player, Damar Hamlin, receive CPR following cardiac arrest in real time on the football field. Cardiopulmonary resuscitation (CPR) is an emergency lifesaving procedure when the heart stops beating to keep blood flow active. With tragedy, comes conversation. This event has people talking about what they would want for themselves or their loved ones. While it is a difficult topic to approach, this might be a good time to discuss items such as Living Will, Code Status, and POA (Power of Attorney) for health care and finances.

If you find yourself in a hospital setting with the responsibility of making decisions for someone else, the staff can explain Code Status options for you. Please don't hesitate to ask questions as many times as you need to. DNR (Do Not Resuscitate) means that they would not restart the heart with CPR. 90% of people who experience cardiac arrest outside of the hospital die. In the hospital setting, the average survival rate from cardiac arrest is 18%. CPR is necessarily brutal, and chest compressions often result in rib and sternum fractures. DNR does not mean "Do Not Treat". Patients will still receive full medical care including antibiotics, procedures, medications, physical therapy, etc. Opting for a DNR code status would specifically mean not doing CPR with chest compressions if the heart stops.

CPR can double or triple a person's chance of survival. Here are the CPR guidelines for an unresponsive adult without a pulse:

- Call 911.
- 30:2 – 30 compressions then 2 breaths.
- Push hard & fast - 2 inches chest depth, 100 times/minute.
- Attach AED (automatic external defibrillator) - Just turn it on and follow the prompts.
- Change compressor every 2 minutes.
- If you choose to include respirations (mouth to mouth), barriers can be purchased to minimize the risk to yourself for \$5. [https://www.amazon.com/Gloves-Shield-AsaTechmed-Firefighters-Responders/dp/B081K619MK/ref=sr\\_1\\_37?crd=29812F34HR7FI&keywords=mouth+protector+cpr&qid=1673222237&sprefix=mouth+protector+cpr%2Caps%2C137&sr=8-](https://www.amazon.com/Gloves-Shield-AsaTechmed-Firefighters-Responders/dp/B081K619MK/ref=sr_1_37?crd=29812F34HR7FI&keywords=mouth+protector+cpr&qid=1673222237&sprefix=mouth+protector+cpr%2Caps%2C137&sr=8-)

The American Heart Association's website educates on CPR topics, including hands free CPR. If you are not certified in CPR, or not sure how to provide rescue breaths, stick to hands-only CPR.

- Call 911.
- Push hard & fast on the chest in the center just below the nipple line.
- The heel of one hand on the center chest, the other on top, interlock fingers.
- Straight arms, shoulders over hands, use the upper body for strength.
- <https://cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr>

Life care planning is an important task for all of us regardless of age. Make your wishes known in the event of an emergency. The Attorney General wants the public to have access to free legal documentation. You can print off a full packet for Living will, POA for healthcare and POA finances at no cost to you. Visit [WWW.azag.gov](http://WWW.azag.gov).

- Click on 'Seniors'.
- Scroll down to 'Life Care Planning'.
- Choose 'Complete LCP Packet'.

#### References

<https://cpr.heart.org/en/resuscitation-science/cpr-and-ecc-guidelines>

[www.azag.gov](http://www.azag.gov)

**“God is using me in a different way today”. (Damar Hamlin).**

Submitted by Stacy Cantwell



## Valentine’s Day is the One Day of the Year Dedicated to Celebrating Romance and Love

Submitted by: NJ Nwalor RN, BSN

Think captivating, long-stemmed red roses, divine chocolates, candle-lit dinner and wine that gets your taste buds in a frenzy. But Valentine’s Day can be difficult for someone who is recovering from alcohol or drug addiction. In fact, all the heart-shaped cookies and cheesy, lovey-dovey social media posts can tempt a recovering addict to relapse to try to escape it all.

Sound like your spouse, parent, child or sibling? It’s not that your loved one doesn’t want to celebrate love. But in many cases, Valentine’s Day reminds recovering addicts of the damage their disease has caused. Luckily, there are ways to help your loved one see past those reminders and enjoy Valentine’s Day again. But first, it’s important to understand why your loved one feels the way they do about this love focused holiday.

### ***Why Recovering Addicts Struggle with Valentine’s Day***

Let’s face it, you don’t have to be a recovering addict to feel apprehension or disdain towards Valentine’s Day. Some people can’t stand the commercialization of the holiday, while others are simply reminded of their single status. But for those in addiction recovery, the struggle with Valentine’s Day oftentimes goes beyond just these types of opinions and feelings. Your loved one’s trepidation could be a result of: Memories of their addiction. Was your loved one drunk or high during a previous Valentine’s Day? If they behaved poorly during a date or embarrassed themselves or loved ones, February 14th may remind them of those memories.

***Damaged relationships.*** Your loved one may have damaged relationships with family members and friends as a result of their destructive behaviors while drinking or abusing drugs. They may be ashamed of what they’ve done and feel sad about no longer having those people in their lives. Feeling undeserving of love. After all the damage their addiction has caused, they may not feel like they even deserve to be loved and cared for. They might shy away from Valentine’s Day, believing they don’t deserve to be treated well.

***Relapse fears.*** It’s hard to avoid all the sugar, chocolate and alcohol advertised in commercials and stores leading up to Valentine’s Day. Your loved one may feel uncomfortable being around all that, since they’re trying to avoid unhealthy foods and substances that could disrupt their recovery. It’s understandable for your loved one to feel the way they do about Valentine’s Day, especially if this is their first year in recovery. But just because what they’re





feeling is normal doesn't mean they have to be miserable and lonely on Valentine's Day. "God is love and we ought to share that with other"

## **5 Ideas to Support a Recovering Addict on Valentine's Day**

Valentine's Day doesn't have to include romantic dinners, sugar and bottles of champagne. Instead, try these activities to help your loved one enjoy themselves and feel cherished: Go on a weekend getaway. Sometimes you need a couple days away to distress and get your mind off what's troubling you. Spend your days and evenings on the slopes at a ski resort or book a spa weekend where you and your loved one can experience true pampering and relaxation.

**Get outdoors.** Physical activity naturally increases endorphins to help you feel good. This is especially true outdoors. Take your loved one to the mountains for a day of hiking, bike ride through a local park or enjoy ice skating or ice fishing. Of course, choose an activity that's weather-permitting and wear appropriate clothes, so your day doesn't have to be cut short!

**Make them a personalized gift.** A personalized gift can mean a lot to your loved one, especially if they feel like they don't deserve to be loved. Write them a deep, meaningful card, make them a scrapbook of happy memories or find a gift personalization website online to help you decide what to get them.

**Go to a recovery meeting together.** Valentine's Day can feel lonely for some people, so remind your loved one that they aren't alone. One of the easiest ways to show your love and support is to go with them to a recovery meeting on Valentine's Day. This will mean a lot to them and indicate how serious you are about supporting their recovery. Spend a cozy night inside playing games. Sometimes, you don't need to go out to have a good time. Get a cozy fire going at home, turn on some background music and play a few rounds of board games that will get your loved one laughing and keep their mind off any negative thoughts and relapse triggers.

All your love and compassion this Valentine's Day will motivate your loved one to continue bettering themselves and maintain their sobriety. And if this year's sober Valentine's Day goes well, turn it into a new tradition that you and your loved one can bond over for years to come!

Article taken from:

The Raleigh House

February 10, 2020 | by Abby Mckenna | Holidays | Recovery

Last updated on February 11th, 2020 at 10:46 am

Preschool News  
[www.gilbertpreschool.com](http://www.gilbertpreschool.com)



FUMC of Gilbert Preschool



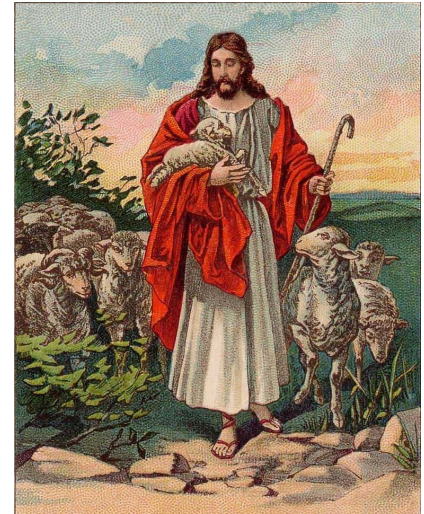
Gilbert preschool



@gilpreschool

## What's been happening?

After a wonderful Christmas break we were happy to have all our Preschool Families back on campus in early January. In February, we'll study the stories of the lost sheep, baby Moses, lions in the den, and pets! As we discuss the parable of the Lost Sheep, we'll relate it to our lives by letting the preschoolers know that each one of them is important to us, to the class, and to God. They are learning so much about who they are and how to be a good friend! At the end of January, preschool dads are invited to share a breakfast treat with their little ones before school for Donuts with Dads.



## What's coming up?

February is a month full of love and compassion! We'll enjoy Valentine's Day parties in class and learn the story of the Good Samaritan and how to have happy healthy hearts. At the end of the month, we'll celebrate the joy of reading with Dr. Seuss week! This week is filled with fun dress up days and Dr. Seuss games and activities!

REGISTRATION

**Registration** for the 2023-2024 school year began on January 17th and is ongoing. Registration information and registration documents are available in the preschool office and also online. Spread the word! Follow us on Facebook, Instagram and on our website: [gilbertpreschool.com](http://gilbertpreschool.com)!



# FOOD & DRUG STORES **fry's** Community Rewards Program

## Shop at Fry's

It's a great time to register your Fry's grocery card online so that the church preschool receives money back! The process is done online in just a few simple

steps. Our account number is 80635. Throughout the years, we've bought playground toys, purchased a portable stage, and lots of other great items with the Fry's money. Thank you!

**Missions** – This month we will be collecting pet supplies for Friends for Life Animal Rescue. Please bring your donations to the Preschool office. A few suggestions are; small dog harnesses, nylon leashes, gently used towels and sheets, Kitty litter, cat toys, cat food, dog treats, dog toys, cleaning supplies such as Lysol, paper towels, large trash bags and bleach.



If you have any questions about the preschool, please email [preschool@gilbertumc.org](mailto:preschool@gilbertumc.org) or call 480-892-9166. Lisa DePalma or Ellie Koenig would love to speak with you!



# February 2023 Children's Ministry What's Happening?

## Preschool and Kinder



### SERIES DESCRIPTION:

During Jesus' time on earth, He showed us how He loves. Jesus loved children and wanted to be with them. Jesus loved His friends and spent time with them. Jesus loved people by helping them. Jesus loved people no matter what they had done and forgave them. And His love for us is the same.

CORE INSIGHT: :

TRUTH

WEEK ONE: Jesus and the Children—Luke 18:15-16

WEEK TWO: Mary and Martha\*—Luke 10:38-42

WEEK THREE: The Centurion—Matthew 8:5-13

WEEK FOUR: The Thankful Woman

BOTTOM LINE: I CAN LOVE LIKE JESUS.

“A friend loves at all times.” Proverbs 17:17, NIV

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Weds Wilds

at 6:30pm

in room 205 Kinder-6th graders. Register online

On our website.

We need this to be prepared for the children please.

## 1ST-6th Graders



### SERIES DESCRIPTION:

All people have value because they were created in God's image. God values us and wants a forever relationship with us. God sent Jesus to make that possible. We follow God's example when we show others that they have value, too.

CORE INSIGHTS:

IDENTITY • COMMUNITY

WEEK ONE: Calling of the Disciples—Luke 5:1-11, 27-32 BOTTOM LINE: Include people who are left out.

WEEK TWO: Love Your Enemies—Matthew 5:43-47 BOTTOM LINE: Show respect even when you don't get along.

WEEK THREE: Mary and Martha—Luke 10:38-42

BOTTOM LINE: Take time to show others they are important.

WEEK FOUR: A Roman Commander Has Faith—Matthew 8:5-13 BOTTOM LINE: Remember God is most

““Do to others as you want them to do to you.” Luke 6:31, NIV

**Mission: bring a pantry (cereal , canned goods , etc. for offering**



Jr. High Sunday School  
Room #200 with Ron  
During the 10am Service  
Sr High Sunday school in



### Confirmation, Spring 2023

New structure- only 3 weekend to commit too: Feb24-25, March 31-April 1, and a full week-end April 28-30th for a Confirmation Retreat at Mingus.

Sign up [Here](#)



Navajo Nation near Chile in  
Northern AZ

Watch Youth News for upcoming Fundraising opportunities and more details!

### Save the Date SSP Summer 2023

June 23rd- July 1st (proposed dates)

### SAVE THE DATE MORE UPCOMING YOUTH EVENTS

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

Spring 2023- Confirmation (open to all 7-12 graders), see above for dates and registration.

Feb. 5th, Youth Group, Paint/Decorate Youth Room, 11am

Feb. 19th- Youth Group, Rock Climbing, Time TBD (afternoon)

Feb. 24th 5-8pm 1st Confirmation Class

Feb 25th 9am-1pm 2nd Confirmation Class

Feb 25-26th, Gilbert Food Drive Collection, Volunteer Opportunity

Feb 25-26th- Youth Ski Trip (Flagstaff) TBD???

March 18th- Youth Group, TBD

June 5 thru 9th- VBS, 9am-12pm M-F, Volunteer Opportunity!

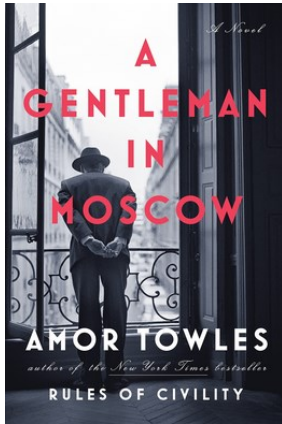
June 23rd (Fri)- July 1st (Sat), SSP 2023 (approximate dates)

July 23-28th- YOUTH 2023 in Daytona Beach, FL



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

February's book is A Gentleman In Moscow

By Amor Towles

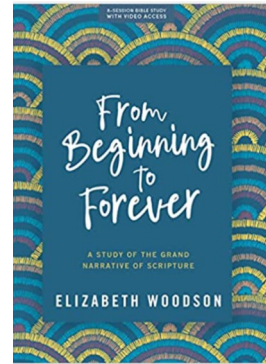
June Morrison will be leading the review of this fiction book which was published in 2016.

The Book Club will meet February 16th at 11:30 in room 130.

March's book is Iron Lake by William Kent Krueger

## Tuesday Morning Bible Study

Our next book is From Beginning to Forever by Elizabeth Woodson starting Tuesday March 28 at 9:15 social time, prayers and praises). Same format as before (in person only) no masks required (but highly recommended) 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.



Many Christians today are daunted by the Bible, seeing the size and scope of Scripture as intimidating and overwhelming. The result is often a fragmented understanding of parts of the Bible, which leads us to view it through the lens of our individual stories, primarily looking for different verses or passages to help us live our everyday lives. But, in our search for personal truth, we fail to see how the entirety of Scripture works together to show a bigger story—God's work to redeem and restore the entire world.

In From Beginning to Forever, Elizabeth Woodson guides you through the story of the Bible, showing how all 66 books combine to form one unified narrative. Weaving together the rich theological truths found in Genesis through Revelation, this 8-session study shows the eternal significance of what God is doing in the world and how he invites us to be a part of it.

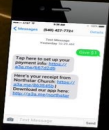
contact Sonja Ruhland at [Sonja.ruhland@gmail.com](mailto:Sonja.ruhland@gmail.com)

**Text-to-Give**

- † Text 480-712-1057
- † Enter amount with \$ sign  
for example: **\$25**


For first usage only:

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





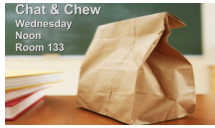
Mark your calendar for these other upcoming events:

- Register today for VBS Ready, Set, MOVE! Follow Jesus Here, There, and Everywhere starting June 5th through June 9th 9:00am to Noon.
- Chat and Chew meets every Wednesday at 12:00 in Room 136 Bring your own lunch and join us for fellowship.
- February 2nd at 9:30 am Christian Women’s Fellowship meets in Room 130.
- Community Event Paws in the Park on Saturday 4,2023 11:00 to 1:00 at the Islands Community Park. Pet blessing, vets available to ask questions, vendors, photo booth, dog training specialist, and food trucks.
- Health Ministry will be Blood pressure /pulse check after the services (1st and 2nd) in the Activity Center.
- February 12th is Scout Sunday The scouts will be included in the service acting as greeters, ushers, and liturgists.
- Don’t forget to show the love of Jesus on February 14th to all you love and some you do not know.. Spread His LOVE everyday!
- Book Club Meets February 16th at 11:30 am in Room 130 February’s book is A Gentleman in Moscow by Amor Towles. 
- February 19th is Transfiguration Sunday.
- **The church office will be closed on February 20th in observance of President’s Day.**
- February 22nd is Ash Wednesday there will be the service in Sanctuary at 6:30pm in the Sanctuary. Please join us!
- Confirmation class in room 201 and activity Center February 24 5:00-8:00 pm and February 25 9:00am -1:00 pm in Room 201 and Activity center.

### Finance Committee Update

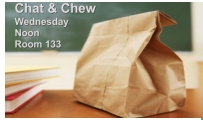
December 2022		2022 Year to Date (calendar year)	
Budgeted Contributions	\$51,800	Budgeted Contributions	\$621,605
Actual Contributions	\$110,920	Actual Contributions	\$685,680
Actual Spending	\$48,060	Actual Spending	\$696,205
<b>Surplus (Deficit)</b>	<b>\$62,363</b>	<b>Surplus (Deficit)</b>	<b>(\$10,524)</b>

# February Calendar of Events 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Register for VBS now! Ready, Set, Move start date 6.5.2023</b></p>			<p><b>1</b> Chat N Chew Noon Wednesday Night Bible study 6:30</p>	<p><b>2</b> Christian Women's Fellowship 9:30</p> 	<p><b>3</b></p>	<p><b>4</b> Grief share Every Saturday 10:30-Noon in rm 130</p>
<p><b>5</b> Communion Sunday</p> 	<p><b>6</b></p>	<p><b>7</b> Tuesday Morning Bible Study 9:15</p> 	<p><b>8</b> Chat N Chew Noon Wednesday Night Bible study 6:30</p>	<p><b>9</b> Shawl Ministry !:00</p> 	<p><b>10</b></p>	<p><b>11</b></p> 
<p><b>12</b> Scout Sunday Blood pressure pulse check in AC</p>	<p><b>13</b></p>	<p><b>14</b> Tuesday morning Bible study 9:15</p> 	<p><b>15</b> Chat N Chew Noon Wednesday Night Bible study 6:30</p>	<p><b>16</b> Book Club 11:00</p> 	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b> Tuesday morning Bible study 9:15 off</p> 	<p><b>22</b> Chat N Chew Noon Ash Wednesday</p> 	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b> Tues Morning Bible 9:15 off</p> 	<p><b>Chat &amp; Chew Wednesday Noon Room 133</b></p> 			

# March Calendar of Events 2023



Sun

Mon

Tue

Wed

Thu

Fri

Sat

**5** Communion  
Sunday



**6**

**7** Tues  
Morning Bible  
9:15



**1** Chat N Chew  
Noon  
Wednesday  
Night Bible  
study 530

**2** Christian  
Women's  
Fellowship 9:30



**3**

**4** Grief share  
every Sat 10:30-  
noon in room  
130

**12**

**13** Preschool  
On Break until  
February 27th

**14** Tues Morn-  
ing Bible  
9:15 off



**8** Chat N Chew  
Noon Wednes-  
day Night  
Bible study  
6:30

**9** Shawl  
Ministry 1:00



**10**

**11**



**19**

**20** Preschool  
On Break until  
February 27th

**14** Tues Morn.  
Bible 9:15 off



**15** Chat N  
Chew Noon  
Wednesday  
Night Bible  
study 6:30

**16** Book Club  
11:00



**17** St. Patrick's  
Day



**18**

**26**

**27** Preschool  
On Break until  
February 27th

**21** Tues Morn.  
Bible 9:15 off



**22** Chat N  
Chew Noon  
Wednesday  
Night Bible  
study 530

**23**

**24**

**25**





## February Birthdays



Kristy Zins	3
Jeff Martell	4
Marc Diaz	11
Carlene Du Amarell	12
Dorinda Johns	12
June Morrison	12
Scott Ouellette	12
Katie Lane	13
Joan Egenes	13
Greg Walker	16
Riley Norris	17
Deanna Helland	18
Sharon Dalton	19
Glenn Compton	24
Frederick Hartmann	25
Mathuram Santosham	26
Ruby Jean Roberts	27
Janelle Chiricuzio	28



## February Anniversaries

Date	Sweet Couple	Years Married
14	Terry and Bruce Bettis	19
14	Lindsay and Ted Lillie	2

