

The Evangel

First United Methodist Church of Gilbert

January 2023



The church office will be closed January 2 in observance of New Years Day And January 16 in observance of MLK Day

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

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

**Attendance
Dec 18th....217**

Virtual viewing 148



The church office hours have changed!

For those who haven't noticed the hours of the Church office has changed to:

Monday through Thursday 9:00am-4:00pm

Pastor Rick and Adriana both make their own appointments.

Fridays the office is open for pre made appointments.

Holidays will be posted when the office will be closed.

**Grief Share Support Group will be In person at First UMC of Gilbert
All Are Welcome starting January 7, 2023**



For those grieving the loss of someone close to them. This support group. Led by Kay Pealstrom. Please register with Kay so she know how many to prepare for at k.pealstrom@gmail.com. The meeting is meeting on Saturdays from 10:30-Noon in room 130 in person. Workbook and class materials required. Please register before January 2nd, 2023.

Live Nativity and Petting Area

Manned by the youth of the church at the 4:00 service with the petting area..



Christmas Cantata in pictures



Beautiful music and songs !!!!

Thank you choir and musicians !

Thank you Childrens choir!



We had a great turnout for our Gifts of Hope donations this year! Thanks to the generosity of so many, we delivered over 60 gifts for 25 children and teens in foster care to Arizona's Children Association. Gifts of Hope was a shared project between Missions and our Youth group. Thank you to everyone who shared their Christmas Love by making



Senior Santa



Thanks to your generosity, we collected 25 gifts for senior community members. A big thank you to all who purchased and wrapped gifts to give to lonely or financially-challenged seniors. Kudos to the youth for partnering with Missions for tracking the gift tags and the collection of the gifts.



The Missions Team was able to use some of the funds in the account to deliver 262 individual snacks to Gilbert Elementary School last week. They are so appreciative of FUMC Gilbert's support!



HEALTH MINISTRY
**BLOOD PRESSURE AND
HEALTH CHECKS**
in Activity Center
on January 8 between services

Hello Church Family!

This is a time of year where we are still all recuperating from the activities and reflections of the Christmas season. While we recuperate we are also planning and thinking about how 2023 will or can be different. Adult Ministry study offerings are opportunities to incorporate scripture and God's love and purpose for you into your daily life. The Adult Ministry team is meeting soon to work out additional class offerings. Below is a list of items that have already been decided. Please look to eNews, church website and upcoming Evangel as new items are decided.

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

January 5th: Words of Life, Chapter 8

January 19th: Words of Life Chapter 9

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

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

January 8th : Sermon on the Mount: Chapter 4

January 15th: Sermon on the Mount: Chapter 5:

January 22nd: Sermon on the Mount: Chapter 6

Uncommon Ground is a new series by Amberly Neese. It looks at stories of the Old and New Testaments to guide discussion on how to live at peace with other even when you disagree.

January 29th: Common Ground: Chapter 1

February 5th: Common Ground: Chapter 2

February 12th: Common Ground: Chapter 3

February 19th: Common Ground: Chapter 4

Luke, Jesus, Outcast 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

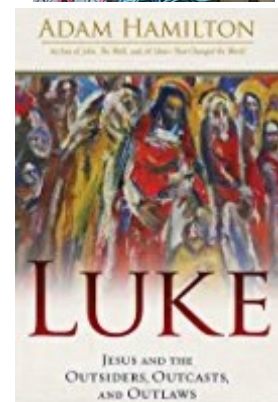
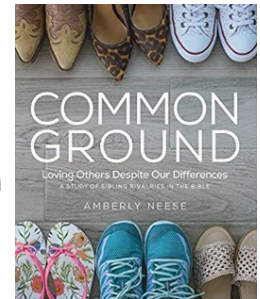
March 5th: Lent Study/Luke: Chapter 2

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



Join Pastor Adriana on Saturday January 28th at Sagebrush Coffee & Roastery which is located at 393 W. Warner Road Suite 121 in Chandler, AZ 85225. We will meet at 8am, share a morning devotional and then go for a walk in the neighborhood. This is an opportunity for great discussion and a little bit of exercise. Completely informal....come have some fun and a little exercise!

Mark the date! February 1st will be our first Wednesday night dinner of

2023. We are going with a Chinese New Year theme! Please contact Adriana to find out how you can help. We are in need of some side dishes, desserts and help setting up. Dinner will be from 5:30pm – 6:30pm. A wonderful time of fellowship served with a full plate of goodness.

Spring adult classes

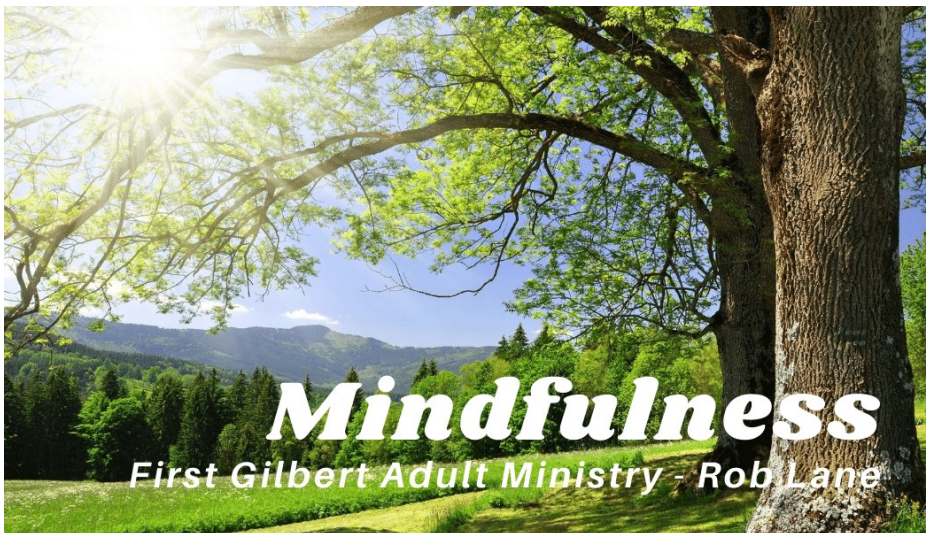
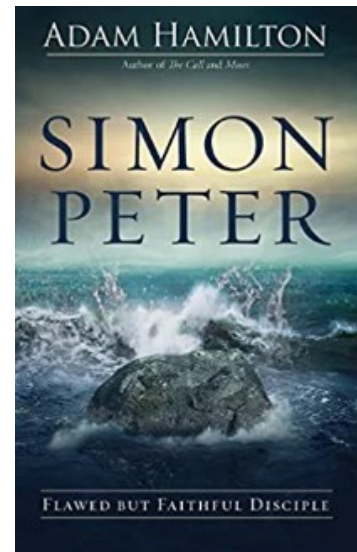
Pastor Rick will teach Half Truth by Adam Hamilton . This is a four week study starting January 18th at 6:30pm. They are simple phrases. They sound Christian--like something you might find in the Bible. We've all heard these words. Maybe we've said them. They capture some element of truth, yet they miss the point in important ways. Join Adam Hamilton in this 4-week Bible study to search for the whole truth by comparing common Christian clichés with the



First Gilbert Wednesday Night Study at 6:30pm in room 136 with 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.

- January 11th: Simon Peter: Chapter 1
- January 18th: Simon Peter: Chapter 2
- January 25th: Simon Peter: Chapter 3
- February 1st: Simon Peter: Chapter 4
- February 8th: Simon Peter: Chapter 5
- February 15th: Simon Peter: Chapter 6



New class being offered
Led by Rob Lane being offered starting on
January 18
2023 through February
19 in Room 128
Library

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 .

Should You Detox After The Holidays?

SOURCES: NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH

The holidays are typically a time when people overeat and consume more alcohol than usual. Many will try to reverse the negative effects of these common holiday practices by doing a "detox." The purpose of a detox is to remove toxins from your body, promote health, and/or lose weight.

EXAMPLES OF DIFFERENT TYPES OF "DETOXES"

- Fasting
- Drinking only juices made from fresh produce
- Eating only certain foods
- Using herbs
- Using a sauna

Before you start a detox, it's important to question why you want to in the first place.

SHOULD YOU DETOX AFTER THE HOLIDAYS?

On one hand, detoxing offers many health benefits. On the other hand, it is usually more of a short-term fix. FarmboxRx encourages you to ditch the short-term mindset. Instead, focus on how you can make small, healthy lifestyle changes daily to improve your

overall health. When you maintain healthy lifestyle choices throughout the year, including the holidays, you will detox your body of toxins daily.

Here are three tips to avoid having to detox:

DRINK MORE WATER

Water helps flush toxins out of your body. Adults should aim for at least 2.5 liters of water a day. Flavor your water using fruit slices or herbs. "Eat your water" by eating more fruits and veggies that are high in water content.

EAT MORE FRUITS AND VEGETABLES

Fresh produce is filled with the vitamins and minerals the body needs to thrive. Eat more fruits and veggies to help keep your immunity up and fight any foreign toxins in the body. These foods also help with hydration and better digestion.

GET MOVING

Just 30 minutes of exercise a day offers detox-like benefits. Move enough to start sweating. Think of sweat as your body releasing toxins. Exercising also promotes heart health and maintains healthy blood sugar levels.

Article taken from Farmbox RX Living Submitted by Ruby Rosemond-Taylor



Preschool News
www.gilbertpreschool.com



FUMC of Gilbert Preschool



Gilbert preschool



@gilpreschool

What's been happening?

The Preschool Christmas Program, "A Christmas Story" was performed on Dec. 15th in the sanctuary. Our preschoolers, in the 3's and Pre K classes, did an amazing job of celebrating the Christmas story through songs and narration from Pastor Rick. The students dressed in costumes to tell the story of the night Jesus was born! A wonderful evening was enjoyed by family, friends, and loved ones!

Christmas Celebrations- The preschoolers had a party for Jesus' birthday where they decorated candy Christmas trees and read the Christmas story. It was a wonderful way to close our semester!

What's coming up?

The lost sheep, baby Moses, lions in the den, pets, you and me... God loves us all! January is a month full of bible stories! 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!

Donuts with Dads

On January 25th and 26th, the children will have a special day to show their Dads how much they're loved. A breakfast snack will be provided along with a special activity to work on together. We love celebrating our dads



REGISTRATION

Registration for the 2023-2024 school year begins in January! Registration for church members and current and previous preschool families begins on January 17th. Open registration, for all of our friends and community, begins on January 23rd. Registration information and registration documents are available online or in the preschool office in January. Spread the word! Follow us on Facebook, Instagram and on our website: gilbertpreschool.com!



Missions –

This month the preschool will collect donations for Friends for Life Animal Rescue Pet Shelter. We will be asking for food, toys, blankets, cleaning supplies, treats, etc... If you're Interested in dropping off a donation, stop by the preschool office.



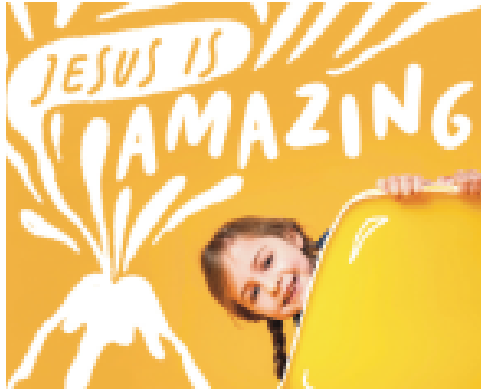
Community Rewards Program

- 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](https://www.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!

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

January 2023 Children's Ministry What's Happening?

Preschool and Kinder



SERIES DESCRIPTION:

We throw the word “amazing” around a lot. But imagine what it would have been like to watch Jesus calm a storm or give a man sight. It would have been like nothing you have ever seen before. That is the kind of amazing Jesus is – the “no one else can do this” amazing.

CORE INSIGHT:

FAITH

WEEK ONE: Jesus Teaches at the Temple— Luke 2:41-50

WEEK TWO: Water to Wine—John 2:1-11

WEEK THREE: Calming the Storm—Matthew 8:23-27

WEEK FOUR: Catching Fish*—Luke 5:1-10

WEEK FIVE: Healing the Blind Man—John 9:1-12

T BOTTOM LINE: JESUS IS AMAZING.

“Everyone who heard him was amazed.” Luke 2:47, NIV

**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:

We may never know all there is to know about God, but there are lots of ways we can get to know God. We can know God best through Jesus, who showed us how much God loves us. When we know more about God, we can live for God.

CORE INSIGHTS:

TRUTH • TRANSFORMATION

WEEK ONE: The Wise Men Visit Jesus—Matthew 2:1-12 BOTTOM LINE: Never stop searching for what's true.

WEEK TWO: The Boy Jesus at the Temple—Luke 2:41-52

BOTTOM LINE: Knowing God is the most important thing.

WEEK THREE: Jesus' Baptism—John 1:19-42, John 3:22-36 (supporting: Matthew 3)

BOTTOM LINE: When you discover something new, it can change you.

WEEK FOUR: Jesus Is Tempted in the Desert—Luke 4:1-13 (supporting: Matthew 4:1-11)

BOTTOM LINE: Remembering what's true can help you make the wise choice.

WEEK FIVE: John the Baptist in Prison— Matthew 11:1-6 (supporting: James 1:5)

BOTTOM LINE: If you don't understand something, ask.

“The Lord gives wisdom. Knowledge and understanding come from his mouth.” Proverbs 2:6,

Mission: to be determined.



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

Winter Camp at Mingus
Jan 14-16th, 2023
7-12th grades
Carpool from Church
\$135/ youth, Scholarship
Funds available!
[Winter Camp Info](#)



Youth 2023
Daytona Beach, FL
July 23-28, 2023
National UMC Connectional event!
Click [HERE](#) for more information.

SAVE THE DATE MORE UPCOMMING YOUTH EVENTS

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

Jan. 14-16 Mingus Mountain Winter Camp

Spring 2023- Confirmation (open to 7-12 graders) Feb24-25, March 31-April 1, and a full weekend April 28-30th for a Confirmation Retreat at Mingus.



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

January's book is Mrs. Lincoln's Sisters

By Jennifer Chiaverini

Nyra will be leading the review of this fiction book which was published in 2021.

The Book Club will meet January 19th at 11:30 in Room 130.

February's book will be A Gentleman in Moscow
By Amor Towles

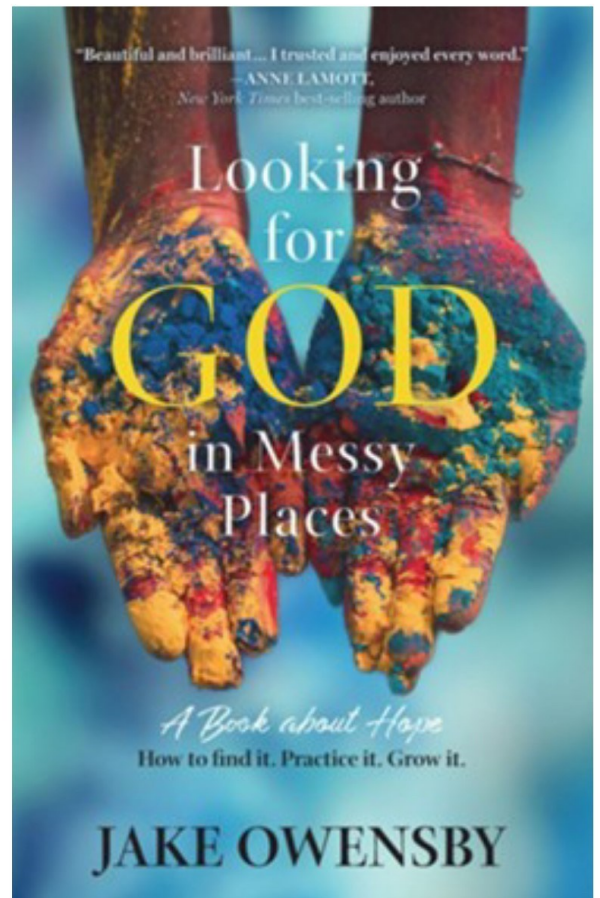
Tuesday Morning Bible Study

Our next book is God in Messy Places by Jake Owensby starting Tuesday January 10 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.

Life is messy. We can get discouraged by setbacks, overwhelmed by busyness, and shaken by worry. Hope is the power that gets us out of bed in the morning and gives us the courage to face adversity. Looking for God in Messy Places by Jake Owensby is a book about how love gives us an inextinguishable hope.



This book is for anyone who has ever been frozen in place by loss or regret, anyone who has endured suffering, cruelty, or rejection. From word to word and page to page, readers will experience themselves as God's beloved—so that they can be hopeful.

Contact Sonja Ruhland at Sonja.ruhland@gmail.com



Mark your calendar for these other upcoming events:

Upcoming Opportunities

- Church office will be closed on January 2nd in observance of New Year Day.
- Chat and Chew meets every Wednesday at 12:00 in Room 136 Bring your own lunch and join us for fellowship.
- January 5th at 9:30 am Christian Women's Fellowship meets in Room 130.
- Griefshare Starts a new 13th weekly session on helping you on the grieving the loss of a loved one. It will be lead by Kay Pealstrom and register with her at k.pealstrom@gmail.com. Will be held in Room 130 from 10:30-Noon Saturday January 7th.
- Blood pressure check will be done in between services on January 8th in the Activity Center by the Health Ministry .
- Preschool restarts on January 9th.
- The Church office will be closed in observance of MLK Day on January 16th.
- Winter Camp at Mingus Jan 14-16th, 2023 7-12th grades Carpool from Church
- \$135/ youth, Scholarship Funds available! Winter Camp Info 
- Book Club Meets January 19th at 11:30 am in Room 130 January's book is Lincoln's Sisters by Jennifer Chiaverini.
- Confirmation Class starting soon. New structure- only 3 weekend to commit too: Feb24-25, March 31-April 1, and a full weekend April 28-30th for a Confirmation Retreat at 





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 be praying for all the concerns and praises.
Your Prayer Team



From Your Finance Committee

November 2022		2022 Year to Date (calendar year)	
Budgeted Contributions	\$51,800	Budgeted Contributions	\$569,800
Actual Contributions	\$43,213	Actual Contributions	\$575,257
Actual Spending	\$60,462	Actual Spending	\$648,144
Surplus (Deficit)	(\$17,249)	Surplus (Deficit)	(\$72,887)



Congregational Care Support Groups
For more information about groups and other support available, please contact Pastor Adriana at

pastoradriana@gilbertumc.org
or 480-892-9166

**Grief Share Support Group will be In person
at First UMC of Gilbert
All Are Welcome starting January 7, 2023**

For those grieving the loss of someone close to them.

This support group. Led by Kay Pealstrom.

Please register with Kay at k.pealstrom@gmail.com

so she know how many to prepare for is meeting on Saturdays from 10:30 to Noon in room 130. Workbook and class materials required



Text-to-Give

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

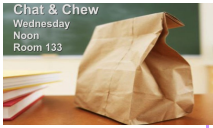
For first usage only:

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





January Calendar of Events 2023



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1 Communion
Sunday New
Years Day



8 blood
pressure
check in be-
tween
services

15

22

29

2 office closed in
observance of
New Years Day
preschool off until
January 9th

9

16 church
office closed
Martin Luther
King Jr
Day



23

30

3 Tues
Morning Bible
9:15 off

10 Tues
Morning Bible
9:15



17 Tues Morn-
ing Bible
9:15



24 Tues Morn.
Bible 9:15



31 Tues
Morning Bible
9:15

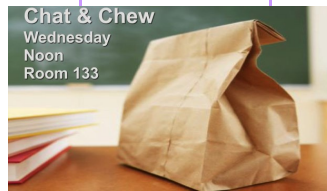


4 Chat N Chew
Noon
Wednesday
Night Bible
study 530

11
Chat N Chew
Noon Wednes-
day Night
Bible study 6:30

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

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



5 Christian
Women's
Fellowship 9:30



12 Shawl
Ministry 1:00



19 Book
Club 11:00



6 Epiphany

13

20

27

7 Grief share
every Sat 9:00-
10:30 at Sunrise

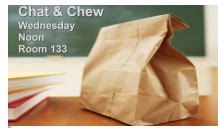
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21

28

February Calendar of Events 2023



Sun

Mon

Tue

Wed

Thu

Fri

Sat

5 Communion
Sunday



6

7 Tuesday
Morning Bible
Study 9:15



1 Chat N Chew
Noon Wednesday
Night Bible study
6:30 off

8 Chat N Chew
Noon
Wednesday
Dinner and fellow-
ship 5:30-7:30

2 Christian
Women's
Fellowship 9:30



9 Shawl
Ministry 1:00



3

10

4 Grief share
Every Saturday
10:30- Noon in
room 130

11



12 Scout
Sunday



13

14 Tuesday
morning Bible
study 9:15



15 Chat N Chew
Noon
Wednesday
Night Bible study
6:30 first Choir
practice

16 Book Club
11:00



17

18

19 Transfig-
uration Sunday

20 church
office closed
Presidents' Day

21 Tuesday
morning Bible
study 9:15 off



22 Chat N Chew
Noon
Wednesday
Night Bible study
6:30 off
ASH Wednesday

23

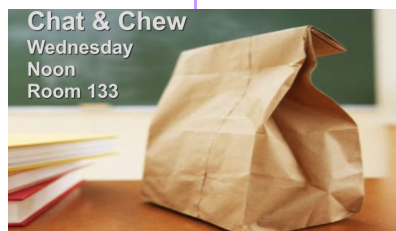
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25

26

27

28 Tues
Morning Bible
9:15 off



January Birthdays



Jeanne Randolph	3
Adeline Compton	8
Nicholas Karavakis	9
Karl Kotsonas	9
Jennifer Karavakis	14
Carrie Mueller	16
Jo Lynn Harder	17
Elice Province	18
Ethan Rempel	18
Jenna Bose	19
Jeannie High	21
Lori Wilkins	21
Elizabeth Boesch	25
Isaiah Kapenda	25
Makena Sy	26

January Anniversaries

Date	Sweet Couple	Years Married
06	Gayle and Garry Disch	27
19	Claire and Jake Regnitz	10
28	Anna and Matthew Trinidad	6
29	Patricia and Mathu Santosham	51



Wishing you all a Safe, Healthy, and Happy New Year from the staff of First Gilbert Church