

The Evangel

First United Methodist Church of Gilbert

May 2023



The church office will be closed May 29th in observance of Memorial Day



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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

Attendance
April 23rd....192


Virtual viewing 173



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



Because of you, life doesn't stop.

#VitalToLife

BLOOD DRIVE
Sunday May 7th


7am - 11am in Activity Center

To make an appointment:

- Visit donors.vitalant.org
- Scan QR code at left
- or call 877.258.4825

ADVANCE APPOINTMENTS are encouraged to help maintain social distancing.

FACE MASKS ARE NOW OPTIONAL FOR VITALANT DONORS



DONATE BLOOD
vitalant.org | 877-25-VITAL



in Memory of
Barbara Valbuena



**Hello FUMCG (and former FUMCG) families
of
2023 Graduates!**



I can't believe we have such a large group of fabulous young people graduating in less than 2 months! I'm sure you're all very proud of your grads. These guys have grown up over the years together as part of the youth group, despite not all participating currently, we'd still love to honor them on their accomplishment!

Please let me know if we can include your youth in our Grad Announcements and honor them on Grad Sunday in the 9:30am Service, on Sunday May 21st!

We will invite the grads up front for a special blessing and will have cake on the patio after church.

Please email me to following information:

- Grad's Name
- Where they are graduating from
- Plans for next year (job, college, etc)
- Parent/family name
- Grad/senior photo! We plan to announce the grads in the Evangel newsletter as well.

If you notice I've missed anyone on this email, please feel free to forward it to them.

Thank you so much!

--Shayla



First UMC Gilbert Adult Ministry Plans for May & June

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

Sunrise Assisted living Facility, Thursdays (1st & 3rd of the month) at 10am, facilitated by Pastor Adriana

May 4th: Sermon on the Mount Chapter 6

May 18th: The Walk by Adam Hamilton Chapter 1

June 1st: The Walk by Adam Hamilton Chapter 2

June 15th: The Walk by Adam Hamilton Chapter 3

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

Continuing the Women of Luke Study, created and led by Joyce Steiner

May 7th: Women of Luke part 3, facilitated by Joyce Steiner

May 14th: No class—Happy Mother's Day

May 21st: Women of Luke part 4, facilitated by Joyce Steiner

May 28th: No class—enjoy Memorial weekend

New Study! The Book of Acts: Journey with the physician Luke (played by Dean Jones) as he tells the enthralling story of danger, struggles, and triumph that marks the birth of the Christian church. Share the times of mystery and wonder that follow the resurrection of Jesus. Walk with the risen Lord. Watch as He is taken up into heaven. Experience the transforming power of Pentecost and catch the fire as God uses the passion of Peter (played by James Brolin) and John (played by Andre Jacobs) to send the flame of faith racing throughout Jerusalem and around the world. Luke's powerful narrative brings to vivid life the compassionate love that unites believers across the ages. This study will be led by Evelyn Plummer. June 4th, 11th, (no class 6/18), 25th and July 2nd

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

Ongoing classes in May facilitated by Choir Members. This class will go on hiatus for the month of June and July.

First Gilbert Wednesday Night Study, Wednesday at 6:30pm in room 130, Facilitated by Pastor Rick. This class is on hiatus May—July. Enjoy your break! Also, may be a great time to try another class.

Wednesday Night Hymn Study, Wednesday at 6pm in room 136, led by Marilyn Harter
Taking a look at the history and beauty of traditional hymns that we know and love.

June 7th—The Hymns of Charles Wesley

June 14th—The Prayer Hymns

June 21st—The Jesus Hymns (for example: Jesus Loves me, Jesus Shall Reign)

June 28th—Joy Hymns

Sermon & Supper Discussion, Tuesday nights at 6pm via Zoom, facilitated by Pastor Adriana Grab you supper and let's gather on line to discuss the sermon from the Sunday before our gathering. Discussion on what resonated with you, how you can apply it to your daily life, and what else do I want to learn about this week's topic. Incredibly informal but an opportunity to process the sermon and discuss what it means to us. Please contact Adriana at pastoradriana@gilbertumc.org so she can forward you zoom information.

June 6th, 13th, 20th, and 27th



**Wednesday
Night Dinner
& Fellowship**

Wednesday, May
24th at 5:30pm
Main Course:
Baked Chicken
The rest of the
meal is a potluck!

<https://www.signupgenius.com/go/10C0948A9AB2EA7FBC61-first>

Wednesday Night Dinner & Fellowship

This will be the last Wednesday night dinner until the Fall. Please save the date to join us! The church will be providing the main course which is chicken. We will be working together to potluck the rest of this great meal. There is a link to register via Sign Up Genius what you would like to bring. Hope to see you there!

Summer Dinner for 8

Introducing Summer Dinner for 8! We are organizing specific dates over the summer where you can sign up to have dinner with friends (old & new) from church. To accomplish this we are looking for four to six volunteers to host. You pick the date and time, you pick where, and you set the menu. If you don't want to stress with cooking you can always pick a restaurant where everyone can pick and pay for their own menu.

We will share the hosts and associated date and time; then folks can sign up to share a meal together. Completely informal, a social get together. Not meant to be expensive or stressful. Break bread with one another!

Contact Adriana at PastorAdriana@gilbertumc.org if you would like to host a dinner. Adriana is also looking for someone to help coordinate the folks wanting to participate in a dinner.

Summer Dinner for 8



*One Night, One Meal
Eight Chances for New
Friends*

Mothers Day Purses Drive Update

The Missions Committee is collecting **new or gently used purses filled with goodies** this Mother's Day to donate to moms in local domestic violence and family shelters. We have 14 filled purses and a lot of stuff to fill purses so we still need PURSES. We will be working in conjunction with UMOM this year. Please bring all donations to the church office by **May 5th, 2023** Monetary donations can be made by checks to First United Methodist Church with "Purse Project" on the notation line. Thank you! Any questions? Please call Paige Cantwell at 219-614-1849.



The Missions Team at FUMC-Gilbert recently delivered snacks to Gilbert Elementary School.

The snacks were purchased with funds from the Mission's account. We would love any donations you would like to supply from the list below as well. You may drop them off in the wooden crates on the wire shelves labeled Missions just inside the doors of the Activity Center.

Many of the students get hungry in the afternoons and having snacks available for the Social Worker to give them helps them to concentrate on their studies. The students are so polite and grateful when we deliver snacks to them. It's always a joy to see them!



Thank
You

First United Methodist Church of Gilbert has A MEDICAL LENDING CLOSET.

The Medical Lending Closet is available during church office hours. If you need or know of a need any of the medical items available, please call the church office at 480-892-9166. If you have an item you wish to donate please let us know as well. We accept items in clean and good condition (not broken). We are not in need of crutches. At this time we are in need of full size wheel chairs with attachments and knee scooters. If you have borrowed in the past from the closet please return in clean and good working order with all parts that you borrowed. Especially at this time of year we have a great need for a lot of equipment. Please call for availability of needed item needed.

The Medical Lending Closet items include:

Bath/Shower Chair

Over tub shower chair

Cane

Bedside commodes

Crutches

Knee Scooter

Raised toilet seats

Transfer bench

Walkers

Wheelchairs full size and transfer chairs

Wheel chair attachments



in signing out this equipment from FUMCG Medical Lending Closet I hereby release and discharge FUMCG, its membership, agents and employees from all liability, claims, demands, damages and actions that I may have for any injury to my person or my property that results from my uses or the use of the loaned equipment. I agree to clean the equipment with antimicrobial cleaner before use as well prior to the return of equipment. I will address any problems or questions to the church office at 480-892-9166.

Youth Stock Sales

on the patio

Sunday April 30 & May 7

Support the First Gilbert youth and their trip to the Sierra Service Project!

For info contact Shayla at youthministries@gilbertumc.org



Don't forget your Mom,
Grandmother, or
Great Grandmother on
May 14th!



Safe Sanctuary Training
For Church Staff and Volunteers

Sunday, May 7th

1:00—3:00 pm Room 130

Contact Shayla for info and RSVP
youthministry@gilbertumc.org

Walking for Health

The simple activity of walking has so many powerful health benefits. Done correctly, it can be the key to losing weight, lowering blood pressure and cholesterol, and boosting your memory, as well as reducing your risk for heart disease, diabetes, cancer and more. Walking for Health, created by the experts at Harvard Medical School, takes you step-by-step from why walking may be the most perfect exercise, to how to get started on a walking program, to specific walking workouts. It even has a special section on walking for weight loss.

The next time you have a medical check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted (along with other forms of regular physical activity) as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention.

Judging from the research, it's a well-earned reputation. Walking can have a bigger impact on disease risk and various health conditions than just about any other remedy that's readily available to you. What's more, it's free and has practically no negative side effects. Walking for 2.5 hours a week—that's just 21 minutes a day—can cut your risk of heart disease by 30%. In addition, this do-anywhere, no-equipment-required activity has also been

shown to reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and keep you mentally sharp. In fact, according to some estimates, walking regularly could save Americans over \$100 billion a year in health care costs. Even a quick one-minute jaunt pays off. A University of Utah study in 2014 found that for every minute of brisk walking that women did throughout the day, they lowered their risk of obesity by 5%. No more "I don't

have time" excuses!

Start walking, and you'll be helping to make your community stronger, too. Social scientists have found that as more people take to the streets, neighborhood crime rates fall and the local economy improves. It's also a wonderful way to meet new people and connect with neighbors. Take a walk with your children after dinner. It can promote better communication, reduce behavior problems, and improve academic performance.



Walking can even help your mood. A number of studies have found that it's as effective as drugs for decreasing depression. It can help relieve everyday stresses, too. Tension starts to ease as the road stretches out in front of you. Mood-elevating endorphin levels increase. Many people find that walking helps clear the mind, too—you may even find the solution to a problem that's been bugging you.

So don't wait for your next doctor's appointment to get inspired. Put on your shoes, step out the door, and rediscover the joys of walking. Start walking, and you'll be helping to make your community stronger, too. Social scientists have found that as more people take to the streets, neighborhood crime rates fall and the local economy improves. It's also a wonderful way to meet new people and connect with neighbors. Take a walk with your children after dinner. It can promote better communication, reduce behavior problems, and improve academic performance.

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So don't wait for your next doctor's appointment to get inspired. Put on your shoes, step out the door, and rediscover the joys of walking.

Originally printed in Harvard Health Publishing,



Preschool News
www.gilbertpreschool.com

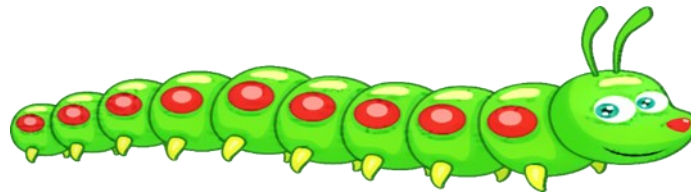


REGISTER NOW!

We still have openings in our 3's program and **only two remaining spots in our Pre K** for the 2023-2024 school year. We feel very blessed and excited for the new and returning families that will be with us next year. We would love to offer tours to any interested families. Please spread the word if you know of anyone looking for a preschool.

What have we been up to? April:

Our preschoolers had a busy month. We celebrated Easter and had a special chapel in the garden. We learned all about insects. Each class had real caterpillars come to the classroom for some up close investigating and watching the stages of metamorphosis before releasing the butterflies into our garden. We also had fun planting sunflower seeds in the preschool garden.



May:

During the month of May we will learn about the letter Mm as we celebrate our moms and have our special "Muffins with Mom" breakfast. The children will also be making tie dye shirts and learning songs for our "Patriotic" show at the end of the school year. The children love performing and we are excited they will have the opportunity to show off their hard work. We will end the school year with the letter Uu and enjoy cooling off from the warm weather with water days on the last two days of school.



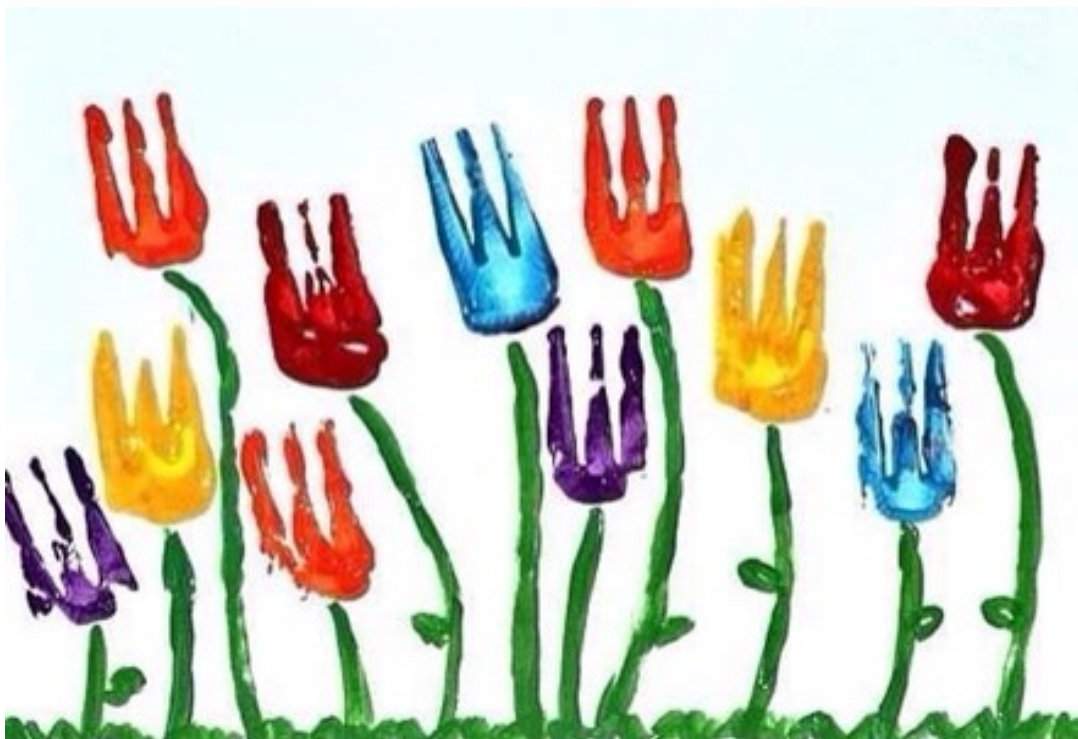


Community Rewards Program

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

Spring Project Fun

Grab a paper plate and add a few different colors of paint. Let the kids use plastic forks to stamp different color tulips.



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!

May 2023 Children's Ministry What's Happening?

Children's Ministry

Janelle Chiricuzio, Director children_ministry@gilbertumc.org

Preschool and Kinder



SERIES DESCRIPTION:

We are made in God's image to help others. God has given us unique abilities to use to help others. God sent Jesus to show us how to help others. Helping others is a pretty big deal! And that's why God is with us, helping us help others, every step of the way.

CORE INSIGHT: :
COMPASSION

WEEK ONE: Good Samaritan—Luke 10:25-37

WEEK TWO: The Four Friends*—Mark 2:1-12

WEEK THREE: Timothy and Tabitha—1 Timothy 4:12; Acts 9:36-39

WEEK FOUR: Rebekah Helps—Genesis 24:15-20

BOTTOM LINE: GOD MADE ME TO HELP OTHERS.

"We have the Lord our God to help us." 2 Chronicles 32:8, NLT

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:

Jesus promised that He would always be with us. Because we believe this is true, we can be confident in Him every day. You can have confidence that God's Spirit is working to transform you into exactly who God created you to be

CORE INSIGHTS:

FAITH • TRANSFORMATION

WEEK ONE: Great Commission and Ascension—Matthew 28:16-20, Luke 24:50-53, Acts 1:1-11

BOTTOM LINE: Share God's love with others.

WEEK TWO: The Holy Spirit Comes at Pentecost—Acts 2:1-41
BOTTOM LINE: God sent the Holy Spirit to help you.

WEEK THREE: Peter and John Are Taken to the Sanhedrin—Acts 3:1-4:21

BOTTOM LINE: God is with you no matter what.

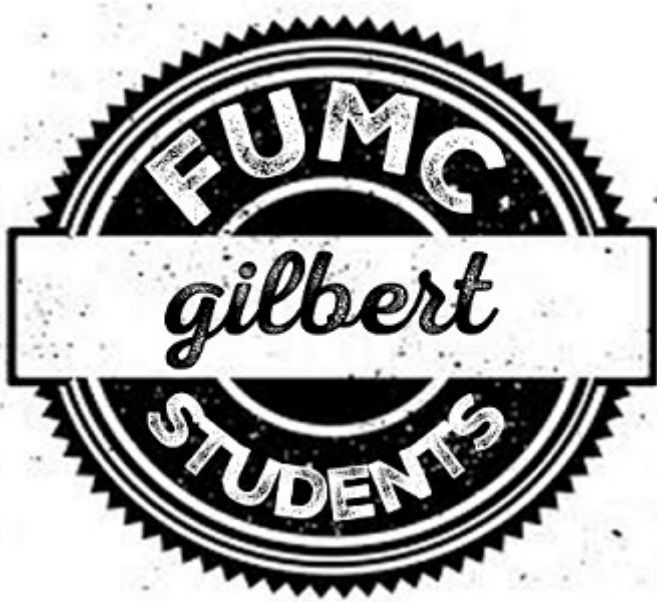
WEEK FOUR: Philip—Acts 8:26-40

BOTTOM LINE: God is with you even when you have questions

"So we say with confidence, 'The Lord is my helper; I will not be afraid.'" Hebrews 13:6a, NIV 6:31, NIV

Mission: for the Hydration Station at the Wesleyan Center in Tempe.





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

VBS Volunteers
Needed for
June 5 thru 9, 2023
9AM to Noon



Calling all 2023 Grads!

Graduation is only a month away! Please email youthministry@gilbertumc.org if you have a graduate that you would like recognized this May. Please include a Graduation/Senior Photo, Grad's Name, School, Plans for next chapter (ie: job, trade school, college), and parent/church member name/contact info. Any questions, please email

youthministry@gilbertumc.org.

Save the Date
SSP Summer 2023

June 23rd- July 1st (proposed dates)

Watch Youth News for upcoming Fundraising opportunities and more details!



Navajo Nation near Chile in
Northern AZ

SAVE THE DATE MORE UPCOMMING YOUTH EVENTS

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

May 7th- Youth Group TBD

May 14th- Confirmation Sunday/Mother's Day

May 21st- Youth Group TBD

May 21st- Grad Sunday

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 !

Youth News • 7th-12th Grade



Easter Pancake Breakfast

Helping BSA Scouts attend
Summer Camp and purchase
camping equipment for
Troops 88 and 3088.

Thank You!



In April the First Gilbert Youth hosted a “Pirate” themed escape room on campus. Guided by youth leader and puzzle-master Ron Mason, the youth spent weeks preparing for and running the event.

Participants raced against the clock to discover a sequence of clues, solve very challenging mental and physical puzzles, and work together to “escape the room and find the buried treasure!”

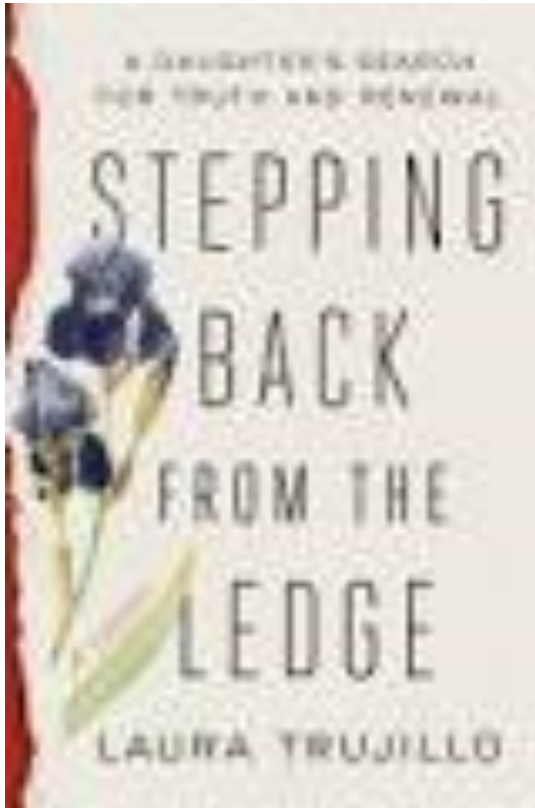
Seven groups of people contributed a total of \$500, enough to fully fund one youth to attend the Sierra Service Project this summer.

It is through your generous giving that engaging events like this can be hosted on our campus. Thank you!

First Gilbert Youth ESCAPE ROOM!

*Thank You for
Your Support!*





The Book Corner

May's book is Stepping back from the Ledge
by Laura Trujillo

Helen will be leading the
review of this
fiction book which was
published in 2022.

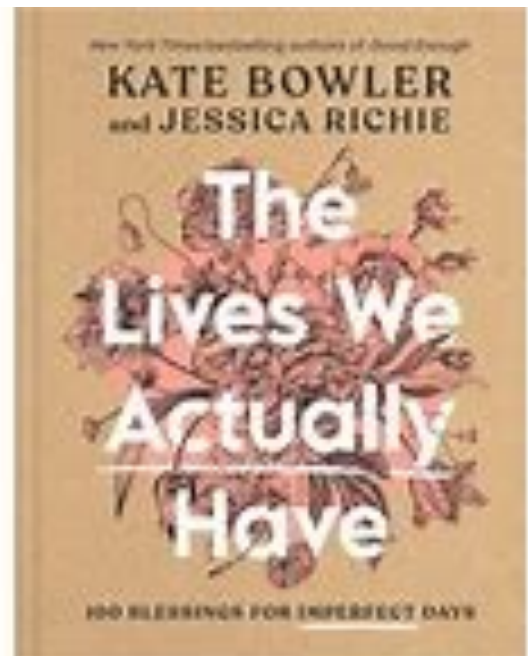
The Book Club will meet
May 18th at 11:30 in
Room 130.

June's book is Demon Copperhead
by Barbara Kingsolver

Tuesday Morning Bible Study

Our next book is The Lives We Actually Have by Kate Bowler and Jessica Richie. Last Tuesday for spring study is 5/16. Final brunch and marketplace 5/23 at 9:30a. Summer book starts Tuesday 6/13 9:30a (9:15a to socialize)- 11:15a. We will take week of July 4th off and continue thru 8/1. It's an easy book to join while you're in town, miss while on vacation and join back later. Same format as before (in person only 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.

We live in a world that demands relentless perfection. Happy marriages and easy friendships. Bucket list-level adventures and matching family photos. But what if our actual lives don't feel very #blessed? Might our everyday existence be worthy of a blessing too? Even an average Tuesday? Kate Bowler and Jessica Richie offer creative, faith-based blessings that center gratitude and hope while acknowledging our real, messy lives. Formatted like a prayer book, The Lives We Actually Have is an oasis and a landing spot for weary souls, with blessings that focus on the full range of human moments: garbage days, lovely days, grief-stricken days, and even (especially) completely ordinary days. These heartfelt blessings are a chance to exhale when we feel everything from careworn to restless, devastated to bored. Let's have a reminder that we don't need to wait for perfect lives when we can bless the lives we actually have. Contact Sonja Ruhland at Sonja.ruhland@gmail.com



Mark your calendar for these other upcoming events:

- Chat and Chew meets every Wednesday at 12:00 in Room 136 Bring your own lunch and join us for fellowship.
- May 4th at 9:30 am Christian Women's Fellowship meets in Room 130. 
- Safe Sanctuary Training May 7th at 1:00-3:00 in Room 130 last chance before VBS!
- Blood Drive May 7th appointments available from 7Am-11Am in the Activity Center.
- Book Club Meets May 18th at 11:30 am in Room 130 May's book is Stepping back from the Edge by Laura Trujillo
- May 14th is Confirmation Sunday and Mother's Day!
- Calling all 2023 Grads! Grad Sunday is May 21st Please email youthministry@gilbertumc.org if you have a graduate that you would like recognized this May. Please include a Graduation/Senior Photo, Grad's School, Plans for next chapter (ie: job, trade school, college), and parent/church member name/contact info. Any questions, please email youthministry@gilbertumc.org.  like Name, 
- May 24th at 5:30 pm is the Last Fellowship Dinner before the summer break. Come and join in food, fellowship and fun.
- The church office will be closed on May 29th in observance of Memorial Day.
- Save the Date for **VBS Ready, Set, MOVE!** Follow Jesus Here, There, and Everywhere starting June 5th through June 9th 9:00am to Noon.

Upcoming Opportunities

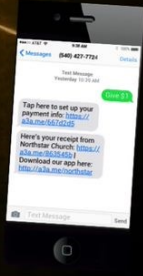


Text-to-Give

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


For first usage only:

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



From Your Finance Committee to be updated...

March 2023		2023 Year to Date (calendar year)	
Budgeted Contributions	\$48,859	Budgeted Contributions	\$650,305
Actual Contributions	\$73,859	Actual Contributions	\$162,649
Actual Spending	\$77,280	Actual Spending	\$185,363
Surplus (Deficit)	(\$3,421)	Surplus (Deficit)	(\$22,714)



Confirmation

- Looking for donors to sponsor our First UMC Gilbert Confirmation Class of 2023!
- \$50 or \$100 donations (need 5-10 donors)
- Funds will cover 3-day Confirmation Retreat at Mingus Mountain UMC Camp in April
- Confirmation Sunday in May 2023
- Give online or envelope, please note **"Confirmation Donation"**



Congregational Care Ministry

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

pastoradriana@gilbertumc.org

Congregational Care and Prayer Ministry
Pastor Adriana at pastoradriana@gilbertumc.org

Grief Share Support Group will be on Zoom



GRIEF SHARE

GriefShare is a friendly, caring group of people who will walk alongside you through life's most difficult experiences.

Meets online
Saturdays at 8:00 am

Contact Kay at
k.pealstrom@gmail.com

Prayers for those in need

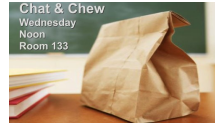
During this time of uncertainty we will be praying for those in need so please either call or email prayer requests and we will send them out to our dedicated prayer team. The office number is 480-892-9166 or the email prayers@gilbertumc.org. If it is pastors only request please mark pastors only and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



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



May Calendar of Events 2023



Sun Mon Tue Wed Thu Fri Sat

1

2

3 Chat N Chew
Noon
Wednesday
Night Bible

4 Christian
Women's
Fellowship
9:30

5 Cinco de
Mayo

6 Grief share
every Sat 8:30-
10:00 on zoom



7 Communion
Sunday

8

9 Tues
Morning Bible
9:15

10 Chat N
Chew
Noon Wednes-
day Night
Bible study

11 Shawl
Ministry 1:00

12

13
GRIEF SHARE



14 Mother's
Day/Confirm-
ation Day

15

16 Tues
Morning Bible
9:15 off

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

18 Book
Club 11:00

19

20



21

22

23 Tues
Morn.
Bible 9:15 off

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

25

26

27

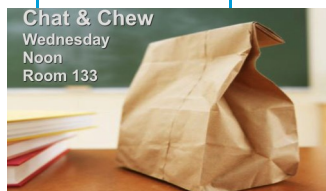


28 Pentecost

29 Church
Office Closed in
observance of
Memorial Day

30 Tues
Morning Bible
9:15

31 Chat N
Chew Noon
Wednesday
Night Bible
study 530



June Calendar of Events 2023

Calendars

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Christian Women's Fellowship 9:30 	2	3 Grief share Every Saturday 8:30-10:00 on zoom
4 Communion Sunday 	5	6 Tuesday Morning Bible Study 9:15 	7 Chat N Chew Noon	8	9 Good Friday Service at 6:30	10 
11	12	13 Tuesday morning Bible study 9:15 	14 Chat N Chew Noon Wednesday Night Bible study 6:30 	15 Book Club 11:00	16	17
18	19	20 Tuesday morning Bible study 9:15 off 	21 Chat N Chew Noon	22	23	24
25	26	27 Tuesday Morning Bible Study 9:15 off 	28 Chat N Chew Noon Wednesday Night Bible study 6:30 	29	30	

May Birthdays



Joyce Stiener	2
Joyce Brown	3
Michael Clark	3
Heather Nicks	3
Angela Mittner	4
Marty Province	4
Brian Fischer	5
Joyce Metcalf	5
Stan Gill	9
Jason Rempel	9
Bill Warren	10
Richard Cantwell	12
Bruce Bettis	12
Ricky Zeilstra	12
Gunter Scharf	14
Garry Disch	16
Kathleen Tremain	16
Chris Thompson	21
Linda Hartmann	25
Jim Wilkins	26
Signory Mutach	27
Janet Bose	29
Michael Crann	30
Jimmie Galvin	30



May Anniversaries

Date	Sweet Couple	Years Married
11	Paige and Richard Cantwell	49
12	Jennifer and Nick Karavakis	11
14	Jascob and Jimmie Galvin	7
19	Nancy and Alan Ball	33

