The Evangel First United Methodist Church of Gilbert Sapril 2024



Church office will be closed

April 1st in observance of Easter

Attendance Feb. 25 to March 24 total in church 1155

Virtual viewing 620

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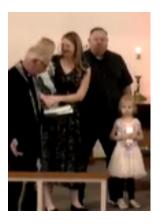


CHURCH OF GILBERT

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

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

Our new members please welcome them the next time you meet them on campus.....



Wesley (Wes) and Allison (Ally) Horn with their children Hannah and Levi joined the church on March 10th during the 9:30 service. Wesley is an operation Manager and Ally is the owner of Ally Kay Design.. With their two children Wes loves baseball, hunting, smoking meats and Ally enjoys sewing baking /cooking, hiking and playing with the kids.

Elizabeth (Liz) Whitlock pictured with her husband Lance and daughter Abby . Liz joined the church March 10th in the 9:30 service. Liz and Lance have been married for over 22 years. Liz and Lance have two college aged daughters Abby and Lexi, She loves reading, horseback riding and baking.







The annual family campout is being revived!

We have reserved a group campsite
at Ponderosa Campground outside Payson for April 26-28, 2024.

Each family/individual will be responsible for bringing their camping gear. We'll have a campfire (if allowed) or at least a group gathering each night with fellowship & possibly a sing-along. Before breaking camp Sunday, there will be a worship service. In addition to your camping gear, bring along any lawn games (corn hole, etc), card or board games you'd like to share. There are hiking trails and lakes nearby, too.

We'll divide into 3 groups to provide Sat/Sun breakfast & Sat supper. Fri night supper & Sat lunch will be on your own. So that we will have an idea of how many are interested in joining the fun, there will be a signup sheet on the patio for the next few Sundays. If we have enough interest, we'll need to reserve an additional group site. We will not know the cost until it is determined how many are going, as the cost will be divided among participants.





Mission Report by Joyce Steiner

34,478, 16,373, and 108,641. What do these numbers have in common? They are all numbers that resulted from the recent Gilbert Community Food Drive. 34,478 is the number of pounds of food collected as a result of the food drive. 16,373 refers the number of dollars contributed to the drive, and 108,641 is the number of meals that the combination of food and dollars makes possible.

Our church played a role in generating those numbers not only, contributing food, but also by serving as a collection center. Our involvement is one way in which we are helping to create the kingdom of God on earth.



The role of the Missions Team is to provide a variety of ways in which we can reach beyond the walls of this church to help people in need. Participation in the food drive is but one.

The next opportunity comes in the form of a purse drive. The purses will be filled with personal care items and then donated to UMOM New Day Centers, a United Methodist organization that addresses the needs of homeless families. Along with purses, we will be collecting the contents to put into the purses. You need not fret about finding a suitable purse as we generally have more purse than contents and thus greatly appreciate the donation of personal care items.

We are already well into the year. In a couple of months, outdoor temperatures will rise to dangerous levels. Hence, we will once more have a water drive. The bottles of water we collect will be contributed to a hydration center and made available to people at risk of suffering from lack of a cool environment and sufficient water. More information will be provided in the May Evangel about this important ministry.

I will draw this to a close by thanking all of you who contributed to the food drive. By so doing, you were putting love into action.

The Mission team will be in the churchyard patio every week from April to June. This is a season of loving our neighbor in different ways. Please reflect in prayer and with your families on how you can support any or all of these initiatives.



In April, we will be collecting new or gently used purses and items to fill the purses. We are seeking cosmetics, hair spray, lotions, toiletries, bath gels, manicure items, and hair accessories. The items will be collected from April 7—April 28. The filled purses will be delivered to women in shelters for Mother's Day.



Missions team is collecting bottled water for distribution to local Cooling Centers. As temperatures in Arizona jump into the 100+, homeless people seek Cooling Centers for hydration and care. Bottled water can be dropped of at church on any Sunday in May—July.



Our church continues to support the children of Gilbert Elementary School. We are collecting funds for Trapper Keepers, school supplies and snacks. This annual drive helps funds of assistance that lasts the entire school year. We will be collecting for this project June 16—July 21. School begins July 23rd!

Adult Ministry Studies

We are so grateful for everyone who participated in the Lenten study, Entering the Passion of Jesus by Amy-Jill Levine. There was a lot of wonderful conversations and we hope that this study has guided you to a meaningful Lent season.

Choir Sunday School

Sundays at 9:45am in room 130, the choir meets weekly. This group facilitates their own bible study. Although primarily choir members, anyone is welcome to join them.



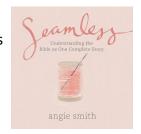
We Make the Road by Walking

The Wednesday Evening Bible study class continues their work in We Make the Road by Walking. This class will resume studying this book in mid-April. Class is led by Pastor Rick Casebolt on Wednesday nights at 6:30 in person and via zoom. Class meets in room 130. Pastor Rick will send out an email when the class starts again.



Seamless by Angie Smith Understanding the Bible as One Complete Story

We begin a new Bible Study in April. Angie Smith's Seamless offers us a study on the people, places, and promises of the Bible. She ties them together into the greater story of Scripture. Experience the Bible as a whole as you gain clarity and confidence in your understanding of Scripture. Discover a biblical context that reshapes and brings



to life stories from the Old and New Testaments. Class is led by Pastor Adriana Hernandez on Sundays at 11am in person in room 136. April class dates are 4/7, 4/14, and 4/21. Please note there is no class planned for 4/28. Class resumes in May.



Calling all 2024 Graduates

I am sharing the information below with all of you, in case you know of any other families with 2024 Graduates who we might need to reach out to, to include their High School Senior/College Senior, in our Grad Sunday celebration in May! If

the grad wasn't active in the church and it's a proud grandparent who would like their grandchild honored, we will include their info, a photo, and send them a card. They are of coarse welcome and encouraged to attend church that Sunday as well (but we don't need all the other photos... that's really just for youth who have been active in the church over the years). I hope this is helpful if anyone reaches out to you about a 2024 Grad. Thank you for your support of our young people and helping to celebrate this milestone in their lives!

--Shayla

My current list includes:

- Kalia Carpenter (Taleen Carpenter)
- Adeline Compton (Jan Compton)
- Hailey Houseman (Alex Houseman)
- Alicia Hemmingson (Jeni Hemmingson)
- Maddy Paap (Shayla Paap)
- Sean Wyatt (Kelly Wyatt)



Please let me know who I might be missing. Thanks

2 Shayla



Easter Morning Pancake Breakfast! SSP Fundraiser

Scouts weren't able to host the Pancake Breakfast this year, so youth will host it this year! This will be a great opportunity to help raise funds for our SSP trip to Oregon this summer. Even if you're not planning to go to SSP, please help if you are able. Many hands make lighter work- We appreciate you! Please sign up HERE to donate supplies and volunteer!

We are using this as a fundraiser for our teens to go on their SSP in Oregon this year.

We will be serving breakfast after the Sunrise service and after the 8:00 am until 11:00 am service. It is for donations only and open to all . Please come and join us before or after services.

Support Our Youth!



5 Ways to Stay Hydrated in the Arizona Heat

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

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

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

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



1) Drink water before you get thirsty

If you wait until you are thirsty, you have already allowed yourself to become dehydrated. Anticipate the need for more water in your diet

this summer. Try beginning your day with a 16 oz glass of water and consider skipping your coffee and drinks with alcohol, because both promote fluid loss.

How much water should you drink daily? Calculate ½ your body weight in ounces (e.g., a 130 lb woman should drink at least 65 ounces a day). And if you are outside or exercising in the heat, add 12 ounces every 30 minutes. Most of all, pay attention to how you are feeling

2) Bring water with you EVERYWHERE you go

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

3) Eat plenty of fruits and vegetables

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

4) Make hydration a habit

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

5) Take notes

If your body requires 65+ ounces of water a day, monitor it. Keep a pen and paper handy and track how much you are drinking and how it makes you feel. Do this until you truly understand what it

takes to reach your daily water intake and wellness goals.

Look out for heat stroke symptoms, too

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

Symptoms include:

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

When to seek help?

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

Have fun and be safe!

Plan outdoor activities in the morning or after the sun sets

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

Use sunscreen

Protect your eyes with UV blocking sunglasses

Take regular breaks to hydrate and cool off





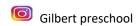
Check weather conditions every day (and set weather alerts on your phone) to make sure there's not an impending summer storm, which often brings with it lightning and flash floods. Even during the hottest months in southern Arizona, there are plenty of opportunities to have fun! Explore art galleries, visit a shaded farmer's market, catch a movie, or enjoy wine tastings, concerts, cultural events and so much more.

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













Our preschool has classes for 3, 4 and 5 year olds! At this time, our 3's program is open and there are also remaining spots for our Pre K class.

Check out our website and give us a call for a tour! Please share this information with a friend.

Literature Week-In March we celebrated literature week with "spirit day" activities. We learned about different authors and books and dressed accordingly to go with specific themes which included superhero day, pajama day, wacky Wednesday and favorite book character day. We ended the week with a parade around the church courtyard to celebrate our love of reading.

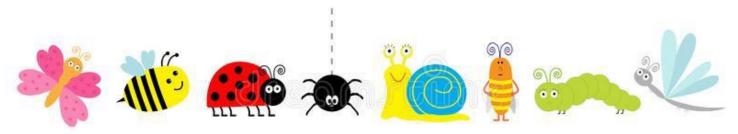
Gardening with Preschoolers-

We grew spring mix lettuce, snap peas, romaine lettuce, and radishes and carrots! The preschoolers harvested their produce, enjoyed it for snack, and brought some home. This was such a great learning experience for them to see how these vegetables grow!



JAMBERRY

Spring Theme – God's Garden- In March, we learned about gardens, ladybugs and caterpillars. Students observed ladybugs in class and were able to hold some before they were released in our garden. Each class also watched caterpillars turn into a chrysalis before hatching to a butterfly. We sure love this world God has made including all the living insects and bugs! We had two weeks off for spring break and enjoyed spending time with our families. During the last week of March and first week of April we will look forward to learning about the letter Ee as we prepare for Easter with fun crafts in the classroom. We will learn a new bible verse, "Hosanna, blessed is He who comes" and have a special chapel in the Garden. The children love to celebrate Jesus. We will continue learning about the amazing things God made and learn letters Gg, Cc, Vv, and Ii. We will end the month with an Ice-cream party!



Happy Spring and Happy Easter!



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!



If you have any questions about the preschool, please contact Lisa DePalma or Ellie Koenig at preschool@gilbertumc.org or 480-892-9166.

Children's Ministry all British and Chiricuzio, Director children ministry all Bertumc.org

April 2024 Children's Ministry What's Happening?

Preschool



SERIES DESCRIPTION: Something special happens in a person when they choose to follow Jesus and do what He says. A light begins to shine. The closer they follow Jesus, the brighter the light becomes. They can't hide it, nor would they want to. It's the light of Jesus shining through them for the world to see

CORE INSIGHT: Restoration

WEEK ONE: Light of the World* (Matthew

5:1-2, 14-16)

WEEK TWO: Great Commission (Matthew

28:19-20)

WEEK THREE: Early Church (Acts 2:42-47;

John 15:12; Hebrews 10:24) WEEK FOUR: Shine Like the Stars

(Philippians 2:14-16)

BOTTOM LINE: I can do what Jesus says. MEMORY VERSE: "Let your light shine."

Matthew 5:16, 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.

Grades1-6



SERIES DESCRIPTION God is in control and knows the entire story of our lives. Because of Jesus, we also know how the story ends. We can be patient when we remember what God has done. God is also patient with us. When we wait well, we reflect God's patience to others.

CORE INSIGHTS Faith, Transformation

WEEK ONE: A Patience Proverb (Proverbs 14:29)Bottom Line: Waiting can make you wise.

WEEK TWO: Esau's Impatience (Genesis 25:24 -34)Bottom Line: When you think you can't wait, think twice.

WEEK THREE: Golden Calf (Exodus 32:1-35) remember what's true.

WEEK FOUR: Simeon Waits for the Messiah (Luke 2:25-35)Bottom Line: God is with you while you wait.

MEMORY VERSE: "Wait for the Lord. Be strong and don't lose hope. Wait for the Lord." Psalm 27:14, NIrV

Mission:





Jr. High Sunday School
Room #200 with Ron
During the 9:30am Service
Sr High Sunday school in
Sr high room #201-202 with

Announcing Summer 2024 Sierra Service Project

Open to current 7th grade- college SSP in Chiloquin, OR

June 29th- July 6 (approximate dates)
We will need \$50 deposit to secure your spot.

Please make payment On-line and specify Youth Ministry and write: Mission Trip Deposit for (Youth Name) in the notes section.

Fundraising efforts will begin soon

Sign Up Here if you're interested in joining us!!!

Volunteers Needed

Easter Morning Pancake Breakfast! SSP Fundraiser

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March 31st, 5:30-11am

SAVE THE DATE MORE UPCOMMING YOUTH EVENTS

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

March 31st- Easter Pancake Breakfast Fundraiser (6am-11am)

April 7th- Youth Group TBD

April 14th- Stock Sales on Patio and Youth Group TBD

April 21st- Stock Sales on Patio and Youth Group TBD

April 26-28th- Family Campout in Payson!

May 5- Youth Group TBD

May 11- TBD Youth Baking Day?

May 12- Mother's Day, No Youth Group...TBD Bake Sale???

May 19- GRAD Sunday!

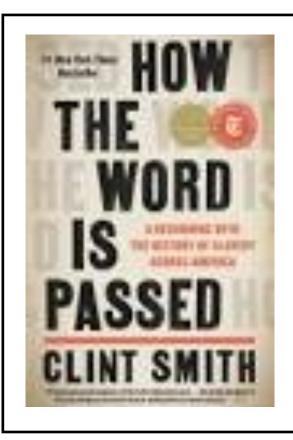
May 26th- Memorial Day Weekend, No Youth Group



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

April's book is <u>How the Word Is Passed</u> by Clint Smith

> Pam review of this Non-fiction book which was published in 2021.

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

May's book will be
The Heaven and Earth Grocery Store
by James McBride

Tuesday Morning Bible Study

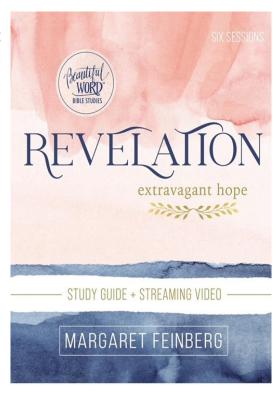
Join us for this weekly study of <u>Revaltion</u> by Margaret Feinberg including a video, discussion and self study. Starting March 26 9:15am social time 9:30a-11:15a study time. If nursery care is needed please contact Sonja Ruhland.

What if God is saving the best for last?

Of all the books of the Bible, Revelation is the one that mystifies and unsettles people the most. From numerical signs to monsters, the book of apocalypse in the Bible can be difficult to wrap our minds around, but the message that Revelation really brings is hope.

In this six-session video Bible study (video streaming included), Bible teacher and author Margaret Feinberg digs into John's Revelation to show us how the final book of the Bible reminds us of God's power and promises during times of great suffering and persecution.

Contact Sonja Ruhland at Sonja.ruhland@gmail.com



Mark your calendar for these other upcoming events:

- Church office will be closed April 1st for Easter.
- Grief Share meets on Zoom every Saturday from 8:30 to 10 am, New Class starting May 4th. Please sign up with Kay at Kay.pealstrom@gmail.com.



 Chat and Chew meets every Wednesday at 12:00 in Room 136. Bring your own lunch and join us for Fellowship.



Christian Women's Fellowship will meet April 4th in room 130 at 9:30 am



 Tuesday Morning Bible Study will continue study <u>Revelation</u> by Margaret Feinberg every Tuesday morning at 9:15.



- Book Club April 18th at 11:30 am in Room 130. April's book is <u>How the</u> <u>Word is Passed</u>. by Clint Smith.
- Spring Picnic at 10:30 am on April 21st Potluck, games, and Pickle ball!
- Calling for all 2024 Graduates We will be celebrating their hard work on May 19th so
 please get your photo, what school graduated from by May 1 to Shayla at
- youth@gilbertumc.org. Graduation Sunday May 19th.
- Register Now for VBS 2024 being held at FUMC of Gilbert June 3-7 9:00am-Noon
 daily to guarantee your child's place we usually run out of space. Contact Janelle at
 Childrensministry@gilbertumc.org if you are thinking of volunteering during this fun
 week in June.



GriefShare

GriefShare, a bible-based program to support grieving people, has been sponsored by 1st Gilbert UMC for over 7 years. Sessions have expanded to 3 sessions a year, Winter, Summer and Fall. Since the Pandemic and Fentanyl epidemic, 1st Gilbert's GriefShare program has helped over 280 people, churched and unchurched. It is not uncommon for people to attend more than one series of sessions as the Grief has many twists, turns, and detours on the journey.

The loss of a loved one changes us in a way no other experience provides. You have probably heard of having a 'broken heart' when grieving. In fact, it is much more like a shattered heart, with a thousand jagged

Our Summer sessions will start Saturday, May 4, at 8:30-10 a.m. on Zoom. If you wish to attend, go onto GriefShare.org and use the zip code 85233 if your personal zip code does not bring up 1st Gilbert's sessions.

pieces. GriefShare helps us to repurpose those shards, using God's love and patience as the metal that rebuilds hearts into a stained glass window through which we now see the world around us. Each week, along with the links to the videos and Zoom, you will receive a few discussion questions to think about while you watch the video, and take notes in your workbook. There are 5 days of questions that are separate from the session, which provide personal insights. We are eager to meet you and share this wonderful program. *It was created for starts on any week of the 13 sessions*. Topics focus on the loneliness and sadness of grief, self-care, changes in relationships, anger, regrets, questioning God, as well as hope and making your way into the future in this new life.

Please be sure to order your workbook from the website [GriefShare.org]. Your workbook can be such a help both emotionally and physically, during our discussion times. I still have a few I can mail out once I have your address. The price has gone up to \$20 charge for a workbook. If you have already taken the GriefShare program, the charge for the workbook is waived and feel free to use your book. GriefShare has done a revision that is excellent in the new workbook. There is a new guided journal on the website for \$25 and, highly recommended are the free daily emails many people have found helpful.

We understand that there are occasions when you will be unable to attend a class, either another event pops up, or you are just having a tough week. *Please feel free to text me [480/980-3053]*. Since I am working remotely, between 8-5pm, please text me first and I'll get back to you as soon as I can.

We do understand that there are times when dates, events, etc. that are just overwhelming. Just let us know, as we do wait until everyone is logged in before starting.

I am a Stephen Minister and confidentiality is part of our training. What is said in our sessions, stays in our sessions. We are all at different points on our grief journey. We're here to support you all, no matter where you are on this difficult journey. If you are comfortable with sending me your address and/or phone number, please do so, as I often come across information to share.

We are here for you,

Kay Pealstrom Stephen Minister 480/980-3053



Grief Share Support Group

For those grieving the loss of someone close to them. This support group is led by Kay Pealstrom. She can be contacted at: kay.pealstrom@gmail.com

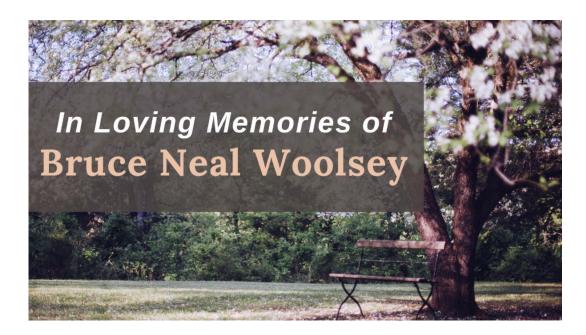
Kay is the resource for registration, information on obtaining materials and sharing the zoom information for the session. The support group meets on Saturday mornings from 8:30am-10am. New class starts May 4,2024.

DIVORCE Are.

DivorceCare Support Group

A new DivorceCare Support Group meets on Wednesday evenings. This group will be facilitated by Pastor Adriana in room 136 at 6:30pm.

DivorceCare is a support group that meets weekly. Participants will find it to be a warm, caring environment and will come to see the group as an "oasis" in an otherwise difficult season of life. This 13 week group includes video seminars, group discussions and a personal workbook.





For more information about groups and other support available, please contact Pastor Adriana at pastoradriana@gilbertumc.org or 480-892-9166

April Calendar of Events 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1Church Office closed for Easter	2	3 Chat N Chew Noon Study 6:30	4 Christian Women's Fellowship 9:30	5	6Grief share Saturday mornings at 8:30-10:00am on Zoom
7 Communion Sunday 11am Bible Study	8	9 _{Tuesday} Morning Bible Study 9:15	10 Chat N Chew Noon Wednesday Night Bible	11	12	13 GRIEF SHARE
14 11am Bible Study	15	16Tuesday morning Bible study 9:15	17 Chat N Chew Noon Wednesday Night study	18 _{Book}	19	20
21 11am Bible Study Spring Picnic 10:30 am	22	23uesday morning Bible study 9:15 30Tues	24 Chat N Chew Noon Study 6:30	25	26	27
28 11am Bible Study	29	Wed Noo	at & Chew Inesday on on 133			

May Calendar of Events 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Tues Morning Bible 9:15	1Chat N Chew Noon Bible Study 6:30	Christian Women's Fellowship 9:30	3	4Grief share Saturday mornings at 8:30-10:00am
5 Communion Sunday 11am Bible Study	6	7 Tues Morning Bible 9:15	8 Chat N Chew Noon Bible Study 6:30	9	10	11 GRIEF SHARE
12 11am Bible Study Happy Mother's Day:	13	14 _{Tues Morn.} Bible 9:15	15 Chat N Chew Noon Bible Study 6:30	16 Book Club 11AM	17	18
19 11am Bible Study	20	21 _{Tues} Morning Bible 9:15	22Chat N Chew Noon Bible Study 6:30	23	24	25
26 Memorial United We Stand	27 Church office closed for Memorial	28 Tuesday Morning Bible Study 9:15	29 _{Chat N} Chew NOON Bible Study 6:30	30	31	

Birthdays / Anniversaries

April Birthdays



Anah Whittington	2
Taleen Carpenter	3
Kyle Marshall	3
Kathy Tracy	5
Gloria Eggen	8
Dennis Hazelrigg	11
Carol Scharff	11
Matthew Ramirez	12
Jeff Snyder	16
Francoise Kaj	19
Joseph Norris	19
Valerie Kellogg Rodriguez	20
Mary Ann Kollmer	20
Kenneth "Bob" Martin	20
Doug Rhoden	21
Jonathon Chuk	23
Michael Tremain	25
Lily Smith	27





April Anniversaries

Date	Sweet Couple	Years
		Married
11	Abigail and Doug Rhoden	9
17	Delaine and Richard Anthony	43
17	Jan and Glen Compton	20
17	Sini and Scott Ouellette	18
22	Jenny and Ray Vallera	29
25	Lora and Joe Norris	32
30	Keela and Michael Clark	35
30	Jo Lynn and Irvin Harder	34

