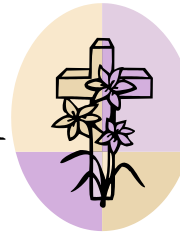




# Gold Canyon United Methodist Church

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Fred Steinberg, Senior Pastor

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Vol. 23

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NO. 4

## From The Pastor: "Rolling Stones"

I want to say a big thank you to those who planned the 2 hour birthday roast for my 50<sup>th</sup> birthday. Never have I laughed so much at my expense. I think Terry Parsons should take his show on the road. During the roast my dad spoke about a long forgotten Boy Scout backpack in the desert to Dripping Springs when I was about 14. I quickly remembered that I had climbed a small mountain with a friend above our campsite and where we rolled rocks down the hill. I think our biggest accomplishment was toppling a 3 ton boulder down the hillside. We laughed as we moved something 20 times bigger than us. It was great to know we could roll boulders.



Some of you may remember the Easter Sunrise Service several years ago which was held on the site of the Sanctuary which was under construction. Worshippers were invited to place rocks as symbols of the struggles in their lives at some strategic place in the building which would represent their difficulties. Recently somebody told me they remembered that moment and went and stood at the place in the Sanctuary where they had placed their stone. How are you dealing with the problems in your life? Are the stones you are trying to roll aside too big? Is it impossible to roll that 3 ton boulder?

Easter is a time of rolling aside the stones that threaten to entomb us. It is a time to seek God's strength and guidance. It is a time to seek the strength of the prayers and presence of other Christians. It is a time to remember that when the stone seemed immovable it moved and changed everything.

I hope you will be able to attend our special Holy Week services. On Palm Sunday we will show how the traditional view we have of crucifixion was remarkably different from what really happened. You will be surprised by what recent archeology has discovered about a Roman crucifixion.

At the Maundy Thursday Service you will be invited to remember the Lord's Supper with a Communion service. On Good Friday we will extinguish candles in a Tenebrae service designed to help us feel the anguish as each disciple fell away from Jesus as he went to the cross.

But then on Easter Sunday we will celebrate at all six worship services. Whether you choose to attend the Easter Sunrise Ser-

vice with a view of the Superstition Mountains or one of the other services we will feel the joy of a stone rolled away. I will see you during Holy Week.

Grace and peace,

*Fred*

## Holy Week Events

**Maundy Thursday Service**

Thursday, April 1 7 pm, Sanctuary

Our Maundy Thursday Service this year will include communion as a reminder of Jesus' actions before he was crucified. Rev. Fay Quanstom will give the message and the Chancel Choir will sing.

**Good Friday Service**

Friday, April 2 7 pm, Sanctuary

We will celebrate Good Friday with music by our Chancel Choir and a Tenebrae service of candles and darkness to allow for reflection on the crucifixion.

**Easter Sunrise Service**

Sunday, April 4 6 am, North Unpaved Parking Lot

Greet the dawn with a view of the Superstition Mountains from our north parking lot. A woman's choral group will brighten the morning with music and Rev. Bob Deits will give the message.

**Easter Sunrise Breakfast**

Sunday, April 4 7:00-8:00 am, Education Building

Enjoy a light breakfast prepared by our church members in the Koinonia Room.

**Easter Worship Services**

Sunday, April 4 8:00 am, 9:20 am, 9:30 am, 11:00 am & 5 pm

The rest of the day will be filled with special services which will include anthems, handbells, liturgical dance, and messages by Rev. Fred Steinberg and Rev. Bob Deits.



**One in the Spirit** will be giving a free concert on Sunday, May 2<sup>nd</sup>, at 5 pm, in the Koinonia Room. This concert will be fun-filled, allowing you to clap your hands, tap your toes, and sing along. One in the Spirit will be providing an assortment of desserts to satisfy your sweet tooth. A free will offering will be accepted and we ask that you please bring an item for the food bank.



Please continue to recharge and use your Bashas' Community Support Cards and Fry's Gift Cards while shopping at these grocery chains. It doesn't cost you anything extra to use them (you still get the sale prices) and it benefits the church bus fund. See me at the Information Desk or go to the office during the week if you need a card.

Betty Rolley

*And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying.*

Luke 12:29

My wife and I have reached that age where we often say to each other, "Now, if anything should happen to me..."

If anything happens to my wife, I'm likely to lose a hundred pounds. I don't cook and I don't want to cook. My philosophy is, "When I need to cook, then I will learn to cook." After all, Sharon couldn't boil water when we met, and if she learned to cook, so can I.

Just once, when she was bed-bound, I did try to make a meal for her. I warmed up some leftover roast beef and beans. I made some crunchy mashed potatoes, but then when I tried to make gravy, I stumbled. *Let's see, she mixes meat fat with milk and flour... I wonder how much flour?* I decided to start with just one cup of flour and I came up with the most wonderful beef-flavored play dough you've ever tasted. Now you know why I don't cook.

Sure, it would be nice to know how to cook, "just in case". And it would be nice to know how to deliver a baby, "just in case". And it would be nice to know how to do brain surgery, "just in case". But trying to prepare now for every eventuality **would distract me from my present joys and responsibilities.**

In the film *Out of Africa*, Meryl Streep's character says, "The earth was made round so that we would not see too far down the road." That's my philosophy exactly!

*Lord, if anything happens to my wife, please have mercy on my soul.*

—by Daniel Schantz

In *Daily Guideposts* 2010

**DONATIONS AND ATTENDANCE**

*Let no debt remain outstanding except the continuing debt to love one another... Romans 13:8 (NIV)*

February	2008		2009		2010		2009	2010
	Gen.	Build.	Gen.	Build.	Gen.	Build.	Worship All	Worship All
<b>1st</b>	\$24703	\$23833	\$27233	\$11220	\$26239	\$11021	1682	1729
<b>2nd</b>	21069	5491	18878	5042	19406	6367	1847	1812
<b>3rd</b>	16058	6003	19961	7193	19716	7478	1775	1904
<b>4th</b>	16857	11919	18498	13667	18131	11755	1798	2150
<b>5th</b>	—	—	—	—	—	—	—	—
<b>Total</b>	\$78687	\$47246	\$84570	\$37121	\$83492	\$36621	7102	7595

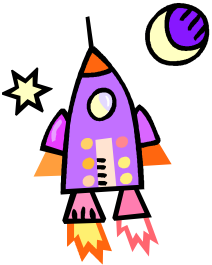


## Christian Education...

With "Coach" Ellis Falk

*"Our mission is to bring the love of Christ and His teachings to learners of all ages on their spiritual journey, that they be transformed and thus positively affect our local and global communities."*

It is never too early to plan for **Vacation Bible School**. This year VBS will be June 7-11 from 9:30 am till 12:30 pm. Parents be sure and mark your calendar for this cosmic event in June. The theme this year will be a **Galactic Blast: A Cosmic Adventure Praising God**. Early registration will begin April 10th at the Spring Fling event at the church. The cost this year is \$10.00 per student and \$20.00 for a family of three or more. Register early and save the late registration fee. Early registration is expected to close May 22. Please register early to be assured of a place on the VBS space ship. You are invited to come aboard the starship Galactic Praise



to see the awesome universe and our awesome God in a whole new way. Each days mission includes a Bible story in the Good News Galaxy, craft projects at Cosmic Crafts, and a snack at the Astro Bistro. Also, there will be music at Moons and Tunes and science projects at the Orbital Observatory.

Church members please go to the VBS Tree to see the list of items needed to make this event a success . If you can and would like to help please contact the VBS Director, Donna Fuerherm or Lauren Collins-Mitchell, music coordinator. Thanks for your cooperation. This VBS week is a very special summer ministry of outreach.

**Confirmation Class.** We look forward to this class of young persons becoming members of the church on Pentecost Sunday May 23<sup>rd</sup>. Three class times remain: April 18th and May 2<sup>nd</sup> and 16<sup>th</sup>. If you are interested in Confirmation this year but have missed the first few classes, please see me and make-up classes will be arranged.

Dates for **Summer Camp** at Mingus Mountain for children and youth have been set and can be obtained by going to [www.desertsouthwestconference.org/camps](http://www.desertsouthwestconference.org/camps) or call the church. Registration, health and consent forms can be secured on line or at the church office. The deadline for all summer camps registration is May 10<sup>th</sup>. Camp dates are as follows: Senior High (grades 10-12) June 7-12. Elementary Camp (grades 3-6) June 14-19. Super Camp (grades 3-9) June 28-July 3. Junior High Camp (grades 7-9) July 5-10. Check the bulletin boards in the Education Building for all camp dates and other information.

**Holy Week and Early Morning Devotions.** During the week of Mar.29<sup>th</sup> –April 2<sup>nd</sup> the church will be open for early morning personal prayer and reflection. This personal prayer time will be from 6am-9am each morning in the Sanctuary. Devotional music will be playing as you are in personal meditation.

**Camperships:** If you would like to help a child attend summer camp or be able to attend VBS this year you can give to the Campership program. Any donation no matter what size will be gratefully accepted. Just mark your envelope "Campership". Families who need help with camp tuition and VBS scholarships please contact me at the church. Thanks to all for your contribution.



*I asked Jesus, "How much do you love me?"*

*And Jesus said, "This much..."*

*Then He spread His arms*

*And died for me*



# Youth Ministries

With Heather Rodenberg

Sunday School 9:30 am in the Education Building  
Youth Fellowship 6:30 pm Sundays in the Education Building

## Mission Trip 2010

This year's mission trip will be to Mescalero, New Mexico. Mescalero had a population of around 1,233 during the 2000 census. It is home to the Mescalero Apache reservation. This year we will be participating in a "challenge" workcamp. A challenge workcamp is a bit more difficult and involves building or repairing porches and wheelchair ramps, building or repairing steps, roof repairs, weatherization and other home repairs. We could be building a wheelchair ramp for a disabled widow or fixing a porch for a single mom and her kids.

Because we are participating in a challenge the cost is a bit more than in the past. We need to raise \$15,000 to cover the cost of the trip. This will pay for our transportation, gas, food, lodging, and building supplies for the project. As in the past, we invite you to become a shareholder. This means that you will be invited to our annual shareholder dinner before our trip and our dessert night once we return to hear all about it.

If you have any questions, please feel free to contact Heather at the church office. And as always, thank you for changing the lives of our youth.

### There's something a flock



The youth of Gold Canyon UMC are now proud owners of a flock of Pink Flamingos. These Pink Flamingos are just dying to get out and see the sights of Gold Canyon, Apache Junction and other neighboring towns. But they need help in order to get around. How this works is someone initially calls me (Heather Rodenberg 480-982-3776 or 480-612-1629), and states they would love to give a donation of \$25+ to have a good friend's front lawn flocked with Pink Flamingoes. It will then cost that person who was just flocked \$25+ to move the flock. Heather will come out and get the flock and move them for you. Now there's a way to get around being flocked by those cute little Pink Flamingoes! You can purchase "Flocking Insurance" for a donation of \$25. This insurance will protect you from ever being flocked again or can also protect you in advance. All the proceeds will go to support our mission trip this summer to Mescalero, New Mexico.

Donate to Youth Mission Trip.

We need a total of 38 shares.

1 Share = \$400

½ Share = \$200

¼ Share = \$100

Please mark Youth

Mission

when donating.





## Music Notes



First, happy birthday to Fred (April 1)! I was unable to attend his party last month as I was at an American Choral Directors Association conference in Tucson. I would pay big bucks to get a DVD of that party!!!

Thanks to all of you who came to our Spring Concert this year. With a few exceptions, I was very pleased with all the singers, ringers and instrumentalists. I was especially proud of the choir. They rehearsed then sang three services, then another rehearsal followed by a concert all on the same day. That is a lot to ask of anyone! Your choir has some of the most dedicated people of any church anywhere! I am truly humbled by their willingness to go the extra mile-- really miles!--without complaining. They just do it! Next time you see a choir member, I hope you will give him or her a big "thank you". John Berry was nothing short of incredible as the Narrator for the Passion of the Christ! Wow! Thank you, John.

I hope you will all make an effort to come to the Maundy Thursday service, April 1 at 7:00 pm, and the Good Friday service, April 2 at 7:00 pm. Maundy Thursday will include communion just as Jesus and his disciples experienced Jesus' last supper. We need to remember that Good Friday is as profound as is Easter. If Christ doesn't die, he is not resurrected. The fact that he died the most painful, humiliating death possible really shows us how much love he had for us. When we experience the humanness of Christ on Maundy Thursday, the incredible agony and helplessness of Good Friday, then the profundity of Easter and Christ's resurrection is truly experienced!

There is a very special event at our church on Sunday, April 18th at 3:00 pm. The **San Tan Chorale and Orchestra** will present the **Mozart Requiem**! This incredibly moving music will both stir and soothe your soul. This is truly an event not to be missed. Our own Sue Mott sings with the San Tan Chorale, and our own Cindy Hoff is singing the soprano solos. Watch your bulletins for more information and a discount coupon.

I pray everyone stays healthy and safe, especially those who will be traveling to cooler climes this month. May God bless us all. See you in church!

Blessings,

*Doug*

Doug Benton, Director of Music Ministries

### SLATERS SING SOUTHERN GOSPEL

Betty Slater-Hetherington and sons Paul, Jeff, and Greg Slater bring to GCUMC a program of popular Southern Gospel songs.

On April 11 and April 18, 2010, they will fill in for music director David and Carol Ballard to accompany and sing with One in the Spirit for the Sunday evening Country and Western Service at 5:00 PM.

This singing family, (known as The Slater Family) began when the boys were youngsters. It included, Betty's deceased former husband, a 4th son who now resides in Tulsa, and the 3 sons who live here in the East Valley. The 4 sons had piano, guitar and band lessons. As they developed their own interest, each took on a particular instrument. One son played Bass, another Trombone, another Lead Guitar, and the youngest Drums, with Betty at the Piano. Each had their own singing parts as well. The compromise for them to play the hits of the 70/80's was their participation in Betty's favorite music, Gospel.

All four sons in addition to their professional careers, have continued with ministerial and music programs in their churches.

The program at GCUMC will include great favorites such as *On the Jericho Road*, *Just a Little Talk With Jesus*, *Jesus Hold My Hand*, *He Set Me Free*, *I Will Meet You in the Morning*, and *This is Just What Heaven Means to Me*, to name a few.



## WITHIN THE CHURCH FAMILY



*By Hu & Wendy Rhymes, with a little help from Hattie, Muffin (& Sadie, too)*

**ATTENTION: If you want to contact the Rhymes and you don't have our CELL number, please contact the church office. CALL US, please, with immediate needs, as we don't check our e-mail every day.**

### SADIE RHYMES MEMORIAL



HOME DELIVERY!! We have so many angels who are supporting the Pet Food phase of the Food Bank Ministry. We have met folks at Costco and they asked about dog and cat food. They purchased what is needed and carried it to our van so we can take it home and bag it in gallon bags. Some even donate the gallon bags. Two couples even delivered the big dog/cat food bags to our house so we wouldn't have to lift them. Isn't God good?

Love, Hu, Wendy, Hattie, Muffin and Sadie too!!!

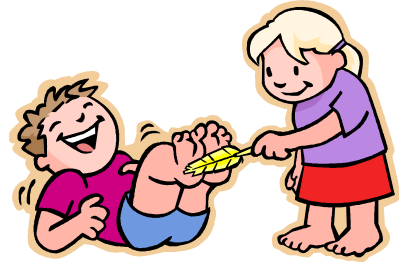
**Sympathies:** Wendy & Charles DeVries, upon the death of Charles' father; Barb Fore's family, upon her death; Ethan & Stephanie Glass, upon the death of their son, Thane (Rex & Charlene Smith's great grandson); Curt Johnston's family, upon his death; Chaplain Bob Matthews, upon the death of his father-in-law, Ken Schulte; Mary Moore's family, upon her death; Rose Scantlin, upon the death of her nephew, Marion; Dorothy Wolter, upon the death of her husband, Leroy, and the families & friends of the above.

**Concerns and/or Continued Prayers:** John Adamson, Patsy Arehart, Carole Bailey, Norman Bidlack, Cathy Bird, Joyce Brekken, Jill Brewer, Milly Burhans, Chuck Christiansen, David Connell (Gail Crawford's son), Jim Cress, Lorrene Davis, Hector Desaulniers, Darrell Dinges, Marietta Doan, Dr. Dominic, Rhonda Dropik (Jim & Marcia Ritenour's daughter), Art Erickson, Josh Finstad, Bob & Donna Freemire, Sandy Govert, Paul Grim, Verna Hamilton, Chuck Hardman, Lynn & Dylan Hazzard (Lois Sunderland's daughter & grandson), Bob Horn, Neil Houtcooper, Gail Iafrate, Glada Kelley (Lorraine Phillip's sister), Floy Kilborn, Martha Mitchell, Jack Muratore (Jerry Muratore's brother), Chris Nuss (John & Kathy Nuss's son), Monica Nuss (John & Kathy Nuss' daughter-in-law), Judy Oakes, Kinley Olsen, Eric Olson, Don Parker, Lois Poteet (Barb Oldham's sister), Rich Prater, Lynn Revis, Norma Rhymes (Hu's sister-in-law), Paul Rhymes (Hu's

brother), Debbie Rycraft (John & Dixie Coules' daughter), Thomas Self (Marilyn Pearson's brother-in-law), Mike Shahan, Kathi Sharp, Glen Smith, Mackenzie Smith, Barry Sparks, Jack Thornburn (Freda Moffatt's brother), Frank Trombly, Nancy Trout, Marven Tufte, Stan Van Kekerix, Charlene Van Slooten, Lovena Warren, Gary Whitworth, Roger Williams, John Zsitvay, 2 UNSPOKEN REQUESTS and PRAYERS for the families (CAREGIVERS) of the above. PRAYERS for the folks in Chile & Haiti who have lost loved ones, been injured, & lost homes. PRAYERS for those who are sending funds, food/supplies & are volunteering in Chile & Haiti. PRAYERS for requests in the "CONFIDENTIAL PRAYER" boxes & UNSPOKEN REQUESTS. Also, those FOOD BANK CLIENTS who have requested prayer. PRAYERS for our MILITARY personnel and their families & those who are in NEED OF EMPLOYMENT.

**Still in Need of Prayers:** Charlie & Joan Acker, Florence Allen, Dick & Eleanor Armstrong, Tom & Dee Ashe, Patti Baker, Bob & Ruth Bennett, Jan Berry (Myra & John Berry's daughter-in-law), Dr. Brad & Arlaine Bryant, Jenny & Bob Burgi, Terry & Ruth Burris, Jim & Carolyn Burt, Bob Carpenter, Bob Carter & family, Eleanor Chesney, Bill & Joyce Curtis, Rev. Bob & June Deits, Chuck Dickinson, Darrell & Laura Dinges, Joyce & Paul Fillion, Hap & Elaine

Finck, Ted & Joy Fite, Jerri French, Danna & Andy Gharavi, Ardeena Gillette, Ross & Arline Hacker, Viola Hammond (Don Hammond's Mom), Rich & Sheila Haraldson, Rita Hawkins, Beth Hayes (Jeff Hayes' mother), Wade & Cindy Hoff, Judy Hjartarson, Gladys Kay (Jane Hayes' Mom), Ro & Dick Heinauer (Diane Heinauer's parents-in-law), Ben Hodges (in Afghanistan), Tina Ingram, Noel Jones (Linda & Morgan Jones' grandson) Mel & Mary Kilbo, Steve & Peggy Kinder, Paul & Polly Knowlton, Roxie & Gene Kruschek, Jane Lambert, Cheryl Lang, Thelma Lang (Pete 'n Kay Johnson's mother), Carol & Bill Lindemann, Carolyn & William Long, Bob & Juana Mahlandt, Shirley & Brent Matzke, Bryan McCann (Jeanette Lunstead's son), Larry & Pat McMann, Wilbur McMann, David Christopher Mitchell (Afghanistan), Hedy Moore (Jed Moore's Mom), Jerry & Addie Muratore, Dr. Brett Purcell (in Iraq), Eileen & George Petticrew (Keith Petticrew's parents), Betty Preston, Calvin & Sylvia Quinn, Marvin Richter, Virgil & Rose Scantlin, Rick & Sue Sutter, Bill & Bobbie Talbot, Carl & Helen Thacker, (Jerry Thacker's parents), Kenneth Thacker (Jerry Thacker's uncle), Ken & Lorraine Tippie (Jerry & Peggy Tippie's son & daughter-in-law), Lillian Thomas (Bill & Mary Thomas' mother), Marven & Wanda Tufte, Jim & Charlene Van Slooten, Ray and Nancy Villeneuve, Les & Mary Gay Wenger (Diane Heinauer's parents), Dorothy Wolter, Dot Zelezic, Helen Zimmerman & son, Dane, and the families of the above.



**“LAUGH A LITTLE” with Hu**

YOU DON'T STOP LAUGHING BECAUSE  
YOU GROW OLD  
YOU GROW OLD BECAUSE YOU STOP  
LAUGHING

**CONCERNING BAPTISM**

A Presbyterian minister was about to baptize a baby. Turning to the father, he inquired, “What name shall be given to this child?”  
“William Patrick Arthur Timothy John MacArthur,” the father announced.  
The minister turned to his assistant and said, “A little more water, please.”

**CONCERNING BAPTISM pt. 2**

“I don't mind going to a church service in a drive-in theatre. But when they hold baptisms in a car wash, that is going too far.”

\*\*\*\*\*

**Please notify the church office whenever a congregant of GCUMC is ill or hospitalized. We want to pray for you.**



**We have a joy to report from Darrell Keast!!**

March 10, 2010  
Dear Hu & Wendy,

I want to tell you about our granddaughter, who is also our oldest grandchild. Her name is Andria Redman. She lives in Thornton, CO, or the NE part of Denver.

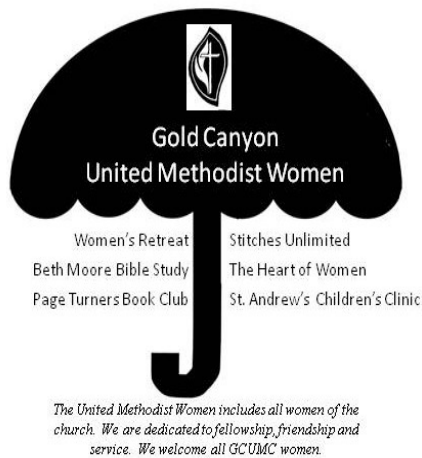
As you read this, she will be into her 29th week of pregnancy with a set of triplets--twin girls, and a boy. They are all doing exceptionally well and displaying a lot of activity. Would you please put her, her husband Josh, and the babies on the prayer chain?

Thank you,  
The Greatgrandparents,  
Darrell & Anna Mae Keast

**DESIGNATED GIFTS FROM  
MEMORIAL/FUNERAL SERVICES**

We are unaware of any Memorial Gifts at this time





**“The Purse Driven Life”  
Women’s Retreat April 16-18  
Speaker: Gayle Young**

Exciting stuff!!!

We have a new venue for 2010. We will be driving an easy drive just two hours north of Phoenix to Living Water Retreat in Cornville, AZ. It is a 30 acre oasis along Oak Creek, a very peaceful setting in which to experience the natural beauty of God’s creation. You can take a stroll along the creek or a tree lined pond, or sit in the serene prayer garden, your choice. They provide home-cooked meals and desserts, ladies. And the best part of all is you can pack light, because they provide sheets, blankets, pillows and bath linens for each guest.

We will be featuring a guest speaker for the retreat this year, Gayle Young from Ponca City, Oklahoma. Gayle has been married to husband John for forty years. She has two grown children, Marcy and Charlie, and a grandson, Jace. Gayle has worked as the Women’s and Children’s Minister at First Baptist Church, Ponca City, Oklahoma since 1993. Before that she was an elementary school counselor for 7 years, and before that a stay-at-home mom. She has a Bachelors Degree in Speech and English, and a Masters Degree in Guidance and Counseling. Her Love: Bible Study and sharing it with women and children. Just a note: Gayle is my dear friend who has been loaning our church the Beth Moore Bible Studies every year for 8 years now. Aren’t we blessed she is coming to us?!! I don’t know who is more excited, me or her!!!

Registration forms will be available in the church office and at the Information Desk. Cost for the weekend is \$115 which includes meals, lodging, and programming, etc. A limited number of scholarships will be available. A \$45 Deposit will hold your reservation, and the balance is due April 1<sup>st</sup> in the church office. If you need further details about the weekend, please call Diana Linton at 229-0706.

## MEN & WOMEN OF THE CHURCH

As a congregation and community you do make a difference!

Your focus on children has helped make St. Andrew’s Children’s Clinic meet the needs of so many. As a result of your encouragement, this mission work is growing, giving, and living. My thanks to all of you for your unselfish care of the St. Andrew’s children and our cause.

Our caravan in March took these supplies:

3 large bottles of vitamins  
8 pkgs. Pediasure  
1 Pediatrics Drink  
4 pack Pediasure Nutri Pals  
15 containers of Baby Wipes  
29 (4 packs) bottles of Similac ready mix formula  
115 formula bottles and nipples  
2 lg. containers of Enfamil  
5 sm. containers of Enfamil  
7 pkgs. disposable diapers  
9 stuffed animals, 65 beanie babies, 1 bag pencils,  
2 decks of cards, 1 bag of jewelry  
1 stroller  
1 hair dryer, 1 blender  
53 home-made wooden cars  
26 knitted afghans, 33 quilts, 120 knitted hats,  
scarves, sweaters, booties and caps  
2 bibs, 2 fleece & knitted baby out-fits  
18 lap robes & blankets  
11 knit covered foam neck supports  
225 toiletry kits  
18 Barbie dolls, 6 baby dolls  
3 radios, 8 glasses cases, 5 hearing aids, 9 pr. sunglasses, 3 pr. reading glasses  
5 hearing aids  
2 lg. boxes tennis balls (for exercise)



Phyllis Gray



# Healthy Living

By Monica Ortega-Watters, RN

April is Irritable Bowel Syndrome Awareness Month

This may be one of those topics that we don't like to think or talk about but Irritable Bowel Syndrome (IBS) can be very troublesome and can control many aspects of a person's emotional, social and professional life. Persons with moderate to severe IBS struggle with symptoms that often impair their physical, emotional, economic, educational and social well-being. If you have irritable bowel syndrome (IBS), you are not alone.

Irritable bowel syndrome (IBS) is a disorder characterized by abdominal pain or discomfort, and altered bowel habit (chronic or recurrent diarrhea, constipation, or both – either mixed or in alternation). The exact cause of IBS is not known. Stress does *not* cause IBS. However, because of the connection between the brain and the gut, stress can worsen or trigger symptoms. The symptoms occur over a long term and come and go over time.

- IBS is a long-term condition
  - Symptoms flare over and over again
  - Symptoms can change over time
  - The symptoms themselves are *not* life threatening
- IBS is *not* a risk for another more serious disease

## Making the Diagnosis:

There are no tests that identify IBS (like standard blood tests, x-rays, scopes, or scans). Instead, IBS is diagnosed based on defined patterns of signs and symptoms

## Treatment:

- All IBS treatment should begin with education about the nature of the disorder.
- Use of a diary could be helpful to find factors that worsen or bring on symptoms.
- Stress management, relaxation, or pain management techniques.
- Consulting with your physician about the use of medication therapy.

For persons with IBS, effective diagnosis and treatment starts with an understanding of IBS. Develop an IBS treatment plan and outcome goals and working in partnership with a health professional can help achieve the best possible results.

Blessings,  
Monica

## Heather Needs your Help!

As many of you are aware, I will be heading off to seminary in Dallas this summer. Unfortunately, since I will be living in the dorms, I am not able to take my two babies with me. Grace and Abby are looking for a new home. If you would like to help out Heather and adopt these two little angels, please call her at 480-612-1629.





## International Missions

"The world is my parish." – John Wesley

Many thanks to all of you who attended the 2<sup>nd</sup> Annual International Missions Program & Dinner on March 13! It was wonderful to hear from the Chile Work Team about their experiences and to see the impact their service had on the people in Iquique. The work of building pews was so appreciated, but moreover, the building of relationships had a life-changing impact on all involved.

Along with news from the Chile Work Trip, those in attendance were able to hear the latest news on other missions GCUMC is supporting: a Christian church in China, students in Thailand, fair trade coffee and the mission in Honduras, and the mission work of David and Lori Persons in the Congo.



David and Lori

For those of you who are unfamiliar with their work in the Congo, we would like to share a little background taken directly from their website: In 1918 Bishop John M. Springer established the Methodist mission station of Mulungwishi to be the educational center for the region. The common languages spoken at the station are French and Swahili. Courses in educational institutions beyond primary school are taught in French.

Efforts of mission station workers have increased the number of Annual Conferences in Katanga Province from one in 1960 at the time of Congo's independence to six today. During this same period, the total United Methodist membership in the province has increased from 20,000 to over 400,000.

Mulungwishi station includes:

- Katanga Methodist University (KMU)

- A Methodist Theological Seminary, Faculte Methodiste de Theologie (FMT)
  - The Doris Bartlett Women's School (also affectionately called the "Mama Doris Women's School"),
  - A health center (clinic and maternity care),
  - Three secondary schools,
  - A primary school,
  - An agricultural project with the local community, and
- The United Methodist Church's Mulungwishi District headquarters.

The English-speaking School of Lubumbashi (TESOL) operates independent from the Seminary and is in the province capital, Lubumbashi, about 100 miles southeast of Likasi.

United Methodist missionaries work through the United Methodist General Board of Global Ministries and the European Council on Mission (a United Methodist organization).

David is Dean of the Mulungwishi Theological Seminary (Faculte Methodiste de Theologie) at The University of Katanga at Mulungwishi. Lori is director of the Doris Bartlett Women's School, which provides training for the wives of seminary students.

A recent post on the website mentions the contaminated water and mosquitoes in Lumbumbashi plus the need for bed nets. As we head to World Malaria Day in April, we need to realize that the many insecticide-treated bed nets already distributed don't solve the problem. Many more are still needed

The United Methodist Church is a founding partner of Nothing But Nets, an organization dedicated to wiping out Malaria by providing the insecticide-treated bed nets. These nets don't just keep mosquitoes away -- they kill the ones that land on them. It costs only \$10.00 to buy one net. If you are interested in helping in the fight against malaria, you may log onto the Person's website, <http://umccongo.blogspot.com/>, and follow the links, or go directly to the Nothing But Nets website, [nothingbutnets.net](http://nothingbutnets.net).

Of particular note, David and Lori continue to periodically have Malaria "flare-ups" after infections from prior years. Lori says she has learned the symptoms and heads to the clinic when they appear.

*"...We will strive to be a church that serves our community and the world, realizing and sharing the satisfying and abundant life Christ brings to all people."*

**John Wesley's Three Simple Rules**

Do No Harm  
Do Good  
Stay in love with God

**Commemorative Mugs!!!!**



Wouldn't you like to enjoy your morning coffee or tea or perhaps hot chocolate in an attractive Gold Canyon United Methodist Church Commemorative Mug? Stop by the Information Desk or the office and pick one up for only \$5.00 each.

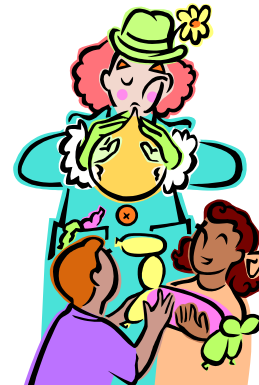
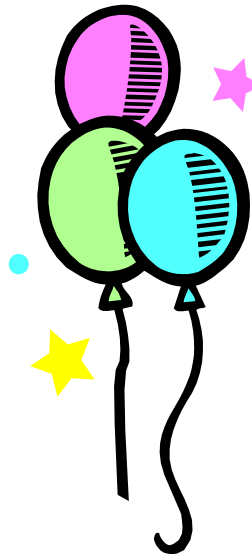
Your **W.O.W.** team designed the mugs and proceeds will be used to support their outreach mission.



*Mark your calendars for **SPRING FLING** .....*this second annual spring event at the Gold Canyon United Methodist Church is scheduled for **April 10<sup>th</sup> from 11:00 am to 3:00 pm** throughout the church campus. There will be fun opportunities for the whole family so bring everyone. Events include a barber shop quartet, clowns and face painting, pony rides, root beer floats, hot dogs, snow cones and popcorn, a bouncy house, balloon art and a blessing of the animals. Booths and displays by groups such as Superstition Search & Rescue, Classic Car Club and other community organizations will be set up to share information and demonstrate what our community has available.

The event is free of charge except for food purchases. Bring your family and friends for a fun filled spring afternoon at your church!

***See you there!!!***





Laurie Christy will be glad to meet with anyone who contacts her by phone at 480-671-5768 or by email at Lchristy20@yahoo.com when needed. The group meets

every Wednesday at 4:00 pm in the Education Building.

### Cancer Support Group

.....meets each Wednesday at 10:00 am in Room 101-102. This active group provides spiritual support, love, friendship and a helping hand to cancer patients, caregivers and their families. For further information, contact Tom or Dee Ashe at 480-924-5483 or 480-650-6765 (cell) or by email at [dee.ashe@yahoo.com](mailto:dee.ashe@yahoo.com)



### PRAYER SHAWL MINISTRY



The Prayer Shawl Ministry is celebrating its first year of serving Gold Canyon UMC. Eight ladies are busy clicking knitting needles and crochet hooks to create lovely, soft, and colorful shawls for members of our church. We meet two mornings a month to exchange patterns and yarn, pray over completed shawls, and visit.

The shawls are stored in the home of Karen Brown and at the church, and are delivered by our members and the pastor. They are given to people who are dealing with cancer and other illnesses, as well as people who have recently lost a spouse, and those who have problems with life and need comfort and love shown to them. It is our hope that the recipient will feel the prayers and love whenever they wrap themselves in their shawl. It is like a hug from Gold Canyon UMC.

Recently we received a generous donation of \$25 from Connie Dunning, which has been used to purchase enough yarn to make two more shawls.

Soon most of us will be returning to our homes in the Midwest or Canada, and we will be leaving several dozen shawls here to help our church family who is in need of our care, to be delivered by Pastor Fred. If anyone knows of a member who would like to receive a shawl, please contact Nancy Miller at 480-882-3226, or Pastor Fred after April 15th. For more information about this ministry and participation, please contact Nancy, whose Iowa email address is [fnmiller@iowatelecom.net](mailto:fnmiller@iowatelecom.net).

### MIND MENDERS SUPPORT GROUP

....meets on the 2<sup>nd</sup> & 4<sup>th</sup> Friday each month at 10:00 am in the Education Building. Mind Menders is a support group for caregivers of Alzheimers and other dementia disease patients. Come join us. Contact Jeanette Lunstead at 480-671-9888 or the church office for more information.



**STEPHEN  
MINISTRY®**

Give me, Lord, a stout heart to bear my own burdens, a tender heart to bear the burdens of others and a believing heart to lay all my burdens on you, for you care for us.

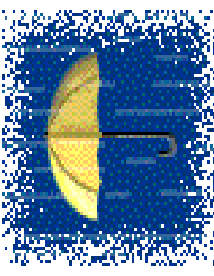

Lesslie Newbigin, in  
*All Will Be Well: A Gathering of Healing Prayers*

### ESCAPE--ARRIVAL

How may we escape the pain of GRIEF? Is such an escape possible? Can we escape the immense suffocation of grief--grief which falls on nearly everyone sometime--death or serious illness of a loved one, loss of a job, family member who commits a serious or embarrassing crime, one who commits suicide, those involved in an unhappy marriage or a marriage lawfully and unhappily dissolved, one's own long, painful and/or terminal illness, or a ruinous financial loss?

Escape from the burden of this pain is the achievable result of a distinctly Christian process--A PROCESS CALLED CARING! God really cares about our hurts and it is HE who cures the illness of pain. Caring is provided by a Stephen Minister to anyone who is at a low ebb. Stephen Ministers engage a caring process, a process which allows a care receiver to arrive in a fresh, renewed relationship with God who is always present, always patient, always caring. ARE YOU HURTING? Call the office for a referral to the care of a Stephen Minister.

# GCUMC Calendar April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>4 - HAPPY EASTER -</b>            6 am Sunrise Svc. - Outdoors            8 am Adult Sunday School            8 am Traditional            9:20 am Praise (K Rm)            9:30 am Traditional            9:30 am Adult Study - Rm 106            11 am Adult Sunday School            11 am Traditional            5 pm CW Service            6 pm Disciple 1 - Music Rm.            6:30 pm Crossfire</p>	 <p>5            8:30 am Job Seekers - Rm 101/102            9 am Men's Choir - K Rm            5:30 pm Pastoral Care - Rm 101/102            6 pm WOW Meeting - K Rm.            6:30 pm Stephen Ministers - SofG Rm            7 pm Al-Anon - Rm 101/102</p>	<p>6            10 am Community Grounds - Rm 101/102            6 pm Life Hurts, God Heals - Educ. Bldg.            6 pm One in the Spirit            7 pm Adult Bells</p>	<p>7            10 am Cancer Support - Room 101/102            4 pm Grief Support - K Rm            4:30 pm U-Can &amp; Bears Clubs - Ed. Bldg.            5:30 pm Angel Choir            6 pm Disciple 1 - Rm 101/102            6:30 pm Chorus Rehearsal            7 pm Youth Handbells</p>	<p>8            10 am Stitches Unlimited - Rm 101/102            7 pm Chancel Choir</p>	<p>9            10 am Mind Menders 101/102            5:30 pm AA-SofG            6:30 pm Boy Scouts - Rm 101/102</p>	<p>10            9:30 am Sidewalk Ministries @ Desert Chapel            11 am - 3 pm 2nd Annual Spring Fling</p>
<p>11            8 am Adult Sunday School            8 am Traditional            9:20 am Praise (K Rm)            9:30 am Traditional            9:30 am Adult Study - Rm 106            11 am Adult Sunday School            11 am Traditional            5 pm CW Service            6 pm Disciple 1 - Music Rm.            6:30 pm Crossfire</p>	<p>12            8:30 am Job Seekers - Rm 101/102            9 am Men's Choir - K Rm            7 pm Al-Anon - Rm 101/102            7 pm Admin. Council - Music Rm.</p>	<p>13            10 am Community Grounds - Rm 101/102            6 pm Life Hurts, God Heals - Educ. Bldg.            6 pm One in the Spirit            7 pm Adult Bells</p>	<p>14            10 am Cancer Support - Room 101/102            4 pm Grief Support - K Rm            4:30 pm U-Can &amp; Bears Clubs - Ed. Bldg.            5:30 pm Angel Choir            6 pm Disciple 1 - Rm 101/102            6:30 pm Chorus Rehearsal            7 pm Youth Handbells</p>	<p>15            7 pm Chancel Choir</p>	<p>16            Women's Retreat at Living Water Retreat Center, Cornville            5:30 pm AA-SofG            6:30 pm Boy Scouts - Rm 101/102</p>	<p>17 Women's Retreat-Living Water Retreat Center            7 am Healthy, Wealthy Wise Seminar - Education Bldg            9:30 am Sidewalk Ministries @ Desert Chapel</p>
<p>18 Women's Retreat            8 am Adult Sunday School            8 am Traditional            9:20 am Praise (K Rm)            9:30 am Traditional            9:30 am Adult Study - Rm 106            11 am Adult Sunday School            11 am Traditional            3 pm San Tan Chorale Concert            5 pm CW Service            6 am Disciple 1            6:30 pm Crossfire</p>	<p>19            8:30 am Job Seekers - Rm 101/102            9 am Men's Choir - K Rm            6:30 pm Stephen Ministers - SofG            7 pm Al-Anon - Rm 101/102</p>	<p>20            10 am Community Grounds - Rm 101/102            6 pm Life Hurts, God Heals - Educ. Bldg.            6 pm One in the Spirit            7 pm Adult Bells</p>	<p>21            10 am Cancer Support - Room 101/102            4 pm Grief Support - K Rm            4:30 pm U-Can &amp; Bears Clubs - Ed. Bldg.            5:30 pm Angel Choir            6 pm Disciple 1 - Rm 101/102            6:30 pm Chorus Rehearsal            7 pm Youth Handbells</p>	<p>22            10 am Stitches Unlimited - Rm 101/102            7 pm Chancel Choir</p>	<p>23            10 am Mind Menders 101/102            5:30 pm AA-SofG            6:30 pm Boy Scouts - Rm 101/102</p>	<p>24            9:30 am Sidewalk Ministries @ Desert Chapel</p>
<p>25            8 am Adult Sunday School            8 am Traditional            9:20 am Praise (K Rm)            9:30 am Traditional            9:30 am Adult Study - Rm 106            11 am Adult Sunday School            11 am Traditional            5 pm CW Service            6 pm Disciple 1            6:30 pm Crossfire</p>	<p>26            8:30 am Job Seekers - Rm 101/102            9 am Men's Choir - K Rm            7 pm Al-Anon - Rm 101/102</p>	<p>27            10 am Community Grounds - Rm 101/102            6 pm Life Hurts, God Heals - Educ. Bldg.            6 pm One in the Spirit            7 pm Adult Bells</p>	<p>28 Newsletter Assembly            10 am Cancer Support - Room 101/102            4 pm Grief Support - K Rm            4:30 pm U-Can &amp; Bears Clubs - Ed. Bldg.            5:30 pm Angel Choir            6 pm Disciple 1 - Rm 101/102            6:30 pm Chorus Rehearsal            7 pm Youth Handbells</p>	<p>29</p>	<p>30</p> 	

# April Birthdays



Peggy Epler	1	Lillie Mogharbel	9	Beverly Svoboda	18	Dean Taylor	24
Betty Lundberg	1	Dr. Brad Bryant	11	April Owen	19	Matthew Anderson	25
Rev. Fred Steinberg	1	Nedra Erskine	11	Jim Tambke	19	Jill Brewer	25
Taylor Lee Wehle	2	Bo Bohannon	12	Lisa Grannis	20	Deborah Primeau	25
Casaea Mogharbel	3	Doris Stichter	12	Uni Kincaid	20	Carly Reid	25
Helen Morris	3	Carol Warkenthien	12	Joey Baker	21	Sara Russell-Kukuk	25
Daniel Gray	4	Ruth Dewinter	14	Linda Crane	21	Colette Bos	26
Elizabeth Kinder	4	Gary Gingrich	14	Debbie Freitas	21	Anne Anderson	27
Laurie Logan	4	Joe Kincaid	14	Carmean Bargman	22	Duri Arquisch	27
Lorna Marifjeren	4	Jed Moore	14	Heidi Crane	22	Sharyn Bennett	27
Bob Kostecka	5	Ruth Steinkruger	14	Jeannette Hardman	22	Gracie Fitzgerald	27
Vern Rolf	5	Ardis Larson	15	Harry Warren	22	Jan Helquist	27
Marian Denton	6	Pat Cady	16	Norman Wilke	22	David Kidwell	27
Phyllis Hrehovcsik	6	Sean Swails	16	Gene Kruschek	23	Michelle Krstyen	28
Joyce Page	6	John Coules	17	Scott Moore	23	Lewis Stichter	28
Nicholas Wood	6	Amy Olson	17	Gerard Muratore	23	Peter Wehle	28
Thomas Mullins	7	Rick Reichert	17	Sue Sutter	23	Jeff Downing	29
Erica Ballard	8	Arlaine Bryant	18	Jean Graham	24	Muriel Mercer	29
Frank Ebnetter	8	Paul Cecil	18	Judy Hanshaw	24	Len Sams	29
Gen Friesen	8	Crystal Copeland	18	Bob Holst	24	Bonnie Weaver	29
William Hick	8	Lucas Manbeck	18	Mickie Rosenstein	24	Melva Houtcooper	30
Nancy Johnson	9	Lynn Revis	18	Richard Schlager	24	Sharon Johnson	30
Carl Madzey	9	Ruthmary Shull	18				



# April Anniversaries

Trudy & Tim Carpenter	7	Barbara & David Osborn	24
Hazel & Len Sams	11	Mickie & Robert Rosenstein	24
Bette & Tom Wiff	11	Nancy & Dan Sawyer	24
Iona & Herb Grills	13	Ellen & Gary Palmer	25
Bonnie & Arne Eisentraut	15	Janet & Brad Daniels	27
Barbara & Norman Wilke	15	Tracy & Dwight Callahan	29
Amy & Erik Olson	17	Joyce & Bill Curtis	30
Susan & Chris Fitzgerald	18	Monica & Scott Watters	30
Clare & Clara Goodman	18	Ruth Ann & Jerry Thacker	30
Susan & Michael Malloy	23		



# Volunteers Do Make a Difference

Jane Hayes, Volunteer Coordinator  
982-3776

Have you wished you had choices to make each day to make a difference? Check out the daily calendar with simple ideas. Visit [www.actsofkindness.org](http://www.actsofkindness.org) for more information.

Also, I found an alphabetized list of all those wonderful Inspirational Values we need more of. You'll find more at [www.values.com](http://www.values.com). I am continuing with **B and C** this month.

### Believe in YOURself:

I recommend each and every one of **you** do this daily. I find this a daily search with my daily challenges, so I pass it on to **you!**

### Caring:

Please give some praise to these lovely ladies: Diane Heinauer, Diana Linton, Martha Benton and Shirley Feather for their weekly caring for over 100 sisters involved with the Beth Moore bible study each Wednesday during the past two months--"It's Hard to be a Woman" with emphasis on the book Esther of the Bible.

### Character:

Our church family has a number of wonderful people who deserve to be recognized for their exemplary work with feeding the homeless. So many of us admire their work, but do not know who they are. Please recognize:

- Sandra Caldwell
- Joe Johnson
- Joe Guerrero
- LaVoyce Nolan
- Lois Zumwalt
- Don Smeaton
- Margaret Colmer
- Dan Gray
- Mid Carlozzi
- Noreen Carlozzi
- Dave Hahn
- Jan Hahn
- Gail Crawford
- Noreen Beatty
- Phyllis Gray
- Ron Walker
- Sandy Cauthorn
- Don Parker
- Dianne Parker
- Mike Paul



### Update on Citrus Picking

An average of 15-18 volunteers from church picked citrus every Friday this season of 1/1-4/1. This fruit went to feed the hungry through the Mesa United Food Bank. These wonderful people picked about 10 bins a week--or 10,000 pounds! These individuals, who were almost all from different states, had a great time getting to know each other, while also enjoying the exercise and sunshine. They also made a lot of homeowners happy.



**\*\*Circle one or more of these options and place the form in the collection plate on Sunday, or drop by the office! Thanks.**

1. Summer Resident Volunteer
2. VBS Volunteer
3. Office Receptionist
4. Coffee Team
5. Custodial Assistant
6. Shut-in Meal
7. Assist with mailings

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Roadrunner Email

Would you mind receiving your *Roadrunner* and event announcements by email? If so, please fill out the information below, tear it off and drop it in the collection plate or send it in to the church office.

**PLEASE PRINT CLEARLY**

Name (s): \_\_\_\_\_

Email Address: \_\_\_\_\_

Do you wish to continue to receive hard copy Roadrunners as well? \_\_\_ Yes \_\_\_ No



**Gold Canyon United Methodist Church**  
 6640 S Kings Ranch Road  
 Gold Canyon, AZ 85118  
 Phone: 480-982-3776  
 Fax: 480-671-0028  
 Office Email: [goldcanyonumc@mindspring.com](mailto:goldcanyonumc@mindspring.com)  
[www.goldcanyonumc.org](http://www.goldcanyonumc.org)

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**Permit No. 64**

**GCUMC Staff**

Senior Pastor	Fred A. Steinberg
Minister of Pastoral Care	Hu Rhymes
Associate Pastor	Bob Deits
Director of Education	Ellis Falk
Director of Music Ministries	Douglas J. Benton
Associate Director of Music	David Ballard
Director of Youth Ministries	Heather Rodenborg
Pianists	Carol Ballard, Linda Jones, Marty Robison Nancy Virden
Office Manager	Suzanne B. Jacobson
Administrative Associate	Diane Rasmussen
Volunteer Coordinator	Jane Hayes
Parish Nurse	Monica Ortega-Watters
Nursery Care Giver	Susan Kenyon
Facility Care Taker	John LaViolette

**Addressee or Current Resident**

See Page 1 for special Holy Week Services

**WORSHIP SCHEDULE**

**\*8:00 AM—Traditional Worship**  
**\*9:30 AM—Traditional Worship**  
**\*11:00 AM—Traditional Worship**  
**In the Sanctuary**

**\*9:20 AM—PRAISE Service**  
**In the Koinonia Room**  
**Music led by *Uncommon Grace***

*\*Childcare Provided*

**5:00 PM—Country Western Service**  
**Every Sunday from**  
**October through June**

**SUNDAY SCHOOL SCHEDULE**

*Children's Sunday School classes begin in the Worship Service with their families. Children are led to their classrooms after the Children's Sermon.*

- ✝ 8:00 AM ~ Adult Sunday School  
Meets in Room 101/102
- ✝ 9:30 AM ~ Children's Sunday School  
Pick up in Room 101/102
- ✝ 9:30 AM ~ Youth Sunday School
- ✝ 11:00 AM ~ *The Journey* Adult Sunday School  
Meets in Room 101/102

Deadline for May Newsletter April 10  
 Weekly Bulletin Insert Deadline: **Noon** on Wednesday  
 Your GCUMC Publications are brought to you by:  
 Patti Baker, Georgia Kirkpatrick and Kathy Serrine  
 With help from the Friday Bulletin Team  
 And the Roadrunner Assembly Team