



**Gold Canyon  
United Methodist Church**  
*"Following Jesus, Serving Others"*

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**From The Pastor:  
"I Am Your Budget"**

In a couple of weeks we will invite you to pledge to support the ministries of our church. It is easy to think that the church is just asking for money. The pledge campaign is really about participating in ministry. If the church's budget were to speak, this is what it might say...



Through me, families are launched in marriage, persons are baptized, the young are trained in Christian character.

I provide a Church School and youth activities for your children.

I provide music to enrich your worship, and preaching and pastoral services to help you live more in tune with God's will.

I heat and cool your church buildings and keep them in repair for your comfort and use. I do your custodial work.

I reach out to your community and country, preaching, teaching, healing in Christ's name.

I help to train ministers in the seminaries and I provide assistance to those who retired after years of faithful service to God through the church. It is through me that the sick find spiritual strength, the troubled and the discouraged are steadied.

I go out into the wide world, preaching the Gospel in every language. I carry the Word to people of every race, color, and clan.

I am your budget. Believe in me; support me; that I may carry on in your name. With your help I make possible all of these services. As the budget.. I am YOU at work.

But I do need your help. I do need your support. Without your pledges to undergird me, I am helpless. Your pledges are my foundation, my supporting walls.

I am your money, your prayer, your concern-- translated into action. I can do only what you, through pledges, make it possible for me to do.

Grace and peace,

*Fred*

**Please welcome the following people, who were accepted into church membership on December 19:**

LaDonna Howell  
Donna & Gordon Gavin  
James & Penny Potter  
Richard Dauenhauer  
Bill & Reta Wilson  
Gale & Robert Adair  
Joanne & David Enerson  
Jerry & Peggy Kroon  
John Franks  
Sandy Pino



**ONLINE GIVING AVAILABLE!**

You may now give online a one-time or recurring donation by going to our church website at [www.goldcanyonumc.org](http://www.goldcanyonumc.org) and select "Click to Give". You will then be guided through the steps to get set up. It's easy!



**IRA Distributions Can Benefit Your Church**

Advancing age has some wonderful privileges, despite what some people say. For example, if you happen to be over 70, you can now withdraw money from your IRA without paying income tax on that withdrawal. How? Simply by making a direct donation to charity, and Gold Canyon United Methodist Church certainly qualifies. You still have time for 2010 - in fact until January 31 for 2010 IRA distributions. If interested you might consult your tax advisor, or ask your IRA administrator for details. Terry Parsons, a member of our Finance Committee, is willing to answer any questions you might have at 480-982-6578.



A hearty welcome back to all our winter residents who, in addition to year-round attendees of GCUMC, help to keep our bus running by participation in the *Scrip* program. If you shop for groceries at either Bashas' or Fry's (gas, too, at Fry's), we ask you to consider using one of their gift cards *bought from the church* to pay for your purchases. They can be purchased for as little as \$20. If your purchases will cost more than the amount on the card you can reload it at checkout for up to \$500 using your favorite credit card, a check or cash. You get miles on your card and the church earns 6% from Bashas' and 3% from Fry's every time you reload the card. *Best of all, it costs you nothing* to participate. Stop by the Information Desk in the east narthex to find out how you can help us save toward purchasing an additional bus in the near future. Our current bus, which is used to bring people to church and transport the youth to summer work camps and retreats, was obtained through this program which is easy to use and so valuable to the church. Thank you for being a part of this program which brings in \$500 to \$1500 a month!

Betty Rolley

**Where your Treasure Is**

A man died and went to heaven. He was met at the Pearly Gates by St. Peter, who led him down the golden streets. They passed mansion after beautiful mansion until they came to the end of the street where they stopped in front of a shack. The man asked St. Peter why he got a shack when there were so many mansions he could live in. St. Peter replied, "I did the best with the money you sent us."



**DONATIONS AND ATTENDANCE**

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

December	2008		2009		2010		2009	2010
	Gen.	Build.	Gen.	Build.	Gen.	Build.	Worship All	Worship All
<b>1st</b>	\$27843	\$14060	\$22752	\$10921	\$20183	\$9598	1198	1369
<b>2nd</b>	20790	8413	24106	10412	18945	8770	1264	1318
<b>3rd</b>	19410	8734	15482	5212	19452	2863	1277	1395
<b>4th</b>	30509	25667	27886	13243	24471	15778	1147	993
<b>5th</b>	—	—	—	—	—	—	—	—
<b>Total</b>	\$98553	\$56874	\$90226	\$39788	\$83051	\$37009	4886	5075



## Christian Education

By Alexandra Houseman

*“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.”*

February is here!! Seems like Christmas just happened a day ago. When we think about the month of February we think of hearts and cupids, groundhogs, presidents and Super bowls. I have done a little research and have found out that February has so much more to offer. February is also American Heart Month, International Expect Success Month, National Laugh-Friendly Month, National Mend a Broken Heart Month, Plant Seeds of Greatness Month, and Relationship Wellness Month. February 8<sup>th</sup> -14<sup>th</sup> is Love Makes the World Go Round, but, Laughter Keeps Us from Getting Dizzy Week; the 12<sup>th</sup> -15<sup>th</sup> is Random Acts of Kindness Week, and the 17<sup>th</sup> – 23<sup>rd</sup> is International Friendship Week. February 1<sup>st</sup> and 4<sup>th</sup> are both Give Kids a Smile Day, the 5<sup>th</sup> is Ice Cream for Breakfast Day, the 7<sup>th</sup> is Wave All Your Fingers At Your Neighbor Day, the 14<sup>th</sup> is Valentine’s Day AND National Have a Heart Day.

WOW!! What a busy month. Time to get ourselves in gear. Let’s be successful, laugh out loud, plant greatness, mend a broken heart, eat ice cream and as Jesus has commanded us to do, LOVE OUR NEIGHBOR.

Gold Canyon UMC offers many opportunities for you to do just this. Why not join in, volunteer, or just listen and ponder?

### Special Events:

**A Lenten Study** will be starting on March 17th. This is a 5-week session led by Rev. Fay Quanstrom. There are two times available for those who wish to partake of this time of study and reflection. Classes will be Thursday at 9:30 am or Thursday at 7:00 pm in the Koinonia Room.

**The Women’s Retreat** will be April 1-3 at Living Waters Retreat Center. Look for more information and sign-ups between services. Contact the church if you have additional questions. This will be a wonderful opportunity to get away from the world and reconnect with yourself, with your sisters in Christ and with our wonderful God.

**Confirmation classes** will be offered for those youth 6<sup>th</sup> grade and up who have not yet received their confirmation and membership in the church. Youth will learn about the meaning of church membership, how to grow in discipleship and gain an understanding of the doctrines and “Articles of Faith” in the Methodist church. Upon completion of the course the youth will be invited to pledge membership in the United Methodist Church. Classes will begin this month and end in May. Please contact the church if you would like to take part in this confirmation class.

**Adult Education Classes:** If you are interested in a specific area of study or are interested in leading an adult Bible Study, please call the church office to let us know. We are looking for more Sunday morning studies as well as new weekday studies to start this winter.

**Sunday Morning Adult Bible Study** meets at 8:00 am in the Sea of Galilee room in the Education Building. All adults are welcome to attend. Come on a regular basis or just drop in when you can.

**Living the Questions 2.0** started Sunday, January 16th. This is a video series that introduces some of the difficult questions faced by Christians today. It is not too late to join this **Sunday Morning** class. The class meets in **Room 106 in the Education Building at 9:30 am.**

**Men Seeking Brotherhood** is a weekly, interactive study sponsored by GCUMC that helps men explore who they are, where they are going, and how this fits into what God intends for them. Please contact Gary Park at 209-629-3593 for more information on this small group that includes breakfast, study and prayer.

**Tuesday Night Men’s Bible Study & Fellowship** meets at 7:00 pm in Room 101/102 in the Education Building. Contact Albert Brown for more information on this evening fellowship opportunity.

**The Inheritance, A Beth Moore DVD Ladies Bible Study** is currently underway. If you would like to join this group please contact Diana Linton, 480-229-006, Shirley Feather, 480-374-4478, or Diane Heinauer, 480-671-0822. The group meets Tuesday evenings or Wednesday mornings.

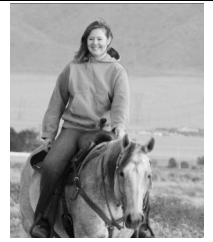


**Why Sidewalk Ministry?** Because the children come! They enjoy learning about God and God’s love for each of them and their families.

**You Come Too!** Saturdays 9:30 am at Desert Chapel UMC - 462 N. Palo Verde Dr. Apache Junction

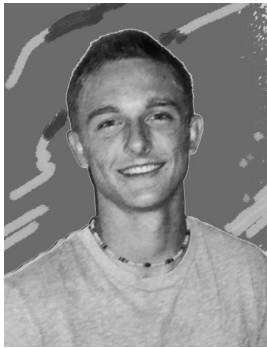


# Gold Canyon UMC



Wendy Moore, Youth Director

## Our Superstar of the Month is Nick Saathoff !



**Congratulations Nick!**

Nick is 18 years old and a 12<sup>th</sup> grader at Apache Junction High School.

Nick has been an active member of the GCUMC Youth Group for over 5 years, and he has served on a mission trip to Artesia, NM. Nick is on the varsity baseball team, and served on the student council at Apache Junction High School. He enjoys exercise, baseball, volunteering, watching TV and hanging out with friends.

Accomplishments:

Four years on the varsity baseball team

4.02 GPA in school & National Honor Society

Full Ride Scholarship to Harvard University

Favorite food:

Carne Asada Chimichanga – Los Favoritos

Favorite movie:

Anchor Man

### Upcoming Events

Feb 6 Youth Group

Feb 13 Youth Group

Feb 20 Artist Night

Feb 26 All Church Baseball Game

Feb 27 Youth Group

### News:

A big “Thank You!” to all Youth who helped and supported the Uncommon Grace concert, Gold Canyon Arts Council Festival, and our Shareholder’s Dinner.

Getting ready for our All-Church Baseball Game on February 26 – Look for more details in an upcoming service bulletin.

**We are beginning to plan for the 2011 Mission Trip to Navajo Mountain, Utah on July 10 -16. Hope you have marked those dates on your calendars. If you are 14 years and older, you are eligible to go. It is an experience you don’t want to miss.**

### Quotes of the month:

“If someone is too tired to give you a smile, leave one of your own, because no one needs a smile as much as those who have none to give.”

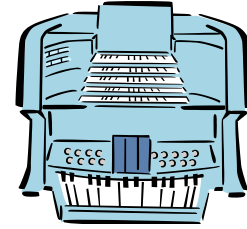
**Rabbi Samson Raphael Hirsch**

“Kind words are short and easy to speak, but their echoes are truly endless.”

**Mother Teresa**



## Music Notes



Happy Statehood Day, Arizona, on Valentine's Day. Don't forget to celebrate! 😊

**Cynthia Hoff**, who is one of our great soloists, has agreed to take on the role of *Assistant Director of Special Music*. In this role, she will setup and coordinate singers and ensembles to provide music for our Offertories. If you would like to sing for us, contact Cindy at the church. She would love to hear from you. I really appreciate her taking this on!

This month, we hope to begin a new instrumental group of strings, brass and woodwinds. We will meet on Wednesday evenings at 7:00 pm in the Choir Room. I don't know exactly when we will begin, but watch for it in the Sunday bulletin. It depends on how soon music comes in and gets stamped, logged, etc. This group will be for those who are just beyond beginners, through those just shy of professional! If you play an instrument, I hope you will join us!

On **Monday, February 7 at 7:00 pm**, I will be giving a class on *Introduction to the Organ* for all who are interested. You can gain an understanding of the organ, its history and how it works. We will define terms like "pulling out all the stops" (what's a stop?), Swell, Great, Positive, etc., and we will have some actual pipes to play with! Come find out the truth about "The King of Instruments". We will begin in the Choir Room then go down to our Rodgers Organ in the Sanctuary. This class will give you a much better understanding and bigger appreciation for Isabelle Demers' concert the following Sunday, and for Organ Stop Pizza.

Speaking of *Organ Stop Pizza*, our annual trek will be **Thursday, February 24 at 11:00 am**. There are sign up sheets in the Sanctuary narthex as well as the Koinonia Room narthex. The cost is **\$7.50 per person** (cash only – no credit/debit cards) to be paid at the door. Price includes the fabulous music of **Lew Williams**, pizza buffet, salad and tax. Drinks are extra. I must call in the number coming on the 17<sup>th</sup>, so please sign up by Sunday, February 13. We usually have around 300 people and completely fill Organ Stop Pizza, so sign up early! If you have never been to Organ Stop Pizza, you really must see this fabulous place, home of the largest theater pipe organ in a public place in the world, played by one of the finest organists in the world! You don't want to miss this – even if you don't like pizza!

Our *Performing Arts Series* was established to serve as an evangelistic outreach for our church, and to give our congregation opportunities to experience outstanding artists. A very positive benefit of our *Performing Arts Series* has been the food generated by our patrons for our Food Bank. I am so very blessed to be a part of this church that has such support for the Arts, and passion for those less fortunate!

This month we have three outstanding musical events: First, organ virtuoso, **Isabelle Demers** will perform on **Sunday, February 13 at 3:00 pm**. I heard her play to an overflowing crowd (her second concert in a row) in Washington, D.C. last summer at the National Convention of the American Guild of Organists. Her concert, completely from memory, drew a rare standing ovation that took so long, our buses were late for the next event! She was truly outstanding! Ms. Demers is a doctoral candidate at the prestigious Julliard School in New York City, studying with Paul Jacobs, who is performing with the Phoenix Symphony again this month. If you like organ music, absolutely do not miss this concert! If you do not like organ music, plug your ears and come watch her play - "She plays with vehement virtuosity" (*La Presse, Montreal*). You will only be sorry if you miss her! To read more about her, go to [isabelledemers.org](http://isabelledemers.org).

Our next concert is one for everyone. Concert Pianist, **Thomas Pandolfi** will perform for us on our fabulous 9'3" Petrof *Mistral* Concert Grand Piano on **Sunday, February 20 at 3:00 pm**. His program is in celebration of the 200<sup>th</sup> anniversary of the births of **Franz Liszt (1811-1886)**, **Robert Schumann (1810-1856)** and **Frederic Chopin (1810-1849)**. Included in his program are very familiar pieces like Liszt's *Leibestraum*, and Chopin's *Revolutionary Etude*, the *Heroic Polonaise*, and the *Fantasy-Impromptu in C-Minor*. This will be a program that everyone who has played piano or who otherwise loves piano, will thoroughly enjoy! Nearly every review I have read of Mr. Pandolfi has the word "Wow!" in it. Don't be late for this concert.

Finally, you can read about our annual **Country/Western Concert** elsewhere in this newsletter.

All three concerts are open to the public at no charge as we will receive a free will offering. We do ask everyone to please bring at least one non-perishable food item per person for the GCUMC Food Bank. You can find a list of Food Bank needs each week in the service bulletin.

I hope you will take the opportunity to come to these events. Bring your family, your friends and your neighbors! You, and they, will certainly be glad you did!

Blessings to all,

*Doug*

Douglas J. Benton  
Director of Music Ministries

## WITHIN THE CHURCH FAMILY



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

**JUST A REMINDER:** Please let the Rhymes know or call the office if you are having surgery or are in the hospital, if you wish a visit, or want to be on the Sunday Prayer List. For OUR NEW E-MAIL ADDRESS check the Sunday Bulletin or call the church office.

### FROM THE SADIE RHYMES MEMORIAL CORNER

**A big thank you to all the volunteers who have worked in the food bank and given many hours to helping folks, dogs and cats with food. Of course there wouldn't be a Food Bank without all of you and the community who donate so much. Thank you to Jeff Downing, Dan Gray and Rush Tucker who head up this project.**

It has been another big month for pet food. Again thanks to our veterinarian, Dr. Munion, for donating Pet Food. Also, thanks to all of you who have donated PET FOOD/\$\$ this month. We were cleaning out the trunk of one of our cars when we found some dog pillows and a food/water dish. We took it to the Food Bank and didn't get beyond the entry way in the office. 2 men were there with Diamond, their dog. We asked if they could use one of the pet pads for Diamond, then asked if they could use the other one, and the dish. The response was "Yes" to all questions. We had a pillow that came with Muffin when we got her. So, we asked if they would like it also. One of the men said, "I can use it for myself." What a joy it was to be able to help these folks.



**Sympathies:** The family of Edward Birmingham, upon his death; The family of Marilyn Bleibaum, upon her death; Gordon Gasser, upon the death of his mother; Iona Grills, upon the death of her husband, Herb; Joe & Janice Guerrero, upon the death of Joe's nephew, Michael Medina; Richard Hoffman, upon the death of his wife, Marlene; The family of Jerry Husak, upon his death (This family has suffered the loss of 3 family members within 3 weeks. The last newsletter mentioned Mark who was Jerry's son. A couple of days after Mark's service, Jerry's mother, Anne died); Suzanne Jacobson, upon the death of her mother, Barbara; Bill & Barb McAfee, upon the death of Bill's son, David; The family of Urban Sander, upon his death; Ari Shreffler, upon the death of her husband, Lester; Jerry & Ruth Ann Thacker, upon the death of Jerry's grandson; Mary Gay Wenger & Diane Heinauer, upon the death of Mary Gay's husband & Diane's father, Les; & the families & friends of the above.

**TO ALL WHO WERE AFFECTED BY THE SHOOTING IN TUCSON, we send our PRAYERS.**

Sympathies to those families/friends who lost loved ones and PRAYERS for complete recovery for those who were injured. PRAYERS also for the young man who did the shooting and also for his family.

**Concerns and/or Continued Prayers:** Andy Allen, Patsy Arehart, Julie Arms, Hector Bessaulneirs, Lois Bennett, Harold Bjustrom, Albert Brown, Frank Campbell, Michelle Cassella, Diane Chavez, Dave Coomes (Viviani's son-in-law), Carol Crosswhite, Joyce Curtis, Bonnie Diehm, Jim Dinkel, Kay Droste, Jean Eister, Norm & Ritchie Eriksen, Jessie Ford, Sandy Govert, Ray Grove, Joe Guerrero, Pat Guevara, Don Hammond, Louise Hays, Erin Henckes, Anita Henderson (Trudy Carpenter's sister), Marlene Hertzog, Lloyd Hetherington, Darrell Hiller, Helen Hurley, Marty Jacobs, Joe Johnson, Joan Jorgensen, Larry Keiselhorst, Carol Knepshield, Tom Jones, Emily Lewis (granddaughter of Mike & Pam Lewis), Lewis Lomli, Rene Lord, Sharon Marine, Chuck McKim, Huston McPherson (David McPherson's son), Rob Milstead (Peggy & Steve Kinder's son), Addie Muratore, Bonny Nielsen, Larry Nielsen, Bob Olesand, Ben Orr, Ramona Orr (Kris Laux's mother), Don Oster (Betty Lundberg's brother), Robyn Page, Merri Phelps, Steve Pruitt (Mary Ann Warren's son-in-law), Brenda Rahaneotis, Bruce Sandven, Frank Schnieringer, Aubrey Sharp, Donella Sparks, Marina Straight, Denis Truckle, Al Whiplinger, Dawn Whiteside, and PRAYERS for the families (CAREGIVERS) of the above. 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. PRAYERS for our SIDEWALK MINISTRIES families.

**Still in Need of Prayers:** Charlie & Joan Acker, Charles Adams (Betty), John & Doris Adamson, Dick & Eleanor Armstrong, Patti Baker, Bob & Ruth Bennett, Nancy Binting (Kris Laux’s friend), Marvin Boles & Ginny Ohnstad, Kay Bottomley (Mike Vagnier’s mother), Lyle Brewer, Dr. Brad & Arlaine Bryant, Jim & Carolyn Burt, Don & Arlene Catt, Bill & Joyce Curtis, Rev. Bob & June Deits, Chuck Dickinson, Darrell & Laura Dinges, Adelyne Douglass, Rhonda Dropik (Jim & Marcia Ritenour’s daughter), Elaine Finck, Danna & Andy Gharavi, Ardeena Gillette, Bill & Louise Green, Ross & Arline Hacker, Jim & Kyle Hoggatt (Jim & Carolyn Burt’s son-in-law/grandson), Rich Haraldson, Ro Heinauer (Diane Heinauer’s mother-in-law), Wade & Cindy Hoff, Neil & Melva Houtcooper, Ginny & Joe Johnson, Noel Jones (Linda & Morgan Jones’ grandson), Gladys Kay (Jane Hayes’ Mom), Mel & Mary Kilbo, Jane Lambert, Cheryl Lang, Thelma Lang (Pete ‘n Kay Johnson’s mother), Bob & Juana Mahlandt, Sue & Michael Malloy, Bryan McCann (Jeanette Lunstead’s son), Larry & Pat McMann, Wilbur McMann, Hedy Moore (Jed Moore’s Mom), Eileen Petticrew (Keith Petticrew’s mother), Pete & Shirley Plakos, Lois Poteet (Barb Oldham’s sister), Calvin Quinn, Lynn Revis, Paul Rhymes (Hu Rhymes’ brother-THANKS FOR ALL YOUR PRAYERS), Brian Sanders (Brenda Rahanotis’ nephew), Virgil & Rose Scantlin, Connie & Dave Snyder, Rick & Sue Sutter, Bobbie Talbot, Helen Thacker, (Jerry Thacker’s mother), Marilyn Thomas, Lillian Thomas (Bill & Mary Thomas’ mother), Gordon & Patty Truckle, Marven & Wanda Tufte, Don Van Buskirk, Jim & Charlene Van Slooten & Floy Kilbourn-their daughter, Ray and Nancy Villeneuve, Jack & Nancy Virden, Rita & Michael Vitalich, Mary Gay Wenger (Diane Heinauer’s mother), Delza Wilson (Jayne Urbach’s mother), Dorothy Wolter, Chong Ho Yi (Friend of Lovena Warren) 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

**THE DEVIL MADE ME DO IT!**

The poor country pastor was livid when he confronted his wife with a receipt for a \$250 dress she had brought. “How could you do this?” he exclaimed.

“I don’t know, “ she said in tears. “I was standing in the store looking at this dress. Then I found myself trying it on. It was like the devil was whispering to me, ‘Gee, you look terrific in that dress. You should buy it.’”

“Well,” the pastor persisted, “You know how to deal with him! Just tell him, Get behind me, Satan!”

“I did” replied his wife, but then he said ‘It looks great from back here too.’”

**SPEND THRIFTS**

A father and his son were looking at a nativity scene in a London Gallery. It was Titian’s world-famous painting of the scene at Bethlehem. The boy said, “Dad, why is the baby lying in such a crude cradle in a pile of straw?”

“Well, son,” explained the father, “they were poor and couldn’t afford anything better.”

Said the boy, “Then how could they afford to have their picture painted by such an expensive artist?”

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A BIG THANK YOU to all who gave us delicious goodies, other gifts & poinsettia plants in our honor. We are very grateful for your thoughtfulness. Many of you have asked about us not being in morning church services some Sundays. No, we haven’t retired, nor have we been away or sick. We appreciate your concern. We sometimes attend the 5:00 pm on off Sundays. We have been so busy and we want to keep our visitation going. Hu plans to be liturgist each month on the first Sunday at 9:30 & 10:50 am & the third Sunday at 8:00 am. We may be at other services sometimes. Hu & Wendy

**Memorials**

Jill Brewer - GCUMC stained glass fund

Herb Grills - Heart Foundation, Diabetes Foundation or International Shrine Clown Assoc. Sneaker Fund

Rev. John Phillips - Sheet Music for GCUMC choir

Barbara Jacobson - Hospice of the Valley

# Healthy Living

February is National "Heart" month because coronary heart disease (CHD) is the leading cause of death in the United States for both men and women. It is usually caused by a condition called atherosclerosis, which occurs when a fatty material also called "plaque" builds up on the walls of your arteries. This plaque narrows the passage of blood flow and can cause chest pain, heart attack and other cardiovascular disease like stroke and peripheral artery disease. Factors that cause the plaque buildup are inflammation (the body's response to injury), excess sugar intake and a high fat diet.

Risk factors for CHD include heredity, diabetes, high blood pressure, abnormal levels of cholesterol, smoking, chronic kidney disease, alcohol abuse, not getting adequate exercise and excessive amounts of stress.

**Symptoms:** Chest pain or discomfort is the most common symptom in men, more so than women. Chest pain in women is usually not as severe during an attack and it can be described as pressure, tightness or an ache. Some women do not have chest pain at all. These symptoms are caused by the heart not getting adequate blood or oxygen due to blockages in the arteries of the heart. The pain may also extend to be felt in your neck, jaw, arms, stomach (nausea) or upper back and/or shoulder blade. Other symptoms include shortness of breath, unusual fatigue, anxiety, profuse sweating which is also more likely in men than women; with shortness of breath more common in women.

**Prevention:** Lifestyle changes are very important. Some ways to maintain a healthy heart are:

- Reduce salt intake. Learn to spice your food with other types of seasonings, Mrs. Dash Blends, onion, garlic, lemon etc.
- Eat a heart-healthy diet – lower in saturated fat, cholesterol, and stay away from trans fats all together. Learn to read labels and monitor your intake until you make it a habit to eat wisely. Shop the perimeter of the grocery store and stay away from the middle aisles where higher calorie and fattier foods are stocked.

- Get regular exercise and maintain a healthy weight. Try something new like Tai Chi or Yoga, and walking is a great way to keep your heart healthy. Plan this into your daily schedule like you would any other appointment. You are worth it. Your heart will thank you as the "beat goes on."

- Keep your blood sugar strictly under control if you are diabetic. Work to keep your HBA1C at no higher than 6.0.

- Stop smoking and reduce your alcohol intake.

- Monitor your blood pressure, and see your doctor if it exceeds normal limits. If your blood pressure is above 135/85 consistently, you need to seek medical attention. You can start by seeking the guidance of one of the parish nurses.

- Ask your doctor about using low dose aspirin on a daily basis. Not everyone is a candidate for aspirin therapy. If you seek a more natural approach you can speak with a Parish Nurse who can educate you on natural alternatives.

- Use prayer and regular worship to help reduce stress as well as music and journaling.

At Gold Canyon United Methodist Church your parish nurses provide blood pressure screenings on the 3rd Sunday of each month. This is a helpful tool to monitor your readings. We are available to answer questions and provide counseling regarding medication and diet. We will help you to get information or assistance you may need for your health-related problems.

- Judith Watters, RN, MSN

- Susan Malloy, RN, BSN



Jerry and Addie Muratore would like to let their friends and church family know of a joy that has recently occurred in their lives...and a sorrow. They have sold their home in Arizona and are moving back to New York to be closer to their family members there. However...they are sorrowful that this move means they are leaving their family of friends here in Gold Canyon. We wish them well as they begin a new chapter of their lives in New York.



## International Missions

*"The world is my parish." – John Wesley*

### Third Annual International Dinner & Program

Saturday, February 19th at 5 pm in the Koinonia Room at GCUMC.

The evening's events include a chili supper, a silent auction, and updates from the various international projects that GCUMC is involved with and supports. These projects include the "After the Wave" Program in Thailand for orphans of the 2005 tsunami; on-going financial support for the Wangshi Christian Church in Haicheng, China; Fellow Man International mission in Honduras. Part of the program will involve a video communication from a member of the Wangshi church in China. Additionally, we are very pleased to have Lisa Armstrong of Fellow Man International participating in the program.

Lisa grew up in the United Methodist Church in Chanute, Kansas, then attended and graduated from Kansas State University with a BS in Wild Animal Science. After working a short time in the Junction City Police Department, she enrolled in the Kansas Wesleyan University Department of Nursing, from which she graduated in 1997.

Lisa worked as a surgical nurse in the Salina Regional Health Center until Hurricane Mitch swept through Honduras. Taking a two-week leave from her position in the hospital, she went to Honduras to assist in relief efforts. Soon, she saw the need to provide medical care for the underserved mountain people of northern Honduras and began taking steps to help provide assistance.

That desire developed into constructing a clinic to house a physician, dentist and surgery center. Soon the concept of the Fellow Man International developed. Providing health care wasn't the only great need for the mountain people. Economic development was, so the mission created a model agricultural project on a very small scale, then a coffee project to grow, process and sell Green Parrot Coffee. Lisa Armstrong trains mid-wives (almost all babies are born with their services); she has acquired a water bottling and distribution service; and more recently, a farmer has offered her his river-bottom land. Lisa has begun to grow food for the school-lunch program she supports.

Lisa adopted two Honduran babies who are now about six years old. They live in Penalejo, Santa Barbara State.

In ten years Fellow Man International Mission has grown from an idea to a medical, agricultural, educational and economic development agency certified by the Honduran Government as a Non-Governmental Agency (NGO) with an official board of directors. Its support organization in the United States was created under Internal Revenue Service 501 C 3 regulations as the Fellow Man International Foundation, Marshall Stanton, President, 785-823-1341, P. O. Box 2993, Salina, Kansas 67402-2993, [mstan151@kans.com](mailto:mstan151@kans.com). Marshall served as the President of Kansas Wesleyan University for nearly two decades.

Tickets for the Dinner/Program will be available for purchase at the Fair Trade coffee/tea/cocoa/chocolate table between services beginning January 23<sup>rd</sup>. Tickets will be sold for \$6.00 each or 2 for \$10.00. **If you would like to contribute an item (or items) for the Silent Auction, please contact one of the members of the International Missions Team.** Don't miss this opportunity to serve people around the world and to involve friends and family in these very important and valuable Christian efforts.

Jackie Douglass: [jackied.coaz@gmail.com](mailto:jackied.coaz@gmail.com)

Nona Larson: [enonal@msn.com](mailto:enonal@msn.com)

John Paddison: [john.paddison@yahoo.com](mailto:john.paddison@yahoo.com)

Jean Paddison: [azjean@yahoo.com](mailto:azjean@yahoo.com)

Fay Quanstrom: [fay.quanstrom@gmil.com](mailto:fay.quanstrom@gmil.com)

Wally Quanstrom: [wally.quanstrom@gmil.com](mailto:wally.quanstrom@gmil.com)

Jill Stoefen Fisher: [jstoefish@q.com](mailto:jstoefish@q.com)

David Jacobs: [djacobs19@cox.net](mailto:djacobs19@cox.net)

*"...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."*

## W.O.W. Corner

With the Christmas season over, January 6<sup>th</sup> saw many ambitious individuals come to the church campus ready to dismantle and pack away the beautiful decorations. Many hands make for light work and the task was completed quickly and efficiently. **Thank you!** to each of you who gave of your time and energy.

Now, on to our next big event ~ Spring Fling! The team is always looking for new ideas and volunteers to make each event unique and special to all who participate and attend. Please consider attending our next meeting on February 7<sup>th</sup> at 6:00 pm in the Education Building and share your ideas and our excitement.

W.O.W. Team members dedicate a lot of time to this Hospitality Mission and provide a wonderful representation of our church family. THANK YOU one and all!!!



### Giving Made Easy with Electronic Funds Transfer (EFT)!

For your convenience, you can make donations to Gold Canyon UMC via electronic transfer. Your authorization for a specified amount of money is automatically transferred from your checking or savings account directly into the church account. You can also specify how frequently you want the money to be transferred (i.e. weekly, every two weeks, once a month) and there is no cost to you for this transaction! The church will issue you a donation statement for your records and your bank statements will provide you with a record of transfer as additional verification of your contribution. The EFT program yields many significant benefits for our church and makes life much easier for you...and it gives you the satisfaction of giving to God first. We encourage you to consider making your gifts by Electronic Funds Transfer (EFT). Forms are available in the church office.

## St. Andrew's Trip - Thursday, March 3

Our caravan date to St. Andrew's is fast approaching. With the economy such as it is, we are trying to adhere to **their** Wish List items - especially the nutritional ones. Their shelves also become bare. Enfamil, large size, costs about \$21.00. Perhaps if 4 or 5 of you could go together to purchase the more expensive items, we could really help. There is a smaller size also.

Don't forget all those toiletry kit items you have collected on your travels!

Sign up sheets are posted and drop off boxes are in place.

We can make a difference. Let's do it!

Alyce Ancell 983-2510

Gail Crawford 671-3697

Phyllis Gray 671-1551

### Gleaners Needed to Help Food Bank

It's that fun time again: gleaners began picking citrus on January 7 and will continue each Friday through March. This is for the benefit of United Food Bank. Volunteers who enjoy the outdoors and good company are invited to meet at 8:30 am each Friday at the Church to carpool to the site. (We return by noon.) For further information call Terry Parsons at 480-982-6578.



### New Hiking Group Forming

The group will meet each Tuesday in the south parking lot at Gold Canyon United Methodist Church for a moderate, interpretive hike - approximately 2-5 miles - beginning at 9:00 am and back by noon. For more information contact Gale Adair 480-288-0634.





The Grief Support Group meets Wednesdays at 9:00 am in the Sea of Galilee Room. Please contact Laurie Christy at 480-518-3786 or Lchristy20@yahoo.com for more information

**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



**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®**

**GRIEF, A LONG HAUL**

Most people will have at least one grief-causing episode in their life. Grief always begins with a loss which begins a process of recovery, usually from the death of a loved one.

Such a loss is real. It is shocking. Its permanence challenges the sufferer to rejoin the human race.

The griever's intense, seemingly irretrievable, pain needs to be relieved. Sometimes denial, healthy for a time, will block the pain. But grief usually is protracted, with a duration quite beyond the special attention of our congregation, the cards, phone calls and visits of condolence, invitations to lunch, casseroles for the freezer...etc.

This is the gap filled by a listening, caring Stephen Minister. Once everyone else has forgotten the griever's pain and assumes it has passed, the Stephen Minister is still there, caring, listening nonjudgmentally and helping the griever understand that he or she is not alone, that God cares, and that the grief process can run its course for as long as it takes.

Share your grief with a Stephen Minister. Just call the Church office for information and/or a referral.

To: Gold Canyon United Methodist Church

The family of Jill Brewer would like to thank everyone for their prayers, phone calls and letters. They were all greatly appreciated and gave us much comfort. I especially want to thank Hu and Wendy for the many, many visits to the hospital during Jill's numerous trips, and the many visits to our house. Their conversation and prayers were a great comfort to both of us. I would also like to thank everyone involved in the "Celebration of Life" service and the luncheon afterwards. A special thanks to Pastor Fred for the service. May God continue to bless each and every one of you.



Lyle Brewer and Family

**News from United Methodist Women**

The United Methodist Women will focus on local mission projects for the years 2011 and 2012.

Our first meeting will be Saturday February 12, 2011 at 9:45 am in the Education Building.

Our first fundraiser will be a book sale in the courtyard of the church on March 13, 2011 from 7:30 am to 1:00 pm. Look for book collection boxes.

All women in the church are members of United Methodist Women. We hope to see you as you take part in our activities.

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing, and face us with the reality of our powerlessness, that is the friend who cares.

*Henri Nouwen*

# SISTER SEMINARIANS



By Heather Rodenburg

Hello Church Family & Friends,

I knew when I went off to seminary in Texas I would get to experience some great things. Yesterday I got to take part in my first baptism of a 5 month old baby boy. It was a God filled moment. I was blessed with asking the parents the questions of their renunciation of sin and profession of faith. The joy they had in agreeing to raise their child in the teachings of Christ was shown in their answers and actions. As they answered, the church was also reminded to reaffirm their commitment to Christ and remember their baptism into the family of God.

After getting to experience this joy filled moment, we all exited the sanctuary at the church to a beautiful sight of snow falling. The first snowfall brought beauty with the sun shining at just the right angle. We are so blessed to be loved by our Creator as His Children. These are the moments when we are reminded that we are a part of something big.



I hope the next time you watch a baptism take place, that you will be reminded of the love that God has for you as His child, His creation, and His beloved. May the peace of Christ be with you always.

Heather

\*\*\*\*\*

By Jody Topping

Happy New Year to all here at GCUMC! I trust you had a wonderful Christmas season and although the New Year has begun tragically with the events just this past weekend in Tucson, I pray that for most of us, the New Year will bring peace and hope for a better day. To say that my heart was broken when I heard the news of the shootings in Tucson is an understatement. Such a senseless act of violence simply boggles my mind - but I am reminded that God is present in all things, and I know God's wisdom and healing power will be with those who were wounded and those who are grieving the loss of their loved ones. God's love is indeed good, and God's power will undoubtedly work through this tragedy to bring hope to our hurting world.

For me, the New Year means a new school quarter!! After being on break for about 6 weeks, I officially started back to school at Iliff School of Theology on January 3, 2011 (although unofficially the quarter *really* began about 3 weeks before that with reading assignments from my professors!). This quarter I'm taking 3 classes: a study of the Book of Numbers from the Hebrew Bible, Pastoral Theology and Care, and a new class called Media, Religion, and Culture. As usual, all 3 of these classes require a lot of

reading and writing, as well as listening to on-line lectures, so it goes without saying that my days and weeks are going to be busy for the next few months! Of all the classes I'm taking this year, I think the Pastoral Theology and Care class will be the most interesting and most relevant as I begin preparing for my first appointment as a United Methodist Pastor (which won't be at least until Annual Conference in 2012). I'm looking forward to using the skills I learn in this class as I begin working as a Pastoral Intern in the next couple of months, especially as they apply to offering care and counseling to those in need of spiritual support.



It was a joy for me to be part of the Christmas celebration here at Gold Canyon UMC. My husband David and I were privileged to provide some of the music at the 11pm Christmas Eve Worship Service, and what a beautiful sight it was, seeing all those candles lifted up during the singing of "Silent Night." I feel so blessed to be a part of this faith community, and look forward to spending more time with all of you during this New Year.

Jody

\*\*\*\*\*

By Suzanne Jacobson

The year has barely started and here I am, already immersed in my studies. Just like last semester, I'm driving a quick-turnaround trip to Claremont, attending three classes on Tuesdays. I finished an intensive one week course over the winter interim with another week and a half of assignments to fulfill the class requirements. I was reminded once again how small our world can be when I discovered that my professor for the interim class, Rev. Sue D'Alessio, was meeting with some former parishioners of hers from Wisconsin while she was in town. The couple she visited was none other than our own Dean and Shirley Taylor!

I've written before about how privileged I feel to be able to study with some of the illustrious and gifted professors I have had at Claremont. This semester, I am excited to study "Theology for Social Justice" with Dr. Monica Coleman and "Medieval Women's Theology" with Dr. Rosemary Radford Ruether. My third class is "Teaching Contemplative Practices: Prayer Traditions," with Dr. Alane Daugherty, which promises to be interesting as well.

This year, the first without my mother, will be different. Without your prayers and support, I am not sure I could have completed last semester at all, let alone with decent

*Continued next page*

*Sister Seminarians, cont.*



grades. I kept on going, not only because my mother wanted me to, but because I knew that I had the energy and the love that comes from your hearts. Your encouraging words, your hugs and even the smiles when I see you in the office, on Sundays and in the community have been a balm to my hurting heart. You have truly been Jesus to me during my time of sorrow. I don't have any better response to that except to say "God bless you." You are truly my Valentines from God.



Suzanne

*"O give thanks to the Lord, call on God's name, make known God's doings among the peoples!"*

1 Chronicles 16:8, paraphrased.

\*\*\*\*\*

**HOWDY, PARTNERS! Y'ALL COME, Y'HEAR??**

Our annual **Country Western Concert**, featuring the Housers, will take place on **Sunday, February 27th at 5:00 pm in the sanctuary.**

Ron and Chris Houser, along with Tara Houser Jones and the rest of the "Houser Gang" will get your toes tapping, your hands clapping and your hearts filled with joy.

There will be country gospel songs, classic cowboy songs and the hottest fiddle you've ever heard (that would be Tara)! You might even hear a most unusual vocal rendition of falsetto (that would be Hu).

Whether or not you are a fan of country music, this is one concert you don't want to miss.

There is no admission. A free-will offering will be received.

And please bring a non-perishable food item for the food bank.



**Men Seeking Brotherhood**

The purpose - To connect with and prepare the men of our church to be spiritual leaders for their families, church, and work.

Have you won The Rat Race? (i.e. the hopeless pursuit of a good life always just out of reach). Do you know anyone who has?

Does this fit you? Are you very busy? Are you properly taking care of your problems? Do you think of anyone else other than yourself, or even think about yourself? No, there's not time enough in the day, is there? It all seems so very overwhelming.

Or maybe this is you. Something seems out of kilter. I'm not unhappy, but something is sure missing in my life. I feel like I am running the wrong race.

Or - I would really like to have a relationship with one or two men that I can talk to, pray with and see God's will for my life.

The Government appropriates billions of dollars each year on programs affecting children outside the home. At the same time the family unit in this country is being criticized for its very existence; it is without purpose and disjointed. Studies have shown that one of the main reasons for its breakdown is a lack of appropriate leadership within the home, especially by husbands and fathers. If the church is to be an effective witness and influence, we must concentrate our attention on the condition of the family and its leadership. We must turn our efforts to focus our resources for the development of effective husbands, fathers, and grandfathers. We have a great opportunity in our church to capture men's hearts and guide them into becoming responsible leaders for the twenty-first century. In 1939 Christopher Morley wrote these words: "Their (men) own private life becomes a rat race". We could ignore it (most men do), grouse about it, or we can use those words as a catalyst in a shared study to find what a treasure the gift of a Godly Manhood has for us. Please join me in Men Seeking Brotherhood, a weekly meeting of a small group of men for breakfast, study and prayer. (details tba.) Contact Gary Park @ 209-629-3593 or parktravels@live.com for more information.

Many of you have asked about the Christmas Concert. We had 1,070 people at the 3:00 pm concert and 920 at the 6:30 pm concert – that is a total of 1,990, two hundred fifty more than last year! Thanks to all of you who came and shared this event with us!

# February Birthdays



David Austin	1	Roger Coad	8	Val Richter	14	Laurie Christy	21
Terry Burris	1	Darlene Huffman	8	Judy Schmidt	14	Raymond Heyse	21
Scott Johnson	1	Amira Mogharbel	8	Anne McGinness	15	Steve Holec	21
Collette McNamee	1	Megan Pappalardo	8	Jim Atkinson	16	Bill Yoder	21
Leslie Anzelmo	3	Don Miller	9	Thomas Brannan	16	Lyle Aasheim	22
Coleen Hoerter	3	Marilyn Peterson	9	Trudy Carpenter	16	William Atkinson	22
Richard Hoffman	3	Herbert Galliard	10	Harrison Hughes	16	Martha Burkinshaw	22
Sharon Pittman	3	Louise Hays	10	Bob Russell	16	Liam Vara	22
Marlene Barton	4	Georgia Richardson	10	Ada Adams	17	Margaret Ball	23
Nancy Jonovich	4	Sam Twa	10	Susan Malloy	17	Brett Houser	23
Marilyn Jungman	4	Amanda Wolfskill	10	Adie Muratore	18	Marvin Richter	24
Anne Pedigo	4	Katelyn Crane	11	Edgar Newkirk	18	Alan Helquist	25
Virginia Carr	5	Michael Humphrey	12	John Paddison	18	Alice McConnell	25
Cynthia Hoff	5	Donna Johnson	12	Muriel Reif	18	Gordie Rasmussen	25
Gladys Osgood	5	Victor Phillips	12	Jim Brinkman	19	Desireah Kenyon	26
Daniel Bos	6	Bonnie Lane	13	Don Hammond	19	Rick Sutter	26
Pat Campbell	6	Peter Rahaneotis	13	Pete Plakos	19	Sara Vara	26
Brianna Couturier	6	Gloria Willis	13	Rev. Ari Shreffler	19	Robert Dowrick	27
Gary Nord	6	Rosemary Austin	14	Darlene Broderson	20	Nancy Kurth	27
Devona Brown	7	Gordon Gasser	14	Gordon Hulett	20	Bob Mulhair	28
Thomas Feather	7	Marjorie Kappler	14	Robert Bennett	21	Nancy Waechter	28
Bruce Love	7						



# February Anniversaries

Doris & Don Miller	2	Linda & Jim Brinkman	13	Joyce & Paul Fillion	24
Audrey & Charles Whittier	3	Louise & Bill Green	14	Jody & Bill Clayburg	25
Sue & Duane Vorseth	4	Evelyn & Nick Laich	14	Lu & Bob Johnson	25
Ada & Michael Adams	5	Melissa & Johnny Minatree	14	Shirley & Pete Plakos	26
Beverly & James Toppin	5	Laurie & Ron Logan	16	Jenelu & Bob Burgi	28
Margaret & Kenneth Crites	9	Betty & Joseph Lundberg	19	Nancy & Jack Virden	28

*If your name isn't on this list (or you know of someone who should be), please call the church office with the information. We truly don't mean to leave anyone out.*



# VOLUNTEERS DO MAKE A DIFFERENCE

*Jane Hayes, Volunteer Coordinator*  
982-3776



### **Greeters Take Note:**

Greeters are to arrive 40 minutes prior to their scheduled service time.

Please do not leave your assigned post until the actual service begins. If you leave when the announcements begin, we have lost the opportunity to welcome and direct a newcomer to all possible seats. Arrange with the usher to get a reserved sign so you will have a seat or ask a friend to save your seat.

If you run out of bulletins, as for more from the Information Desk. We have reserves in other locations.

9:30 Greeters please remember we have larger volumes of people in attendance. Because of this, we assign 4 greeters to the main doors on the East and West. Be sure to introduce yourself to the others assigned to your door.

### **Inspirational Values**

I am continuing with the letters G and H this month to encourage Inspirational Values.

### **Giving Back**

Tape the exact change that is needed for a soda on a soda or snack machine. If you like, add a note, "This one's on me!"

### **Gratitude**

Listen to someone who needs to talk. Just listen to them. We all need to be valued and appreciated. Slow down the hectic pace a bit.



### **Hard Work**

When you have good service somewhere, write a letter to the company and that person's manager, telling them about their outstanding employee.



Do you have the time? No, I don't mean your watch! Please look over this list of volunteer needs. If you can assist with one or more of the following, **complete and place this form in the collection plate, at the information table or church office.**

<b>Job</b>	<b>Mins. per week</b>
------------	-----------------------

Hospitality/Coffee Server	30+
Shut in Meals	75
Sound Booth	90
Greeter	40
Bake cookies	60

Name \_\_\_\_\_

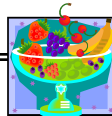
Phone \_\_\_\_\_

Phone \_\_\_\_\_

**Looking for a side-by-side refrigerator for our kitchen/storage closet. If you would like to donate one or know of a GOOD USED one, please call the office or leave a note for Jane.**



### **COOKIE LOVERS!**



Our Hospitality Team is in need of cookies, breads or fruit to continue serving after 8:00 and 9:30 services. We will accept cookies anytime during the week in the office or on Sunday in the kitchen. OR, we will do the shopping for you. With \$5 donations we can purchase baked goods in quantity to have on hand. You can contribute by donating funds on Sunday at the tables on the patio or adding a check for "Kitchen Fund" to the collection plate. Thank you!

### **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**  
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**GCUMC Staff**

Senior Pastor	Fred A. Steinberg
Minister of Pastoral Care	Hu Rhymes
Associate Pastor	Bob Deits
Director of Education	Alexandra Houseman
Director of Music Ministries	Douglas J. Benton
Associate Director of Music	David Ballard
Director of Youth Ministries	Wendy Moore
Pianists	Carol Ballard, Linda Jones, Marty Robison
Office Manager	Nancy Virden
Administrative Associate	Suzanne B. Jacobson
Volunteer Coordinator	Jody Topping
Parish Nurse	Jane Hayes
Nursery Care Giver	Monica Ortega-Watters
Facility Care Taker	Devona Brown Rick Ceynar

**Addressee or Current Resident**

[Empty dotted box for address]

**WORSHIP SCHEDULE**

**\*8:00 AM—Traditional Worship**

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

**\*10:50 AM—PRAISE Service  
 In the Koinonia Room  
 Music led by *Uncommon Grace***

*\*Childcare Provided*

**5:00 PM—Country Western Service**

**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
- ✝ 9:30 AM ~ Adult Study
- ✝ 10:50 AM ~ Children's Sunday School
- ✝ 11:00 AM ~ Adult Sunday School

Deadline for March Newsletter Feb. 10  
 Weekly Bulletin Insert Deadline: **Noon** on Wednesday  
 Your GCUMC Publications are brought to you by:  
 Georgia Kirkpatrick, Kathy Serrine and Jody Topping  
 with help from the Friday Bulletin Team and the  
 Roadrunner Assembly Team