

First Edition

SEPTEMBER 2017



New Member Class

We will have a new member class sometime around the middle of September.

If you are interested in joining the church and being a part of this class, please contact:

The church office at 480-967-3376 or Mary Jo Cranwell at 480-838-9618.

More details will follow later.

The Nurtured Heart

Sign up to attend a free 6-week class training to have a more fulfilling & engaging relationship with the children in your life.

Starting Monday, September 11th from 6:00-8:00 p.m. Childcare will be provided. Sign up by e-mailing nicole.vezain@gmail.com.

Love Knots

Love Knots is a Prayer Blanket Ministry. If a family or friend is experiencing a health or personal crisis they would benefit from receiving a blanket showing God's healing grace, as well as, comfort and peace in their life. With the blanket, they will be covered in prayer. Candee Raper 602 549 6691 or the church office 480 9673376.

Tempe First is a Stephen Ministry Church

If you are going through a crisis, please contact C. Bass (contact information through the church office), to learn more about this ministry.

Tumbleweed Youth Resource Center is a safe place for homeless Youth.

The TFUMC Men's Bible Study Group

is sponsoring a donation drive to benefit the homeless young people of Tumbleweed, which in May of this year became a service of UMOM.

For 40 years, Tumbleweed provided emergency help and shelter for homeless teens and young adults from ages 12 to 25: helping teens and young adults move from the street to self-sufficient adulthood.

Your help is needed! Our Men's group is leading the charge in collecting non-perishable food for the Tumbleweed Youth Resource Center.

The YRC is a walk-in facility in Phoenix offering a safe place, food, showers, and laundry, along with access to long-term support services.

A donation bin will be located in the Narthex.

In a typical year, the YRCs will serve more than 24,000 meals to homeless young people in Maricopa County.

Please consider donating non-perishable and ready to eat food items for these vulnerable youth.

Such as:

Full size boxes of cereal

Ready-to-eat meals: pop top meals (so no can opener needed to open the lid - Vienna sausages, Chef Boyardee, etc.)

Meal bars and shelf-stable snacks (ie. chips, granola bars, pudding cups, Microwavable items

Pet food as many of the youth have companion animals.



From the Pastor

Regarding the recent events in Charlottesville, Virginia, from the United Methodist Council of Bishops:

My shock, dismay and grief over the clashes between white supremacy advocates and counter-protesters in Charlottesville, Virginia, continue to grow.

I grieve for the lives lost, and pray for the family of Heather Heyer, the families of the two state troopers killed while monitoring the Charlottesville demonstration from the air, and for the healing of all the injured. I am shocked by the blatant resurgence of white nationalism, neo-Nazism and racially motivated domestic terrorism in the United States. I am dismayed (and frightened) by the animosity, division, extremism and evil that is spiraling out of control in the U.S.

Let there be no excuses or political justification for the evil that was on full display in Charlottesville last Saturday. Nor, let us forget that many such displays of white supremacy, racism and hatred go un-reported or under-reported in many places. White supremacist and neo-Nazi ideologies are abhorrent and entirely inconsistent with the Christian faith.

Jesus called his followers to “love your neighbor.” It is clear this key spiritual imperative means all neighbors without regard to race, color, religion or national origin. And, Paul taught that “enmities, strife, jealousy, anger, quarrels, dissensions and factions” are among many works of the flesh that are antithetical to the kingdom of God. “By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-

control.” (Galatians 5: 19-23) These works of the Spirit lead to peace-making and the kingdom of God.

The Social Principles of our United Methodist Church are a clarion call and powerful witness in times such as these. “We affirm that no identity or culture has more legitimacy than any other. We call the Church to challenge any hierarchy of cultures or identities.” And, from Para. 162A The Social Community, page 120: “Racism, manifested as sin, plagues and hinders our relationship with Christ, inasmuch as it is antithetical to the gospel itself .

Therefore, we recognize racism as sin and affirm the ultimate and temporal worth of all persons. We commit as the Church to move beyond symbolic expressions and representative models that do not challenge unjust systems of power and access.”

This collective responsibility begins by each of us examining our own hearts for the prejudice that contributes to attitudes of supremacy or hatred, or to violence, or silence or fear. Peacemaking and reconciliation always begins within.

This is the moment for The United Methodist Church and all peoples of faith to be bold in our witness against racism and white supremacy. The vision of the Beloved Community lies not behind us, but before us. I urge us to pray for the Holy Spirit to break through and work through The United Methodist Church to heal our broken world and make tangible, visible the kingdom on earth as it is in heaven.

Bishop Bruce R. Ough, President

LAUGHTER IS THE BEST MEDICINE

Sure, it’s fun to share a good laugh. But did you know it can actually improve your health? It’s true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body.

Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress.

As children, we used to laugh hundreds of times a day, but as adults life tends to be more serious and laughter more infrequent.

By seeking out more opportunities for humor and laughter, though, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Why is laughter the sweetest medicine for mind and body? Laughter is a powerful antidote to stress, pain, and conflict.

Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.

Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.



It also helps you to release anger and be more forgiving.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is good for your health. Laughter relaxes the whole body.

A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter triggers the release of endorphins, the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter lightens anger’s heavy load. Nothing diffuses anger and conflict faster than a shared laugh.

Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Ask people, “What’s the funniest thing that happened to you today? This week? In your life?” Go ahead laugh!



Annual UMOM Zoo Walk

This walk is for homeless families and youth and will take place on September 23, 2017

On line registration is now open at walk2017.redpodium.com/umom

Our team is: "Tempe First United Methodist Church".

Judy Sarrett is the team captain.

A Stitch In Time

stays busy all year long with projects. As well as our year around preparation for the boutique, we enjoy being involved with UMOM.

We participate in their annual fund raiser, support families at Christmas and provide sensory stimulation quilts, also know as Tummy Time Quilts, to their youngest residents.

We recently delivered a dozen Tummy Time Quilts and matching Taggy Blocks to the Child Development Center.

It was so enjoyable watching the CDC staff choose a favorite quilt and explore its different textures.

Staff members explained that the quilts not only provide sensory stimulation for the infants, but the opportunity to teach nurturing activities between parent and child.

The Hats & Hands Ministry

is getting busy again for the Fall. If you would like to learn how to loom-weave a hat for someone in need we have looms, yarn and training is available.

Workshop times to be announced. Contact Clair Nullmeyer for further information at 480-968-0138

BEST PET CONTEST

Does anyone have pets? Do you think your pet is the best in the world? Tell us why and send a picture. Even adults can apply.

Contest starts Oct 1 and entries must be submitted by Oct 25th.

Only one entry per child/adult Tell us why your pet is the best pet.

Fill out the application that will be available in Ross Hall and submit it with a picture of your pet.

Your entry will be judged on:

originality and creativity and picture quality.

Parents may take pictures for the children and may have to write out what the child wants to say BUT it has to be in the child's own words.

One winner will be selected in each group and we will announce them in church, post winners name with pictures in our newsletter and on the bulletin board by Baker Center.

Each winner will be given a prize and treats for your pet. companion animals



A Happy Recipient

UMOM APPEAL FOR HELP

You may have heard by now, last Thursday evening (August 3rd), south central Phoenix was hit by a micro-burst monsoon storm. Over 2 inches of rain fell on UMOM's New Day Center and the surrounding area in less than 30 minutes. Being flat, we don't respond well to flash flooding and the resulting sitting water. As has occurred once previously, our 3-story building in the rear of New

Day Center took the brunt of the storm. The elevator shaft once again flooded and this caused damage to the elevator. Twelve of our families had to be relocated due to flooding in their rooms.

An unexpected \$50,000 shortfall to any non-profit is difficult to deal with, but couple this with the fact that we're still raising money to support our new Tumbleweed ministry for homeless youth, and you can see our dilemma.

So, how can YOU help?

Start please by praying for UMOM and our residents. Next of course, any financial help that you can give us would be tremendous.

Our churches are the spiritual backbone of UMOM and with your help, we'll come through this once again. Please indicate "flood damage" on the memo line of your check.

Even though this is September, please know that UMOM can still use your financial help,

Thank you so much!

THE SHOWER MINISTRY

We are excited to announce two new partner agencies!

Women4Women will supply us with feminine products and Children's Hospital will bring their mobile medical unit on Monday mornings to team up with Tumbleweed in serving the homeless youth under the age of 25 years

SHOWER MINISTRY SUCCESS STORY

This is Steve. He was a regular at the Shower Ministry and stopped in



yesterday to say hello.

He has 4 months of sobriety now, has a job in construction, and a place to live. He is one of many recent success stories.

WHERE DO WE COME FROM

A little girl asked her mother, "Where did people come from?"

Her mother answered, "God made Adam and Eve and they had children and that's how all mankind was made."

A couple of days later she asked her father the same question.

The father answered, "Many years ago there were monkeys, which the human race evolved from."

The confused little girl returned to her mother and said, "Mommy, how is it possible that you told me that we were created by God, and Daddy said we came from monkeys?"

The mother answered, "Well, dear, it is very simple. I told you about my side of the family and your father told you about his."

MULDOON AND HIS DOG

Muldoon lived alone in the Irish countryside with only a pet dog for company.

One day the dog died, and Muldoon went to the parish priest and asked, "Father, me dog is dead. Could ya' be saying' a mass for the poor creature?"

Father Patrick replied, "I'm afraid not; we cannot have services for an animal in the church.

But there are some Methodists down the lane, and there's no tellin' what they believe. Maybe they'll do something for the creature."

Muldoon said, "I'll go right away Father.

Do ya' think \$5,000 is enough to donate to them for the service?"

Father Patrick exclaimed, "Sweet Mary, Mother of Jesus!

Why did ya' not tell me the dog was Catholic?
