



Red Mountain Matters

AUGUST, 2010

VOLUME 29

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I hope you are enjoying the preaching series on *The Lord's Prayer*, as much as Dot and I are enjoying preaching on it. We have gained so much in our knowledge and appreciation of the prayer Jesus taught us, that we are going to continue to preach on it during August.

As I try and pray the prayer daily (as I believe Jesus meant us to pray it), and as I try to really pay attention to the words I am saying, I have discovered that one of the hardest lines for me to pray is "*Thy will be done.*" Or, I should say, it's hard to pray that line if I really and truly mean what I'm saying!

Thy will be done means complete surrender to God. It means God's will, not *my* will, is done. It means God's will, not *our* will, is done, whether that's our church's will, or our state's will, or our country's will. Praying *thy will be done* means I trust God completely with my future and our world's future. It means I let God do the steering.

David Timms, a professor at Hope International University, says in his book, *Living the Lord's Prayer*, that praying *Thy will be done*, is not a statement of passive resignation, but a strategic decision to become a different person. He quotes Thomas Merton, who said, "Your life is shaped by the end you live for. You are made in the image of what you desire." Whatever drives us the hardest, shapes us the most. The challenge is to distill our desires into a single one – the desire for God, and for God's will to be done.

Surrendering to God's will, means letting go of our own fantasies and dreams. When we fantasize, we idealize something. And we fantasize in almost every area of life: wealth, recognition, job, sex, beauty, marriage, children, relationships, and even church. We dream of what the perfect marriage would be like, if only this or that would change, or if only our partner would be more this, or less that. We imagine what the perfect church would be like, if only the leaders would do this, or the people would act differently, or the worship service would change in a particular way.

In his classic book, *Life Together*, Dietrich Bonhoeffer writes, "Those who love their dream of a community more than the Christian community itself become destroyers of the latter, even though their personal intentions may be ever so honest and earnest and sacrificial."

We imagine how other people could be, and when they fall short of what we wish for, we are upset and discontent. We love our fantasy or our ideal more than the people themselves. And when we romanticize about how things could be, we miss the grace of God in the present moment.

The journey from willfulness to willingness, from control to trust, from fantasy to grace, calls for courage . . . the courage to surrender. *Thy kingdom come, thy will be done, on earth as it is in heaven. Amen.*

See you in worship,

Mary Bullis





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MESSAGE FROM PASTOR DOT...

God's Creation Experiences

"Be exalted, O God, above the heavens; let your glory be over all the earth." Psalm 57:5

As vacations are concluding and school is about to begin, it might be a time to reflect upon the season. For many of us, summer involves spending some time in creation. Being outdoors can be rejuvenating and transformative. Filling our lungs with fresh air in the midst of a beautiful landscape of rugged rocks, grassy meadows, bubbling waters, vibrant flowers, and majestic pines can inspire us. If our time outdoors allows for rest and relaxation, we can be renewed by the opportunity to listen to the wind in the trees, free from our usual daily routines.

God's creation can inspire and refresh us, and it can also surprise and challenge us. We can be challenged by a hiking adventure through unfamiliar terrain, and we can be surprised by new discoveries—a log or plant covered in ladybugs, a field alighted by butterflies, a lizard skittering across our path, or another of God's wonderful creatures. Whether we're surprised by beauty or an unexpected down-pour, we are reminded that God's creation can be powerful and unpredictable. Being outdoors with others can offer unique opportunities to grow closer as we share in wonderful and sometimes challenging times together.

Because it provides opportunities to be outdoors, in community, and growing in relationship to God and others, I have tremendous appreciation for outdoor ministry. Did you know that the United Methodist Church supports an incredible outdoor ministry and that United Methodists demonstrate a great commitment to camping? According to the United Methodist News Service, the United Methodist Church "offers one of the largest camp and retreat networks of any denomination, with 220 camp and retreat centers serving a million people a year . . ." (<http://www.umc.org/site/apps/nlnet/content3.aspx?c=1wL4KnN1LtH&b=5259669&ct=8536909&tr=y&aud=6691563>).

I am thankful for the ways in which our church supports outdoor ministry. We have had wonderful support for camp ministries this year, with over \$800 for camp scholarships, five young people attending summer camp, and seven people from our congregation serving on camp staff. This fall we are looking forward to All-Church Camp, **September 24-26**, and the Annual Women's Retreat, **October 8-10**. Your prayers, participation, and support of these ministries are greatly appreciated!

I thank God for your support of outdoor ministry that creates opportunities for people of all ages to spend time in creation, grow closer to God, and grow in relationship to each other. Through outdoor ministries may God's creation and the experience of God's presence in community continue to challenge, surprise, renew, refresh, and inspire us on our journey to be faithful disciples of Jesus Christ for the transformation of the world.

Grace and Peace,

Sunday Worship Schedule
7:45, 9:00 & 10:30 am

Theme: WHEN YOU PRAY, SAY THIS . . .

Sunday, August 1

"Forgive us our trespasses"

Sunday, August 8

"As we forgive those who trespass against us"

Sunday, August 15

"Lead us not into temptation, but deliver us from evil"

Sunday, August 22

"For thine is the kingdom, and the power and the glory forever"

Sunday, August 29 YOUTH SUNDAY

*"Good Morning, Red Mountain"
 Episode 2*

COMBINED WORSHIP SERVICE
OPEN HOUSE SUNDAY

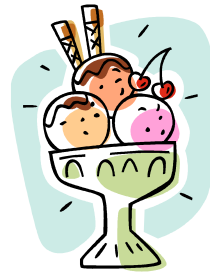
Get ready for a very special worship service coming in September. **Open House Sunday on September 12** will combine all three of our worship services into one big worship celebration in the Worship Center. Following the service will be an all-church potluck lunch in Madsen Hall. Open House Sunday will provide a special opportunity to:

- Worship with those who attend the other services
- Enjoy lots of special music
- Invite friends, neighbors and the community to experience "a taste" of RMUMC
- Enjoy an intergenerational worship service with special emphases for children
- Fellowship together during lunch

The schedule for this special morning will be:

- **9:00 am** -- Sunday School for all ages (*the 10:30 Adult Forum class will move to 9:00*)
- **10:00 am** – Combined Worship Service (*begins with a time of Gathering Music*)
- **11:15 am** -- All-church potluck in Madsen Hall

SUNDAES ON WEDNESDAY



E.D.G.E. NIGHTS PREVIEW

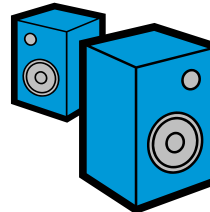
Fall is just around the corner which means that our E.D.G.E. Nights programming will be starting up. On **Wednesday, August 18, at 6:30 pm** come to Madsen Hall for the first-ever **PUZZLE QUEST**. You'll have to come and fill out your game card and solve the puzzle. Along with the fun, check-out our fall classes... meet the teachers.... pre-register for classes.... and have a **FANTASTIC** night of fun, fellowship, and a delicious ice cream sundae bar. Bring the ticket inserted in this newsletter and redeem it for inclusion in the drawing for gift cards. Invite family members or friends so that they too can find out about E.D.G.E. Nights! If you have never checked out what E.D.G.E. Nights is all about, **August 18** is the time!

The Fall Session of E.D.G.E.

Nights will begin on

Wednesday, September 8.

(see the accompanying article on page 4 of this newsletter).



A "SHOWER" FOR MADSEN HALL

You've heard of baby showers and bridal showers. Well, we are having a "shower" for Madsen Hall to upgrade the sound system. Madsen Hall is used for many of our activities, from the 7:45 am Coffeehouse Worship Service, to E.D.G.E. Nights, to United Methodist Men and United Methodist Women programs, to Justice Ministries forums, to committee meetings and so much more. We need a permanent sound system that is also easy to operate.

You're invited to give a financial donation toward one of the items on the wish list. The Board of Trustees, working in conjunction with Brock Walters, is overseeing the project and purchasing the equipment. You may give a gift for the partial cost or the full cost of any of these items. Mark your donation: Madsen Hall Sound System.

- 2 speakers -- \$400.00 each
- 2 speaker wall mounts -- \$50.00 each
- Stereo sound board mixer -- \$300.00
- Audio cable snake -- \$500.00
- 2 wireless microphones/transmitters/receivers -- \$800.00 each
- Rack storage unit -- \$500.00
- Speaker cables and XLR cables -- \$700.00
- Wall plates and misc. hardware -- \$350.00
- 2 microphone stands -- \$40.00 each



WHERE WAS GOD DURING THE HOLOCAUST?

Where was God when 6 million Jews were killed in the Nazi death camps? Did God forget about the Jews, or break the covenant God had with the Chosen People? How could God permit such evil to exist in the world? Why couldn't the prayers of the Jews save them? Where was the Church? Why does God permit genocide and other incredible acts of violence to continue to this day? What does the Holocaust tell us about God?

If you already know the answers to these questions, then this class probably isn't for you. But if you struggle with these questions, or are just interested in discussing them with other people of faith, then come and join the Forum Adult Sunday School Class beginning **August 1 at 10:30 am in Room 203** of the Education Building. The class, led by Paul Bullis, is called "Where Was God During the Holocaust?" and should lead to great and open discussion. Everyone is welcome to attend.

LUNCHES FOR THE MEN'S SHELTER



On **Wednesday, August 4, at 9:00 am** the Missions Committee will assemble and deliver sack lunches for the East Valley Men's Shelter. All ages are

invited to help with this project, including children. Donations of bread, lunch meat, cheese, cookies, apples and oranges, peanut butter, jelly or jam are needed to make this project a success. Please bring any donations to the church office prior to that day. Monetary donations are also accepted. This is an on-going outreach project on the first Wednesday of each month. Contact the church office for more information.

WORK DAY FOR THE PRESCHOOL



Come and help "spruce up" the Preschool to get it ready for fall classes. The work day takes place on **Saturday, August 7, from 7:30 am – 11:00 am**. Everyone is encouraged to come and help! Refreshments? Of course!

COMING SOON!

A sand volleyball court north of the Education Building!

E.D.G.E. KICK-OFF

The Fall Session kick-off for our very popular

E.D.G.E. Nights will be on **Wednesday, September 8.**

Dinner for everyone will take place in Madsen Hall from **5:15 – 5:45 pm**. Classes and groups meet at both **6:00 pm and 7:00 pm**. (Child-care is provided.) Here are some highlights of what will be offered:

6:00 pm:

- SPK Preschool and SPK Elementary (*Shout Praises Kids is an interactive program with music, movement, art, science, Bible stories and more*)
- Drama Group (*intergenerational*)
- Art – releasing your creative spirit
- Financial Peace University (*1 ½ hours*)
- Christians at the Border – Bible Study led by Pastor Mary (*offered both hours*)
- Grief Support Group
- Divorce Care

7:00 pm:

- Children's Activity/Game Room
- 5th and 6th Grade Fellowship
- Youth Volleyball
- Financial Peace University (*cont. from 6:00*)
- Christians at the Border – Bible Study led by Pastor Mary (*offered both hours*)
- Chancel Choir Rehearsal

Additional classes and support groups are in the works. Come to the **E.D.G.E. Nights Preview on Wednesday, August 18**, where more information will be available about all the E.D.G.E. Nights offerings.

MEN'S BREAKFAST

All men are invited to join the United Methodist Men when they meet on **Saturday, August 21, at 8:00 am** in Madsen Hall. Breakfast is served and a program presented. Email rmman@cox.net with questions.



INTERGENERATIONAL FAMILY CAMP

SEPTEMBER 24-26

MINGUS MOUNTAIN

Registration will take place throughout the month of August for the annual inter-generational family camp at Mingus Mountain in September. The weekend will include two night's lodging in group cabins and five delicious meals. Cost for an adult will be \$75 with camperships available. If you would like to give a campership in any amount, mark your donation: Campership. Contact Pastor Dot for further information.



REPORTS FROM OUR LAY MEMBERS

A Time of Firsts!

Submitted by Dean Richardson

I would like to thank the congregation for allowing me to represent Red Mountain UMC at the Desert Southwest Annual Conference of the United Methodist Church. I was able to personally view the strengths and diversity of our Methodist connectional structure. Here are my thoughts as a first-time attendee:

- 1st time to attend, I was one of 80 first timers – the registered attendance was 600
- 1st UMC recognition of full communion with another denomination
- 1st time to observe communion in Lutheran tradition (1st time with wine)
- 1st introduction to ‘Rethink church’ communications
- 1st introduction to Advance relationships for congregational support for missionaries
- 1st introduction to the Desert Southwest Conference dialog on immigration
- 1st time to attend the retirement celebration for those retiring from ministry
- 1st time to personally accept Red Mountain UMC 100% apportionments certificate
- 1st time Red Mountain was recognized for giving more than 100% of apportionments
- 1st time to devote an entire day of the conference to a training experience
- 1st time to hear the three reasons explained why persons give to charity: belief in mission, belief in leadership, belief that gifts will be utilized to change lives
- 1st introduction to importance of mission-oriented vs. line-item budgets
- 1st time to attend a convention where the food was really, really good

Long and short term opportunities:

1. Find a sister Lutheran congregation and begin exploring shared experiences/projects
2. Explore ‘Rethink Church’ paradigms for inclusion in our media/website
3. Develop and hold a congregational dialog on immigration
4. Explore an Advance relationship to sponsor a missionary
5. Develop Mission and Vision statements regarding stewardship, mission oriented budgets,

three-pocket giving and the pastor’s role in that entire process.

6. Discuss how to introduce a new member assimilation program that both better communicates the high expectations associated with church membership and supports the member in growth toward those expectations. (We should teach the importance of tithing, as an example, but also continue our Christian learning opportunities on budgeting and good stewardship.)

Submitted by George Stickney

Eighty "first timers" had a star or heart on their name badges to distinguish them from the rest of the 600 attendees at the Desert Southwest Annual Conference of the United Methodist Church held in Glendale in June. "Extravagant Hospitality: God's Abundant Grace" was the theme of the conference, and the "first timers" were treated to extravagant hospitality throughout, starting with a special luncheon on Thursday. We attended four days of worship, meetings, lectures and dining which provided ample opportunity to broaden and deepen the knowledge of the United Methodist Church at all levels, from individual prayers to international missions.

The two-inch wide, five-foot long, red Moda Batik fabric piece which we dedicated at our June 20 worship service, was woven on Friday, along with pieces from the rest of the churches, into a large banner that signified the unification of people throughout the Desert Southwest District. The full communion of the United Methodist Church (UMC) and the Evangelical Lutheran Church in America (ELCA) was celebrated by the interweaving of fabric with the colors of UMC and ELCA on a candle stand and by a worship service including communion in the ELCA tradition on Saturday.

Our Thursday morning began with a Service of Remembrance honoring pastors and wives who had passed on in the last year. The contributions of four clergy retirees were highlighted in Friday's Celebration of Ministry Banquet. The Service of Retirement, Commissioning and Ordination on Saturday night was a moving experience. Saturday also included a six-hour study session, "Faithful Stewardship in a Challenging Economy," with Rev. Dr. J. Clif Christopher, author of Not Your Parents' Offering Plate.

The Cokesbury Store and the exhibit tables provided browsing opportunities for clergy and laity. Few people escaped without purchasing several books!

It was a wonderful experience for me to participate in the Desert Southwest Annual Conference as your lay member. Thank you, Red Mountain United Methodist Church.



Submitted by
Phil Hartley, Treasurer



Surely we are in the middle of summer, with excessive heat and humidity, no matter where you are in our country. We are so very thankful for our air conditioner, yet not so thankful for the increase in our electric bills! Please remember that the church too has to pay its electric bill each month. And speaking of paying bills, I am happy to report that Red Mountain UMC is paying all of its bills on time and in full. Even though we are a little in the red for the year-to-date, we are doing better than we did last year. I looked at the giving at this half-year point compared to our budget and find that we are about \$13,000 lower than we should be in the pledged giving category. Luckily we are about \$4,500 ahead in our non-pledged estimated giving. You can also see that our year-to-date expenses are a little less than last year at this time.

General Ministries Fund

	<u>June '10</u>	<u>June '09</u>	<u>Total to date '10</u>	<u>Total to date '09</u>
INCOME:	\$ 36,464	\$ 36,020	\$275,324	\$275,365
EXPENSES:	\$ 42,210	\$ 39,124	\$276,085	\$277,575
CHANGE:	\$ 5,746	\$ 3,104	\$- 761	\$- 2,210

We continue to under-fund the mortgage fund resulting in the fund balance dropping further. It is encouraging that the interest portion of our monthly payment is nearing the principal payment. Therefore, the principal due will go down faster. It won't be too long before we will owe less than a million dollars. Sounds like an awful lot until you compare our mortgage to other churches. We are very blessed to have such a beautiful facility and have its cost under control.

Mortgage Fund

	<u>June '10</u>	
Received:	\$ 11,268	Fund Balance: (\$4,075)
Dispersed:		
Interest:	\$ 6,829	Total Mortgage
Principal:	\$ 6,441	Principal: \$1,088,942
Monthly Mortgage:	\$ 13,270	
Shortage	\$ 2,002	

Soon the cool evenings will return and the church will prepare for its fall programs. Supplies will be purchased and teachers will be recruited and trained for teaching classes. Committees will begin to meet again following a summer break. What are your plans for this next year at Red Mountain? Are you going to join a class, a choir,

a committee, a small group? Maybe the church doesn't have a group that matches your interest? Well, I'll bet other people have the same interest and would love it if someone would just pick a time and place to meet and discuss getting together on a regular basis. If you need help, call Pastors Mary or Dot. They will be more than happy to help you get started.

Please remember to keep the church and its members in your prayers. Tell someone that you are thankful for all the work they do to make Red Mountain UMC a place we are proud to attend. This is a place where we can grow as Christians and learn to better serve God's family in love and without fear. Ask your friends, neighbors and co-workers if they would like to join you for an hour here at one of the services or events. Maybe you can help lead them to a better, richer life.



CIRCLE OF PROMISE
WHY CREATE AN ENDOWMENT?

Submitted by Roy Schlessman

An endowment is the act of bequeathing (giving) a permanent income to a person or institution. Our giving reflects the spiritual character of how we experience our relationship to God. The deeper our love of God, the more our generosity becomes stewardship giving in and through the community of faith. Planned giving leaves a legacy of commitment and affection for the church.

Red Mountain UMC's "Circle of Promise" program has been established to provide another means for members and friends to grow closer to God and provide long-term support and financial stability to the church and its ministries. The program is intended for purposes that are not a part of the church's established programs funded through the annual budget and regular giving of its members. Examples of programs that may be supported by planned giving are missions, continuing education, scholarships for higher education, property funds and general planned giving.

Gifts received by RMUMC's "Circle of Promise" program are invested and managed by the Desert Southwest United Methodist Foundation and the proceeds are used to support the programs per the donor's wishes.



WAY BEYOND STEWARDSHIP

*Submitted by Marilyn Husted,
Co-chairperson of
Stewardship Committee*

How is the church making a difference in the lives of

others? Here's the story of how one person helped to change the life of despair of one young woman to a life that is filled with hope and promise.

SAVING THERESA

A little more than three years ago, a young 15-year-old named Theresa ran away from home. The abuse she had suffered for 11 years had become too much for her to bear. A member of our church found her sitting in the hot sun in a nearby park. Their resulting friendship helped Theresa find a place to live with a concerned and helpful couple who eventually became her guardians. This person also encouraged Theresa to attend worship and become involved with our church.

Theresa wanted God to be part of her new life. She was only three years old when her mother left after the death of her baby sister. A few years later her father remarried and her stepmother began taking her to church. However, life became a constant turmoil for Theresa and she moved 14 times, losing contact with most of her family members.

Becoming part of our church, especially the youth group, gave Theresa the fellowship and stability she was seeking. She began studying the Bible (she's read it cover to cover at least twice!) and started to see God's influence in even the smallest things. She learned about the confirmation process and enthusiastically joined the class. "I wanted something permanent and knew that I would achieve that by becoming a church member," Theresa explained.

Going to school also became a very important part of her life. "It was the one thing that I could excel in," Theresa said. Throughout high school she maintained a 3.0 grade point average. She became a member of Red Mountain High School's varsity cross-country team as well as the track team. Theresa emphasized, "I was never in trouble and never got suspended."

Theresa went on to say, "I've tried to keep a positive attitude with the things that have happened in my life. Recently I connected with my Grandpa (who I thought had died), my half-brother, and a previous stepmother. My Grandpa told me that he had been looking for me for a long time. He and my uncle live in Chino Valley and

we have become close. They even came to my high school graduation and gave me a car!"

This young lady is now living independently and working at four part-time jobs. She will begin her studies at Northern Arizona University this fall with the help of the Mayor's Scholarship and financial aid. She plans to have a double major in Criminal Justice and Spanish. An internship at a law firm during the past two summers has led to her desire to become a lawyer. She also hopes to study in Spain during her junior year.

Theresa concluded, "The one constant in my life has been the church. It has made all the difference."

Making A Difference Changing Lives

Submitted by Gene Barnes

This is the new stewardship theme for the next year: "**Making a Difference—Changing Lives**". It will officially be introduced during the first week of August. We will be sharing some personal stories about what has "*made a difference*" in the lives of our members and friends. How has *your* life been *changed* by sharing in the life and ministry of our congregation? If you have a story about "*how my life has been changed by a ministry of our church*", please contact Gene Barnes at email genebarnes@yahoo.com. Our scripture for this theme is from Romans 12:2:

***Be not conformed to this world but be
transformed by the renewing of your mind...
so that you may discern the will of God...***



**Looking
Ahead!**

... TO SEPTEMBER CLASSICS SCHEDULE

The Classics, now also known as the Adult Fellowship, will not meet in August, but are planning their next event for **Saturday, September 11**. Look for details in the next newsletter!

RMUMC STEPHEN MINISTRY

Stephen Ministry is a Christ-centered ministry of laypersons who give compassionate, skilled care to those going through crisis. Classes to train new Stephen Ministers will begin on **September 28**. If you wish to make a difference in the lives of others by becoming a Stephen Minister, contact Dean Richardson, Judy Dunn, Verna Berndt, Marie Pettegrew, or call the church office.



UNITED METHODIST WOMEN (UMW)

(Articles submitted by Sue Killebrew)

OUR PURPOSE

The organized unit of United Methodist Women is a community of women whose **PURPOSE** is to know God and to experience freedom as whole persons through Jesus Christ, to develop a creative, supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.

SUNSHINE WOMEN – DON'T MISS TWO MORE SUMMER EVENTS!



Sunshine Women end the summer with two very special evenings for all women. Bring your friends, your neighbors, your sisters, and your daughters for an evening of fun and laughter. Sunshine Women is for

women of any age and you do **not** have to belong to a circle or to UMW or to the church to attend! A potluck salad dinner will be served at **5:45 pm** on both evenings followed by a special speaker/s from our congregation. You won't want to miss these last two Sunshine Women events:

Thursday, August 5 – People, Places, Things

Carolyn Ball and Bobbi Heppe spent many years of their lives living and teaching in countries overseas. Some of their homes include Okinawa, Switzerland, Israel, Spain, Cuba and Turkey. They will share their stories about these and many of the other countries where they have lived.

Thursday, August 26 – You Were A Marine?

Bettie Lerdall served in the Marine Corps during World War II and has a fascinating story to share.

UMW UPCOMING FALL EVENTS

Programming will begin in September with these events:

Saturday, September 4, 9:00 am -- UMW Executive Meeting, Room 202

Saturday, October 9, 9:00 am -- District Annual Meeting, Grace UMC, Mesa

October (to be announced) – Fall Meeting, Justa Center Speaker, Hosted by Irene Circle

Friday & Saturday, October 29-30 – Desert Southwest Conference UMW Annual Meeting, Desert Springs UMC, Las Vegas



Circle groups do not meet in August, but mark your calendar now for these September Circle meetings. Remember that all women are invited to attend any United Methodist Women Circle or Event.

FAITH CIRCLE: Tuesday, September 14, 6:00 pm

-- Hosted by Marilyn Krouse

GRACE CIRCLE: Tuesday, September 14, 6:30 pm

-- Hosted by Carol Sweet in Ed. Bldg., Room 203

IRENE CIRCLE: Wednesday, September 15,

9:30 am – Hosted by Betty Rose in Madsen Hall

HOPE CIRCLE: Thursday, September 16, 9:15 am

-- Hosted by JoAn Coffey in Madsen Hall

REBECCA CIRCLE: Thursday, September 16,

9:30 am – Hosted by GayLynn Brewer

DOVES CIRCLE: Thursday, September 16,

1:00 pm – Hosted by Judy Dunn



OCTOBER 8-10

“SHE SELLS SEA SHELLS DOWN BY THE SEA SHORE”

It's not too late to sign up for the women's retreat at Mingus Mountain. This annual fall retreat will answer the question: What do sea shells have to do with lessons about the needs, gifts, obligations and aspirations of women? No answer yet, but join us in October in the higher, cooler altitude of Mingus Mountain to find out!

Women of all ages plan to gather at the camp located near Prescott to share stories, laughter, games, and spiritual lessons. Cost of the weekend is \$95 for two-night's lodging in the camp's beautiful and well-furnished cabins. Five delicious meals will be served in the dining hall, prepared by the fabulous camp hosts so we will have no cooking or clean-up. This is truly a relaxing, stress-free weekend. Make a \$45 deposit now to hold your space. If unable, scholarships are available. Contact Sue Killebrew at email skillbrew@gmail.com.

Make your fall plans now and include this restful, cool, spiritual, and fun weekend retreat in your plans. You may also contact the church office for information.



WOMEN OF SERVICE

Red Mountain UMW's theme for 2010 is "Women of Service". We are focusing each month on women who have been instrumental in their service and dedication to UMW and/or Red Mountain UMC. This month's focus will be on several women who participate in a variety of Circles. They were asked the question: **WHAT DOES BEING INVOLVED IN UMW AND/OR CIRCLES MEAN FOR YOU?**

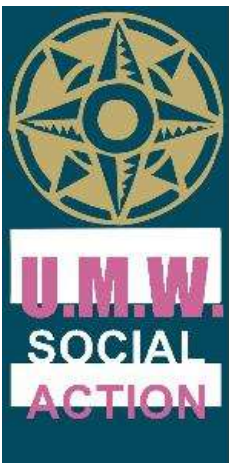
GayLynn Brewer (Rebecca Circle) -- Fellowship and an opportunity to participate with others in various mission projects.

Mary Kay Gray (Grace Circle) -- Involvement, friendship, service, support, a value-added experience and so, so much more! I love Grace.

Evelyn Methfessel (Hope Circle) -- Thinking of my Circle makes me think of friendships, study of scripture relating to our daily lives, and mission work.

Marie Pettegrew (Doves Circle) -- Getting to know more about the women in our own circle and discovering new ways to be of service to our church, community, circle and friends.

Carol Taylor (Faith Circle) -- Faith Circle is another source of Christian fellowship and my support network. I can always depend on my 'sisters in Faith'.



Part of our UMW mission is to be supportive of social action projects. Here are a few of the projects that our unit supports.

NEW! UPPER ROOM DEVOTIONAL GUIDES: Have you finished reading the Upper Room devotional and have old issues lying around your home? If so, bring them to the church and place them in the basket marked "Justa Center." UMW will collect these books and distribute them to

the families at the Justa Center in Phoenix.

SHOES: Cleaning closets? Do you have worn-out and tired (but clean!) tennis shoes? If so, bring them to the collection box in the church Narthex. These shoes will be delivered to the drop site in Tempe to support the Nike Shoe Recycling project. Keep your shoes out of the trash and recycle them in an earth-friendly manner!

CAMPBELL'S SOUP LABELS: Collecting labels for the Wesley Community Center enables the center to purchase much-needed equipment for their programs. If you purchase Campbell's soup or other Campbell's products, bring the "Labels for Education" barcode to our collection boxes located in the Worship Center Narthex. Other participating labels to save are Franco-American, Spaghetti's, Swanson, V8 beverages (just the lids, please), Prego, and Pepperidge Farm.

Wesley Community Center has been participating in the label program since 1995 and our UMW unit has been providing them with "Labels for Education" from that time also.



KEEP ON READING, LADIES... and support the UMW Reading Program!

Summertime is a great time to relax and enjoy a good book! Why not check out

the books that are on the UMW Reading Cart located in Madsen Hall. All of the books in the Reading Program focus on growing in spirituality, concerns for social action and community, and local and world-wide missions which are all an integral part of the purpose of United Methodist Women.

Please be sure to sign out the book you choose to read, but please only take one book at a time and return it in a timely manner so that others can enjoy it too.

Stop by the cart the next time you are at the church and read, read, read. The bonus is you can get a certificate at the district meeting in October for supporting the UMW Reading Program.

DO YOU HAVE EMAIL?

Do you know you can receive your Red Mountain Matters delivered directly to your computer? Some of the advantages of receiving it electronically are:

- **Promptness** – it will arrive earlier than the U.S. Postal Service can deliver it!
- **Less expense** -- it will save the church mailing costs!
- **Going "green"** – less paper will be used!

Notify Cris in the church office that you would like your Red Mountain Matters electronically (be sure we have a current email address!) and it will be done!



MISSION MOMENTS

*Submitted by Carolyn Ball
from the Prayer Calendar*

“Justice For Our Neighbors” Immigration Service Workers

From Little Egg Harbor, New Jersey: An elderly woman who

had applied for citizenship in the past but was denied because she could not pass the language requirements, approached us to help her. She did not realize that because of her age and the number of years here she could reapply and take the exam in her native language. We applied for her and she is now a citizen of the U.S.
-- *Donald Edwards, Church and Community Worker*

From Little Rock, Arkansas: Arkansas’ “Justice For Our Neighbors” Immigration Service works with low-income immigrants who need legal advice. We also advocate for humane immigration law reforms. Through this project, we try to show those we work with the love of God in Jesus Christ. -- *Steve Copely, Church and Community Worker*

WESLEY COMMUNITY CENTER

The food pantry at the Wesley Community Center in Phoenix is always in need of food, especially during the summer months when donations are at their lowest. Here are some food items that are needed: crackers, peanut butter and jelly, instant soups, pasta and spaghetti sauce, sugar, pinto beans, white rice, flour, canned vegetables, and cooking oil. Non-food products needed include: disposable diapers (sizes 1-5), shampoo, paper towels, toilet paper and bar soap. Items should be taken directly to the Center at 1300 S. 10th Street.

Wesley Community Center and the newly-remodeled Wesley Health Center are National Mission Institutions of the United Methodist Church. You can visit their updated web site at www.wesleycenterphx.org for more information or how you might help as a volunteer.

Keep up with your church--

**Visit Our Web Site at
www.RMUMC.COM**

- **View the church calendar**
- **Read the church newsletter**
- **Find a class or study group**
- **Link to the Daily Devotional**
- **Become a fan on Facebook**
- **Follow us on Twitter**
- **Sign up for weekly e-news**



BEST METABOLISM- BOOSTING TIPS

*Submitted by Jan
Gradle*

Clean up your eating habits by thinking of your diet as a way of daily, healthy, clean eating. There are many nutrition and exercise books and programs and on-line information that can help you maintain your health. Consult with your doctor and get started on a healthier lifestyle. Tosco Reno offers this in his book *The Eat-Clean Diet*: “Food has two jobs: to provide energy and provide nutrients. Macro-nutrients are nutrients that are required in larger quantities. They include protein, fat, carbohydrates, and water.

Water, water, water -- Water speeds up your metabolism and provides optimal body function. Drink up to two or three liters of water per day.

Six meals a day – Each small meal can consist of 300 to 400 calories eaten six times a day. Every small meal should contain a protein and complex carbohydrates.

Add essential fatty acids – There are three groups of dietary fats: saturated; unsaturated and trans-fats. Add unsaturated oils to your diet. Unsaturated fats are liquid at room temperature and consist of vegetable oils such as olive oil and flax. Saturated fats like cheese and butter are mainly from animal sources and are solid at room temperature. Trans-fats are man-made and increase the shelf life of foods.

Fiber fills you up, sustaining you for longer periods of time and stimulating lazy bowels.

Vitamins and minerals compliment a healthy diet.

Don’t go past the point of hunger – Skipping a meal triggers a starvation response in the metabolism and makes it slow down. Eating clean foods sustains a highly charged metabolic rate.

Each meal should include a four- or five-ounce portion of lean protein from chicken, turkey, egg whites, pork or fish.

Sugar is the white poison sending the metabolism into a slow tailspin. All simple sugars—refined sugars—must be avoided to keep the metabolism burning quickly.

Complex carbohydrates from fruits and vegetables satisfy the needs of an active body.

High glycemic foods slow down the metabolism – Rice cakes, carrots, potatoes, and fruit juices are highly glycemic and should be consumed in moderation.

RECENTLY IN THE HOSPITAL



**Anita Hadley
Ed Moerder
Clint Berndt
Marilyn Krouse
Kay Fritsche
Frank Moir
Herb Osman
Dalton Fransen
Glen Meyer**

To Red Mountain UMC,
Thank you so much for allowing us to use the upstairs room for our meetings this past year. We appreciate it!
Mom's Club of Mesa North
(Along with this thank you, a donation was given to the church!)

Dear Friends,
Glen (Meyer) has entered the hospital in Columbus, Ohio and underwent surgery on July 20. He is now recovering. Please keep him in your prayers. We hope to see you in mid-October.
Georgia Meyer
(If you wish to correspond with the Meyers, their address in Ohio is: P. O. Box 120, Howard, OH 43028)

Dear Pastors and Friends,
Thank you so much for all the prayers. I really appreciate both of our pastors very much. **Lois Weathers**



Iona Klinger --
death of her husband Alt

Ted Wagner --
death of his sister

Susan Moerder --
death of her mother



Notes from our church family...

Dear Red Mountain Church family,
I want to thank pastors Mary and Dot for their visits and prayers during my two hospital stays and also all of you in our congregation who sent those uplifting cards and prayers. All were greatly appreciated. **Clint Berndt**

Dear Church family,
I wish to thank Pastor Mary and Pastor Dot for their visits and phone calls and my church family for the prayers said for me. A special thank you to Lois Wing, my dear friend, for being my taxi driver when needed and for the many words of encouragement from all of you. Your prayers have helped me to keep looking up to God, knowing tomorrow is a new day. **Anita Hadley**

Dear Red Mountain UMC,
Thank you to all in your church for the prayers spoken for me during my surgery and recovery. I have felt God's presence and your prayers are a blessing. Thanks for your caring and kindness!
Nancy Saunders
(Pastor Dot's mother in New York)

Please remember...
When you change your mailing address, your phone number or your e-mail address, please notify the church office. Also, let us know of births, deaths, marriages, hospitalizations or omissions of birthdays or anniversaries. Call the church office at 480-981-3833 so we can keep our database current. Thanks!

LOOKING FOR A CAREER?
Arizona Career Pathways is currently looking for candidates to train for healthcare careers starting later this year. If you are interested, come to one of the Orientation Workshops and learn about the career opportunities that are available and what is required to enroll. Attendance at a workshop is **mandatory** to enroll in **Arizona Career Pathways**.

ORIENTATIONS:

- **Monday, August 2, 6:30 pm**, at Shepherd of the Hills United Church of Christ, 5524 E. Lafayette Blvd., Phoenix.
- **Tuesday, August 3, 6:30 pm**, Asbury United Methodist Church, 1601 W. Indian School Road, Phoenix.

Arizona Career Pathways is an initiative of Valley Interfaith Project (VIP). Contact Karen Spencer-Barnes at kspencerbarnes@gmail.com with any questions.



MISSED A BIRTHDAY:
Joseph Daniels – July 25

AUGUST

- 1** Blaire Willis
- 2** Elizabeth Nellsch
- 3** Larry Lininger
- 4** Peggy Franklin
Sandra Haynes
Ashley Norris
- 5** Bonnie Amey
- 6** Roger Melaven
JoAnn Sweet
Susan Webb
- 8** Bertha Johnson
Adam Kolton
Deanna Lucky
Roy Schlessman
- 9** Annalie Ewing
Ann Griffin
Don Underwood
- 10** Melissa Enos
Brian Richardson
- 11** Nicole Colecchia
Damien Felger
Marcella Hoag
Alyssa Olson
Lisa Rauls
- 12** Corky Bradford
June Johnson
Taylor Maldonado
Phyllis Richardson
- 13** Martha Phillips
- 14** Caelyn Colburn
Connor Sampson

- 15** Cathy Jones
Michelle McCracken
Sharon Sweet
- 17** Lu Dutcher
Linda Thistlethwaite
- 18** Barbara Carroll
Georgiann Crouse
Elizabeth Thompson
- 19** David Bush
- 21** Donald Ems
Brooke Payne
- 22** David Bott
Sean Graczyk
Edward Myers
Calvin Stevenson
- 23** Jordan Boseck
- 24** ELane Michel
- 25** Hailey Herron
Don Messenger
Nicole Payne
Robert Warriner
Margi Woodyard
- 26** Wally Abraham
Britton Benson
Arielle McBroom
Myra McNichols
Gladys Stricker
Dan Turner
- 27** Tim Barnes
Kevin Duarte
- 28** Charlotte Cummings
Jeff French
Kingston Tuipulotu
- 29** Racquelle Fransen
Xandria Oxford
- 30** Cidni Felger
Samantha Ferm
Noelle Jagoda
Billy Meeks
- 31** Marilyn Husted



CELEBRATING ANNIVERSARIES ***In August***

- 4** Tom and Jo Harker
 -- 54 years
- 6** Eric and Mary Beth Jones
 -- 33 years
- 9** Stuart and Georgiann Crouse
 --46 years
- 10** Melanie and Jimmy Callahan
 --33 years
 James and Sarah Downin
 -- 9 years
 Will and Jonelle Moore
 -- 25 years
- 12** Ted and Pat Wagner
 -- 38 years
- 15** Paul and Janet Hutter
 -- 46 years
- 16** Ron and Karen Chambers
 -- 30 years
 Larry and Cassie Sampson
 -- 6 years
- 19** David and LaVone Bush
 -- 60 years
 Robert and JoAnn Sweet
 -- 59 years
 Bob and Carol Taylor
 -- 43 years
- 22** Dave and Brenda Ellis
 -- 29 years
 James and Marcene Myers
 -- 58 years
 Dave and Pat Quadlin
 -- 28 years
- 23** Jim and Doris Broschat
 -- 57 years
 Norm and Dana Tramba
 -- 35 years
- 25** Paul and Linda Thistlethwaite
 -- 42 years
- 28** Dan and Polly Turner
 -- 45 years
- 29** Phil and Pat Heyl
 --45 years
 Paul and Joan McKeown
 -- 51 years
- 31** Roger and Norma Melaven
 -- 53 years



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RED MOUNTAIN MATTERS

A publication of Red Mountain United Methodist Church

*Red Mountain United Methodist Church connects people with God
in order that they may grow in the Spirit and Love of Christ.*

AUGUST, 2010

VOLUME 29

No. 7

RMUMC STAFF

Rev. Mary M. Bullis, Senior Pastor
Rev. Dorothy Saunders-Perez, Associate Pastor
Peter Gutierrez, Membership/Bookkeeper Specialist
Cris Bass, Administrative Assistant
John Durkin, Youth Director
Debbie Hollenbach, Director of Traditional Music
and Christian Discipleship Coordinator
Brock Walters, Contemporary Worship Leader
Ken Winland, Organist
Kathy Wooton, Handbell Choirs
Phyllis Richardson, Children's Choirs Coordinator
Erin Gray, Preschool Director
Lloyd and Lorene Hungerford, Custodians
Frank Moir, Custodian
Laura Lucas, Nursery Attendant

WORSHIP TIMES ON SUNDAY:

7:45 a.m. – Coffee House Worship
(in Madsen Hall)

9:00 a.m. – Traditional Worship

10:30 a.m. – Contemporary Worship

OFFICE CONTACTS:

PHONE: 480-981-3833

FAX: 480-807-8483

E-MAIL: rmumc@azwildblue.com

WEB SITE: www.rmumc.com

OFFICE HOURS:

MONDAY – THURSDAY

8:00 am – 5:00 pm

FRIDAY

8:00 am – 4:00 pm