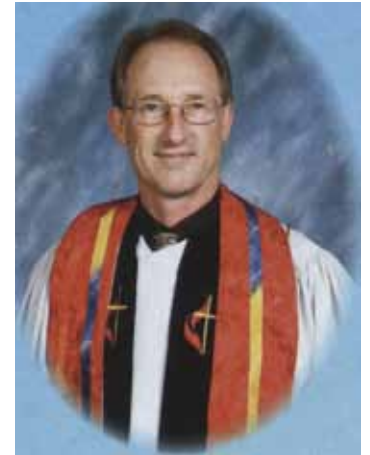


Christ Church
UNITED METHODIST

People Caring For People

The Channel

Pastor's Pen



I recently was involved in a startling conversation with my District Superintendent. He asked me, "Are you looking for your replacement?" Now if you know how Methodism works you can understand why that question would be rather startling and disconcerting to me. He and the Bishop decide each year if I continue at a church or not. Well the question was asked in the context of a discussion of new church starts and evangelism. My mind flew to the many pastors who could come to CCUM and do a great job here, but he said, "No. I am not talking about a pastor replacing you but you finding within the congregation a lay person who shares your desire to start new churches and build the Kingdom of God. You need to find such a person and mentor him or her."

Now I relaxed but thought a lot about that conversation. What if we all began looking around for someone to replace us in what we currently do for the Kingdom of God? If we taught Sunday School a Sunday School teacher replacement. If we worked in the Food Bank a Food Bank replacement. If we worked with Helping Hands a person to sew on and on. If we simply worship each Sunday, or attend Sunday school, then finding someone to take our place when we are gone. The fun of mentoring a person is that we get to work along side of them for years and years before we are gone and they take over. Often times a mentored person becomes a powerful helper in the work of the Kingdom of God.

As we enter the Holiday season of Thanksgiving through Christmas we will get opportunities to meet and greet many people who because of the seasons are turning their hearts to God. Maybe, a new friend or an old acquaintance is the replacement you have been sent by God to mentor. God has good things for you and through you for others. With a sense of excitement and wonder let us look around and see who God is calling us to join us in the work of His Kingdom.

In Jesus' service

Pastor Fred



CHRISTMAS EVE SERVICES

Carols and Communion
3:00pm

Blessing of the Children's Service
5:00pm

Candlelight/Communion
9:00pm

Please Mark Your Calendars

WALKING ON THE WORD

Now available in Church
office or in Narthex

SUNDAY FUNDAY

November 28th

11:45 AM

Food, Fun & Games

ORGAN

30th ANNIVERSARY

CONCERT

NOV. 28th - 3:30 PM

FOOD BANK SUNDAY

NOV. 28th

NIGHT IN BETHLEHEM

December 4th

(set-up Dec 3rd)

FRIENDSHIP GROUP'S

ANNUAL

TURKEY LUNCHEON

December 7th

11:45AM

CHILDREN'S PAGEANT

December 12th

Chancel Choir Christmas

Music Celebration

December 19th

The next *Channel* deadline will be
THURSDAY, December 2 at 12:00 p.m.

Please e-mail your articles to:

Valerie@christchurchumtucson.org

The *Channel* is available online!

Should you wish to save the church
some money and also save paper, please
e-mail Valerie to receive the *Channel* via
e-mail.



ITEMS NEEDED FOR NIGHT IN BETHLEHEM

(Please drop your items off (name clearly marked if you would like returned) in the Church office by Dec 1st)

Tarps
Pop-up Awnings
Large Vases
Cranberry Juice
Dried Fruit and RAW nuts (some whole)
Wooden Hangers
Wooden Bowls/Spoons
Hand Sanitizer
Rustic Wooden Benches
Palm Fonds
Lots and lots of fabric
Blankets
(earth colors please)
Large salt rock
Anything that would look good in a Bethlehem Marketplace
Donations (make check payable to CCUM and mark it NIB)
Your help and
Most importantly your PRAYERS!

Please contact Tom Messmore if you would like to help with set-up/construction (Tmessmore@aol.com)

Contact Karen Messmore for costumes (Kmessmore@aol.com)

Contact Tammie Eader to help with the decorating (Billyeader@cox.net)

Contact Valerie Hammons (HammonsAZ@aol.com) in the Church office (327-1116) with any other questions/suggestions.

Our Marketplace leaders:

Ruth and Ned Crary with Erica Eader at the Weaver's Shop
Diane Monnier/Katrina Bargas at the Salt/Spice Shop
Rosalee Murray/Jackie Pittman at the Winery
Delores Flanders/Earlene Ridge at the Bakery
Church Growth at the Registration Table
Still need a volunteer for our Musicians Shop (making harps!)

A special thank you to the team of Sam & Peggy Scalzo and George & Bev Lewis who are handcrafting 100 wooden angels for gifts for our guests at Night in Bethlehem 2010.



The link to Andrew's team page is <http://southernarizonajbr.kintera.org/pucksters> - if anyone wants to join our team or make an on-line donation they can do it through that URL.

The walk is December 4, at the Reid Park soccer field at 22nd and Randolph. Registration is at 9:00, the Reindeer Dash for kids is at 9:45, and the run/walk starts at 10:00.

Registration is \$35, and needs to be done by Nov 22 to guarantee a T-shirt. Please contact Janet Waugaman for more information.

CHRIST CHURCH CONCERT



The Christ Church concert this month will be on November 28, and will feature our organist, Janet Tolman, in recital to celebrate further the 30th anniversary of our wonderful Schlicker organ. The concert will begin at 3:30 p.m. and last about an hour. There is no admission charge this event. A Reception will follow in Fellowship Hall.

.....
Youth Group Fall Retreat - Acquire the Fire (ATF) Dec 3 -5 "Collision - Mend the Broken"
www.acquirethefire.com Contact Tonya if you would like more information \$60 Working
scholarships are available. ccumyf9@yahoo.com
.....

Church Child Care Coordinator Needed

We will be accepting applications for the position of Church Child Care Coordinator. Applications are in the church office. Applicants must have a high school diploma and be at least 18 years old. Alicia Gonzalez, who has been our CCC for the past 5 years, will be leaving January 10, 2011 for a full time position.

We will also be accepting applications for child care helper positions. Applicants must be minimum of 16 years old and be attending school. Applications will be in church office.

KIDS' CLUB HAD GREAT TIME AT LIVE THEATRE

It was a great family friendly event Sunday, November 14th as 21 children and adults attended the play "Rapunzel" at Live Theatre. There will be no Kids' Club event in December. See you again in January for our next event.

FREE CLOTHING BOUTIQUE SERVED MANY

There were over 280 people who visited the Free Clothing Boutique on Saturday, November 13th. There was a line forming an hour before opening time and by 10:30 a.m. most of the items had been taken. The guest shoppers chose from a wonderful variety of clothing items ---infants through adults -- and also toys, books, and linens. Refreshments were also provided. Everyone was so very appreciative. Thank you to all who generously donated items and to the 23 volunteers who worked the boutique. You truly made a difference in the lives of many...THANK YOU. The few remaining items were donated to TMM. Our next Boutique will be April 9th.





Rev. Ernie Fritschle

Rev. Ernie Fritschle

“We are what we eat” this saying seems to be getting popular these days. Well we eat a lot during these holidays but do we eat foods that will help us live longer? Here is a short list of foods that will do that.

Fruits and vegetables give us fiber and many vitamins and minerals. They also are low in calories. Whole grains have a lot of nutrition and are low in calories.

Have you tried Quinoa (Keen-Wa)? “The quinoa seed is high in protein, calcium and iron, a relatively good source of vitamin E and several of the B vitamins. It contains an almost perfect balance of all eight essential amino acids needed for tissue development in humans.” (By Karen Railey, Author of the popular “How to” guide, How to Improve Fading Memory and Thinking Skills with Nutrition.)

Nuts, blueberries, fish, dark green vegetables, tofu and coffee. Yes and a bit of dark chocolate.

According to the U C Berkeley Wellness Letter Book Brazil nuts have more nutrients per size than any other nut. Each nut contains Thiamin, Vitamin E, Iron, Magnesium, Zinc and Selenium. At the Sunflower Market I was able to buy hulled nuts in bulk.

What helps me, as I sit down at one of these great holiday meals, is to eat slowly and not too much at once. Grazing helps my digestive system and helps to keep my blood sugar under control.

The Bible records people living to a great age. What did they eat? Here is an example. Genesis 1: 29: “Behold I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you.”

There was a prohibition against eating meat cooked in milk. This is repeated three times in the Bible. “Thou shall not seethe a kid in its mother’s milk.” [Exodus 23:19; Exodus 34:26; Deuteronomy 14:21]. It seems that milk contains substances that inhibit the absorption of iron.

Basically the Bible recommends more of a vegetarian diet rather than one that is based on beef and red meat.

Well, just this once have a great feast over the holidays and may God bless you all.



Dylan Ridge	2-Dec
Tom Brown	4-Dec
Bob Haught	4-Dec
Walt Henderson	5-Dec
Sandra Lorenz	6-Dec
Clyde Phillips	6-Dec
Helyn Arthur	7-Dec
Jenny Hallum	7 Dec
Judy Gautsch	8-Dec
Valeria Ornelas	8-Dec
Sephra Ninow	9-Dec
Larry Boone	10-Dec
Muna Deah	10-Dec
Jake McCoy	10-Dec
Dorothy Prestidge	10-Dec
Vermont Follet	11-Dec
Mary Williams	11-Dec
Earlene Ridge	12-Dec
Bill Rountree	12-Dec
Sam Clapp	14-Dec
Lance Nesbit	15-Dec
Lisa Le Page	16-Dec
Barbara Haller	18-Dec
Sam Harris	18-Dec
Larry Tilton	18-Dec
Carol Mellgren	20-Dec
David Baird	21-Dec
Alex Cole	21-Dec
Cody Ridge	21-Dec
Dan Abel	22-Dec
Mary Mack	22-Dec
Allison Blacutt	23-Dec
Mary Follet	23-Dec
Betty Jean Martin	23-Dec
Calvin Morgan	23-Dec
Virginia Clarke	24-Dec
Maxine Hale	24-Dec
Bill Polk	24-Dec
Landra Stonich	24-Dec
Hope Hickman	26-Dec
Deloris Yockey	26-Dec
Fran Harper	28-Dec
Ramon Ornelas	28-Dec
Joan Tolle	28-Dec
Mamie McGeagh	29-Dec
Bruce Trusty	29-Dec

FOOD BANK SUNDAY

November 28, 2010

(and every last Sunday of the month thereafter)
Please put food items in Campbell's
container
in Fellowship Hall or Food Box in
Narthex. Bags of apples, oranges, etc.
are also welcome)

FRIENDSHIP GROUP ANNUAL CHRISTMAS DINNER

Please come join us for a fantastic meal and great entertainment.

DATE: Tuesday, December 7, 2010

PLACE: Fellowship Hall

TIME: 11:30 a.m. for delicious punch and 12 noon for the meal.

PROGRAM: Music by Tom Messmore and Paul Grigsby

COST: \$7 per person

WHERE DO YOU GET TICKETS?

Every Sunday in Fellowship Hall between services (Nov. 1 through Dec. 5)

See you ALL there - the best bargain in town!

THANK YOU TO BIGIMBA AND THE GOSHEN MINISTRIES FOR THE WONDERFUL SERVICE LAST SUNDAY. OUR JANUARY COMMUNION OFFERING WILL BE FOR THE GOSHEN ORPHANAGE IN AFRICA. THANK YOU FOR YOUR LOVE AND SUPPORT!

IN OUR PRAYERS

Care Homes

- | | |
|--------------------|------------------------------|
| Catalina Foothills | Mary Alice Calloway |
| Carestone | Lois Lersch |
| Cascades | Bill Mitchell |
| Devon Gables | Joy Andersen, Albert Howland |
| Ella's Home | Florence Nye |
| Encore | Claire Parsons |
| Frances Care Home | Mamie McGeagh |
| Freedom Inn | Esther Taylor |
| Grace Home | Rita Kelch |
| Heavenly Acres | Pat Schumacher |
| Lovecare | Gloria Thomasson |
| Plum Tree | Roma Loren |
| Posado Del Sol | Jan Fryrear |

At Home

Bill Clark, Dottie & Ed Davies, Elma Davis, Mabel Deeg, Mary Ellis, Patty Flanders, , Jimmy Jenkins, Joan Graff, Hazel Grisso, Betty Hart, Carmin Huisinga, Pastor Becky Oakes-Long, Charles & Dorothy Owens, Karl Pfordte, Sharon Polk, Gen Raymer, Kathy Reynolds, Charlotte Ruhl, Marian Schaffer (with family), Honey Sanchez, Melburne & Loretta Shimniok, Thelma Sutton, Jess Townshend, Sandra Townsley, Maylene Waln.

In Hospital: Bev Thompson having knee replacement surgery.



Thank you for your prayers and cards. I am looking forward to a better year in 2011. God bless you!
Your sister in faith,
Patty Flanders

Christ Church United Methodist, Pastor Fred, Church and Staff,

Thank you for your help, support, prayers and printing for Dad's service. (Donald J. Wood, Sr.) No words can express our words of appreciation.

Sincerely, May God Bless,
Doris, Don Jr., Dennis, DeJon and families

I am very thankful for Christ Church and their expressing their concern for myself and others at Devon Gables. Also a big thank you to the ladies at the Clothing Boutique!
Joy Andersen

Dear CCUM Family,
There aren't enough words to thank you for the outpouring of love we received from you in your cards, letters, prayers and calls after Melissa "went on to Glory". You are truly people caring for people. What would we do without you?
May God's richest blessings be upon you all.
~ Marshall & Linda Jones

Free to a loving home. Toy poodle, 11 pounds, neutered male. House trained and paper trained. Ideal for a family with no pets or with one dog who is low key. Great with kids. Affectionate. Call Julie at 850-0022 for details

THE BARREL BARN

Wine Barrels and All Manner of Wood
Ron & Nadine McGovern-Wertz



13786 S. Tyree Road
Sunizona, AZ 85625
820-807-1092
thebarrelbarn@live.com
(Call For Appointment)



CCUM ORGAN CONCERT
Sunday
November 28th
3:30 PM
Thanksgiving weekend

Notes from Your Lay Leader

We have just finished our third Free Clothing Boutique. Many of you know that Judy Obert read an article in a women's magazine about such an event. She immediately decided our church should sponsor an event much like the one she read about--within days she rounded up a group of gals who agreed to help her, the rest is history. Thanks to all of you for your donations of clothing, shoes and some household items. I'm sure that in this Channel there is another article about this event but I want to tell you about one of my experiences. Along with Sally West, I greeted the shoppers as they entered Fellowship Hall. We handed them a bag, told them how happy we were to have them with us and hoped they would find things their families could use. Now for the best part, I also saw the people as they left. They were the most grateful people, people of all ages, thanking us (this means you too) for our outreach to the community. Let me share what one gal said to me. She was thanking me for the event, (I assured her there were many people involved) she said, "you have given me so much this morning and all I can give you is a hug". My friends, that was a hug from the heart, very genuine and very powerful, how lucky I am to have been the one to receive her hug. Are we doing the work we are called to do???? WOW, I believe we are---John Wesley would be happy---I believe he'd say--"what great Christians (and Methodists), just what I'd hoped they'd do"!!!!
 A thought from the Scriptures, job well done, good and faithful servants!!!

Our church is bringing this year to a close. Every committee, work area and task force have had people who have worked very hard. The efforts of everyone have certainly helped the church grow. The Nominating Committee has just finished their work--well, just about finished. There are a few slots open on a couple of committees, if you are asked, please consider saying yes!!!! As I always say, there is a job for everyone---that job is to pray for all the activities, staff and the laity. I believe our laity is the BEST, with Divine guidance we can do anything!!

The next month and half will be busy and just seem to fly by, we'll be saying Happy New Year before we know it. As the days come and go, let's be mindful of our blessings and be thankful for all of them.

Peace to each one of you,
 Sue Gemoets

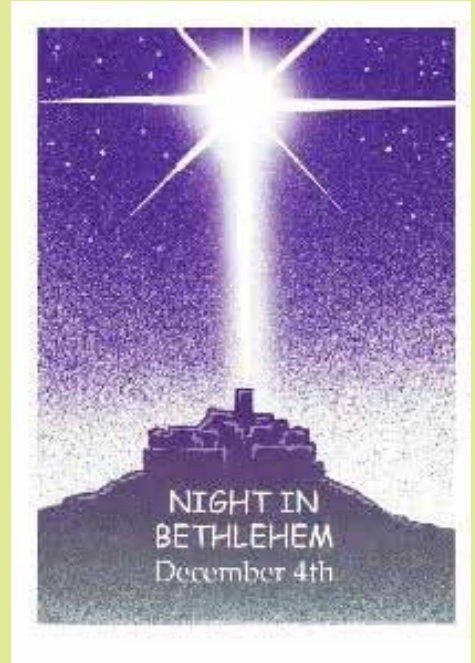


The Angel Tree will be set up in Fellowship Hall on December 5. Please stop by to choose an angel representing a Christmas gift for a child to be purchased and returned. Members of Missions Outreach will be at the Angel Tree on Dec. 12 and 19 to receive your unwrapped gifts or cash donations. The kindness and care bestowed upon others by the members of CCUM is greatly appreciated by so many members of our community. Thank you for your continued support.

WE ARE ON FACEBOOK!
 Search for us on

*Christ Church United
 Methodist - Tucson*

Find us and become a friend!



Delivery Help Needed

Once again, the Sunday school children will be doing a craft item to be shared with our members who are in a care facility or home bound.

Please help us make the holidays special for those who cannot make it to Church, by delivering these special gifts!

We will have a the gifts and address information available in Fellowship Hall on December 12th. All it takes is a few moments of your time to stop by (and we will find someone near where you work or live) and send a special message of caring and love from all of us here at Christ Church. Each visit will only take a few moments of your time and the rewards will be great!

Thank you!!!!



Selling Christmas cards & greeting cards Dec 5 @ coffee hour. Make your list, now.

Unit meeting Dec 10. Catered Ham Dinner, \$6. Call Doris Russell for your reservation. We will have installation of officers. If you would like to be a part of the program planning, or UMW Sunday, please call Doris Russell so you will be included in the installation. We need a circle leader if you are interested. We meet @ 10 a.m. with meeting & program & lunch to follow.

Circles will be meeting for Christmas Party - check with your circle leader to see where & when yours will be. With Christmas, we usually meet earlier in the month than normal.

Jan. is UMW Sunday on Jan 16 with Beth Ferrell. We need ushers, liturgist, program planners. If you can help or need a ride to any of our functions, call Doris Russell & she will arrange it. 721-4411. Beth Ferrell will be our program for our UMW meeting on Jan. 12. She has been a missionary for many years. Her experiences are really interesting to hear about.

Hope to see you there.

.....
FRIENDSHIP GROUP

TOM MESSMORE & PAUL GRIGSBY TO ENTERTAIN

Come join the Friendship Group at the annual Christmas Dinner on Tuesday, December 7. For the price of \$7 you'll get a delicious turkey dinner (with all the trimmings) AND be entertained in concert by Tom & Paul - what a bargain!

Tickets are on sale now - every Sunday between services in Fellowship Hall. Look for Margaret Smith and Acel Scott at a table. Tickets must be purchased by December 5.

See you there!

.....
THANK YOU!

A huge 'Thank You' to everyone who helped make Consecration Sunday such a great success. Thank you members of the Stewardship committee for your hard work in taking reservations for the luncheon, arranging for the speakers at the worship services, distributing and collecting the Thanksgiving dinner and children's bags, etc. Thank you to those in the congregation who filled the bags. Thank you to all who made the soup and salad luncheon so special, Mark Meabon of Sweet Tomatoes, our set up crew, Karen Messmore for the table decorations, RosaLee Murray and Opal Ageton for fixing the napkins, the kitchen crew, the salad servers and the youth who served soup. Additionally, thank you Valerie Hammons and office staff for your work and support. The success of the program was due to great team work.

Berta Riley
Stewardship Committee Chair.

.....
Are you dreading the upcoming holidays and the sadness that they bring up because of a loss that you have experienced? Please consider joining the grief support group that meets every Wednesday morning from 9:30 - 11:00 in Room 17. We will be sharing ideas about how to get through the holidays with more joy than sorrow. You will find a place to share your thoughts and at the same time learn from others.

AFTER 10 DAYS RETURN TO:

**CHRIST CHURCH
UNITED METHODIST**

655 N CRAYCROFT RD

TUCSON, AZ 85711

NON PROFIT ORG.
U.S. POSTAGE PAID
TUCSON, ARIZONA
PERMIT NO. 284

ADDRESS SERVICE REQUESTED

www.christchurchumtucson.org



A Night In Bethlehem

Saturday

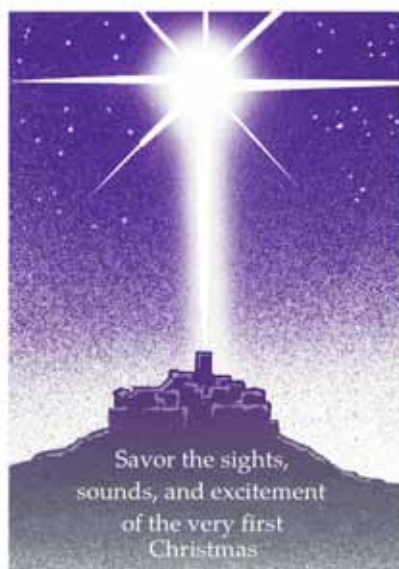
December 4th

6:00 - 8:00 p.m.

Christ Church United Methodist

655 N Craycroft Road

www.christchurchumtucson.org



Take your family and friends back in time ... arrive in Bethlehem for the census and enter a market place bustling with the sights and sounds of the very first Christmas. Wander through Bethlehem as the drama unfolds!

Meet a census taker, shopkeepers, shepherds and their flocks

Roman soldiers and even Mary & Joseph, who can't wait to share the remarkable story of Christmas.

Create interesting projects

Weave, Grind salt, Make a musical instrument... and more for children and families at each marketplace shop.

Bakery/Winery

A first-century bakery where children can make their own bread. A winery where you can sample the special 'wine' to celebrate the birth of the special baby.

Music

Listen to the beautiful voices of the CCUM Chancel Choir

Bring your whole family to this FREE and open to the public event and experience Bethlehem as it was on the night that Jesus was born.

This FREE event is held each year to bring families and friends together to experience the sights and sounds of ancient Bethlehem.