

Pastor's Pen

It's a Miracle!!!!!!!!!!!! Today's Miracle Sunday offering for a new sound system for the sanctuary brought in \$50,882.13. This is the amount we have in the bank for replacing the sound system that we have.

You have been an answer to the three weeks of prayer that preceded this offering. You have been an answer to the prayers of those who were involved in our prayer vigil for this offering. You, in this and many ways have been and are an answer to others prayers. Thank you! Thank you! Thank you!

You have also helped create and participate in a Miracle offering. This is the largest single day offering that has ever been lifted up to God through this congregation. Our goal was \$45,000.00 but we have oversubscribed this, which means we will be able to purchase and install the LOOP sound system. You have provided for the clear, reliable word of God to be preached, prayed and sung in our sanctuary. God bless you for your faithfulness that has been lived out in a very concrete manner.

You can tell your friends and family that in our church we put our faith in action. We don't just talk about acting; we act. We put our money where our mouth is and the blessings will be for all for years to come.

What comes next is that we will update and rebid all the original proposals. The Architect will finish the plans, so we can take them to the city for permits. We will also once again look closely at our needs, and make sure to the best of our abilities, we are not overlooking anything. Then the trustees will bring their final recommendation to the Ad Council for approval. It is lots of work but what fun work knowing that it is fully supported by the love and commitment of the congregation.

Thank you! Thank you! Thank you!

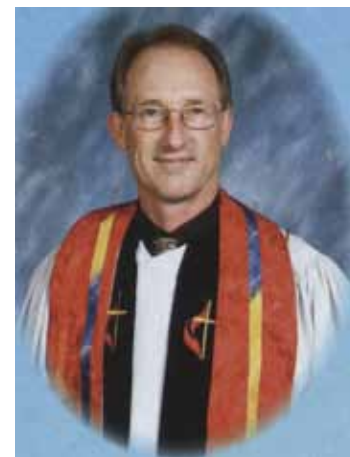
Switching gears a bit, this coming Sunday we will look at what helps our mustard seed faith grow. In two weeks we will have a healing service and in three weeks on October 17th we will have Laity and Children's Sabbath Sunday. The theme that day will be prayer. Gretchen Lofgren, one of our Stephen Leaders will be bringing the sermon. (It is a great testimony to the prayer. I got to read a preview.)

Remember to invite FRAN (friends, relatives, acquaintances and neighbors to worship and serve with you!) God has given you a great church in which to live out your ministry. Praise be to God!

(Can you tell I am very excited about you?)

In Christ's Love

Pastor Fred



Please Mark Your Calendars

WEDNESDAY NIGHT CLASSES

Not too late to join us!
Classes for all ages!!!
Childcare available
Dinner @ 5:45PM
Classes/Choir @ 6:30PM
See you there!

Halloween/Fall
Festival
Saturday, Oct 30th
5:00 - 7:00PM



Please bring to Fellowship
Hall or Church office.

MUSIC CAMP JUNE 13th -17th 2011

Hot off the press-- mark your calendars for another exciting Music Camp. Ages: Entering first grade ---- to completed 8th grade

The next *Channel* deadline will be
THURSDAY, October 7th 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.



Do you know someone who loves children? Talk to that person about becoming a volunteer with the children's ministries programs. We are looking for shepherds, teachers, snack coordinators and supply coordinators for Sunday mornings. We are also looking for volunteers to help with programs on Wednesday evenings. If you know someone who prefers working with older youth, volunteers are needed in this area, too. These volunteer positions are on a monthly or yearly basis. Other schedule options may be available. All materials and supplies are provided. Contact Marci at the church office or email marci@christchurchumtucson.org



The youth choir has moved from Thursdays and now will be a part of the Wednesday Education night programs. It will not be a "traditional" choir. Anthony Bernarducci will help the youth with writing, composing, using band instruments, and singing. We are very excited about this new addition to the already amazing Wednesday night ministries.

Youth To Server Dinner at Primavera on Thursday Sept 30 - arrive at the church by 5:00.

DISNEY ON ICE - Saturday Oct 16 - Wear your Halloween costumes or favorite Disney costume and join us for the 3:00 show at TCC. This event will be followed by a family "Halloween Themed" dinner at Scott and Tonya Jones' House. Ticket Costs are \$12 RSVP with Tonya ccumyf9@yahoo.com (\$ due 2 weeks before show). I have 20 seats reserved for now. Note: your kids can attend without you if you would like.

ALL CHURCH EVENT

Cirque du Soleil - Alegria @ Tucson Arena Sunday Nov 28 5:00 show. Costs for seats: Premium \$87.50; P1 58.25; P2 43.25; P3 \$28.25 RSVP with Tonya Jones ccumyf9@yahoo.com

TULLER SCHOOL HAUNTED COURTYARD

October 28th thru October 30th from 7-10pm. Admission is \$5 per person. Designed, operated, and staffed by locally owned RavenHearse Fun and Haunted Productions. The Haunted Courtyard is also staffed by Tuller teachers, parents, and students (including CCUM Youth). Kid friendly tours will be available. Tuller School is located at 5870 E 14th St behind Park Place Mall.



CHILD CARE GIVERS IN OUR NURSERY/TODDLER ROOM

In addition to Alicia Gonzalez, our Child Care Coordinator, there are 3 child care givers.

Adrian Gonzalez is a senior at Pueblo High School and has 4 older siblings. Adrian has worked at CCUM for 2 years. He loves being with the kids and playing with them. He enjoys playing video games with his friends and learning new computer skills. He also loves to cook and wants to become a chef. He hopes to attend Le Cordon Bleu! His favorite dish to make for his family is Cuban Spaghetti.



Muna Deah has lived in the US for 1 year. She is a refugee from the Ivory Coast. She recently became a member of CCUM. She has worked in the nursery for several months. She loves to sing and was the choir directress for many years in Africa. She sings with the Praise Team when she is not working in the nursery. She also works at Target in food services. She is working on her GED and wants to go to college and become a nurse.

Deanna Luzanilla is the newest of the care givers and is in training. She has attended CCUM her whole life (great grandmother Mary Johnson was a member) and was baptized and confirmed in our youth program. Deanna has been involved with our youth program, shepherding for Sunday School, and volunteers with Primavera. She attends a Charter School.

I hope you will stop in and meet the wonderful staff who lovingly care for our babies and toddlers.



Our Three Gifts

Once again this year our Stewardship program is “Our Three Gifts.” The program will be in three parts based on the gifts of the Magi to the Baby Jesus: Frankincense, Myrrh and Gold.

Frankincense represents Commitment and Faith, a desire to grow in our relationship with God. A booklet of Testimonies written by CCUM members will be mailed out October 4th so that all can read one testimony a day until Consecration Sunday, November 7th.

Myrrh symbolizes Service. We will again distribute “Thanksgiving Baskets” to families in the community who may be in need. Starting October 10th empty bags will be available in the Narthex with the “menu” to fill the bags with items necessary for a Thanksgiving dinner. It is estimated that a bag can be filled for approximately \$15.00. Each “Thanksgiving Basket” will be accompanied by a \$15.00 gift certificate to purchase meat and dessert. We also will have smaller bags for children to fill with a toy and items to give to other children.

Gold represents our Financial Commitment to the ministry of Christ Church. On Consecration Sunday, November 7th cards will be distributed during the worship service and collected at the end. After the second service we will the participate in a church wide luncheon in celebration of what God has given us and we have returned.



World Communion Sunday, October 3, 2010

“My faith influences everything in my life,” said Lindsey Walton, who recently received a scholarship funded by the World Communion Sunday offering.



“In order to better my education and to succeed in the workforce,” United Methodist Lindsey Walton said, “I am going to college. Georgia Tech is ranked as number seven among public schools. Receiving an education in business from Georgia Tech will open many doors and enable me to succeed in the business world.”

Opening doors to opportunity is what World Communion Sunday is all about. Along with celebrating the Lord’s Supper with Christians around the world, United Methodists share through a special offering that supports World Communion Scholarships, the Ethnic Scholarship Program and the Ethnic In-Service Training Program. Many congregations observe this special day on the first Sunday in October.

“When I hear World Communion Sunday,” Lindsey said, “it makes me think of the term ‘communion’ itself. Communion was given to the church by Jesus Christ before he gave his life on the cross. Communion is the most important sacrament and should be honored and shared among Christians as much as possible. I think the offering carries that meaning.”

Retreat Adventures Presents...

The Shack on a Ship
February 11-14, 2011



“The Shack”
On a Ship!

Combine a spiritual retreat with a fundraiser and three days on a cruise ship. What do you get? Fun! The 4-day, 3-night cruise on the Carnival Paradise sails out of Long Beach, CA to Baja, Mexico. The ship will dock in Ensenada for a day, where a wide variety of activities are available. Becky Cowart will lead our exploration and discussion of the book “The Shack” by William Paul Young during the day at sea. (Read the book before we sail).

A valid passport is required.

Contact us for more information:

Pat Heath pheath629@aol.com

Karen Sparks raykaren55@msn.com

Sally West 520-325-2775 sally@desertsw.org



Recent research seems to be able to link Alzheimer's disease with type 2 Diabetes. This is according to the August issue of Neurology and the Mayo Clinic letter of 9/23/2010. There are some 23.6 million people in the United States who have diabetes; some 5.7 million have undiagnosed diabetes.

Dr. Richard Bergestal, president of medicine and science for the American Diabetes Association says that preventing or controlling diabetes is good for all kinds of reasons including Alzheimer's disease.

Diabetes damages blood vessels which heightens the risk of a decline in cognitive awareness or some kinds of dementia. According to the Mayo Clinic (MC) many people with cognitive decline have brain changes that are hallmarks of both Alzheimer's disease and vascular dementia. Some researchers think that each condition helps fuel the damage caused by the other. More research is needed.

For the past ten years I have had type 2 diabetes. However, by hard work and taking care of my body my blood sugar has been in the normal range. According to the MC you can reduce your risk of Alzheimer's by managing your diabetes. Here is what they suggest;

Eat healthy foods, including fruits and vegetables, lean meats, whole grains, and low-fat milk and cheese. Exercise at least 30 minutes most days of the week. (This is the hardest for me as I get busy doing other things and forget about exercise.) If your doctor prescribes medication, take it on schedule. Small steps can make a big difference. In a large study funded by the National Institute of Diabetes and Digestive and Kidney Diseases, participants with blood sugar levels slightly above normal (prediabetes) cut their risk of developing type 2 diabetes in half by losing as little as 5 to 7 percent of their body weight and exercising for 30 minutes five days a week.

Paul's writings have helped me stay on tract. In 1st Corinthians 12:27 he writes; "Now you are the body of Christ." Then in 1st Corinthians 3:16 he writes; "do you not know that you are God's temple and that God's Spirit dwells in you?" With God's Spirit living in me I want to keep my temple fit for him.

COMING SOON AT THE SATURDAY 4 P.M. CHAPEL SERVICE:
METHODISM 101
 WATCH FOR DATES!



- Cathy Martinez 1-Oct
- Phillip Nonweiler 1-Oct
- Alyssa Reinke 1-Oct
- Lucinda Brunenkant 2-Oct
- Elma Davis 2-Oct
- Florence Nye 2-Oct
- Megan Jenkins 3-Oct
- Alice Schmidt 3-Oct
- Suzanne Cornell 6-Oct
- Brad Eggimann 6-Oct
- Connor Brown 7-Oct
- Mike Davis 8-Oct
- Gene Baker 9-Oct
- Kacey Obert 9-Oct
- Ryan Wilson 9-Oct
- Teddy Burris 10-Oct
- Judy Crowell 10-Oct
- Ashley Mellgren 10-Oct
- Barbara Parkinson 12-Oct
- Jean Byers 13-Oct
- Shay Stark-Lane 13-Oct
- Nathan Syers 13-Oct
- Hayley Gray, 14-Oct
- Michael Lancaster 15-Oct
- Jennifer Livermon 17-Oct
- Karen Messmore 17-Oct
- Mark Robbins 17-Oct
- Kalyn Washburn 18-Oct
- Melburne Shimniok 19-Oct
- Paula Jameson 20-Oct
- Grayce Mangham 20-Oct
- Joe Jameson 22-Oct
- Dorothy Owens 22-Oct
- Diane Brady, 23-Oct
- Donna Taylor 23-Oct
- Ashley Knoettgen 24-Oct
- Axel Lehmann 24-Oct
- Ned Crary 25-Oct
- Robert Tate 25-Oct
- Deane Fisher 26-Oct
- Susan Price 26-Oct
- Katelyn Eader, 27-Oct
- Jennifer Furr 27-Oct
- Phyllis Impraim 27-Oct
- Mike Hammons 28-Oct
- Rudy Martinez 28 Oct
- Amethyst Polk 28-Oct
- Marian Schaffer 28-Oct
- Suzanne Townshend 29-Oct
- Bob Hoose 30-Oct
- Chris Stonich 31-Oct

IN OUR PRAYERS

Care Homes

Atria Bell Court Garden	Emily Sackett
Catalina Foothills	Mary Alice Calloway
Carestone	Lois Lersch
Cascades	Bill Mitchell
Devon Gables	Joy Andersen
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

Dottie & Ed Davies, Elma Davis, Mabel Deeg, Mary Ellis, Patty Flanders, Jimmy Jenkins, Hazel Grizzo, Betty Hart, Dave Hendricks, Lowell Hickman, Carmin Huisinga, Pastor Becky Oakes-Long, Charles & Dorothy Owens, Penny Pendelton, Karl Pfordte, Sharon Polk, Kathy Reynolds, Charlotte Ruhl, Marian Schaffer (with family), Honey Sanchez, Melburne & Loretta Shimniok, Jean Strickland, Thelma Sutton, Jess Townshend, Sandra Townsley, Maylene Waln, Gordon Whitley.

In Hospital

Don Wood (Sabino Rehab), Emily Sackett (Pepe's House).
Beth Hunter (St. Joe's)



October is Breast Cancer Awareness Month. We are going to be honoring the survivors and celebrating the lives of those that have who have lost their battles with a "Wall of Names" in Fellowship Hall. Please visit the "Wall" and wear pink on October 10th or as much as you think to wear pink to support Breast Cancer Awareness month.

Betty Clapp

FREE CLOTHING BOUTIQUE NOV. 13TH
PLEASE START SAVING YOUR CLEAN, GENTLY USED
CLOTHING -- MEN'S - WOMEN'S - CHILDREN'S - BABIES
CLOTHING NEEDED
SHOES, PURSES, COATS, BACKPACKS,
BABY FURNITURE/EQUIPMENT
Please start saving items -- We will start
collecting items in mid October. Thank you .

The Entertainment Books are available in the office. They are \$30.00 again this year with \$6.00 going to the Entertainment Book Emergency Fund for Gas Vouchers



Thanks to all of our Christ Church family for the prayers, calls, cards, food and other acts of kindness you have shown during and since my knee replacement surgery. Special thanks to Pastor Fred who managed to get there to pray with me even though my surgery had been moved up and to Georgia Carmichael who was right there every step of the way. My angel hubby has been taking excellent care of me (give him a pat on the back next time you see him), and we hope to be back in church soon. Blessings on each of you!
Grace and peace, Sharon Stites

Stephen Ministry of Christ Church would like to thank all of you who have donated stamps for the mailing of our Sunday bulletins to our homebound. We currently send out between 25-30 a week. We get so many accolades and thank yous from them. They are able to follow the service on Sunday mornings. If you would like to contribute stamps to this most worthwhile project, please turn stamps in to the church office or simply put them in the offering plate on Sunday mornings - be sure and mark them for mailing of bulletins.

Many thanks for all of the prayers, cards, phone calls, visits, love and concern from my church family.
Karl Pfordte

A very belated Thank You to our church family for the prayers, notes and calls for Jimmy during his times in the hospital and confinement at home. Your thoughtfulness has meant so very much to both of us. A special Thank You to Betty Clapp and Bernice Edwards for their continued support and blessings. Jimmy and Jo Ann Jenkins



MARK THE DATE!
Hanging of the Greens
Family & Friends Welcome!
NOVEMBER 21st



CCUM ORGAN CONCERT
Sunday
November 28th
3:30 PM
Thanksgiving weekend
Bring your family
and friends!



Notes from Your Lay Leader

If you have been reading my notes for a while, you are aware of the fact that I am always on the look out for good examples that I share can with you. On Tuesday of this week the perfect example appeared right before my eyes----a random act of kindness!!! I was in the playground with my class. On a daily basis we, (the preschool teachers) observe the people who come to the Food Bank. As you can well imagine they come in cars, trucks, on bikes, and on foot. Many times we comment on how determined many of them are to obtain food. One of the key factors of their determination is the fact they are walking. Picture this, they come with bags, sometimes suitcases, baskets on their bikes, many creative ways to get their food home. Well, back to Tuesday. I noticed a gentleman walking through the courtyard towards the Food Bank. By the time I reached the playground he was in and out of the room with his food. He packed his extra large bag with the food items. He had just lifted the bag on to his shoulder when a man came out of the Food Bank door. The second man looked at the first and said, "if your going west, put your bag in the back of the truck and I'll take you." The man put his bag into the truck, proceeded to help the driver put his wares in the truck, returned the wagon to the Food Bank door, climbed into the truck and off they went. I will admit as the truck drove off, I offered up a prayer for both of the men. My prayer was that they would be protected and arrive safely at their homes. What a random act of kindness!!! What an example of doing unto others as we would hope they would do for us. What an example of our church's generosity, compassion and caring for others!!! What an example of doing what we are called to do!!! I believe our church members should be proud of this great mission outreach program.

An update on the Prayer Shawl Ministry. To date we have given 95 shawls and 12 quilts to people. I wish I could print all the thank you notes this ministry receives. Our youngest person to receive a shawl is a boy, named Vinny, who was born 9 weeks early. His mom wrote saying that he is wrapped in the shawl every night knowing that he is being held in the Father's hands through the night. He is tested for something on a daily basis and the results show constant improvement. Thanks to all of you who knit or crochet shawls, please keep your fingers busy, we need all the shawls we can make. Thanks to the people who have donated money to be used to purchase yarn. We appreciate your generosity.

Life on the campus is busy. Please keep your church staff, fellow members and all our activities in our prayers. With Divine guidance, our laity can do everything we set our minds to accomplish. By the way, what is the random act of kindness you did today???

Peace to each one of you,
 Sue Gemoets

STIGMA

What know they of how we feel?
 For us sometimes life is so unreal.
 Ignorance about our illness leads to what they think.
 While our pain often leads us to the brink.
 Our struggles by many are misconceived.
 Lord, help them accept, understand and believe.
 Only the truth reveals what we can be.
 The right to unjustifiably live free.

By Ardith Powell



A SPECIAL THANK YOU TO PATTI WEISER, WHO TOOK HER PASSION AND LOVE, ADDED HER TIME AND THE SUPPORT OF OTHERS, TO GIVE US OUR BEAUTIFUL NEW STAINED GLASS WINDOW FOR ALL TO ENJOY! THANK YOU TO EVERYONE THAT CONTRIBUTED!



ROOM FOR YOU

We meet at 9 AM in Room 17 on Sunday mornings. Our main focus is to study God's Word and learn to apply it to Christian living in today's complex world. We share interpretations and there is always lively discussion, fresh coffee, Christian fellowship and development of close interpersonal relationships with other members in the class. We have a diverse and varied demographic. Our goal is to share Jesus with people who don't know Him. We are hoping to finish up our study of 1 Corinthians by mid September, take a week or two to learn about The Roman Road (curious? Come check us out!), and segue into 2 Corinthians by late September. We provide study guides and Bibles for in-class use. Visit occasionally as a drop in or come regularly - you will always be welcomed!



UNITED METHODIST WOMEN NEWS

Oct. 13, meeting at 10 a.m. 11:30 Lunch provided by Naomi circle. Suggested donation \$3.00.

Program by CCUM's Joanne Finch. She works with our refugees.

IF YOU NEED A RIDE, PLEASE CALL DORIS RUSSELL & SHE WILL ARRANGE IT. 721-4411.

Oct. 27 Joint circle meeting. Meet at the church @ 9:30a.m. Tour & lunch planned. IF YOU NEED A RIDE, CALL DORIS! MARK YOUR CALENDAR NOW!!



FRIENDSHIP GROUP

Please join us on Tuesday, October 12, at 12 noon in the Social Hall for lunch and program. This is a potluck and all table service is provided.

We are a fun, outgoing group of men and women and we'd love to have you join us. Church affiliation is not a requirement.

Our program will be given by David West, attorney, and the topic is: "Preparing for Graduation." So, you're not in school, but there are ALL kinds of graduation.

On Saturday, October 23, we have an eat-out at the Buffalo Bistro at 11:30 a.m. Reservations to Acel (326-5064) by October 19.

Plan now to attend our annual Christmas Dinner on Tuesday, December 7.



HELPING HANDS

HELPING HANDS

We meet in Social Hall on the third Wednesday of each month. Meetings start at 9:00AM and end around 11:30AM. We enjoy fellowship while we make quilt squares and quilts. No sewing skills are needed. Everyone is welcome to share our fellowship, help with the quilts and enjoy goodies!

CHRIST CHURCH
UNITED METHODIST

655 N CRAYCROFT RD

TUCSON, AZ 85711

PHONE: (520) 327-1116

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

www.christchurchumtucson.org



COME JOIN US!

Grief Support Group to begin Soon at Christ Church



As the fall and winter holidays approach it becomes difficult for those who have experienced losses to think of looking forward to them. Losses that take away our anticipation are varied. They may be the death of a loved one, a divorce, a fractured relationship with someone close, the loss of a job or home, the loss of health, or even an anticipated death, such as is experienced when a loved one has Alzheimer's Disease. A new Christian support group is planned to include all those in the congregation or community who need gentle help.

The group will meet for the first time on Wednesday, October 17, from 9:30 – 11:00 in Room 17 and will meet each Wednesday through January 8. The group is being sponsored by the Stephen Ministry and will be facilitated by Wanda and Robert Stauffacher, retired Stephen Ministry leaders who have facilitated grief groups for many years. They will be using the Rev. Bob Diets' book, *Life After Loss*, and H. Norman Wright's *Recovering from the Losses in Life*. If you or someone you know is in need of caring, understanding, and healing encouragement you may register by calling 327-1116, and leaving your name. If you have questions about the group, you may call 743-2096. All are welcome.