

Please Mark Your Calendars

Christ Church Concert
Sept 12th
11:45AM - 12:15PM

.....
Testimonial Deadline
Sept. 15th

.....
'Missions Sunday'
September 19th
During Coffee Fellowship
Cookbooks \$5

.....
Men's Basketball
Sept. 17th

.....
SERVANT SATURDAY
(Church Work Day)
Sept 25th
Everyone Welcome!
7:00AM
Pancake Breakfast served.

.....
SUNDAY FUNDAY
Sept. 26th - 11:45 AM
Fun and Games for All!
"Bubbles"

Please bring a side or dessert!
Senior Movie in our Holyword
Theater.

.....
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

.....
The next *Channel* deadline will be
THURSDAY, September 23 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.

Pastor's Pen

The following story is true which makes it even more touching. May you have a "Gracie" in your life!

"AMAZING GRACIE'S DEVOTION"

By Saralee Perel

This month I began writing one column after another, but nothing clicked. I finally realized my mind's been on a subject that I've been postponing putting into words. But now it is time.

My dog, Gracie, is coming to the end of her life. If only she had lived the life she deserved.

She was a year old when she was found abandoned on the streets of Fall River. When my husband, Bob, and I brought her home, she was terrified of us.

One day she was next to me while I was making soup. As I often do when I cook, I was singing. When I belted out "Oklahoma," I raised my large spoon toward the ceiling for emphasis. She hit the ground on all fours and, petrified, scooted away as if I was going to hit her with the spoon. Clearly she had been abused. She wouldn't even let us hug her.

Finally one glorious day, Gracie made a decision. While cooking spaghetti, I told Bob, "Pasta is done when you fling a piece to the ceiling and it sticks." I balanced a gigantic clump of spaghetti on a huge spoon. "Dare me?"

"No!"

I whipped the spaghetti straight up.

We watched the glob of pasta dangle from the ceiling before it plopped to the floor in one big heap. Bob said, "I guess it's not done."

Had I seen Gracie watching us, I'd never have swung the spoon. But there she stood, smiling, as dog lovers can attest dogs actually do. Then she planted happy sloppy kisses all over my face.

"Oh Gracie." For the first time, she let me hug her. "Welcome to your home, my golden dog."

Though it may seem silly, lately I've been singing my own version of "Amazing Grace" to her.

Amazing Grace, how sweet the sound That saved and strengthened me. You once were lost, but now you're found

Instead of spending her middle years doing fun dog stuff, all she wanted to do was protect me. After my spinal cord surgery, I could barely walk.

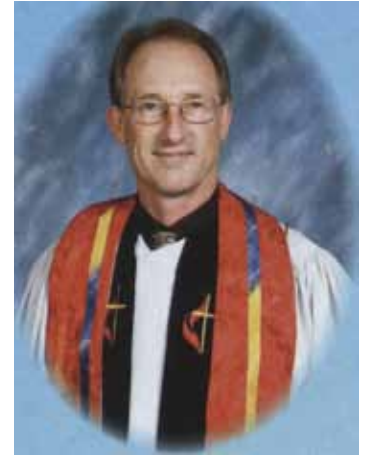
She always worried about me. I scrunched her cheeks, "No more worrying. I want you to play, have fun. Be a dog!" But year after year, she would not leave my side, even for her breakfast or dinner. She was my keeper. Instead of playing in our fenced-in backyard, she'd sit outside the glass slider, looking in and watching me.

I told Bob how sad this made me.

"Gracie has never been happier, Saralee."

"But she's always on full alert. She never has fun."

CONTINUED ON PAGE 3





Attention All Christ Church Members!!!

We have an exciting goal here at Christ Church – “we are committed to families with children living at home to the extent that we will increase our population of these families...by 200 in the next five years.” Can you imagine that many children here every Sunday? Can you imagine all those families gathering for the Wednesday Evening Dinner and Education Program? Now, think about this...it's already starting to happen! Our programs for children and youth are growing and we need your help. Our children and youth programs only happen with the help of our wonderful volunteers. In what ways would you like to be involved?

We can't express our thanks enough for our current volunteers, but even these wonderful people are not enough to fulfill our need and our commitment to children, youth and families.

This is what it takes just to keep our current programs running with the minimum number of volunteers:

Sunday Mornings:

- Children's Church Leaders (2, weekly)
- Sunday School Shepherds and Teachers for all ages (8 with children, 4 with youth, weekly)
- Acolyte Director (1, weekly)
- Sunday Funday Cooks and Director (1, monthly)

Wednesday Evenings:

- Shepherds for Children's Choir, Youth Choir and Other Programs (3, weekly)
- Cooks (1, weekly)

Other Times:

- Helpers and Director of Kids' Club (2, monthly)
- Sunday School Resource Collector (1, weekly)
- Sunday School Room Set Up (3, weekly)
- Chairperson of the Annual Halloween Event (1, annually)
- Other Special Events (chairpersons and other volunteers, as needed)

Remember, these are minimums; more people are always welcome! Everyone knows the phrase, “Many hands make light work.” It's true here at church, too. Get connected with a great, growing, vital ministry!

Ready to find a place where you are needed? Do you have other ideas of how you can help? Contact Marci Hill, Tonya Jones, Scott Jones or Anthony Bernarducci. We'd love to talk to you about how you can share your gifts with the young people of this church.

CHILD CARE AT CCUM



Mrs. Alicia Gonzalez has been our child care coordinator since May, 2006. Alicia has 5 children and 5 grandchildren and has lived in Tucson since she was 3 years old. She graduated from Pueblo High School and attended Pima College. She is also employed by CCUM preschool (since 2006) and has attended child development training with the preschool. She is fingerprinted, has CPR and First Aid training, as well as many years experience working and volunteering with children in TUSD while her own children were attending school. Her love of children and her enjoyment of her job is evident as she warmly greets each child and parent and expresses how happy she is to see them. I was there Sunday, August 29th as one toddler arrived with arms outstretched saying, "I love you Ms. Alicia" and gave her a huge hug. There were 8 little ones in attendance and each one was happy and involved. What a testimony to Ms. Alicia in providing a happy, loving, safe environment for our precious little ones. If you have any questions about child care or just want to stop in and meet Ms. Alicia, she is in Toddler Room 7 every Sunday morning. Sunday child care hours begin at 8:45 a.m.

Pastor's Pen Continued



"This is her purpose. She was born for this. She is a lifeguard in every sense. The fact that she is YOUR lifeguard is the biggest gift you could give her. She is honored. She is noble. And she is happiest when she is serving her higher purpose."

It is because of Gracie that I re-learned to walk, though I was scared. But with her assistance, I did it.

'Twas Grace that taught my heart no fear, And Grace all fear relieved. How precious was that Grace was here The hour I first believed.

Gracie, on my left, wore a harness. I had the grip of the leather as well as her strong body next to me for balance. With no training, Gracie knew to take one step, then waited while I took one step. After we repeated this process 4 more times, I shouted, "HALLELUJAH!" Gracie gave me a billion kisses while we hugged.

Through many dangers, toils and snares I have already come; 'Tis Grace that brought me safe thus far And Grace will lead me home.

Those glory years sped by all too soon. Now, nearly 15 years old, she is feeble and in rapid decline. Though her eyes are cloudy, she sees shapes and knows which shape is me. Though she's stiff and aches, she always walks by my side. Though she can no longer hear, she feels the vibrations of me getting out of bed, and slowly pulls her body up from her heated dog bed to resume sentry duty.

Sometimes I wonder if she is hanging on because she believes I can't make it without her.

Last week, out of my love for my beautiful dog, I told her something very hard to say. I believe she heard me. "Gracie, my golden dog." I glided my fingers through her fur. "I could never have walked without your help. But I can walk by myself now." I kissed her forehead. "You will forever be my hero and my lifeguard."

I whispered through tears, "No matter how far I will walk, you will always be on my left. No matter how long I live, I will always see you, looking carefully in front of my path, making ~~sure I am safe.~~ And then, it was painfully hard to say, "If you're too tired, you can let go now, and rest in peace my golden dog. Oh, my Gracie." I lay next to her with my head on her shoulders. "Thank you."

When her flesh and heart shall fail, And mortal life shall cease. I shall possess, within my veil Her loyal and eternal peace.

In Christ's Love,

Rev. Fred Baum



Sept 19 - Movie and Outreach "To Save A Live" <http://tosavealifemovie.com/> anyone with teens, works with teens, or cares about must see this movie. Watch the trailer, you won't want to miss this event. We will have a cookout dinner in the courtyard followed by the movie in the theater. parents are encouraged to attend with their teens.

Sept 19 - Youth & Missions Sunday

Sept 24 - ALL church trip to Diamond backs faith night - tickets just \$10 each - special guest Jeremy camp. Option: to stay at a Phoenix church after the game. contact Tonya by Sept 12 at ccumyf9@yahoo.com or 730-3170



Emmaus Gathering for September 18th, will be held at Christ Church UM in the Fellowship Hall. Potluck will begin at 5:00 pm, with worship to follow at 6:30. All Emmaus Community (including Chrysalis members) are invited.



For our Halloween/
Fall Festival
Saturday
October 30th



Older Adult Ministries

Rev. Ernie Fritschle

On "Funday Sunday" we showed one-half of the Alzheimer film "Away From Her." Maxine Hale gave us some great in-sights to the disease. On September 26th we will show the second half of the film.

Sometimes, we mature adults, think we are loosing our mind when we can't find our keys, purse, umbrella, or can't remember where we parked the car at the mall. True, as we age our brain may work much slower, but it still works. An example of Normal Forgetting is when you can't remember your ATM card number or where you parked your car. Not normal forgetting is when you can't remember what an ATM card is or what kind of car you own.

Stacy Lipson gives us 6 great tips to boost Memory.

Here they are;

* Puzzle power: Brain activities like crossword puzzles or Sudoku can help keep your mind clear and focused.

* Lifelong learning: Stimulating mental activities like attending a lecture can aid in memory retention.

* Tea time: 4-5 cups of green tea a day can help boost memory. Studies have shown that green tea extracts improves cognition and spatial awareness in rats.

* Breathe out: Don't stress. Some of the most common memory zaps include stress and anxiety. Activities like reading or meditation can help your brain stay clear.

* Social butterfly: Maintain strong social ties through social groups to help preserve memory.

* Get moving: Daily exercise for half an hour a day such as walking or jogging can help improve memory.

The New York Times of August 9, 2010 reports that there is now a Spinal-fluid Test that can predict Alzheimer's disease. They now can detect the disease long before there are definite symptoms.

Dr. DeKosky, dean of the University of Virginia medical school says; "the days when Alzheimer's could be confirmed only at autopsy are almost over."

For me the bottom line is that if you are afraid that you have Alzheimer's disease there are now tests that can tell you. Be that as it may, none of us know what tomorrow may bring. The Psalmist had it right when he wrote; This is the day the Lord has made. Let us rejoice and be glad in it. (Psalms 118:4). We rejoice that today we are saved, we rejoice in our salvation. We are in His hands, so let us rejoice and be glad.



SEPTEMBER 26th



October is National Breast Cancer Awareness Month. Christ Church will be honoring the survivors and those who have lost their battle with breast cancer by

creating Walls of Hope. Please if you are or know a survivor or someone who has lost their battle that has been affiliated with Christ Church, give us their names by calling the office 327-1116. WE WILL NEED THESE QUICKLY TO GIVE US TIME TO "BUILD" THE WALL. Betty Clapp, Director of Lay Ministries

LAY SPEAKING MINISTRIES BASIC CLASS

The purpose of Lay Speaking Ministries is to encourage and empower lay people to seek and to serve in active ministries in support of their local congregations and beyond. Lay Speakers offer their gifts in the areas of Caring, Leading and Communicating. The authors of the Basic Course book discuss processes to help you discern and respond to God's particular call on your life. They encourage each person to recognize and employ his or her spiritual gifts for the Church. The book presents numerous types of ministries in which Lay Speaking Ministers may assume roles. Delivering a sermon is no longer a part of this course.

Saturday, October 9th
and

Saturday, October 16th, 2010
9:00 AM - 3:30 PM +/-
(Must attend both Days)

St. Mark's United Methodist Church
1431 W. Magee Rd, Tucson, AZ

Cost: \$25 for Basic class
CCUM will offer partial or complete scholarships.
(Fees include materials, snacks and lunches)

Application must be received before
September 24, 2010

For more information please contact
Church Office (327-1116). Or Kelly
Deyoe at layspeaking@cox.net or (520)
740-1334

Please pray for our members

in Care Homes

Care Homes

Atria Bell Court Garden

Catalina Foothills

Carestone

Cascades

Devon Gables

Ella's Home

Encore

Frances Care Home

Freedom Inn

Grace Home

Heavenly Acres

Lovecare

Plum Tree

Posado Del Sol

Emily Sackett

Mary Alice Calloway

Lois Lersch

Bill Mitchell

Joy Andersen

Florence Nye

Claire Parsons

Mamie McGeagh

Esther Taylor

Rita Kelch

Pat Schumacher

Gloria Thomasson

Roma Loren

Jan Fryrear

At Home

Dottie & Ed Davies, Elma Davis, Mabel Deeg, Mary Ellis, Patty Flanders, Hazel Grizzo, Betty Hart, Dave Hendricks, Lowell Hickman, Carmin Huisinga, Pastor Becky Oakes-Long, Charles & Dorothy Owens, Penny Pendelton, 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:

Karl Pfordte (HealthSouth), Don Wood (Sabino Rehab), Jimmy Jenkins (TMC)

MARK THE DATE!

Christ Church Concert

NEXT SUNDAY

September 12th

11:45AM - 12:15PM



MARK THE DATE!

Hanging of the Greens

Family & Friends Welcome!

NOVEMBER 21st

DID YOU KNOW THAT LAST WEEK, CHRIST CHURCH HAD VOLUNTEERS FROM 7 YEARS OF AGE TO 91 YEARS YOUNG!



MARK THE DATE!

October 10th

If you would like to share in the healing ministry of home-cooked foods to our members - this is for you! Please stop by the Church office and pick up one of the disposable containers (donated) and labels we have for this project. Cook whatever you would like, put in our containers and label with ingredients and date. Bring it back to the Church office and we will put in Church freezer for distribution by our Stephen Ministers and Betty Clapp (Director of Lay Ministries). If you have any questions, please contact Bettylee Jones in the Church office. Thank you for you help!



We appreciate everyone's thoughts and Prayers during our time of grief. It is comforting to know so many Love and Care. The Grief Book is very helpful.

Thank you so much.

Lavern Arthur & Family

Christ Church United Methodist:

Thank you all for your prayers and many thoughtful well wishes during my numerous eye surgeries. My eye is healing very nicely from my second Glaucoma operation on Aug 19th. Your thoughtfulness is deeply appreciated.

Love & Blessings!

Mahulda Pendleton (Penny)

Thank you to my church family for all your prayers, cards and calls. A special thank you to Georgia Carmichael for praying with us before my surgery and staying with my family until I was back in my room. You truly lift up my spirit knowing how much you all care. Your Sister in faith,
Patty Flanders

Testimonials



A message to those who have committed to write a Testimony on what it means to you to be part of the church: The deadline to submit your testimony is September 15, but it would be appreciated if you submitted as soon as possible.

If you are submitting it by email (The preferred method) please sent to bertariley@aol.com. If you are submitting by an other method, please bring it to the CCUM office. Thank you.

Notes from Your Lay Leader

Life is busy!!! Thank goodness I have a folder of ideas, thoughts and articles for these times . Yes, friends, it is nine o'clock in the evening and I realized Channel articles are due at noon tomorrow. The trusty folder comes off the shelf. Looking through it, I found a Pickles cartoon. So turn on the TV in your brain and picture this—Earl Pickles' wife asks him if he ever thinks about the big "IFS" of life. He tells her that kind of thinking would make his head hurt. Whether Earl likes it or not, she asks the "if" questions. I found them thought provoking. Here is the first question, " IF you had 24 hours to live, what would you do?" This has me stopped dead in my tracks—how about you?? Second question, "IF the whole world were listening what would you say?" I know part of my speech would include peace, children and lots of love. Now, what did I hear you say? Her final question—to me this is the most thought provoking of all—"IF you could ask God one question, what would it be?" Well, I have been thinking about this for several minutes. I believe my question would be----with all that You have given us, why do You think people are having such a hard time putting it all together? IF asked, do you have your answers and question ready?

Our church has much to celebrate this week----the Preschool and Parents' Day Out Program opened the fall season. It is the 50th year!!!! WOW, that's quite an accomplishment. These programs are the oldest and longest running mission outreach program of the church. Please mark your calendar's—Friday evening, October 1st, the Family Life Council and the Preschool Council will be working together to serve a spaghetti dinner with an open house of all the preschool rooms. The Preschool Council will use their share of the profits for playground equipment, the Family Life Council will use their funds for camperships. Tickets go on sale September 12th. Last year over 150 people were served, let's aim for 250 this year. Now, that's a lot of pasta and fun!!!!

There are many activities, classes and special events happening in the life of this church. IF you have to choose one or two, what will they be? I'm pretty sure there is a place for you. Our laity is the best, with Divine guidance we can accomplish anything—there are no limits.

Peace to each one of you,
Sue Gemoets

OFFERING ENVELOPES

We will be ordering the offering envelopes for 2011 at the end of September. If you do not want the envelopes, please contact the Church office (327-1116).

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SUNDAY, SEPTEMBER 26th

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!

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Time: September 17, 2010 from 7pm to 10pm

Location: St. Paul's United

The Arizona Christian Men's Basketball Association has teamed up with the Southern District of the United Methodist Men to sponsor an evening where men can get together for worship, hear information to grow stronger spiritually and physically, and fellowship to build relationships during the open gym. 6:00 p.m. This event will be open to all adult men 18 and older. It's a man thing. There is also volleyball and pick-up basketball for juniors 18-35 and seniors 35+. For more information contact: Barney Hilton Murray at (520) 390-4723 or Jamie Harwick at (520) 991-1949. E m a i l : azcmba@gmail.com or visit www.3rdfridayknights.com.



FRIENDSHIP GROUP

All are welcomed to the Friendship Group activities; it's a great place to meet new friends and connect with old friends!

Tuesday, September 13 - Monthly potluck at 12 noon; the program will be "A Journey to Egypt" presented by Paul and Dot Waugaman.

Saturday, September 25 - Eat out at the Happy Rooster (1114 S. Sarnoff), please make reservations with Acel Scott by 21 September (326-5064).

UMW NEWS

Sept. 8, 10 a.m. Christmas in Sept. Bring an unwrapped toy.

Catered lunch, \$4.00 @ 11:30a.m.

Please call Doris with your reservation

If you are interested in learning more about the wonderful opportunities with United Methodist Women at Christ Church, please contact Doris Russell 721-4411.



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!

SOUTH DISTRICT ANNUAL MEETING

CHRIST CHURCH TO HOST SOUTH DISTRICT ANNUAL MEETING AND "WELCOME AND GROW" SEMINAR Mark your calendar for Saturday, September 18th — help to welcome guests from around our district as they attend the South District Annual Meeting and "Welcome and Grow" Seminar lead by the Conference Director of Communications, Steve Huestdt and friends. Registration will begin at 8:30 a.m. in our Fellowship Hall, a salad bar lunch at 11:45 (\$8.00/person) with the afternoon session ending at 3:00 p.m. Let's show the other district churches how welcoming Christ Church really is — plan to be here for this event and make people feel EXTRAVAGANTLY WELCOMED with GOD'S ABUNDANT GRACE thrown in! Mark your calendar, NOW!



Mission Sunday, September 19th. Learn more about the programs that you serve through Missions on Sunday, September 19th, during Coffee Fellowship. If you would like to help with an activity, but are not sure what is involved a Missions Outreach member will be available to explain. Stop by and pick up a Cajun Cookbook for yourself and a friend for only \$5 each.

Four Corners Native American Ministry, Shiprock, New Mexico

The ministry started with 2 active churches, and over a period of 20 years has established 17 Navajo churches in New Mexico, Arizona, and Utah. Also, the ministry founded an Alcohol Counseling Center; built and operates a Methodist Thrift shop and began, built and continues to encourage a battered women's shelter called "The Home", and established a "Day Care" center in Shiprock. Our native Christian leaders have proclaimed the gospel of Jesus Christ in their native tongue through the means of pastor training and seminars, mission outreach, and youth camps.

Web Site: <http://www.gbgn-umc.org/fcnam/> or www.fcnam.org



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COME JOIN US!

Remember that wonderful Spaghetti Dinner last year at the Fall Fundraiser for Family Life Council and the Preschool? Remember all the happy children on our campus that evening and the families eating with us and then going to the Preschool Annual Open House? Well, it's that time again! You are invited to join all the fun on Friday, October 1st (5:30 - 7PM) - (\$6. Adults/\$4. Children) in Fellowship Hall. Family Life will use proceeds to help families with camping opportunities; Preschool Council will donate its proceeds to purchasing equipment for the Church-Preschool playground. Tickets will go on sale soon at Coffee Fellowship and in the Preschool Office. Please join us for a nice Fall evening event.