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No. 11



## FROM THE PASTOR: "GARDENING WITH GOD"

During the past month Salt River Project has been replacing the underground power lines that connect our church to the power grid. It seems that the original installation which was done 20 years ago was faulty. In preparation for one of the planned power outages, I made sure to turn off all computers, air conditioners, and copiers in the Sanctuary building so a power surge wouldn't burn out our equipment. This means almost all the power surge protectors were turned off.

This caused some inconvenience when my wife Beth tried to use a church computer the next morning and the monitor wouldn't turn on. She came and asked me if I knew what the problem was. I went to the computer and found the power bar was off. It was disconnected from the source of power. With a flick of a switch, the monitor had power and could do its work. It's obvious that computers and other equipment need to be plugged into power to run.

Jesus says the same thing about us. "I am the true vine, and my Father is the vinegrower." If we wish to live a fulfilled life we have to remain connected with God. We need to abide with God. A leaf or grape can't grow on its own but must remain connected to a source of power. If a leaf becomes disconnected from the branch it will die. Jesus knew that we too wither when we don't stay connected to God. So how do we abide with God? How do we remain connected?

During a four-week series on "Gardening with God" we will take a look at how we remain connected. We will look at ways to strengthen our connection with God so that we might bear spiritual fruit. I will see you Sunday.

Grace and peace,

*Fred*

## UPCOMING SERMON SERIES "GARDENING WITH GOD"

- ✝ 10/25 — Ways to Worship
- ✝ 11/01 — Connecting with God
- ✝ 11/08 — How Is Your Soul?
- ✝ 11/15 — Abiding in His Presence



"FOLLOWING JESUS, SERVING OTHERS"



## CHRISTIAN EDUCATION

by Katharine Keller

*"Our mission is to bring the love of Christ and His teachings to learners of all ages on their spiritual journey, that they be transformed and thus positively affect our local and global communities."*

### SIDEWALK CHILDREN'S MINISTRY



Sherry Hussein Sidewalk Coordinator

Sidewalk Children's Ministry (October—April) meets every Saturday from 10:00am-12:00pm at Avalon school in Apache Junction.

Sidewalk is an outreach ministry for children, many of whom do not attend church. We have a wonderful group of volunteers from GCUMC who are dedicated to Sidewalk. Each Sidewalk session is filled with spiritual nurturing through God's word in Bible stories, games, songs, and crafts. Lunch is included. If you are looking for a unique volunteer experience where you have the opportunity to change a child's life.....Sidewalk is for you!

Our first Sidewalk Saturday was October 24th, our lesson was on "New Beginnings", children shared stories of new beginnings in their lives; and we found many Bible stories and scriptures of new beginnings.

Please consider volunteering as a "Shepherd" in this uplifting ministry. We have many opportunities to serve in Sidewalk. You may want to bake cookies or provide lunch one Saturday. You may have a special talent and would like to give a presentation. We invite you to stop by our ministry site one Saturday; you may be inspired to join our team of volunteers.

We are in real need of additional van/bus drivers to transport children in Apache Junction to and from the Sidewalk Ministry site, using Church vehicles. We are looking for people to volunteer



one Saturday per month, Nov. through April, from 9:00am - 12:30pm. Volunteers will

be required to complete a background check at the Church Office. For info on more Sidewalk opportunities, call Sherry Hussein at 480-529-9621.

Thanks to the Gold Canyon UMC Congregation for all your continued support of Sidewalk!

### MONTHLY MINION: ZACK HARTMAN



Each month we highlight a child or siblings in our children's programming. This month we want to introduce you to Zack Hartman!

- **Favorite Food:** "Tacos"
- **Favorite activity:** "Hiking"
- **What he likes about church:** "Worshipping God and being with friends."
- **What he thinks God is like:** "Friendly, makes you smile; caring, helps you in hard moments."



### FIELD TRIP FRIDAY



November's Field Trip Friday will be 11/13. We are heading to Bass Pro Shop in Tempe where



Mr. Quanstrom will talk about the various animals and fish displayed in the shop, and we'll go to Red Brick Pizza for lunch. Please RSVP to Katharine before then by calling the church office. The photo below is from October's outing to Vertuccio Farms.





## PIONEER CLUB



The girls have earned their "Using the Bible" and "Outdoor Cooking" badges. We have so much fun together while we learn!



*Girls on a scavenger hunt with Assistant Faye*

*Enjoying God's rainbow!*



## KIDZ KANYON

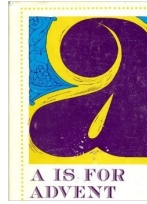


Here are our Kidz Kanyon kids captured in photographs... Who says Sunday School isn't the place to learn about Jesus and still have fun?

Be sure to check our Facebook page highlighting our GCUMC Children's Program. If you are on Facebook, just search for GCUMC "Kidz Kanyon" to see what's trending from birth through 6th grade and view pictures of our activities.



## "A" IS FOR ADVENT



Sunday School children who wish to participate will be creating a pictorial booklet for Advent. It will contain pictures drawn by our students based on Scripture verses given to them. If you would like your child/grandchild to be a part of this activity, please contact Katharine as soon as possible and she will distribute a blank page with a letter of the alphabet, as well as instructions. In order for the booklet to be assembled before Advent begins, all entries need to be submitted by November 15th.

## OUTDOOR MOVIE NIGHT!



Our next Outdoor Movie Night will be Fri., Nov. 20, and our movie will be "Inside Out."

Here is the story line of this animated fantasy/comedy-drama in case you are not familiar with the plot: *Riley is a happy 11-year old Midwestern girl, but her world turns upside down when she and her parents move to San Francisco. Riley's emotions – led by Joy – try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness to the forefront. When Joy and Sadness are swept into the far reaches of Riley's mind, the only emotions left in "Headquarters" are Anger, Fear and Disgust.*

These outdoor movies are designed as events to which you can invite someone who doesn't normally attend church. As always there is no charge, we'll serve Harkins popcorn. Please bring your own lawn chair!

## BIBLE CLASS GRADUATES

We anticipate there will be a few more 3rd and 4th graders who will go through a Bible class and receive their own Bible, but here are our October graduates: Ashley Williams, Taylor Thibodeau, Jacob Adams, Kara Kirby.



## CONFIRMATION



Confirmation is a period of time when youth 6<sup>th</sup> grade and older attend interactive classes to learn more about the tenets of our faith with an invitation at the end to become members of Gold Canyon United Methodist Church. We will begin our 13-week Confirmation Class in January of next year. If you have a student in that age group who would like to go through this process, please contact Katharine by November, so that she can begin assembling materials. The day we meet will be determined by the participants' schedules.

## CHURCH LADIES ADVENTURE CLUB

The ladies have been on the go! In September, 34 attended the Women's Retreat at Tonto Rim Christian Camp, and in October, 13 attended a production of "Godspell" at Ghostlight Theater. Great learning at the Retreat and wonderful fellowship at both events. Join us!



## ADULT STUDIES & CLASSES BEGINNING IN NOVEMBER



**Adult  
Education**

### ✚ Beliefs 101: *Essentials of Our Faith*

Tues., 11/17—12/25 from 7pm—8:30pm  
Facilitator: Fay Quanstrom

### ✚ Advent Study

Tues., 12/1—12/22 from 1pm—3pm  
Facilitator: Fay Quanstrom

*If you are interested in signing-up, please call the Church Office or register on Sunday morning.*

## LADIES 1-DAY RETREAT



**LADIES!...** Mark your calendars for our One-Day Women's Retreat scheduled for Saturday, Feb. 6th, 2016 at the Arizona Golf Resort. The theme is: *Lavender Springs Spa.*



## HARVEST FESTIVAL PHOTOS

Be sure to check out our December Newsletter for pictures from the Harvest Festival!







## GCUMC Youth Group News

By Beth Steinberg, Youth Director



### OUR YOUTH IN ACTION!



*Week of Hope Mission Trip*



*Weeding the volleyball court*



*Praise  
Service  
Liturgist*



*Greeters*



*Week of Hope Mission Trip*



*Helping at Genesis Project*

Check out our  
*Upcoming Youth*

# EVENTS

on the next page!

## YOUTH MINISTRY

### SUNDAY BIBLE STUDY CLASS

(7th—12th Grades)

Sunday mornings at 9:30am

Education Building

Creative Bible lessons & discussions!

### YOUTH GROUP

(7th—12th Grades)

Sunday nights 6:30pm—8:30pm

Education Building

Fun, faith-based programs and fellowship!

# Upcoming Youth EVENTS

Sun., 11/1	<b>Christmas Eve Puppet Show Rehearsal Youth Group</b>	5:45pm—6:30pm 6:30pm—8:30pm	Sanctuary Education Building
Sun., 11/8	<b>Christmas Eve Puppet Show Rehearsal Youth Group</b>	5:45pm—6:30pm 6:30pm—8:30pm	Sanctuary Education Building
Sun., 11/15	<b>Christmas Eve Puppet Show Rehearsal Youth Group</b>	5:45pm—6:30pm 6:30pm—8:30pm	Sanctuary Education Building
Sun., 11/22	<b>Christmas Eve Puppet Show Rehearsal Youth Group</b>	5:45pm—6:30pm 6:30pm—8:30pm	Sanctuary Education Building
Sun., 11/29	<b>Ice Skating at "Arizona Ice" in Gilbert (\$12)</b> <i>(No Puppet Show Rehearsal today)</i>	12:30pm—4:00pm	Meet at GCUMC at 12:30pm or Gilbert Ice at 1:00pm

## COUNTRY NEWS

November is a great month. The weather cools down for good until next year, more of our winter residents return from all over the United States and Canada so there is a real sense of homecoming and the joy of Thanksgiving Day and, this year, the first Sunday in the Christmas Season.

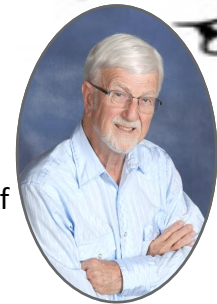
A good time is already being had at the Country Western service at 5 PM on Sundays—it will only get better as November arrives.

I'm going to start the month with a series of four sermons about something that is vital to our communication with each other and our understanding of how God communicates with us through the pages of the Bible. The series will be titled, "Words—for Better or Worse." Here is the schedule:

- ✝ 11/1 5 Dangerous Words
- ✝ 11/8 If A 4-Letter Word is Bad, Is a 9-Letter Word Worse?
- ✝ 11/15 3 Little Words
- ✝ 11/22 The Word Became Flesh

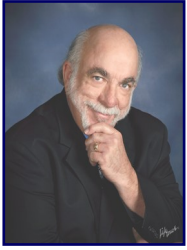
Come join us for great time—and an occasional "Yee Haw!"

Bob Deits





## MUSIC NOTES by Doug Benton



November is a special month for me. I was born on the 3rd, and my wife, Martha, was born on the 23rd. It is also special to me as it becomes a month-long time of thanksgiving – appreciating all the beauty that God has created for us, appreciating the sacrifice and dedication of all the musicians I have the honor of working with on a regular basis, and appreciating the fact that God has called me to be here at this incredible place in this time. Indeed, I could not be happier than I am right now!

I have discovered something quite by accident that really gets my day going in a positive direction. Several months ago, I woke up, got out of bed and looked in the mirror at my hair going every which way (I didn't know I had enough hair to go every which way, but I guess I do when I wake up!), and I had a scowl on my face! I decided to raise my bushy eyebrows, smile at myself and say, "Good mornin'!" I was shocked at how happy that made me feel, and that feeling stayed with me all through the day! Now, I do that every morning, without fail, and every day, I truly feel great – and happy! Try it yourself, and let me know what you think!

This month we have several events in which you can participate:

1. First, several of you have said you would like to sing in the Choir, but would rather sit with your spouse on Sundays. If you are interested, please consider singing in our **Christmas Concerts**. We rehearse only Saturday mornings from 9:30am—12:00pm, except after Thanksgiving, when we will rehearse on Sunday afternoon from 1:00pm—3:00pm. Our Christmas Concerts are always on the second Saturday of December. This year, that will be Saturday, Dec. 12 at 3:00pm and 6:00pm. No audition is necessary – all we ask is that you can sing on pitch, and read music at least a little.
2. Of course, if you would like to sing in the **Chancel Choir** we would love to have you join us. Again, all we ask is that you can sing on pitch and read music at least a little. It is my job to do everything else... Come join us! We rehearse on Thursdays from 6:50pm—8:30pm in the Music Room. If you have any questions, please let me know. If you decide to join us, please come 5 minutes early so we can get you music and a folder. We have a lot of fun in our Choir – probably more than we should have—for a "church group!"
3. Another event is our **10th Annual Celebration of Veterans and Returning Warriors** which will be on Sunday, November 8th at 3:00pm. This year, the

doors will open at 2:15pm and there will be continuous entertainment until 3:00pm. There is no charge, however, a free will offering will be received and 100% of it will go to the Wounded Warriors Fund. If you would like to donate, but cannot attend the program, please make your check payable to: *Carl T. Hayden VA Medical Center* and on the memo line please write: *GPF #9914*, which is the number for the Wounded Warriors Fund that we helped establish 10 years ago. Then just drop it off at the church office. We ask you to be as generous as you feel you can be. All of the funds will be distributed here locally to help our returning warriors in need. We also ask everyone to please bring at least one non-perishable item per person for the GCUMC Food Bank. The need is great!

4. The **Gold Canyon Arts Council** begins their **Canyon Sounds Series** this month with *Footworks Percussive Dance Ensemble* on Friday, November 13 at 7:30 pm in the Sanctuary. Included will be clogging from Southern Appalachia to the step dances of Ireland and England, along with ham-boning, hoofin' and early jazz tap! This promises to be an event filled with eruptive joy! Special Discount Coupons will be available at the Information Booth on Sunday, November 8 after the morning services, and in the Church Office during the week.
5. This month we begin our **GCUMC Orchestra**. If you have an instrument that you have played in the past, dust it off, practice your scales and arpeggios (huh?!?) and come down to play with us. We rehearse on Wednesdays from 7:00pm—8:00pm in the Music Room, and play in church about once per month. Please come join us – you will certainly be glad you did! We are really pretty good and have a very good time making music together!

I hope you and your family have the opportunity to come together for Thanksgiving – even if only by phone, Facebook or Skype, and praise God for all the many, many blessings He has given to each of us. And, when you look in the mirror and see that weird looking dude/dudette, look in his/her eyes, give a great big smile, and say, "Good 'mornin'!" and watch how that face turns into a big, happy face!

*Doug*

Douglas J. Benton  
Director of Music Ministries



## 2015-2016 PERFORMANCES AND EVENTS

10/25/15	Sun	3-5pm	<i>Harvest Festival</i> for kids, families and the entire community
11/08/15	Sun	2:00pm	<b>10<sup>th</sup> Annual Celebration of Veterans &amp; Returning Warriors</b>
11/13/15	Fri	7:30pm	* <b>Footworks</b> outstanding dance ensemble!
12/12/15	Sat	3:00pm	<b>14<sup>th</sup> Annual Choral Christmas Concert</b> with bells, brass, harp
12/12/15	Sat	6:00pm	<b>14<sup>th</sup> Annual Choral Christmas Concert</b> with bells, brass, harp
12/24/15	Thu	4:00pm	<b>Family Christmas Eve Service</b> with Candle Lighting
12/24/15	Thu	5:30pm	<b>Gift of Music</b> half-hour of special Christmas music
12/24/15	Thu	6:00pm	<b>Traditional Christmas Eve Service</b> with Candle Lighting
12/24/15	Thu	7:30pm	<b>Gift of Music</b> half-hour of special Christmas music
12/24/15	Thu	8:00pm	<b>Traditional Christmas Eve Service</b> with Candle Lighting
12/24/15	Thu	11:00pm	<b>Christmas Eve Service</b> with Communion and Candle Lighting
1/08/16	Fri	7:30pm	<b>George Dyer</b> outstanding tenor from Branson, MO
1/10/16	Sun	2:00pm	<b>Theater for the Thirsty</b> Christian drama troupe
1/15/16	Fri	7:30pm	* <b>Four Freshmen</b> Yes – <i>THE</i> Four Freshmen!!!
1/23/16	Sat	9:00-4:00	<b>Gold Canyon Arts Festival</b> Free by Gold Canyon Arts Council
1/31/16	Sun	2:00pm	<b>The Legacy Quartet</b> Southern Gospel and so much more
2/09/16	Tue	5-7pm	<b>Fat Tuesday Pancake Dinner</b> for entire families and community
2/10/16	Wed	7:00pm	<b>Ash Wednesday Service</b> with Choir, communion and ashes
2/12/16	Fri	7:30pm	* <b>Fandango</b> spicy mix of Latin, Spanish and Classical sounds
2/14/16	Sun	2:00pm	<b>Kiriku Handbell Ensemble</b> from Japan – the finest in the world!
2/23/16	Tue	7:30pm	<b>NAU Shrine of the Ages Choral</b> one of the best in the USA!
2/28/16	Sun	5:00pm	<b>Houser Gang in Concert</b> our outstanding Country/Western family
3/04/16	Fri	7:30pm	* <b>Metales M5 Brass</b> unique brass quintet from Mexico
3/06/16	Sun	2:00pm	<b>The Incredible Rice Brothers</b> piano/cello virtuosos return again!
3/13/16	Sun	2:00pm	<b>Gene Lowry</b> outstanding jazz pianist (and preacher) in concert!
3/20/16	Sun	3-5pm	<b>Eggs-Stravaganza</b> for kids, families and the entire community
3/24/16	Thu	7:00pm	<b>Maundy Thursday Service</b> with the Choir and Communion
3/25/16	Fri	7:00pm	<b>Good Friday Service</b> Choir sings Dubois' <i>7-Last Words of Christ</i>
3/27/16	Sun	6:00am	<b>Easter Sunrise Service</b> in the north parking lot
3/27/16	Sun	8, 9:30am	<b>Easter Festival Services</b> with Choir, Handbells and Agape Brass
3/27/16	Sun	10:50am	<b>Easter Praise Service</b> with <i>Uncommon Grace</i> leading worship
3/27/16	Sun	5:00pm	<b>Easter Country/Western Service</b> with the <i>Houser Gang</i>
4/01/16	Fri	7:30pm	* <b>Franc D'Ambrosio</b> outstanding Broadway tenor in concert
4/17/16	Sun	2:00pm	<b>Interfaith Choral Festival</b> at Our Savior Lutheran Church

\* Indicates a ticketed event for a fee, sponsored by the Gold Canyon Arts Council Canyon Sounds series. All other concerts are sponsored by the Gold Canyon United Methodist Church Performing Arts Series and are open to the public at no charge though a free will offering will be received. We ask that everyone please bring at least one non-perishable food item for the Gold Canyon United Methodist Church Food Bank.



GOLD CANYON UNITED METHODIST CHURCH  
 6640 South Kings Ranch Road ♦ Gold Canyon, AZ 85118  
 480-982-3776 ♦ [www.goldcanyonumc.org](http://www.goldcanyonumc.org)



## PASTORAL & CONGREGATIONAL CARE

*Joel Hurley, Coordinator of Pastoral Care*



Four pastors are on-call to make visits to members and friends of Gold Canyon UMC. Please feel free to call the church office at (480)982-3776 and one of the pastors will respond to your request. After hours, you may call or email one of the

pastors directly:

✝ **Rev. Fred Steinberg, Sr. Pastor**

revstein78@gmail.com  
480.982.3776

✝ **Rev. Bob Deits, Assoc.**

bobnjune@cox.net  
602.615.6634

✝ **Rev. Fay Quanstrom, Assoc.**

fay.quanstrom@gmail.com  
480.458.8420

✝ **Rev. Joel Hurley, Assoc.**

joelhccjl@gmail.com  
602.291.0464



If you know someone in the congregation who is hospitalized, ill at home and/or needs the prayers of the community, please let one of the pastors or the church office know so they can be included on the prayer list.



## MIND MENDERS



... is a support group for caregivers of Alzheimer's and other dementia disease patients and meets on the 2<sup>nd</sup> & 4<sup>th</sup> Friday each month at 10am in the Education Building. Join us! Contact Jeanette

Lunstead at 480-671-9888 or the church office for more info.

## CANCER SUPPORT



... provides spiritual support, love, friendship and a helping hand to cancer patients, caregivers and their families. The group meets weekly on **Wednesdays** at **10:30am** in the **Emmaus Room**. Contact Dee Ashe at (480)924-5483, (480)685-7175, or send an email to her at

[deenashe7580@gmail.com](mailto:deenashe7580@gmail.com).

## GRIEF SUPPORT



... is for those who have experienced a major loss such as the death of a loved one or divorce. The leader of the group, Rev. Bob Deits, has been working extensively with these issues for 36 years and addressed them in his book, *Life after Loss*, now in its 5th edition. Please accept Bob's invitation to attend the Grief Support group he leads every **Monday from 1:00pm—2:00pm in the Education Building**. For questions or if you wish to speak with Bob privately, you may call him at (602)615-6634.





## GLOBAL MISSIONS OPPORTUNITIES

*Fay Quanstrom, Associate Pastor*

*"...We will strive to be a church that serves our community and the world, realizing and sharing the satisfying and abundant life Christ brings to all people."*

**"The world is my parish." – John Wesley**



### ✝ Annual Brunch November 14th



November is an important month for Global Missions at GCUMC with its annual brunch on November 14 at 9:30 in the Koininia Room. Everyone is invited to this free event. Fred Curry, the founder of Rice and Beans Ministry in Costa Rica, is our special guest for the morning. He will talk about his vision for this food and home improvement ministry as well as what has already been accomplished. Two of his Costa Rican assistants, Gabby and Rosa, will also be our guests. You will be able to meet and converse with these national workers who share the vision and enthusiasm for Rice and Beans Ministry. You will be amazed and blessed. If you have been on global missions trips in the past you will want to attend! If you are considering this year's mission trip January 16-23, 2016 you will definitely want to attend! If you would simply enjoy a delicious free meal, come to the Global Missions Brunch.

### ✝ PET Mobility Project



Personal Energy Transportation, better known as PET, is one of GCUMC's global mission projects. Through this faith-based, volunteer-driven ministry leg-disabled individuals in developing countries can receive a PET with which to transport themselves. The ability to self-transport is life-changing, life-transforming for the recipients. What a difference when people no longer must drag themselves along the ground but can move themselves with dignity. You'll be able to see and even try out a PET at the Global Missions Brunch. Designated gifts to PET can be made through a check to GCUMC.

### ✝ Designate a Gift When You Can't Go Yourself

GCUMC's Global Missions Projects are part of UMCOR, United Methodist Committee on Relief, and the Global Advance ministries. They are:

- Rice and Beans Advance #3021052
- Personal Energy Transportation (PET) Advance #982665
- Genilma Boehler, Missionary at UBL Advance #3021277
- Fellowman International (Honduras)
- International Disaster Response Advance #982450 *(for emergency relief where help is most urgently needed)*

To donate to UMCOR, please write your check to GCUMC and write "UMCOR Advance ##### (fill in appropriate number)" on memo line. 100% of donation goes to those affected. 100% of UMCOR Advance designated gifts go directly to the specific ministry.



For more ways to help, or to donate online, go to: <http://new.gbqm-umc.org/umcor/> or follow UMCOR on Twitter at @UMC\_UMCOR





## FOR THE GRACE OF GOD GO I

During one of Pastor Fred's sermons in late September, he talked about grace. Although I don't recall for sure whom he quoted, he repeated the below thoughts on the topic:

*Justice is getting what you deserve;  
Mercy is not getting what you deserve;  
Grace is getting better than you deserve.*

Those three sentences are pretty powerful. Especially that part about getting better than what we deserve.

I had the opportunity recently to visit southern California, and spend a couple of evenings walking on the beach by myself. The sunsets were beautiful and I was able to spend some time in quiet reflection. Looking off into the distance at something as vast as the ocean, my mind always goes directly to God and of all of His creations.

On this particular trip I found myself thinking about something not so good, happening to someone I knew. I said to myself, "But for the grace of God go I." I realized that I have used that phrase quite a bit in my life, often when I am thinking about something stupid I almost did but thankfully didn't, something bad that didn't happen to me but easily could have, etc.

And then an even stronger realization hit me – to view it that way, I have actually been insinuating that God picks and chooses those to whom he affords grace. That can't be further from the truth. I was there, here, at whatever point I am in my life at any given time, because of the grace of God...For the Grace of God!

Funny the way our minds work. God gives us much, much more grace than we deserve, yet for some reason we are often not graceful enough to accept it.



Recently a "fortune" cookie made me laugh; it was really more of a saying than a fortune – "A

clear conscience is usually the sign of a bad memory."

Now that about sums it up. We all have things in our memories from the past that we have a hard time forgetting. God provides us grace, but we often won't get out of our own way. Wherever we go, whatever we do, whatever circumstances we experience, for the grace of God go we.

It's hard to believe it's November. But as this Thanksgiving approaches, I am vowing to take the word "but" out of that common phrase, and to be more mindful of thankfulness for every aspect of my life.

If you find yourself, or know someone else, needing a little assistance in discovering the grace of God in your life then you might consider asking for a Stephen Minister. The confidential ear of a fellow Christian can sometimes be all it takes to get you through to the next chapter in your life.

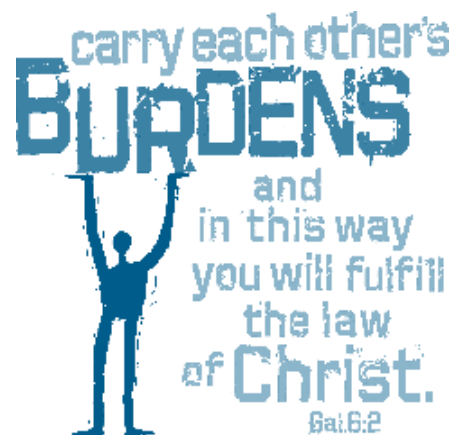


You may make a confidential request to a Stephen Leader by emailing a Leader at: [stephen.ministry.gcumc@gmail.com](mailto:stephen.ministry.gcumc@gmail.com), calling 480-283-4861, or checking the box beside "Desire a Stephen Minister" on the Sunday morning attendance pad.

by Kim Shroyer,  
on behalf of the Stephen Ministry Team

*"May our sons flourish in their youth like well-nurtured plants. May our daughters be like graceful pillars, carved to beautify a palace."*

*Psalm 144:12 (NLT)*





## DANGERS OF STRESS



Fall is upon us, and with it comes the beginning of the Holidays... and often, HOLIDAYS=STRESS. Because stress often leads to disease, it's a good topic for this time of year. Unfortunately, when you add the everyday stress that people have to holiday stress, bigger medical problems than just colds or flu can set into motion. Diseases affected by stress include heart disease, Alzheimer's, diabetes, depression, headaches, gastrointestinal problems and even asthma. According to Dr. Jay Winner, founder and director of the Stress Reduction Program for the Sansum Clinic in Santa Barbara, CA, "Stress not only makes us feel awful emotionally, but can exacerbate just about any health condition you can think of." When we are stressed, the body releases stress hormones, such as adrenaline and cortisol. Elevated cortisol levels impair the immune function and make it harder to fight off infections, including cold and flu viruses.

It's important to consider how you can break the stress cycle in your life, which can vary for individuals, but there are some commonalities. Our thoughts and feelings definitely affect the amount of stress we experience. According to Joyce Meyer in her book Living Beyond your Feelings, "God has given us free will and this truth is that our thoughts and feelings cannot rule us if we don't let them, but most people do not know that." Our thoughts prepare us for action—good or bad—and we do have the authority to choose our thoughts rather than go with whatever comes to mind. So by learning to recognize the thoughts and feelings about the upcoming holidays, we can shift them and break the stress cycle before it starts. A few tips to having a better Holiday season are:

- 1) **Accept the way things are**—Mindfulness means being aware and keeping yourself in the current moment without judging. Thoughts will ebb and flow and you do not have to believe them. Usually thoughts are just opinions.
- 2) **Look Up/Find a reset point**—The cluttered, overwhelmed or exhausted mind needs a bit of fresh air. According to Larissa Hall Carlson, the dean of the Kripalu School of Yoga and Health in Stockbridge Massachusetts "Just a few minutes of sky gazing can provide the mind with the space it needs to refresh and reset. Find a comfortable place to sit or lie down and look up." Meditating on a short phrase of scripture can be soothing, as well. (*Be Still, Gods Peace, etc.*)
- 3) **Massage your ears**—Dean L. Carlson says it stimulates the same stress-reducing energy points used in acupuncture. Just close your eyes and take a few deep breaths. Now firmly rub, tug and massage your ears for one to three minutes and relax your jaw and shoulders.
- 4) **Practice Gratitude**—Counting the things you feel grateful for, writing them down in a journal or on your calendar is very helpful. Check out [www. Happier.com](http://www.Happier.com).
- 5) **Set limits on technology**—Would you believe people check their email 15 times or more per day? Those who reduced it to 3-5 times daily reduced their stress levels and over all tension. Unfortunately, folks equate busyness as a sign of productivity and rest as a sign of laziness. However, taking time to rest actually can ease the sense of being overwhelmed making you more effective and give the brain time to make connections that provide insights into ways to spark creativity and find solutions.
- 6) **Take a walk**—Research shows that taking a refreshing walk outdoors supports bone health, improves cognition and enhances mental well- being.

Reducing stress using these 6 steps also helps slow the rate at which our cells grow old, "a 2004 study published in the Proceedings of National Academy of Sciences of the United States of America showed that telomeres (a part of the chromosome that protects genetic data) in the cells of chronically stressed women had the equivalent of an additional decade of aging" ~ C. Fiedler June, 2015.

Hopefully, a few or all of these steps can help you create a less stressful holiday season by changing your thoughts and actions and improving your overall health as well.

Blessings of Health & Wellness,  
Susan Malloy RNBSN GCUMC Parish Nurse



## SCRIP BUS & VAN FUND



Did you know Bashas', Albertsons and Fry's help non-profit organizations — like GCUMC — by giving us a rebate on all purchases made when you use their cards **that are obtained from and/or connected to GCUMC**? The money earned helps pay for the church bus and van (*gas, licenses, maintenance, insurance, etc.*), and we've already raised \$144,000 from these grocery store programs! After expenses are covered, the balance of the funds goes toward **the purchase of a covered structure to protect these vehicles.**

⇒ **AmazonSmile:** Who doesn't shop on Amazon? Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the GCUMC SCRIP Bus & Van Fund whenever you shop on AmazonSmile... *same selection... same prices!* To benefit GCUMC the next time you shop, just go to:

<https://smile.amazon.com/ch/86-0621002>

⇒ **Albertsons (1% rebate)** offers a key tag you swipe each time at checkout.

⇒ **Bashas' (6% rebate) Community Support Cards** can be purchased (cash or check) from the church in denominations of \$20, \$50 or \$100, and be used at all AZ store locations, including AJ's Fine Foods and Food City. When the card balance gets low (shown on store receipt), you can reload it at the Customer Service Desk or at the register **before** your order is rung up (up to \$500) using cash, credit/debit card.



⇒ **Fry's VIP Card (up to 3% rebate)** Register your VIP card online with GCUMC's affiliation #80092, or you can come to the Church Office and we'll be glad to help. It all adds up! **(Please remember to renew your Fry's VIP card online if you haven't already!)**



Additional info is available at the Information Desk on Sunday, in the Church Office, or from Betty Rolley at (480)380-0147. Thank you for your continued participation!

## IT'S ALMOST TIME TO SAY MERRY CHRISTMAS!



Believe it or not - **it's time to order your Christmas Poinsettia** in honor or in memory of a loved one. We are pleased to offer a 3-plant floral quality poinsettia for only \$14.00 each.

Please complete the Order Form below and include payment for each poinsettia ordered and:

- Make **checks payable to "GCUMC"**, noting **"Poinsettia"** in the memo section.
- Mail to Gary Stemple, 8295 E Sweet Acacia Dr., Gold Canyon, AZ 85118-6998
- Place the form and payment in the offering plate, or leave it in the Church Office to Gary's attention.

Poinsettias will be placed in the Sanctuaries for enjoyment during the holiday season. **You may take yours home after the Christmas Eve services.** A listing of those giving poinsettias will be available during Christmas Eve services.

**POINSETTIA ORDERS MUST BE RECEIVED BY DECEMBER 13th**



## POINSETTIA ORDER FORM

☐ I am ordering a poinsettia in Memory of:

\_\_\_\_\_

☐ I am ordering a poinsettia in Honor of:

\_\_\_\_\_

☐ Payment of \$14.00 for each is **enclosed**

**TOTAL PLANTS:** \_\_\_\_\_ **TOTAL \$:** \_\_\_\_\_

**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

Please call the Church Office at (480)982-3776 with any questions.

**Orders must be received by December 13th.**

# PLEASE WELCOME OUR NEW MEMBERS



*Victoria & Shawn  
McClung*



*Paula & Gene McBride*



*Katie Mulry & Michael Burford*



*Teresa Cooke*



*Anne Oswald*



*Marilyn  
Douglas*



*Carol Lewis*



*Karen Braghetta*



Thanks to all of you this month. We so appreciate your participation in so many ways. One such example : Hospitality Team

Each week Grace Markert and 2-6 volunteers make the coffee, iced mocha, fruit and veggie trays, punch, cookies, pastries, iced tea and so much more. We would love to have you help us!

## CHRISTMAS ANGEL MISSION 2015



As you read this, the Angel Team is already busy at work!

Our Organizational Meeting was on October 12th. Our clients and partners for this Mission continue to be: Project Help families, Hope Women's Center families, Food Bank families, and Sidewalk Sunday School families.

My Communication Angels are calling each applicant and verifying the clothing size for each family member, etc. On Nov. 20th our three trees will be set-up for you to take tags. Bashas cards will be available for purchase, and cash donations will be a great help for us!

IF YOU KNOW OF A GROUP WILLING TO TAKE A FAMILY SUCH AS AN RV RESORT, CLUB, OR BUSINESS, please call the Church Office. Our countdown to Christmas will be available in your bulletin from Nov. 22 to Dec. 13.

Want to make a difference in a family's life? Call the Church Office!

GO INTO THE WORLD AND DO WELL,  
BUT MORE IMPORTANTLY,  
GO INTO THE WORLD AND DO GOOD.



## Service Opportunities



✝ Do you sing and/or play an instrument? Do you have a passion for worship music? If so, the **Uncommon Grace Praise Team** needs YOU! If you are interested, please send an email to: [ChurchOffice@GoldCanyonUMC.org](mailto:ChurchOffice@GoldCanyonUMC.org)

✝ Can you offer your time and efforts for one Sunday service each month? Volunteers are needed for the 8:00, 9:30 and 10:50 services. Please call the Church Office if you can help!



✝ **Information Desk:** We are looking for smiling faces, a warm personality and a helping heart to staff our Information Desk at the 8am and 9:30am services. Especially when winter visitors have returned, the Desk gets delightfully busy! Training is provided, and it's helpful if you can do once a month... but your service will be welcomed whenever you can assist! Please contact Katharine in the Church Office.



✝ **Sunday Coffee Fellowship Goodies:** Ever notice the yummy platters of fresh fruit & cheese, and sweets to accompany our coffee during Sunday Coffee Fellowship? **Everyone is always welcome to enjoy this plethora of goodies;** although there is no charge, your contributions are important to the continuance of this hospitality. Please help keep this aspect of our Team Outreach welcome alive with your contribution.



✝ **Funeral/Memorial Reception Servers:** Needed to set-up/serve at Memorial Receptions (we already have an active list of food donation volunteers). Please contact Marilyn at 480-288-1963 if you can assist this invaluable ministry that helps families in their time of need.

## OUR HISTORY

by Velma Carlson



## MINISTRY OF MEMORY

The first church historian for Gold Canyon United Methodist Church was Martha Burkinshaw, who was also a charter member of the church. Martha was also known as the "Cookie Lady," and was a sweet lady with a wide smile, who wanted to make everyone feel welcome. She made coffee and baked cookies for everyone to enjoy following the service.

It was Martha who started collecting pictures and assembling them in a large album... and it was Martha who started keeping lists of members, marriages, and births, etc.

She attended services faithfully and prayed faithfully for the church. If you weren't in the service, you could always expect a call from Martha to find out if you were ill, or why you had missed the service!

Martha helped the church grow, and you could always count on her to fill any vacancy or help in any way she could as the church family expanded.

Although her memory is spotty now on people and incidents in those early days, we will always be grateful to her for getting things organized to preserve the history of our church.

*Martha,  
we thank you!*





# MINISTRY & MISSION

## *Updates*

### HABITAT FOR HUMANITY WINTER 2016 PROJECT



We are looking forward to participating in building a home with a family in Chandler this winter as part of our membership in the Superstition Coalition of Churches in the East Valley. We will know more about the exact location and the family in the next month or so.

Habitat homes give families the opportunity to have a stable, safe place where they can live for the long term. These families have often been moving from place to place, from one tiny, cramped apartment or trailer in a bad neighborhood to another, which is especially difficult on the children.

But this special opportunity does not come easy. Families are put through a rigorous education program; learning how to budget their money, make low cost repairs, and what to watch out for in the maintenance of their new home. There is the sweat equity too, which means they must complete 400 hours of work on the actual build of their home. All this hard work results in a better understanding of what it takes to be a homeowner. These hard-working, deserving families are able to achieve their dream of an affordable home that they actually own.

We are excited about our opportunity to be part of this special ministry again. We are looking for volunteers to work on a couple of Saturdays in the January-March time frame, and also for volunteers to prepare and deliver lunch to the work crew on those days. We are really in need of about 20 generous donors who would be willing to contribute \$100 toward our goal of \$8000. Of course gifts in any amount will be greatly appreciated. Please mark your check memo for Habitat for Humanity, or make your contribution online at [www.GoldCanyonUMC.org](http://www.GoldCanyonUMC.org).

We will keep you posted as plans develop. Thanks for your ongoing support of this ministry!

Joe and Maureen Morton  
602-284-2826; MoandJoeM@aol.com

### GENESIS PROJECT



Your \$200 donation (\$400 if filing jointly) to Genesis Project gets you a dollar-for-dollar tax credit on your Arizona Tax Return. If you already have an AZ Tax Liability, at least equal to the credit amount, then giving is at no cost to you! Arizona's Helping the Working Poor Tax Credit is in addition to any credit you may already receive from donations to a public or private school.

**How do I file for the credit?** You or your accountant complete a simple form, which is included with materials provided by the State of Arizona to all state tax filers, and send it along with your state tax return.

### STITCHES UNLIMITED OR QUILTS FOR ST. ANDREWS CLINIC



Another rewarding St. Andrews volunteer trip has been completed. As always we have so many people, groups to thank for making this opportunity a rewarding success. First to the five ladies that went down and participated in putting smiles on the children's face by just giving them a stuffed animal, a quilt, afghan, or a tennis ball.

But to make this trip a success it takes everyone's help so a THANK YOU to: the quilters, women who made afghans, GCUMC for the generous donation which was used for nutritional items, blenders and a monetary donation to St. Andrews, for the use of the van, and those who donated stuffed animals, tennis balls, toiletries.

As this is an ongoing mission please continue to collect toiletries, small stuffed animals and wish list

items. If you would like to participate on the March 2016 trip please watch for the sign-up closer to the date.

If you are out looking at garage sales and see umbrella strollers or blenders, they are greatly needed and appreciated. If you could collect and hold until February 2016, we'll collect them from you.

Thank you prayers for all who make this mission a rewarding success for these underprivileged children. For questions or more info call Bonnie Becker at (480) 250-9652.

## FOOD BANK

*Jeff Downing, Rush Tucker and Dan Gray*  
*Food Bank Managers*



Have you ever wondered what goes into an emergency Food Bank bag? The Food Bank has recently changed the methods that we use to determine what food and other items are given to our clients. We give food based on family size, inventory availability and special requests. Currently we pre-pack food bags for three levels of clients.:

- Our **"Basic"** bag is for 1-2 individuals, then we have a **"Family"** bag which is for 3-5 family members.
- Our newest bag is called the **"Large Family"** bag and is for 6 and up family members.

### FAMILY BAG

#### 3 To 5 Family Members (Middle Shelf)

##### First Bag Pre-Pack

- 1 Box Cereal or Oatmeal, (4 small packs)
- 1 Jar Peanut Butter, and 1 Jelly or Jam (ALL)
- 2 Cans Fruit or Applesauce
- 2 Sleeves of Saltines or other crackers
- 1 Bottle Juice or 4 Individual Boxes
- 2 Can Beans (baked, pinto, black)
- 2 Canned Tomato product
- 4 packs Ramen
- 1 Bag Dry beans and 1 bag rice
- 2 Roll Toilet Paper, paper towels if available
- 1 Bar Soap, (shampoo, lotion, toothpaste, brush if requested)

##### Second Bag Pre-Pack

- 4 Canned Vegetables, provide variety
- 2 Small and 1 large soup (mix varieties)
- 1 Pound Spaghetti or other Pasta Product
- 1 large Jar or Can Spaghetti Sauce or 2 small
- 2 Side Dishes of Rice, Pasta, Potato, Noodle, Stew or Chili
- 1 Small cans and 1 large can Tuna or other meat/fish
- 1 Helper to match above (ex. tuna/tuna helper)
- 2 Mac & Cheese

##### Client Arrival

- 1 Frozen Meat (Approx. 2 to 2 1/2 pounds)
- 2 Loaf of bread or packages Rolls or Bagels
- 2 Misc. products and 1 baking product
- 1 Package Sweet Treats, doughnuts or cake (size appropriate)
- 24 Diapers (n/b - 2), 18 diapers (3-6) other items as available
- Provide only 1 bag dog food and/or 1 cat Food if Pet is indicated

If you were to analyze a **"Family"** bag, you would first find out it is actually two full paper bags plus additional items such as dog food, hygiene items, frozen meat, bread and a sweet, such as a container of cupcakes.

The contents are designed to address

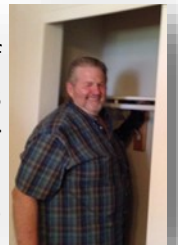
a balanced set of meals that would last from 3-4 days. The retail value of this emergency distribution is approximately \$105.63. Clients are allowed to come to our Food Bank twice a month. This I'm sure helps you understand the importance and value of your donations. The **"Basic"** bag is obviously less and the **"Large Family"** bag is more. With this level of giving we are shopping for our inventory twice a week. The number of **"Families"** receiving an emergency food supply through September of this year was 2,280. That number represents feeding 7,230 individuals. Thank you all for helping to support this mission!

## HONEY-DO HOME REPAIR



It has been a busy summer for Honey-Do Home Repair Ministry! Our volunteers who stayed in the area during the hot days of summer made repairs ranging from water leaks to the installation of a new closet shelf. We were fortunate to have Gary Bolt and Bill Nelson join our volunteer group. A big thank you to them, as well as to Butch Halstad, (Grumpy) John Lane, and Sheldon Wion for the help they gave to those in need during the summer.

Our volunteers are experienced in a wide range of areas and are giving of their talents to make people homes comfortable and safe. Some of our volunteers are winter residents from all over the country, while others are full-time area residents. Many are retired and some are still working. If you or someone you know is need of our services, contact John and Nancy Hill (907) 232-8203 or [goldcanyonhoneydo@att.com](mailto:goldcanyonhoneydo@att.com). If you want to join our group of Honey Doers, let us know and we will put your name on the list!



## DESERT DINERS



Desert Diners is a group of 8 people (couples and/or singles) that take turns hosting a meal once a month. It can be in your home, restaurant, a park or wherever you choose. It's a great way to meet new people. New

groups for Desert Diners will be starting up in October. If you are in a group that is not working out for you, or if you just want to try a new group, now is the time to do so. If you are not in a group and want to join one, now is the time to do that as well. If interested contact Carol Lindaman at carollindaman@gmail.com.



*Proverbs 31:25 — "She is clothed in strength and dignity and smiles without fear at the future."*

When we met the young woman who wrote the note that follows, she and her toddler son were living in her car. She was working hard at her job where she was a well-liked and trusted employee. As a single mother, she was struggling to get ahead enough to save the deposits needed to rent an apartment and turn on utilities, and her living conditions didn't allow her to have nutritious food or hygiene for herself and her son. She was referred to our church by a church member who learned of her situation.

What did it take to get her started on the path to self-reliance? GCUMC Food Bank, Local Missions funds, Pastor's Discretionary Fund, weekly Mentoring Team visits and coaching, budgeting lessons, several projects by the Honey Do Ministries... and she is on her way! Thank you for your support of all of these ministries and others in Local Missions with your donations and your prayers.

*"To the Gold Canyon United Methodist Church,*

*Let me start off by saying thank you. Thank you for getting me back on my feet and for the confidence I needed to have a successful life.*

*When I first met Colette, my son and I were sleeping in my car so I could save enough money to get into a home. I was stressed and to the point of giving up then the church got us a room at a motel. I was so grateful to be able to give my son a bath and to take a shower. (You never realize the small things*

*like that really make your day.) Then I met with Colette and she told me the church wanted to help me get into a home and pay for daycare so I could save money. I cried from tears of relief. I never ask for help so when help came to me I felt like a boulder was off my shoulders for once.*

*The church helped me with many things like a deposit on the mobile home I rent, getting out of a \$400 a month lease car payment because I have a bad credit rating and it was the only way I could have a car to get to work. They also helped me buy clothes for a new job, taught me how to make a budget and how to look forward.*

*The people I have met from the church went with me to solve the problems or met with me to talk me through it. They have not just become my friends, they have become family. Without the first day meeting I don't know if I would have come this far. I don't know where my son and I would be.*

*I have a home for my son, and the guidance and the happiness that I have needed for a very long time. So for that I am extremely grateful for all that you have done. Thank you."*

## ADVENT WREATH LIGHTERS



Can you believe it's already time to celebrate Advent? It's our tradition to begin our Sunday worship services during Advent with a short reading, prayer, and lighting of the candles for all four worship services (dates are 11/29, 12/6, 12/13 and 12/20), as well as all four Christmas Eve services. The readings will be provided. If you would like to be a wreath lighter—and "you" means a family with children, couples, two or three singles, a study group, etc.—contact Katharine in the Church Office.





## ADULT EDUCATION OPPORTUNITIES

**Adult Fellowship Class:** Meets Sundays at 8:00am in the Education Building.

**Bible Banter:** A time for coffee and stimulating conversation at Common Grounds Café to discuss ways in which we can live as faithful Christians in today's world.

**DISCIPLE Bible Studies:** In-depth studies that aim to transform lives and develop strong Christian leaders.

**Women's Bible Studies:** Studies by Priscilla Shirer, Beth Moore, etc., combined with rich fellowship provide solid Bible learning and spiritual growth.

**Women's Retreats:** Two per year: An overnight weekend retreat at a Christian camp in the fall and, a one-day retreat at a resort near the church in the spring.

**Other Study Opportunities:** Advent and Lenten topical studies, Bible-based 8-week electives, and small neighborhood groups.

## CARING FOR OUR CONGREGATION

**Church Ladies Adventure Club:** A variety of monthly events are planned for "adventuresome" ladies from September through May.

**Financial Peace University:** What would your life look like if you had no debt and were in control of your money? Join GCUMC for this 13-week class that will change your life!

**Hiking Group:** Men and women trek together in God's beauty.

**Men's Group:** Fun, food and fellowship while doing a variety of activities and venues.

## CARING FOR OUR COMMUNITY

**Children's Books:** A mission that provides reading material to Food Bank clients using donated books as gifts to encourage children to read.

**Christmas Families:** The GCUMC congregation helps local families in need celebrate Christmas (referred by Sidewalk Ministries and Project Help).

**Citrus Gleaning Team:** Volunteers glean citrus unwanted by homeowners for donation to the United Food Bank.



**Genesis Project:** GCUMC members join with others in Apache Junction for outreach and evangelism through feeding the homeless and hungry.

**Habitat for Humanity:** A team of individuals that builds a home for a local family in need.

## MUSIC OPPORTUNITIES

**Orchestra:** If you play an instrument, join us!

**One in the Spirit:** This group leads music at the Country Service on Sundays at 5:00pm.

**Youth Bell Choir:** This handbell choir is for youth in Junior and Senior High School.... and you don't have to read music!

**Uncommon Grace:** This contemporary Christian Praise Team leads worship at the 10:50am Praise Service and sings current songs you hear on the radio!

*... and more!*

*To join one of these or any other groups that are listed in this Newsletter, contact the Church Office, and we'll put you in touch with the appropriate*

**SMALL groups** 

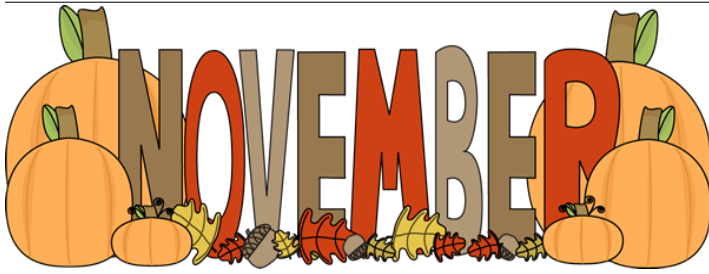
### AN INVITATION

*If you would like to be a part of a small group that shares struggles and joys of the Christian journey, please complete this form and place in the Offering Plate.*

**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_



## CHURCH CALENDAR & KEY

BP = Back Patio      EB = Education Bldg  
 ER = Emmaus Rm      K = Kitchen  
 KR = Koinonia Rm      MR = Music Rm  
 NAR = Noah's Ark Rm      S = Sanctuary  
 SoG = Sea of Galilee      YR = Youth Rm

*This calendar is subject to change; For more info, visit [www.goldcanyonumc.org](http://www.goldcanyonumc.org) or call the Church Office*

Sun Nov 1	8am	Sunday Morning Bible Study (ER)
	8am	Traditional Worship (S)
	8:30am	Uncommon Grace Rehearsal (KR)
	9:30am	Children & Youth Sunday School (EB)
	9:30am	Traditional Worship (S)
	10:50am	Praise Worship (KR)
	10:50am	Pre-K Children's Sunday School (NAR)
Mon Nov 2	5pm	Country Worship (KR)
	6:30pm	Youth Group (7th-12th) (YR/ER/K)
	9:30am	Bible Banter (Common Grounds Café)
	12:30pm	Disciple 2 (ER)
	1pm	Grief Support Mtg (SoGR)
	1:30pm	Angel Tree Phone Applications
	1:30pm	Emergency Prep Training (S)
Tue Nov 3	3pm	Stephen Ministry (ER)
	6:30pm	Finance Committee Mtg (Pastor Fred's Ofc)
	7pm	AI-Anon (SoGR)
	7pm	CoDA Mtg (ER)
		Polling Place Precinct #48 (KR)
	5:30pm	One in the Spirit/Houser Gang Rehearsal (KR)
	5:30pm	Team Outreach (ER)
Wed Nov 4	6pm	Bible 101 (ER)
	6:30pm	Canyon Carillon Bells Rehearsal (S)
	9:30am	Music Library Activities (MR)
	10:30am	Cancer Support Group (ER)
	2pm	Emotional Wellness (ER)
	5pm	Pioneer Club (ER)
	6pm	Financial Peace University (KR)
Thu Nov 5	7pm	GCUMC Orchestra Rehearsal (MR)
	9am	Disciple 1 (ER)
	4pm	Memorial Svc: Doris Armitage (Offsite)
	5:30pm	Chanters Men's Chorus (MR)
	6:50pm	Choir Rehearsal (MR)
	7pm	Disciple 1 (ER)
	7pm	Disciple 1 Review (KR)
Fri Nov 6	2pm	Disciple 1 Review (KR)
Sat Nov 7	5:30pm	AA (ER)
	9:30am	Choir Rehearsal (S/Choir Rm)
Sun Nov 8	11:30am	Choir BBQ (Koinonia/K/Patio)
	8am	Sunday Morning Bible Study (ER)
	8am	Traditional Worship (S)
	8:30am	Uncommon Grace Rehearsal (KR)
	9:30am	Children & Youth Sunday School (EB)

Mon Nov 9	9:30am	Traditional Worship (S)
	10:50am	Praise Worship (KR)
	10:50am	Pre-K Children's Sunday School (NAR)
	3pm	Celebration of Veterans (S)
	5pm	Country Worship (KR)
	6:30pm	Youth Group (7th-12th) (YR/ER/K)
	9:30am	Bible Banter (Common Grounds Café)
Tue Nov 10	12:30pm	Disciple 2 (ER)
	1pm	Grief Support Mtg (SoGR)
	1:30pm	Angel Tree Phone Applications
	6:30pm	Budget Mtg (MR)
	7pm	AI-Anon (SoGR)
	7pm	CoDA Mtg (ER)
	5:30pm	One in the Spirit/Houser Gang Rehearsal (KR)
Wed Nov 11	6pm	Bible 101 (ER)
	6:30pm	Canyon Carillon Bells Rehearsal (S)
		Veterans Day
	9:30am	Music Library Activities (MR)
	10:30am	Cancer Support Group (ER)
	2pm	Emotional Wellness (ER)
	5pm	Pioneer Club (ER)
Thu Nov 12	6pm	Financial Peace University (KR)
	7pm	GCUMC Orchestra Rehearsal (MR)
	9am	Disciple 1 (ER)
	5:30pm	Chanters Men's Chorus (MR)
	6:50pm	Choir Rehearsal (MR)
	7pm	Disciple 1 (ER)
	7pm	Disciple 1 Review (KR)
Fri Nov 13	9:30am	GCAC School Residency (S)
	10am	Mind Menders (ER)
	2pm	Disciple 1 Review (KR)
	5:30pm	AA (ER)
	7:30pm	GCAC Concert: Footworks Percussive Dance (S)
	7am	Global Missions Brunch (KR/K)
	9:30am	Choir Rehearsal (S/MR)
Sat Nov 14	8am	Sunday Morning Bible Study (ER)
	8am	Traditional Worship (S)
	8:30am	Uncommon Grace Rehearsal (KR)
	9:30am	Children & Youth Sunday School (EB)
	9:30am	Traditional Worship (S)
	10:50am	Praise Worship (KR)
	10:50am	Pre-K Children's Sunday School (NAR)
Sun Nov 15	5pm	Country Worship (KR)
	6:30pm	Youth Group (7th-12th) (YR/ER/K)
	9:30am	Bible Banter (Common Grounds Café)
	12:30pm	Disciple 2 (ER)
	1pm	Grief Support Mtg (SoGR)
	3pm	Stephen Ministry (ER)
	7pm	AI-Anon (SoGR)
Mon Nov 16	7pm	CoDA Mtg (ER)
	9am	Yoga-Regular (KR)
	10:15am	Yoga-Gentle (KR)
	11:15am	Yoga-Chair (KR)
	5:30pm	One in the Spirit/Houser Gang Rehearsal (KR)
	6:30pm	Canyon Carillon Bells Rehearsal (S)
	7pm	Beliefs 101 (ER)
Tue Nov 17	9:30am	Music Library Activities (MR)
	10:30am	Cancer Support Group (ER)
	2pm	Emotional Wellness (ER)
	5pm	Pioneer Club (ER)
	6pm	Financial Peace University (KR)
	7pm	GCUMC Orchestra Rehearsal (MR)
	9am	Disciple 1 (ER)
Wed Nov 18	9:30am	Music Library Activities (MR)
	10:30am	Cancer Support Group (ER)
	2pm	Emotional Wellness (ER)
	5pm	Pioneer Club (ER)
	6pm	Financial Peace University (KR)
	7pm	GCUMC Orchestra Rehearsal (MR)
	9am	Disciple 1 (ER)
Thu Nov 19	9am	Disciple 1 (ER)

	9am	Yoga-Regular (KR)
	10:15am	Yoga-Gentle (KR)
	11:15am	Yoga-Chair (KR)
	5:30pm	Chanters Men's Chorus (MR)
	6:50pm	Choir Rehearsal (MR)
Fri Nov 20	7pm	Disciple 1 (ER)
	2pm	Disciple 1 Review (KR)
	5:30pm	AA (ER)
Sat Nov 21	9:30am	Choir Rehearsal (S/MR)
Sun Nov 22	8am	Sunday Morning Bible Study (ER)
	8am	Traditional Worship (S)
	8:30am	Uncommon Grace Rehearsal (KR)
	9:30am	Children & Youth Sunday School (EB)
	9:30am	Traditional Worship (S)
	10:50am	Praise Worship (KR)
	10:50am	Pre-K Children's Sunday School (NAR)
	5pm	Country Worship (KR)
	6:30pm	Youth Group (7th-12th) (YR/ER/K)
Mon Nov 23	9:30am	Bible Banter (Common Grounds Café)
	12:30pm	Disciple 2 (ER)
	1pm	Grief Support Mtg (SoGR)
	6pm	GCUMC SPRC (Off Campus)
	7pm	Al-Anon (SoGR)
	7pm	CoDA Mtg (ER)
	7pm	GCUMC Charge Conference (Offsite)
Tue Nov 24	9am	Stitches Unlimited (ER & Sea of Galilee)
	9am	Yoga-Regular (KR)
	10:15am	Yoga-Gentle (KR)
	11:15am	Yoga-Chair (KR)
	5:30pm	One in the Spirit/Houser Gang Rehearsal (KR)
	6:30pm	Canyon Carillon Bells Rehearsal (S)
	7pm	Beliefs 101 (ER)
Wed Nov 25	8:30am	Newsletter Team (MR)
	9:30am	Music Library Activities (MR)
	10:30am	Cancer Support Group (ER)
	5pm	Pioneer Club (ER)
	6pm	Financial Peace University (KR)
	7pm	GCUMC Orchestra Rehearsal (MR)
Thu Nov 26		OFFICE CLOSED (Thanksgiving)
	9am	Disciple 1 (ER)
	9am	Yoga-Regular (KR)
	10:15am	Yoga-Gentle (KR)
	11:15am	Yoga-Chair (KR)
	5:30pm	Chanters Men's Chorus (MR)
	6:50pm	Choir Rehearsal (MR)
	7pm	Disciple 1 (ER)
Fri Nov 27		OFFICE CLOSED (Thanksgiving)
	10am	Mind Menders (ER)
	2pm	Disciple 1 Review (KR)
	5:30pm	AA (ER)
Sun Nov 29	All day	First Sunday of Advent Calendar
	8am	Sunday Morning Bible Study (ER)
	8am	Traditional Worship (S)
	8:30am	Uncommon Grace Rehearsal (KR)
	9:30am	Children & Youth Sunday School (EB)
	9:30am	Traditional Worship (S)
	10:50am	Praise Worship (KR)
	10:50am	Pre-K Children's Sunday School (NAR)
	1pm	Choir Rehearsal (S/MR)
	5pm	Country Worship (KR)
	6:30pm	Youth Group (7th-12th) (YR/ER/K)
Mon Nov 30	9:30am	Bible Banter (Common Ground Café)

12:30pm	Disciple 2 (ER)
1pm	Grief Support Mtg (SoGR)
7pm	Al-Anon (SoGR)
7pm	CoDA Mtg (ER)



### Note of Thanks from...

The Ginna Carr family, who would like to thank our church family at GCUMC for the expressions of sympathy extended to us upon her death. We appreciate the contributions made to the stain glass fund in her memory. The hospitality committee served a delicious lunch after her memorial service. We are blessed to part of this wonderful church.

### LOST & FOUND

We have a "Lost & Found" box in the Church Office... If you think your missing item may be with us, stop by!

### WATCH GCUMC SERVICES LIVE!



For livestreaming of the 8:00am & 9:30am services, go to [www.livestream.com](http://www.livestream.com) (a few minutes before service)

- ⇒ Click on "Watch" and "Search Events &Accounts..." and type in "Gold Canyon United Methodist Church"
- ⇒ Select GCUMC under "Accounts"
- ⇒ You can also view past services on the webpage.

### PUBLICATION DEADLINES

**December Roadrunner** — 8am, Monday, 11/9/15  
**Weekly Bulletin** — 12pm Wednesdays

Your GCUMC Publications are brought to you by Riechia Ralston, Dee Ashe and Georgia Kirkpatrick with help from the Friday Bulletin Team, the Roadrunner Assembly Team, and many other treasured volunteers.





# NOVEMBER CELEBRATIONS

## *Happy Birthday!*

Hurley, Joel 11/01  
 Kay, Gladys 11/01  
 Lukas, Teresa (Teri) 11/01  
 Bell, Merry 11/02  
 Moore, Richard (Dick) 11/02  
 Wright, Laura 11/02  
 Benton, Douglas (Doug) 11/03  
 Pape, Lucah 11/03  
 Hammond, Betty 11/04  
 Wing, Mary Ann 11/04  
 Ceynar, Kay 11/05  
 Easter, Edward 11/05  
 Matzke, Shirley 11/05  
 Mott, Bob 11/05  
 Rolley, Betty 11/05  
 Svoboda, Camilla 11/05  
 Thomas, Marilyn 11/05  
 Zabel, Janice (Jan) 11/05  
 Hayes, James (JJ) 11/06  
 Hodgins, Margaret (Marge) 11/07  
 Daniels, Brad 11/08  
 Goodrich, Philo (Bud) 11/08  
 Graham, Richard (Rich) 11/08  
 Hall, Cheryl 11/09  
 Haraldson, Richard (Rich) 11/09  
 Nelson, Patty 11/09  
 Fenske, Betty 11/10  
 Johnson, Luella (Lu) 11/10  
 Pearson, Lori 11/10  
 Zirjacks, Patricia 11/10  
 Adkins, Ann 11/11  
 Anderson, Delbert (Andy) 11/12  
 Beebe, Kathryn (Kathy) 11/12  
 Brooks, Mark 11/12  
 Hjartson, Judith (Judy) 11/12  
 McCleary, Ward 11/12  
 Hodges, Clarence 11/13  
 Adams, Herbert (Michael) 11/14  
 Ancell, Alyce 11/14  
 Bowman, Harry (Hank) 11/14

Owen, Kade 11/14  
 Korell, Gloria Jean 11/15  
 Johnson, Judy 11/16  
 Shaw, Michelle 11/16  
 Bjorklund, James 11/17  
 Hahn, Dave 11/17  
 Hoerter, Daniel 11/17  
 House, Dottie 11/17  
 Vorseth, Sue 11/17  
 Edwards, Marlene 11/18  
 Fransen, James (Jim) 11/18  
 Hart, Gaylord 11/18  
 Roller, Jan 11/18  
 Sheridan, Michael 11/18  
 Higgenbotham, Chloe 11/19  
 Whittier, Audrey 11/19  
 Adair, Robert 11/20  
 Bailey, Carole 11/20  
 Bailey, Donna 11/20  
 Borders, Ron 11/20  
 Junkermeier, Eldon 11/20  
 Quanstrom, Walter (Wally) 11/20  
 Rhoton, Matthew (Matt) 11/20  
 Kilbourn, Floy 11/21  
 Kinder, Sherl (Steve) 11/21  
 Mueller, Sandra (Sandy) 11/21  
 Paul, Michael (Mike) 11/21  
 Bargman, Glenn 11/22  
 Eshelman, Myrna 11/22  
 Nelson, Allyson 11/22  
 Viator, Parrish 11/22  
 Anderson, Janice 11/23  
 Benton, Martha 11/23  
 Dulaney, Steve 11/23  
 Lewis, Karin 11/23  
 Myers, Robert 11/23  
 Weinhold, Marilyn 11/23  
 Bogle, Richard (Rich) 11/24  
 Carlozzi, Noreen 11/24  
 Moore, David 11/24  
 Urbach, Jayne 11/24  
 Warren, Ranford 11/24

Crawford, Gene 11/26  
 Hick, Alice 11/26  
 O'Byrne, Agnes 11/26  
 Whalen, Madlyn 11/26  
 LaViolette, John 11/27  
 Walworth, Wayne 11/27  
 Williams, Nolan 11/27  
 Jelinek, Sharon 11/28  
 Confer, Lynne 11/29  
 Hoff, Wade 11/29  
 Kosticka, Carma 11/29  
 Niemann, Arthur 11/29  
 Webster, Sharon 11/29

## *Happy Anniversary!*

Adams, Herbert & Jennifer 11/20  
 Ball, Margaret & Roberts, Paul 11/03/2009  
 Beam, Jacalyn & Wayne 11/21  
 Bjorklund, Alice & James 11/29  
 Burris, Joanne & Rodger 11/24  
 Fritz, Blanche & Wayne 11/24  
 Hayes, Jane & Jeff 11/12  
 Head, Diane & Reg 11/25  
 Johnson, Carol & Peter 11/25  
 Johnson, Judy & Neil 11/29  
 Kidwell, Lucy & Robert (David) 11/03  
 Larson, George & Marilyn 11/29  
 Little, Don & Margaret (Margie) 11/17  
 Martindale, Ginger & Warren 11/28  
 Mogharbel, Abed & Karen 11/29  
 Pape, Andrea & Roy 11/06  
 Shroyer, Donald (Pat) & Kimberley (Kim) 11/17  
 Svoboda, Camilla & Ronald (Ron) 11/28  
 Trout, Nancy & Ron 11/25  
 Zabel, Cameron (Cam) & Janice (Jan) 11/09



*If your name isn't on this list (or you know of someone who should be), or if you find an error, please call the office with the information. We truly don't mean to make mistakes or to leave anyone out!*

## DONATIONS & ATTENDANCE

*Let no debt remain outstanding except the continuing debt to love one another... Romans 13:8 (NIV)*

AUG	2012	2012	2012	2013	2013	2013	2014	2014	2014	2015	2015	2015
	General	Building	Worship All	General	Building	Worship All	General	Building	Worship All	General	Building	Worship All
1st	16809	6453	447	18216	11136	558	16134	9180	533	14313	5642	525
2nd	10103	3805	453	12880	6291	554	13896	6439	544	10428	4085	564
3rd	13159	7336	426	12012	5580	556	8649	2863	552	16314	6994	633
4th	13124	3270	529	10263	3258	605	7284	3901	626	777	1652	577
5th	-	-	-	7930	2648	616	-	-	-	12964	3462	827
TOTAL	61475	24960	1855	61301	28911	2889	45963	22382	2752	61796	21835	3126

*Help support **Team Outreach...***

**GCUMC  
COFFEE MUGS!**



**2 FOR \$10**

*Available at the Info Desk or Church Office!*

## ONLINE CONTRIBUTIONS



As the pace of life speeds up, electronic giving is a great way to make contributions! Please note, if you use any type of electronic payment system to satisfy your pledge and you change your pledge, you must also make the change to your electronic payment provider. Please call the Church Office with questions.



**REMINDER:** GCUMC Directories are available for \$10 in the Church Office or at the Information Desk on Sundays. Please let the Office know if any of your info needs to be updated!

Also available are all-occasion church cards:

- Package of 12 for \$10
- Checks should be made out to GCUMC



*Available at the Information Desk*

**Wish List** Want to give back to Gold Canyon United Methodist Church beyond your pledge to the General Budget or the Building Fund? Listed below are some items that will better enable us to fulfill our mission as a church:

- ✚ Koinonia Room Stage Lighting—\$22,000
- ✚ Playground - \$20,000-40,000
- ✚ Stained Glass for upper Sanctuary windows - \$105,000 (\$3,000 per panel)
- ✚ Building Fund Loan Payoff (2015: Prepaid \$47,000)
- ✚ Organ Pipes
- ✚ Food Bank Building - \$200,000



## GOLD CANYON UNITED METHODIST CHURCH

6640 S Kings Ranch Road, Gold Canyon, AZ 85118

**Phone:** 480-982-3776

**Fax:** 480-671-0028

**Email:** [churchoffice@goldcanyonumc.org](mailto:churchoffice@goldcanyonumc.org)

**Web:** [www.goldcanyonumc.org](http://www.goldcanyonumc.org)

**Non-Profit Organization**

**U.S. Postage**

**PAID**

**Apache Junction, Arizona**

**Permit No. 64**

### GCUMC STAFF

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Associate Pastor	Joel Hurley	joelhccjl@gmail.com
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Financial Secretary	Georgia Kirkpatrick	
Nursery Care Giver	Sherry Hussein	
Parish Nurse	Susan Malloy	
Pianists	Carol Ballard Linda Jones Marty Robison Nancy Virden	
Treasurer	Cris Criswell	
Volunteer Coordinator	Jane Hayes	
E-mail Prayer Chain		gcumcprayers@gmail.com

 [www.facebook.com/goldcanyonumc](https://www.facebook.com/goldcanyonumc)

 [@goldcanyonUMC](https://twitter.com/goldcanyonUMC)

**Addressee or Current Resident**

### SUNDAY SCHOOL SCHEDULE

*Children's Sunday School classes begin in the Worship Service with their families. Children are led to their classrooms after the Children's Sermon.*

- ✝ 8:00am Adult Fellowship Class
- ✝ 9:30am Children
- ✝ 9:30am Youth
- ✝ 10:50am Children

### WORSHIP SCHEDULE

**8:00am & 9:30am**

**TRADITIONAL ~ Sanctuary**

**10:50am**

**PRAISE ~ Koinonia Room**

**5:00pm**

**COUNTRY ~ Koinonia Room**

*(Last Sunday of the Month Only in June, July & August)*

**Childcare Provided at ALL Services**

### *Please help GCUMC Save Postage!*

Make the switch and receive your Roadrunner Newsletter by email! You can even have it sent to multiple emails in the same household! Just fill out the below and place your completed form in the offering plate, mail it to us, or turn it into the church office. You can also email your request to [churchoffice@goldcanyonumc.org](mailto:churchoffice@goldcanyonumc.org).

1. Name \_\_\_\_\_ and \_\_\_\_\_

E-Mail \_\_\_\_\_

2. Name \_\_\_\_\_ and \_\_\_\_\_

E-Mail \_\_\_\_\_