

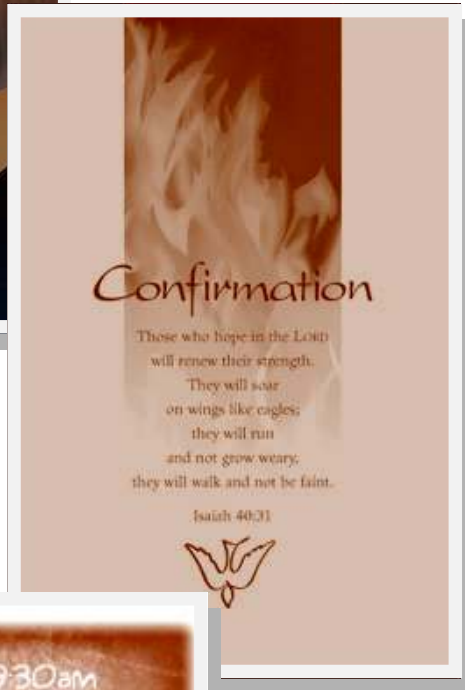
September 2011

CREIGHTONIAN

Creighton United Methodist Church, 4900 E. Thomas Rd, Phoenix, AZ 85018
creightonumc.org creightonumc@yahoo.com 602-840-1080



REMEMBER



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**Sunday,
September 11**



Jean's Jottings

*“Where were you when the world
stopped turning on that
September day?”*

Listening as Country singer Alan Jackson sings of that tragic day in 2001 still brings tears to my eyes. It’s like when I recently saw a film clip of a riderless black horse with boots turned backwards in the stirrups on the saddle. Instantly tears began to fall as I was transported back in time to my senior year in high school when I along with millions of others watched the funeral procession for President John F. Kennedy—slain in Dallas, Texas, on November 22, 1963—and buried in Arlington National Cemetery in Virginia.

For my parents’ generation, it’s the bombing of Pearl Harbor on December 7, 1941, that for many still evokes similar emotional reactions echoing the truth of President Franklin D. Roosevelt’s words that it would be “a date which will live in infamy!”

Two thousand years ago, as Jesus hung dying on a cross, his disciples may very well have cried out for the “world to stop turning”! Such is an all too human response when the pain becomes unbearable.

And yet in the midst of tragedy . . . at a time when the heart cries out in pain and calls to the world to stop turning, the world . . . and life . . . continue on, and therein the hurting heart must need remember . . .

*Faith, hope and love are some good things He gave us . . .
And the greatest is love.*

For truly, that long ago Thursday evening in the upper room, Jesus taught His disciples: “*A new command I give you: Love one another. As I have loved you, so you must love one another* (John 13:34).”

Weeks later as Jesus was about to ascend into heaven, He didn’t want His disciples to “stop living.” There on the mountainside, Jesus instructed His followers to continue on . . . to carry on His ministry . . . to “*go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you* (Matthew 28:19-20a).”

“***Teaching*** them to obey everything I have commanded you . . .”—and so the disciples did. They ***taught*** new believers about “the good things He gave us”—about faith, hope and love—and Christianity spread around the world!

On Sunday, September 11, as our nation and the world looks back *remembering* “9/11,” we will also be looking forward much as Jesus commanded His disciples. We will be *celebrating* our Confirmands—Ofa Maafu, Jane Morris, and Hakeem Richards—as they join the church, and we will also be highlighting the *learning* opportunities available to us here at Creighton to deepen our Christian faith.

September 11 will, for many of us, be “a date which will live in infamy,” but with each passing year, may it also be a time when we remember that what Christ calls to us to do is not to allow grief and pain to “stop” us from living but to continue on . . . to carry on Christ’s ministry, so that others may come to know “*faith, hope and love are some good things He gave us . . . And the greatest is love.*”

Remembering, celebrating, and learning still!

Pastor Jean

In a Quiet Place



Remembering . . .

learning . . .

*and praying
using the words
of Saint
Francis
of Assisi:*

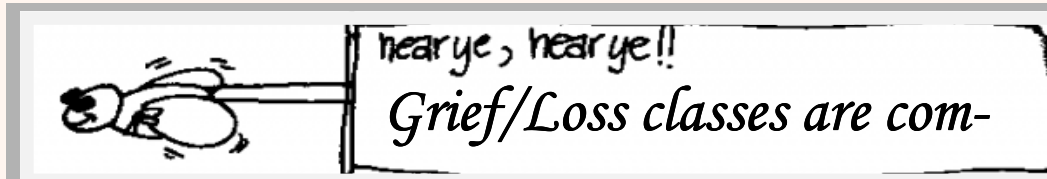
Lord, make me an instrument of your peace.
Where there is hatred, let me sow love,
Where there is injury, pardon,
Where there is doubt, faith,
Where there is despair, hope,
Where there is darkness, light,
Where there is sadness, joy.

O Divine Master, grant that I may not so much
seek to be consoled as to console,
not so much to be understood as to understand,
not so much to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we awake to eternal life.

In peace,

Pastor Jean

CUMC "stuff"



Our fall series of sharing, fellowship, learning and listening to each other is a six week session from October to November. Dates to be announced at a later time.

*Come join us if your life style has been altered by death, job change, fear, loneliness or guilt.
Kleenex and hugs are free, so is the class.*

Call the church office 602-840-1080 or Lila Rowland 602-275-7377 to register.

I have heard- "A joy shared is a joy doubled, and a sorrow shared is halved!" Let's hear from you!

	<p>Bible Study resumes Tuesday, September 13th @ 10:30am for 10 weeks; Please join us!!</p>
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Address Changes

*Gail Kohler:
2930 N 46th St #403
Phoenix, AZ 85018*

*Nancy Schade:
4002 E. Cannon Drive
Phoenix, AZ 85028*

Christian Education Sunday

Sunday, September 11th, Creighton UMC will celebrate Christian Education Sunday. This is the official “kick off” the year for our education program. If you have a young disciple who will be in the 3rd grade or older who does not have a Bible of his or her own, please let Pastor Jean know. As part of our celebration during worship on Christian Education Sunday, we will present a Bible to your young disciple.

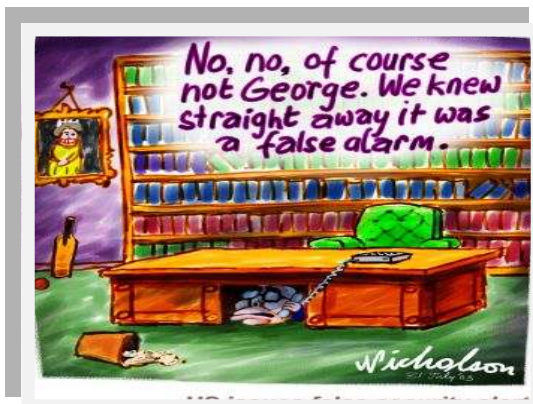
Music Makers of CUMC

On August 6th CUMC was well represented at a gathering of American Guild of English Handbell Ringers. The workshop was held at the American Lutheran Church of Sun City. Those in attendance were Diane Huffman, Jane Morris, Sami Roland, Sandy Cross, Pat Luttrell and Vernon Huff.



We each chose the workshops we were most interested in attending. We honed our skills with basic and percussive techniques along with bass bells. Vernon attended a maintenance/repair session, and Pat and Sandy learned more about proper 4-in-hand playing. Lunch break and then all attendees had an opportunity to do some “Read and Ring”, first with Christmas music and then general pieces. We learned a lot, were put through our paces and returned to church tired and happy.

It was a good day for all.



This comic is funny...unfortunately the reality isn't. Each time our alarm goes off– the police respond within minutes whether it is real or not!! . In an emergency we are grateful for this rapid response time. However, if it is set off inadvertently, within minutes we pay \$96

****Please note**** every building on our campus has an alarm; you may assume that it is set...every time!

Please do not open any door unless it is already unlocked or you know the security code. There are so many other ways we could spend \$96 to further the ministry of CUMC!!!!

*George Anthony died on Monday, August 22nd.
Sympathy cards may be sent to Doris at
P.O. Box 20225*

Prayers

Praying Through the Connection

As part of the Central East District of the Desert Southwest Conference, we as a congregation are invited to join with other congregations of our district to **pray through the connection** by lifting in prayer different churches, their congregations, and their pastors up in prayer each month.

During the month of **September**, let us pray for the following:

Wesley UMW, Phoenix ~ Jimelvia Martin
 Campus Ministry, ASU, Tempe ~ ??????????
 Song of Life UMC, Queen Creek ~ Ronald Bartlow

10 Symptoms of Caregiver Stress

1. **Denial** about the disease and its effects on the person who has been diagnosed. "I know mom is going to get better"
2. **Anger** at the person with Alzheimer's or others that no effective treatments or cures currently exist and that people don't understand what's going on. "if he asks me that question one more time, I'll scream."
3. **Social Withdrawal** from friends and activities that once brought pleasure. "I don't care about getting together with the neighbors anymore."
4. **Anxiety** about facing another day and what the future holds. "What happens when he needs more care than I can provide?"
5. **Depression** begins to affect the ability to cope. "I don't care anymore."
6. **Exhaustion** makes it nearly impossible to complete necessary daily tasks. "I'm too tired for this."
7. **Sleeplessness** caused by a never-ending list of concerns. "What if she wanders out of the house or falls and hurts herself?"
8. **Irritability** leads to moodiness and triggers negative responses and reactions. "Leave me alone!"
9. **Lack of concentration** makes it difficult to perform familiar tasks. "I was so busy, I forgot we had an appointment.?"
10. **Health problems** begin to take their toll, both mentally and physically. "I cant remember the last time I felt good."

Reducing Caregiver Stress...

- ◆ Know what resources are available in your community.
- ◆ Become educated about stress and caregiving techniques.
- ◆ Get help form family, friends and community resources.
- ◆ Take care of yourself by watching your diet, exercising and getting plenty of rest.
- ◆ Manage your level of stress by consulting a physician and using relaxation techniques.
- ◆ Accept changes as they occur; be flexible.
- ◆ Engage in legal and financial planning.
- ◆ Be realistic about what you can do.
- ◆ Give yourself credit for what you have accomplished; don't feel guilty if you lose patience or cant do everything on your own.

Creighton Children's Center News



Dana Paes

**Meet the new
Director of the
Creighton Children's Center!**

Dana started as the Director in July. She has 5 years experience as a Director and 24 years working with children. She loves working with children and watching them grow and blossom in their lives. She also enjoys interacting with the families to build a solid foundation with them and their children.

Dana, born and raised in Kentucky, now calls Arizona home alongside her husband, son and cat, Happy.

John Michael, her son, is 14 years old and attends Osborn Middle School as an 8th grader. He enjoys all of school, but especially likes Science and History. Someday he wants to be a History teacher. He also aspires to visit a different country and teach underprivileged children. Dana and John's father are so proud!

Dana and her husband, Sebastian, have been married for 5 and a half years. Originally from India, he's been in the United States for 15 years now and he too calls Arizona home. He is an amazing man. When they met, it was love at first sight not only with Dana; he also fell in love with John and treats him as his own.

Dana's priority is spending time with her family. Children grow up so fast that she and Sebastian try to spend what time they have with John doing things he enjoys. Since her husband works six, sometimes seven days a week, they seize the moments when they are able.

Creighton's Children Center is now enrolling new children. Call 602-952-8689 for more information!

The Five Day Spiritual Academy

October 23rd ~ 28th

at the picturesque Redemptorist Renewal Center of Picture Rocks.

By Rev. Ron Bartlow

Many of us know the prayer of St. Augustine, which includes the words, our "hearts are restless. . ." In the fall of 2008, after ten years in pastoral ministry, I was restless and yearning for. . . something. I wanted something deeper than just another leadership conference, though I also longed to learn new things. I wanted to be intellectually stimulated, but also yearned to experience the presence of God in a real and formative way. But in my life and ministry, amid the busy-ness of daily life with church and children, really experiencing the presence and peace of God was elusive.

I had, over the years, heard of The Academy for Spiritual Formation, but had never really explored what it is. Today I am incredibly thankful that I found out more about the Academy, and took the time to enroll in and attend the 29th Two Year Academy for Spiritual Formation.

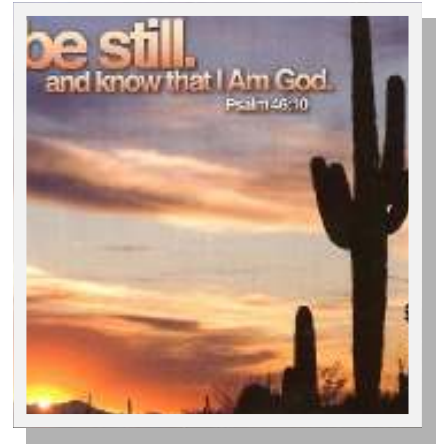
The basic elements of the Academy are neither new nor groundbreaking in and of themselves; indeed, I once heard an Upper Room staff share that they only encourage practices that have endured through centuries of use! However, taken together, the experience of practices integrated into The Academy was a radical departure from the ordinary rhythms of my life and ministry today.

Drawing particularly from the rhythms of monastic communities, each Academy – be it a Two Year or a Five Day – invites participants into a spiritually formative week characterized by hours of worship, prayer, study, silence, reflection, community, and accountability. Over the course of my experience in the Two Year Academy, I found that each week was an oasis of spiritual calm in the midst of life's storms. Those five-day experiences were times when I could still my mind and connect with God at a deeper level, and both sustained and inspired me when I returned to my "ordinary" life.

I'm a full-time pastor serving a local congregation here in Arizona, as well as a husband and father to two young children. As many of you can imagine, my daily life can be hectic and full of unscheduled events. My Academy experience, particularly its daily rhythm blended with times for intentional learning, has been a great source of inspiration and renewal for me personally and vocationally. Whenever my day-planner seems to be getting a bit out-of-control, I find that I am able to remember and find ways to personally recreate the rhythms that encourage ongoing awareness of God's presence.

Indeed, the experience was so formative that when asked, I immediately agreed to volunteer and help host a Five Day Academy here in Arizona. And, as a member of our 2011 Leadership Team, I hope you'll consider making the investment to take part in an Academy – be it our upcoming Five Day Academy or another hosted by the Upper Room – as a means of deepening your spiritual life.

A tagline we recently identified for some of our print resources gives a good summary of the Academy's purpose and impact: for all who hunger for deep spiritual experience. If you hunger to grow closer to God, and to be spiritually formed by the practices of our faith, I invite you to learn more at, or contact me through, our website:



(Image courtesy of the Five Day Spiritual Academy)

<http://az5dayacademy.org>.

Fall Men's Weekend

September 30th ~ October 2nd

Prescott, Arizona

**Desert Southwest
Conference
United Methodist
Men
presents
Men's
Renewal
Weekend for
2011**

FALL MEN'S WEEKEND TO REVEAL SECRETS OF YOUR
DISTRICT SUPERINTENDENT

How do you balance a very busy schedule, complaining church members, complaining pastors (they're the worst), a cumbersome church bureaucracy, our tedious United Methodist practices and still maintain your faith?

If you can do that, what you have left is the spirituality with which Jesus encountered the world. Oddly, this spirituality is often the most overlooked part of our "journey" today.

During the weekend you'll learn the techniques our own leadership has adopted to help them maintain a steady walk with God and a strong relationship with Jesus Christ. With us for Friday and leading off will be Bishop Carcaño - then as the weekend unfolds our District Superintendents will help us reconnect with four basic spiritual disciplines you can use to "encounter" your world without feeling as if you have lost your soul in the process:

- Forgiveness
- Self-Emptying
- Sabbath Keeping, and
- Hospitality.



Through the use of humor and personal example, scripture and prayer, it'll become clear what works for them and what doesn't - and what could work for you.

This year's Men's Weekend is for men 13 years and older (young men 13 yrs - 17 yrs need to be accompanied by an adult and receive a 50% discount). There's also **special pricing** for registering early, by September 1st.

Download the color brochure, more information and a registration form at

www.desertsouthwestconference.org/churchmembers/ccministryteams/leadership_ministry/um_men/

For more information, contact: Jeff Pitts, Retreat Coordinator -- 623-979-4802 -- jwp1953(at)cox.net



Celebrations



September Birthdays

- Darlene Morris 1*
- Kim Mercado 2*
- Pat Luttrell 4*
- Pam Stulz 9*
- Shannon Hunter 10*
- Janice Koenig 14*
- Betty Mixon 19*
- Steve Koebler 22*
(No current address)
- Fran Leon 25*
- Cynthia Teeter 30*



September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>3pm Staff-Parish</i>	2	3
4 <i>9:30am Worship 11am Bells</i>	5 <i>Labor Day Office Closed</i>	6 <i>8:30am Yoga 9:30am Prayer</i>	7 <i>1pm Member Care 6:30pm Worship 7pm Choir</i>	8 <i>6:30pm Finance</i>	9	10
11 <i>9:30am Worship ~Confirmation~ ~Christian Ed~ 11am Bells</i>	12	13 <i>8:30am Yoga 9:30am Prayer 10:30am Bible Study 4pm ~ 7pm Art & Sol</i>	14 <i>7pm Choir</i>	15	16	17 <i>9:30am ~ Noon DNA Coaching</i>
18 <i>9:30am Worship 11am Bells 3pm ~ 5pm Central East District Conference</i>	19	20 <i>8:30am Yoga 9:30am Prayer 10:30am Bible Study 4pm ~ 8:30pm Art & Sol</i>	21 <i>7pm Choir</i>	22	23	24
25 <i>9:30am Worship 11am Bells</i>	26	27 <i>8:30am Yoga 9:30am Prayer 10:30am Bible Study 4pm ~ 8:30pm Art & Sol</i>	28 <i>7pm Choir</i>	29	30	

Creighton United Methodist Church

4900 E. Thomas Rd
Phoenix, AZ 85018

Phone: 602-840-1080

Fax: 602-840-5468

E-Mail:

creightonumc@yahoo.com

pastor_cumc@yahoo.com

We're on the Web!

Visit us at:

www.creightonumc.org

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