

Christ UMC's Kick-Off Event

Sunday, September 11th

Join in the celebration with a picnic lunch provided by Christ UMC, bounce house, lawn games and other fun at Evergreen Park right after worship on September 11th.



Use the QR code to order your sandwich, or order through the weekly eblast, or call the office at 801-486-5473 by **Friday, September 2nd.**

New Sunday Morning Schedule!

Starting September 11th, we'll be having worship in the Sanctuary at 10 a.m.

We've moved worship up a half hour to help us be more intentional about our invitations to have a cup of coffee/tea with new attenders **AFTER** worship! Coffee fellowship will be in the hallway **AND** in the gym! These may feel like big changes for us, but they can make a **HUGE** difference for someone new who is hesitant to walk all the way over to the gym, and/or who didn't know to come early for fellowship. This time change allows for us to greet people in the pews around us for worship and then as soon as worship ends, ask the people near us if they'd like to have a cup of coffee with us so we can get to know them!

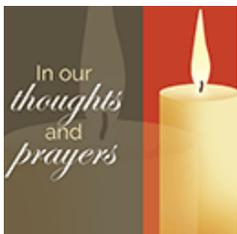
Starting September 18th, our 8 a.m. Chapel Service will begin!

Do you love worship, but have things planned for the day? Maybe you want to help out with Sunday school but don't want to miss worship. Or perhaps you are just an early riser and want to start your day with devotion time and friends. Beginning September 18th, we will have a 35-minute worship service in the Chapel. This condensed service will include a little bit of everything: singing, prayer, a sermon and homework! All are welcome!

Deepest Condolences to Margret Boes-Ingraham on the death of her husband, Doug Ingraham, on Sunday, August 14th. A Celebration of Life will be held November 19th, 11am.

Deepest Condolences to the family and friends of Donna Mitchell, who died on Thursday, August 18th. A Celebration of Life will be held Friday, September 16th at 11am.

A Celebration of Life for Jim Beisel will be held September 22nd at 11am.



I have never run a marathon or even a half-marathon! Yet most weeks I do a 5K every morning. A couple of times I've even done a 10K. This November marks the end of my sixth year in Utah and at Christ Church. Serving both CUMC and Elim Lutheran Church in Ogden through COVID has felt like a marathon. I am tired. My creative juices and emotional energy are dry. I need a break to rejuvenate. Thank you for this opportunity!

I have been asked what I am going to do on sabbatical. First on the list is rest. I won't be responding to crises. I won't be preparing worship services, writing sermons or articles. I won't be doing pastoral visits or pastoral counseling. I will enjoy life and nature and my life with Reba.

We are going to travel. I will take my guitar and work on specific songs and melodies. I will enjoy non-essential reading for the joy of it, watch whales on the Oregon coast and then have some Mackinaw Island fudge.

I do hope to engage others in conversations about church and ministry. We are all experiencing similar changes and challenges. I want to hear stories, hopes, dreams and fears from other people. Learning from each other is always good.

And...Yes, I am coming back. Thank you for this gift of renewal and time away.

God is good! All the time!

Rev. Bruce Kolasch
Pastor of Congregational Care

For care concerns while Pastor Bruce is on sabbatical, contact Evelyn Kasworm ay at 801-942-1383 (h) or 801-712-0236(c) or eskasworm@q.com. For emergency pastoral care leave a message for Pastor Lisa at 385-202-3669.



Pastor Lisa's Lines

We've been looking at some of the prophets of the Hebrew Bible the past few weeks in worship and you may have noticed that all of them are a bit hesitant to go and do the new things that God calls them to. We are so similar. Change is hard. We like the comfortable old ways – possibly from childhood, or just something familiar from our past. I, too, am a fan of comfortable and the keeping of traditions. AND, I love trying new things. It is the call of Christ and our God always: "I am doing a new thing" Isaiah 43:19; "A new commandment I give you" John 13:34; "all things become new" 2 Corinthians 5:17; "A new heart...a new spirit" Ezekiel 36:26; "a new song in my mouth" Psalm 40:3. The list goes on! As disciples of a living God, we will try new things! Not because the old is bad or wrong, but because the new is the direction the Lord calls us to! And so we go! We don't go alone. We go together. We go in faith. And we go with trust and hope in a God who love us and send us out to love the world! Thanks for trying new things with me and your neighbors here at Christ UMC!

See you in worship, Pastor Lisa

Thank you CUMC family for the cards, gifts, and well wishes. It has been a wonderful 10 years as your Youth Coordinator.

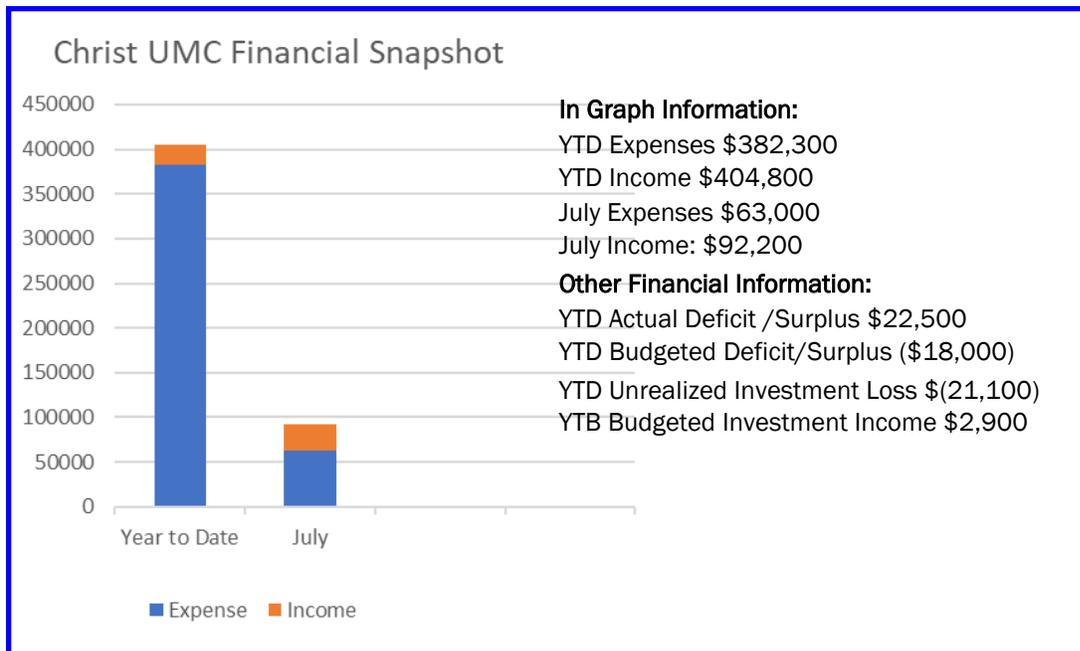
Patsy

Palmer Court Pet Food and Supplies Service Project Update for August

Youth, parents, and members of congregation re-bagged pet food in Patsy's garage on Sunday, August 7th right after church. On August 12th, Mike Hampton, Scott Carpenter, and Patsy delivered 41 bags of cat food, 42 bags of cat treats, 38 cans of cat food, 30 cat litters, 34 bags of dog food, 55 bags of dog treats, 55 cans of dog food, bird food and millet, scratching pads, bowls, harnesses, leashes, toys, and mats. Thank you to everyone who donated, re-bagged food, loaded and unloaded vehicles, drove, or helped in any way!

The next delivery is November 11th. All donations, especially dry food for both dogs and cats, are greatly needed. The area vet clinics are not donating as much as they used to. Contact Patsy Simons 801-808-6641 or psimons1@live.com to arrange for donation drop off.

The Palmer Court Pet Food and Supplies Service Project is now a churchwide service project. In addition to the donations of pet food and pet supplies you so generously give, the project needs your support in re-bagging the pet food. You may wonder why the food is re-bagged. It is cheaper to buy the large bags of pet food. So, more pet owners can get food, the larger bags are re-bagged into smaller bags for distribution. You can do this at your own convenience at your home by picking up the pet food and re-bagging supplies from Patsy. It is very easy to do. Also, a re-bagging session at Patsy's house can be set up for a weekday evening or a weekend morning or afternoon. 8 people can complete the re-bagging in about 45 minutes. The project will occur in August, November, February, and May. The residents of Palmer Court are very thankful for our donations for their pets. Please contact Patsy if you are interested in volunteering psimons1@live.com or 801-808-6641.



We are looking for volunteers to be Communion Stewards to prepare communion a few times a year. Please contact Gayle Fjelstad or the church office for more information or to volunteer.





MUSIC at CUMC

Musical Group Rehearsal Times

| | |
|-------------------------|-------------------------------|
| Chimes/Asburys | Sundays 12-2pm |
| The Wesley Bell Ringers | Tues 7:30-9:00, Sun 5:00-7:30 |
| apPRAISEation | Thurs 7:00-9:00 |
| Chancel Choir | Sun 8:45-10:00 |

Chancel Choir

Do you want to have better brain function, improve breathing, posture, and muscle tension, relieve pain, sustain a healthy immune system, and be happier than you have ever be? The answer isn't found in medication - it's in joining choir!

The Chancel Choir at Christ United Methodist Church is starting back up with rehearsals on Sunday mornings at 8:30am before the Sunday services! We are a welcoming group of church members who learn fun, challenging, and inspiring music to help aide our services on Sundays! We are always welcoming new (and past) singers to the group and we would love to add you to the choir!

But what about the part about improving health and being happier? A researcher from the University of Oxford published scientific research about the benefits of singing in a choir:

"The physiological benefits of singing, and music more generally, have long been explored. Music making exercises the brain as well as the body, but singing is particularly beneficial for improving breathing, posture and muscle tension. Listening to and participating in music has been shown to be effective in pain relief, too, probably due to the release of neurochemicals such as β -endorphin (a natural painkiller responsible for the "high" experienced after intense exercise).

There's also some evidence to suggest that music can play a role in sustaining a healthy immune system, by reducing the stress hormone cortisol and boosting the Immunoglobulin A antibody. Regular choir members report that learning new songs is cognitively stimulating and helps their memory, and it has been shown that singing can help those suffering from dementia, too. The satisfaction of performing together, even without an audience, is likely to be associated with activation of the brain's reward system, including the dopamine pathway, which keeps people coming back for more.

Singing has also been shown to improve our sense of happiness and wellbeing. Research has found, for example, that people feel more positive after actively singing than they do after passively listening to music or after chatting about positive life events. Improved mood probably in part comes directly from the release of positive neurochemicals such as β -endorphin, dopamine and serotonin. It is also likely to be influenced by changes in our sense of social closeness with others."

So, if learning music and having a fun experience aren't enough to persuade you to join choir, the health benefits are amazing! If you're not sure, come join us for a rehearsal and see if it is something you will enjoy! I promise that there is a place for you in the choir!

If you have any questions, send me an email at ChancelChoir@christumcutah.org.

Logan Bingham, Director, Chancel Choir




The Wesley Bell Ringers are looking for new ringers! We are open to youth in 9th grade through their freshman year in college. No musical experience is required. Ringers perform throughout northern Utah and on a two-week U.S. performance tour every summer. Rehearsals are Sundays from 5pm-7:30pm and Tuesdays from 7:30pm-9pm and begin Sept. 11th, with a parent meeting at 4pm. We have a kickoff party August 28th at the Parley's Creek Pavilion at Sugarhouse Park at 4:30pm. Contact Katie Lay at TWBR@christumcutah.org for more information.

The Fall Rummage Sale is Sept. 23rd 8am-7pm, and 24th 8am-2pm (special sale Saturday 12pm-2pm), for pickup requests contact Ann Rutherford at a.e.rutherford4@gmail.com.

SEPTEMBER

Children and Young Family Ministries

Serving • Loving • Caring

christumcutah.org



Sunday School Registration

We are using the following online form to register your child(ren) grades 6 & under for Sunday School, so that we can ensure we have all appropriate contact information, allergy information, etc. Use the following link: <https://forms.gle/LJMagAbcSdmNpHmD9>. If you have any questions, please let the Alicias know. children@christumcutah.org

Sunday School Teachers Needed!

In order to make Sunday School fun and successful, we need your help. We need both pre-school and elementary Sunday School teachers, along with aids for elementary Sunday School. If you are interested in volunteering, please fill out the form at the following link: <https://forms.gle/PfoQ6qK5xiVd6w1o6>. If you have any questions, comments, or concerns, please contact the Alicias. children@christumcutah.org



Music Options for Children



The Sunday School Singers (K-6th grade) will meet during the first 5 minutes of Sunday School time to learn simple songs.

The Praise Time Choir Chimes (5th-6th grade) meets at 12:00 pm on Sundays.

Join Praise Time Choir Chimes/Asburys

This year our Asbury and Praise Time Choir Chimes will be joining together. We invite any child in 5th-8th grade to join us. No music experience is required. There will be a parent meeting for the 2022-2023 school year on September 11th at 11:15 am in the Music Room. The first practice will be September 18th, 11:30am to 1:30pm. Contact Desi Jensen at chimechoirdirector@christumcutah.org or Tony Slinger at asburybellringers@christumcutah.org for more information.

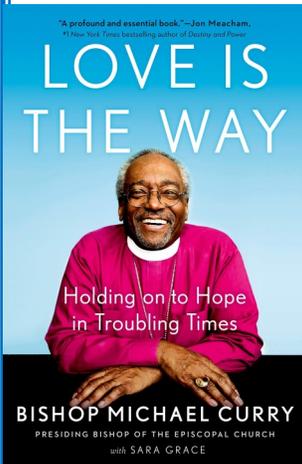
Acolyte Openings

Your older elementary child in grades 3rd through 6th can serve as Acolyte. This is a great opportunity for your kids to participate in the Worship Services and the training is quick. If you have any questions or to sign up, please contact Kathy Konishi at Kkonishi25@gmail.com.



Fall preschool starts on Tuesday, September 6th and Back to School Night is Thursday, September 1st at 5:00 pm. For more information about openings contact Cornel Faith at ExplorerPreschool@christumcutah.org. christumcutah.org/explorerpreschool

Adult Small Group Opportunities



Wednesday Morning Study, 10:00am, Parlor. We will begin a 6 week study on September 14th of *Love is the Way: Holding on to Hope in Troubling Times* by Bishop Michael Curry.

*As the descendant of slaves and the son of a civil rights activist, Bishop Michael Curry's life illustrates massive changes in our times. Much of the world met Bishop Curry when he delivered his sermon on the redemptive power of love at the royal wedding of Prince Harry and Meghan Markle at Windsor Castle. Here, he expands on his message of hope in an inspirational road map for living the way of love, illuminated with moving lessons from his own life. Through the prism of his faith, ancestry, and personal journey, *Love Is the Way* shows us how America came this far and, more important, how to go a whole lot further.*

The way of love is essential for addressing the seemingly insurmountable challenges facing the world today: poverty, racism, selfishness, deep ideological divisions, competing claims to speak for God. This book will lead readers to discover the gifts they need in order to live the way of love: deep reservoirs of hope and resilience, simple wisdom, the discipline of nonviolence, and unshakable regard for human dignity.

For more information, contact Evelyn Kasworm at 801-942-1383(h) or 801-712-0236(c).

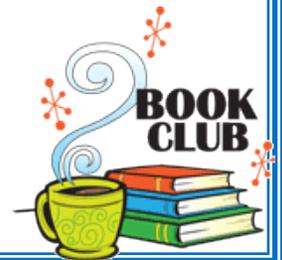
Men's Breakfast Group Thursdays, 8:00am This group is open to all men. For more information talk to Dale McCormick or Larry McGill.

The Witty Knitters meet from 1:30 - 3:00pm on the second Monday of every month in the Parlor. We enjoy fellowship while working on our projects for the CUMC Prayer Shawl Ministry. Questions may be directed to Pat Linnebur at 385-237-9476.



Deborah Circle will meet September 15th, at 10:00 in the Parlor. Questions may be directed to Kathie Mawson or Maxine Haggerty.

United Women in Faith Book Club meets Monday, September 26th, 1:00pm in the Parlor. The book for September is *Finding Jesus at the Border* by Julia L. Fogg. For more information please contact Bev Mittelstadt at bevm4287@yahoo.com or 801-272-7137 or 801-755-4115.



Save the Dates

Rummage Sale, Sept. 23rd 8am-7pm, and 24th 8am-2pm

Healthy Sunday, October 16th, 8:30am to Noon, Flu shots will be available.

Fall Festival, October 23rd

Western Jurisdictional Conference, November 1-5—We will need volunteers to help “host” in the building—give directions, hand out maps, direct parking, etc.

**Christ United
Methodist Church**

2375 East 3300 South
Salt Lake City, Utah
84109

801-486-5473
www.christumcutah.org



SAVE *the* DATE
Night of Promise Gala
Help support Family Promise's legacy
of housing unsheltered families in Utah
Evening of October 22, 2022
Park City

Calling all 5th-8th graders!

We want you in Bells! Come join Chime Choir (5th and 6th grade) and the Asbury Bell Ringers (7th and 8th grade) at Christ United Methodist Church! You'll learn music, perform in a group, make new friends, and of course, learn how to ring Choir Chimes and Handbells!

Parent meeting: September 11th from 11:15-11:45am in the music room.

First practice: September 18th, 11:30am - 1:30pm. Feel free to bring a friend!

If you're interested in playing, or have any questions, please call, text or email to hold a spot in the choir asap!

Desiree' Jensen (801.631.5028),
Alicia Griffing (801.205.8290),
or Tony Slinger (801.860.4626) at
ChimeChoirDirector@christumcutah.org.

