



WE HAVE COME  
TO WORSHIP HIM.

Matthew 2:2

*The Voice*



*January 2020*

# WORSHIP SCHEDULE

Saturdays - 4:00 p.m. "Sweet Hour of Prayer"

Sundays - 9:00 a.m. "Spirited Traditional Service"

Sundays - 10:45 a.m. Informal Praise Service

## Pastoral Team

Rev. Deborah Lerner, Senior Pastor

Rev. Alma Aguirre-Olivares, Associate Pastor

Rev. Lee Hirt, Associate Pastor (Part-time)

Rev. Stephanie Soon, Assistant Minister of Care (Part-time)

Esther Vallet, R.N., Parish Nurse (Part-time)

## Staff

Julie Calvert, Accounting

Jodi De Luca, Administrative Secretary

Jennifer Lutz, Assistant Secretary

Shawn McMullen, Custodian

Ken Goodenberger, Director, Music Ministry

Bill Moore, Organist/Pianist

Office Telephone: 623-584-2280

FAX: 623-584-1868

Pastor on call for emergencies: 623-584-7642

Prayer Request Line: 623-584-2922

Prayer Request: [prayers@shepherdofthehills.org](mailto:prayers@shepherdofthehills.org)

## Hospitalization Notification Procedure

All members and friends of Shepherd of the Hills United Methodist Church are encouraged to IMMEDIATELY CALL THE CHURCH OFFICE (623-584-2280) when you or a loved one are admitted to or discharged from the hospital.

*A place to belong - A place to believe - A place to become*

Shepherd of the Hills United Methodist Church affirms the teachings of Jesus Christ by welcoming all of God's children regardless of race, age, gender, family status, sexual orientation, gender identity, physical or mental ability, ethnic background, socioeconomic status, or any other factor that might separate us from each other. All are invited to join in our shared journey of faith and participate fully in the life of our church.

## CHANGE IN THE VOICE DELIVERY

Please pick up your paper copy of the Voice in the Narthex on the first Sunday of the month. Only limited church participants and out-of-state copies will be mailed.

The Voice published by Shepherd of the Hills United Methodist Church  
13658 W. Meeker Blvd., Sun City West, AZ 85375-3700  
Submit articles: [church@shepherdofthehills.org](mailto:church@shepherdofthehills.org)  
Address corrections: [church@shepherdofthehills.org](mailto:church@shepherdofthehills.org)

Article deadline for February issue of The Voice is  
Wednesday, January 15, 2020

NOTE: The office will be closed December 24, 2019—January 1, 2020.

# A WORD FROM THE PASTOR:

Happy New Year! Or perhaps I should say, “Happy ongoing year!” You see, in the church, the beginning of the new year is four weekends before December 24, which initiates the season of Advent, the time of waiting for the birth of Jesus. There may be no ball drops and no crowds in Times Square on this date, but every year we turn our hearts and minds again to the fullness of God’s love revealed in a helpless baby in a feed trough. We light candles each week to help us wait, and then sing Silent Night with all our hearts on Christmas Eve, as we raise candles into the darkness of the world, declaring that the Light has come.



Then, on the first weekend of the New Year, we read about the visit of the wise men, and remind ourselves that the good news of Jesus’ birth was not just for the Jews, not just for the Christians, but for all people everywhere, even those who dress and act strangely according to our customs.

This year we will also begin a brief study of the General Rules of the United Methodist Church, as written by our founder John Wesley. There are only three rules: First, do no harm. Second, do all the good you can do, and third, attend to all the ordinances of God (stay in love with God). It seems easy enough, until you read further.

Doing no harm, according to John Wesley, includes abstaining from many things the world accepts: putting on gold and costly apparel, fighting, quarreling; profaning the day of the Lord; taking the name of the Lord in vain; borrowing without probability of repaying, uncharitable conversation (ouch!).

Doing good includes giving food to the hungry, visiting those in prison, instructing/reproving/exhorting all those in our circle; running with patience the race set before us (a hard one).

Staying in love with God includes regularly worshiping, family and private prayer, searching the scriptures, fasting or abstinence (have you tried this?).

You may be still working on your “New Year’s Resolutions.” Maybe they include getting more exercise, eating less, doing what the doctor told you to do, being nicer.

How about also considering “Doing no harm. Doing good. Staying in love with God?”

Be here for the sermon series, which will last only three weeks, and for the class, which will last six weeks and give you more time to really absorb the fullness of these practices. It will enrich your spirit, and your life, and get you pointed in the right direction for another year of life and ministry, by God’s grace.

**Blessings and Peace**  
**Pastor Deborah**

# EDUCATION OPPORTUNITIES

## THREE SIMPLE RULES FOR CHRISTIAN LIVING

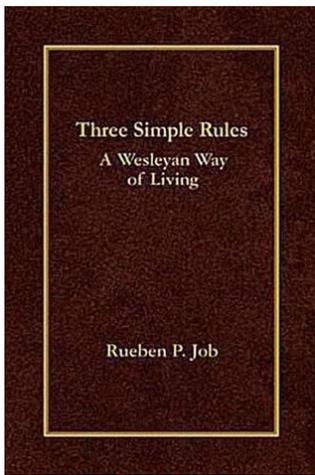
(That will change your life!)

**DO NO HARM**

**DO GOOD**

**STAY IN LOVE WITH GOD**

Many of us remember when Bishop Bob talked about this Wesleyan Way of Living book, “Three Simple Rules” when he was a guest preacher at SHUMC. Many of us purchased copies of the book to read on our own. In January, we will have the opportunity to not only hear Pastor Deborah preach on these topics but also to attend a class to discuss what these statements mean.



Rev. Richard Northup will be leading the classes, which will include a video and discussion, starting Wednesday January 8 at 10 AM in the Fellowship Hall meeting room. The class will last 1 to 1 ½ hours and will continue for 6 weeks. Price of the book will be \$6 – 6.50.

Sign-up sheets available now.

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## **Is There More to Life Than This?**

Who Is Jesus?  
How Can I Make the Most of the Rest of my Life?  
Why & How Should I Read the Bible?  
How Does God Guide Us?

Friday, January 17<sup>th</sup> – 11:00 – 1:00

Join us for an Introduction to the **Alpha Course**

Lunch provided

*Classes with lunch included will continue on  
Fridays from 11:00 – 1:00  
for those who are interested.*

***Please sign up and join us!  
Bring a friend!***



# UPCOMING EVENTS



## UNITED METHODIST WOMEN'S LUNCHEON

United Methodist Women will hold their first monthly luncheon meeting of 2020 on Thursday, January 2nd at 11:30 AM in Fellowship Hall. The program will be our installation of the 2020 officers, the 2020 Pledge Service, and Julie Killebrew will present a program about our "Reading Program" so you can begin to get involved this year. Please come and join us for homemade soup and fellowship. The cost is \$8.00 and sign-ups will be held at the kiosk on December 28 & 29.

## NORMAL AGING VS DEMENTIA

Thursday, January 23, 2020  
9:30-11:00 AM in Fellowship Hall

Forgot where you put your reading glasses? Having a harder time remembering some things? There is a difference between the changes we experience with normal aging and what may be cause for concern.

Join us as Sun Health Memory Care navigator, Marty Finley M.Ed, presents.

Come and learn the difference.

Register at [SunHealthWellness.org](http://SunHealthWellness.org) or call 623-207-1703

## SHUMC BOOK CLUB

When: Third Thursday of each month except December at 10:00 a.m.

Where: SHUMC Conference Room

### Reading List:

January 16, 2020: **The Girls of Atomic City** by Denise Kiernan

February 20, 2020: **Bold Spirit** by Linda Lawrence Hunt

If you have questions, please call the church office at 623-584-2280 and leave a message for Darlene Bradner or Mary Jane Banfield.



# SHUMC ACTIVITIES

## SALAD & DESSERT POTLUCK - BINGO - WHITE ELEPHANT GIFT EXCHANGE

A very enjoyable time was had by the 32 men and women who attended this event. We enjoyed a variety of delicious salads and desserts. Then onto six lively games of Bingo. Lastly we had fun with the white elephant gift exchange. At first everyone was polite but then the stealing began!



### LAST CHANCE: PICTORIAL DIRECTORY

For those who were unable to have your pictures taken for the directory during October, there will be a January session on the 6, 7, and 8. Lois Byrd is compiling a list of those wishing to have pictures taken in January. Please contact her by email at [loisgeiger1957@gmail.com](mailto:loisgeiger1957@gmail.com).

# UPCOMING EVENTS

## SANDWICH SUNDAY

January 26, 2019

**9:30 - TILL ALL THE SANDWICHES ARE MADE!**



**DONATIONS RECEIVED IN THE CHURCH OFFICE.**

**QUESTIONS: CALL 623-584-2280**

**NEED WORKERS TO MAKE SANDWICHES,**

**WASH FRUIT AND VEGGIES!**

**LUNCHES FOR HOMELESS SENIORS—JUSTA CENTER SENIOR  
DAYCARE IN DOWNTOWN PHOENIX**

**PLEASE CONSIDER DONATING YOUR TIME, PEANUT BUTTER,  
JELLY, CHEESE, HAM AND TURKEY OR MONETARY DONATIONS  
TO PURCHASE FRUITS AND VEGGIES.**

**THANK YOU FOR YOUR SUPPORT!**

## It is Citrus Gleaning Time Again

Each year SHUMC and PRIDES partner to glean citrus from homes in Sun City West. This is the 4<sup>th</sup> season of this partnership in service! Gleaning teams work together to pick oranges, grapefruit and lemons for St. Mary's Food Bank. The oranges and lemons are distributed in food boxes to families and the grapefruits are juiced by a juicing company and the grapefruit juice is distributed to individuals through the food bank. Home owners and HOA groups who have their trees gleaned pay a fee to the food bank.

Gleaning will start Wednesday, January 22 and continues for 10 weeks. Last year the group gleaned 185 trees, resulting in thousands of pounds of citrus for the food bank.

A mission project of this scope requires volunteers. There is no tree climbing involved! No ladders. We use claw like pickers. Jobs are: pickers, muckers (those that pick up the fruit that the pickers pluck and put it in crates) and mules (using handcarts to move the crates to the truck). It is a special type of fellowship, working alongside your church and community friends.

Volunteers meet at SHUMC at 8:45 am to get their assignments with the goal of starting gleaning at the 9:00 am. The groups usually finish assigned trees by 11:00, but will occasionally work until 11:30. If you have question about gleaning or the gleaning program call Kathy Culliton (435) 730-4466 [cullitonkathleen@gmail.com](mailto:cullitonkathleen@gmail.com)

Volunteer sign-up sheets are in the office. Or to volunteer call/email Pam Rice (801) 540-6573 [pamean@msn.com](mailto:pamean@msn.com)

Confirmation calls are being made to everyone who had a tree gleaned last year. If you would like to be added please contact Pam Rice (801) 540-6573 [pamean@msn.com](mailto:pamean@msn.com)



# UPCOMING EVENTS

## UNITED METHODIST WOMEN

Happy New Year and we offer our prayers that 2020 will be a blessed year for you all. We want to thank the congregation for supporting our Christmas Bake Sale. Our sales totaled more than \$450.00. We are thrilled to be able to pass this on in our mission work. In 2019 we were able to assist at least 12 organizations through our fund raisers, the Mission Candle donations and our monthly lunch profits. The monetary donations were nearly \$3500.00 and our in kind projects: Sew Happy clothing, the Luke baby shower, Circle donations to the Justa Center and Valley View Food bank, donations of books and puzzles to Wesley Golden Gate and Dysart Community Centers made us realize what a loving and caring church we are. As you, the congregation continues to support us; we are able to help others in our community. We wish more of the women of this vibrant church would join us. We have more great plans for 2020 and we would like you to help us reach our goals.



Sandy Bradley, President, UMW

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## INTERESTED IN BECOMING A MEMBER AT SHEPHERD OF THE HILLS UMC? HAVE QUESTIONS?

Join us for one of our "Exploring Membership Classes"!

We will spend a little time sharing refreshments and getting to know you and some time looking at key United Methodist Beliefs and perspectives. Attendees will receive a packet of helpful information and meet a few key leaders of Shepherd. We will take your picture and answer any questions you have. We will go through the vows of membership and what they mean. An optional tour of the campus will be offered.

Those who attend and are ready can join on the following Saturday or Sunday at the service of your choice, or at any time subsequently when you are ready, after consulting with the Senior Pastor to select a "good" date.

Your hosts will be your Pastors!

**RSVP your attendance to Jodi in the Church Office at 623.584.2280** or by writing "Exploring" on your Prayer and Presence card

### 2020 Exploring Membership Opportunities:

**Sunday February 16 2020** 2 P.M. Fellowship Hall  
Join February 23 or after by arrangement with Pastor

**Wednesday March 25 2020** 2 P.M. Fellowship Hall  
Join April 12, Easter Sunday, or after by arrangement

# UPCOMING EVENTS

## How To Be A Friend to My Friend With Dementia

Monday, February 3, 2020

1:30-3:00 PM in Fellowship Hall

Join us as Sun Health Memory Care Navigator, Marty Finley M.Ed. Presents how to maintain a relationship with a friend who has dementia. Learn practical tips on what to do and say and how to still be a friend.

Register at [SunHealthWellness.org](http://SunHealthWellness.org) or call 623-207-1703

## Friendship Groups

Friendship Groups are an important part of SHUMC ministries. Small groups of members and friends meet monthly for fellowship with others.

The groups are focused around meals, trips and/or activities in the community.

New Friendship Groups will be formed soon.

If you would like to join or know more about Friendship Groups, please contact

Becky Fay at 623-518-9502 or

Elsie Cawley at 623-546-3130.



A NEW  
YEAR  
&  
NEW  
OPPORTUNITIES

# UPCOMING EVENTS

## Tai Chi Classes

Charlie Gill brings his expertise, 30 years of experience and a fresh look and feel to Tai Chi (Yang style) at SHUMC!

New Class: TAI CHI ESSENTIALS—A basic class in Tai Chi movement with only five basic and less complex moves for those who find regular Tai Chi classes challenging, without compromising the training principles. This class emphasizes improved balance and muscle strength to help prevent falls.



8 weeks, \$45. Meets Tuesdays Jan 5-Feb 25 at 9:30 in Fellowship Hall

BEGINNING TAI CHI CHU'AN—Also known as “meditation in motion.” The slow, gentle movements of regular Tai Chi practice can, over time, improve balance, strength, flexibility, and range of motion. This class will take you through the first set of Tai Chi postures.

8 weeks, \$45. Meets Tuesdays Jan 5-Feb 25 at 10:30 in Fellowship Hall.

Call 623-584-2280 to sign up. For more info, contact Marty M., [cherpigmom@aol.com](mailto:cherpigmom@aol.com)

## PRAYER NOTES

From Timothy Keller's book, Prayer: Experiencing Awe and Intimacy with God. “Prayer is awe, intimacy, struggle—yet the way to reality. There is nothing more important, or harder, or richer, or more life-altering. There is absolutely nothing so great as prayer.”

If you need a way to help you with prayer try using A.C.T.S.

A—Adoration

C—Confession

T—Thanksgiving

S—Supplication/Petition

Blessings from Bill & Linda White

## Living A Healthy Life With Chronic Pain

6 week workshop

Presented by: Area Agency on Aging

Mondays in 2020:

January 13, 27, February 3, 10, 24, and March 2  
1:00 PM in the Fellowship Hall Conference Room

The Area Agency on Aging will again be presenting this informative and interactive workshop. Sign-up sheets will be available in the office and at the kiosk. Attendance is limited to 18 people so please sign up early if you are interested. Everyone is welcome. Any questions, contact Sharon Stewart, 623-225-5663.

## Qualified Charitable Distributions (QCDs)

When planning your IRA withdrawal strategy, you may want to consider making charitable donations through a QCD. A QCD is a direct transfer of funds from your IRA custodian, payable to a qualified charity (SHUMC is a qualified church). QCD's can be counted toward satisfying your required minimum distributions (RMD's) for the year, as long as certain rules are met.

In addition to the benefits of giving to charity, a QCD excludes the amount donated from taxable income, which is unlike regular withdrawals from an IRA. Keeping your taxable income lower may reduce the impact to certain tax credits and deductions, including Social Security and Medicare.

Also QCD's don't require that you itemize, which due to the recent tax law changes, means you may decide to take advantage of the higher standard deduction, but still use a QCD for charitable giving. Please consult your financial advisor if you are interested.

# SHUMC ACTIVITIES



Congregational Care  
Shepherd of the Hills

## Care Ministries

### Congregational Care Minister (CCM)

- Were you impressed with the number of our church members who are unable to worship with us on Saturday and Sunday morning? Almost every chair in the choir loft was filled with a Christmas bag and prayer shawl for these members.
- Do you know of anyone who would benefit from a call from a church member willing to pray with them and listen to their concerns?
- Are you currently visiting members and friends who cannot come to church?
- Do you wonder how members who have lost a spouse or child are coping?
- Have you noticed someone who is not coming to church anymore?
- Are you wondering how God wants you to serve?
- Do you need some of that wonderful joy that fills you when you share God's love with others?

Compassionate and caring individuals who are able to volunteer 2 to 3 hours a week to be a Congregational Care Minister (CCM) are needed and welcomed at Shepherd.

CCMs are volunteers who work with the Care Ministry staff and the congregation to connect the church with people during tough times. Often life is challenging and difficult to understand. This is a lay ministry, done by people of faith committed to healing and wholeness. Sometimes we can just show up and reach out. Other times, we offer words of comfort or a listening ear. Our hope is that all will know more of Christ through our personal touch. Care on behalf of the church is offered with compassion, active listening, scriptures and prayerful reflection." (*The Caring Congregation* by Karen Lampe, 2014)

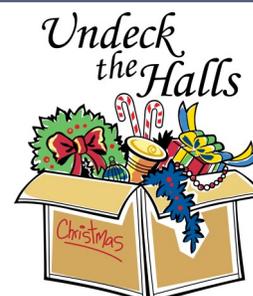
2020 CCM Training offered from Wed. February 5 to March 11(no class on Feb 19). During training, CCMs will be equipped with the tools necessary for providing care to our congregants, neighbors and friends. This is an active ministry; CCMs are out visiting, offering assurance that our church cares and that in God, we are Chosen, Blessed and Loved.

Applications for Congregational Care Ministry are available in the church office. If you have any questions about this ministry please contact Pastor Alma (623) 584-2280 [pastoralma@shepherdofthehills.org](mailto:pastoralma@shepherdofthehills.org) or Kathy Culliton (435) 730-4466 [cullitonkathleen@gmail.com](mailto:cullitonkathleen@gmail.com) .

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## VOLUNTEERS NEEDED

Come help remove the Christmas decorations on  
Wednesday, January 8th at 12:00 PM.  
Your help is greatly appreciated!



# SHUMC ACTIVITIES



In December, 82 individuals were blessed with a Christmas bag and a visit from a Health & Welfare committee member. The individual or couple received a gift bag which included a reminder that we are Chosen, Blessed and Loved, a 40<sup>th</sup> Anniversary bookmark, a sweet treat, a DVD of the 40<sup>th</sup> Anniversary Choir Concert and a prayer shawl.



# SHUMC ACTIVITIES

## 2019 RUMMAGE SALE DISBURSEMENT REPORT

We had another successful year and after expenses were paid out, we had \$21898.24 left in the rummage sale account. 17 RS volunteers met on 12/13 and agreed to hold back \$1573.24 for potential early expenses in 2020, leaving us \$20827.73 to disburse. The council then approved our recommendation as follows:

Posse - \$300

Missions - \$2000

Library - \$1000 for the purchase of large print books

Staff - \$650 in recognition for the support they provide to the sale

UMW - \$375

Trustees - \$16,000 – with the request that approximately \$1000 be used to clean the FH rug.

The balance is to be prioritized as the trustees need with the request that they continue to apprise the congregation of their expenditures.

Total Disbursements - \$20,325

Thank you once again for all the support from the church.

Pat Burke, Chair

## Year End Contributions

Once again we are approaching the end of the year and another tax season. If you are making contributions and wish to have it included as a tax deduction for 2019, your contribution must arrive in this office or be postmarked on or before December 31, 2019. The office will be closed from December 23 through January 1, for your convenience there is a mail slot at the main sliding glass doors. As you approach, the mail slot is on the left side in the lower section of glass.



If you will be celebrating your 50th wedding anniversary in 2020, or if you have not been recognized for this milestone at SHUMC, you are invited to participate in the Golden Anniversary Celebration on Sunday, February 16, 2020.

Bring a wedding photo to be displayed and the Family Life Committee will be taking your picture and serving cake in honor of the special day.

The Prayer Shawl Ministry is in need of persons who like to knit or crochet to help with making prayer shawls or lap covers for those in Hospice, the hospital, or just in need of a warm sign of caring. Those that receive these shawls are truly blessed. See Marlene Northup, if you are interested or call her at 623-975-5367. Yarn donations are appreciated, please bring to the church office.



**LET US PRAY**

**For the New Year**

**By Carol Hilder**

**Once again the  
new year comes  
giving us a chance  
for peace.**

**When men can  
all be brothers  
and prejudice  
will cease.**

**AMEN**

**Happy New Year!**



**IN MEMORIAM**

**Lance Glen Seibel**

**November 1, 2019**

**Sharon Redarowicz**

**December 1, 2019**

**Virginia Mont**

**December 3, 2019**

**Barbara Cutrell**

**December 13, 2019**

**Heartsaver Health & Safety Tips**

A reminder about Handwashing from the CDC (Centers for Disease Control and Prevention): people often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as cold or the flu.

Try humming the “Happy Birthday” song twice as you scrub your hands with soap and water – that’s about 20 seconds of prevention.



# Happy New Year!

## Upcoming Sermon Series

- |           |  |
|-----------|--|
| Dec 28-29 | Sunday after Christmas<br>Simeon & Anna: Eyes of Faith                 |
| Jan 4-5   | Three Simple Rules: Do No Harm<br>Epiphany Sunday<br>Communion         |
| Jan 11-12 | Three Simple Rules: Do Good<br>1st Sunday After Epiphany               |
| Jan 18-19 | Three Simple Rules: Stay in Love With God<br>2nd Sunday After Epiphany |

Shepherd of the Hills United Methodist Church

13658 W. Meeker Boulevard

Sun City West, AZ 85375-3700

**DATED MATERIAL  
PLEASE DELIVER  
PROMPTLY**

**THE SHEPHERD'S VOICE JANUARY 2020**

**WORSHIP SERVICES**

**Saturdays 4:00 p.m., "Sweet Hour of Prayer" - Chapel**

**Sundays, 9:00 a.m. "Spirited Traditional Worship" - Sanctuary**

**Sundays, 10:45 a.m. "Informal Praise Service" - Sanctuary**

*Coffee Hour after Sunday service in Fellowship Hall! Come Join us.*

