

This Week In Our Church

Monday, January 13

9:00 AM - 10:00 AM Miriam Dancers
10:15 AM - 11:15 AM Parkinson's Exercise Class
1:00 PM - 2:20 PM Chronic Pain Workshop
2:30 PM - 5:00 PM West Valley Chorale Rehearsal
7:00 PM - 9:00 PM West Valley Wind Ensemble

Sanctuary
 Fellowship Hall
 Fellowship Hall Meeting Room
 Choir Room
 Fellowship Hall

Tuesday, January 14

7:00 AM - 8:00 AM Men's Prayer Group
8:00 AM - 9:00 AM Trustees
9:00 AM - 10:00 AM Missions Committee
9:30 AM - 10:30 AM Tai Chi Essentials Class
10:30 AM - 11:30 AM Tai Chi Class
1:00 PM - 2:00 PM SHUMC Foundation Committee
4:30 PM - 6:00 PM TOPS
7:15 PM - 9:15 PM Speedworld RC Flyers

Prayer Room
 Fellowship Hall Meeting Room
 Conference Room
 Fellowship Hall
 Fellowship Hall
 Fellowship Hall Meeting Room
 Choir Room
 Choir Room

Wednesday, January 15

9:30 AM - 10:30 AM Staff Meeting
10:00 AM - 11:00 AM Three Simple Rules Class
10:45 AM - 11:00 AM Bulletin Review Meeting
1:00 PM - 2:00 PM Memorial Service for Susan Bowman
1:30 PM - 3:00 PM Church Council

Conference Room
 Fellowship Hall Meeting Room
 Conference Room
 Chapel
 Fellowship Hall

Thursday, January 16

10:00 AM - 11:00 AM Book Club
11:00 AM - 12:00 PM Cancer Support
1:00 PM - 4:00 PM Finance Committee
1:00 PM - 3:00 PM Singing Shepherds Rehearsal

Conference Room
 Prayer Room
 Conference Room
 Choir Room

Friday, January 17

9:00 AM - 9:30 AM Bulletin Suffers
10:00 AM - 11:00 AM Shepherd's Bells Rehearsal
11:00 AM - 1:00 PM Alpha Class
1:00 PM - 3:00 PM NAMI
1:00 PM - 3:00 PM Choir Rehearsal

Conference Room
 Bell Choir Room
 Fellowship Hall
 Fellowship Hall Meeting Room
 Choir Room

Saturday, January 18

2:00 PM - 2:45 PM Memorial Service for Barbara Cutrell
4:00 PM - 5:00 PM Sweet Hour of Prayer Service

Columbarium
 Chapel

Sunday, January 19

9:00 AM - 10:15 AM Spirited Traditional Service
10:00 AM - 10:45 AM Fellowship Hour
10:45 AM - 11:30 AM Informal Praise Service

Sanctuary
 Fellowship Hall
 Sanctuary

Large Print Bulletins Available From Ushers

If you would like personal prayer after the service, you are welcome to come to the Prayer Room. Our prayer ministers will meet you there. You can either tell them specifically what you would like prayer for, or simply give them your name, and they will pray for you.



MEMORIAL SERVICE

A Memorial Service will be held for Susan Bowman on Wednesday, January 15, 2020 at 11:00 AM in the Chapel.

ARE YOU INTERESTED IN BECOMING A MEMBER OF SHEPHERD OF THE HILLS UMC?



Join us for our *Exploring Membership Class*
Sunday, February 16, 2020
at 2:00 PM in Fellowship Hall

Your hosts will be your Pastors. We will spend a little time sharing refreshments and getting to know you. We will look at the United Methodist beliefs and perspectives. Attendees will receive a packet of helpful information and we will go through the vows of membership and what they mean. We will answer your questions and take your photo. Those who attend and are ready can join the following Saturday or Sunday at the service of your choice. Register by calling the office at 623-584-2280 or write "Exploring" on the Prayer and Presence card or sign up on the sign up sheet available by the church office or at the outdoor Kiosk after church service.

CITRUS GLEANING TIME!

We have over 180 trees to glean from January 22 through March 25. We need 8 to 10 more volunteers to be able to fulfill our commitment this year. There is no tree or ladder climbing! We have tools to collect the fruit. If you can make a difference in our community by helping us glean this year, please sign up at the kiosk or let the office know. We really need and appreciate your help.



THREE SIMPLE RULES

DO NO HARM DO GOOD
STAY IN LOVE WITH GOD

We will have the opportunity to hear Pastor Deborah preach on these topics, but also to attend a class to discuss what these statements mean. Rev. Richard Northup will lead the classes, which include a video and discussion, Wednesdays at 10:00 AM in the Fellowship Hall Meeting Room. The class will last 1 to 1 1/2 hours and will continue for 6 weeks. Books are available in the office. Be sure to sign up.



ALPHA HELP NEEDED

Is There More to Life Than This?

We are excited that we already have 30 people signed up for this event. Lunch is served every week and this is done to help create a relaxing and receptive environment. If you would like to help with lunches, for which we have budgeted, to prepare, serve and clean up for some dates, we can use some help. Please contact Pat Burke at 623-748-3751.

Fridays 11:00 – 1:00

***Classes with lunch included
for those who are interested.***

“HOW TO BE A FRIEND TO MY FRIEND WITH DEMENTIA”

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.

DATE: Monday, February 3, 2020
TIME: 1:30 - 3:00 PM
WHERE: SHUMC, Fellowship Hall

Register at sunhealthwellness.org or call 623-207-1703.

Tai Chi

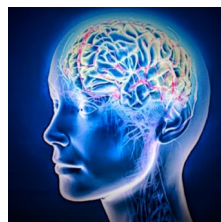
The Tai Chi class meets every Tuesday in Fellowship Hall. A flyer, with the class schedule and fees, is available on the table in front of the office.

TIME IS RUNNING OUT BUT THERE ARE STILL OPENINGS

Living a Healthy Life with Chronic Pain 6 week workshop

If you have not registered for this informative and interactive workshop, please do so. We need a final number for our presenters! Don't miss out on this great opportunity.

The workshop begins Monday, January 13 at 1:00 PM in the Fellowship Hall Meeting Room. Questions may be addressed to Sharon Stewart at 623-225-5663. Sign up by the outdoor Kiosk or by the church office.



“Normal Aging vs Dementia”

Forgot where you put your reading glasses? Having a harder time remembering some things? There is a difference 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 “Normal Aging vs Dementia.” Come and learn the difference.

DATE: Thursday, January 23, 2020
TIME: 9:30 - 11:00 AM
WHERE: SHUMC, Fellowship Hall

Register at sunhealthwellness.org or call 623-207-1703.



FAMILY LIFE DINNER Friday, January 24, 2020

The Family Life Committee will present the January dinner on Friday, January 24, 2020 at 5:30 PM in Fellowship Hall. Doors will open at 5:00 PM.

The buffet menu will be chicken lasagna, fruit salad, tomato/cucumber/asparagus/mozzarella salad, sweet potatoes, Italian green beans and assorted desserts and coffee.

The entertainment will be an evening of Dixieland Jazz presented by Sun City Stomperz, featuring Dan Reed.

Tickets may be purchased for \$15.00 at the office or the outdoor Kiosk before and after services. Deadline to buy tickets is Sunday, January 19.



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.

If you plan to take part in this event, please call Sondra Southard at 402-239-5235 or Julie Killebrew at 602-316-7995.



MARY RUTH CIRCLE

Mary Ruth Circle will meet on Tuesday, January 21 at 9:30 AM at the home of Margaret Kantz, located at Grandview Health and Rehab Center in the Sonoran Lounge on the 2nd floor. All are welcome to join us. For more information, contact Sandy Bradley at 623-546-4476.

MIRIAM CIRCLE

Miriam Circle will meet Wednesday, January 22 at 1:00 PM in Fellowship Hall. All women are welcome. Contact Peggy Pollay at 623-546-3948.

UMW MONTHLY LUNCHEON

All women are cordially invited to our next monthly luncheon to be held Thursday, February 6 at 11:30 AM. In honor of Black History Month, our program speaker will be our District Vice President, Eva Ndavu. She and her husband spent time in Africa and she would like to share her “African Experiences.”

Sign ups will begin the weekend of January 25 and 26 and on February 1 and 2 at the Kiosk. The price is \$8.00 and Rebekah Circle will be our hostesses.



NEWSLETTER DEADLINE

Please have all articles in the office no later than Wednesday, January 15 to be placed in the February issue of the Voice newsletter.