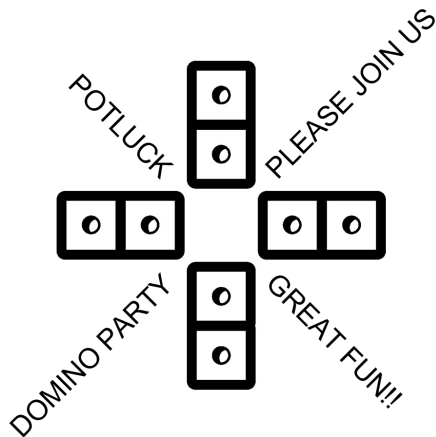


Catch the Excitement



Mountain View's first "Mexican Train" Domino game and pot luck meal was held in November with Michael and Joyce Anderson acting as our hosts for the evening. The "secret" ingredient for pot luck was "SPAM". We discovered that all dishes were delicious - even with "SPAM"

Plan to join us for our next "Mexican Train" game and pot luck on Sunday, January 11, 2009, in Verde Hall. We will play dominos from 2:00 pm until 5:00 pm and then have the pot luck.

This game is VERY EASY to learn and LOTS of fun! Each table will use one set of "double twelve" dominos and printed instructions will be available. If you have a set, please bring them! A "Traveling Trophy" will be awarded to the overall winner for the evening.

The January "secret ingredient" will be "GREEN CHILI": All dishes should include this ingredient and be fully cooked. The ovens will be on to keep it warm if necessary!

Ted and Linda Robins and Pat Donaghe will host the January event.

Come and join us for a fun filled afternoon, great food and wonderful fellowship!

NEW SCHEDULE BEGINS January 11, 2009

9-10AM Contemporary Worship
10-11AM Christian Education
11-12 Noon Traditional Worship

Christian Ed. Is for all ages,
Children, Youth and
Young at Heart.

*Don't just go to church,
be the church!*

Worship With Us

Sunday Worship
9:30 AM Contemporary
11 AM Traditional

Bible Study Classes
Sunday at 9:30 am
Wednesday 1:30 PM
Tuesday at 6:30 pm

In This Issue

Notes from the Pastor	2
Wellness Notes	2
Wellness Notes continued	3
Directory Updates	4
Future Events	4
Bible Study Class	4
News from the UMW	4
January Celebrations	5
January Calendar	6
Coming Up	7
2009 Church Council	7
Volunteers Needed	7
Ministry Opportunities	7

Notes from the Pastor

According to the Web site, usa.gov, the most popular New Year's resolutions are:

Lose Weight

Pay Off Debt

Save Money

Get a Better Job

Get Fit

Eat Right

Get a Better Education

Drink Less Alcohol

Quit Smoking Now

Reduce Stress Overall

Reduce Stress at Work

Take a Trip

Volunteer to Help Others

OK, so which one of these resolutions are you going to choose so that you can break your resolution in two weeks? I have already chosen five resolutions that sound good, but know that they won't last.

However, I would like to expand this list to include:

Daily Bible Reading
Weekly Worship
Attendance
Tithing to My Church
Serving My Church

Now we all have more options. Perhaps these additions will be easier to keep. Let's all try to do better than we did last year.

Blessings
Pastor Michael

Wellness Notes

A New Year begins and we look toward ministering to our mind, body, spirit, relationship, & financial wellness. Mary sang in her praise: Luke 1:50 "for the Mighty One has done great things for me". May we all feel this way as we begin the next 12 months on a wiser, healthier note. The Center for Disease Control (CDC) had a "12 Ways to Health" Holiday song---to the familiar tune: (as we are in the 12 days AFTER Christmas---it is very relevant)!!:

1. The **first** way to health, said the CDC to me **Wash hands** to be safe and healthy.
2. The **second** way to health, said the CDC to me **Bundle up for warmth**, and wash hands to be safe and healthy.
3. The **third** way to health, said the CDC to me, **Manage stress**, bundle up for warmth, and wash hands to be safe and healthy.
4. The **fourth** way to health, said the CDC to me **Don't drink and drive**, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
5. The **fifth** way to health, said the CDC to me **BE SMOKE-FREE**, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
6. The **sixth** way to health, said the CDC to me **Fasten belts while driving**, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

Continued on Page 3

Wellness Notes

Continued from Page 2

7. The **seventh** way to health, said the CDC to me, **Get exams and screenings**, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
8. The **eighth** way to health, said the CDC to me **Get your vaccinations**, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
9. The **ninth** way to health, said the CDC to me **Monitor the children**, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
10. The tenth way to health, said the CDC to me **Practice fire safety**, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
11. The **eleventh** way to health, said the CDC to me **Prepare dinner safely**, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
12. The **twelfth** way to health, said the CDC to me **Eat well and get moving**, prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
 - As we look at "Eating Well & Getting Moving", remember a great way to help reduce the "Lousy" Cholesterol (LDL) is to get at least **2 grams of plant sterols daily** (margarine-like spreads, orange juice, and yogurt drinks). Also work toward increasing your fiber (30 grams encouraged!!). **1 ½ cups of cooked oatmeal = 6g., other fiber sources include apples, bananas, pears, kidney beans, & barley.**
 - Watch for the upcoming "**WALK TO JERUSALEM**" which will begin again March 1st the 1st Sunday of Lent---and encourage FAITH-FUN-& FITNESS for the 7 weeks before Easter.
 - **Remember the 3-C's: Compassion, Caring, & Communication for a healthy Faith Community!!**

Alice Stephenson BSN,RN,CDE
Parish Nurse Consultant

Directory Updates

Julian, Ray, Andrea 928-852-0853
(Chris, Alex)
 310 S. 17th Place
 Cottonwood, AZ 86326
 e-mail: rkakjulian@cableone.net

~~**Murie, Nyla** 928-649-2394
 2050 W. Hwy 89A #227
 Cottonwood, AZ 86326-4655~~

Platt, Roy, Gretchen 928-646-3673
 1617 S. Destry Lane
 Cottonwood, AZ 86326
 e-mail: gretchen_9@q.com

Sippel, Bob, Barbara 928-639-4737
 2050 W. SR 89A Lot 260
 Cottonwood, AZ 86326-4658

Walker, Wanda 602-374-8188
 3761 E. Shangri La Rd.
 Phoenix, AZ 85028

Calendar of Future Events

FEBRUARY

Sunday, 8th Mexican Train Domino 2:00 pm
 Party and Potluck

MARCH

Sunday, 8th Mexican Train Domino 2:00 pm
 Party and Potluck

APRIL

Sunday, 5th Blood Drive 9:00 am
 Sunday, 12th Mexican Train Domino 2:00 pm
 Party and Potluck
 Sunday, 19th Concert/UMM Barbeque 2:00 pm
 Saturday, 25th Vehicle Show 10:00 am

Call the Church Office at 634-8857
 with your upcoming events!

PASTOR'S BIBLE STUDY

Study the Lectionary Scripture used for the Sunday sermon. Wednesdays at 1:30 PM
 In the Mingus Room.

News from Your United Methodist Women

It has come to our attention that some of our church members look on UMW as a bunch of "mature" ladies getting together to visit, eat and just have fun. Our main focus is on Missions, with fellowship being only a part of our "Purpose": "The organized unit of United Methodist Women shall be a community of women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church."

On Tuesday, January 13th, the UMW Board will meet at 9:30 am with a potluck luncheon and General Meeting beginning at 11:30 am. The program will include information from Sandy Boothe regarding NAIC (Northern Arizona Interfaith Council) and a pledge service.

On Saturday, January 17, 2009, there will be officer training for our 2009 officers at the Sedona United Methodist Church beginning at 8:15 a.m.

Circles will meet on Tuesday, January 27th at 1:00 p.m. as follows: Martha at Jane Dalton's; Priscilla in the Mingus Room at the Church; Ruth in Verde Hall at the Church; and Sarah at Ann Gohman's.

All women are invited and for more information on these meetings, call Nancy Bowman at 274-1108.

January Birthdays & Anniversaries

Happy Birthday

2nd
Gerald Stattner
David Treadwell

4th
Keenan Steele

7th
Viola Baker

8th
Sandy Lipe
Evelyn Wolcott

11th
Ken Curry

12th
Jane Freedle

13th
Traci Levin

14th
Heidi Birdsey
Bud Godbold

16th
Norela Harrington

17th
Joyce Smith

18th
Anne Curry

19th
Spencer Lower

20th.
Judy Cowan
Julie Kreisel

22nd
Marian Riley

25th.
Mary Lou Atchison

26th.
Virginia Burns

27th.
Leigh Moore

28th
Mark Jeannette
Sharon Leadbetter

29th
Amanda Conrad
Delores Posvar



Anniversaries

January 1
John and Joyce Smith

January 18
Lyman & Claire Halderman

January 20
Robert & Julie Kreisel

January 27
Dave and Marjorie Beach



calendar

Look What's Coming Up!

Our third annual antique/unique/historic vehicle show will be held on Saturday, April 25th from 10:00 am to 1:30 pm. This is for cars, trucks, tractors and flywheelers that are 25 years old, or older. Motorcycles are also welcomed! Vehicles do not have to be in pristine condition. The plan is to have a fun day where our church family, and friends of our church family, can share their enthusiasm for their vehicles.

This show is open to the public, and there is no entry fee to view, or to show, a vehicle.

Meet Your 2009 Church Council Members!!

Christian Education - **Norela Harrington**

Church Council Co - Chairperson - **Ron Black**

Church Council Co - Chairperson - **Marv Lamer**

Church Council Secretary - **Norm Thede**

Congregational Care - **Carol Jeannette**

Evangelism Chairperson - **Pat Hillman**

Finance Committee - **Herald Harrington**

Financial Secretary - **Darrell Dierks**

Lay Leader - **Carol Quasula**

Lay Members to Annual Conference

Joyce Anderson, Carol Lucas

Membership - **Patty Hilton**

Missions Committee - **Jim Kreunen**

Preschool - **Patti Shelton**

Staff/Pastor Relations Committee,
Jim Badenhop

Treasurer - **Carol Hagberg**

United Methodist Men - **David Treadwell**

United Methodist Women - **Nancy Bowman**

Worship Committee - **Joan Spring**

Members at Large:

Naomi Thede

Norm Thede

Volunteers Needed

Communion Sunday is the first Sunday of each month. We need different sets of people for the first service and for the second service to volunteer to help: 1) gather bread and grape juice, 2) set up communion, and 3) clean up from communion. We would appreciate having homemade bread for our communion. If you are willing to serve as a communion steward or bake bread please contact Patty Hilton or Pastor Michael at 634-8857 as soon as possible.

Ministry Opportunities

Director for Adult Vocal Choir. Paid position. To schedule an interview, please call the church office at 634-8857 or Marcia Adams at 646-0398.

Prayer Chain Coordinator. Needed to coordinate MVUMC Prayer Chain.

Historian. Needed to keep history archives up to date.

Photographers. Needed to take digital photos of events and for publicity.

