

CROSSLINES



November 2010

In The Life Of.....

This month we have a new addition to the Crosslines. “In The Life Of...” will appear in future issues of the Crosslines newsletter as time and space allow and will allow us a glimpse into the backgrounds and lives of the members of Mountain View UMC. To begin this series, we felt it appropriate to feature Reverend Frank Cartwright, Pastor Emeritus of Mountain View UMC.

Rev. Frank Cartwright

Rev. Cartwright was born to a parsonage family. At a year and a half, he was taken to China by his then missionary parents where he lived for several years during his youth. In 1929, the family returned to the U.S. where Rev. Cartwright’s father became a member of the staff of the Board of Missions in New York.

Rev. Cartwright’s education was as a mining engineer and he worked for the mines in the Bisbee area and also did lay preaching around Wilcox, Bisbee and Douglas. However, he felt the call to the ministry and left the employment of the mine to become pastor of the Ajo Federated Church. He also served in Redondo Beach and Garfield.

Rev. Cartwright’s last appointment was to Jerome-Clarkdale from 1975 to his retirement in 1982. At that time he became pastor emeritus of Mountain View UMC.



November 28th, 4:00 p.m.

Followed by Fellowship Time

WORSHIP TIMES

PRAISE - 9:00 a.m.

SUNDAY SCHOOL - 10:00 a.m.

TRADITIONAL - 11:00 a.m.

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CROSSLINES

Sunday Worship

9:00 a.m. Praise
11:00 a.m. Traditional

Sunday School

10:00 a.m.
Preschool—6th Grade
Harmony Class (Adult)

Bible Study

Tuesdays (Men's) at 6:30 am
Tuesdays at 2:00 pm
Tuesdays at 6:30 pm
Wednesdays at 1:30 pm

Pastor:

Rev. Michael Anderson

Pastor Emeritus:

Rev. Frank Cartwright

Retired Pastors:

Revs. Ed Womack, Bill Birdsey,
Paul McCleary, David Treadwell,
Jean Dumas

Church Secretary:

Leah Alderson

Finance Treasurer:

Carol Hagberg

Praise Band Leader:

David Flores

Choir Director:

Gayle Benjamin

Organist:

Beverly Hall

**Mountain View
United Methodist Church**

901 S. 12th St.
Cottonwood, AZ 86326
928.634.8857

office@mtnviewumc.com

Monday-Thursday 8am-noon

*Our Pastor is available at other times
by appointment and any time for
emergencies.*

Charge Conference has been scheduled for Sunday,
December 19. SPRC will meet at 4:00 pm and the
conference is at 5:00 p.m.

ESCRIP? WHAT'S THAT?

Thanks to those already enrolled in this program. **To date in 2010 Mountain View UMC has received \$352.95 through our members participating in eScrip.**

eScrip is proven to be a fantastic resource for fundraising where participating business partners contribute a percentage of your grocery loyalty cards, credit card, and debit/ATM card purchases to the school group or organization of your choice. Mountain View UMC is a participating organization.

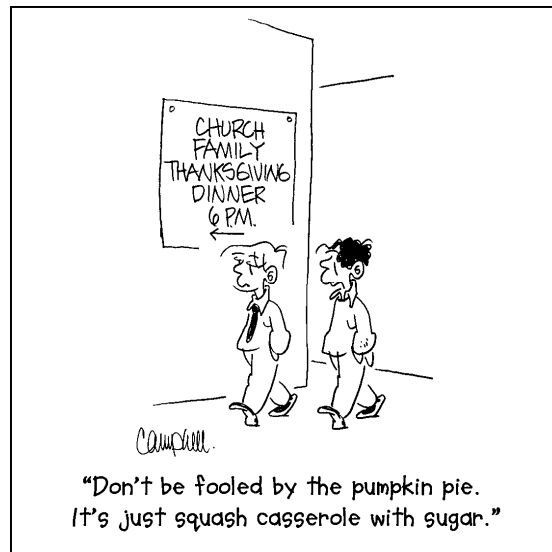
There is no cost to you for this program.

Here's How It Works:

You register any one or all of your existing grocery loyalty cards for use in the program.

Participating merchants (Safeway is a participating merchant) will make contributions to your chosen group, based on purchases made by you, just by using the cards you have registered.

To renew your participation or to enroll, go to www.escrip.com and follow the simple steps. If you do not have a computer or need help, call the church office and we will be glad to assist you.



UMW News

The UMW Board will meet at 9:30 a.m. on **Tuesday, November 9** in the Mingus Room. The General Meeting will be on **Tuesday, November 9** at 1:00 p.m. in Verde Hall. Members of Priscilla Circle will give a short program on World Thank Offering after which members of the Cottonwood Fire Department will instruct us on the new CPR procedures. All women are invited.

UMW Circles will meet on **Tuesday, November 30** in various locations. For more information on any of our activities, call Shirley Emshwiller, Vice President at 634-2419.


A Special
THANK YOU


I want to thank everyone who sent cards and prayers my way. This move has been difficult because my husband, George, died on the 5th of October. He beat pancreatic cancer, but he couldn't beat colon cancer. My daughters have been very good to me as have my sons-in-law.

Marcia Adams




ANGELS' ATTIC SALE NOVEMBER 2010

IT'S ALMOST HERE! Friday November 5th 8am-2pm, Saturday November 6th 8am-2pm and after church services on the 8th come to our annual sale and get a start on Christmas purchases or buy beautiful handcrafted things for yourself. Please tell friends, relatives and neighbors to come too.

We have quilts, adult bibs, aprons, table runners, place mats, Victorian sewing boxes, canvas bags, walker bags, purses, scarf & hat sets, decorated sweatshirts, pin cushions, wreaths, jewelry, hand painted wood items, barbed wire crosses & decorations, many baby items, ornaments, baked goods and lots, lots more. Come see them all. Remember, money from our sale goes toward unbudgeted needs at Mt. View UMC so you help our church as well as getting good bargains for yourself.


We will need donations of pies, breads, cookies, small muffin breads, jams, jellies, pickles and other homemade edibles. Bring items to Verde Hall Wednesday November 3rd or Thursday November 4th. Please avoid wrapping baked items till they are completely cooled.

Please direct questions or comments to Stephanie Kreunen at 928-649-2357 or stephanie.kreunen@gmail.com.



NOVEMBER SCHEDULE OF ACTIVITIES

November 7	3:30-4:30 pm	Confirmation Class
	4:30-7:00 pm	Movie Night: "To Save a Life" Snack: Eileen
November 12	5:00 pm	Service: Picnic in the Park Wear blue shirts
November 21	3:30-4:30 pm	Confirmation Class
	4:30-6:00 pm	Service: Possible work at or for Old Town Mission Snack: Hannah



Mountain View United Methodist Men is again sponsoring the Angel Tree project for Christmas 2010. We have received a list of 20 children of incarcerated parents. This year, the congregation will have an opportunity to select the name of a child and buy 2 gifts for them. The names will be in the Narthex in mid-November.

Participants will be invited to the JESUS and Pizza party on December 18th for a time of fellowship and the distribution of gifts.

POINSETTIAS FOR THE HOLIDAY SEASON

Poinsettias will be available this holiday season.

These can be used as a memorial or in honor of someone.

Payment must be made when the order is placed.

Please see upcoming issues of The Weekly for more information and cost.



Prayers for Our Churches

The Conference Laity Team and District Superintendents are requesting that your church commit to praying for other churches in your district. Several churches will be listed each month for your prayer concerns. Please pray for the pastors, congregation and the community.

For November please pray for:
 Fort Yuma UMC, Yuma; Iglesia Metodista Unida de Somerton, Somerton; Willowbrook UMC, Sun City.

**MOUNTAIN VIEW UMC'S BUDGET
WHERE YOUR MONEY GOES
OUR DIVERSIFIED INVESTMENT IN MINISTRY AT MOUNTAIN VIEW UMC**

John Wesley was quoted as saying, "Earn all you can, give all you can, save all you can."

INVESTMENTS IN THE CHURCH'S BUILDINGS 38%

This is our "sacred space". Here the church's ministries of worship, education and fellowship take place. It is here that many community and church groups meet. Therefore, the amount allocated to reduce mortgage debt and provide utilities, insurance, parsonage and facility maintenance through the Trustees, represents a very real investment in the church's life and ministry.

INVESTMENT IN MISSION OUTREACH 15%

This provides for payment of our apportionments to the Desert Southwest Conference, our primary United Methodist way of supporting mission outreach, as well as MVUMC's locally developed budget of financial support for mission and helping agencies.

INVESTMENT IN WORSHIP 23%

A strong life of worship is vital to the church's existence. This portion of the budget provides 45% of the Pastor's compensation package, as well as the salaries of the Musicians and Worship Leaders. It includes 45% of the Secretary's salary, 50% of office supplies, as well as the budget for additional worship supplies.

NURTURE, OUTREACH AND WITNESS MINISTRIES 17%

These ministries account for 45% of the Pastor's compensation package, as well as 45% of the Secretary's salary. Also: newsletter costs, evangelism, fellowship and education budgets.

MISCELLANEOUS ADMINISTRATION 7%

This accounts for 10% of the Pastor's compensation, 10% of the Secretary's salary, Finance Treasurer's salary, publicity and computer software expense.

(All figures are estimates and reflect the overall flow of expenditures.)

WELLNESS NOTES

“I will lie down and sleep in peace. Lord, you alone keep me safe” Psalms 4:8

When you lie down to sleep at night, can you sleep in peace knowing you are taking care of your mind, body and spirit in a manner that honors the Lord who ‘keeps you safe’? The things that keep us from being peaceful about managing our health and wellness need to be periodically assessed and we then are able to set our course to resolve the issues that prevent true wellness.

November is Diabetes Awareness month!

Diabetes and its many connected issues plays a part in many of our lives---affecting our health or that of someone we love and care about in significant ways. There is a wealth of information available about prevention, management, and support on the internet and in community wellness information. The one question that often remains is---“What do I do with the information I receive?” Let us shed light on that:

Do I have Diabetes in my family tree or am I ‘apple’ shaped which might lead to Diabetes? I am at risk and need to monitor my numbers closely to prevent Diabetes.

As a woman, did I have gestational diabetes before the birth of my children? Again, a risk factor.

Does my Health Care Provider monitor my glucose and lipid levels and do I ALWAYS get a copy of my lab results so I can compare year-to-year results and know where my health is going?

Is my FASTING BLOOD GLUCOSE below 100 and my 2 hour after a meal reading below 140?

If I have been told I am “Borderline” or “Pre-Diabetes” am I aware that I must increase my awareness of my carbohydrate intake , Blood Pressure, and Lipid levels---taking action if those numbers are above normal range? (normal numbers are as follows: Fasting Glucose- 60- 100; Blood Pressure: Below 120/80; Triglycerides: Below 150; HDL Cholesterol: above 40 for men and 50 for women; A1C (three month average of blood glucose) under 5.9)

Am I making a point to exercise at least 30 minutes daily (even in 10 min. spurts)?

Am I controlling my weight and maintaining it within a healthy range for my size and age? A loss of just 10% can be lifesaving.

If I have a diagnosis of Pre-Diabetes or Diabetes, do I have my A1C checked 2-4 times yearly; Blood pressure every month; Eye exam yearly; Cholesterol at least yearly; Microalbumin (kidney function) at least yearly; Feet checked every Dr. appt.; and a flu shot yearly? These are a MUST!

Keep in mind that controlling diabetes helps you feel better and stay healthy.

A meal plan is important for control of blood sugar. A Dietitian can help you develop YOUR plan.

Meal plans need to consider your eating habits, foods you enjoy, your age, sex, weight, activity level, and medications. (notice it is NOT a DIET---but a Healthy Meal Plan!!)

KNOWLEDGE AND ACTION HELP YOU BECOME YOUR OWN BEST WELLNESS ADVOCATE

Here’s to sleeping at peace knowing the Lord will keep us safe.

Alice Stephenson BSN,RN,CDE, PN



THANKS TO OUR PASTORS AND FAMILIES

Clergy Appreciation Month is typically scheduled in October; it is a special time that congregations set aside each year to honor pastors and their families for the hard work, sacrificial dedication and multiple blessings provided by these special people. The nature of the service provided by pastors and their families is unique. God has entrusted to them one of the most precious of assignments — the spiritual well-being of our Lord’s church.

Our congregation has been greatly blessed with the ministry of Pastor Michael and Joyce. We are further blessed with 6 retired pastors that add richness to our church’s ministry. Thanks to Pastors Frank, Jean, Paul, Bill, Ed, and Papa Dave. They need the mind, wisdom and strength of Jesus Christ in a very big way. They need our constant prayers.

Congregational Care Team

Fellowship Time— Serving after the combined service on the fifth Sunday of the month (4-5 times a year). This is working out very well. We celebrate the birthdays & anniversaries for that quarter with a cake and have light refreshments. We’re considering getting back to having a fellowship time each Sunday if we can get the details worked out!

Heaven Sent Basket- A program dedicated to giving help in the form of meals to those who have a short-term need for assistance in meals. This program is asking people to make a meal & deliver it to someone in need. If you can do one but not the other, we have lists of volunteers for food & drivers. If you’d like to help with this program call Diane Swigart or Jan Bennett. We’re trying to get this program started soon.

Prayer Chain & Quilts- Ann Gohman & Naomi Thede take care of these ministries and all is going well with them. If you have a prayer request you can email it to prayerrequest@mtnviewumc.com.

Thanksgiving Dinner- We will be having a Thanksgiving Dinner and Nancy Bowman has agreed to be the hostess again this year. Thank you, Nancy! We’ll be getting a sign up sheet in the narthex for those who wish to attend and what you’d like to bring to share.

Christmas Dinner- We need a volunteer or two to host this dinner. Christmas is on Saturday this year. Jean Dumas made ham & turkey last year. We can have a sign up sheet for the side dishes. If you’d like to host this dinner, call Diane Swigart, 639-1466.

Diane Swigart, Chair of Congregational Care Team

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Office Hours

8:00 a.m.—noon
Monday—Thursday

Publication Deadlines

Weekly Announcements:

Tuesday at Noon

Monthly Newsletter: 15th of the
preceding month.



Mountain View United Methodist Church
Our Mission: Reaching Out in Love and
Service to Bring Everyone Closer to God
Through Jesus Christ