



Messages for a Church in Transition

September 2018

801-278-4619

Message from the Pastor's Study

"In Christ Together for the World" = Our Purpose

"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us." – Hebrews 12:1 NRSV

"Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins." – Hebrews 12:1 The Message



Wow, what a beautiful journey we have had through these summer months! We were blessed with the presence of Roland and Stephanie who poured incredible energy, joy and enthusiasm into our community's life. We had a wonderful small group immersed in learning about refugees, immigrants, and asylum seekers. We collected more food than ever for the Golden Celery Challenge. We put up a banner expressing to the world our desire to care and welcome all of God's children. We had strong worship attendance. We had over 40 children, and 30 some volunteers including many middle school and high school students participating in this year's Vacation Bible School. We had an amazing summer picnic and concert with over 150 people in attendance. And we have been immersed in a powerful discussion about discipleship, about being trained up in the Jesus' way of life. God has truly been at work in powerful ways here at Cottonwood. Thank you, God, for your generosity poured out among us.

As September rolls around our ministry and outreach does not slow down. We begin our two-worship service schedule on September 9th. The choir begins to bless us with their music. On September 23rd we begin our annual Generosity campaign, celebrating God's generosity in our lives and our response. We start an inquirer's class for people wanting to learn more about Christianity, Cottonwood, and the Presbyterian Church. We are working hard to prepare for World Communion Sunday, the beginning of a confirmation class, and our Fall Congregational Retreat. We also bring to a close the sermon series on discipleship with the hope that our awareness about the journey of discipleship and our hunger to grow as disciples has enlarged.

Millions of people before us have chosen the path of discipleship to Jesus. Their legacy precedes us, blesses us, and cheers us on. I greatly appreciate how the author of the Letter to the Hebrews sums up this reality and challenges us to decide to run the race of discipleship with great perseverance, which means we strip down, start running, and never quit! After our immersion in the topic of discipleship how would you describe your journey as a person seeking to follow the Jesus' Way? Have you stripped down? Have you started running? Have you set your mind on

never quitting? How about our community commitment to discipleship? As a congregation have we stripped down, started running, and set our minds on never quitting?

As we begin the fall I hope that as a congregation we continue to grow in our passion, our love, our joy, and our commitment to the Jesus' Way of living. Let us celebrate the journey and never quit!

The Peace of Christ be with you – Pastor Tom

Two Be or Not to Be – One Service or Two Services

As many of you know the session spent all last year in a period of discernment and prayer about whether God was leading us to shift to one worship service throughout the year. In the end the session discerned that the congregation was not yet ready to make this shift. I wanted to take a moment to share with you some of the issues that the session considered during its discernment period.

For instance, one benefit for moving to a single service is that we would then have one congregation rather than two, which has the potential to create a healthier community within the congregation. Also, most often the first service is a negative experience for visitors because it freaks them out to be a part of such a small, intimate experience. There are quite a few visitors because people are obviously searching for a service early in the morning. Having one service would eliminate the problem of a service that scares visitors, but also eliminates the early time that appeals to some visitors. Also, one service would be a much better situation for our paid musicians and it would reduce the salary costs for the church. Another down side is that with two services there will always be more people in worship than one service. If we went to one service we would probably decrease the number of people in worship by 10 to 20 people every week. Two services also allow us the opportunity to offer two different styles of worship. The first service has a very different feel to it than the second service. The first service is very traditional, and more contemplative. We thought it would be important to offer a traditional option for people as we moved the late service to a more blended worship experience. However, few people have shifted to the early service, rather they have continued to be disgruntled about the changes in the 2nd service rather than take advantage of the 1st service option. Going to one service would be a significant hardship for our volunteer musicians because in order for both the praise team and the choir to practice on Sunday morning they would have to arrive at church very early for a 10:00 service. Also, we have had people express that they would leave the church if we did not have an early service and also had people express that they would leave the church if we did not have a service at 11:00 o'clock. While the church can never be held hostage by these kinds of realities, for a congregation like ours that has been experiencing some decline, losing more people is a consideration that has to be taken.

The session also discussed that if we moved to one service on Sunday morning that it would be beneficial to start a second service at a different time, and a different day. While this is a great idea, providing leadership for another service would be challenging for us.

After deliberating about all of these factors the session felt it was not yet the right time to move to one worship service, but will consider to seek the Holy Spirit's leading about our worship schedule. I hope this helps explain why the session has made the decision that it did.

Peace to you - Pastor Tom

Sermon Information ~ Pastor Tom

September 2nd – 15th Sunday after Pentecost – Communion – Labor Day Weekend

Scripture Reading: I Peter 3:15, Luke 15:4-7, Matthew 13:31-33, 44-46

Sermon Title: "A Voice to Speak the Good News"

Synopsis: "From time to time we are briefly allowed to experience the pounding emotions that fill the heart of God at every hour. God has an unyielding passion to pursue and to lead to safety the one who is not at home, who is not secure, who is spiritually adrift. Whoever would be like Jesus must therefore ask, 'Am I willing to join God in the pursuit of the one? Will I raise my voice to speak the good news that will help direct a lost person into the arms of God?'" Will we be such people?

September 9th – 16th Sunday after Pentecost – Fall Worship Schedule Begins – Sue Martin Preaching

Scripture Reading: Luke 14:33 & 1 Timothy 6:19, Mark 10:35-45, Mark 10:46-52

Sermon Title: "A Spirit of Servanthood and Stewardship"

Synopsis: "Our lifelong job assignment is not to take care of us. It is to lay down our agendas to take up the agenda of our Lord. Disciples are increasingly in awe of the fact that all of life is a gift. Every possession, every relationship and every breath originates from the hand of God. Therefore, the only lifestyle that is rational—that is, that corresponds to reality—is that of the servant, the one whose joy increasingly becomes the result of seeking someone else's joy." Does this describe us?

September 16th – 17th Sunday after Pentecost

Scripture Reading: Matthew 7:21-27, Matthew 6:1-21, Matthew 25:31-46

Sermon Title: "Habits of the Disciple-Making Church"

Synopsis: "Who is your mentor—from whom are you learning how to live this disciple-life? Who is your apprentice—who is gaining such learning from you? Where is your small group—the company of fellow learners who are helping you stay on course? Where is your place of service—the realm where others are being blessed by the exercise of your spiritual gifts? Are all these relationships being nourished and informed by an ultimate and ongoing relationship with Jesus himself, in which you know who is in charge of your life, and therefore know whom you are called to be?" Does this describe us as Cottonwood?

September 23rd – 18th Sunday after Pentecost

Scripture Reading: Hebrews 12:1, Matthew 25:14-30, Romans 12:1-2

Sermon Title: "What Is Your Growth Plan?"

Synopsis: "Following Jesus is an intentional activity. A Personal Spiritual Development Plan can be a great help. Personal plans for spiritual growth may take many forms. This year you are invited to prayerfully identify at least one area of your life where you recognize your need of God's healing, God's restoration, or God's gift of freedom. Then make a commitment to pursue at least one activity that will help you experience God's transforming work in that area." Will we make this kind of intentional commitment to our relationship with God?

September 30th – 19th Sunday after Pentecost

Scripture Reading: Psalm 147:1-6, Psalm 147:7-20, I Thessalonians 1:1

Sermon Title: "To the Church in Thessalonica or Murray?"

Synopsis: Today we begin a new series making our way through Paul's first letter to the church in Thessalonica. What was this congregation's setting, how did it compare to ours? If Paul was writing to our congregation in our setting, what do you think Paul would write?

Worship Opportunities

"I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect." (Romans 12:1-2).

Worship is bringing our best selves to God as a community. Worship is where the community gathers to grow into a holy temple for God, celebrate God's faithfulness and listen for God's call to serve and minister to the world. What an amazing gift to gather together in God's presence each Sunday. Who will you invite to join you in the gift of worship?

SEPTEMBER WORSHIP SCHEDULE: On September 2nd we will have one worship at 10:00 a.m. Then on September 9th we will begin our two-worship service schedule with the first service at 8:30 a.m. and the second service at 11:00 a.m. Invite someone to come be with you as we worship God together.

WORSHIP THEMES: Through September we will finish up our discussion about discipleship.



COMMUNION CELEBRATION: We will celebrate the sacrament of communion on Sunday, September 2nd, at 10:00 a.m. Communion will be served by intinction.

Session

Submitted by Jody Good, Clerk of Session

Session did not meet in July 2018. Necessary business was conducted by e-mail. Two items of business were voted on.

1. We approved the submittal of the PCUSA loan application for the roof repairs. Other large-scale repairs were approved at the May meeting.
2. We authorized Tom to put Cottonwood's name in for Summer Interns for next year.

July financial reports were received from the Treasurer.

MONTHLY FINANCIALS

July 2018

Income	Month of July	Year 2018
Actual	\$21,572.18	\$224,206.18
Budget	\$20,043.85	\$240,526.13
Expenses		
Actual	\$20,680.33	\$168,805.45
Budget	\$28,198.49	\$311,381.92
Net (Income minus expenses)		
Actual	\$ 891.85	\$ 55,400.73

- We reviewed the procedure for maintaining the prayer list in the Sunday Bulletin.
- We voted to support the USU food gleaning program to use our kitchen.
- We set the following worship times to support church activities and holidays.
 - One Worship service on Oct 14 and 28 at 11:00 a.m.
 - One Worship Service on Christmas Eve at 6:00 p.m.
 - One Worship Service with Communion on Christmas Day at 10:00 a.m.
 - One Worship Service on Dec 23, 30 and Jan 6, 2019 at 10:00 am.

Our next Stated Session meeting will be on September 20, 2018.

Building Needs

As you know we are pursuing a loan to help us repair our leaky roof, a problematic sewer pipe and some other needed maintenance projects. In order to pay back the loan in a timely manner we are looking for people to serve on a Capital Fund Drive Ministry Team. We will need to raise around \$200,000. If you are interested please talk to Pastor Abbott. Also, if you are able to make a financial gift to this project over and above your normal giving that would be a tremendous blessing to our congregation as we attempt to tackle these significant building needs.

Adult Small Groups

Being the church is an astounding gift that takes energy, imagination, intelligence and love. God provides the gifts of worship, prayer and study to nurture us for the journey of faith in the midst of our hurting and broken world. Here are some of the opportunities that will help us be nurtured for the journey:

PRAYER GROUP: Each Tuesday at 11:00 a.m. in the prayer room of the church you are invited to gather with others in a time of focused prayer. These gatherings last about 45 minutes.

SUNDAY MORNING CLASS: In September we will meet on Sunday, September 2nd at 9:00 a.m. in room 1. Then on September 9th, 16th, and 23rd we will meet at 9:45 a.m., also in room 1. We will be finishing our journey through Glenn McDonald's book, "The Disciple Making Church – From Dry Bones to Spiritual Vitality". I hope you will join us on Sunday mornings.

INQUIRER'S CLASS: Do you have questions about Christianity, Cottonwood Church, the Presbyterian Denomination, or becoming a member of Cottonwood? If so, then the Inquirer's Class is for you. We will meet for four weeks, beginning on September 30th, then meeting on October 7th, 14th, and 21st. We will meet at 9:45 a.m. in Room 5. So, bring your questions, your friends and join Pastor Tom for the Inquirer's Class.

SKETCH MONDAY: Sketchers and painters are invited to gather in the garden from 6:30 - 8:30 p.m. every Monday for an informal time of creativity and fellowship. Please bring your own art materials, drinking water, and a chair to sit in. All abilities are welcome. This will be a weekly event, weather permitting. Questions? Contact Sue Martin - 801-209-3062.

SMALL GROUPS: If you are interested in participating in a small group that shares life, reflects on God's Word, and prays together please connect with Pastor Abbott.

RIGHT NOW MEDIA: There is a fantastic on-line library of resources for all ages. Are you looking for a way to grow in your faith, to investigate a theological topic, study scripture? If so, then check out this amazing resource. If you want to have access to this vast library of resources send Pastor Tom your e-mail address at tomabbott@cottonwoodpres.org and he will send you the needed invitation to participate.

Fellowship Opportunities

SUNDAY FELLOWSHIP: Every Sunday after worship enjoy a few moments connecting with others. This is a great place to meet someone new or get to know someone you have not known well. Take a risk, step out of your comfort zone and say "hello" to someone different this Sunday.

MEN'S LUNCH

Wednesday, September 19th, 11:30 a.m.

Market Street Grill

2985 Cottonwood Parkway, Cottonwood Heights

RSVP to the church office.

MEN'S GOLF meets every Tuesday, 3:15 p.m.
at ***Mick Riley Golf Course***, 421 E. Vine St., Murray.

No reservations necessary!

Just show up for a fun time of golf and fellowship.

Questions? Contact Jack Van Klaveren.

COTTONWOOD PRESBYTERIAN CHURCH 17th ANNUAL GOLF SCRAMBLE TOURNAMENT



This year will be the 17th consecutive year for our **CPC GOLF SCRAMBLE**. Please join us for a fun filled golf outing with dinner and awards party to be held afterwards.

Please sign-up after church or email us at dorothy.urbom@yahoo.com or call us at 801-414-8896.

Details for Golf and Party:

- Saturday September 15, 2018
- Golf 2:30 p.m. at Murray Parkway
- Dinner 5:30 p.m.
- Hosts: Randy and Dorothy Urbom
1100 E Belle Meadows Way
Salt Lake City, UT 84121
- 9 holes of golf and dinner to follow
- \$35.00/person
- Golf only \$25.00/person
- Mulligans \$1.00 each – no limits
- String \$5.00 for 5 feet – no limits
- Dinner only \$10.00/person
- Raffle tickets: \$1.00 each or 6 for \$5.00

We will also be having a raffle and we need donations. We would appreciate anyone who could help us by donating a basket or gift to be raffled or auctioned off.

All proceeds from the golf outing or raffle will go toward the building renovation costs.

-Randy and Dorothy Urbom

Cottonwood Women

PW NEEDLEWORK – PRAYER SHAWL MINISTRY

Wednesday, September 5th at 1:00 p.m. in Room 1

Your help is needed to knit or crochet prayer shawls for CPC, hospice use and blanket squares for the Uganda Fistula Hospital surgical patients. Yarn and instructions are available for you to use. The Questions? Ask Barbara White.

WOMEN'S LUNCH BUNCH

Thursday, September 13, 11:30 a.m.

Archibald's Restaurant at Gardner Village

1100 West 7800 South, West Jordan

Contact Bobbie Ivey at 801-272-7838

by noon on Wednesday, September 12th to RSVP.

CIRCLE 4 will meet Tuesday, September 24th at 12:30 p.m. in the Fellowship Hall. Pastor Jeff Silliman will be leading us through the Horizons Bible Study Guide - **"God's Promise"**. Study guides are available in the church office or you may pick one up when we meet on the 24th.

Presbyterian Women

in the Presbytery of Utah

2018 Fall Gathering

Arise, Shine, Your Light has Come. *Isaiah 60:1*

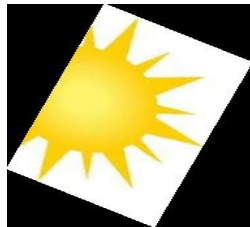
Giddyap and Shine, Y'all! Experiencing the 2018 PW Churchwide Gathering

Presenters: Women who attended the PW CWG Aug. 2-5, 2018

September 21-22, 2018

Friday 5-9 PM

Saturday 9 AM – 2:30 PM



First Presbyterian Church Ogden
880 28th Street
Ogden, Utah

Registration: \$15.00 (includes printed materials, Friday dinner, and Saturday lunch)

Deadline to register: September 17, 2018

To register: contact Jeanette Nosker (801-479-4795 or 801-941-4795 (cell) or bnosker@msn.com or Sally Hoffelmeyer-Katz (801-272-5356) sahoffelmeyerkatz@comcast.net

Please include in Registration: Name, Friday and/or Saturday Attendance?
Is this your first time to a PWP Gathering?
Any food allergies?

PWP of Utah requests that if you register, you please honor your registration amount of \$15 even if you are unable to attend.

SENIOR ADULT FELLOWSHIP

Friday, September 28th (4th Friday)

12:00 noon in the Fellowship Hall

Potluck Lunch and Guest Speaker



Vicky Wang and her husband traveled to China last year and took photos of their homeland. Please invite your neighbors and friends to join us so that we can all enjoy a visual trip to China.

RSVP to Becky (801 278-4619 ext. 3) by Thursday, September 27th.

Suggestions for speakers/programs can be given to either Judy Saurer (801 943-0141) or Eddie Alter (801 268-2157).

Those willing to help in setting up tables and chairs and/or providing table decorations should contact Colleen & Eddie Alter or Judy & Dick Saurer.

SAVE THE DATE!

Our Fourth Annual Overnight Fall Retreat is Coming!!!

Friday & Saturday, October 26-27

We will again be at the Homestead Resort in Midway, UT

This year's theme will tackle our Defining Practice - "Witness". Our speakers will be Catherine and Adam Tobey.

Catherine is the Associate Pastor at Trinity Presbyterian Church in Ogden.

Adam is the Youth Minister for the Presbytery of Utah, Trinity Presbyterian and First Presbyterian Churches of Ogden.

Catherine and Adam both have their Masters of Divinity from Princeton Theological Seminary and have been doing ministry in the Presbytery for the last couple of years. We are super excited about Catherine and Adam and they are super excited to be with us.

Room cost:

- \$99.00 for Cottage Double Queens/King +12.92% tax
- \$139.00 for a Luxury Suite + 12.92% tax

We will once again have three sessions of the retreat:

1. Friday night at the Homestead
2. Saturday morning at the Homestead
3. Sunday morning worship at Cottonwood

The cost for the retreat is the cost of your room at the Homestead, or you are welcome to commute. For those who are interested, we will be arranging transportation or carpooling for commuters.

We will have wonderful programming for kids of all ages, and we hope as many people as possible will join us for this important time of connecting, learning, and growing.

Cottonwood Kids

VACATION BIBLE SCHOOL 2018



Thank you so much for helping make this year's VBS so fun and memorable! We had a total of 39 volunteers that worked in many different ways over the summer. Some of you helped with décor, some helped with setting up or taking down, some distributed door hangers, and some worked the actual event. I hope you all felt Jesus' spirit working in you for the children in our community. This year's VBS hosted a total of 41 children from our church and the surrounding area.

I believe we touched lives and I pray that the kids feel supported through their religious journey. Again, thank you all so much for your hard work.

God bless you! -Julie Speck

Pastor Tom Abbott	Ron Hunter	Gretchen Ratzlaff
Deb Abbott	Doug Kirmer	Ryan Ratzlaff
Desta Aure	Conor Kristensen	Natalie Salter
Roland Baez	Pat Kristensen	Judy Saurer
Becky Bringard	Jeff Levetan	J.D. Shew
Valerie Calkins	Josh Lokan	Wayne Shutts
Roger Fadness	Nadine McAlister	Blandine Simo
Claudia Fonguh	Stephanie Melton	Castin Speck
Elvis Fonguh	Ursilla Mirza	Dorothy Urbom
Don Golladay	Connie Owsley	Noah Wagstaff
Stella Hegngi	Ron Parks	Merri Lee Zaba
Gabby Hernandez	Sharon Parks	Mya Zaba
Sally Hoffelmeyer-Katz	Cherie Paulson	

Fall Kick-Off during Fellowship. On **Sunday, September 9th** the Discipleship Ministry Team will host a Fall kick-off during Fellowship time. Come enjoy a light breakfast and hear about all of the things that are planned for kids and youth this Fall. There are a lot of exciting things happening including Fall youth camps, kid's choir, new Sunday school class, confirmation, mission/service projects, the Christmas pageant and more!

Calling all 3rd – 5th graders, and beyond! If you think you are too old, feel free to come and help. Join us for Route 66: A trip through the 66 books of the Bible. We will meet the 2nd and 4th Sunday of the month at the same time as church school in room 12. We will make a souvenir scrapbook of our journey, learn the books of the Bible, learn how to study the Bible on your own, memorize verses, learn to use a concordance and a Bible dictionary, make your own prayer journal, and be able to share your faith with people you love. We'll have lots of fun puzzles and other activities to help us remember what we learn. "Pack" your Bible and let's get going!

On the 1st and 3rd Sundays of each month, kids will get to sit with their families to worship God with the congregation. **We are looking for teachers to help on the 4th Sunday** of each month. Lessons are provided. A sign-up sheet is posted on the door of room #12.

Calling all youth grades 6th – 12th! YoungLife and WyldLife will start in late September. More details to come, but be ready to have a lot of fun with Christian youth in the SLC area!

Christmas Pageant Director needed! It might seem early, but it's never too early to celebrate Christ's birth! The Christmas pageant will be on Sunday, December 9th. We're looking for a person, or team, to direct this year's pageant. A book of easy 2-rehearsal pageants is available to choose from. Talk to Merri Lee Zaba or anyone on the Discipleship Ministry Team if you are interested in directing. It's a lot of fun and the kids LOVE it!

Who is the Discipleship Ministry Team? Currently it includes Julie Speck, Deb Abbott, Pastor Tom Abbott, Nadine McAlister, Pat Kristensen, Conor Kristensen, Sharon Parks and Merri Lee Zaba. Interested in joining? We always love new ideas and new team mates. Meetings are the 1st Tuesday of the month at 7:00 pm. Talk to one of us if you're interested.

COTTONWOOD FAMILY MISSION PROJECT

No Child Should EVER Go Hungry



Salt Lake was identified as a city where hunger is a major issue for children. Many children routinely go hungry on the weekend & one in five children in the Salt Lake Valley are going home to no food. We find that shocking! While there are several worthy programs helping feed our hungry children and the homeless, the unmet needs of many children continues to be widespread and ongoing.

KidsEat! is currently providing up to 2500 meals and snacks each week so hungry children in the Salt Lake Valley have food for the weekend. They supply food to children at the Boys and Girls Clubs, Neighborhood House, and several public schools. The staff at the facilities identify those at-risk children and KidsEat! helps to supply their nutritional needs. Filling their pantry with plenty of food is the first essential step toward solving this massive Valley problem.

Once again, we invite all the members of the Cottonwood family to help fill 100 backpacks with food items. It will be held September 23rd following the 11:00 service in the gym. Let's help assure that those children at risk do not go hungry on weekends.

In Christ
Discipleship Ministry Team

SOUL Garden

Be sure to visit our Veggie Sale on Sunday before & after services. We have a great selection of home-grown (and mostly organic) vegetables and fruits. All proceeds go to local Valley food charities. And stop by the Labyrinth to meditate and enjoy the flowers and quiet.

Mission and Outreach

Thank you!

Thank you to all who donated fishing equipment for the youth at VOA sponsored Men's Transition Home. And, thank you to Rollie Hurlbut for cleaning and oiling the equipment. We were able to supply 9 fishing poles, reels, tackle boxes and nets for the youth so they could enjoy some quality time fishing.

Golden Celery Competition - Many Thanks!

Thanks to all who donated food for the Crossroads Golden Celery competition. Cottonwood donated a total of 2779 pounds of food (5.7 pounds per person who attended service in July). The winner was St Paul United Methodist Church with a per person donation of 24 pounds. A very well earned victory! Crossroads staff say that this was the most successful Golden Celery since they started the competition.

CROSSROADS URBAN CENTER: Foods needed for the month of September: canned vegetables but all non-perishable foods and beverages are appreciated.

This is also the time of year when you might get things in the mail that you did not order and you don't want – such as Christmas cards, calendars, etc. By law you do not have to return them or pay for them. There is a place they will be welcome and that place is Crossroads Food Pantry. They will be placed on a shelf where people can pick them up to take home and use. Even old calendars out of date would be welcome if they have pretty pictures on them. They are used to decorate their homes. Please put these items in the food baskets for Crossroads but ***NOT*** in the big Mission Box in the back hall.

CROSSROADS THRIFT STORE & CALVARY THRIFT STORE: Items needed for the month of September: back-to-school clothes. Please leave your donations in the bin located in the hall by the gym.

SEPTEMBER TOWEL/UNDERWEAR DRIVE

One in three women in Salt Lake experiences domestic violence. Children experience domestic violence. So do men. Almost since its beginning in 1998, Cottonwood Presbyterian Church has provided financial support for **South Valley Services**, the place where people go to escape when they have nowhere else to go.

- **South Valley Services** operates a shelter to provide a safe place for families. Its location is confidential to protect the occupants. It has 13 rooms and 57 beds, a family can have its own room and bathroom. They are provided shelter, safety, food, clothing, education and mental health assistance. Each year, about 285 individuals escape domestic violence at the shelter.
- **South Valley Services** also runs a domestic violence hotline and has advocacy services and parenting classes in West Jordan, Riverton, Kearns and West Valley. More than 5000 people receive crisis intervention each year.
- **South Valley Services** has needs beyond just financial for the numerous families who receive shelter. After discussion with their donations manager, the Mission Committee decided to hold a towel (new and bath towel size) and women's underwear (sizes 5-9) drive for them. They have many other needs but these were the top two. So during the month of September, there will be a large box at the entrance to the sanctuary. Let us fill it up.

From Cottonwood's Parish Nurse

Eating to Lose Weight

Cherie Paulson, RN, BSN

A well-balanced eating plan can help you lose weight. This handout gives tips for changes you can make to help with weight loss.

How can I lose weight?

- Obesity is caused by taking in more food calories than you burn up. The extra food energy is stored as fat.
- Losing weight involves changing your energy balance so that you burn more energy than you take in with the food you eat. You can lose 1 to 2 pounds a week by making the following changes:
 - Reduce the number of calories you eat.
 - . Eat 1000 to 1200 calories a day for women.
 - . Eat 1200 to 1600 calories a day for men.
 - . Do not go below these ranges without the OK of your doctor.
 - Increase your physical activity.
 - . Set a goal of 30 to 60 minutes of moderate exercise most days of the week.
 - . Start slowly and work up to your goal.
 - . Talk to your doctor before starting an exercise program if you have not been active recently.

What kinds of foods should I eat?

- Include the following foods in your eating plan:
 - High-fiber foods, such as fresh fruits and vegetables, whole-grain breads and cereals, and peas or beans.
 - Heart-healthy fish that is baked, broiled, or grilled (not fried). Some heart healthy fish to try are fresh tuna, salmon, herring, or cod.
 - Healthy protein, such as chicken or turkey without the skin, lean cuts of beef or pork, tofu, or eggs.
 - Healthy carbohydrates (foods that are high in starch and sugar), such as fruits, vegetables, whole grains, beans and lentils, and low-fat dairy products.
 - "Good" fats, such as the kind found in olive, canola, and peanut oils; avocados, almonds, walnuts, and olives.
- Choose healthy snack foods, such as:
 - Fruits and vegetables
 - Nonfat yogurt and nonfat cottage cheese
 - Low-salt pretzels and low-fat whole-grain crackers
 - Unsalted almonds or other nuts and seeds (but in small amounts)
 - Low-fat, low-salt popcorn

What kinds of foods should I avoid?

- Limit amounts of foods and beverages that contain simple sugars, such as soda, fruit juice, flavored teas and waters, and most desserts.
- Avoid hard coconut or palm oil, hard margarine, shortening, lard, and foods with trans fats.
- Check food labels for added sugar, salt, and fat. These are often found in foods and drinks, such as:
 - Fruit drinks and sweetened drinks like non-diet colas
 - Desserts and canned fruits
 - Breads, cereals, and crackers

What else can I do to help with weight loss?

- Plan what you are going to eat.
 - Eat 3 or more small meals a day.
 - Do not skip meals, especially breakfast.
 - Shop from a list. Do not shop when you are hungry.
 - Keep a food diary.
- Start with the proper portion size and do not go back for seconds.
 - Use smaller dishes for meals.
 - Fill half your plate with fruits and vegetables.
 - Divide the other half between protein and starch.
 - Do not put platters of food on the table.
 - Freeze leftovers in individual portion sizes.
- Drink 8 or more cups of fluids a day:
 - Water
 - Tea or coffee (no added milk or sugar)
 - Sugar-free or diet soda
 - Sugar-free popsicles
 - Diet fruit drinks

How do I choose a healthy weight-loss program?

- A safe and effective weight-loss program should include:
 - A calorie goal that will produce slow, steady weight loss (1/2 to 2 pounds a week).
 - An eating plan that cuts down on calories but does not forbid certain foods
 - Tips for increasing physical activity
 - Ideas for making healthier versions of your favorite foods, such as cutting down on the fat in cooking.
 - Find ways to keep weight off.



Birthdays of the Month

Sept 3 Jennifer Otero

Sept 6 Kay Gushee

Sept 6 Kathy Wright

Sept 6 Addison Fadness

Sept 8 Susan Middleton

Sept 8 Lia Victor

Sept 14 Adonis Hegngi

Sept 16 Roger Fadness

Sept 21 Cindy Dechart

Sept 24 Larry Simer

Sept 26 Brittany Flynn

Sept 28 Joyce Robison

Sept 28 Sally Dahlstrom

Sept 28 Dorothy Urbom

Sept 29 Marianne Ausseresses

Sept 29 Judy King

Missing your birthday? If your name is missing from the monthly birthday list or listed incorrectly, please contact the church office. We would love to include you in our birthday wishes.

Cottonwood Presbyterian Church

1580 E. Vine Street, Murray, Utah 84121

801-278-4619

www.cottonwoodpres.org

Office Hours:

Pastor Tom: Saturday – Thursday, Schedule Varies

Becky: Monday – Friday, 9:00 a.m. to 3:00 p.m.

Virginia: Thursday, Schedule Varies

Desta: Schedule Varies

Cherie Paulson, Parish Nurse: 801-231-5212

September 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
						Sept 1 9:00 a.m. Bldg & Grounds
Sept 2 9:00 a.m. Sunday Morning Class 10 a.m. Worship & Communion	Sept 3 Labor Day Church Office Closed 6:30 p.m. Sketch Monday	Sept 4 11:00 a.m. Prayer Group 3:15 p.m. Men's Golf 6:30 p.m. Member Care 7:00 p.m. Discipleship Team	Sept 5 1:00 p.m. Prayer Shawl Group 1:00 p.m. Praise Band Practice 6:45 p.m. Choir Practice	Sept 6 5:30 p.m. Mission Committee	Sept 7	Sept 8 9:00 a.m. SOUL Garden Workday
Sept 9 8:30 a.m. Early Worship 9:45 a.m. Sunday Morning Class 11 a.m. Worship After Worship Fall Kick-off 12:30 p.m. Nominating	Sept 10 6:30 p.m. Sketch Monday	Sept 11 11:00 a.m. Prayer Group 3:15 p.m. Men's Golf 7:00 p.m. Deacons	Sept 12 1:00 p.m. Praise Band Practice 6:45 p.m. Choir Practice	Sept 13 11:30 a.m. Women's Lunch Bunch	Sept 14	Sept 15 2:30 p.m. Golf Tournament at Murray Parkway Golf Course 5:30 p.m. After Golf Dinner & Awards Party at Randy & Dorothy Urbom's
Sept 16 8:30 a.m. Early Worship 9:45 a.m. Sunday Morning Class 11 a.m. Worship 12:30 p.m. Finance	Sept 17 6:30 p.m. Sketch Monday	Sept 18 11:00 a.m. Prayer Group 12:30 p.m. Circle 4 3:15 p.m. Men's Golf	Sept 19 11:30 a.m. Men's Lunch 1:00 p.m. Praise Band Practice 6:45 p.m. Choir Practice	Sept 20 7:00 p.m. Session	Sept 21 12:00 Noon Courier Deadline 5:00 p.m. PW Fall Gathering	Sept 22 9:00 a.m. PW Fall Gathering
Sept 23 8:30 a.m. Early Worship 9:45 a.m. Sunday Morning Class 11 a.m. Worship After Worship KidsEat Project	Sept 24 6:30 p.m. Sketch Monday	Sept 25 11:00 a.m. Prayer Group 3:15 p.m. Men's Golf	Sept 26 1:00 p.m. Praise Band Practice 6:45 p.m. Choir Practice	Sept 27	Sept 28	Sept 29
Sept 30 8:30 a.m. Early Worship 9:45 a.m. Inquirer's Class 11 a.m. Worship						