



Messages for a Church in Transition

December 2018

801-278-4619

Message from the Pastor's Study

"In Christ Together for the World" = Our Purpose

"My eyes are ever toward the Lord, for he will pluck my feet out of the net." – Psalm 25:15

"O guard my life, and deliver me; do not let me be put to shame, for I take refuge in you. May integrity and uprightness preserve me, for I wait for you. Redeem Israel, O God, out of all its troubles." – Psalm 25:20-22



Psalm 25 is attributed to King David. As you know each Psalm began as prayer. So, in this case, the words from Psalm 25 were a prayer of King David. From David's words we get a glimpse into the deep hope in which David lived, a hope based on his faith in the work of God. We also realize from David's words that he prayed with hope for both his own life and for the life of his country, his people.

As we enter our Advent journey, I would encourage each of us to take some time to focus on the topic of hope. We live in a time when personally, as well as corporately in our churches, in our national community, and in our world community hope seems scarce. At least that would be my observation. Perhaps you have a more hopeful observation than I do!

As people of "The Book", as people of the "Jesus Way", as people indwelt with the Holy Spirit, as baptized people, like David we should be filled with hope. Like David we should trust that God is more powerful than our human messes, than our human partisanship, than our human selfishness, than our human sin, than our human fear, than our human shortsightedness. Like David we should trust that God can pluck us out of any net we find ourselves in, out of any trouble that overwhelms us. But often we don't. Often, we get caught up in the hopeless despair of our culture. Often we lose sight of the power of God, the goodness of God, the trustworthiness of God. Often, we do not go through our days filled with hope, resting in the reality of God, a God who loves us beyond our comprehension.

As we make our way toward Christmas morning, and the astounding gift of a Savior, a Savior that moved into our neighborhood, what is the status of your hope?

My prayer would be that each of us can grow in hope as we move toward Christmas morning, as we allow the hope of Christ's birth to mature within us. Friends let us be a people of hope, because we trust in the saving nature, redeeming nature, healing nature, restoring nature, loving nature, and just nature of our God. Cottonwood, let us be a people who shine a light of hope wherever we go.

The Peace of Christ be with you – Pastor Tom

Sermon Information ~ Pastor Tom

December 2nd – 1st Sunday of Advent - Communion

Scripture Reading: Psalm 25:1, Psalm 25:2-15, Psalm 25:16-22

Sermon Title: "Biblical Hope"

Synopsis: When you think of the word "hope" what comes to mind? Do you perceive that the perception of "hope" in our culture would be understood differently than how "hope" is understood Biblically? When have you felt the most hopeful? What would you say is the source of your hope? As we begin our Advent journey may each of us consider the source of our hope, and the impact hope has on our daily lives.

December 9th – 2nd Sunday of Advent – Children's Christmas Program

Scripture Reading: Malachi 3:1-4, Philippians 1:3-11, Luke 1:67-79

Sermon Title: "Biblical Love"

Synopsis: When you think of the word "love" what comes to mind? Do you perceive that the perception of "love" in our culture would be understood differently than how "love" is understood Biblically? When have you felt the most loved? What would you say is the source of the love you have known? Through Advent may we reflect on the source of love, and the impact love has on our daily lives.

December 16th – 3rd Sunday of Advent

Scripture Reading: Philippians 4:4-7, Zephaniah 3:14-20, Isaiah 12:2-6

Sermon Title: "Biblical Joy"

Synopsis: When you think of the word "joy" what comes to mind? Do you perceive that the perceptions of "joy" in our culture would be understood differently than how "joy" is understood Biblically? When have you felt the most joyful? What would you say is the source of the joy you have known? Through Advent may we reflect on the source of our joy, and the impact joy has on our daily lives.

December 23rd – 4th Sunday of Advent

Scripture Reading: Luke 1:39-45, Luke 1:46-55, Micah 5:2-5a

Sermon Title: "Biblical Peace"

Synopsis: When you think of the word "peace" what comes to mind? Do you perceive that the perceptions of "peace" in our culture would be understood differently than how "peace" is understood Biblically? When have you felt the most peaceful? What would you say is the source of the peace you have known? Through Advent may we reflect on the source of our peace, and the impact peace has on our daily lives.

December 24th – Christmas Eve

Scripture Reading: Psalm 96, Luke 2:1-20, Isaiah 9:2-7

Sermon Title: "The Zeal of God"

Synopsis: The Prophet Isaiah writes, "The zeal of the Lord of hosts will do this." Isaiah was describing how the Zeal of God would bring salvation to the people. Do you think God has the same zeal to bring salvation to us, as God did 2000 years ago? If so, how do we experience the zeal of God in our midst today?

December 25th – Christmas Day

Scripture Reading: Luke 2:1-20, Psalm 98, Isaiah 52:7-10

Sermon Title: "Break Forth Together in Singing"

Synopsis: When in your life have you felt like breaking out in song? Why, what was going on? When we consider God's gift of salvation does it lead us to break out into song? What holds us back from celebrating God's amazing gift?

December 30th – 1st Sunday after Christmas

Scripture Reading: Luke 2:41-52, Colossians 3:12-17, Psalm 148

Sermon Title: "God's Name Alone is Exalted"

Synopsis: When you talk, what do you tend to exalt to others: what kind of situations, what kind of things, what kind of stories, what kind of experiences? The Psalmist encourages us to exalt God alone. That sounds like a good idea, but what gets in the way for us of exalting God with our words, our actions, our lives?

Worship Opportunities

"To you, O Lord, I lift up my soul." (Psalm 25:1)

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?

Just a note about our poinsettias we enjoy each year during Christmas worship.

They are grown locally at South Valley Green House. Where they are planted and maintained by students of Jordan School District who are mentally and/or physically challenged. The size and quality vary from year to year. According to the adults in charge of these wonderful young men and women, the plants are a good size this year. Please know your donation helps these young adults grow and learn many skills. Merry Christmas.

Christmas Poinsettias

Poinsettias will decorate our Sanctuary for services on Sunday, December 23rd, Christmas Eve and Christmas Day. If you would like to purchase a Poinsettia(s), please complete this form and put it in an offering plate or return it to the church office by Wednesday, December 12th. You may take your plant(s) home after the service on Christmas Day. Those poinsettias not taken will continue to decorate our Sanctuary until Epiphany.

Poinsettia given by _____

In ___memory___celebration___other_____

\$12.00 per plant. Please order _____ for me. Enclosed amount \$_____

DECEMBER WORSHIP SCHEDULE: For the first three Sundays (2nd, 9th, 16th) we will have two-worship services with the first service at 8:30 a.m. and the second service at 11:00 a.m. The last two Sundays (23rd, 30th) we will have one worship service at 10:00 a.m. We will also have a Christmas Eve worship service at 6:00 p.m. and a Christmas Day worship service at 10:00 a.m. Invite someone to come be with you as we worship God together during this beautiful time of Advent and Christmas.

WORSHIP THEMES: Through December we will focus our attention on the traditional themes of the Advent Wreath Candles: Hope, Love, Joy, Peace, and Christ/Savior.



COMMUNION CELEBRATION: We will celebrate the sacrament of communion on Sunday, December 2nd and on Christmas Day. Communion will be served by intinction.

CHILDREN'S CHRISTMAS PAGEANT: Don't miss our kids leading us in worship on December 9th at the 11:00 a.m. worship service. This is a great service to invite your friends and family to join you in worship.

CHRISTMAS EVE WORSHIP: This year we will have one worship service on December 24th at 6:00 p.m. This is a beautiful opportunity to invite family and friends to join you in worship. Let's pack out the sanctuary as we celebrate the birth of Christ.

CHRISTMAS MORNING WORSHIP: Is it time to start a new Christmas tradition for you or your house? Can there be a better way to celebrate Christ's birth than gathering together in worship? Join us for a beautiful celebration of Christ's birth this Christmas morning at 10:00 a.m. We will be celebrating the sacrament of communion.

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:

ADVENT DEVOTIONALS: Don't forget to pick-up an Advent Devotional at the church, so you or you and your family can spend some time reflecting on the gift of a Savior being born into our lives and into our world.

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.

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.

SUNDAY SMALL GROUP: All are invited to be part of a small group, led by Sue Martin, to study the book, "***Welcoming the Stranger***" by Matthew Soerens and Jenny Yang. ***Group meets in Room 1 at 9:45 a.m.*** Books are available in the office and may be borrowed or purchased for \$14.50. Class will NOT meet on Sundays, December 23rd & 30th.

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.

Session

Submitted by Jody Good, Clerk of Session

- We met in room 1 at 7:00 p.m. on November 15, 2018.
- Elders Deb Abbott, Carol Smedley and Shurjeel Paul were not in attendance.
- The meeting opened with a devotional by Elder Karen Jurgens.

October financial reports were received from the Treasurer.

<u>MONTHLY FINANCIALS</u>		
<u>October 2018</u>		
Income	Month of October	Year 2018
Actual	\$26,608.77	\$286,526.03
Budget	\$20,043.85	\$240,526.13
Expenses		
Actual	\$24,835.84	\$249,577.16
Budget	\$28,191.61	\$311,761.92
Net (Income minus expenses)		
Actual	\$ 1,772.93	\$ 36,948.87

- We received reports on the Construction Loan and projects.
 - The new roof and replacement sewer contracts have been signed.
 - The solar project is alive again. This is developing into a good stewardship of God's world opportunity. More information will be presented to the congregation.
- We received the Preliminary 2019 Budget.
- The Generosity Team's results and projections were evaluated.
- We approved hiring Kathy Fisher as Contract Musician and Shelby Nevenner as a substitute Nursery Attendant.
- We discussed possible congregational support for Roland Baez' immediate need for help with his current college education expenses. This will be presented to the congregation as an opportunity for personal giving to Roland.
- We voted to donate Rocky Mountain Power's \$60.00 reward, for participating in the Cool Keeper energy management program, to the program they outlined to us. We will ask that it be directed to "Blue Sky" renewable power program.
- We voted to hold a single worship service at 11:00 a.m. on January 27, 2019 & February 24, 2019 in conjunction with the Kick-off of the Capitol Campaign and the Annual meeting.

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

Generosity Drive

Thanks to everyone who turned in an estimate of giving card for 2019. Every financial gift is a huge blessing to our life together. If you haven't turned in an estimate of giving card it is not too late. Estimate of giving cards can be picked up at the church and turned in at any time during the month of December. Each card turned in helps us in our financial planning for 2019.

Year End Giving

This Christmas have you considered giving a gift to your Cottonwood family and our ministries to the world? As a church we are completely dependent on the generous giving of those of us who make up the Cottonwood community. Our life together would be greatly blessed by any extra-gifts you can give or by catching up on your pledge. Please make sure all year end giving has arrived at the church by Sunday, December 30th if you want the tax benefit for 2018.

Building Needs

As you know we have obtained 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. Thank you for your prayers and your support.

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.

VOLUNTEERS NEEDED TO SERVE COFFEE FELLOWSHIP
Please sign up on the sheet in the Fellowship Hall or
contact the church office to volunteer.

New Art Exhibit "Come Holy Spirit"

A new art exhibit graces our hallways now thru January 5, 2019. Participating artists were asked to think about: When, where, how, and why have you called on the Holy Spirit? What scripture about the Holy Spirit inspires you and your art? We hope these expressions by artists will stimulate your own thinking about how the Holy Spirit manifests in your life.

COTTONWOOD WOMEN

PRAYER SHAWL GROUP

Women of Cottonwood do you knit or crochet or want to learn how?

As of December 4th, the Prayer Shawl group is changing the regular monthly gatherings to the first TUESDAY of each month from 1:00 -2:30 pm (room 1).

Bring yourself and your friends for needlework and friendship. Make prayer shawls for hospice patients and for distribution by our Deacons to members and friends of our congregation. Yarn is available for you to use. If you do not know how to knit or crochet, we will teach you.

Please come and add to our group and our community service.

LADIES LUNCH BUNCH

Cottonwood Club

Thursday, December 13th at 11:30 p.m.
1780 E. Lakewood Drive, Holladay

Call early, reservations are limited!

Please call Bobbie Ivey at 801-272-7838 by noon on Wednesday, December 12th.

CIRCLE 4

Tuesday, December 18th 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".

CHURCH WOMEN UNITED

A multi faith gathering of Christian Women

Make a note on your calendar and plan to attend **CWU's Advent Service and Tea**

- When: **Friday, December 7, 2018 (1st Friday)**
- Time: Afternoon -- 1:00 p.m.
- Where: **Trinity United Methodist Church - 3610 South 4400 West (WVC)**
- Worship: **Rev. Olga Hard**
- Community Outreach: **The Children's Center** – Provides comprehensive mental health care to enhance the well-being of infants, toddlers, preschoolers, and their families. **Please bring: Children's socks and gloves, Baby Wipes, Diapers 5T, Boys & Girls Pull-ups 3T – 5T, Boys & Girls Underpants 2T – Size 7.**

This is a wonderful ecumenical event and an opportunity to learn and grow spiritually and personally. Hope to see you there.



It's that time of year again!!!

Hanging of the Greens

Saturday, December 1st, 9:00 a.m.

Bring your kids, your grandkids and join the wonderful tradition of decorating the sanctuary, fellowship hall, and the halls for the seasons of Advent and Christmas.

All are welcome, all are needed.

MEN'S LUNCH: Wednesday, December 19th, 11:30 a.m. at **Porcupine Grill**, 3698 Fort Union Blvd. RSVP to the church office.

MEN'S GOLF meets every Tuesday (weather permitting). Time and location have changed: new time and golf course: **2:00 p.m. at Meadowbrook Golf Course**, 4197 South 1300 West, Taylorsville. No reservations necessary!

SENIOR ADULT FELLOWSHIP: *No meeting in December!* The Senior Adult Fellowship is not planning a program or lunch during December 2018; but will meet again on January 18, 2019 (the third Friday of January). We hope to see you all there.

YULE CAPPELLA – Ultimate Harmony & Harmony High in Concert! Monday, November 26th at 7:30 p.m. and Monday December 10th at 7:30 p.m. at Cottonwood Presbyterian Church.

BLUE CHRISTMAS SERVICE - December 14th, 10:00 a.m. at Sandy City Senior Center 9310 South 1300 East. Sponsored by Community of Grace Presbyterian Church. This is a service of remembrance and hope for those who feel sadness and discouragement during the holiday season.

MESSIAH – On Saturday, December 15th at 7:00 p.m. at Cottonwood Presbyterian Church, the Oratorio Society of Utah presents its 98th annual performance of Handel's Messiah. Donations accepted.

Cottonwood Kids

"It Takes a Village"

Thank You!

We want to thank our Cottonwood families and friends for providing all the items for the Family Promise Move-Out-Kits. On November 18th during the Church School hour the children sorted and filled 13 kits, each with 20 household items. Each kit went out with the children's art work which expressed hope for the families.

A kit will go with a family when they move out of the Family Promise church shelter program into independent living. The children learned that when there are many hands doing God's work so much is possible.

Thank you and blessings to all, Cottonwood Kids

Highlighting the Cottonwood Youth

Meet Eugene Mirza



Eugene is a shy, quiet, sweet boy with big eyes. He's 6 years old and is in kindergarten. He likes school, especially math, and says his teacher is nice. He also likes to play with his friends Ally and Asher. His favorite color is orange, favorite food is pizza, and favorite animal is Chewbacca. That means he's also a big Star Wars fan! When Eugene is not in school, he loves to play with his cars, especially his Paw Patrol cars. In fact, Paw Patrol is his favorite TV show, and he likes to read the books from the show, too.

His big sister, Gehna, is a good sister. He likes to play basketball with her. Eugene loves to go to the park with his mom, Ursilla. His mom also takes him to grandma and grandpa's house... he loves going to their house. With his dad, Elisha, he likes to play soccer and guitar.

Eugene is a darling boy! He might be a little shy when you talk to him, and he'll always have a very big smile on his face!

Meet Gehna Mirza



Gehna is a smart, vibrant 10-year-old who is in 4th grade. She likes her teacher and loves to learn new things! Her favorite color is blue and her favorite food is enchiladas. She doesn't currently have any pets, but she really loves puppies. If you ask her what she's good at, she'll hesitate, and then tell you basketball and singing! Speaking of singing and music, Gehna is a talented musician. Her dad has taught her to play the guitar, and now she's learning to play the piano with Say Eow on Sundays, after church. She loves music so much, that her favorite thing to do when she's not in school is to listen to music, especially music that falls somewhere between pop and rock, with a good beat... like the song *Waves*, by Dean Lewis. That's her favorite song.

Gehna's family includes her younger brother, Eugene. He's a good brother, except when he gets a little out of hand. And Gehna says she likes having a brother as a friend, and so she's not alone. She loves her mom, Ursilla, because she helps with homework, especially hard math homework, and "teaches me to be a good person". Indeed, Gehna is a darling, kind person! She loves her dad, Elisha, because he's funny, and likes to joke around, plus he teaches her to play the guitar, which is fun.

Gehna is a joy to be around! We hope to hear more of her music and singing during worship in the future!

CHURCH SCHOOL



Teachers Needed for Church School! We need teachers for church school during 11:00 worship service. Parent's, and anyone with a heart for teaching our kids, please sign up to help. Simple lessons are provided. A sign-up sheet is on the door of room #10. Share your love for Jesus. It's a gift to our kids, and they will be a gift to you!

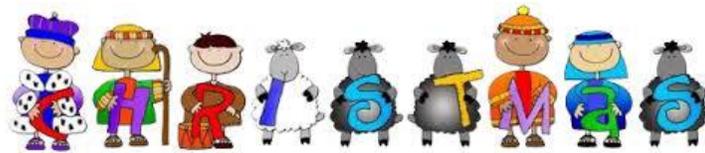
- Grades K – 3rd: Each Sunday during worship all children in grades K – 3rd are invited to room 10 for a scripture-based lesson, games and crafts.
- Grades 4th and higher: On the 3rd & 4th Sundays, all kids in grades 4th and up are invited to participate in a fun “Route 66” class that takes us through all 66 books of the Bible.

YOUTH GROUP: Continuing the tradition, we are partnering with YoungLife this year! This includes weekly youth club get-togethers, and camps. These groups provide a high-energy approach to following the Jesus way, focused on today’s youth. Also, on the horizon is a Presbyterian Youth Group!

- WyldLife is open to all 6th – 8th graders and meet on Thursday nights in area family homes. Feel free to invite friends to join in the fun. Cottonwood youth generally carpool from church and back.
- YoungLife is open to all 9th – 12th graders and meet on Monday nights in family homes, followed by trips to a local food joint. Friends are also encouraged to attend.

Looking Forward to 2019...

- DMT will host more movie nights, bowling, sledding, etc. to keep us having fun in the post-holiday doldrums.
- The African Children’s Choir performs in March at our church. You do NOT want to miss this! It is a standing room only performance.
- Summer camps for WyldLifers, YoungLifers, and mission-oriented camps too!
- Our annual Vacation Bible School returns in summer. We are seeking a new VBS Director. It’s a blast so consider it!



**CHILDREN’S CHRISTMAS PAGEANT
Sunday, December 9th**

ALL kids are invited to be part of the fun.

There will be two rehearsals, lots of food and then the big day!

- **Sunday, 11/25, rehearsal after 11 a.m. worship**
- **Sunday, 12/2, rehearsal after 11 a.m. worship**
- **Friday, 12/7, 6:00 – 9:00 p.m. rehearsal** - including a pizza party.
- **Saturday, 12/8, 9:00 a.m. – noon rehearsal** - including a bagel breakfast.
- **Sunday, 12/9, Pageant day!** Arrive at 9:30 a.m. to rehearse and get ready for the pageant during 11:00 worship.

Announcement & Letters

Thank you! Thank you!

Thank you to everyone who supported Cottonwood's Bake Sale on November 18th. It was a huge success, raising \$497.33 to go toward our new roof.



SUPPORT IS NEEDED: Our summer intern, Roland Baez', blessed us with his time and talents and joy in serving others. Let us now support Roland in his time of need. Roland has experienced a shortfall in his tuition funds for this semester. If you would like to donate to help Roland achieve his education goals, you may do so by going to this link: <https://www.gofundme.com/rolandbaez>

Meet Kathy Fisher

Cottonwood's New Music Accompanist



Kathy was born and raised in Thunder Bay, Ontario, Canada and loves to visit her homeland any time she can. Growing up she studied piano, cello and French horn. Her husband Steve is from California – and after living there for 31 years Kathy insisted she needed seasons (and snow!), so they moved to Utah. Kathy graduated with a degree in music education while raising six daughters - then taught band, orchestra, choir, handbells, and general music in public schools in southern California and Utah. She also enjoyed being a choir accompanist at her daughters' junior high and high schools. In addition, she has directed and accompanied church choirs for many years.

Kathy began studying organ five years ago; she loves being a church organist, and has had the wonderful, unique opportunity of playing historic Baroque organs throughout central Germany. One of her favorite experiences was performing Handel's Messiah on organ and harpsichord with the Boise Symphony Orchestra in December 2016. She recently graduated (May 2018) with a Master of Music degree in organ performance from the University of Utah in Salt Lake City. In her spare time she loves to be with family, read, travel, sing in choirs, and ring handbells.

Mission and Outreach



MISSION & OUTREACH

This Christmas season, the Mission Committee will again sponsor Christmas for the mothers and children at **Valley Phoenix Treatment Center**. Once again, Dee Dee and Larry Simer will be finding out children's sizes and requests and the members of the congregation can choose what they want to buy. Buying opportunities will be available in the Fellowship room on the Sunday after Thanksgiving. Wrapped gifts should be brought to the church by the Sunday before Christmas. The mothers will also each receive a hygiene kit and a \$50 gift card. We will also host their Christmas party, with Pastor Tom reading the Christmas story.

The **Volunteers of America Youth Transition Homes** serve young people who have graduated from foster care and would otherwise be homeless. This year the seven young women will receive a gift wrapped throw for their beds and Betty and Rolly Hurlburt will provide the young men with a Christmas buffet. We will also give a \$50 gift card to each of the residents.

The **Mitten Tree** will once again be in the entrance to the church for you to hang your generous donations. Mittens are welcome but once again we are asking for socks to be donated. Women's and children's socks will go to the **South Valley Sanctuary** for victims of domestic violence. Men's socks will go to the **Road Home**.

Christmas gifts for teens and seniors, who are often forgotten for gift giving, can be left under the Christmas tree in the Sanctuary. These will go to the **Salvation Army** or to **Candy Cane Corner**. In previous years, we have worked at the **VOA/YWCA/Road Home Candy Cane Corner**. This year, they had more volunteers than they could use but they would appreciate new clothing items, toys, games, or household items which their clients could choose. If you wish to give something to them, the members of the Mission Committee will see that it is delivered.

As Christmas shopping season approaches, the Mission Committee wants to remind those of the congregation who use Amazon that there is a special portal for those who want a percentage of their purchase price donated by Amazon to a nonprofit organization. We encourage you to go to <http://smile.amazon.com> where you can select an organization of your choice (such as Crossroads Urban Center or Volunteers of America).

God has been extremely generous to us. He has also given us opportunities to be thankful by being generous to those who have been less fortunate. "If it is to encourage, then give encouragement; if it is giving, then give generously." (Romans 12:8)

DID YOU KNOW? According to Utah's Homeless Dashboard, about 70% of the people receiving homeless services in Utah receive them in Salt Lake County. According to the Census Bureau, 36.6% of Utahns live in Salt Lake County. Another 32% of Utahns live in Davis, Tooele and Utah Counties which all border Salt Lake County.

CROSSROADS URBAN CENTER: Cereal is needed for the month of December but all non-perishable foods and beverages are appreciated. Please leave your food donations in the grocery carts located in the main hallway.

CROSSROADS THRIFT STORE & CALVARY THRIFT STORE: Items needed for the month of December – anything warm. Please leave your donations in the bin located in the hall by the gym.

From Cottonwood's Parish Nurse

Cannabis

Cherie Paulson, RN, BSN

Cannabis, also known as marijuana among other names, is a psychoactive drug from the Cannabis plant used for medical or recreational purposes. The main psychoactive part of cannabis is tetrahydrocannabinol (THC), one of 483 known compounds in the plant, including at least 65 other cannabinoids. Cannabis can be used by smoking, vaporizing, within food, or as an extract.

Cannabis has mental and physical effects such as creating a "high" or "stoned" feeling, a general change in perception, heightened mood, and an increase in appetite. Onset of effects is within minutes when smoked, and about 30 to 60 minutes when cooked and eaten. They last for between two and six hours. Short-term side effects may include a decrease in short-term memory, dry mouth, impaired motor skills, red eyes, and feelings of paranoia or anxiety. Long-term side effects may include addiction, decreased mental ability in those who started as teenagers, and behavioral problems in children whose mothers used cannabis during pregnancy. Studies have found a strong relation between cannabis use and the risk of psychosis, though the cause-and-effect relationship is debated.

Cannabis is mostly used for recreation or as a medicinal drug, although it may also be used for spiritual purposes. The use of cannabis as medicine has not been rigorously tested due to production restrictions and other governmental regulations. Limited evidence suggests that cannabis can reduce nausea and vomiting during chemotherapy, improve appetite in people with HIV/AIDS, and reduce chronic pain and muscle spasms.

Short-term use increases the risk of minor and major adverse effects. Common side effects include dizziness, feeling tired, vomiting, and hallucinations. Long-term effects of cannabis are not clear. Concerns include memory and cognition problems, risk of addiction, schizophrenia in young people, and the risk of children taking it by accident. Medical cannabis can be administered through a variety of methods, including capsules, lozenges, tinctures, dermal patches, oral or dermal sprays, cannabis edibles, and vaporizing or smoking dried buds. Synthetic cannabinoids are available for prescription use in some countries, such as dronabinol and nabilone. Cannabis' efficacy is not clear in treating neurological problems, including multiple sclerosis (MS), epilepsy, and movement problems.

Effects of chronic use may include bronchitis, a cannabis dependence syndrome, and subtle impairments of attention and memory. These deficits persist while chronically intoxicated.

Compared to non-smokers, people who smoked cannabis regularly in adolescence exhibit reduced connectivity in specific brain regions associated with memory, learning, alertness, and executive function. One study suggested that sustained heavy, daily, adolescent onset cannabis use over decades is associated with a decline in IQ by age 38, with no effects found in those who initiated cannabis use later, or in those who ceased use earlier in adulthood.

There has been a limited amount of studies that have looked at the effects of smoking cannabis on the respiratory system. Chronic heavy marijuana smoking is associated with coughing, production of sputum, wheezing, coughing, and other symptoms of chronic bronchitis. Regular cannabis use has not been shown to cause significant abnormalities in lung function.

Cannabis smoke contains thousands of organic and inorganic chemical compounds. This tar is chemically similar to that found in tobacco smoke, and over fifty known carcinogens have been identified in cannabis smoke. Light and moderate use of cannabis is not believed to increase risk of lung or upper airway cancer. Evidence for causing these cancers is mixed concerning heavy, long-term use. In general there are far lower risks of pulmonary complications for regular cannabis smokers when compared with those of tobacco. [44] Combustion products are not present when using a vaporizer, consuming THC in pill form, or consuming cannabis edibles.

Other serious cardiovascular events including myocardial infarction, stroke, sudden cardiac death, and cardiomyopathy have been reported to be temporally associated with cannabis use. Research in these events is complicated because cannabis is often used in conjunction with tobacco, and drugs such as alcohol and cocaine.



BIRTHDAYS

- | | | | |
|---------------|-----------------------------|---------------|-------------------------|
| Dec 3 | Jeanie Proctor | Dec 18 | Samuel Abbott |
| Dec 3 | Mark Zaba | Dec 19 | Virginia Love |
| Dec 6 | Marion Matson | Dec 21 | Carol Salazar |
| Dec 7 | Nadine McAlister | Dec 22 | Stephanie Palmer |
| Dec 8 | George Katz | Dec 22 | Fred Astroth |
| Dec 8 | Eunjoo Chon | Dec 23 | Priscilla Victor |
| Dec 9 | Roy Kristensen | Dec 25 | Cherie Paulson |
| Dec 11 | Rollie Hurlbut | Dec 31 | Carol Shut |
| Dec 18 | Shirley Schowengerdt | | |

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.

December 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
						Dec 1 9:00 a.m. Hanging of the Greens 9:00 a.m. Bldg & Grounds
Dec 2 8:30 a.m. Early Worship & Communion 9:45 a.m. Sunday Small Group 11 a.m. Worship & Communion	Dec 3	Dec 4 11:00 a.m. Prayer Group 1:00 p.m. Prayer Shawl Group 6:30 p.m. Member Care 7:00 p.m. Discipleship Team	Dec 5 1:00 p.m. Praise Band Practice 6:45 p.m. Choir Practice	Dec 6 5:30 p.m. Mission Committee	Dec 7 1:00 p.m. Christ Women United 6:00 p.m. Kid's Christmas Pageant Rehearsal	Dec 8 9:00 a.m. Kid's Christmas Pageant Rehearsal
Dec 9 8:30 a.m. Early Worship 9:45 a.m. Sunday Small Group 11 a.m. Worship & Kid's Christmas Pageant	Dec 10 7:30 p.m. Yule Cappella	Dec 11 11:00 a.m. Prayer Group 7:00 p.m. Deacons	Dec 12 1:00 p.m. Praise Band Practice 6:45 p.m. Choir Practice	Dec 13 11:30 a.m. Women's Lunch Bunch	Dec 14	Dec 15 7:00 p.m. Messiah
Dec 16 8:30 a.m. Early Worship 9:45 a.m. Sunday Small Group 11 a.m. Worship 12:30 p.m. Finance	Dec 17	Dec 18 11:00 a.m. Prayer Group 12:30 p.m. Circle 4	Dec 19 11:30 a.m. Men's Lunch 1:00 p.m. Praise Band Practice 6:45 p.m. Choir Practice	Dec 20 7:00 p.m. Session	Dec 21 12:00 Noon Courier Deadline	Dec 22
Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29
10:00 a.m. Worship	Christmas Eve 6:00 p.m. Worship Service Church Office Closed	Christmas Day 10:00 a.m. Worship & Communion Church Office Closed	1:00 p.m. Praise Band Practice 6:45 p.m. Choir Practice			
Dec 30	Dec 31	Jan 1				
10:00 a.m. Worship	New Year's Eve Church Office Closed	New Year's Day Church Office Closed				

Cottonwood Presbyterian Church

1580 E. Vine Street, Murray, Utah 84121

801-278-4619

www.cottonwoodpres.org

December Sunday Schedule:

Every Sunday - Nursery Care in Room 11

December 2, 9, & 16 - 9:45 a.m. Sunday Small Group

December 16 & 23 - 4th Grade and Higher – During Church School, Route 66

December 2 – 8:30 & 11:00 a.m. Celebration of Worship & Communion

December 9 – 8:30 Celebration of Worship

December 9 – 11:00 a.m. Celebration of Worship & Kid’s Christmas Pageant

December 16 – 8:30 & 11:00 a.m. Celebration of Worship

**December 23 & 30 – 10:00 a.m. Celebration of Worship
(Only one worship service)**

December Christmas Schedule at Cottonwood:

December 9 – 11:00 a.m. Kid’s Christmas Pageant

December 10 – 7:30 p.m. Yule Cappella

December 15 – 7:00 p.m. Messiah

December 24 – 6:00 p.m. Christmas Eve Service

December 25 – 10:00 a.m. Christmas Day Service

**Church Office Closed Christmas Eve & Christmas Day and
New Year’s Eve & New Year’s Day**