



## *Messages for a Church in Transition*

January 2019

801-278-4619

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### **Message from the Pastor's Study**

#### ***"In Christ Together for the World" = Our Purpose***

*"The Israelites groaned under their slavery, and cried out. Out of the slavery their cry for help rose up to God. God heard their groaning, and God remembered his covenant with Abraham, Isaac, and Jacob. God looked upon the Israelites, and God took notice of them." – Exodus 2:23-25*



What a hopeful, beautiful and powerful statement: "God took notice of them." As we reflect on 2018 and enter 2019 what a great gift to know that God has taken notice of us.

I want to encourage each of us to take some time and notice where God was active in our personal lives and in our life together as a congregation in 2018. I hope that both personally and corporately, that as we begin 2019, we can be celebrating the faithfulness of God in our lives. I want to encourage us to be sharing with one another where we have noticed God at work. What an impactful way to begin 2019 by sharing with one another how we have experienced God's faithfulness. What a tremendous gift of hope to give each other.

The Israelites had become slaves in Egypt. In other words, their life was difficult, painful. They probably felt abandoned by God. They were probably living without much hope. In the midst of their great struggle they cried out to God, and God heard them and took notice of them. This was the moment that began the great Exodus out of Egypt, began the wandering in the wilderness, began the journey toward the Promised Land, and led to God giving the community The Ten Commandments. The groaning of the people, truly led to God taking notice of them, which set in motion an astounding series of events which laid the foundation for our understanding of the very nature of God. We have a God who takes notice of us, and seeks to bring salvation to our lives.

As we begin 2019, I hope that together we can dive into the rich theological story of the Exodus, growing closer to God and to one another along the way. It is exciting to imagine all the ways God will take notice of us during 2019, helping us move ahead on our own journey, both individually and corporately. God, we give thanks that you are with us as we enter 2019, making our journey toward your Kingdom. Thanks for taking notice of us.

**The Peace of Christ be with you – Pastor Tom**

# Sermon Information ~ Pastor Tom

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## January 6th – Epiphany of the Lord - Communion

**Scripture Reading:** Matthew 2:1-12, Isaiah 60:1-6, Psalm 72:1-7,10-14

**Sermon Title:** "King for the Oppressed"

**Synopsis:** The "Magi" brought their gifts and paid homage to the baby king, Jesus.

But what kind of King would Jesus grow up to be? Scripture is clear that Jesus came to bring salvation to the oppressed. This reality has often been forgotten in American Christianity. Why would Christianity in our country downplay, or even reject the Scriptural teaching on Jesus as King to the oppressed?



## January 13th – Baptism of the Lord

**Scripture Reading:** Luke 3:15-17, 21-22, Exodus 2:23-25, Isaiah 43:1-7

**Sermon Title:** "God Noticed Them"

**Synopsis:** Baptism is about knowing whose we are. Baptism recognizes that God claims us as God's own. Baptism marks us as God's children. Baptism reminds us of our true identity. What a gift to have a day set aside to celebrate our baptism. Let us celebrate our true identity as children of God.

## January 20th – 2<sup>nd</sup> Sunday after Epiphany

**Scripture Reading:** Exodus 3:1-10, Exodus 3:17-22, Exodus 6:1-9

**Sermon Title:** "Set Free"

**Synopsis:** After God noticed the dire situation of the Israelites, God focused on setting the people free. God is keenly aware of all that enslaves us in life, and God yearns to set us free. Unlike, the Israelites, however, we may be so blind, or so stuck that we can't even recognize our enslavement. What in your life can you ask God to set you free from?

## January 27th – 3<sup>rd</sup> Sunday after Epiphany

**Scripture Reading:** Exodus 15:22-27, Exodus 16:1-12, Exodus 19:1-6

**Sermon Title:** "Shaped by the Wilderness"

**Synopsis:** After setting the Israelites free God led them into the wilderness where they sojourned for 40 years. Why did God not lead the people directly from slavery to the Promised Land? Why the wilderness? What can we learn from the wilderness? How do we experience the shaping work of the Wilderness on our Spiritual journeys?

## Worship Opportunities

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***"For God delivers the needy when they call, the poor and those who have no helper. He has pity on the weak and the needy, and saves the lives of the needy. From oppression and violence, he redeems their life; and precious is their blood in his sight." (Psalm 77:12-14).***

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?

**JANUARY WORSHIP SCHEDULE:** On January 6th, there will be one worship service at 10:00 a.m. On January 13th and 20th there will be two worship services at 8:30 a.m. and 11:00 a.m. On January 27th there will be one worship service at 11:00 a.m.

**WORSHIP THEMES:** January 6th is Epiphany, the day we reflect on the coming of the wise-people to meet the newly born Messiah. Then beginning on January 13th, we will begin a study of the Ten Commandments. We will begin our study by considering the conditions within the faith community that led God to give them the Ten Commandments.

**COMMUNION CELEBRATION:** We will celebrate the sacrament of communion on Sunday, January 6th, and will be served by intinction.

**RENEWING OUR BAPTISM:** Each year on the church calendar we celebrate the Baptism of the Lord. For the last few years we have been using this Sunday, at the beginning of January, to give each of us an opportunity to remember our Baptismal vows and what they mean to us. I think this is a powerful way to begin a New Year, framing the journey before us through our baptism. This service will be a contemplative worship experience. We will use the musical prayers of the Taizé community to help us focus our prayer and meditation. Don't miss this wonderful worship opportunity on January 13th, at both the 8:30 and 11:00 a.m. worship services.

## 2019 Per Capita

Per Capita contributions are the way we share the expenses of the PC(USA) system of government.

Each congregation belongs to a Presbytery, a Synod and the General Assembly.

**2019 TOTAL Per Capita is \$39.45 per member**

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**Presbytery of Utah \$28.00 per member**

Congregational support, pastoral support, grants & scholarships, committee & presbytery meeting expenses, staff salaries and office expenses.

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**Synod of the Rocky Mountains \$3.50 per member**

Administrative costs, Presbytery support, Assembly meetings.

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**General Assembly \$7.95 per member**

Assembly meetings, permanent & special GA committees and commissions, vocational matters, church leadership connection, immigration issues, Presbyterian Historical Society, constitutional services, communications, statistics, mid council relations, representation, leadership development, Moderator of GA, publications, Office of the General Assembly.

A portion of the activities of the Presbyterian Mission Agency.

# Renovation and Renewal Project

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***On January 27, we will have one worship service at 11:00 a.m. followed by a meal for the whole congregation.*** After eating we will hear about how the \$200,000 that we have borrowed will be used to continue our process of renovation and renewing our building for both the present and the future. As a part of the presentation we will also hear the plan for how each of us can become involved in paying off the loan. The great news is that we have already received significant donations toward the \$200,000. Thank you to everyone who has already donated. We hope you will mark your calendars and join us for lunch as we hear this important report about our life together.

## Annual Meeting

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The session has called for the annual meeting to take place immediately following our 11:00 a.m. worship service on Sunday, February 24th. We have scheduled only one worship service that day, so that we can all be together to hear the Annual Report and celebrate our life together. If you are writing an annual report please give to Becky by January 16th.

## Congregational Retreat

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**SAVE THE DATE!**

### Winter Retreat at Cottonwood Presbyterian Church

- What:** An opportunity to build community – within and expanding outward – to better understand the different paths we find ourselves on, and to strengthen our individual and collective capacity to make a difference in our world.
- When:** Saturday, March 9th, 10:00 a.m. to 1:00 p.m. (including a potluck lunch)
- Who:** All of Cottonwood – members, visitors, friends, family, and specially invited guests.
- How:** A special focus on sharing stories – “Apart From and A Part Of” – about ways we’ve felt estranged from, or embraced by, the world around us.
- When in your life have you felt like a stranger in a strange land? First year at college? Moving to a new home? Immigrating to a new country? Living as a refugee? Realizing you were “different” in your sexual or gender identity? Finding out you were the parent of a LGBTQ kid?
  - When in your life has “apartness” become “a part of” - when you felt embraced in acceptance and love?
  - Sign up in advance to share a 5-7-minute story.
  - Or wait and let the spirit move you (the mic will be open!).

Bring a pot luck dish to share for lunch – something that represents your country or region of origin or your favorite winter comfort food.

# Session

Submitted by Jody Good, Clerk of Session

- Session held our stated meeting on December 20, 2018 at 7:00 p.m.
- Elder Shurjeel Paul was excused.
- We opened with a meditation and prayer led by Elder Julie Speck.
- We approved the minutes of the Stated Session Meeting of November 18, 2018 and the called Session Meeting of November 18, 2018.
- New financial reports were received and reviewed.

<b><u>MONTHLY FINANCIALS</u></b>		
<b><u>November 2018</u></b>		
<b>Income</b>	<b>Month of November</b>	<b>Year to Date</b>
Actual	\$25,087.10*	\$310,384.55
Budget	\$20,043.85	\$240,526.13
<b>Expenses</b>		
Actual	\$28,793.40	\$279,370.56
Budget	\$28,191.61	\$311,761.92
<b>Net (Income minus expenses)</b>		
Actual	(\$ 2,987.62)	\$ 36,948.87
*Sales Tax Receivable	\$ 718.68	

- We approved the 2019 operating budget of \$314,300.00
- We received a report from the Budget and Finance Committee about their decisions related to paying off the loan. They plan to pay off the 10-year loan monthly in a 5-year repayment schedule, with the option of repayment sooner.
- We received a report on the improvements to the garden provided by the Blessing Grant.
- We continued our study of "Canoeing the Mountains".
- Our next stated session meeting will be January 24, 2019 – a rescheduled date.
- We adjourned with Prayer at 9:05 p.m.

## 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:***

**SUNDAY SMALL GROUP:** Group will meet in room 1 at 9:45 a.m. on Sundays, January 13th and 20<sup>th</sup>. Class will **NOT** meet on Sundays, January 6 & 27.

**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. Group will **NOT** meet on January 1, 2019 but will resume on Tuesday, January 8th.

## 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, January 16th, 11:30 a.m. at **David's Kitchen**, 45 West 3300 South. RSVP to the church office.

### SENIOR ADULT FELLOWSHIP

#### Potluck Lunch and Guest Speaker Program

**Friday, January 18th (3rd Friday)**

**12:00 noon in the Fellowship Hall**

#### Join us and learn about Rocky Mountain Power's Blue Sky Program!

Keven Hoopiiaina has been with Rocky Mountain Power for nearly 25 years. In his current role, Keven manages both the longstanding Blue Sky renewable energy program and in 2017 he launched the Subscriber Solar program for the company. Subscriber Solar sold out in less than 6 months! With his leadership these voluntary programs deliver renewable solutions to more than 50,000 customers and have helped fund more than 125 renewable energy projects in Rocky Mountain Power communities all over Utah.

Invite your friends and neighbors to join us. Let the church office know if you plan to attend by Thursday, January 17th so that we will have enough tables and chairs set up.

### MARK YOUR CALENDARS!

#### MOVIE NIGHT

On February 14th, we will show the documentary, **Human Flow**: "Over 65 million people around the world have been forced from their homes to escape famine, climate change and war in the greatest human displacement since World War II.

**Human Flow**, an epic film journey led by the internationally renowned artist Ai Weiwei, gives a powerful visual expression to this massive human migration. The documentary elucidates both the staggering scale of the refugee crisis and its profoundly personal human impact." (from the film's web site).

We'll share a simple meal in Fellowship Hall at 6:00 p.m., then watch the film (with popcorn) in the Sanctuary. Parents may bring children at their discretion.

Please plan to join us and invite friends. It will help us to know how many are coming, so please sign up in the office or after church. To learn more about the film, visit [www.humanflow.com](http://www.humanflow.com)

## **COTTONWOOD WOMEN**

### **PRAYER SHAWL GROUP**

**Due to the New Year holiday, Prayer Shawl Group will meet**

**TUESDAY, JANUARY 8TH**

**1:00 p.m. in Room 1**

Do you know how to knit or crochet or do you want to learn how?

Prayer shawl group is now meeting on the first Tuesday of each month at 1 pm. Come and share your time and talent and make prayer shawls for CPC and for hospice patients.

### **LADIES LUNCH BUNCH**

Thursday, January 10th at 11:30 p.m.

***Tosceno***

11450 State St, Draper

Please call Bobbie Ivey at 801-272-7838  
by noon on Wednesday, January 9th.

### **CIRCLE 4**

Tuesday, January 15th 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 Annual Meeting**

- When: **Friday, January 25, 2019 (Last Friday)**
- Time: Afternoon - 12:30 p.m. Registration (\$1)
- Where: **Cottonwood Presbyterian Church – 1580 E. Vine St., SLC**
- Keynote Speaker: **Mina Koplín, Director of Milestone Houses**  
Election and Installation of CWU Officers  
Teas/Social/Fellowship
- Community Outreach: **Volunteers of America Youth Resource Center –**  
**Please bring Men and Women's winter socks, gloves, hats, scarves;**  
**Children's underwear, Hand and toe Warmers. Cash Donations:**  
**Checks Payable to "Church Women United," designated for VOA YRC**
- Free Will Offering: Stays with Local SLC/Bountiful CWU Unit: Checks need to be made payable to "Church Women United"

# Cottonwood Kids

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## Boys and Girls, Moms and Dads

### Children's Worship Bulletins



When children attend church with their parents, they are building lifelong traditions in faith. The children's worship bulletins have been an active and fun way for our kids to learn about the teachings of the Bible. There are coloring pages, puzzles, crayons, activities and more for the children to engage in while in service. Small bags for the 3 to 6 ages and large bags for the 7 to 12 ages hang on the rack as they enter the church. Marianne Ausseresses fills the bags every week so please tell her thank you. Children will be excited to have their own lesson just like mom and dad. Bring a bag to your seat when you arrive at church and have fun with the activities.

**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!

**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!

**Youth of the Utah Presbytery (YUP):** Every three years, thousands of youth in the Presbyterian Church (USA) and Cumberland Presbyterian Church from all around the country and world come together to worship, dream, and grow together at a 5-day conference. We are hoping to raise enough money to offset as much of the travel and registration costs as possible, as we value offering the Youth of the Utah Presbytery programming that is as affordable as possible, so everyone who wants to can participate.

If you'd like to make a donation, you can make a check out to The Presbytery of Utah, put "Youth of the Utah Presbytery" on the memo line, and send it to 699 East South Temple, Suite 305 Salt Lake City, Utah 84102.

## Highlighting the Cottonwood Youth

### Brecken Hunter



Brecken is the 14-year-old grandson of Ron & Pam Hunter. You may have seen him rockin' the drums in the Praise Band, which he says is really fun.

While he is a star on the drums, Brecken also plays piano and violin (3<sup>rd</sup> & 4<sup>th</sup> grade) but can actually play any instrument by ear. Not surprising, then, that Brecken is considering a career in music or medicine, as he also is fascinated with the human body.

Brecken is in the 8<sup>th</sup> grade at The Madeleine Choir School and will attend Highland High School next year. Favorite school subjects are art and choir. He enjoys painting abstract images with acrylic. He sings in the school choir and plays on the school basketball team this year. Least favorite subjects are Spanish and PE.

When he's not doing homework, he plays with his dog (blue heeler/Australian shepherd mix) or cats, Amidala & Anakin (yes, he's a Star Wars fan!). Favorite TV series are *Stranger Things* and *Series of Unfortunate Events*.

His best friends are Grant, Philip, and Emmy; he loves Italian and Mexican food; and was a pigeon for Halloween!

By the way, his mom is a graphic designer and designed the KRCL shirt he is wearing in his picture.



### Madeline Hunter



Madeline is the 12-year-old granddaughter of Ron & Pam Hunter. She is in 7<sup>th</sup> grade at The Madeleine Choir School. Her favorite subject is art. She loves to draw and paint (watercolor or acrylic) and says she is "really bad at math." After school and homework are done, you can find Madeline drawing, playing with her American Girl dolls, or Minecraft on her grandparents IPAD.

She adores her cats Anakin and Amidala. Like her brother, Madeline is musical as well. She takes guitar lessons (electric-acoustic) and wants to learn banjo. This year she is playing basketball but is not entirely enthusiastic about this endeavor. She's giving it her best shot!

Madeline's favorite movies are any of the Harry Potter films and Hotel Transylvania. On TV, she likes the *Stranger Things* and *Series of Unfortunate Events* and is currently reading the 3<sup>rd</sup> book of the latter.

Her best friends are Imogen, Anna, and Elle, and she loves "every single kind" of sushi. Madeline was Julian from Madagascar for Halloween.

## Announcements & Letters

**ANNUAL REPORTS** – Please submit all committee reports to the church office no later than Wednesday, January 16, 2019.

### **Merry Christmas & Happy New Year from Fred Astroth!**

Greetings from Kansas! Can you believe it has already been more than a 1½ years since I moved here? I will be 96 on Dec 22nd!!

Coming this January, it will be 4 years on the 19th when Alice passed away.

I had another stay in the hospital in August. Pneumonia and related issues. I have enrolled into Hospice, not wanting to go back to the hospital again. My health is ok and I am still getting around.

I am working with a therapist 3 days a week to keep active.

Please note: I am still at Tallgrass Creek Senior Living, but in a new unit.

Fred W. Astroth  
Tallgrass Creek Senior Living  
13760 Metcalf Ave, Apt #2110  
Overland Park, KS 66223

## Mission and Outreach

### **THANK YOU**

#### **From Cottonwood's Mission Committee**

Thank you to our congregation for your donations of time, money and gifts for this Christmas season. Your generosity provided much joy to the mothers and children at the Valley Phoenix Treatment Center and the young people at Volunteers of America Youth Transition Home. This year the Mitten Tree was overflowing with mittens, hats and socks for the women and children at South Valley Sanctuary and men's socks went to Road Home. The Christmas gifts for teens and seniors went to the Salvation Army and Candy Cane Corner. We are so blessed to have such a giving congregation. Happy New Year!

**MISSION PROJECT:** The Mission Committee has committed to helping Wasatch Presbyterian Church with their monthly serving of dinner at Vincent DePaul dining room. We are looking for 20 Cottonwood adults and children volunteers to serve in the kitchen and dining room **from 4:30 until 6:00 p.m. on January 23th.** Anyone interested in helping, contact Jack Van Klaveren, 801-268-3187 or email: [jvankla@comcast.net](mailto:jvankla@comcast.net), or you can sign-up Sunday, January 20th after church.

**FAITH & POVERTY DAY AT THE UTAH CAPITOL COMPLEX – JAN 31, 10:00 AM TO NOON:** On the first Thursday of the 2019 session of the Utah Legislature, people from many different faith traditions are going to the Capitol to draw attention to the Coalition of Religious Communities three-part plan for reducing child homelessness and other key poverty issues. Meet at 10:00 a.m. in the auditorium in the State Office Building which is located behind the Capitol.



**CROSSROADS URBAN CENTER:** Chili, Pork & Beans, Canned Pasta are needed for the month of January 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 January are winter coats and boots. Please leave your donations in the bin located in the hall by the gym.

**DID YOU KNOW?** Most people who become homeless are only homeless for less than a month and do not return to the shelter after they leave. According to Utah's 2018 report on homelessness, 70 percent of the homeless individuals and 51 percent of the homeless families that live at homeless shelters leave the shelter within one month. Over 60 percent of the individuals who leave the homeless shelter do not return during the next 24 months.

## **From Cottonwood's Parish Nurse**

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### **Seasonal Affective Disorder (SAD)**

**Cherie Paulson, RN, BSN**

Seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Treatment for SAD may include light therapy (phototherapy), medications and psychotherapy.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

### **Symptoms**

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling depressed most of the day, almost daily
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

### **Fall and winter SAD**

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Oversleeping
- Appetite changes
  - especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

### **Spring and summer SAD**

Symptoms specific to summer-onset seasonal affective disorder, sometimes called summer depression, may include:

- Trouble sleeping (insomnia)
- Poor appetite
- Weight loss
- Agitation or anxiety

### **Seasonal changes in bipolar disorder**

In some people with bipolar disorder, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), and fall and winter can be a time of depression.

### **When to see a doctor**

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

## **Causes**

The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

- **Your biological clock (circadian rhythm).** The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.
- **Serotonin levels.** A drop-in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop-in serotonin that may trigger depression.
- **Melatonin levels.** The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

## **Risk Factors**

Seasonal affective disorder is diagnosed more often in women than in men. And SAD occurs more frequently in younger adults than in older adults.

Factors that may increase your risk of seasonal affective disorder include:

- **Family history.** People with SAD may be more likely to have blood relatives with SAD or another form of depression.
- **Having major depression or bipolar disorder.** Symptoms of depression may worsen seasonally if you have one of these conditions.

- **Living far from the equator.** SAD appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

## Complications

Take signs and symptoms of seasonal affective disorder seriously. As with other types of depression, SAD can get worse and lead to problems if it's not treated. These can include:

- Social withdrawal
- School or work problems
- Substance abuse
- Other mental health disorders
  - such as anxiety or eating disorders
- Suicidal thoughts or behavior

Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms get bad.



## Birthdays

<b>Jan 1</b>	<b>Eddie Alter</b>	<b>Jan 11</b>	<b>Natalie Salter</b>
<b>Jan 1</b>	<b>Nancy Hildebrand</b>	<b>Jan 16</b>	<b>Betty Blough</b>
<b>Jan 2</b>	<b>Elvis Fonguh</b>	<b>Jan 19</b>	<b>Tim Tyler</b>
<b>Jan 3</b>	<b>Deeny Otanez</b>	<b>Jan 21</b>	<b>Mary Lou Christensen</b>
<b>Jan 4</b>	<b>Collen Lokan</b>	<b>Jan 22</b>	<b>Rev. Mia Levetan-Stetzer</b>
<b>Jan 5</b>	<b>Jessica Flynn</b>	<b>Jan 25</b>	<b>Hanna Bingham</b>
<b>Jan 9</b>	<b>Janet Urbom</b>	<b>Jan 30</b>	<b>Cora Lokan</b>

### *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](http://www.cottonwoodpres.org)

**Office Hours:**

**Pastor Tom: Saturday – Thursday, Schedule Varies**  
**Becky: Monday – Friday, 9:00 a.m. to 3:00 p.m.**  
**Virginia ~ Bookkeeper: Every Thursday**  
**Desta ~ Financial Secretary: Schedule Varies**  
**Cherie Paulson, Parish Nurse: 801-231-5212**

**Sunday Worship Schedule:**

**Every Sunday - 9:45 a.m. Nursery Care – Room 11**  
**Jan 6 – 10:00 a.m. Epiphany ~ Worship & Communion**  
**Jan 13 & 20 – 9:45 a.m. Sunday Small Group**  
**Jan 13 – 8:30 & 11:00 a.m. Baptism of the Lord Sunday & Worship**  
**Jan 20 – Ending Child Homelessness Sabbath & Worship Service**  
**Jan 27 – 11:00 a.m. Celebration of Worship**  
**Jan 27 – After Worship ~ Renovation and Renewing Kick-off Luncheon**

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***"Wherever you go, God is sending you.***

***Wherever you are, God has a purpose in you being there.***

***Christ who indwells you has something he wants to do  
through you where you are!***

***Believe it and go in his grace and power."***  
*- Richard C. Halverson*

# January 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Dec 30</b> 10:00 a.m. Worship Service	<b>Dec 31</b> <b>NEW YEAR'S EVE</b> <b>Church Office Closed</b>	<b>Jan 1</b> <b>NEW YEAR'S DAY</b> <b>Church Office Closed</b>	<b>Jan 2</b> 1:00 p.m. Praise Band Practice 7:00 p.m. Choir Practice	<b>Jan 3</b> 5:30 p.m. Mission	<b>Jan 4</b>	<b>Jan 5</b> 9:00 a.m. Building & Grounds
<b>Jan 6</b> 10:00 a.m. Worship & Communion	<b>Jan 7</b>	<b>Jan 8</b> 11:00 a.m. Prayer Group 1:00 p.m. Prayer Shawl Knitters 6:30 p.m. Member Care 7:00 p.m. Discipleship Ministry Team 7:00 p.m. Deacons	<b>Jan 9</b> 1:00 p.m. Praise Band Practice 7:00 p.m. Choir Practice	<b>Jan 10</b> 11:30 a.m. Women's Lunch Bunch	<b>Jan 11</b>	<b>Jan 12</b>
<b>Jan 13</b> 9:45 a.m. Sunday Small Group 8:30 & 11 a.m. Worship 12:30 p.m. Nominating Committee Meeting 12:30 p.m. Budget & Finance	<b>Jan 14</b>	<b>Jan 15</b> 11:00 a.m. Prayer Group 12:00 Noon Circle 4	<b>Jan 16</b> <b>Deadline for Annual Reports</b> 11:30 a.m. Men's Lunch 1:00 p.m. Praise Band Practice 7:00 p.m. Choir Practice	<b>Jan 17</b> 7:00 p.m. Session	<b>Jan 18</b> 12:00 Noon Courier Deadline 12:00 Noon Senior Adult Fellowship	<b>Jan 19</b>
<b>Jan 20</b> 9:45 a.m. Sunday Small Group 8:30 & 11 a.m. Worship 12:30 p.m. Budget & Finance	<b>Jan 21</b> <b>Martin Luther King Day</b> <b>Church Office Closed</b>	<b>Jan 22</b> 11:00 a.m. Prayer Group	<b>Jan 23</b> 1:00 p.m. Praise Band Practice 7:00 p.m. Choir Practice	<b>Jan 24</b>	<b>Jan 25</b>	<b>Jan 26</b>
<b>Jan 27</b> 11:00 a.m. Worship After Worship Renovation & Renewing Luncheon	<b>Jan 28</b>	<b>Jan 29</b> 11:00 a.m. Prayer Group	<b>Jan 30</b> 1:00 p.m. Praise Band Practice 7:00 p.m. Choir Practice	<b>Jan 31</b> 10:00 a.m. Faith & Poverty Day at Utah State Capital		