



## Messages for a Church in Transition

***“In Christ Together for the World” = Our Purpose***

***“Our soul waits for the Lord; he is our help and shield. Our heart is glad in him, because we trust in his holy name. Let your steadfast love, O Lord, be upon us, even as we hope in you.” (Psalm 33:20-22).***

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?

**JUNE WORSHIP SCHEDULE:** Through June we have one worship service at 10:00 a.m. each Sunday morning. Invite someone to come be with you as we worship God together.

**COMMUNION CELEBRATION:** We will celebrate the sacrament of communion on Sunday, June 2nd. Communion will be served by intinction.



## Day of Service



### MARK YOUR CALENDARS

June 19 will be our annual “Day of Service” with the Vine Street LDS Ward. This year, the recipient will be one of our children’s favorite organizations, **Kids Eat**. So plan to come to the LDS gym at 7pm and bring the children, to pack backpacks to feed hungry kids.

## The Pastoral Search Process

The Interim Pastor Search Committee has been busy evaluating four candidates that we have received from the Presbytery. Pastor Jeff has done a great job in getting us good qualified candidates. One has already taken a job and we are checking references on the other three. We plan to conduct group interviews with them by phone or video conference in the next two weeks. We will then decide on one candidate and invite them to Salt Lake City for a final interview and then make a recommendation to Session. Considering timing and availability we hope to have an Interim in the pulpit by mid-July.

# 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.

**STUDY GROUP:** Details to follow at a later date.

**ART IN THE GARDEN!** Sue Martin is hoping some people – young and old – will join her in making art in the garden this summer. Sue plans to be there on the following **Saturday mornings: June 15, July 13, Aug. 24 – from 9 – noon.** Bring a sketchbook or other art supplies, drinking water, and sunscreen. On one or more of those dates, we'll have some special projects for kids. Stay tuned for more information.

## Session

Submitted by Jody Good, Clerk of Session

- Session met on Thursday, May 16, 2019 at 7:00 p.m.
- Elders Nadine McAlister, Karen Jurgens, Jody Good, Donna Switzer, Ron Hunter and Carol Smedley were present.
- Cliff Leaver & Rick Urbom were welcomed as visitors.
- Rev. Jeff Silliman moderated.
- Treasurer's report was presented.

<u>MONTHLY FINANCIALS</u>		
<b>April 2019</b>		
<b>Income</b>	<b>Month of January</b>	<b>Year to Date</b>
Actual	\$28,818.50	\$250,613.72
Budget	\$19,960.91	\$239,880.90
<b>Expenses</b>		
Actual	\$26,908.92	\$102,952.34
Budget	\$27,568.69	\$339,365.97
<b>Net (Income minus expenses)</b>		
Actual	\$ 1,909.58	\$147,661.38
<b>Includes special one-time gifts and designated funds to be transferred.</b>		

- The Renovation & Restoration progress was discussed. Much of the work has been completed.
- Our two summer interns will start after Memorial Day.
- A report was received from the Interim Pastor Task Force. They have met with and are considering possible candidates.

- Minutes were approved from the Stated Session Meeting of April 26, 2019 and the Called Session Congregational meeting of April 29, 2019.
- We approved participating in a joint day of service with the Vine Street LDS Ward on June 19. The focus of this event is KidsEat. Families are encouraged to participate.
- We adjourned with Prayer at 8:15 p.m.
- Next Stated Session Meeting will be June 20, 2019.

## **Renovation and Renewal Project**

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Here is an update on the progress of the renovation and renewal projects taking place at Cottonwood.

- The roof is completed.
- The refurbishing of the gym floor is completed.
- Solar Panels have been installed and completion of the projects will be wrapped up soon.
- The Garden Pavilion project will start in June.

## **Our Summer Fellows Interns**

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**Our two Summer Fellow Interns, Adrienne Dixon and Daniel Roberts** will arrive in Salt Lake around May 28th, and be working in our midst until August 2nd. Please give them a warm welcome, and be intentional about inviting Adrienne and Daniel into our lives. This is a great opportunity for us to practice our “defining practice” of “With-me”.

### **Getting to Know Adrienne Dixon**

**Adrienne** is finishing her Sophomore year. She is presently working as a resident assistant in one of the campus dorms. Adrienne is one of 9 children. Her family lives in the Paradise, California area. Her family has been greatly involved with the efforts to care for people impacted by the fires that ravaged that area of our country. Adrienne is a biology major on a pre-med track. Adrienne is looking forward to working with our kids and youth providing leadership for our summer VBS program. She also hopes to get connected to our immigrant and refugee communities. Welcome to Adrienne!



### **Getting to Know Daniel Roberts**



**Daniel** is finishing his Junior year. This will be his second summer working as a fellow. Last summer he worked for one of the Presbyteries in Montana. Daniel also comes from a large family. He is the 7th of 8 kids. Daniel is a theology major. He is also involved in the theater and music programs. He plays both saxophone and bassoon. Daniel grew up and lives in Spokane, Washington. Daniel looks forward to working with our kids and youth providing leadership for our summer VBS program. He also looks forward to working with Sue Martin on different art opportunities and art outreach projects. He also looks forward to getting involved in the SOUL Garden. Welcome to Daniel!

# Welcome New Members of Cottonwood

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**Please greet and welcome our newest members.**

Josh & Lisa Lokan joined Cottonwood on April 21. Collen Lokan, Castin Speck, Mya Zaba and Robby Zaba each completed confirmation and chose to become members.

Mya Zaba: I'm a sophomore in high school. I have been a part of this church since I was baptized as a baby and I now work in the nursery, which I enjoy very much! I have also been active in YoungLife for four years and can't wait for camp this summer. I love to go on road trips and be outdoors. I love hiking and hammocking with my friends.



Robby Zaba: I am 13 years old and in the 7th grade. I like math and history. Mountain biking, rock climbing, and spending time in the mountains are things I really enjoy doing. I like CPC because it is like a family to me, and I have grown up at this church.

## Fellowship Opportunities

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**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.

### SENIOR ADULT FELLOWSHIP

**SAF will not meet during June, July or August**

**Our next potluck lunch and guest speaker program  
will be on the fourth Friday in September (September 27th)**

Watch for information in the September Courier and Church Bulletins.

Thanks to all who have provided names of potential guest speakers, helped setup and cleanup and have brought such wonderful food and fellowship to our gatherings.

Have a great summer and we are looking forward to seeing you all again in September.

- SAF Committee

## SAVE THE DATES!!

**SUMMER BARBECUE AND CONCERT:** This year our summer picnic and concert will be the day after VBS on Thursday, August 1st. Mark your calendars and plan to participate as well as invite some others to come and be with us. Don't miss this great evening of food, entertainment and fun.



### COTTONWOOD PRESBYTERIAN CHURCH 18<sup>th</sup> ANNUAL GOLF SCRAMBLE TOURNAMENT



This year will be the 18th 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](mailto:dorothy.urbom@yahoo.com) or call us at 801-414-8896.

#### Look for more details coming in the August Courier

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 Men

### MEN'S LUNCH

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

#### *Left Fork Grill*

**68 West 3900 South**

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 Women

**PRAYER SHAWL MINISTRY** will **NOT** meet during the month of June.

### LADIES LUNCH BUNCH

Thursday, June 13th at 11:30 p.m.

#### *Mimi's Café'*

5223 South State Street, Murray.

Please RSVP to Bobbie Ivey (801-272-7838) by noon on Wednesday, June 12th.

## **Presbyterian Women in the Synod of the Rocky Mountains (PWS)**

**Invites you to attend our Triennial Gathering**

**"And Yet She Persisted!"**

**Women of Great Faith, Courage, and Determination**

From 2 pm August 9 (Friday) to noon August 11 (Sunday)

Holiday Inn in Sheridan, Wyoming

- Featuring the 2019 USAME participant: "American Women of Faith"
- Workshops, book discussion, creative activities, fellowship & worship
- Trolley Tour to the Brinton Museum, including lunch
- Special t-shirt
- Spouses are welcome!

**Early Bird Rate when received before July 10<sup>th</sup>, 2019: \$125.00: AFTER July 10 – Registration \$135**

No registration accepted after August 1<sup>st</sup>, 2019

- Registration includes Friday Dinner, Saturday Breakfast & Dinner, and Sunday Breakfast & Lunch - T-shirt and trolley tour are extra.

Make your own room reservations! Special room rates at the Sheridan Holiday Inn for attendees: \$89 plus tax, per night double occupancy, over 2 people per room: \$10.00 additional per person. Call the Holiday Inn Convention Center (307) 672-8931 to make room reservations: Ask for "PW Triennium Special Rate".

**For more information and to receive a registration form,  
contact: Sally at 801-272-5356**

**NOTE:** PWP of Utah Scholarships are available to attend the PWS Gathering. Contact Sally for a PWP Scholarship Application. **Application deadline is June 13, 2019. A limited number of scholarships are available on a first come first served basis. Please apply early.**

## **Cottonwood Kids**

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**We are still in need of Church School teachers** during the Worship time. It's a joy to teach these kids about the Jesus Way, and hear their own stories. It would be a gift if you could share your love of God with them! A sign-up sheet is on the door of room #10.

**YUP (Youth of Utah Presbytery)** is having a super fun all-day event on **Saturday, June 8 from 9:00 am - 9:00 pm**, at First Presbyterian Church in Salt Lake City. For youth 6th - 12th grade. They will spend the day serving in the community, eating pizza, worshiping and having a dance party with ice cream! Cost is \$10. Talk to Merri Lee Zaba if your youth wants to join the fun!

**Route 66 Bible Class: 4th to 8th graders! We will meet the 3rd and 4th Sunday** of the month at the same time as church school in room 12 to take a trip through the 66 books of the Bible. We'll have lots of fun puzzles and activities to help us remember the books of the Bible and how to study the Bible on your own. You will use a concordance and a Bible dictionary, make your own prayer journal, and be able to share your faith with people you love.



**Summer Youth Camps!** There will be several summer youth camp opportunities for kids 6th - 12th grade. These will include YoungLife, WyldLife and YUP (Youth of Utah Presbytery) camps. Watch for more details, or contact Merri Lee Zaba.

- YoungLife Camp for 9th-12th graders, June 8-15 (Woodleaf in CA)
- WyldLife Camp, June 24-28 for 6th - 8th graders, June 24-28 (Creekside in OR)
- YUP (Youth of Utah Presbytery) Event, June 8th at First Presbyterian, SLC from 9 am-9 pm. For 6th - 12th graders!

**Help Our Cottonwood Youth Go to Camp!** We are doing a **Scholarship Drive** to raise money to help our Cottonwood youth go to Christian summer camps. This year we have 6 youth going to YoungLife camps, and there are other camps on the list! **The total cost to send these 6 kids to camp is nearly \$5,000.** The kids helped at Cargo Day and will be doing other things around the church, as well as raising their own money.

If you want to help, you can **make a donation** to the Camp Scholarship Fund. Write a check to Cottonwood Presbyterian Church and indicate "Youth Camps" in the memo line.

**Is your youth going to YoungLife or WyldLife camp?** Scholarships are available. Talk to Merri Lee Zaba to get a scholarship application, and learn how you can earn money toward camp. We're so thankful you are going and we want to support you getting there!

**Vacation Bible School:** Mark your calendars for VBS, **July 29-August 1.** Spread the word to family and friends, and get ready to celebrate Jesus' love. We are looking for a VBS leaders. If you are interested, contact Julie Speck



**Save the Date! Summer camping and hiking trip, August 9-11.** If you are interested, please contact Bruce Ratzlaff.

## Highlighting the Cottonwood Youth

### Getting to Know Peter and Isaac Onuoha

Peter and Isaac Onuoha are brothers fairly new to Cottonwood and active in our youth activities. Peter is finishing 7th grade and Isaac is going into 1st grade in the fall. Peter is in Route 66 and going to camp this summer. Isaac is in Church School.



These brothers are close and have some similar likes despite the difference in their ages. Their favorite color is blue, favorite sport is basketball (Isaac also likes playing football). Peter says the best thing about being brothers is that Isaac always has his back and Isaac likes having someone to play with. They both like jungle cats-Peter likes lions because they are proud and Isaac likes cheetahs because they are fast.



Peter says his mom, Esther, is "nice, caring and loving" while Isaac says "she takes care of us". Peter likes going places with her and Isaac likes playing catch with her.

Both boys say love is caring for someone.

One place they differ is food; Peter prefers traditional African food; Isaac chooses Chipotle.

They enjoy being part of the Cottonwood family for the way we work together (Peter) and the preaching (Isaac).

We are glad you are here!

## Notes & Announcements

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### Thank You!

Cottonwood Presbyterian wants to thank the McElwain Family for their generous contribution to Building and Grounds in memory of Frank McElwain. Frank served many years on the Building and Grounds Committee and saw many projects to completion.

### Thank You!

I would like to thank my Cottonwood family for all your prayers, phone calls, visits, cards and goodies during my recent surgery. Your love and support mean so much. A special thanks to our Deacon, Brenda, for all she did for us. Dick was a great caretaker and nurse and with his love and support, I am recovering nicely and looking forward to being active again.

Love and Blessings to you all. Judy Saurer

### Thank You from Pastor Tom & Deb

Dear Cottonwood Family,

You are constantly in my thoughts and prayers as we both continue in this time of transition. I want to thank you for the love and support during our leave-taking. The final worship service, reception, your caring, prayers have all been a huge gift. We are loving the wind chimes and the golf clubs. I pray you have a deep awareness of God's Spirit leading you during this time. God's peace be with you.

Love in Christ, Tom

We are grateful, dear Cottonwood family, for all of you! You have been a gift to us that we will always hold close and be grateful for. And, we thank you for the sweet ending time – it was so very special and we felt deeply loved. Thank you, thank you for so much TLC! The gorgeous chimes hang outside the back door and remind us daily of you. We cuddle under the lovely prayer shawl almost daily and feel held by your love and prayers. We love you and pray for you and think of you often, giving thanks for you.

Love, Deb

## Mission

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**CROSSROADS URBAN CENTER:** Small juices are needed for the month of June 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 June are summer clothes & towels. Please leave your donations in the bin located in the hall by the gym.

## FROM MISSION

News from Linda Hilton, a former Cottonwood member and long-time employee of Crossroads.

If you need furniture moved or painting or other light work done, a worthwhile non-profit organization is **The Other Side Academy**. This is a training center for recovering addicts who have been in prison for non-violent crimes and its purpose is to train these people to learn to live and work in the outside. Linda says their work is excellent and they are always under supervision.

Linda also told us about the **International Relief Committee**. This is run by the Unitarian Church and they set up new homes for refugees. Their families range in size from 2 to 8 people. They want good used furniture and will also take flat screen TVs and art for walls. And they have storage to house the furniture until it is needed.

More information about either of these organizations is available from members of the Mission Committee.

Also, if you have a bicycle (or bicycle parts) you no longer need, we have a contact that will see that it goes to a good home with someone who could not otherwise afford to have it.

**Where Mission Money goes:** One of the organizations the Mission Committee gives money to is the Family Support Center. The Center helps parents with childcare in cases of emergency. Over 8000 individuals are helped each year with nearly 80,000 hours of child care done by volunteers. When parents have illness, medical emergencies, court dates, work related issues, family deaths, domestic violence or some other reason for needing someone to care for their children, the Family Support Center is there to take them. It is located in Taylorsville and has been in operation since 1977.

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## From Cottonwood's Parish Nurse

### Manipulation

**Cherie Paulson, RN, BSN**

**Manipulation is the** skillful handling, controlling or using of something or someone. ... But this word also has some negative connotations — a manipulative person knows how to twist words, play on emotions and otherwise manage a situation in a sneaky fashion to get what he wants.

**Manipulation techniques** are a common tool psychopaths, sociopaths, narcissists and other types of predators use to exert control over their victims. We all use manipulation at some point in our lives, whether it be telling a little white lie to get out of a situation, or using flattery to get what we want.

**A manipulator is a person that tries to use other people to influence the following:**

1. the outcome of a situation.
2. to seize power.
3. to gain control at work or in a relationship.
4. to make you into a scapegoat.
5. to reap the benefits off of your hard work.

## Here are 8 strategies for dealing with manipulative people:

1. Ignore everything they do and say. ...
2. Ignore everything they do and say. ...
3. Hit their center of gravity. ...
4. Trust your judgment. ...
5. Try not to fit in. ...
6. Stop compromising. ...
7. Never ask for permission. ...
8. Create a greater sense of purpose.

The most important thing to a **sociopath** is **control**. They feel the need to control the person that they are with. If they did not have **control**, they would not be able to manipulate **you**. A sociopath will gain total control over someone's life by doing a number of things.

## How to stop manipulation:

1. Know your fundamental human rights.
2. Keep your distance.
3. Avoid Personalization and Self-Blame.
4. Put the Focus on Them by Asking Probing Questions.
5. Use Time to Your Advantage.
6. Know How To Say "No"—Diplomatically But Firmly.
7. Set consequences.

The single most important guideline when you're dealing with a psychologically manipulative person is to know your rights, and recognize when they're being violated. As long as you do not harm others, you have the right to stand up for yourself and defend your rights. On the other hand, if you bring harm to others, you may forfeit these rights. Following are some of our fundamental human rights.

- You have the right to be treated with respect.
- You have the right to express your feelings, opinions and wants.
- You have the right to set your own priorities.
- You have the right to say "no" without feeling guilty
- You have the right to get what you pay for.
- You have the right to have opinions different than others.
- You have the right to take care of and protect yourself from being threatened physically, mentally or emotionally.
- You have the right to create your own happy and healthy life.

These fundamental human rights represent your boundaries. Of course, our society is full of people who do not respect these rights. Psychological manipulators, in particular, want to deprive you of your rights so they can control and take advantage of you. But you have the power and moral authority to declare that it is you, not the manipulator, who's in charge of your life.

One way to detect a manipulator is to see if a person acts with different faces in front of different people and in different situations. While all of us have a degree of this type of social differentiation, some psychological manipulators tend to habitually dwell in extremes, being highly polite to one individual and completely rude to another—or totally helpless one moment and fiercely aggressive the next. When you observe this type of behavior from an individual on a regular basis, keep a healthy distance, and avoid engaging with the person unless you absolutely have to. As mentioned earlier, reasons for chronic psychological manipulation are complex and deep-seated. It is not your job to change or save them.

Since the manipulator's agenda is to look for and exploit your weaknesses, it is understandable that you may feel inadequate, or even blame yourself for not satisfying the manipulator. In these situations, it's important to remember that you are not the problem; you're simply being manipulated to feel bad about yourself, so that you're more likely to surrender your power and rights. Consider your relationship with the manipulator, and ask the following questions:

- Am I being treated with genuine respect?
- Are this person's expectations and demands of me reasonable?
- Is the giving in this relationship primarily one way or two ways?
- Ultimately, do I feel good about myself in this relationship?

Your answers to these questions give you important clues about whether the "problem" in the relationship is with you or the other person.

Inevitably, psychological manipulators will make requests (or demands) of you. These "offers" often make you go out of your way to meet their needs. When you hear an unreasonable solicitation, it's sometimes useful to put the focus back on the manipulator by asking a few probing questions, to see if she or he has enough self-awareness to recognize the inequity of their scheme. For example:

- "Does this seem reasonable to you?"
- "Does what you want from me sound fair?"
- "Do I have a say in this?"
- "Are you asking me or telling me?"
- "So, what do I get out of this?"
- "Are you really expecting me to [restate the inequitable request]?"

When you ask such questions, you're putting up a mirror, so the manipulator can see the true nature of his or her ploy. If the manipulator has a degree of self-awareness, he or she will likely withdraw the demand and back down. On the other hand, truly pathological manipulators (such as a narcissist) will dismiss your questions and insist on getting their way. If this occurs, apply ideas from the following tips to keep your power, and halt the manipulation.

In addition to unreasonable requests, the manipulator will often also expect an answer from you right away, to maximize their pressure and control over you in the situation. (Sales people call this "closing the deal.") During these moments, instead of responding to the manipulator's request right away, consider leveraging time to your advantage, and distancing yourself from his or her immediate influence. You can exercise leadership over the situation simply by saying: "I'll think about it." Consider how powerful these few words are from a customer to a salesperson, or from a romantic prospect to an eager pursuer, or from you to a manipulator. Take the time you need to evaluate the pros and cons of a situation, and consider whether you want to negotiate a more equitable arrangement, or if you're better off by saying "no," which leads us to our next point:

To be able to say "no" diplomatically but firmly is to practice the art of communication. Effectively articulated, it allows you to stand your ground while maintaining a workable relationship. Remember that your fundamental human rights include the right to set your own priorities, the right to say "no" without feeling guilty, and the right to choose your own happy and healthy life.

When a psychological manipulator insists on violating your boundaries, and won't take "no" for an answer, deploy consequence. The ability to identify and assert consequence(s) is one of the most important skills you can use to "stand down" a difficult person. Effectively articulated, consequence gives pause to the manipulative individual, and compels her or him to shift from violation to respect.

A psychological manipulator also becomes a bully when he or she intimidates or harms another person. The most important thing to keep in mind about bullies is that they pick on those whom they perceive as weaker, so as long as you remain passive and compliant, you make yourself a target. But many bullies are also cowards on the inside. When their targets begin to show backbone and stand up for their rights, the bully will often back down. This is true in schoolyards, as well as in domestic and office environments.

On an empathetic note, studies show that many bullies are victims of violence themselves. This in no way excuses bullying behavior, but may help you consider the bully in a more equanimous light.

**1. Home Court Advantage:** A manipulative individual may insist on you meeting and interacting in a physical space where he or she can exercise more dominance and control. This can be the manipulator's office, home, car, or other spaces where he feels ownership and familiarity (and where you lack them).

**2. Let You Speak First to Establish Your Baseline and Look for Weaknesses:** Many sales people do this when they prospect you. By asking you general and probing questions, they establish a baseline about your thinking and behavior, from which they can then evaluate your strengths and weaknesses. This type of questioning with hidden agenda can also occur at the workplace or in personal relationships.

**3. Manipulation of Facts Examples:** Lying. Excuse making. Two faced. Blaming the victim for causing their own victimization. Deformation of the truth. Strategic disclosure or withholding of key information. Exaggeration. Understatement. One-sided bias of issue.

**4. Overwhelm You with Facts and Statistics:** Some individuals enjoy "intellectual bullying" by presuming to be the expert and most knowledgeable in certain areas. They take advantage of you by imposing alleged facts, statistics, and other data you may know little about. This can happen in sales and financial situations, in professional discussions and negotiations, as well as in social and relational arguments. By presuming expert power over you, the manipulator hopes to push through her or his agenda more convincingly. Some people use this technique for no other reason than to feel a sense of intellectual superiority.

**5. Overwhelm You with Procedures and Red Tape:** Certain people use bureaucracy – paperwork, procedures, laws and by-laws, committees, and other roadblocks to maintain their position and power, while making your life more difficult. This technique can also be used to delay fact finding and truth seeking, hide flaws and weaknesses, and evade scrutiny.

**6. Raising Their Voice and Displaying Negative Emotions:** Some individuals raise their voice during discussions as a form of aggressive manipulation. The assumption may be that if they project their voice loudly enough, or display negative emotions, you'll submit to their coercion and give them what they want. The aggressive voice is frequently combined with strong body language such as standing or excited gestures to increase impact.

**7. Negative Surprises:** Some people use negative surprises to put you off balance and gain a psychological advantage. This can range from low balling in a negotiation situation, to a sudden profession that she or he will not be able to come through and deliver in some way. Typically, the unexpected negative information comes without warning, so you have little time to prepare and counter their move. The manipulator may ask for additional concessions from you in order to continue working with you.

**8. Giving You Little or No Time to Decide:** This is a common sales and negotiation tactic, where the manipulator puts pressure on you to make a decision before you're ready. By applying tension and control onto you, it is hoped that you will "crack" and give in to the aggressor's demands.

**9. Negative Humor Designed to Poke at Your Weaknesses and Disempower You:** Some manipulators like to make critical remarks, often disguised as humor or sarcasm, to make you seem inferior and less secure. Examples can include any variety of comments ranging from your appearance, to your older model smart phone, to your background and credentials, to the fact that you walked in two minutes late and out of breath. By making you look bad, and getting you to feel bad, the aggressor hopes to impose psychological superiority over you.

**10. Consistently Judge and Criticize You to Make You Feel Inadequate:** Distinct from the previous behavior where negative humor is used as a cover, here the manipulator outright picks

on you. By constantly marginalizing, ridiculing, and dismissing you, she or he keeps you off-balance and maintains her superiority. The aggressor deliberately fosters the impression that there's always something wrong with you, and that no matter how hard you try, you are inadequate and will never be good enough. Significantly, the manipulator focuses on the negative without providing genuine and constructive solutions, or offering meaningful ways to help.

**11. The Silent Treatment:** By deliberately not responding to your reasonable calls, text messages, emails, or other inquiries, the manipulator presumes power by making you wait, and intends to place doubt and uncertainty in your mind. The silent treatment is a head game where silence is used as a form of leverage.

**12. Pretend Ignorance:** This is the classic "playing dumb" tactic. By pretending she or he doesn't understand what you want, or what you want her to do, the manipulator/passive-aggressive makes you take on what is her responsibility, and gets you to break a sweat. Some children use this tactic in order to delay, stall, and manipulate adults into doing for them what they don't want to do. Some grown-ups use this tactic as well when they have something to hide, or obligation they wish to avoid.

**13. Guilt-Baiting Examples:** Unreasonable blaming. Targeting recipient's soft spot. Holding another responsible for the manipulator's happiness and success, or unhappiness and failures. By targeting the recipient's emotional weaknesses and vulnerability, the manipulator coerces the recipient into ceding unreasonable requests and demands.

**14. Victimhood Examples:** Exaggerated or imagined personal issues. Exaggerated or imagined health issues. Dependency. Co-dependency. Deliberate frailty to elicit sympathy and favor. Playing weak, powerless, or martyr.

The purpose of manipulative victimhood is often to exploit the recipient's good will, guilty conscience, sense of duty and obligation, or protective and nurturing instinct, in order to extract unreasonable benefits and concessions.

## SOUL Garden

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**THE LABYRINTH:** Don't forget to take advantage of the labyrinth as the summer begins. Take a few minutes, make your way to the church, and pray your way in and out of the Labyrinth. Let the Spirit of God fill you with peace and grace as you spend time in the garden.

- ❖ Labyrinth walking is an ancient practice used by many different faiths for spiritual centering, contemplation and prayer. Entering the serpentine path of a labyrinth, the walker walks slowly while quieting their mind and focusing on a spiritual question or prayer.
- ❖ There is no set ritual for walking a labyrinth, but the basic advice is to enter the labyrinth slowly, calming and clearing your mind. This may be done by repeating a prayer.
- ❖ Open your senses and focus on the process of taking slow and deliberate steps. Bring to mind a prayer or spiritual question to contemplate during the walk to the center.
- ❖ Reaching the center, pause to reflect, pray, listen for an answer or for deeper revelation. Now begin the return journey. Pray or reflect further. Upon exiting, use further reflection, prayer, or journaling to absorb the experience.



June 1	Ursilla Mirza	June 9	Kevin Nelson
June 3	DeeDee Simer	June 10	Amaziah Paul
June 3	Judy Saurer	June 15	Conor Kristensen
June 6	Shari Bennett	June 22	Peter Finn
June 7	KayLynne Wabel	June 23	Robby Zaba
June 9	Connie Owsley		

***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.***

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**Cottonwood Presbyterian Church  
1580 E. Vine Street, Murray, Utah 84121  
801-278-4619  
[www.cottonwoodpres.org](http://www.cottonwoodpres.org)**

**Office Hours:**

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

**Virginia: - Schedule Varies**

**Cherie Paulson, Parish Nurse: 801-231-5212**

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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***

# June 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>May 26</b> Summer Worship Schedule Begins 10 a.m. Worship	<b>May 27</b> Memorial Day Church Office Closed	<b>May 28</b> 11:00 a.m. Prayer Group	<b>May 29</b> 10:00 a.m. Ladies Pickleball 1:00 p.m. Praise Band Practice	<b>May 30</b> 4:00 p.m. Pickleball	<b>May 31</b>	<b>June 1</b> 9:00 a.m. Bldg & Grounds
<b>June 2</b> 10 a.m. Worship & Communion & Installation/ Ordination of Elders & Deacons	<b>June 3</b>	<b>June 4</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	<b>June 5</b> 10:00 a.m. Ladies Pickleball 1:00 p.m. Praise Band Practice	<b>June 6</b> 4:00 p.m. Pickleball 5:30 p.m. Mission	<b>June 7</b>	<b>June 8</b> YoungLife Camp 9 a.m. Youth of Utah Presbytery Event 9:00 a.m. SOUL Garden Workday
<b>June 9</b> YoungLife Camp 10 a.m. Worship 12:30 p.m. Budget & Finance	<b>June 10</b> YoungLife Camp	<b>June 11</b> YoungLife Camp 11:00 a.m. Prayer Group 7:00 p.m. Deacons	<b>June 12</b> YoungLife Camp 10:00 a.m. Ladies Pickleball 1:00 p.m. Praise Band Practice	<b>June 13</b> YoungLife Camp 11:30 a.m. Women's Lunch Bunch 4:00 p.m. Pickleball	<b>June 14</b> YoungLife Camp	<b>June 15</b> YoungLife Camp 9 a.m. Art in the Garden
<b>June 16</b> <b>Father's Day</b> 10 a.m. Worship	<b>June 17</b>	<b>June 18</b> 11:00 a.m. Prayer Group	<b>June 19</b> 10:00 a.m. Ladies Pickleball 11:30 a.m. Men's Lunch	<b>June 20</b> 4:00 p.m. Pickleball 7:00 p.m. Session	<b>June 21</b> 12:00 Noon Courier Deadline	<b>June 22</b>
<b>June 23</b> 10 a.m. Worship	<b>June 24</b> WyldLife Camp	<b>June 25</b> WyldLife Camp 11:00 a.m. Prayer Group	<b>June 26</b> WyldLife Camp 10:00 a.m. Ladies Pickleball	<b>June 27</b> WyldLife Camp 4:00 p.m. Pickleball	<b>June 28</b> WyldLife Camp	<b>June 29</b>
<b>June 30</b> 9 a.m. Sunday Small Group 10 a.m. Worship	<b>July 1</b>	<b>July 2</b> 11:00 a.m. Prayer Group	<b>July 3</b> 10:00 a.m. Ladies Pickleball	<b>July 4</b>  Church Office Closed	<b>July 5</b> Church Office Closed	<b>July 6</b>