



Messages for a Church in Transition

October 2017

801-278-4619

Message from the Pastor's Study

"In Christ Together For the World" = Our Purpose

"For all who exalt themselves will be humbled, and those who humble themselves will be exalted." Luke 14:11



"When you give a banquet, invite the poor, the crippled, the lame, and the blind. And you will be blessed, because they cannot repay you, for you will be repaid at the resurrection of the righteous." Luke 14:13-14

October is an exciting month for us as a congregation. We begin with World Communion Sunday where we remember the Global nature of Christ's body, and the tremendous privilege of our place at that world-wide Table. The next Sunday we will have a blessing of the animals' service, as the 11:00 a.m. worship takes place out in the garden. The next Sunday we will mark the 500th anniversary of the Reformation, that earth shattering moment where God began something completely new in the Body of Christ. The Sunday following, we will kick off our Generosity Campaign for 2018. Then finally, on the 29th we will bring our 3rd annual congregational retreat to a close with wonderful worship reflecting on our Defining Practice of "Word". Indeed, it is going to be a powerful month of worship and fellowship, growing and maturing. I look forward to all the different ways God will be working in us and through us in October.

Of course, at the heart of all these powerful experiences will be the teaching of Jesus. During October and November our journey through Luke's Gospel will lead us into the heart of the Parables that Luke chose in order to help his congregation be shaped by Jesus' teaching. No doubt, Luke hoped all generations to follow would also be shaped by Jesus' profound words. Above are two statements from Jesus' teaching that for all eternity hold truth and transformative power for all with ears to listen. As we experience Spirit led times together this month, I challenge each of us to take a few quiet moments and sit with Jesus' words at the top of this page. I pray that each of us will allow God's Word to shape us into instruments of God's Kingdom Work.

My dear friends each of us has been invited to the table of God's Kingdom. How will we respond to that astounding news? Will we respond with humility, and who will we invite to join us at the table?

The Peace of Christ be with you – Pastor Tom

Sermon Information ~ Pastor Tom

October 1st – 17th Sunday after Pentecost – World Communion Sunday

Scripture Reading: Luke 13:10-17, Luke 13:18-30, Luke 13:31-35



Sermon Title: "What is the Kingdom of God Like?"

Synopsis: What is the Kingdom of God like? That is a great question, a question we want to be wrestling with and pondering each day of our lives. Why? Because in Christ God's Kingdom has already come and is continuing to come. We want to make sure we have eyes for God's Kingdom, which is here around us, so that we are participating in God's Kingdom right now.

October 8th – 18th Sunday after Pentecost

Scripture Reading: Luke 14:1-6, Luke 14:7-14, Luke 14:15-24

Sermon Title: "Dinner Conversations"

Synopsis: Jesus has been invited to the house of a religious leader for dinner. Can you put yourself in the room? Who might be there? How were people dressed? What were they eating? What was the conversation about around the table? Jesus began the evening by commenting on how the guests were jockeying for positions at the table, then used that to talk about life in God's Kingdom. How might we use the events of our days to talk about life in God's Kingdom?

October 15th – 19th Sunday after Pentecost

Scripture Reading: Psalm 94:12-15, Luke 14:25-33, Luke 14:34-35

Sermon Title: "Carrying our Cross"

Synopsis: Jesus carried his cross to Golgotha where he was tortured until he died. In this passage Jesus talks about all of us carrying our own cross. When you think about that image of each of us carrying our own cross what do you think that means? What does carrying our cross look like in daily life? Let us ponder that thought and ask God to illumine the way.

October 22nd – 20th Sunday after Pentecost

Scripture Reading: Luke 15:1-2, Luke 15:3-10, Luke 15:11-32

Sermon Title: "Seeking the Lost"

Synopsis: The Pharisees and the scribes were grumbling and saying, "This fellow welcomes sinners and eats with them." After hearing this complaint Jesus told three parables about lostness. In each parable a party is thrown when that which was lost has been found. How much do we reflect on who is lost and how we might be involved in helping them become found? I hope we will think about that.

October 29th – 21st Sunday after Pentecost

Scripture Reading: To be determined.

Sermon Title: "Word"

Synopsis: One of our defining practices is "Word", both our own willingness to be shaped by God's Word, and our willingness to share that "shaping" word with others. During our Congregational Retreat weekend, Matt Cain, will help us explore the great gift of God's Word.

Worship Opportunities

"What is the kingdom of God like? And to what should I compare it? It is like a mustard seed that someone took and sowed in the garden; it grew and became a tree, and the birds of the air made nests in its branches." (Luke 13:18-19).

SUNDAY MORNING WORSHIP: Through October there are two services each Sunday, one at **8:30 a.m.** and one at **11:00 a.m.** During the first service, the focus is more contemplative while the second service seeks to encompass a broad array of worship traditions and experiences. We hope you will join us for one of these services and we encourage you to invite a friend or neighbor to join you.

WORSHIP THEMES: Through October we continue our journey through Luke's Gospel, paying attention to Jesus' teaching and work and how his teaching and work informs our living as his disciples. Through October and November, we will look at some of the great parables used by Jesus in his teaching.

WORLD COMMUNION CELEBRATION: Every time we celebrate communion we remember our connection to the rest of Christ's Body, but in October we focus in a much more intentional way on the global nature of Christ's Church. We will celebrate the sacrament of communion on Sunday, October 1st, served in the pews.

SERVICE OF BLESSING THE ANIMALS: On Sunday, October 8th, our 11:00 a.m. worship will take place out in the Soul Garden (weather permitting, or in the gym), and we will have a blessing of the animal service. We would encourage you to bring your animal to worship, or a picture of your animal, or the picture of a species of animal that you are concerned about. This will be a very fun and casual time of worship together, and a great opportunity to invite others to join us.

REFLECTING ON THE 500th ANNIVERSARY OF THE REFORMATION: On Sunday, October 15th, we will reflect on the fact that 500 years ago through the work of Martin Luther, then John Calvin and others, the Protestant Reformation began. What does the reformation of 500 years ago have to do with us today, a theological tradition that proclaims "We are reformed and always reforming."

OUR GENEROSITY CAMPAIGN BEGINS: On Sunday, October 22nd, we begin a four week focus on generosity and our response to God's generosity. How shall we respond to God's overwhelming generosity?

CONGREGATIONAL RETREAT WEEKEND: On Sunday, October 29th, we will wrap-up our Retreat Weekend in worship at Cottonwood, continuing to focus on the theme of "Word"; how we are called to open our lives to be shaped by God's Word, while also sharing the "Shaping Word" of God with others.

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 an hour.

NEW ADULT CHRISTIAN ED CLASS: This class meets on Sundays from 9:45-10:45 a.m. in the Fellowship Hall. Fear, suffering, and loss are all-too-frequent themes in stories told by refugees. It's important to listen and understand those stories as we reach out to those who have come to our country to make a better life. One such story is contained in the book **"Left to Tell"** by Rwandan refugee Immaculee Llibagiza who lost her family in the brutal genocide of 1994 that took the lives of a million Rwandans. Please join us and bring friends. Please let Sue Martin or Becky Bringard (801-278-4619) know if you would like a copy of the book to purchase or borrow.

WOMEN'S SMALL GROUP: A small group for women will begin a new session, meeting on the second and fourth Tuesday of each month and will go through November. The group will meet 7 – 8:30 p.m. at the home of Becky Bringard. During this session, we will study **"Speaking of Faith – Why Religion Matters – and How to Talk About It,"** by Krista Tippett. Tippett is the host of the NPR radio show and podcast, "On Being." She "explores complex subjects like science, love, virtue, and violence within the context of spirituality and everyday human life. Profoundly inclusive and deeply original in her commentary, Tippett illustrates a way to speak about faith that defuses the many conflicts surrounding religion" (from the book jacket). If you'd like to join a lively conversation, please let Sue Martin or Becky Bringard know.

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

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

Session

Submitted by Jody Good, Clerk of Session

- Session held our stated meeting on September 21, 2017.
- Elders Mark Zaba, Randy Urbom and Nadine McAlister were excused.
- We opened with a meditation and prayer led by Donna Switzer at 7:00 p.m.
- We approved the minutes of Stated Session Meeting of August 17, 2017.
- Partial financial reports were discussed. The transition to the new software is proving difficult. Virginia Love has been working diligently to complete.

<u>MONTHLY FINANCIALS</u>			
<u>August 2017</u>			
Income	Month of August		Year to Date
Actual	\$24,153.36		\$215,823.41
Budget	\$24,129.17		\$189,668.34
Expenses			
Actual	\$21,433.72	(disbursements)	\$191,944.98
Budget	\$29,847.84		\$207,468.03

- Session voted to call a Congregational Meeting on December 17, 2017 after the 11:00 a.m. service for the purpose of establishing the Terms of Call for the pastor.
- We received an update on the Generosity Campaign.
- The Child and Youth protection policy was adopted.
- We voted to take Hanna and Craig Bingham under our care, as they enter the inquirer process within the PC (USA).
- Services for Christmas Eve will be at 10:00 a.m. & 5:00 p.m.
- Service on Christmas Day will be at 10:00 a.m.
- We shared our individual and pastoral concerns.
- We adjourned with Prayer at 8:45 p.m.

3rd Annual Congregational Overnight Retreat

Homestead Resort in Midway, Utah Friday, October 27 and Saturday October 28, 2017

Registration forms are available in the church office. Once you have filled out the registration form, notify the church office and let Becky know you plan to attend. You will also need to call the Homestead Resort to reserve your room. So please call the resort at [800-327-7220](tel:800-327-7220) and reserve a room with the Cottonwood Presbyterian Church Group.

Just to reiterate, registration has two steps:

1. ***Notify the church office that you plan to attend.***
2. ***Call Homestead and reserve your room.***

We truly want everyone to come, which means we do not want money to be a hindrance. Therefore, if you would like to come, but finances are getting in the way, please talk with Pastor Tom.

This year Matt Cain, the director of "The Mount" (an outreach to people in their twenties and thirties at Mt. Olympus Presbyterian Church) will be our speaker. This community time together is a powerful force in helping us grow together in our relationship with God and with each other. Please join us for the retreat.

Our Schedule

Friday, October 27

- Check in after 3:00 p.m.
- 6:30-7:30 p.m. - Buffet dinner in our meeting room "The Pavilion".
- 7:30-9:00 p.m. - Opening gathering ~ ***"The Word & Solitude"***
- 9:30 p.m. - Free time

Saturday, October 28

- 8:00-9:00 a.m. - Buffet breakfast in our meeting room.
- 9:15 -11:15 a.m. - Part II ~ ***"The Word & Community!"***
- 12:00 noon - Checkout
- During the afternoon people are free to enjoy the day as they wish. You can participate in the opportunities at the resort, or enjoy the town of Midway or the surrounding area.

Sunday, October 29

- 8:30 & 11:00 a.m. - Worship at Cottonwood

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.

SENIOR ADULT FELLOWSHIP
Friday, October 20th (3rd Friday)
12:00 noon in the Fellowship Hall
Potluck Lunch and Guest Speaker



Iceland is a visitor's wonderland full of glaciers, waterfalls, volcanoes, hot springs and wildlife. Exotic, dramatic, spectacular, beautiful, unique—all of the above. In a 45-minute slide presentation, we will circumnavigate this tiny Island driving the ring road to picturesque towns, dynamic Yellowstone-like thermal basins, towering glaciers and fjords and really expensive restaurants.

Our Guest Speaker is Reece Stein, a native Salt Laker and a mostly retired TV sports and outdoor recreation reporter still working part time for At Your Leisure, the outdoor show that airs on channel 4 Saturday nights at 10:30P. He and wife Marianne are spending their kids' inheritance on overseas travel.

Your friends and neighbors are all invited so that they too can join the fellowship, potluck lunch and enjoy Reece's program.

Let Becky ([801 278-4619 ext. 3](tel:8012784619)) know if you plan to attend by Thursday, October 19th so we will have enough tables and chairs set up. Suggestions for speakers/programs can be given to Judy Saurer ([801 943-0141](tel:8019430141)) or Eddie Alter ([801 268-2157](tel:8012682157)). Those willing to help in setting up tables and chairs and/or providing table decorations should contact Colleen & Eddie Alter or Judy and Dick Saurer.

Save the Date ~ Cargo Day
November 4th - 9:00 a.m. to 2:00 p.m.

Lunch will be provided

- **Sanctuary:** Vacuum & clean wood
- **Windows:** Clean inside and out
- **Landscape:** Clean-up
- **Parking Lot:** Clean out Gutter



HALLOWEEN BAKE SALE

On Sunday, October 15th we are having a "Ghostly Goodies" BAKE SALE. This sweet event will be held in the Fellowship Hall after both services. Please bring your home-made goodies (cookies, pies, cupcakes, cakes, brownies, fudge etc.) on Sunday morning to the big kitchen by 9:00 a.m. All proceeds go to buying a new oven for the kitchen.

Cottonwood Men

MEN'S LUNCH will meet Wednesday, October 18th, 11:30 a.m.
Anna's, 4700 South 900 East.
RSVP to the church office (801-278-4619).

MEN'S GOLF meets every Tuesday, 3:30 p.m.
Mick Riley Golf Course, 421 E. Vine St., Murray.
No reservations necessary!
Just show up for a fun time of golf and fellowship.

Cottonwood Women

CHURCH WOMEN UNITED

A multi-faith gathering of Christian Women

Mark your calendar and plan to attend **CWU's World Community Day Celebration**

When: **Friday, November 3, 2017 (1st Friday)**

Time: Morning (**9:30** - 1:00, including lunch)

Where: **Community of Grace (Presbyterian), 2015 E. Newcastle Drive, Sandy**

Theme: **"Kindling New Fires – Kindling New Fires of Peace"**

Keynote Speaker: TBA

Registration: **\$1 Lunch: \$5.00**

Community Outreach: - "World Community Bazaar" (Christmas Shopping Opportunity)

- Rural Africa Crafts – Bolga Baskets woven by indigenous people in Northern Ghana
- Bead for Life – Handmade Jewelry, Shea Butter Products, and more by women in Uganda
- The Navajo Jewelry Project – Native American jewelry to benefit their communities in Southern Utah
- The Vietnam Project – Vietnamese products to benefit overseas communities
- Fair Trade Coffee

Free-will Offering: Used for CWU National Programs:

Checks need to be made payable to: **"Church Women United"**

Lunch RSVP: To **Phyllis Allen at 801-298-7197 by Monday, October 30th**

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

CHURCH WOMEN UNITED (cont.)

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

When: **Friday, December 8, 2017 (2nd Friday)**
Time: Afternoon -- 1:00 p.m.
Where: **St. Vincent de Paul Catholic Church, 1375 E. Spring Lane (SLC)**
Worship: TBA
Community Outreach: TBA

PW NEEDLEWORK – PRAYER SHAWL MINISTRY

Wednesday, October 4th at 1:00 p.m. in Room 1

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

WOMEN'S LUNCH BUNCH - Thursday, October 12th, 11:30 a.m. at Market Street Grill located at 2985 E. Cottonwood Parkway. Please call the church office at 801-278-4619 ext. 3 by noon on Wednesday, September 13 to RSVP.



CIRCLE 4 will meet Tuesday, October 17th at 12:30 p.m. in the Fellowship Hall. Pastor Jeff Silliman will be leading us through the Horizons Bible Study Guide - "**Cloud of Witness**".

Cottonwood Kids



A HUGE Thank You to everyone who supported the annual **YoungLife Golf Tournament** on Friday, September 22. Cottonwood was the largest group at the event! YoungLife youth ministry is the primary youth group for our Cottonwood kids, and it's a gift to everyone who participates. We're so thankful for your support!

MARK YOUR CALENDARS.....

- **BLESSING OF THE ANIMALS: Sunday, October 8th** - Bring your pets for their own special blessing!
- **ALL CHURCH HIKE: Sunday, October 15th** after 11:00 a.m. service. We'll take an easy hike up a nearby canyon and enjoy God's gift of nature! Wear hiking clothes to church and bring a sack lunch.
- **SOUL GARDEN HARVEST FESTIVAL: Saturday, October 28th** in the SOUL Garden.
- **KID'S EAT MISSION PROJECT: Sunday, November 12th**, during Fellowship time. This is an all-congregation mission project, led by the kids.
- **CHRISTMAS PAGEANT: Sunday, December 10th**, rehearsals will be Friday night, December 8th & Saturday morning, December 9th. All kids and youth are invited to participate.

YOUNGLIFE and WYLDLIFE HAVE STARTED FOR THE FALL!!



- YoungLife (grades 9-12) meets every Monday at 8:01 p.m.
- WyldLife (grades 6-8) meets every Thursday at 7:37 p.m.

Club nights are full of fun activities: games, short bible lessons and prayer.

All youth are invited, so spread the word. For more info contact Merri Lee Zaba or the Abbotts.

CHURCH SCHOOL LEADERS ARE NEEDED!! We're looking for Church School leaders to periodically teach the kids during the 11:00 a.m. worship time. Lessons follow Pastor Tom's weekly sermon topics. The lessons are very easy to teach and include a craft and a game. Sign-up on the sheet posted on the door of room #10, or contact Merri Lee Zaba!

UTAH YOUNG LIFE SO CAL 2017 - Our annual Utah Young Life SoCal 2017 trip will be October 18-22. This is our fall camping trip with Young Life kids and staff from all over the state of Utah. It's a blast. This year's trip is to Oceanside, CA and, of course, Disneyland. The cost is \$397. There is a non-refundable \$100 deposit to save your spot and spots are limited. You or your high schooler can go ahead and register for the trip here:

<https://docs.google.com/forms/d/1SjNefXLkUfTaoGEyjiWoZ1ZIMS-EDEnskkNNIAqL-w/edit>

BIG CANYON WYLDLIFE WEEKEND 2017 - Our annual middle school fall camp trip is fast approaching, November 17-19. This is our fall camping trip with WyldLife kids and staff from all over the state of Utah. This year we return to Big Canyon Ranch in Wanship, UT for a time of fun and fellowship. The cost is \$150. We'll try to have some fundraising opportunities between now and then to help offset some of the cost. There is a non-refundable \$100 deposit to save your spot and spots are limited. In the meantime, you can go ahead and register for the trip here:

<https://docs.google.com/forms/d/1BLptOupt7bjB8fsIL0bUXYt05I-SVGndjpbKEzyIj4U/edit>

MENTORSHIP PROGRAM

The program is underway with 6 mentors but more are still needed.

There has been a lot of research done for mainline churches about why young people are leaving and what can be done to help keep them in church! One of the major factors that keeps kids in church, is whether they have formed one or two meaningful relationships with adults who are not their parents or the parents of their friends. In addition, when children are baptized, we all make a commitment to support and encourage them as they become disciples of Jesus. It's our mission to continue to fulfill that commitment.

The goal is to match mentors and youth, based on common interests, so that a relationship can naturally form. It might start with going for ice cream, or a hamburger, then evolve into sharing common interests like cooking, sewing, sports, cars, fixing things, etc. There's no curriculum or rigid process. The lovely thing is that friendships can be formed as we share our love with these youth. If you have any questions, feel free to reach out to Merri Lee Zaba (mzaba@yahoo.com).

Please pray that God will guide this program so each mentor and each kid can be blessed by it!

Rev. Dave & Dorothy Crockett

DAVE & DOROTHY ARE MOVING!!

There will be a reception for them on Sunday, October 22nd following the 11:00 a.m. service in the Fellowship Hall.

Dave and Dorothy Crockett will be moving and relocating to the Seattle area sometime in November. They will be living in a new retirement community in Des Moines, a close distance from their son Charlie and are looking forward to their new adventure. Davey is Pastor Emeritus at Cottonwood, serving as Pastor here for over 17 years. He retired in 2003 from Cottonwood and served other congregations in St. George, Cedar City, and Springville, Utah. Dorothy sang for many years in the choir and served as a church officer while they were at CPC.



Please join in wishing them well and much joy in their new home.

Mission and Outreach

HALLOWEEN COSTUMES NEEDED!!

The Mission Committee is collecting new or very gently used Halloween costumes for the children at Valley Phoenix treatment center. The children there are approximately between sizes 2 and 6. Both boys and girls costumes are needed. You can give the costumes to any member of the Mission Committee. Any costumes in excess of what is needed at Valley Phoenix (or any larger sizes) will be given to the homeless children at Family Promise.



CROSSROADS URBAN CENTER: For the month of October Ramen Noodles are needed 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: Items needed for the month of October are blankets. Please leave your donations in the bin located in the hall by the gym.

FAMILY PROMISE: Cottonwood is helping host the Family Promise families on October 31st - November 2nd. If you are interested in helping please contact Roy Kristensen.

SOUL Garden

THE LABYRINTH: Don't forget to take advantage of the labyrinth as the fall begins and temperatures cool down. 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.



Saturday, October 28th 4:00 – 6:00 p.m.

SOUL Garden

A Great gathering to celebrate the end of the Harvest!

Kids of all ages are invited...

Kids of every age will gather to celebrate the end of the gardening season.

Food – Face Painting – Hay Rides – spooky stories – and maybe a few surprises!

This is a free event sponsored by the SOUL Garden and Woodstock Elementary's Green Team.

A great way to celebrate the harvest and have a great time with friends and family.

Everyone is invited...bring your kids and grandkids. Halloween costumes are encouraged!

So dress up and we'll see you on the 28th.

What you need to know! Tips for Good Mental Health

Cherie Paulson, RN, BSN

Sleep well

- Go to sleep at the same time each day.
- Wake up at the same time each day.
- Do not sleep in on weekends, or stay up later.
- Sleep in a dark, quiet room.
- Do not take naps.
- Have drinks with caffeine only in the morning.
- Ask your doctor about the best time to take your medicines:
 - Some medicines can make it hard to sleep and are better taken in the morning.
 - Some medicines can make you sleepy and are better taken at night.

Eat well

- Eat 3 meals a day.
- Do not skip meals.
- Do not try to lose a lot of weight all at once.
- Talk to your doctor about losing weight.

Learn to relax

- Light exercise can help:
 - Walk or ride a bike.
 - Do yoga or tai chi.
- Soft music can help.
- Making art or crafts can help.
- Learn deep breathing exercises.

- Meditation or prayer can help.

Talk to family and friends

- Stay in touch with family or friends:
 - Set up a regular time to call or visit.
 - Do not spend too much time by yourself.
 - Make new friends by joining activity clubs or volunteering.

When you go out

- Know what places make you feel bad or worse:
 - A busy place like a shopping mall.
 - A noisy place like a sports stadium.
 - A place that reminds you of some bad event.
 - A bar or tavern, or a casino or card room.
- Plan ahead:
 - Take a friend with you.
 - Talk to a friend about how you feel before you go.
 - Try to find another place to go that is not so hard for you.
- If you start to feel bad when you are out:
 - It is OK to leave and go to a safe place.
 - Try to relax and stay calm.
 - Do a deep breathing exercise.
 - Talk to a friend about how you are feeling.
 - Do not drink alcohol. It will just make you feel worse.



*Birthdays
of the Month*

Oct 4 Donna Switzer

Oct 4 Daniel Betcher

Oct 5 Donna Schultz

Oct 7 Gretchen Ratzlaff

Oct 7 Judy Perkins

Oct 10 Kathie Shafer

Oct 19 Say Eow Quah

Oct 22 Deb Howe

Oct 23 Dave Andrews

Oct 27 Heather Bowen

Oct 28 Mary Harmer

Oct 30 Sue Martin

Oct 30 Rick Urbom

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

Visit Cottonwood's Website
www.cottonwoodpres.org

Office Hours:

Pastor Tom: Saturday – Thursday, Schedule Varies
Becky: Monday – Friday, 9:00 a.m. to 3:00 p.m.
Cherie Paulson, Parish Nurse: 801-231-5212

Sunday Schedule:

9:45 a.m. CE Class in Fellowship Hall

9:45 a.m. Nursery Care – Room 11

Oct 1 – 8:30 & 11:00 a.m. Celebration of Worship & Communion

Oct 8 – 8:30 a.m. Celebration of Worship

Oct 8 – 11:00 a.m. Celebration of Worship & Blessing of Animals

Oct 15, 22, 29 – 8:30 & 11:00 a.m. Celebration of Worship

October 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
<p style="text-align: center;">Oct 1</p> <p>9:45 a.m. Adult CE Class</p> <p>8:30 & 11:00 a.m. Worship & World Communion Celebration</p>	<p style="text-align: center;">Oct 2</p>	<p style="text-align: center;">Oct 3</p> <p>11:00 a.m. Prayer Group</p> <p>3:30 p.m. Men's Golf</p> <p>6:30 p.m. Member Care</p> <p>7:00 p.m. Discipleship</p>	<p style="text-align: center;">Oct 4</p> <p>1:00 p.m. Prayer Shawl Knitters</p> <p>7:00 p.m. Choir Practice</p>	<p style="text-align: center;">Oct 5</p> <p>7:00 p.m. Mission</p>	<p style="text-align: center;">Oct 6</p>	<p style="text-align: center;">Oct 7</p> <p>9:00 a.m. Building & Grounds</p>
<p style="text-align: center;">Oct 8</p> <p>9:45 a.m. Adult CE Class</p> <p>8:30 a.m. Worship</p> <p>11:00 a.m. Worship & Blessings of Animals</p> <p>12:30 p.m. Nominating Meetings</p>	<p style="text-align: center;">Oct 9</p>	<p style="text-align: center;">Oct 10</p> <p>11:00 a.m. Prayer Group</p> <p>3:30 p.m. Men's Golf</p> <p>7:00 p.m. Deacons</p> <p>7:00 p.m. Women's Group</p>	<p style="text-align: center;">Oct 11</p> <p>7:00 p.m. Choir Practice</p>	<p style="text-align: center;">Oct 12</p> <p>11:30 a.m. Women's Lunch Bunch</p>	<p style="text-align: center;">Oct 13</p>	<p style="text-align: center;">Oct 14</p> <p>9:00 a.m. SOUL Garden Workday</p>
<p style="text-align: center;">Oct 15</p> <p>9:45 a.m. Adult CE Class</p> <p>8:30 & 11 a.m. Worship</p> <p>After Worship Bake Sale & Church Hike</p> <p>12:30 p.m. Finance</p>	<p style="text-align: center;">Oct 16</p>	<p style="text-align: center;">Oct 17</p> <p>11:00 a.m. Prayer Group</p> <p>12:00 Noon Circle 4</p> <p>3:30 p.m. Men's Golf</p>	<p style="text-align: center;">Oct 18</p> <p>11:30 a.m. Men's Lunch</p> <p>7:00 p.m. Choir Practice</p>	<p style="text-align: center;">Oct 19</p> <p>7:00 p.m. Session</p>	<p style="text-align: center;">Oct 20</p> <p>12:00 Noon Courier Deadline</p> <p>12:00 Noon Senior Adult Fellowship</p>	<p style="text-align: center;">Oct 21</p>
<p style="text-align: center;">Oct 22</p> <p>9:45 a.m. Adult CE Class</p> <p>8:30 & 11 a.m. Worship</p> <p>After Worship Crockett's Reception</p>	<p style="text-align: center;">Oct 23</p>	<p style="text-align: center;">Oct 24</p> <p>11:00 a.m. Prayer Group</p> <p>3:30 p.m. Men's Golf</p> <p>7:00 p.m. Women's Group</p>	<p style="text-align: center;">Oct 25</p> <p>7:00 p.m. Choir Practice</p>	<p style="text-align: center;">Oct 26</p>	<p style="text-align: center;">Oct 27</p> <p>Church Retreat</p>	<p style="text-align: center;">Oct 28</p> <p>Church Retreat</p> <p>4:00 p.m. Harvest Festival</p>
<p style="text-align: center;">Oct 29</p> <p>9:45 a.m. Adult CE Class</p> <p>8:30 & 11 a.m. Worship</p>	<p style="text-align: center;">Oct 30</p>	<p style="text-align: center;">Oct 31</p> <p>11:00 a.m. Prayer Group</p> <p>3:30 p.m. Men's Golf</p>				