



Messages for a Church in Transition

June 2018

801-278-4619

Message from the Pastor's Study

"In Christ Together for the World" = Our Purpose

"Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock." – Matthew 7:24-25

"What would our churches look like if, more than anything, we valued a particular set of redemptive relationships? . . . God is powerfully and quietly at work with the mystery of discipling relationships." – Glenn McDonald



"Question 90: How is the Word to be read and heard, that it may become effectual to salvation? Answer: That the Word may become effectual to salvation we must attend thereunto with diligence, preparation, and prayer; receive it with faith and love; lay it upon our hearts; and practice it in our lives." – The Shorter Catechism

"The true Church is the whole community, on earth and in heaven, of those called by God into fellowship with him and with one another to know and do his will. As the body of Christ, the Church on earth is the instrument through which God continues to proclaim and apply the benefits of his redemptive work and to establish his Kingdom." – A Brief Statement of Belief

"And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'" – Matthew 28:18-20

Through the summer we are going to be considering the topic of "Discipleship". What does it mean to be a disciple? What does it mean to go out and make disciples?

Discipleship is the central act of the Church. So, what is it? How do we do it?

The five quotes give us some hints. What do we learn from them? What do we learn from how we have been discipled in our own lives? Discipleship. I hope we will join in reflecting on the topic and hopefully each of us will dive into the discussion and into the "Life of Discipleship".

The Peace of Christ be with you – Pastor Tom

Sermon Information ~ Pastor Tom

June 3rd – 2nd Sunday after Pentecost - Communion

Scripture Reading: Psalm 33:12-22, Romans 3:21-28, Matthew 7:21-29

Sermon Title: "I Am a Disciple of Christ!"

Synopsis: What do you boast about? What do you say you are proud of? Where does our identity as disciples of Jesus fit into how we think about our lives, who we are, and how we spend our time and use our resources?

June 10th – 3rd Sunday after Pentecost

Scripture Reading: Matthew 16:24-26, Luke 6:46-49, Romans 1:18-25

Sermon Title: "Who is Your Lord?"

Synopsis: The first and most important question for every human being concerns Lordship. Who gets to be in charge of our lives? How would you honestly answer that question?

June 17th – 4th Sunday after Pentecost – Father's Day

Scripture Reading: John 1:10-13, Philippians 3:2-6, Philippians 3:7-16

Sermon Title: "Who Are You?"

Synopsis: If life's most important question is, "Who's in charge?" then life's second most important question is, "What's my relationship to the one who's in charge? The New Testament empowers every Christian to give this answer: "My Lord is master of the universe. His Father is the creator and sustainer of everything. And I am his deeply loved servant and disciple." Is that how you define your identity?

June 24th – 5th Sunday after Pentecost

Scripture Reading: Mark 14:38, Acts 4:36-37 & 9:26-30, Acts 11:19-26

Sermon Title: "Who Is Your Barnabas?"

Synopsis: In his book The Divine Conspiracy, Dallas Willard points out that all of us learn how to live—for better or worse—from those who teach us. Each of us is somebody's disciple. Willard writes, "There are no exceptions to this rule, for human beings are just the kind of creatures that have to learn and keep learning from others how to live." Who has taught you about being a disciple of Jesus.

Worship Opportunities

"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.

WORSHIP THEMES: This summer we are going to focus on Discipleship. What does it mean that we are disciples of Jesus? How does our discipleship to Jesus look in our daily lives? How aware are we each day of our identity as a disciple of Jesus?

COMMUNION CELEBRATION: We will celebrate the sacrament of communion on Sunday, June 3rd. Communion will be served by intinction.



Congregational Meeting

CONGREGATIONAL MEETING: The session has called a congregational meeting, for Sunday, June 10th, immediately following the 10:00 a.m. worship service for the purpose of electing session members, deacons, and new members of the nominating committee.

Session

Submitted by Jody Good, Clerk of Session

- Session did not meet in April. We met on May 10, 2018. We were called to order at 7:00 p.m. with a devotional by Tim Tyler.
- April financial reports were received from the Treasurer.

<u>MONTHLY FINANCIALS</u>		
<u>April 2018</u>		
Income	Month of April	Year 2018
Actual	\$19,598.86	\$168,756.81
Budget	\$20,043.85	\$240,526.13
Expenses		
Actual	\$23,182.64	\$ 96,730.83
Budget	\$28,198.49	\$338,381.92
Net (Income minus expenses)		
Actual	(\$ 3,583.78)	\$ 72,025.98

- We are looking forward to our Summer Fellow interns from Whitworth. They will arrive on June 11th.
- We will display a "rainbow" flag or banner during the Month of June as a sign of our support of community diversity.
- We decided to provide some financial support for the Bingham's as they go through their Seminary years.
- Building and Grounds reported on some urgent projects- roof problems, parking lot, sewers and other building and ground needs. Session will make a plan for how to move ahead with this. The total of all recommended work is \$ 200,000. We are looking for an individual or group of interested people to start the borrowing / funding / construction process for this.
- Barbara White was selected to be one of Utah Presbytery's Commissioners at this summer's General Assembly meetings in St. Louis, Mo.
- Session, meeting as Trustees, voted to engage Mr. Paul Winward of Squire & Company to perform a full financial audit of our 2017 books, ACS, Quickbooks and transition records.
- Don't forget the Congregational Meeting for elections for Sunday, June 10, 2018.
- Our next Stated Session Meeting will be June 21st.

Our Summer Fellow Interns

Getting to Know Stephanie Melton



My name is Stephanie Melton, and I'm from Portland, Oregon. I will be a Junior next year at Whitworth University where I am majoring in French and minoring in Development Studies and Theology. I love learning about new things, being active, and spending lots of time outdoors. I can't wait to be at Cottonwood this summer, and I'm really looking forward to meeting everyone!

Getting to Know Roland Lionel Baez



My name is Roland Lionel Baez. I am 21 years old and I'm in my sophomore year here at Whitworth. I am an international student from Paraguay, South America, double majoring in International Studies and French. Currently, I serve as a resident assistant on campus. Something interesting about me is that I grew up speaking two languages, Spanish and Guarani (The second one is an indigenous language from Paraguay) and then I learned three others, Portuguese, English and French, so that means that I am fluent in 5 languages. I have never been to Utah before and I am really excited to be there this summer. I am really looking forward to getting to know the Salt Lake City area and the Cottonwood community. I can't wait to work with all of you and to achieve great things for the community.

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.

SUNDAY MORNING CLASS: Beginning on June 10th, then each week following, we will meet at 9:00 a.m. in room 1. Through the summer we will be looking at a variety of Scripture passages that help us investigate the different elements of Discipleship to the Jesus' Way. I hope many people will join us for this journey into God's Word, and into Discipleship. Besides Scripture, we will also be using Glenn McDonald's book, "The Disciple Making Church – From Dry Bones to Spiritual Vitality". I hope you will join us on Sunday mornings.

REVELATION SMALL GROUP: Craig and Hanna Bingham will be leading a small group studying the book of Revelation. The group will begin meeting on Wednesday, June 6th, 7:00 p.m. at Becky and Jim Bringard's house (1938 Sutton Commons Circle, Salt Lake City, 84121). The group will meet for five weeks. All are welcome to attend.

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

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

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

Fellowship Opportunities

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

MEN'S LUNCH

Wednesday, June 20th, 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.

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 22nd)**

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

Cottonwood Women

PRAYER SHAWL GROUP

Wednesday, June 6th at 1:00 p.m. in Room 1

Prayer Shawl Ministry - Do you know how to knit and/or crochet? The Prayer Shawl Ministry needs your help to knit or crochet prayer shawls for CPC and hospice use and blanket squares for the Uganda Fistula Hospital surgical patients. Yarn and instructions are available for you to use. The Prayer Shawl group meets the first Wednesday of each month from 1:00-2:30 p.m. in room one of CPC. Donations of crochet hooks, knitting needles sizes 6-10 and new machine washable yarn are also welcomed. Clean out those craft closets, boxes, drawers and bring your unwanted yarn, needles and hooks to CPC. Questions? Ask Barbara White.

WOMEN'S LUNCH BUNCH

Thursday, June 12th, 11:30 a.m.

Market Street Grill

2985 E. Cottonwood Parkway, Cottonwood Heights

Contact Bobbie Ivey at [801-272-7838](tel:801-272-7838) by noon on Wednesday, June 11th to RSVP.

2018 CHURCHWIDE GATHERING OF PRESBYTERIAN WOMEN

August 2 - 5, 2018 ~ Louisville, Kentucky

Arise, Shine, Your Light has Come!!!

The CWG of PW is an opportunity to hear from inspiring speakers, learn more about ways to live out our faith, and connect with friends. Join others at the Galt House to celebrate the light of Jesus Christ. 2018 marks the 30th anniversary of PW. There are opportunities for worship, education, inspiration, advocacy, connection, and renewal at the Gathering.

Early registration is required by May 1. ***Pre-registration deadline is July 7.***

For questions, cost details, and/or a registration booklet, contact Sally Hoffelmeyer-Katz at 801-272-5356. This year's retreat is co-sponsored by First Pres of SLC and the Presbytery of Utah.

Cottonwood Kids

SUMMER CAMP & MISSION TRIP

- **WyldLife Camp** (6th-8th grade) - Our summer trip to Young Life's Washington Family Ranch Creekside will be June 16-20, 2018. The costs will be \$655 which includes a \$100 deposit to save a spot.
- **YoungLife Camp** (9th-12th grade) is at Lost Canyon in Williams, AZ June 8-13, 2018. The costs will be \$695 which includes a \$100 deposit.
- **Presbytery Youth Mission Trip** is coming up this June! For youth 7th grade - 12th grade, this amazing mission trip will happen June 17-23. This year the group will stay, pray, serve and play in Oakland, CA. It will be a wonderful opportunity to serve and have lots of fun with other youth! The cost is \$400. Talk to Merri Lee Zaba if you are interested.

Highlighting the Cottonwood Youth

Getting to Know Stella Hegngi



Hi, I'm Stella Hegngi. I'm 12 years old and a 7th grader at Hillcrest Jr High in Murray. I have a younger brother, Christopher. My family and I found CPC through a friend of my mom's and we joined in April 2011. The best part of Cottonwood is that it is a good close church family. We love Cottonwood and attend each Sunday. We have participated in many activities such as the Soup kitchen and Family Promise. I have sung in the Children Choir and have performed in Christmas Pageants. This summer on June 16 – 20, I am going to the Wyldlife Youth Camp in Oregon. I love living in Utah because it has pretty scenery and is a safe city.

I'm really good at reading and writing. I get good grades and am on the 7th grade Honor Roll where I was awarded the Outstanding Academic plaque. I've read over 200 books of which my favorite was "*Wonder*" by RJ Palacio which was made into a popular movie. I loved the book because it teaches people good lessons about different types of people. At age 9, I won the Horizon School jump rope contest. My best friends are Alexis, Zamiya, Emma and Fatima.

My favorite sports are volleyball and tennis. My favorite thing to do after school is play volleyball. I like soccer. My uncle Phanull plays professional soccer. He first played for the Real Salt Lake and now he plays for Philadelphia. We loved watching him and attended many games. I love the Utah Jazz.

My favorite TV show is "*Office*" and my favorite movies were the new "*Avengers and Infinity War*". I like watching the news and I am interested in keeping up on current events. For music, I like Hip Hop, Rap and Pop. We like hiking the beautiful canyons. For summer plans, my family will be attending a big family reunion in Dallas, Texas with family coming from all over the country.

My goal after high school is to be a photographer and I hope to attend Yale or Harvard for my further education.

Getting to Know Christopher Hegngi



Hi, I'm Christopher Hegngi. I'm a 3rd grader at Horizon Elementary School in Murray. I have an older sister named Stella. My family and I joined Cottonwood in April 2011. We love Cottonwood and attend each Sunday. Cottonwood is a warm loving church with lots of nice people. We have participated in many activities such as the Soup Kitchen and Family Promise. Stella and I have sung in the Children's Choir and have performed in Christmas Pageants. As a 3rd grader, I'll receive my Bible in May.

I like school and do very well. Last year I received 5 awards. My favorite was the "*Best Behaved Student*" where I was selected by fellow 2nd graders. My favorite subjects are math and reading. When I was 5 years old I got my own Library card. I was thrilled to have my own card with my name on it. My favorite books are in the "*Dog Man*" series where I have already read 2 books out of the 4-book series. We go to Barnes and Noble often to get new books.

This summer, Stella and I are going to try gardening in the SOUL garden, I'll have a cucumber plant and Stella will have a yellow pear-shaped tomato plant. We plan on helping with the Sunday Morning Garden Vegetable sales.

My favorite sport is soccer. I have played since I was 3 years old and currently play mid fielder on a team with the Sparta Soccer Club. We practice on Tuesdays and Thursdays and play games on Saturdays. We usually play games in the Salt Lake area but we once played in Mesquite, Nevada. My uncle played on the Real Salt Lake professional team. We had season passes to the Real Salt Lake games and we have been in their private locker room. I LOVE SOCCER!!!! I also

like basketball and other sports, my favorite team is the Golden State Warriors (boo, boo) and my second favorite is the Utah Jazz (yay, yay). My family and I like hiking in the beautiful canyons.

In my spare time, I watch the "Jessie" show on the Disney Channel. My favorite video game is "Fortnite" and I show my sister how to play video games. Beat her too!!!! I also like to watch the news on TV and keep up on current events. My *goal* is someday to be President of the USA!



SAVE THE DATE: Ahoy Maties! This summer, August 6 - 9, our church will become an uncharted island crawling with kids as they become shipwrecked and then rescued by Jesus. Our community of children will get anchored in the truth that Jesus carries them through life's storms. So, mark your calendars, grab any island-looking décor, and spread the word! Contact Julie Speck, VBS Director, to ask questions and get involved!

Letters and Announcements



Recipient of the Anniversary Scholarship

Ryan Ratzlaff

Cottonwood Presbyterian Church Anniversary Scholarship was awarded on May 20, 2018 to Ryan Ratzlaff for his academic excellence and his dedicated service to Cottonwood. Congratulations!

Thank you!

Thank you for your support following Vern's death. I am especially grateful for the generosity you gave Tom to be here with me in Colorado. He was an unbelievable support to me in the midst of his own grief. He and his sister, Sherri unraveled all the "paper work" and financial changes and put everything in order for me. The staff and members filled in so many gaps while he was gone – to say nothing of the 2 Sunday services he missed.

A deep thanks to all of you,
Jan Abbott



Heartfelt Thanks!

We forgot last month to thank all the choir members who spent extra hours practicing and then singing at our son, Tyler's Memorial Service. The music was beautiful and so appreciated by our family. Also, we put Diane Golladay's name as Diane Wheeler and apologize for error. Hope we did not forget anyone else.
With Heartfelt Thanks,
Ron & Connie Owsley

Sincere Gratitude!

CWU sends its sincere gratitude and appreciation to Cottonwood Presbyterian Church for ALL of its efforts in making the 2018 May Friendship Day Celebration a success. Thank you to Sally Hoffelmeyer-Katz, Pam Hunter, and Desta Aure for the lunch. A special "Thank You" is extended to Dorothy Urbom, Wayne Shutts, Derryll Schowe, and Becky Bringard for their much-appreciated assistance. The facility, the food, and your CWU support made the difference.

With Grateful Sincerity,
Church Women United Board for Metropolitan Salt Lake City & Bountiful

Elder Commissioner to General Assembly

Cottonwood friends,

It is with great excitement and joy that I am able to tell you that I will be representing all of the churches of the Presbytery of Utah as Elder Commissioner to the General Assembly in St. Louis, June 15-23

Rev. Nancy Pearson of Cedar City will also serve as Commissioner, and we will be roommates for the week. Jeff Silliman, Candice Sweet and others will also be attending from Utah.

I will be serving on the Environmental Issues committee, and topics of discussion will include fossil fuels and climate change. I expect to have long and exciting days of discussion, deliberation and voting on the business of the PCUSA.

Please pray for all attendees, that our deliberations and decisions will be in the best interest of the church and of all peoples. -Barbara White

Why the Rainbow Banner?

For the month of June, a rainbow banner will be displayed in front of our church, letting passersby know that we are an inclusive community of faith, welcoming all regardless of race, gender identity, sexual preference, or any other perceivable difference. The Vision and Planning Committee proposed the banner to Session after one of our speakers at the winter retreat was asked, "How can we better care for members and visitors who are lesbian, gay, bisexual, transgender, intersex, or queer (LGBTIQ)?" Chris Wharton, a lawyer who specializes in family law and discrimination issues related to LGBTIQ, suggested we start by posting a flag or banner during June, which is Pride Month. The rainbow has come to symbolize a place that is safe for those who are LGBTIQ; a place where they can feel welcome and cared for.

Some in the LGBTIQ community perceive churches as hostile places where people like them are harshly judged rather than welcomed and loved. For members of our community who have gay children or friends, it's heartbreaking to see loved ones leave the church because of that perception.

The banner is a welcoming gesture that, hopefully, will make a difference in someone's life. Maybe it will encourage someone to come in and learn more about Cottonwood. Or maybe it will simply let people know that we are Christians who want to be known by our love for *all* people.

Maybe this is just step one toward making our faith community truly inclusive in spirit as well as gesture. Let's start a conversation about other steps we might take in the future to welcome LGBTIQ people into the life of our church. If you have any questions or comments, please feel free to speak with Pastor Tom or any of the people of the Vision and Planning Team (Mark Zaba, Deb Abbott, Carol Smedley, Sue Martin, Shurjeel Paul, Roger Fadness, and Blandine Simo). -Sue Martin

Mission and Outreach



CROSSROADS URBAN CENTER: Food: Small juices. Please leave your food donations in the grocery carts located in the main hallway. **CROSSROADS THRIFT STORE:** Items needed for the month of June: Summer clothes & towels.

DAY OF SERVICE: We are looking forward to again joining in a joint Day of Service with the local LDS Stake. We will be working together, on Thursday, June 28th at 7:00 p.m. at the Ward House on Vine, just west of 1300 east. This year we will be packing food to support people who are locally in need of food resources. All are welcome to participate, young and old and everyone in-between.

WORLD REFUGEE DAY: Please put Saturday, June 23rd on your calendar. All the supporting agencies come together to host World Refugee Day. I hope we can be a presence of support as a congregation. Be looking for more details as the day approaches.

SOUL Garden

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 3 **DeeDee Simer**
June 3 **Judy Saurer**
June 6 **Shari Bennett**
June 7 **KayLynne Wabel**
June 9 **Connie Owsley**

June 9 **Kevin Nelson**
June 10 **Amaziah Paul**
June 15 **Conor Kristensen**
June 22 **Peter Finn**
June 23 **Robby Zaba**

From Cottonwood's Parish Nurse

How to Take Care of Your Joints

Cherie Paulson, RN, BSN

Just as the tread on your tires wears away over time, the cartilage that cushions your joints can break down, too. It's a condition called osteoarthritis. And without enough padding, your bones will hurt when they rub against each other.

Frayed cartilage can't heal or grow back. "There's no way to reverse the arthritis once it has started," says Michaela M. Schneiderbauer, MD, an orthopedic surgeon at the University of Miami Miller School of Medicine. But you can ease the pain and protect the cartilage you still have. Use these tips to slow the damage.

1. Slim down if you're overweight. It will help take stress off your knees and hips. Every pound you lose removes 4 pounds of pressure off your knee. That lessens wear and tear in the joint, Schneiderbauer says. "You may actually slow the progress of arthritis if you lose a significant amount of weight."

What's "significant"? "Every 10 pounds you lose will reduce pain by 20%," says Charles Bush-Joseph, MD, of Rush University Medical Center.

2. Do aerobic exercise. Arthritis pain may make you reluctant to work out, but research shows that pain and stiffness get worse when you aren't active enough. Regular exercise that gets your heart pumping will boost your blood flow, which keeps cartilage well nourished. And an extra benefit: it helps you reach a healthy weight.

"Stay as active as you can tolerate," Schneiderbauer says. "But avoid high-impact activities, like jumping and running." Better choices are things like walking, cycling, and swimming. Aim for 30 minutes of aerobic exercise at least 5 days a week.

3. Build stronger muscles around your joints. It can help your body absorb some of the shock that normally goes through your joint when you move around during the day.

"A strong muscle will prevent a limb from slapping down on the pavement and jarring the joint," Bush-Joseph says.

Try to build up the muscles that surround your joint. To improve symptoms in your knee, for example, strengthen the quadriceps muscles, which are in the front of your thigh. A physical therapist or personal trainer with experience in working with people with arthritis can show you exercises that will help.

4. Stretch every day. It will help you improve your ability to move your joints. This not only fights stiffness but also helps protect the cartilage from more wear and tear.

"The more joints move, the more the cartilage gets nourished by the joint fluid," Bush-Joseph says. He recommends yoga or Pilates to make you more flexible. "Don't feel like you have to be perfect in class. Instructors will accommodate people with limitations."

5. Try glucosamine and chondroitin supplements. They may help protect your cartilage, though there's no proof that either one will rebuild it or slow down your arthritis. Some studies suggest they can ease your pain.

6. Use over-the-counter pain relievers for flare-ups. Some common ones are naproxen (Aleve), ibuprofen (Advil, Motrin), aspirin, and acetaminophen (Tylenol). Check with your doctor to decide which one is safe for you. Make sure to read the label and take them only as directed.

Over-the-counter painkillers are a good choice for short-term relief during flare-ups of arthritis pain, Schneiderbauer says. If you think you need one every day, talk it over with your doctor.

If you end up taking it for months or years, it may be time to think about joint replacement surgery.

7. If home remedies fail, ask your doctor about injections. Cortisone shots are good for short-term flare-ups. Hyaluronan injections may help, too. It may work as a lubricant and anti-inflammatory in your joint.

June 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
					June 1 Young Life Golf Tournament	June 2 9:00 a.m. Bldg & Grounds
June 3 10 a.m. Worship & Communion	June 4 6:30 p.m. Sketch Monday	June 5 11:00 a.m. Prayer Group 3:15 p.m. Men's Golf 6:30 p.m. Member Care	June 6 1:00 p.m. Prayer Shawl Knitters 7 p.m. Revelation Small Group	June 7 5:30 p.m. Mission Committee	June 8 YoungLife Camp	June 9 YoungLife Camp 9:00 a.m. SOUL Garden Workday
June 10 YoungLife Camp 9 a.m. Sunday Morning Class 10 a.m. Worship 11 a.m. Congregational Meeting 11:30 a.m. Finance	June 11 YoungLife Camp 6:30 p.m. Sketch Monday	June 12 YoungLife Camp 11:00 a.m. Prayer Group 3:15 p.m. Men's Golf 7:00 p.m. Deacons 7:00 p.m. Discipleship Ministry Team	June 13 YoungLife Camp 7 p.m. Revelation Small Group	June 14 11:30 a.m. Women's Lunch Bunch	June 15	June 16 WyldLife Camp
June 17 Father's Day WyldLife Camp Presbytery Youth Mission Trip 9 a.m. Sunday Morning Class 10 a.m. Worship & Installation/ Ordination of Elders & Deacons	June 18 WyldLife Camp Presbytery Youth Mission Trip 6:30 p.m. Sketch Monday	June 19 WyldLife Camp Presbytery Youth Mission Trip 11:00 a.m. Prayer Group 3:15 p.m. Men's Golf	June 20 WyldLife Camp Presbytery Youth Mission Trip 11:30 a.m. Men's Lunch 7 p.m. Revelation Small Group	June 21 Presbytery Youth Mission Trip 7:00 p.m. Session	June 22 Presbytery Youth Mission Trip 12:00 Noon Courier Deadline	June 23 World Refugee Day Presbytery Youth Mission Trip
June 24 9 a.m. Sunday Morning Class 10 a.m. Worship Church Hike	June 25 6:30 p.m. Sketch Monday	June 26 11:00 a.m. Prayer Group 3:15 p.m. Men's Golf	June 27 7 p.m. Revelation Small Group	June 28 7 p.m. Day of Service	June 29	June 30

Cottonwood Presbyterian Church

1580 E. Vine Street, Murray, Utah 84121

801-278-4619

www.cottonwoodpres.org

Office Hours:

Pastor Tom: Saturday – Thursday, Schedule Varies

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

Virginia: - Schedule Varies

Cherie Paulson, Parish Nurse: 801-231-5212

Sunday Schedule:

Every Sunday - Nursery Care in Room 11

June 10 - 24 ~ 9:00 a.m. CE Class in Room 1

June 3 – 10:00 a.m. Celebration of Worship & Communion

**June 10 – 10:00 a.m. Celebration of Worship & Following Worship -
Congregational Meeting**

**June 17 – 10:00 Celebration of Worship &
Installation/Ordination of Elders & Deacons**

June 24 – 10:00 a.m. Celebration of Worship

“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