

Website: <http://aldersgateumcphx.org/>

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YOU ARE INVITED!
LIVING LIFE FULLY AFTER 50
These information sessions are open to the Community
Where?
Aldersgate United Methodist Church

SEPTEMBER 13, 2016 at 10:00 a.m.

A. SCAMS, ID THEFT AND HEALTHCARE FRAUD PREVENTION Come learn how to help fight and prevent Medicare/Medicaid fraud and abuse and how to get help if you or a family member is a victim of healthcare fraud.

Presenter: Mr. Lennie Estrada from the Senior Medicare Fraud Patrol

SEPTEMBER 13, 2016 at 11:00 a.m.

B. RESOURCE ROUND UP A presentation to learn about **programs and services available** to enrich the lives of older adults.

Presenter: Ms. Megan Word from the Foundation for Senior Living



SEPTEMBER 27, 2016 at 10:00 a.m.

A. CARING FOR CARE GIVERS. If you are a "caregiver" this session is for you! Here is an opportunity to learn about programs and resources that can help you be the most effective caregiver.

Presenter: Ms. Megan Word from the Foundation for Senior Living

SEPTEMBER 27, 2016 at 11:00 a.m.

B. NUTRITION Staying healthy is key to living fully as we grow older and what we eat is important. What are the best foods that seniors should be eating?

Presenter: Ms. Amy L. Pang RD, CSO Oncology Dietician, a registered Dietitian.



We will return to the sanctuary on September 11, 2016. The choir will also resume singing on that day.

COMING UP IN SEPTEMBER		
Every Sunday	Worship	11:00 a.m.
Every Sunday	Fellowship Hour	12:00 NOON
Every Monday	Arizona Masterworks	6:30 p.m.
Every Wednesday	TOPS	9:00 a.m.
Every Wednesday	AA	7:00 p.m.

You are cordially invited to a district-wide celebration!

*Sunday, September 18
First United Methodist Church of Mesa
15 E 1st Ave, Mesa, AZ*

*Join us as we welcome our new District Superintendent,
Rev. N. Susan Brims
and pastors new to our district*

*Worship will begin at 3:00 PM,
followed by a reception*

Please RSVP by September 11 to cwhitmire@dscsumc.org

ANNOUNCEMENTS



If you shop at Fry's (even once), it is important that you register either on-line or with Martha in the church office. I just received a report from our bookkeeper telling us that we received \$140.15 from Fry's for purchases from January thru June of this year. This is free money to our church to use however we want. So, please, please get registered now.

There will be a Foundation Meeting on Tuesday, September 13th at 1:00 p.m. All members should be present.

Phyllis Soberg

The garden and fountains are complete now for all to enjoy. The garden is in memory of our parents, the east purple plum tree is given by the UNM in memory of Marianna Steele and the west tree is in memory of Roger Steele, from his memorial fund. We hope everyone enjoys the garden.



If anyone would like to help us finish our landscaping project, please contact John. We want to plant a tree and shrubs along the entrance to the church and some shrubs along the planter in front of the windows by the library and the narthex windows. This will give our church a more pleasing welcome to new visitors and our members.

Thank you, Betty and John Brown



Please submit any October newsletter information to the Aldersgate church office by Sunday, September 25th. Newsletters are handed out to those in worship on the first Sunday of each month. Those not present will have their newsletter mailed the following week.

PLEASE MARK YOUR CALENDAR:

What: Aldersgate's Charge Conference with Reverend Susan Brims.

When: Saturday, October 29, 2016

Time: 10:00 a.m. All are invited to attend this Conference.

Staff Parish Relations Committee members are asked to meet at 9:00 a.m. with the District Superintendent. Lunch will be served immediately following the Conference.

We will be collecting items for the Samaritan's Purse Operation Christmas Child Shoebox Gift program. Please bring any donations to the church for a shoe box for November 14th through 21st collection — more information will be provided.



Also, if you know of someone in the hospital, ill or suffering in any way please inform the office.



When: October 6 – November 17

Time: 10:00 a.m.

Where: Aldersgate Church Office

What: Call to Covenant

This seven-week study is a segment from the Living the Questions Study. Our time together will be spent viewing a 20-minute video that features well known Biblical Scholars. Following the video will be a time of discussion amongst those attending. Call to Covenant will study the following: A Kingdom without Walls, Social Justice: Realizing God's Vision, Incarnation: Divinely Human, Prayer: Intimacy with God, Compassion: The Heart of Jesus' Ministry, Creative Transformation and Embracing Mystery.



SCRIPTURE CAKE

Recommended by Gail Everts

Ingredients

- 1 Tablespoon Judges 5:25 (Butter)
- ¼ cup raw Jeremiah 6:20 (Sugar)
- 1 cup coarsely chopped Genesis 43:11, divided (Walnuts)
- 1 cup Judges 5:25, softened (Butter)
- 1½ cups granulated Jeremiah 6:20 (Sugar)
- 4 Jeremiah 17:11 (Eggs)
- 2 cups Exodus 29:2 (Flour)
- 2 teaspoons Amos 4:5 (Baking soda)
- ½ teaspoon Mark 9:50 (Salt)
- 2 teaspoons ground Exodus 30:23 (Cinnamon)
- to taste Chronicles 9:9 (Cloves, Allspice, Nutmeg)
- 4 cups cored, peeled, and coarsely chopped Psalms 17:8 (Apples)
- 1 Tablespoon 1Samuel 14:25 (Honey)
- 1 cup chopped Numbers 17:8 (Almonds)
- 8 ounces dried, chopped Song of Solomon 2:13 (Figs)
- ½ cup 1Samuel 30:12 (Raisins)

Instructions

1. Grease 12-cup nonstick Bundt pan with the 1 tablespoon butter. Sprinkle raw sugar into pan, turning pan to coat. Sprinkle ⅓ cup of the chopped walnuts evenly into bottom of pan; set aside.
2. In large mixer bowl, beat the 1 cup butter and granulated sugar at medium speed until light and fluffy. Beat in eggs, one at a time.
3. In a medium bowl, combine flour, baking soda, salt, and cinnamon. Add optional spices to taste: cloves, allspice, and nutmeg. Add to butter mixture; beat at low speed until well combined.
4. Stir in chopped apples, figs, raisins, honey, almonds, and remaining ⅔ cup walnuts.
5. Spoon batter into prepared pan. Bake in 350 degrees F. oven until wooden pick inserted near center comes out clean, about 50 to 60 minutes.
6. Cool in pan 15 minutes; invert onto wire rack to cool completely. Best if prepared 1 day before serving. Store cake covered at room temperature.



Justa Center news:

At about 10:30 AM hot lunches are delivered from Marcos de Niza Senior Center. Sadly, there is rarely enough for everyone. So oldest members are served first. For those who do not get a lunch, they decide to walk the several blocks to St. Vincent de Paul and join that chow line or do without. Did you have lunch today?

Valerie Lintz

Aldersgate United Methodist Church
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