



Sun Lakes United Methodist Church

Sun Lakes, Arizona

February 21, 2024 - Kairos Vol. 10, Issue #8



Friends,

A good word for us to heed this Lenten Season!!

DO YOU WANT TO FAST THIS LENT?

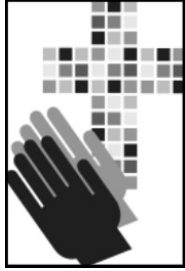
In the words of Pope Francis:

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.



Marvin

UNISON PRAYER



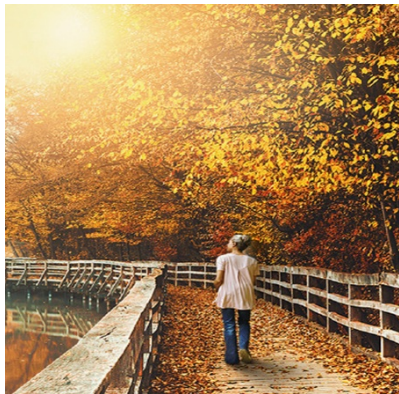
Lord, you call us to be your disciples. We gather today to be better equipped and faithful followers. Discipleship is difficult for us. We are cowardly when we ought to be courageous. We love the praise of the crowd and fear its disapproval. We are easily distracted and lose our way. We focus on our desires rather than the greater good for all your children. Forgive us when we fall prey to Satan's temptations. Help us resist the wiles of the Devil. Give us the courage we need to resist the beasts of vested self-interest, pride and the belief we are the ones who are always right. Forgive us our sins as we forgive those who sin against us. Amen.

MEMBERSHIP

If you are interested in joining Sun Lakes United Methodist Church, please stop and visit Pastor Marvin or call the Church Office at (480) 895-8766.



GRIEFSHARE'S LOSS OF SPOUSE SEMINAR



If your spouse has died, you know the upheaval and uncertainty that can follow. We invite you to gather with others who have experienced similar loss, at *GriefShare's Loss of Spouse* seminar on Tuesday, March 12, from 10:00 am to 11:30 am. The seminar will be held in Room 4 of the education building. A registration fee of **\$7.00** covers the cost of the participant book. A weekly support group opportunity (same time and place) will follow for those interested in continuing the journey together.

Please register by calling the church office, **(480) 895-8766**, so we can prepare to welcome you.

TNT PRESENTS



Join TNT on March 12th at 4:30pm in Lindsay Hall where "The Swinging Memories Band" will be performing! They are a Glenn Miller style, 16-member Big Band. They performed during last years Ice-Cream Social. Come dance and listen to the music and enjoy some dinner and refreshments.

Please R.S.V.P. at the Church Office (480) 895-8766 or sign up in Lindsay Hall to ensure we have enough food!

SPRING CONCERT

Sun Lakes Chorale is hosting their annual Spring Concert on Thursday, March 14 at 7:00pm. Doors will open at 6:30pm for seating.

Please purchase your tickets at the Church Office for \$10 each. Office hours are: Monday-Thursday 9:00am to 3:00pm.



UWF BAKE SALE



Coming up sooner than we expect it, will be the date of our biggest fundraiser of the year — March 23—THE BAKE SALE!! Now is a good time to crank up the mixers and turn on the ovens—while it still feels good to have the oven warming up the kitchen!

More information to come!

FEBRUARY IS PEANUT BUTTER MONTH!

This month, the Missions Committee encourages all members and friends to bring in jars of peanut butter to the Church. You can place it in the gray Mission Team totes

throughout the campus or in the red wagon in the Church Office.

This is a nutritional food that is perfect for restoring a vital food source to needy families in the area. All jars will be donated! Please contact the Church Office if you have any questions. **(480) 895-8766**



ARTICLE WRITERS FOR CHURCH GROWTH



We are looking for experienced writers who can put together a quick paragraph monthly for our local papers. The articles must include activities and other events that will help draw in new members!

Please send a few examples to:
Office@sunlakesumc.org or contact the Church Office for more information
(480) 895-8766

GRATITUDE JOURNALS

During the recent holiday season, our Gratitude Journals were sparsely used. Whatever the reason, perhaps because of the busyness of the month or the absence of persons traveling, the Prayer Team encourages you to be thoughtful and consider the blessings God provides each day. Share these wonderful godsendings through the *Gratitude Journals*, placed throughout various sites around our campus! Nevertheless, here are some recent ones:



...being safely back from the UMC trip ("to Israel" originally, but it had to be changed) with Pastor Adam Hamilton.

...the rooms in the Education building being used by many people in this community.

...seeing duck couples guiding their chicks—pretty big now—walking around on my street.

...all the people who bake/prepare cookies for our fellowship time.

...this chapel and for today's service for my dad. Thank you very much.

...this church campus. Not only that we have so many rooms and spaces,

but also that they are all well maintained by the staff, volunteers, and good professionals.

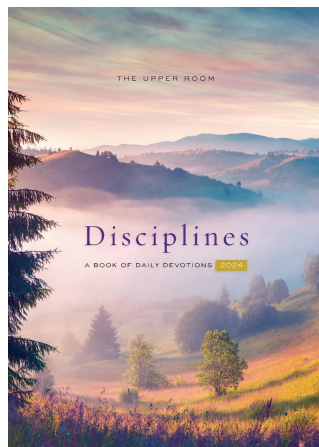
...my son who comes to my rescue often. I love him so much!

...the loving assistance of our church family who helped me in my recovery after surgery.

...hot water, toilet paper, warmth, and all the little blessings every day.

...all the cheerful helpers who decorated the church during Advent. We are blessed!

UPPER ROOM DISCIPLINES 2024



Challenge yourself to develop a deeper relationship with Christ each day with The Upper Room Disciplines.

Readings in this year-long devotional will awaken and strengthen your awareness of God's presence in your daily life. Each week a different Christian thought leader offers daily meditations and prayers that will help you engage in God's Word.

Pick up your Disciplines (\$20) in the Church Office.

ALTAR FLOWERS DONATED ON FEBRUARY 11

-Dick Johnson in Memory of His Wife, Doreen.

-Judy Waters in Memory of Bill Waters' Birthday and Their Anniversary.



LOVE AND SYMPATHY



...to the family and friends of Gloria Snyder, who passed away Sunday, February 4. Memorial service will be held Thursday, February 22 at 2:00pm in the Chapel. Reception to follow in Lindsay Hall.

...to the family and friends of Jerry Poe, who passed away Tuesday, December 26. Memorial

service will be Saturday, April 27 at 10:30am in the Chapel. Reception to follow in Lindsay Hall.

...to the family and friends of Richard Fitzgerald, who passed away Friday, February 9. Memorial service will be Friday, February 23 at 11:00am, in the Chapel.

...to the family and friends of Dick Ryan, who passed away Saturday, February 17.

[FEBRUARY BIRTHDAYS](#)

[FEBRUARY ANNIVERSARIES](#)

[FEBRUARY CALENDAR](#)

[NEED PRAYER?](#)

[ELECTRONIC GIVING FORM](#)

[CIRCLE OF HONOR BRICK ORDER FORM](#)

[CALENDAR EVENT REQUEST FORM](#)

[FACILITY USE FORM](#)

[CUSTODIAL REQUEST FORM](#)

[THE SLUMC SOCIAL SCENE](#)

Sun Lakes United Methodist Church

9248 East Riggs Road, Sun Lakes, AZ 85248

Phone: 480-895-8766

Contact Our Staff

Make A Donation



Sun Lakes United Methodist Church | 9248 E. Riggs Road, Sun Lakes, AZ 85248

[Unsubscribe office@sunlakesumc.org](mailto:unsubscribe@sunlakesumc.org)

[Constant Contact Data Notice](#)

Sent by lauren@sunlakesunitedmethodistchurch.ccsend.com powered by



Try email marketing for free today!