



UNITED CHURCH OF CHRIST

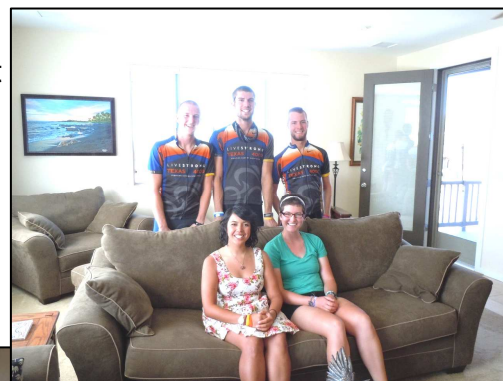
The Parish Caller

FIRST CONGREGATIONAL CHURCH UNITED CHURCH OF CHRIST

Texas 4000 Bicyclist

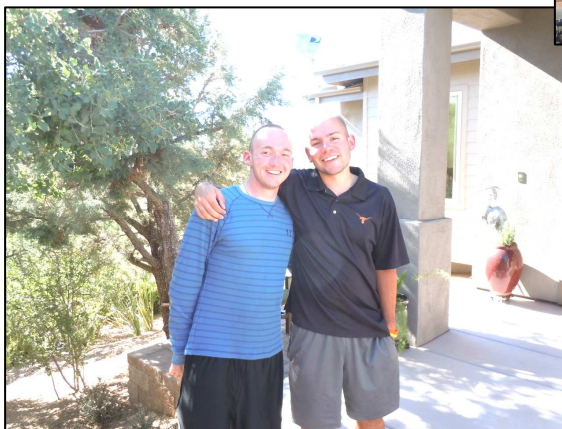
On June 20 we hosted "Texas 4000 Bicyclist" who are a community of cancer fighters. Their riders, all University of Texas students, are the passionate young people at the heart of the organization. They train, fundraise, educate, and bring hope to those with cancer.

The bicyclist began their journey in Cedar Park, Texas and will end in



Anchorage Alaska on August 13.

Thank you to everyone who provided showers and helped prepare meals for our bicyclists



If you would like to learn more about Texas 4000 you can visit their website at www.Texas4000.org.



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From the Pastor's Desk by Pastor Jane Cheek



From the Pastor's (Messy) Desk

Holly told me I had to do something

for the July "Caller" as I was getting ready to run out the door on my way to General Synod; I'm so glad she's back because I forgot all about this! It's been a rough couple of days; Don's father died yesterday (June 27) and we've been scrambling trying to help make plans for a funeral and to get him to Oklahoma before Thursday morning (not to mention me leaving town myself!). So, I went into my database of the Daily Devotionals that come to me via the UCC. This one is from May 15, 2011 – written by my favorite author of these devotionals – and it seems appropriate for this July issue of our "Caller." Enjoy...

God's Peace and Blessing to us all!

Still Speaking Devotional

Sheepish

(Excerpt from John 10:1-10)

"Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them."

Reflection by Quinn G. Caldwell

I don't remember what they were talking about, but at General Synod a few years ago, someone said something disparaging about being a sheep. Someone else stepped to the mic and said, "I don't mind being a sheep if I trust the Shepherd." It struck me as a very un-American thing to say.

I liked it.

I like being an American, too, and I like what our best ideals have made us. One ideal that I'm not so keen on, however, is our individualism. Somewhere in our DNA, the "I'm not going to let a despot force me to do stuff" gene mutated and became the "I'm not going to let anybody tell me what do to, ever" gene. We bristle at authority, we hate bosses, we resent anybody telling us what's good for us—even when they're totally right.

The problem with that way of thinking is that it basically sets you up as the head of all creation. Do you really think you have the stuff for that job? Or is it maybe just a little bit above your pay grade?

I'm not saying you need to bow down to every authority figure that walks by. I'm just saying that refusing to bow down to anyone means you're actually bowing down to yourself.

I'm just saying that if the Shepherd is good enough, it's totally worth being called a sheep.

Prayer

God, you know I wouldn't be a sheep for anybody but you. So help me to do it well. Amen.

A handwritten signature in black ink that reads "Pastor Jane". The signature is written in a cursive, flowing style.

Moderator's Message by Gordon Bergthold, Moderator

Writing an article for the Caller seems like an easy task if you're the reader. However, when you're the author and you receive a message from Holly stating that "your article is due by Wednesday", the pressure is on to get the job done. I think about newspaper reporters and television news people who have deadlines daily and I realize how lucky I am just to produce something on a monthly basis. There is a big difference writing for a church bulletin like The Caller compared with trying to keep the world on edge by writing or reporting in an alarmist manner similar to CNN or USA Today. Should I ever write anything that resembles newspaper or television news, please grab me by the collar and shake me into reality.

My goal is to inform the reader about our church and church family and to try to produce uplifting articles that are enjoyable to read, yet informative. For instance, on Monday, June 19th twenty-three young college students from the University of Texas rode into Prescott and stayed at our church overnight. They were hosted at several homes for warm showers because they'd ridden for several days without the benefit of available facilities. They were then fed dinner and breakfast by a team of FCC members and sent on their way Tuesday morning.

The experience of hosting young college men and women was very uplifting and beneficial to those of us who participated and I'd like to share a couple of things

about this mission that inspired all of us. First, they were riding for those who have been affected by cancer. The following is taken from their **Texas 4000** website:

"The riders of Texas 4000 For Cancer, and all of us that support them, are on a mission to spread hope across the continent as the riders touch lives while cycling over 4,500 miles from Austin, Texas to Anchorage, Alaska. As they ride they will be sharing knowledge of prevention and early detection methods, and raising funds for cancer research and victim and family support initiatives."

During their brief stay in Prescott they were each so appreciative of our hospitality and complimentary about the town and its friendly people. They volunteered to help at the meals and they asked us to join them in their "Circle" before departing Tuesday. At that gathering they put their arms around each other and made a brief statement saying who or what they were riding for that particular day. We were invited to participate and we did, humbly and full of gratitude for these young people who were giving up their summer for such an unselfish experience. Just writing about the less than 24 hour experience with the Texas 4000 brings me to tears. They "walk the talk" and we can learn from these young people.

As stated by Mother Teresa, "**Let no one ever come to you without leaving better and happier.**" These college students certainly left us better and happier and by the emails we've received we did that for them as well. Pray for their 70 day safe journey to Anchorage.

From the Library at FCCUCC - New Books, New Tapes

by Ruth Auchenbach, Christian Education Committee

In the church library this month, we have placed several new books for children and adults along with a DVD. I'll start with The Bible's Buried Secrets Beyond Fact or Fiction, the DVD. This is a PBS production, two hours in length, which takes you on a fascinating journey that began 3,000 years ago and continues to 2011. The scientific film explores more than 100 years of excavation and centuries of biblical scholarship which includes the origin of the Hebrew Bible, or Old Testament. Actually it is a detective story that asks "where did the ancient Israelites come from?" "Who wrote the Bible, when and why?" "How did the worship of one God - The foundation of modern Judaism, Christianity and Islam emerge?"

If you have a child or grandchild, or even, like me, you enjoy children's books you might want to read Running The Road to ABC by Denize Lauture. Illustrated by Reynold Ruffins, the writing is for ages 5-8. You'll follow Haitian children who run to school before the sun even thinks of rising where they learn the letters, sounds and words of their beautiful books. The artist of this book is outstanding and unusually sensitive. You'll run in bare feet, meet donkeys, bread sellers, learn about "Verwain leaves" and coffee-tree leaves, brush by butterflies, palm tree birds. They run on the road to ABC and so will we. Delightful reading!

Lastly, we now own Karen Armstrong's The Battle for God, one of the most readable and penetrating accounts of the rise of the fundamentalist movements in Judaism, Christianity and Islam.

It is believed that fundamentalism is a response to a spiritual crisis of our present world, rather than a throwback to some form of religion. It is a radical form of religious expression that is severely shaping the course of world history.

You'll find these books on the tops shelf of the library along with the checkout book. Take any of them but please leave your name, title of the book (s) and date you took them. Please return them in two weeks.



**Things eased up on guardian angles
after air bags were invented.**

Walking Slows Progression of Alzheimer's

From: *SeniorLiving.com*

Here is a little good news for those of us caring for a loved one with Alzheimer's or memory impairment. Walking may slow cognitive decline in adults with mild cognitive impairment (MCI) and Alzheimer's disease, as well as in healthy adults. Walking five miles per week protects the brain structure over 10 years in people with Alzheimer's and MCI, especially in areas of the brain's key memory and learning centers, according to Cyrus Raji, Ph.D., from the Department of Radiology at the University of Pittsburgh in Pennsylvania. It was also found that these same people had a slower decline in memory loss over five years.

Alzheimer's disease is an irreversible, progressive brain disease that slowly destroys memory and cognitive skills. According to the National Institute on Aging, between 2.4 million and 5.1 million Americans have Alzheimer's disease. Based on current population trends, that number is expected to increase significantly over the next decade.

In cases of MCI, a person has cognitive or memory problems exceeding typical age-related memory loss, but not yet as severe as those found in Alzheimer's disease. About half of the people with MCI progress to Alzheimer's disease.

"Because a cure for Alzheimer's is not yet a reality, we hope to find ways of alleviating disease progression or symptoms in people who are already cognitively impaired," Dr. Raji said.

For the ongoing 20-year study, Dr. Raji and colleagues analyzed the relationship between physical activity and brain structure in 426 people, including 299 healthy adults (mean age 78), and 127 cognitively impaired adults (mean age 81), including 83 adults with MCI and

44 adults with Alzheimer's dementia.

Patients were recruited from the Cardiovascular Health Study. The researchers monitored how far each of the patients walked in a week. After 10 years, all patients underwent 3-D MRI exams to identify changes in brain volume.

"Volume is a vital sign for the brain," Dr. Raji said. "When it decreases, that means brain cells are dying. But when it remains higher, brain health is being maintained."

In addition, patients were given the mini-mental state exam (MMSE) to track cognitive decline over five years. Physical activity levels were correlated with MRI and MMSE results. The analysis adjusted for age, gender, body fat composition, head size, education and other factors.

The findings showed across the board that greater amounts of physical activity were associated with greater brain volume. Cognitively impaired people needed to walk at least 58 city blocks, or approximately five miles, per week to maintain brain volume and slow cognitive decline. The healthy adults needed to walk at least 72 city blocks, or six miles, per week to maintain brain volume and significantly reduce their risk for cognitive decline.

Over five years, MMSE scores decreased by an average of five points in cognitively impaired patients who did not engage in a sufficient level of physical activity, compared with a decrease of only one point in patients who met the physical activity requirement.

"Alzheimer's is a devastating illness, and unfortunately, walking is not a cure," Dr. Raji said. "But walking can improve your brain's resistance to the disease and reduce memory loss over time."

SOURCE Radiological Society of North America (RSNA)

What's Happening...

DIACONATE:

By Julie McCurdy

No June Meeting

TRUSTEE:

By Al Beeson

A. Old Business: [did not discuss these still open items]

1. Status: Doors Sanctuary/Perkins Hall complex Lower rear door basement broken, Review next steps exterior doors repair/replace. R. Brown?
2. Sanctuary Bell Tower: R..Brown to add retractable ladder, replace trap door.
Status: Sound system. This project is complete.

B: New Business:

1. Painting Office Bldg: Mathis Status Reviewed job and gutter install by AZ Seamless Gutters and found satisfactory.
2. Sanctuary Cooling project: Study: either 1). increase efficiency of Evap Air, 2). A/C installation or 3). combination of both. Discussed no bid yet on Low E windows south side Sanctuary as the first step.
3. Status lack drawings from YC Student design & installation of wood railing[s] from chancel to Sanctuary floor.
4. Office Bldg: Need inspection of stem wall wood/check for termites from inside basement/crawlspace to determine status of the wood.
5. Light fixtures in basement were making noise. Chuck Jarvi to check

Repair or replace?

6. Still need welding on chair rack.
7. Discussed Landcraft bid reset paver's @ \$9262.00 w/ handicap curb access/ramp Alarcon side. Discussed the proposal to grind the sidewalk to equal the height of the pavers in place of re seating pavers. Decided the ability of the City to require future repair /replace of rough sidewalk, the look of the surface and the cost to put this project on hold.
8. Discussed what the Trustees can do to support FCC July 2nd Pancake Breakfast.
9. Discussed what we think is needed to adequately heat the choir room, Al to work with AZ Heating & Cooling to solve this problem.

CHRISTIAN EDUCATION:

by Barbara McClure

Shalom - a word of many meanings. The children who came to Vacation Church School at FCC/UCC Church, spent a week learning what the word can mean for them.

Day 1 was spent talking about Peaceable Kingdom - we get along with each other. The focus on day 2 was health and wholeness for everyone, we take care of ourselves so we can serve God. Day 3, God's Shalom brings promise and covenant to all people, even enemies become friends. God promises to love us, no matter what. Day 4, God's Shalom brings compassion. God blesses us at all times and in all ways.

Each day contained a lesson, a craft activity, and buttons and new patches for

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their new blue hats. They went home each evening with full tummies and a blue shirt to wear back the next day and all week.

Friday evening was the conclusion of the week, with the children sharing with

parents knowledge, crafts, songs and ice cream sundaes!

It was a good week. Not only the children learned, the adults did too. Thank-you to all, children, teachers, kitchen crew and parents.

Tips to Stay Cool

- Soak your feet in a bucket of cold water. You can do it almost anywhere and don't have to stay in the tub. The body radiates heat from the hands, feet, face and ears, so cooling any of these will efficiently cool the body.
- Running cold water over your wrists for 10 seconds each hand will reduce your temperature for roughly an hour, Takes 20 seconds to do and feels very nice if your wrists come in contact with other body parts.
- Windows and blinds should be closed while the sun is up. Keeping windows and doors closed up will allow the house to stay as cool as possible for the longest amount of time.

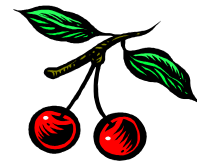
Last but not least, always remember to wear sunscreen. May not keep you cool but always good advice.



Recipe Box

Easy as Pie Cherry Cobbler

- 1 Can of Cherry Pie Filling (14 OZ)
- 1 package of Yellow Cake Mix
- 1 can of Crushed Pineapple (14 OZ)
- 1 Package of Pecans
- 1 Stick of Butter



Spray a 9x12 cake pan with non-stick spray.
Sprinkle yellow cake mix on the bottom of the pan, enough to cover. Set aside the rest.
Pour the can cherry pie filling on top of the cake mix and spread evenly.
Pour the can of crushed pineapple on top of the cherries (including juice) and spread evenly.
Sprinkle the pecans over mixture.
Sprinkle the rest of the yellow cake mix on top of the mixture.
Cut the stick of butter into small pats. Place pats on top of the yellow cake mix.

Bake at 350 degrees for about 30 –40 minutes or until golden.
Serve up hot with vanilla ice cream or whipped cream.

Mission Matters

by Betty Bergthold, Mission Chair

In June, we had a special collection for DISCOVERY GARDENS LEARNING CENTER. Thank you to those who contributed to this noble cause. In 2006, a study was done that proved that for every dollar spent on early intervention, \$16 dollars were saved down the road. So, the powers that be, demonstrated their acumen by decreasing our budget by \$40,000.00 and we had to eliminate a staff person. This might help explain why the mission committee came up with this atypical mission project. (Mission Committee chair works there, as does Judy Ely)

Our July mission project is a really fun one! We will be combining fellowship, food and mission all wrapped up in one. Six homes will be opened up for the fellowship and food part. The mission

part is that each guest will bring pantry items or money to benefit the COMMUNITY CUPBOARD. Please look for the lavender sign-up board in Perkins Hall. Two of the scheduled meals are coming up right away, so please focus on those two, first.

Our May collection was one of the big five: STRENGTHEN THE CHURCH. Our generous congregation provide \$527.00 to send on to the Southwest Conference. Again, a big THANK YOU!

Our August project will be the Prescott Area Women's Shelter, AKA: PAWS. Watch your church news sources for more information.

Many thanks from your Mission Committee: Betty Bergthold, Sherry Hager and Bev Summers.

Updated Directory



We will be printing an updated directory in July, that means if you've had an address or phone number change this year, please make any changes on the draft copy located in Perkins Hall.

Deadline to have all changes in is July 17.

TAIZÉ



An Hour of Peace and Reflection

Please join us for prayer, meditation and song at the **Taizé Service July 7 and July 21 at 7 pm.** We will be holding these services every **first & third Thursday of the month at 7 pm.**





JULY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 10:30 Worship 10:30 Sunday School 11:30 Coffee Time	4  Independence Day Office Closed	5 Pastor Jane at the General Synod	6	7 7:00 pm Taizé Service	8	9
10 10:30 Worship 10:30 Sunday School 11:30 Coffee Time	11 6:30 Progressive Christianity	12 7:00 Trustees	13	14	15	16
17 10:30 Worship 10:30 Sunday School 11:30 Coffee Time	18 6:30 Progressive Christianity	19	20	21 7:00 pm Taizé Service	22	23
24 10:30 Worship 10:30 Sunday School 11:30 Coffee Time	25 6:30 Progressive Christianity 	26	27	28 6:30 Cabinet	29	30
31 10:30 Worship 11:30 Coffee Time						

July Worship Leaders

LAY READERS

3rd: Ruth Auchenbach
 10th: Pete Norum
 17th: Christy Dinsman
 24th: Anne Solt
 31st: Gordon Bergthold

USHERS

3rd: Jay & Marilyn Eby
 10th: Jay & Marilyn Eby
 17th: Jay & Marilyn Eby
 24th: Jay & Marilyn Eby
 31st: Jay & Marilyn Eby

GREETERS

3rd: The Higginson Family
 10th: Christy Dinsman & Darcy Walker
 17th: John & Julie McCurdy
 24th: Charlie & Doris Hille, and
 Andree Shrimpton
 31st: Shelly Bowers & Donna Bauman

OFFERING COUNTERS

Pete Norum
 Sherry Hager
 Al Beeson
 Ron Solt

COMMUNION SERVERS

Judy & Brett Ely

COFFEE HOST *(Signup in Perkins Hall)*

3rd: Christy Dinsman
 10th: Gerri Lyons
 17th: John McCurdy
 24th: Phil & Murl Preble
 31st: Christy Dinsman

ALTAR FLOWERS/WHEELCHAIR

3rd: Joanne Baer
 10th: Gerri Lyons
 17th: Available
 24th: Available
 31st: Available

STATISTICS

	Attendance	Offerings
5/1	64	2,615
5/8	62	942
5/15	92	1,704
5/22	78	1,782
05/29	70	2,417
Total	Avg. 73	\$9,460



Happy Birthday

7/4	Miriam Bowers
7/9	Jean McMillen
7/12	Irene Warren
7/13	Patsy Jo Huff
7/16	Jean Woodburn
7/19	Mary Alice Sandberg
7/22	Mary Lloyd

Church Leadership Team

Cabinet

Moderator	Gordon Bergthold
Moderator Elect	Don Storer
Treasurer	Sylvia Staats
Clerk	Sherry Hager
Trustee Chair	Al Beeson
Deaconate Chair	Julie McCurdy
Christian Ed Chair	Barbara McClure
Church Missions Chair	Betty Bergthold
Pastor Parish Relations	Christy Dinsman
Member at Large	John McCurdy

Christian Education

Barbara McClure, Chair
Gerri Lyons
Jane Cheek
Ruth Auchenbach

Church Vitality

Anne Solt
Kathy Stephens

Diaconate

Julie McCurdy, Chair
Judy Ely

Pastor Parish Relations

Christy Dinsman

Stewardship

Don Storer
Betty Bergthold
Ron Solt

Trustees

Al Beeson, Chair
John McCurdy, Vice Chair
Chuck Jarvi, Bldg & Grounds
Don Stephens
John Huff, Multimedia System

Church Leadership Team

Continued

Church Missions

Betty Bergthold, Chair
Bev Summers
Sherry Hager

Woman's Fellowship

Joanne Storer, Chair
Sherry Hager, Vice Chair
Sylvia Staats, Treasurer
Gerri Lyons, Kitchen

Foundation

Tom Lloyd, President
Dr. Billie Alarie, Vice President
Al Beeson, Trustee Chair
Phil Preble, Treasurer
Jay Eby, Secretary

Church Staff

Licensed Minister	Pastor Jane Cheek
Office Administrator	Holly Houston
Director of Music	Jane Lawler
Organist	Carole Sue Linson
Custodian	Bill Linson
Child Care	Josh Taylor

The Parish Caller

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If we only have the will to walk,
then God is pleased with our stumbles.

~ **CS Lewis**