

# The Jaunt



## Sierra Vista United Methodist Church Weekly Newsletter July 10, 2020

The Jaunt is a weekly newsletter that reports on upcoming events and highlights church activities.

For information on many of our programs, visit our website: [sierravistamethodist.org](http://sierravistamethodist.org)

SVUMC Facebook Page: <https://www.facebook.com/SierraVistaUnitedMethodistChurch>

### The Prayer Word: Resilience

Lord, may we be buoyed by our faith in Jesus Christ.

Love God. Love People. Spread the Love of Jesus.



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— Upcoming Service ~ Available on Facebook and Zoom —

July 12: Music Prelude at 10:15 AM

Worship Service at 10:30 AM - Live stream

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***Are you in need of prayer?  
Do you know someone who is?***

Just because we're not together at our church building, that doesn't stop us from praying for one another! Just send your prayer requests to [svumc3225@gmail.com](mailto:svumc3225@gmail.com). Your request will be held in appropriate confidence, to be sent to our prayer warriors each week.

***We're all in this together, and God is always with us!***

The church office remains closed until further notice but Nicole still operates the Food Pantry from 10 to Noon Monday through Friday and will accept donations during that time period. Sunday's worship service will be streamed each week on Facebook and Zoom at 10:30 and a video of the service will be available on Facebook thereafter.



# FACEBOOK

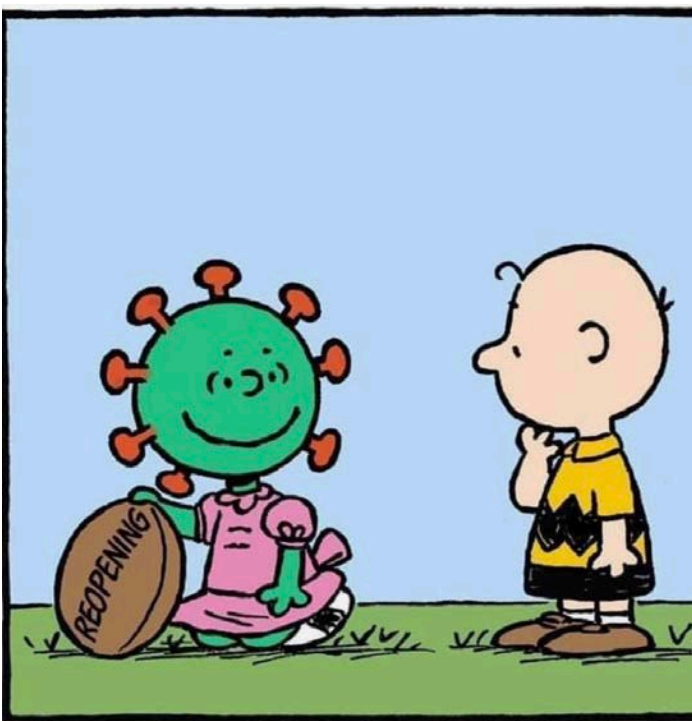
To watch the Sunday Worship Service live or after the broadcast:

1. Go to:  
<https://www.facebook.com/SierraVistaUnitedMethodistChurch>
  2. Select "Video" in the list of options on the left of your screen.
  3. Click on "Live" or the video you want to watch.
- A Facebook account is not needed so there is no login or password.

# ZOOM

To watch the Sunday Worship Service live  
Go to: <https://dscumc.zoom.us/j/398498097>  
OR

1. For audio only, phone 669-900-6833.
2. When prompted, enter ID number: 398498097
3. When prompted, enter ""#"



## PANDEMIC FATIGUE GOT YOU DOWN?

What you need is a healthy dose of Christian fellowship and a chance to share your thoughts on Pastor Carl's sermons. Meet with the Sonrisers for a brighter day and better outlook.



## SONRISERS MEN'S BIBLE STUDY

The Sonrisers meet on Zoom every Wednesday at 8:00 AM and discuss the previous Sunday's sermon. Join us, it will lift your spirits!

Click on the link below at the meeting time.

Topic: Sonrisers Meeting

Time: Wednesday, July 8, 2020, 08:00 AM Arizona

Join Zoom Meeting:

<https://us02web.zoom.us/j/82517550879?pwd=S2ZaSOJwYXhoWjltVmU2MmFuUW9sQT0>

Meeting ID: 825 1755 0879

Password: 012549

#MaskUpAZ



STAY HEALTHY. | RETURN SMARTER. | RETURN STRONGER.

**COVID-19 in Cochise County**  
**Confirmed Case: 925   Active Cases: 367   Deaths: 20**



Last Sunday, we sang “There is a Balm in Gilead.” Its author is unknown. It is a “Negro Spiritual.” The first Africans on American shores arrived in chains. Their hellish voyage aboard slave ships was only the beginning of their sorrows. The breakup of their families, the oppression of bondage, the whips and shackles, their loss of dignity . . . it all combined to kill both body and spirit. But the souls of the slaves found release through singing, and a unique form of music evolved called the “Negro Spiritual.” The classics of English hymnody were largely written by pastors like Isaac Watts and John Newton out of their studies of Scripture. African American slaves, on the other hand, composed their songs in the fields and barns, the words dealing with daily pain and future hope. Often the slaves were allowed to sing while working. If, for example, they were hauling a fallen tree, they would combine muscles and voices, using the musical rhythms for a “heave-ho” effect. Other times, risking the lash or branding iron, they’d slip into torch-lit groves to worship the Lord. With swaying bodies, they would stand, eyes half-closed, singing, “Go Down, Moses,” “Roll, Jordan, Roll,” “He’s Got the Whole World in His Hands,” and the classic “There Is a Balm in Gilead” based on Jeremiah 8:22. “Hymns more genuine than these have never been sung since the psalmists of Israel relieved their burdened hearts.”

## Food Pantry



Help support our food pantry. Every item helps! Donations accepted at the church office from 10 AM to noon, Monday through Friday.



## Need a Mask?

Kathy Marvin is making masks for the Pandemic. They are available free for the asking and come in 2 sizes: men's and women's. If you are interested, let her know what color you like, light or dark, and which gender. You will be able to pick up the masks in the church mailbox for the UMW #44 Monday through Friday from 10-12 pm.

There is no cost because Kathy is doing it as a mission to save lives during this pandemic. Call her at 803-6697 if you are interested. If you would like to make a small monetary donation, to the UMW or the church, that would be appreciated. ~Kathy



## Monsoon season is here. Turn Around, Don't Drown!

Residents are again reminded not to drive through flooded washes now that monsoon season is here. Last week Cochise County Sheriff's Office Search and Rescue responded to a swift water rescue in the High Knoll area, north of Highway 90. Search and Rescue volunteers were able to bring the driver to safety.

Unfortunately, incidents like this occur annually when drivers ignore the advice to turn around or wait until the flowing water has subsided.

County residents will be able to access sand and sandbags again this year, but will need to bring their own shovels to fill the bags themselves.

## Live-Stream Team



Church will come again soon. Before it does, we're looking for a few people to help launch our new live-stream team! We'll train you, so don't let fear keep you in your seat!

If you or someone you know might be interested, contact Mark Racicot at [svumctechnology@gmail.com](mailto:svumctechnology@gmail.com), and let's get technical!

# Health & Exercise Classes

Strength Training classes are offered by Nancy Buttke in the Fellowship Hall on Mondays and Fridays as shown on the chart below.

There is no fee. Donations are accepted. For more info contact Nancy at 520-678-0172.

8:30 a.m.	Strength Class: Lifting weights using dumbbells and ankle weights (about 1 hour)
9:45 a.m.	Back/Abs Class: For people with back pain to strengthen their core (back to back)
10:30 a.m.	Senior Caregivers Class
3:00 p.m.	30 minutes
4:00 p.m.	Senior strength class

**- Classes Suspended Until Further Notice - Stay Safe!**

## Sierra Vista United Methodist Church

3225 St Andrews Drive, Sierra Vista, AZ 85650. If you have questions or need assistance, please contact us.

Our church office is currently closed. The Food Pantry is open Monday-Friday, 10 a.m. - 12 p.m.

Phone: 520 378-3352 / Email: [svumc3225@gmail.com](mailto:svumc3225@gmail.com)



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