



A few short moments...

New directions

We had the mesquite tree cut down.

You know the one, the one in front of our house, growing an inch an hour, shedding needles, roots heading toward our foundation. We had it cut down.

The little front lawn that we have is going to go “desert landscaping,” low water, agave, rocks. We are going green.

The mesquite wood went to good homes: one piece for a woodcarver, most of it to BBQ experts. You can still see where the trunk was drilled down and where the roots were pulled up. The cutting crew came in early one morning and as gracefully as cats climbed up the tree and skillfully, artfully, working as a team, brought it down, leaving only a trail of sawdust.

It made me think and ponder.

Tearing something or

someone down only takes a short time; building something or someone up is a long term process.

Someone planted that tree and nurtured it and it filled its purpose for its time. Thank you.

There is a time to plant something new—it is a new time and we have new knowledge (like knowing about global warming) and we have the responsibility to change our old behaviors and ways.

We have not quite decided on the new tree to go in that spot. New directions take time and prayer and trust and relationship. Was I talking about a tree or about a church?

~Pastor Nancy



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Our Church



Vital statistics

Take a closer look at some of the vital statistics of Church of the Beatitudes. If you would like to receive this information on a weekly basis, please contact Barbara Wood at 602-264-1221 or bwood@beatitudeschurch.org, and we will put you on our mailing list to receive “The Week in Review at Church of the Beatitudes.”

February 2010

Average Weekly Worship Attendance	313	February Expense Budget	\$110,751
Average Weekly Income	\$19,713	Actual February Expenses	\$96,416
Endowment Transfer	\$85,000	People using COB facilities	3,365
Endowment Valuation 02/28/10	\$5,639,660		

Gratitude for Church family

Just over two months ago I started singing with you all. After only three rehearsals and two Sundays singing, I had major foot surgery. I went in expecting a simple bunion removal and it turned out that I had a tumor wrapped around and into the largest metatarsal bone in my right foot. What was to have been a half-hour surgical procedure ended up taking two hours. The surgery, obviously, was much more invasive than either the surgeon or I had anticipated.

In spite of the fact that I was very new to the choir, you were kind and generous enough to bring in

meals and come for visits. (You have no idea how shocked I was when Nancy told me you were going to be doing this.)

Your acts of kindness, prayers and support, I know, is having a very positive effect on my healing as well as lifting my spirits. I don't do well being down for a few days, let alone a month! I can't even begin to thank you enough for all you have done for your newest choir member.

~Ron Casola

SAVE THE DATE!

Wine 4 Water Nicaragua

Sunday, May 23

4-6 pm

**Elaine's Fine Dining at
Beatitudes Campus**

Wine 4 Water Nicaragua is not to be missed! Tastings of Arizona wine (courtesy of Alcantara Vineyards and others), great food, convenient venue, an awesome auction and raffle— all this, plus a wonderful opportunity to support our Nicaragua mission can be yours for a ticket price of \$30. As you know, the team is heading for Nicaragua on April 17, when they will work with JustHope and community leaders in La Flor to bring clean water to the families. All proceeds from this event will benefit our Nicaragua mission. Watch for more information!

Our Church

Our best days are yet to come

Four years ago, I had a vision for Church of the Beatitudes—new life in worship, service, community care and education. Our Church had been through many changes and challenges, yet I recognized that this was a Church with great people who were spirit-driven and who wanted the church to once again reflect its pioneering spirit.

Nancy and I arrived at a time when generations of families had left the congregation and there seemed to be little growth in our community. Most churches, ours included, were struggling to be spirit driven in a world of ever increasing change. Anxiety and frightened voices were at the forefront of our relational community. Our church—indeed all mainline Christian churches—seemed to have lost our place of influence. We were searching for our new identity, a new way to transform our culture.

As we tried to fight off our anxiety, we raised the flag of “Grow, grow, grow and transform.” Grow the church, Grow the finances, Grow the service and outreach, and Transform our facilities and space to support these goals.

So we have begun to rehabilitate our facilities—fixing roofs, painting buildings, upgrading our playground, replacing outdated and broken sound systems, and so much more. We have renewed relationships with local mission partners (Maryland School, ICM Food & Clothing Bank, Family Promise, Agelink, Duet, the Beatitudes Campus, and many others). We developed new mission partners—TOX, Nicaragua and JustHope, Mexico and Esperanza, Lutheran Social Services, and so much more. We brought in national and local experts to awaken adult education and added a Wednesday “eat-learn-play” Taste & See, with programming for all ages. We are becoming a sustainable Church with recycling, fair trade products, gardening projects. We welcome everyone, and encourage new small groups to meet.

I have taken primary leadership in opening up the opportunities for worship in our developing spaces of Nelson Hall and the Youth Center. Developing these two new services are my passion. The historic center for worship that once was an A-frame multipurpose space that

became so rich and full in worship is once again renewing. Long-time Church member Edith Jordan says, “We are at the beginning of a new future,” as she worships at our developing “Incite” service that is taking shape on Sundays at 11 am in Nelson Hall. Then again on Saturday at 5 pm in the Youth Center, member Ron Caputo says, “This Oasis reflective worship is awesome. I have needed a place like this to charge my spiritual batteries for a long time.” All this while the excellence of the 9 and 10:30 Sunday services has not missed a beat.

We are not there yet and there is much to finish so we can rise up to the level of excellence and vitality we have known. But we are on our way. One day we will realize once again the full potential our DNA was known for—leadership, excellence and extravagant welcome. I have a dream that one day we will know our best days are yet to come.

~Pastor Ted

Health and Wellness

Teflon brain

"Teflon brain — nothing sticks!"
~Lily Tomlin, comedian/actress

Did you ever feel like you had the Teflon brain? We've all had a moment when our brain seems to be in "off" position, haven't we? Or can't we even remember? Mayo Clinic has identified a new condition for forgetfulness known as Mild Cognitive Impairment (MCI), defined as a transitional phase between healthy aging and more serious memory loss.

While forgetfulness may be funny in the abstract, it can be frightening as a reality. There are three main factors that impact memory loss. They are degenerative dementias such as Alzheimer's disease; vascular dementias caused by strokes or clogged arteries; and the memory loss caused by a combination of age related changes.

The more you use your brain, the more brain you will have to use.
~George Dorsey (WWII veteran)

But the good news is that some simple lifestyle changes can avert or dramatically slow most memory loss.

So, a great lifestyle change is to change the style of your life. Have more fun, meet new people, try new experiences and challenge your mind with learning new things. New mental and challenging social activities

stimulate the brain cells, increase neural connections by as much as 200 percent and will actually help restore lost brain function.

You increase your chance that your cognitive function will remain stable if you are physically active or exercise. The exercise has to be an endurance type activity for 40 to 50 minutes a day. You need to boost your maximum heart rate (MHR) to 60 percent of its maximum for the 40 to 50 minutes each day to get the positive effects. To estimate your HRMAX subtract your age from 220. If you are 40 years old your HRMAX is 180 and 60 percent of your HRMAX is 108 beats per minute.

A good night's sleep helps keep the mind alert and functioning. Establishing a routine for bedtime that winds you down for an hour or so before going to bed and sleeping in a dark room absent of the light from clocks, TVs and electronics is helpful. Focusing the mind on meditation, prayer or positive thoughts prepares the body for sleep. There are many prayer practices which focus on breathing or repetitive prayers that help quiet the mind. Adopt a nighttime spiritual practice that envisions us cradled in the arms of God and focused on gratitude and hope. Rote or repetitive prayers can sometimes fill the restless or worried mind with the peace of God.

Inflammation has recently been identified as the chief causative factor in many illnesses and in diminished cognitive functioning. There are lifestyle changes that can serve to reduce the level of inflammation in your body. Exercise, stimulating your brain along with a mostly vegetarian Mediterranean diet, a positive mental attitude, a stable blood sugar and a controlled blood pressure will keep the inflammation in your body to a minimum. The only way to measure the inflammation in your body is through a blood test for C-reactive protein. If your CRP is over 0.7mg/dL you have an inflammation in your body that could be linked to a number of conditions such as allergies, stress and arthritis. Your doctor is your best advisor if your CRP is elevated.

We all have a part to play in issues around our own mental, physical and spiritual health. Our actions can make a difference in the quality of our lives. As Fyodor Dostoyevsky a Russian novelist said, "It is not the brains that matter most, but that which guides them—the character, the heart, generous qualities, progressive ideas."

~Kathleen Garast

Service

Celebrate Earth Day at the Green Faith Workshop.

The Arizona Ecumenical Council Earth Care Commission is hosting an environmental workshop, which includes sessions on recycling, energy conservation, citizen action and eco-activities for children, on Saturday, April 24, 9 am – 1 pm, at Church of the Beatitudes. Eight environmental leaders will talk about how to defend God's Creation. This workshop is intended for church leaders who are part of a green

team, interested in starting a green team or interested in creating a more green church campus. It is a wonderful opportunity to browse books and resources and network with other green faith leaders. If you are interested in being part of greening up our Church, please contact Doug Bland at AEC 480-967-5266 for more information. Cost of the workshop is \$15 and includes lunch.

Women in Faith

On Saturday, May 8, Women in Faith will have our final session of Discovering Everyday Spirituality, focusing on how ritual can bring meaning to our lives. Join us in the lounge at 9 am as we share together.



Purchase your fair trade coffee for summer

Fair Trade coffee/tea/chocolate sales in May will feature an order form for you to order your summer supplies of these tasty items. The orders will be ready for pickup on June 6. Fair Trade sales will take a break after that until September, so be sure to make arrangements to have coffee and tea, hot or cold, and wonderful chocolate snacks available for the hot summer days. Fair trade farmers and producers count on your support for their livelihood.

April is National Youth Sport Safety Month

April is National Youth Sport Safety month. Here are some tips to assure your child has a positive sport experience. Adult athletes can follow this advice also.

Proper nutrition and hydration are important so young athletes don't feel sluggish and increase their chance of injury. Drink fluids before, during and after an exercise session. Fluid breaks should be offered every 30 to 45 minutes, more often during warmer weather. Gentle warm up exercises should be done before a workout or game. Wearing approved protective equipment during all practices and games, such as shin pads, helmets, elbow and knee pads, safety goggles and other regulated items should be reinforced. Coaches should be knowledgeable about

the sport they are coaching and should have CPR and first aid training. Every team should have a first aid kit and ice readily available for an injury.

Use **RICE** for orthopedic injuries.

- **Rest** or immobilization of injured body part.
- **Ice** application for minimum of 15-20 minutes.
- **Compress** or elastic wrap should be applied to help prevent or decrease swelling.
- **Elevation** of the injured body part area above the level of the heart to decrease swelling.

Enjoy your sport of choice.

Fellowship

Cruisin' cuisines are the focus



The Greater Phoenix Singles at Church of the Beatitudes have been cruising around the world – gastronomically, at least! We have embarked on a journey of sampling

world cuisines right here in Phoenix – supporting local Valley eateries and tasting authentic ethnic food.

First stop was Bomberos Café & Wine Bar for South American food; then on to Haus Murphy to taste food from Germany, then to Greekfest for the best Greek food around! On April 8, we are traveling to Poland at A Touch of European Café in Glendale, where we will taste authentic old-world fare.

Join us for these Cruisin' Cuisine excursions! We have fun, we eat great food and enjoy each other. We carpool from the Church parking lot at 6 pm. Why not join us?

Women's Retreat in April

Express your spirit and your faith and explore what makes up the fabric of your life at the Beatitudes Women's Retreat on Saturday, April 10, from 9 am – 3:30 pm. Enjoy the wonderful community of women at the Church and explore how you can affirm your

gifts and support one another in your walk in faith. The cost is \$10 for the workshop. Please see Dosia Carlson or Esther Rings for more information.

Because of you... Volunteer Appreciation Breakfast

Volunteers are the lifeblood of Church of the Beatitudes. Without you – cleaning, picking, cooking, teaching, mailing, singing, ringing, reading, retreating, writing, painting, hanging, ministering – our Church would not have life. You have served our Church in so many ways. You are the unsung heroes in the life of our Church. We love you and appreciate you! We can't thank you enough, but in a small way, we want to thank you for your sacrificial service at our Volunteer

Appreciation Breakfast, hosted by the Ministry of Administration and Nurture and Pastors Ted and Nancy. Please make an effort to come to the Volunteer Recognition Breakfast on Sunday, April 11 at 7:30. We will honor your service. Please RSVP to the Church office and let us know you'll be attending, so we will have enough food! Child care will be available.

Are you interested in becoming a member of Church of the Beatitudes?

You are invited to attend new member orientation classes, which are held every month on the second Sunday of the month. We will show you who we are and what we believe. You will also be able to make friends with people just like you. If you are interested in exploring Church of the Beatitudes, please talk to Pastor Nancy or call the Church office. New members will be received the fourth Sunday of every month.

Our Partners

Voice of the Village at Agelink

Around Agelink, the term “It takes a village to raise a child” is certainly put to use. Students in each age group are referred to as “villages”. For example: Pods A through C are our “Infant Village,” Classrooms 1 through 3 are our “Ones Village,” Classrooms 4 through 6 are our “Twos Village,” and classrooms 7 through 9 are our “Preschool Village.”

This month, we will explore the Twos Village in Classroom 4. The teachers, Ms. Louisa, Ms. Valerie and Ms. Nidaa took it upon themselves to teach our two year olds about their culture.

Ms. Louisa began their cultural lesson about her Navajo culture. The students were able to look at and touch traditional clothing, see how wool is spun and how carving takes place. They listened to traditional Navajo music, sang songs, and danced. The children learned about how the Navajo live, as well as about the livestock and crops that they have. Ms. Louisa had a “Show-And-Tell” time, in which she brought in baskets and dolls, and even had small bits of fried bread for them to smell and taste. Some of the activities that the children got to do were sand painting, making sheep, and shakers for music. They also learned how to count to five in Navajo.

Ms. Valerie taught the children about Kwanzaa, a seven day celebration that begins on December 26 and ends on January 1. There are seven days for the seven principles: *Mazao*, which means first fruits, nuts, and vegetables, *Mkeka*, which means placemat, *Vibunzi*, which means ear of corn, *Mishumaa Saba*, which means the seven candles, *Kinara*, which means the card holder, *Kikombe Cha Umoja*, which means the unity cup, and *Zawadi*, which means gifts. There are seven candles used in are the three primary colors of Kwanzaa. Those colors are Red, which means blood, Black, which means people, and Green, which means land. The children were educated on this information, and were exposed to several different outfits and foods. One parent brought in an African CD, and showed the students how to dance to those rhythms.



Ms. Louisa with a weaving at Agelink

The children also got to make Jell-O, weave flags and placemats, as well as hear the language.

Ms. Nidaa taught the children about her culture in Kurdistan. She brought in a large map to point to its location. She brought in several items of clothing, jewelry, and decorations. She spent a lot of time on language with the students. Pictures and words were presented to the children, and she told them about how her language is read from right to left, unlike English. The children learned about words like “walnut” and “pomegranate” which are popular foods in Kurdistan. The children also learned how to say numbers. The children listened to music and danced as Ms. Nidaa clapped and danced in her beautiful clothes.

During each cultural session, new artwork and new items of clothing could be found on the walls of classroom 4. Such rich diversity cannot be summed up in one little article, as it took weeks of effort and enjoyment.

Our Partners

Church receives stewardship award

The Beatitudes Campus would like to congratulate Church of the Beatitudes for being selected for the 2010 Congregational Stewardship Award by the Council for Health and Human Service Ministries (CHHSM), which held its 72nd Annual Meeting from March 4 -7 2010.

The award, which was presented at the Annual Meeting, honors the significant support given to the Campus over the past 40 years. Our community has profound gratitude to Church of the Beatitudes for its leadership and steadfast commitment to caring for older people through its generous gifts of time, talent, and treasure! We cannot think of a greater recipient for the Congregational Stewardship Award!

In addition, Scott Wynn was given the 2010 St. Stephen Award at the Annual Meeting. Scott has served the Campus for almost 9 years, first as the Chief Operating Officer and now as our Executive Vice President of Program Development. The St. Stephen Award is given annually to a CHHSM



Scott Wynn, Tara Bethel and Cammie Clavenger of CHHSM, Carol Ann Vaughan, Nancy Elsenheimer and Peggy Mullan

employee who has made a significant contribution to his or her organization through exemplary excellence, creativity, and selfless compassion.

Beatitudes Auxiliary Treasure Sale on Saturday, April 10

Plan to shop at the Beatitudes Auxiliary Treasure Sale on Saturday, April 10 from 10 am to 2 pm at Luther Life Center at the Beatitudes Campus. The Treasure Sale includes antiques, collectibles, household items, furniture, jewelry, books and more — plus a bake sale! Bring your friends — there is always something special you will want at the sale.

Guardianship Clinic for Grandparents

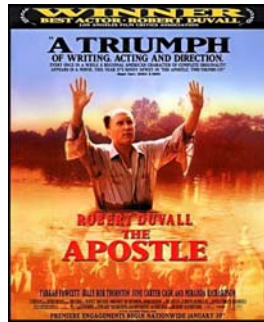
Duet has launched monthly guardianship clinics for grandparents raising grandchildren. Formal custody is needed to obtain benefits such as health care. A volunteer attorney from the Children's Law Center will guide grandparents. The clinics will be on the third Friday of every month, 3-5 pm, at Church of the Beatitudes. Duet is also offering "Behavioral Health 101" on April 10, from 9:30 am to 12 noon at the Church. Please RSVP for either session to Duet at 602-274-5022.

Books, Movies and Music

God-fearing preachers in *The Apostle*

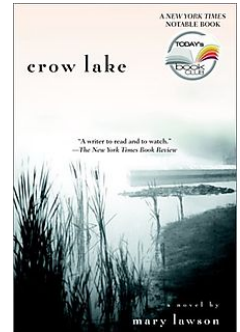
Watch a great movie in the Lounge at the Church on Thursday, April 15, at 6 pm. All are invited. Bring a friend, bring a snack and watch *The Apostle*.

The Apostle is God-fearing Texas preacher Euliss “Sonny” Dewey. Using real gospel preachers and extras carefully selected from parishes of the Deep South, the film treats its complicated characters with the kind of compassion and moral complexity mainstream Hollywood wouldn’t dare portray. This is especially true in the case of Sonny, who responds to his wife’s infidelity with a crime of passion that sends him on a new and uncharted quest for redemption. Under the assumed identity of “The Apostle E.F.,” he settles in a tiny Louisiana town to revive an old church, where he undergoes a transformation of spirit and purpose that enlivens his community. But will the law catch up to him? Does he deserve to be punished?



Crow Lake explores family dynamics and sibling rivalry

The Beatitudes Book Club meets on Thursday, April 29, at 7 pm to talk about *Crow Lake* by Mary Lawson. Four children living in northern Ontario struggle to stay together after their parents die in an auto accident in Lawson's fascinating debut, a study of sibling rivalry and family dynamics in which the land literally becomes a character. Kate Morrison narrates the tale in flashback mode, starting with the fatal car accident that leaves the children to fend for themselves. The fractured family struggles mightily against the grinding rural poverty of Crow Lake, and the brothers conduct a fierce battle of wills to control their fate, until they both finally land jobs and the family gets some assistance from a neighbor. Lawson delivers a potent combination of powerful character writing and gorgeous description of the land. Her sense of pace and timing is impeccable throughout, and she uses dangerous winter weather brilliantly to increase the tension as the family battles to survive.



Celebrating that we are all one family

I recently had the opportunity to prepare and preach a sermon on the parable of The Prodigal Son. In my study of this parable, my eyes were opened to a whole new way of seeing this story. In the end, the father quickly accepts his younger son back into his home, and the most important thing for the father is the fact that his family is whole. It is now up to the brothers to learn how to live together as a family.

At Church of the Beatitudes, we have chosen to call ourselves open and affirming. This position, I believe, is similar to the position of the father in the parable. We have opened our arms and our hearts to

all people, and now we must learn how to live together. In a sense, our Church is living this parable out for our community. I have found this Church to be one which is not merely “tolerant” of others, but one which celebrates diversity.

Over these next few months I will be preparing for my ordination, and will soon begin my ministry. I plan to take with me this same spirit that I have acquired from this Church, to open my heart and my arms to others, and to not only learn to live together, but celebrate the fact that we are all one family.

~Jeremy Lopez

Service

Realizing a dream in America



Burmese Refugee Camp in Thailand

Imagine arriving in a new country where you didn't speak the language or know a single person. You have no money, no credit cards, and no suitcase full of clothes. You have only a need to start over in a new country because yours is no longer a safe place for you to be. Now imagine meeting a smiling group of people who greet you and take you to an apartment that they have lovingly stocked with the things you will need to get started in your new life. We as a church have an opportunity to be that helping hand. You can help by donating gently used items, money, or your time to a family who arrived in this country on March 29.

The family is being helped by Lutheran Social Services' Refugee Resettlement Program but that program serves many people and can provide only the basics. Our church committed to sponsoring this family in the hopes of making their transition to the United States an easier one.

The family that Church of the Beatitudes is sponsoring is from the Karen ethnic group of Burma. They fled Burma in 1988 and have been living in refugee camps ever since. They are Hsar Kpaw (father), age 26; Eh Has Wah (mother), age 24; Soe Eh Lay (son), age 5; Sien Kay Soe (son), age 2; and Jaw Way (grandmother), age 59.

The Church team will provide basic furnishings

and supplies, and set up their apartment, to help the family get settled in their new home. We will help them learn about grocery shopping, budgeting, transportation, cultural expectations, and everything else they need to know to be successful in the United States.

We encourage you to invite the family to social and cultural events such as Church events, picnics, sports games, and museums to help them learn about American culture.

There are millions of refugees around the world, but people who have escaped from Burma, also known as Myanmar, are, in many respects, a special case. They have fled a military regime considered one of the most brutal in the world. Many have fled to Thailand, where there are about 100,000 refugees packed into nine camps.

Adjusting to outside life is a particular challenge for many Burmese refugees. Many have spent most of their adult lives in the camps, leaving them unprepared for life on their own. Those who are granted passage to America by U.S. immigration officials must first take part in classes on how to provide for their own basic nutrition, how to change a diaper, and how to use the bathroom on an airplane. The fear of the outside world is so strong that about 60 percent of the refugees refuse to leave the camps.

Many Burmese refugees are members of the Karen ethnic group, whose half-century struggle for independence within Burma has made them particular targets of the military. The Burmese military routinely attacks Karen villages, burns homes, and uses civilians as human minesweepers. To get to the U.S., refugee camp residents first must be formally classified as refugees by the United Nations. Then they can apply to the U.S. Citizenship and Immigration Services, a process that can take months.

On behalf of our team, THANK YOU to everyone who helps with this important effort!

Education

David Greenhaw will speak about mainline Protestantism



David Greenhaw, Ph.D., ordained minister of the United Church of Christ and President and Professor of Preaching and Worship at Eden Theological Seminary, St. Louis, Missouri, will speak on “Mainline Protestantism in Trouble” on Sunday, April 11, from 3-5 pm in Nelson Hall.

David Greenhaw will share research on the future of mainline Protestantism and reflect on its implications for churches like Church of the Beatitudes.

Much has been made of the rise of the religious right and the growth of conservative churches. Far less is known about the decline of the liberal church. Since 1964, every mainline denomination has lost members and churches—that is a loss in every single year. The implications of this unrelenting decline are profound. This movement founded some of the most important institutions in the United States, including great colleges and universities, a tremendous health and welfare system, and a network of congregations that have been the backbone of many communities. Dr. Greenhaw will explore why this has happened and what can be done about it.

Contact us

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Joel Rinsema
Terry Smith
Brenda Mulkey
Ron Rhode
Barbara Ross

Young Adults

Nicholas Wenham

Operations

Ken Porter
Linda Nilsson
Enrique Mendez

Communications

Barbara Wood
Dawn Bailey
Amy Billings
Marcia Lorona

Health & Wellness

Kathleen Garast

Seminary Intern

Jeremy Lopez

Our church's *mission*

Church of the Beatitudes

United Church of Christ is a community of faith-keeping and faith-seeking people grounded in stories and truths contained in the scriptures. We are open to insights and interpretations of God revealed to us through new experiences, different faiths, and diverse cultures.

Our purpose is to provide opportunities for the formation of Christian disciples through worship and spiritual enrichment, to offer the education and training for this discipleship and to encourage the practice of this discipleship in the world.

**CHURCH OF THE BEATITUDES
UNITED CHURCH OF CHRIST**

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*No matter who you are or where you are on life's journey,
you are always welcome here.*

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Return service requested



**NOT just for kids
CONCERT**

**Sunday, April 11, 2010
2 pm at
Church of the Beatitudes**

**\$10 per person
\$32 per family**

Tickets may be purchased prior to concert by
calling 602-264-1221 with credit card
information or at Church of the Beatitudes,
555 W. Glendale Avenue, Phoenix.

**Authentic. Harmonious.
Timeless. Extraordinary.**

*"She took the tradition that (her grandfather)
Woody began with kids' music and made it
better."-USA Today*