

St. Francis in the Foothills



August 2022

www.stfrancisinthefoothills.org



Casa Maria Needs You!

The Casa Maria Soup Kitchen has been operating in South Tucson for over 40 years, serving meals and providing food bags for unsheltered people who are living with food insecurity. Since the soup kitchen started, St. Francis volunteers have been there one Saturday morning each month, cooking and serving a chili soup to about 200 people.

During the pandemic, we switched to a weekly sandwich making project, the Sandwich Brigade, which many St. Francis members were involved in. Since last fall, we've been back on-site making soup again; but at this point we're in need of more volunteers. It's not necessary to be a gourmet chef. We use canned ingredients and spices, blend it all together and heat it in two large pots, then serve it in cups to the Casa patrons. We need 3-5 people for a few hours one Saturday morning a month (or as often as you're able). It's

a great way to get to know others in the St. Francis community and to see the wonderful work that's being done at the Casa.

Margie Olson, who has been the volunteer coordinator for the past four years, will be stepping down in a few months, so the Casa Program will also need a new volunteer coordinator. The job involves 6-10 hours per month, shopping for supplies, emailing and scheduling volunteers, and then taking the lead on our scheduled cooking day. If you think you might be interested in volunteering or if you have questions, please contact Margie by phone: (520) 250-0084, or email: pearl60.52@gmail.com.



One key to healing the climate just might be found in your bank/401k/and mutual funds statement. The well-known Wall Street big banks provide the funding which is the engine powering fossil fuel development. Bill McKibben of 350.org wrote in the New Yorker that "the key to disrupting the flow of carbon into the atmosphere may lie in disrupting the flow of money into coal and oil and gas."

You can switch to a local credit union or community bank by going to

localfirstaz.com

Click on Find, then Local Banking.

Extra credit: tell the big bank why you're breaking up with them!
(P.S. This isn't investment advice, but one more way to do climate advocacy.)

The St. Francis Green Team



8/1 Patty Black
8/1 Nancy Masland
8/1 Kit Farrell-Poe
8/1 Judi West
8/6 Julie Friberg
8/6 Karen Bliss
8/7 Tom Neiburger
8/8 Daniel Kayhart
8/8 Evan Barron-Gafford
8/8 Marie Andrews
8/14 Chris Kemp
8/16 Linda Meade-Tollin
8/16 Sara Rohde
8/17 Patti Weiser
8/18 Shannon Sullivan
8/19 Nancy Wilkinson
8/20 Christine Kayhart
8/20 Abby Jensen
8/20 Olive Meyer
8/21 Devon Kramer
8/22 Joe White
8/23 Mary Hudson
8/25 Robyn Moreland
8/25 Tim Kasting
8/27 Sally Danielson
8/28 Diana Holan
8/31 John Everhart



A Word from Our Pastor

When It Cools Down Again . . .

How many are living out the title of this article more this year (and in more, varied ways) than before in your lifetime? The "heat" has been on for quite a while now, leaving all of our energy drained and our "want-to" seriously depleted.

But I am beginning to feel the cool breezes of the monsoon change all that!

It is now time to decide how we want to spend our time and energy in the next season of our lives.

Maybe you will focus on the coming election cycle. The primaries are on Tuesday and the general election follow quickly on November 8. There are many opportunities leading up to that date that need volunteers and donations. Is this where you can be active?

In our city and across our state there are social issues that need to be addressed. People are struggling in several different ways. None of us can solve all those issues, but together we can begin to make a dent in many of them. I love what Jo Moody talked about the last two Sundays, showing us how to reach out in what many might say is miniscule – a bottle of water for a thirsty person in the desert. Yet, if you ask the person who receives that token of love, you will see that it is anything but a small gift – it is life itself in the face of the temperature around them. Is this where you can be active?

Maybe your activity lies in reviving one of the internal groups of St. Francis – the Sophia Circle Women's Group and the Chrysalis Men's group would love people who want to connect and strengthen their spiritual lives, while lending their insights energy to others. Is this where your activity lies?

Maybe you have a new idea about what to do – Two of our members painted some of our old benches. Still others are working to make the church property more efficient in water usage. What is missing at St. Francis? A new prayer group is forming, looking to join our hearts and expand our spirits. What new and exciting ways can you find to do something wondrous in our church and in the community around us?

How will you open yourself to the new world that is forming around us? What will you provide for others as they journey into this "Cool" new future? If you have an idea that I've not mentioned here, please come and talk with me or Melissa.

Let's dream together. The possibilities are endless.

Jim



A Celebration of the Life of E. Reid Gilbert

Saturday, August 6, 2022
10:00 am in the Celebration Center

Join us as we celebrate the amazing life
of longtime St. Francis member, author,
speaker, and renaissance man Reid
Gilbert.

A reception will be held afterward.

Tucson SUMMER CHORUS Presents

SUMMER FUN CONCERT

**Special Guests: Tucson Flute Club;
The Trailheads**

Friday, August 5, 7 pm
St. Francis in the Foothills UMC
Celebration Center
4625 E. River Road

MASKS REQUIRED

**Entry by Donation for
Interfaith Community Services
Cash/Check or
Non-perishable Food
Peanut Butter Especially Needed**

**TSC is a member of the
Arizona Choral Arts Association**



SAVE THE DATE!
August 13 10-11:30am
St. Francis in the Foothills
4625 E. River Road

QUEERING FAITH:
Reclaiming Spaces for
LGBTQIA+ Teens, Young Adults
and Allies

A conversation with
LGBTQ+ teens and young adults,
their families, and allies
Guest speaker: J.J. Warren, pastor and author



**DARE TO
CARE**

Scan the QR code
or click
to register to attend



REGISTER FOR DARE TO CARE

A community coalition to support
LGBTQIA+ youth, young adults, and families

.....

Saturday August 13 2-3:30pm
St. Francis in the Foothills 4625 E River Rd.

St. Francis in the Foothills invites you to two events for the LGBTQIA+ community!

SATURDAY, AUGUST 13th:

- **Youth event (LGBTQIA+ teens) 10:00 - 11:30am.**
- Gay author/pastor/activist J.J. Warren will speak and then we will open up to hear from the youth. It is an event for sharing stories, listening, and showing support. We will give them the opportunity to tell us what safe spaces look and feel like, what makes them feel valued, what they think is going right, what still needs to change, etc. We will capture all their ideas and voices (without showing faces or names) and bring them into the second event later in the day. **Allies and adults are invited to attend.**
- **Community leader event. 2:00 - 3:30pm.** The hope is for 300+ adult leaders from the community: nurses, physicians, pediatricians, educators, mental health professionals, multi-faith clergy, lawyers, politicians, researchers, and gay rights activists. Panel discussion of 5-6 community leaders to talk about what they have seen, share stories of the realities moral injury for gay teens, and discuss what the challenges are for LGBTQ kids and care providers in Tucson and Arizona. Attendees will be invited to join the Dare to Care Tucson Community Coalition, a coalition to stand in solidarity with LGBTQ teens, young adults, and their families - committing to safe and supportive emotional, mental, physical, and spiritual care despite future anti-gay legislation passed within Arizona. **Parents are also invited to attend.**

Join us as we welcome back

J.J. Warren

Author of "Reclaiming Church:
A Call to Action for Religious Rejects"



**Sunday, August 14th,
at the 9:30 am Celebration**

J.J. returns with his message of reconciliation and advocacy, helping those in the LGBTQIA+ community reclaim their identity as good and godly, and to unearth a pride and joy in who they are, even while many in the world condemn them.



August Movies!

Fridays, August 12th and 26th,
in the Community Center

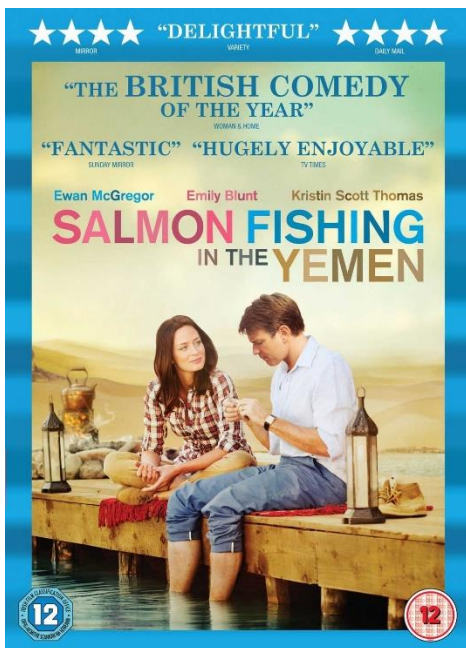
Doors open at 1:30 pm.

Movies start at 2:00 pm.

Join us for refreshments and free, feel-good movies!

Free popcorn and drinks!

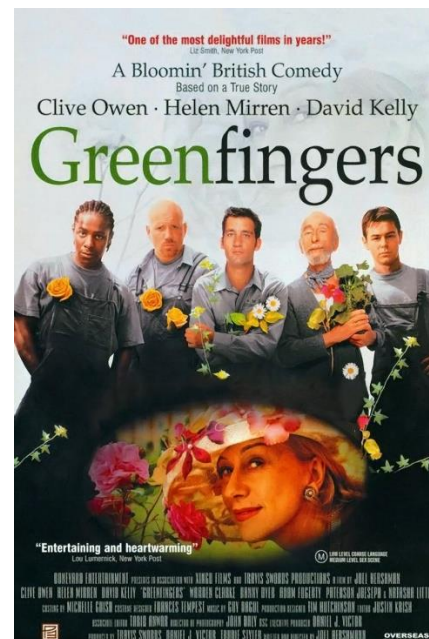
Showing in August:



Friday, August 12th:

Salmon Fishing in the Yemen is a romantic comedy-drama film starring Ewan McGregor, Emily Blunt, Kristin Scott Thomas and Amr Waked.

Based on the 2007 novel of the same name, the film is about a fisheries expert who is recruited by a consultant to help realize a wealthy sheikh's vision of bringing the sport of fly fishing to the Yemen desert, initiating an upstream journey of faith to make the impossible possible.



Friday, August 26th:

When convicted murderer Colin Briggs is placed in an experimental program to finish off his prison sentence, all he wants is peace and quiet. After his roommate Fergus introduces him to gardening, Colin discovers a talent and passion he didn't know he had. Teaming up with his fellow inmates, Colin gets the attention of celebrity gardener Georgina Woodhouse, and soon, the prisoners are preparing to compete in the prestigious Hampton Court Flower Show.



Join your St. Francis friends and family in these groups that are designed to help you assist those in need!



Pack A Snack

**Wednesday mornings, 9:30 am
in Ravenscroft Hall**

Join us to decorate and pack small snack bags for the immigrant families that are staying at *The Inn of Southern Arizona* until they can continue on their journey.

The Inn staff constantly tells us how much these simple bags mean to their guests - especially because of the drawings and cheerful greetings written on the bags! What a wonderful, loving way to reach out to these folks who are in a strange country and can use comfort and support.



Water in the Desert

Our newest Outreach program - ***Water in the Desert*** - gives water and supplies to the homeless here in Tucson. Several of our members go out each week to hand out bottled water and bags of food to the homeless. If you would like to participate, please contact Jo Moody at 520-370-8472 (please call before 8:00 pm).

Donations of supplies can be brought to the church office.

Bottled water, granola bars, individual snack packs of nuts, beef jerky and peanut butter crackers. Individual cleansing wipes, and sunscreen are perfect.

You can also make monetary donations either by check (please put "Water in the Desert" in the memo line) or by going to our website and donating on Easy Tithe.

A Resource Line for the Unsheltered

Tucson has created a resource phone line which will provide city residents information on available services and shelter. The phone line began service on June 1, 2022 and operates 24 hours a day, 7 days a week. The resource telephone number is (520)791-2540.



PLAY, LEARN, AND GROW
Together!

Playtime is not just for children!



Fun & Games at St. Francis!

Play has been proven to be very beneficial to our minds and overall health. It can release endorphins, improve brain functionality, and stimulate creativity. It can even help to keep us feeling younger and energetic. Studies show that play improves memory and stimulate the growth of the cerebral cortex!



Laughter Yoga at St. Francis!

Every Tuesday at 5:00 pm
in Room 50

Did you know that laughter can be a form of exercise? It can increase oxygen to the heart, lungs, and muscles, increase the endorphins that are released by your brain, improve your mood and reduce physical pain.

When paired with deep breathing and gentle yoga movements,

Join us every Wednesday at 2:00
pm in Ravenscroft Hall
to release those endorphins by
playing board games, carrying on
good conversation and enjoying
goodies. Pastor Jim is a tough
opponent!

Think you can beat him?
Come give it a try and feel your
cerebral cortex expand!
(He has that effect on people!)

there can be even more
restorative benefits.

All ages and abilities
are welcome.

These classes are
FREE, however donations are
gratefully accepted.
For more information,
call 520-449-0213

Exploring Membership Retreat

Saturday, August 27th, 8:00 am -
noon
in the Community Center

Join Pastor Jim to learn about the
history, mission and values of St.
Francis in the Foothills.

To register or for more information,
call 520-299-9063.



COMING SOON



The Loving Letters Project

Beginning on September 1st!

Are you wanting to help people but don't know how, can't leave your home, or maybe you're an introvert and would rather do something on your own?

Then this may be for you!

Working off the website
"More Love Letters"

we will be writing and mailing love letters to people in need.

At the beginning of each month, the church office will send out a list of letter requests from the website.

All you have to do is write letters to as many of the individuals as you'd like and mail them. And if you know of someone you'd like the group to write to, just let us know.

To sign up, email Melissa at mmitchell@stfrancisumc.org and provide your name and email address. Or call the church office at 520-299-9063.



Peaceful Hearts Pet Loss Program

with Alison Martin

September 10th - October 8th
9:00 - 10:30 am in Room 50

This 5-week in-person program will offer you a safe, compassionate place to experience and work on your grief at losing a beloved pet.

The program offers:

- Storytelling
- Guided mindfulness practices
- Creative Expression exercises
- Grief Movement exercises
- Resources for self-care
- and much more.

Cost: \$195.00

For more information or to register, go to

www.animalsoulconnection.com/pet-grief-support



Because we all need laughter in our lives!



Online Tutoring Homework Help Job Help

For students of all ages, including adult learners.

Connect with a live tutor every day online from 2:00 to 11:00 pm. Help resources are available anytime. *Brainfuse* helps students from kindergarten through college, as well as adults, get the help they're looking for.

- Go to library.pima.gov
- Click on "Homework" at the top
- Click on the "Connect Now" button
- Under "Expert Help", choose the best option to get the help you need.

The Pima County libraries are also a "cool zone" for the homeless.

PIANO LESSONS

*with Cynthia Hilts - St Francis Choir & Music Director
OMA Teaching Artist*

- ◆ BEGINNING TO ADVANCED
- ◆ CLASSICAL, JAZZ, POP, IMPROVISATION
- ◆ AGE 6 AND UP - ADULTS WELCOME!
- ◆ MID-TOWN STUDIO OR YOUR HOME

bcp@cynthiahilts.com

<https://cynthiahilts.com/teaching>



- 20+ YEARS TEACHING EXPERIENCE
- BERKLEE ALUMNUS
- INCLUSIVE & ENCOURAGING
TEACHING STYLE
- LEARN REAL SONGS RIGHT AWAY



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