



## St. Francis in the Foothills



**June 2022**

[www.stfrancisinthefoothills.org](http://www.stfrancisinthefoothills.org)



- In May, the children began decorating and filling snack bags for families at The Inn Project. This simple practice of doing for others helps the



6/1 Bruce Simon  
6/2 Tanya Glover  
6/2 Jim Wiltbank  
6/2 Don Gest  
6/5 Albert Cox  
6/5 Patricia George  
6/7 Mary Sue Schusky

children to experience service in a way that builds community and empowers them to know they can make a positive difference in others' lives. This service project will continue throughout the summer. Members of Saint Francis have been generous in donations to support this effort and we hope you will continue your support with donations of boxes of juice, bars, and individually wrapped cookies.

- We live in chaotic times, and Mindfulness is a tool that can help us all navigate the road ahead. It is about paying attention, being present, building resilience and reconnecting to our curiosity. In June, the children will explore mindfulness through different games and activities.
- A warm welcome to Maya Curry who will be helping with Sunday School. Maya grew up coming to Saint Francis and is now a teenager looking to volunteer this summer.

6/8 Katarina Leon  
6/8 Kristen Cameron  
6/9 Earl Mason  
6/9 Margie Olson  
6/9 Carol Kaim  
6/11 Linda Van Pelt  
6/12 Jan Parker  
6/12 Beth Haas  
6/12 Peg Flaherty  
6/12 Nancy Garcia  
6/13 Ian Holehan  
6/15 Becky Hogle  
6/16 Jim Bowen  
6/17 Deborah Monroe  
6/18 Patricia Bowers  
6/19 Warren Strubbe  
6/21 Carolyn Watts  
6/22 Pat Daniell  
6/24 Dani Kacer  
6/26 Rosie Meyer  
6/27 John Wilson  
6/27 Vicky Crutchfield  
6/28 Jane Merrifield-  
Beecher  
6/30 Charlie Cooper



Plastics break down, but never actually disappear. Micro plastics and nano plastics are the microscopic bits of plastic that remain to spread throughout our food, air and water. Less unsightly than visible trash, they can actually be more harmful to us. The micro plastics have been found everywhere from the Arctic to inside plant tissues, from deep in lungs to newborn babies' first poop.

Reduce exposure by saying no to plastics, whether bags, food/water containers, toys, or housewares. Choose natural fabrics over polyester. Check your cosmetics and toothpaste for plastic microbeads. Never heat food or baby formula in plastics. Wash plastics by hand instead of the dishwasher. Drink filtered tap water, which even unfiltered, has less micro plastic than water in disposable plastic bottles.

You have the power to protect your, and especially our children's, health.

- The St. Francis Green Team



This is a great time to help our *Tree of Life* and the *St. Francis Endowment Fund* grow.

Leaves are available for those who make an Endowment gift of \$150 or more.

A golden leaf will be engraved with your personalized message and displayed on the 'Tree of Life' located in the Celebration Center. Gifts to the Endowment Fund are tax deductible.

Contact [kbliss86@gmail](mailto:kbliss86@gmail.com) for more information.

Thank You!!!



Something extra-special occurred at and because of our *Rescue Rummage Sale and Summer Carnival* on May 7th. When the community came together for the items that were donated, more was done than just bringing in funds for medical support for our dogs.

- We did not sell the car seats that were donated. We gave them to The Inn of Southern Arizona for the refugees that need them for their children so they can ride on the bus.
- We were honored to also give first choice of clothing and shoes to The Inn of Southern Arizona.
- We took all the leftover furniture to the Salvation Army for distribution for those in need.
- All leftover items went to Big Brothers/Big Sisters.
- The baked goods you purchased went towards supporting the Alzheimer's Association.



Everything that was done was paid forward in Tucson, and that's what a sense of community should be about.

To the vendors who attended and were so enthused by the event and venue, we enjoyed having you join us and you are now a part of our Hope of Deliverance family.

To our volunteers who worked so hard, what would we do without you?

To KHIT 107.5 and The Drive Tucson, thank you for spreading the word. You made it possible to reach so many people.

To everyone who came out and supported us, donated items, bought something, adopted a dog, or just gave our dogs love, we thank you.

**And finally, to St. Francis in the Foothills:** There's a wonderful family at this church\_- they have hearts bigger than you can imagine. Not only did they give their facilities to us for the event, their staff and members came and helped out. To Melissa, Shar, Steve, Pastor Jim and everyone at Saint Francis in the Foothills who hosted us, worked their tails off, and brought us so much help with the widest, most welcoming arms, we cannot thank you enough.

We made \$3000 from the sale. We had hoped to use it towards accumulated vet bills, but several of our dogs were diagnosed with parvo and this money saved their lives. Thank God we didn't have to start from scratch, but had the funds available. Because of all of you.

Everyone brought the best of Tucson that day, and we are more than grateful.

**Bree Kishman,  
Director of Hope of Deliverance Rescue**





Some of the vendors and their wares



Members and staff at the St. Francis Welcome Table.



Five dogs from Hope of Deliverance and Cherished Tails Rescues were adopted at this event!



Thank you Tucson Community and St. Francis in the Foothills for your love and support!

**Huge thanks to those who came out and volunteered their time:**

- Seth Allen
- Vicki Crutchfield
- Ginny Jones
- Joy Mills
- Martha Pankratz
- Susan Reed
- Judy Robinson
- Pam Simon
- Harlow Sires
- Karl Titz
- Linda Van Pelt
- The St. Francis staff



## A Word from Our Pastor

*What the . . . ?*

South Texas, where I went to high school. is a very small space. It might look large on a map, or when you're driving the 150 miles on a Friday from Beeville to Uvalde for a football

game. But there is a deep connection between those small, separated towns that ties them together into a much larger community. And deep in the heart of gun-toting, right-leaning south Texas, my high school friends were crying on social media today because of the shooting that happened in their "neighborhood."

But I wonder what it means long term...because every time we have a shooting like this we cry, we hurt, we mourn... and nothing changes.

Heather Cox Richardson, in her blogpost from May 25th, traces the history of firearms in America with an emphasis on the influence of the NRA in that arena, an influence that she calls Movement Conservatism that embraces the independence of the American cowboy myth with its need to "stand against" whatever it fears.

That myth is fueled by the line in the Second Amendment that addresses the right to "keep and bear arms." But that line is only secondary to the larger object of the sentence – "a well-regulated militia." **Whatever your definitions of a militia are, there is no doubt that the shootings of the last two weeks are far from well-regulated!**

Two eighteen-year-olds in Buffalo and Uvalde, just barely old enough to purchase the weapons they used, bought and used those firearms to perpetuate the heinous murders of more than 30 people. Another twelve people have been killed and ninety people injured in mass shooting incidences across the United States in just eleven days from May 13-24.

All that the current stance of the pro-gun lobby has done is give us a "well-protected anarchy."

When will we learn to live up to the ideal that our founders placed in the constitution to be "well-regulated?" We are not just a community of independent "cowboys" who must protect the world from the bad guys through the use of our weapons – the call is much greater than that.

At the end of her blog, Heather Cox Richardson quoted Tucson's own Steve Kerr, who said, "Ninety percent of Americans, regardless of political party, want universal background checks. We are being held hostage by 50 senators in Washington who refuse to even put it to a vote...I've had enough!"

What will you do to stop the silence? What will you do to help change happen?  
What will you do?

*Jim*



**St. Francis will be hosting Poz Cafe on July 21st!**

Yes, you got that right July! Usually, St. Francis hosts the December Poz Cafe, but this year they needed us to step up much earlier. The congregation that hosts the monthly POZ Cafe is responsible for providing Care Packages, Bingo prizes and covering the cost of the provided meals.

For Care Packages, we need donations of toilet paper, paper towels, dishwashing detergent (liquid), shampoo, toothbrushes (individually wrapped), toothpaste, and floss.

Donations can be left in the Celebration Center on Sundays in the provided TIHAN box in the back west corner, or dropped off at the Church Office during business hours.

For Bingo prizes we need up to seven prizes such as gift cards to fast food restaurants, cards to Frys or Target, or small household items in the \$10.00 to \$15.00 price range. These can be dropped off at the Church Office during business hours.

To cover the cost of the monthly provided meals, we need to donate between \$250.00 and \$300.00 dollars. If you would like to donate to this, please make out your checks to "St. Francis in the Foothills" and in the "memo" section write "Poz Cafe meals".

Each year, we decorate the paper bags used to pack the Care Packages. This years packages will be decorated with a summer theme. We would appreciate donations of any magazines or calendars with pictures of summer time scenery or activities. You can leave them in the Celebration Center next to the TIHAN box, or at the Church Office.

**Please join us on Sunday, June 25th right after the 9:30 am service as we have fun, get silly and eat unhealthy snacks while decorating Care Package bags.**

We also may need volunteers to help hand out the Care Packages and meals. For more information and to sign up, please contact our TIHAN liaison Pat Fox, at (520)850-9203 or email [pfox12@cox.net](mailto:pfox12@cox.net)

## **Let's Play!**



**“The truth is that play seems to be one of the most advanced methods nature has invented to allow a complex brain to create itself.”**

– Stuart Brown, Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul

**Summer is upon us, and for many it is a time to slow down, unwind, unplug, and play. In its own unique way, play is a sacred art of engagement.**

It engages our imagination, softens our hard places, and opens our hearts. Research has shown that play can help us sleep sounder, relieves stress, nurtures our creativity, creates connection, builds our confidence and our resilience. Play supports brain function and can liberate us from our perfectionism or outgrown roles.

Play can shift our perception; it can heal as it calls us into the present moment.

With that in mind, why not come to Saint Francis's new **Weekly Summer Board Game Gathering!**  
Every Wednesday at 2:00 pm  
in Ravenscroft Hall.

For more information, contact Shar at 520-299-9063, Ext. 102  
or email [saslaksen@stfrancisumc.org](mailto:saslaksen@stfrancisumc.org)



### Summer Movies!

Friday afternoons, June 10th & 24th,  
July 8th & 22nd  
1:30 - 4:30 pm in the Community Center

Movies are a great way to pass a hot afternoon. Come join us for refreshments and movies that will touch your spirit. For more information, contact Shar at 299-9063, Ext. 102 or email [saslaksen@stfrancisumc.org](mailto:saslaksen@stfrancisumc.org)

### Adult Education will be on summer hiatus beginning in June.

The Adult Education team is looking for new members and fresh ideas!  
Contact Shar if you're interested in joining.

And keep your eyes open for upcoming classes!





**Art Journaling Class for All Ages**  
Sunday, June 12th, at 11:00 am in room 43  
(The Sunflower Art Studio)

Learn how to create and get the most out of an art journal using various types of media. The class is open to all ages. There is a \$10.00 fee to cover materials.

To register or for more information, contact Nancy Wilkinson at [naquill@aol.com](mailto:naquill@aol.com)





**Tuesday, June 21st,  
8:00 pm at the Fire pit**

The Summer Solstice is almost upon us, reminding us to celebrate the nourishing light of the Sun and the light within each of us. During the Summer Solstice, the Sun reaches its highest point in the sky and gives us our longest day of the year.

The Summer Solstice reminds us to turn inward and find the nourishment needed to grow and evolve. It is a time to pause and wait for the energy planted in the Spring to reach full bloom. If the Spring represents action, the Summer represents patience. We must develop trust and confidence in ourselves that what we set in motion previously is correct even if we go through some troubled times. Our course is set at this point, we just need to nurture it and find purpose within its process.

Come join us as we celebrate this time of transition and expansion. Join us to send out hope and raise up the light within to spread throughout the world.

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