



# St. Francis in the Foothills newsletter

October 2021



10/1 Don Smith  
10/3 Bill Clyatt  
10/3 Erin Fly  
10/4 Juan Rodriguez  
10/6 Pam Simon  
10/6 Bill Brantley  
10/8 Sheri Houston  
10/8 Keith Sweeney  
10/9 Mark Dunbar  
10/9 Cecilia Monroe  
10/9 Deborah Kramer  
10/11 Sandy Mason  
10/13 Jane Ageton  
10/13 Art Aldag  
10/13 Zoey Burrows  
10/14 Patricia Moore  
10/15 Kathryn Damstra  
10/16 Patrick Holehan  
10/16 Alison Ewing-Cooper  
10/19 Winifred Keefer  
10/20 Carol Constan  
10/20 Harold Wilson  
10/23 Willa Barron-Gafford  
10/25 Robert Hopper  
10/26 Marcia Hutchison



Blessing  
- of the -  
ANIMALS

Join us Sunday, October 3rd at our 9:30 am service for our annual **Blessing of the Animals.**

Bring your furry friends, pictures of your furry friends, and your children's stuffed animals for lots of blessings and love!



*Drive-Thru  
Pet Blessing*

If you can't attend the service, come to our **Drive-Thru Pet Blessing!**

10/26 Jim Paika  
10/26 Ann Faulkner  
10/27 David Goguen  
10/27 Mary Stafford  
10/27 Joan Carson  
10/29 John Hannan  
10/30 Linda Clark  
10/30 Chrystal Pierce  
10/31 Sandra Stephenson  
10/31 Greg Barron-Gafford  
10/31 Lisa Hornung



**Cynthia Hilts Duo  
in Concert!  
Saturday, October 16th,  
6:00 pm  
in the Celebration Center**

Savor a great range of original, standard and not so standard jazz selections, some sweet vocalizing and some deep harmonies from The Cynthia Hilts Duo. Reserve seats by going to <https://cynthiahilts.com>. or give a donation at the door.

Sunday, October 3rd,  
from 1:00 to 2:00 pm in front of  
the Celebration Center

Simply drive your car up in front of the Celebration Center with your pet in the passenger or rear seat, and Pastor Jim will give blessings aplenty from a safe social distance!

If your pet is no longer with us, you are welcome to bring a photo in print or on your phone so that we can celebrate the life of your pet. We will remember all those wonderful souls who have blessed our lives.

Kids are welcome to bring their stuffed animals for a blessing. Stuffed animals provide real love and comfort to children and so we definitely want to celebrate and give thanks for that love.

**There will be goodie bags for dogs and cats AND four pet-related gifts will be given out at random to unsuspecting pet owners! It could be you!**

**BUT WAIT -  
THERE'S MORE!**

**Remember Katie Kans?**  
(They remember you!)

# FIBER ARTS TUCSON 2021

ST FRANCIS IN THE FOOTHILLS

Corner of River and Swan

FRIDAY, OCT 22 1-7pm

SATURDAY, OCT 23 10am-2pm

Free and Open  
to the Public!

Shop the marketplace for  
handcrafted works

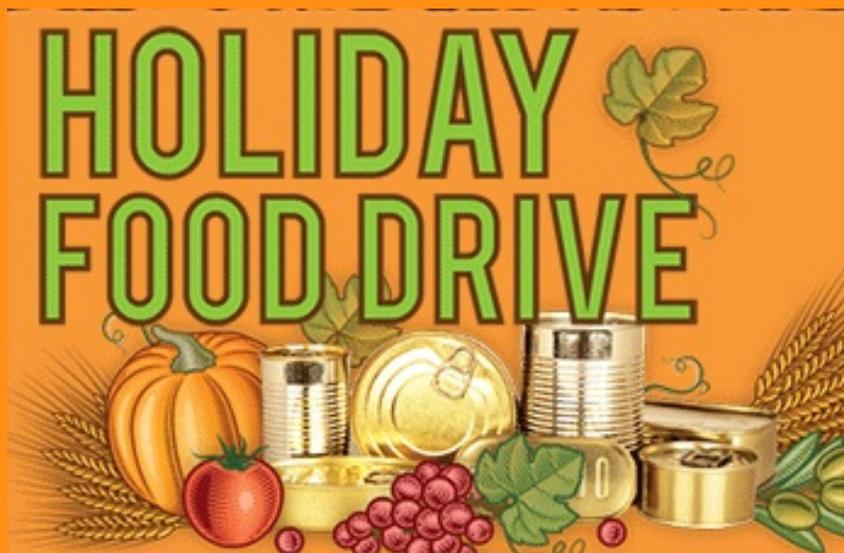
Live Demonstrations

Food Trucks

This Sunday, as we do our  
*Drive-By Blessing  
of the Animals*,  
we will be collecting all that  
change you've been saving  
these many months!  
(You have been saving,  
haven't you?)

Katie Kans helps support our  
Hunger Ministries  
such as the  
St. Francis Food Pantry  
and the Casa Maria  
Soup Kitchen.

So when you bring your pet  
to be blessed,  
bring your change as well!  
And if you don't plan to have  
a pet blessed,  
come anyway and say "hello"  
as you drop off your change!



Believe it or not - here come the holidays!

Saturday, October 23rd  
8:30 - 11:00 am

**in the Community Center parking lot**

**We will be having our annual Holiday Food Drive  
to benefit the St. Francis Food Pantry.**

This year we hope to be able to give out more to  
those who need it.

**HERE ARE THE ITEMS WE WANT & NEED:**

- \*Potatoes -Instant mashed, Au Gratin, Julienned, Scalloped,  
Canned Yams
  - \* Stuffing mixes - Bagged or boxed
  - \*Gravy - envelopes, jars, cans
  - \*Canned Hams (please, please!)
- \*Canned vegetables - corn, peas, mixed veggies, green beans
  - \*Rolls - bagged or boxes of roll mixes
  - \*Pumpkin or fruit pie filling
  - \*Pie crust mix
  - \*Quick Bread mixes or muffin mixes
- \*Holiday crackers - Ritz, Town House, Triscuit etc.
- \*Canned Fruit - fruit cocktail, peaches, pears
- \*Rice meals - Rice-A-Roni, Lipton, etc.

**We are also asking for donations of grocery gift cards which  
we would like to give out in addition to food bags so people  
can get turkeys and/or other needs.**

Frys, Safeway, Albertson's or Walmart are all great!  
\$20.00 - \$25.00 amounts would be wonderful!

By the way - after you've dropped off your food, you can  
go check out the wonderful Fiber Arts Show up in  
the Celebration Center!

**And as always, we thank you so much for  
your help and generosity.**

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**A Word from Our Pastor**



The last two months have given us ample opportunity to listen to the pitter-patter of rain outside our windows as we've enjoyed a full monsoon season after years with so little rain. The paths where I run are overgrown with all the vegetation that has sprung up because of the moisture. As the storm winds blow, they release the haunting and calming melody of wind chimes hung in the trees and in the eaves of the roof.

We all hope that this year releases us from the drought of the past years, and yet, even though rain is a joyful thing here in the desert, I also find myself feeling a bit melancholy.

Perhaps it is the wind chimes that bring the feeling to me. Many years ago, I received a set of chimes from a friend, Helen, who brought them to me from the porch of her son (and my friend) Jim, who had recently passed away. Now, whenever I hear wind chimes, I can't help but think of Jim. Then, of course, my mind easily goes to all those others whom we have lost, dear friends and family members who touched our hearts and our lives.

Perhaps those feelings are even more acute in this year of illness and isolation and alienation. As we re-enter the corporate spaces of our lives, we can easily see the gaps between us caused by the absence of those we love, of the dreams that have changed directions, and the possibilities that seem to have receded.

Why is it so much easier to give up some things than others? We do not mourn the lost days of sunshine because the rain is so needed. We joyfully say goodbye to the drought because of the destruction it brought.

I gladly let go of COVID, don't you? But what will we use to replace it? It has so consumed our focus, our energies and our time, that now it seems almost impossible to imagine a world without it. Yet, like the rain that refreshes the desert, bringing new life and hope, we are at the cusp of a new and wondrously rejuvenated moment.

The chimes sound so wonderful...and they bring such incredible memories to my mind. The rain gently falls, bringing with it new life. The world changes and yet, somehow, it seems as though it will be alright.

May you hear the chimes of all your dear ones calling out their love for

you as you re-emerge into this wondrous moment.

# Jim

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## ***Update on our TPD Zoom Class***

by Diane Wilson  
Mental Health Ministry Chair

Sergeant Todd Schladweiler from the Tucson Police Department Mental Health Support Team presented a zoom class September 21. The class was sponsored by the St. Francis Mental Health Ministry. The purpose was to inform attendees about the work of the MHST to improve public safety through the use of mental health services. Tucson has, for several years, been a leader in training officers in skills that emphasize early mental health intervention to prevent incarceration of individuals with mental illness. All officers receive 8 hours of Mental Health First Aid Training. Some also receive an additional 40 hours of Crisis Intervention Training where they learn how to respond to and intervene in mental health crisis situations. Another group will choose to advance to a specialized and advanced training unit where they are trained to recognize patterns and respond to unique needs. The Crisis Response Center was developed to allow the Tucson Police Department and the Sheriff's Office an alternative to incarceration for those with mental health and substance use issues. It provides 23 hour access to diagnosis, assistance and referral.

**When there is a mental health emergency that requires law enforcement assistance, it is crucial to be thorough when asking for help. You can call "911" and say that the person you are calling about has a mental health emergency. Describe what is happening. If you know the particular mental health issues of that person, state it. Ask for a Crisis Intervention Trained officer to come to help. If the person with the emergency has a weapon you will need to state that. If not, say that individual doesn't have a weapon. It is important to keep both the person needing help and the police officer safe with as much information as possible.**

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The logo for 'A Course in Miracles' features the title in white, serif, all-caps font. The words 'A COURSE' are on the top line and 'IN MIRACLES' are on the bottom line. A bright blue light source is positioned behind the word 'MIRACLES', creating a lens flare effect. A thin, glowing white arc curves over the top of the text, resembling a rainbow or a celestial path. The background is a dark, starry space.

## A COURSE IN MIRACLES

You are invited to join a small study group that meets via Zoom once a month, usually from 4 -5:30 PM (Mountain Time) for in depth study and sharing of the non-dual teachings of ***A Course in Miracles***.

We have members from different locations around the nation, within a trusting and warm, small community of lovingly committed students. We typically meet toward the end of each month and try our best to accommodate as many schedules as possible.

The group is facilitated by Adam Rizvi; and organized by Carol Alleman. Adam was raised by a Catholic mother and a Muslim father, and hails from a background of open mindedness and diverse religious traditions. Dr. Rizvi has spent his life pursuing a unique combination of medicine and spirituality. He is an MD physician with specialty training in Neurology and Critical care medicine, and a board-certified neurologist.

In addition to his professional medical background and university education, Dr. Rizvi has studied and is versed in the contemplative traditions of Christianity and Islam. He is also well versed in the non-dualistic traditions of the East and an ardent student of nondual teachings such as *A Course in Miracles*. He dedicates himself to a daily spiritual practice and co-hosts a comparative spirituality podcast called *Letters to the Sky* which reviews the various spiritual iconoclasts of history.

**If you would like to join this small group or have more questions about it, please contact Carol Alleman at [carol@allemanstudios.com](mailto:carol@allemanstudios.com)**

**We would love to have you join us on this journey!**

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## ***Science & Religion Discussion Group***

Meeting every Sunday at 9:00 am  
in Room 50

Join us as we study The Great Courses class  
***Life in Our Universe.***  
The presenter is University of Arizona Professor  
Laird Close.

If you have questions, contact Pam Bisson at  
[warpedwildcat69@yahoo.com](mailto:warpedwildcat69@yahoo.com)



Now that our temperatures are (finally) below 100, it's time to reset irrigation timers. A great resource for this is the website [wateruseitwisely.com](http://wateruseitwisely.com).

This is tailored to our desert soils and plants, with easy guidelines, especially the Landscape Watering by the Numbers Flipbook. As much as 70% of residential water use is outdoors. If you really want to make an impact, consider a laundry to landscape greywater system. Watershed Management Group ([watershedmg.org](http://watershedmg.org)) periodically has classes on this and information on its website, as well individual consulting on your project for a fee.

Although we had a historic monsoon this year, [Arizona is still in a long term drought](#), and we can all do our part by making use of best irrigation practices.

**Brought to you by the St. Francis Green Team**



## **Facilities Team Member**

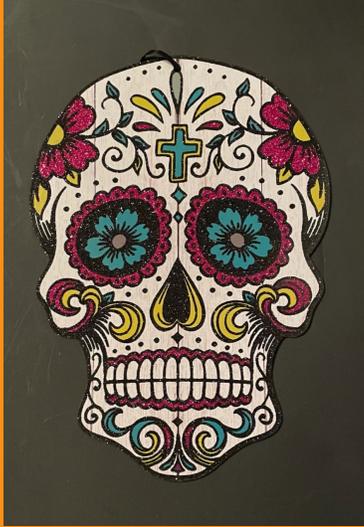
- 25+ hours per week. **Sunday's are required and hours will vary depending on scheduling of events, etc. Dependable transportation is a must.**
- Starting pay is \$13.00 per hour.
- Must have a pleasant, helpful, professional demeanor, take direction well yet be a self-starter, able to see what needs to be done..
- Must be able to lift 50 lbs. This job requires repetitive lifting and moving of heavy objects.
- Must be able to work outdoors in all kinds of weather.

### **Duties include:**

- Cleaning and sanitation of church buildings.
- Landscaping and maintenance around the church campus.
- Working different events at the church.
- Working Sunday services and hospitality.

**If you or someone you know would be interested in applying, please call the Church Office at 299-9063.**

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### ***Fun for Fall!***

Nancy Wilkinson will be offering art classes at 11:00 am. every Sunday and 9:00 am on Mondays in October,

**Classes are \$20 each.**

With Fall in the air, you'll be able to make masks, Day of the Dead art, and drawing/painting leaves. Art journaling and card making will also be offered!

All canvases, art supplies and instructions are included.

Nancy also offers one-on-one classes any day of the week.

Contact her at [naquill@aol.com](mailto:naquill@aol.com).



### ***Divine Journey Yoga is back at St. Francis!***

In Divine Journey Yoga classes, students enjoy a balanced, gentle practice that is geared toward bodies of all ages and abilities.

Instructor Trish Harris provides options for all levels of yoga student and for those with specific physical limitations.

**In-person classes are on Mondays from 11:00 am to 12:15 pm in the Community Center.**

**For more information, email [trish@divinejourneyyoga.com](mailto:trish@divinejourneyyoga.com)**