

# *The Spirit of St. Francis*

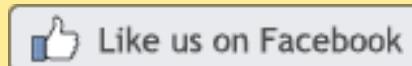


[www.stfrancisumc.org](http://www.stfrancisumc.org)



# ***REMOVING THE STIGMA OF MENTAL ILLNESS***

May is Mental Health month when efforts to understand and treat mental illness are made visible. The Centers for Disease Control says that one-half of US adults will develop a mental illness sometime during their lifetimes. Twenty two percent of youth under age 18 will experience an episode of mental illness during a given year. Only 80% of those who live with mental illness ever receive the help they need to deal with their disease - often because of the stigma surrounding it.



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## Spirit Stories

**4625 E. River Rd.  
Tucson, AZ 85718  
(520)299-9063**

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

**SUNDAY CELEBRATIONS:  
7:45, 9:00 & 10:30 AM  
IN THE CELEBRATION CENTER**

**ADULT EDUCATION CLASSES:  
10:30 AM IN THE  
COMMUNITY CENTER**

## **NUMBERS TO KNOW**

Bulletin & Newsletter:  
(520)299-9063, Ext. 101

Contribution/Pledge Questions:  
(520)299-9063, Ext.105

## Membership Information, Prayer Requests: (520)299-9063, Ext. 101

Sometimes the stigma is internal: not wanting to acknowledge that this mental illness is a condition that must be lived with. Other times it is external: both adults and youth attest to the fact that friends sometimes move away from them when they reveal their mental illness. People with mental illness are our family members, our co-workers, our friends, and ourselves. One in four of us is touched by mental illness. Often we turn first to our faith communities who may or may not know what to do to help. If we want to be caring communities we must begin by making a strong statement against the stigma of mental illness.

St Francis is helping through its Mental Health Ministry. Our mission is to educate about mental illness, remove the stigma around it and advocate for more support for mental health treatment and funding. Please join us in this effort by wearing the green ribbon we will be passing out at services this month. In this way you can show your commitment to removing the stigma surrounding mental illness that creates a terrible silence and darkness. Help us bring light to this darkness.

- St. Francis Mental Health Ministry Team



## Sunday Night At The Movies

**May is Mental Health Awareness Month.**

Room Reservations:  
(520)299-9063, Ext. 101

International School for Peace  
(520)299-8908

**FOR PASTORAL HELP**  
Reverend Jim Wiltbank  
(520)299-9063, Ext. 106



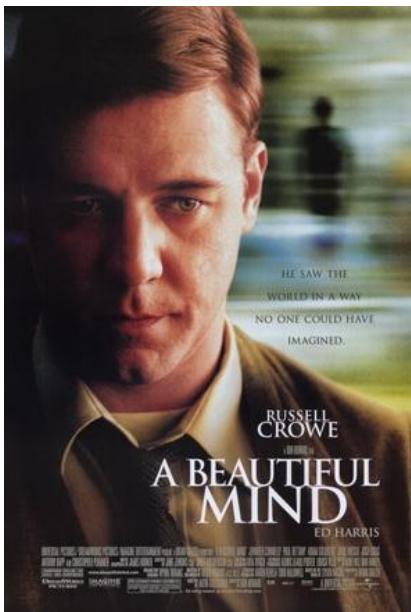
**The Desert  
Southwest  
Conference of the  
UMC**

Resident Bishop  
Bishop Robert Hoshibata  
(602)266-6956

District Superintendent  
Rev. Dottie Escobedo-Frank  
(520)325-2775

South District Lay Leader  
Maritza Velazquez  
(520)285-6928

This month's film is:



**A Beautiful Mind**  
(2001, 140 minutes, PG-13)

Starring Russell Crowe, Ed Harris  
and Jennifer Connelly

*A Beautiful Mind* won Academy Awards for Best Picture, Best Director, Best Supporting Actress and Best Adapted Screenplay.

*A Beautiful Mind* is based on the life of John Nash, a Nobel Laureate in Economics. The story begins during Nash's days as a graduate student at Princeton University. An antisocial mathematical genius, he makes an astonishing discovery early in his career and is on the brink of international acclaim. But Nash soon finds himself on a painful and harrowing journey of self-discovery which may cost him everything.

**Members of the St. Francis Mental Health Ministry will be on hand to answer questions and hand out informational materials.**

We will start with a potluck dinner at 5:30 pm.  
Please bring a main dish, side dish or salad.

**Drinks and desserts will be provided.**



- 1 Mary Langlois
- 2 Jeffrey Wheatley
- 2 Joyce Steiner
- 3 Sterling Holehan
- 3 Jeffrey Hidalgo
- 4 Betty Lundein
- 4 Lauren Lebsack
- 6 Suzannah Whitlatch
- 6 Curt Pradelt
- 6 A.J. Sherrill-Langlois
- 7 Anne Stericker
- 8 Roger Fox
- 8 Barbara Murray Grinnell
- 9 Richard Hartman
- 11 Mason Moreland
- 11 Jordan Moreland
- 12 Rolly Loomis
- 13 Hunter Hnat
- 14 Nancy Stevenson
- 15 Linda Houtkooper
- 15 Maya Liddelow-Curry
- 15 Ray Sparks
- 17 Terri Hamstra
- 18 Phil Franchise
- 19 Matt Lehrer
- 20 Donovan Porterfield
- 22 Sue Lebsack
- 23 Scott Hamstra
- 23 Diane Van Deurzen-Otey
- 24 Mary Harris
- 24 Emma Marble
- 24 Julia Villec
- 26 Phyllis Turner
- 26 Mark Moellenhoff
- 26 Les Kirk
- 29 Tamsen Bassford
- 30 Hannah Trommer
- 31 Celeste Goguen-Tracy

**This is a free event, however donations are always welcomed and greatly appreciated.**  
**All donations go to support the Library for Peace at St. Francis in the Foothills.**

Sponsored and hosted by



### **A Word from Our Pastor**

#### **No Fear**

One of the easiest ways to define ourselves is by what we are not. "I'm not like him." "I don't believe that." "I refuse to act that way." How many of us do that with the political party we belong to? "This is who I vote for because I can tell for sure that I'm not that party over there." I remember my mom laughing at my grandmother who said she was open-minded politically, but had never voted for anybody that wasn't a Democrat (Of course, I didn't bring up the fact that I had never seen my mother vote for anyone who wasn't Republican)!



All of this sets up dividing lines between us, usually so that we will feel more comfortable on our side of the wall. It's so much easier to stay in a place that is safe and unthreatening. Yet Ephesians tells us that the Christ "has broken down every dividing wall." Christ calls us to Choose Love.



#### **Elder Circle . . .**

The Wisdom Journey.  
A safe, respectful place to harvest your life

Friday, May 12th  
10:00 - 11:30 am  
in room 41

Elder Circles is a project of the Center for Community Dialogue, Our Family Services.

**Newcomers are always welcome!**

### **CALLING ALL ARTISTS**

#### **Ravenscroft Hall Needs Your Art!**

The months of June, July and August are not covered for art in Ravenscroft Hall. Even though we are no longer worshipping in the old center, there are still many events that happen there. **The walls need ART!**

If you are interested in showing your art work in Ravenscroft Hall, please contact Marti White at [martiaz@simplybits.net](mailto:martiaz@simplybits.net) or by phone at 760-7223.

We have to deliberately step towards that call! Those who live around us already bring too many fears and dividing lines of their own when they look our direction. They often don't know how to begin seeing the church as a place of hope, peace and love and all those other things we say we believe in. If we bring all of our fears into those interactions as well, they don't stand a chance. Our task is to put aside all of the dividing lines between us and truly be open to the Spirit moving in everyone who we encounter.

We have to be different in the world around us as well. We just celebrated Easter - a time that we are to believe that New Life can happen, but it won't be apparent to us if we are still looking with the old way of viewing things.

Many of those around us are already looking for the invitation to see something different. They hunger for the new life that is possible when we choose love.

So let's once again make a decision to actively, enthusiastically and continually Choose Love - we all need it!

*Perfect love casts out fear. - 1 John 4:18*

Jim

## Weekly Breakfasts



### **Sophia's Circle Women's Group**

Wednesdays,  
6:45 - 8:00 am  
in the Community Center



### **Chrysalis Men's Round Table**

Thursdays,  
6:30 - 7:30 am  
in Ravenscroft Hall

**Newcomers are  
always welcome!**

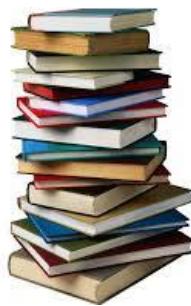


**Produce on Wheels  
Without Waste**  
Saturday, May 27th  
7:00 - 10:00 am  
Main parking lot

For a \$10.00 cash donation, you will receive up to 60 lbs. of produce!

We are currently looking for volunteers to help with this event.

## Library News



### We Recommend:

#### ***Wetback Nation: The Case for Opening the Mexican-American Border***

by Peter Laufer

I was drawn to this book because of my dream of no more borders. At last here is someone, much more knowledgeable than the bleeding-heart liberal that I am, who knows how it can be done!

This book, published in 2004, is still very relevant today. Author Peter Laufer argues that the border with Mexico should be open and allow free flow of people between the two countries and outlines how to make it happen. He also does a great job of explaining how we got to the point where we were in 2004, and reading the book today shows how following the same twisted thinking has made the border issues even worse now.

The author has a Ph.D, is currently at University of Oregon School of Journalism and has written many books about social issues. He has reported on immigration issues regarding Afghanistan, Western Europe, as well as Mexico. I highly recommend this book to expand your knowledge and your thinking about a critical issue.

- Ginny Jones, Library Volunteer



**PETER LAUFER**

"Fascinating! Peter Laufer strips away the rhetoric of race, ethnicity and national identity... marking policies that left many people shivering their heads... & generally bent..." —Amy Uecker, author of *The Mexican Highway*.

Volunteers get their produce  
**FREE!**  
If you can help,  
please contact Patricia Moore at  
[musicaloverlord@gmail.com](mailto:musicaloverlord@gmail.com)



**Harvest Every  
Wednesday & Friday!**

Iskashitaa volunteers and refugees meet at the office on Wednesday and Friday mornings at 9 AM to harvest local produce in the greater Tucson area. We also can schedule a group harvest for your school, church, or community group. You must RSVP so we can coordinate the transportation of all the refugees, contact us to reserve your spot at [harvesting@iskashitaa.org](mailto:harvesting@iskashitaa.org) or 520-440-0100.

### Group Garlic Harvests!

May 6th and 27th;  
6:30 am - early pm  
at Forever Young Family  
Farm near Amado, AZ. This is a  
garlic harvest (of over 16  
varieties!) in collaboration with a  
local farm in Southern Arizona,

## Check us out - literally!

The *Library for Peace* is open on Sunday mornings from 9:00 to 10:30 am (because we like to attend Adult Education, or the 10:30 am service too!)

We are open during the week, but hours vary. Please call 299-9063, Ext. 101 for availability.



The St. Francis Theatre will be holding auditions for award-winning playwright Rebecca Gilman's searing drama, *Luna Gale*. Its narrative centers on finding the proper home for a baby ("Luna Gale") born to a drug addicted young mother. But Gilman's drama is hardly just another grim story from the annals of child protective services. Beneath its narrative is a troubling exploration of beaten up characters desperately searching for miracles, from drugs, from God and, yes, from the Department of Human Services, where a social worker tries to heal her own wounds through helping others in distress. It is a play that understands the complexity of the choices that life offers and reveals the complexity of the characters who must make those choices.

and each volunteer group takes home plenty of fresh garlic after enjoying a family style meal. Spaces are limited. Call 520-440-0100 or email Micah [harvesting@iskashitaa.org](mailto:harvesting@iskashitaa.org)



### Volunteers Needed:

\*We have an urgent need for volunteers at the **ICS Eastside Food Bank** located at New Spirit Lutheran Church at Old Spanish Trail and Camino Seco..

Volunteers are needed on Saturdays from 10am-1pm to help clients going to the eastside ICS Food Bank.

\*Volunteers are also needed at the Job Resource Center on the eastside to assist people with job searches and computer use.

### Helping Seniors and Individuals with Disabilities Stay Safe and Independent

**\*Mobile Meals Drivers -**  
Deliver nutritious meals one day per week (11:00 a.m. to 1:00 p.m.) to elderly and disabled individuals who cannot cook for themselves.

Mileage reimbursement is available.

**\*Caregiving and Senior Services Drivers -**  
Provide transportation to doctor's appointments, the pharmacy, the

### Auditions

Saturday, May 6, 11:00 am to 3:00 pm

Monday, May 8, 6:00 to 9:00 pm

Community Center at St. Francis in the Foothills Church, 4625 E. River Rd. (northwest corner of River and Swan Roads)

Please arrive at the beginning of the designated time period, and remain for as long as possible to permit readings for multiple roles and in varying combinations. Auditions will use sides from the script, which will be furnished in advance to those who have requested them from the director.

Callbacks, if needed, will be on Saturday, May 13, 11:00 am to 3:00 pm.

The play will run weekends from October 13-29, 2017 and will be directed by Mark Klugheit. Rehearsals will begin on August 19. There will be highly competitive cast stipends. Mark's last play, *God of Carnage*, received MAC award nominations (best of Tucson Theatre) for Best Comedy, Best Director, and two for best Actor.

If you are auditioning, please bring a written list of all conflicts between August 19 and October 29, as well as a head shot and CV.

**Roles:** Caroline (50, a social worker)

Karlie (late teens, early 20s, young mother, addict)

Peter (early 20s, Karlie's boyfriend, also a drug user)

Cindy (early 40s, Caroline's mother, Christian fundamentalist)

Pastor Jay (40-50s, Cindy's church leader)

Cliff (40-50, Caroline's social services supervisor)

Lourdes (late teens, graduate of a an addiction treatment program).

There may be some age flexibility for certain roles depending on the overall composition of the cast.

**Please feel free to contact director Mark Klugheit at [mklugheit@comcast.net](mailto:mklugheit@comcast.net) with any questions, or to request audition sides in advance.**

grocery store, etc. This is our most requested service.

Assignments are usually 2-3 hours Monday - Friday. Flexible schedules allow you to decide your availability and mileage reimbursement is available. Use your own vehicle or become a driver for the **ICS Care-A-Van**.

\*Be an **ICS ANYWHERE DRIVER** and help people by driving them to any zip code in Tucson.

### **\*In-Home Evaluation Volunteers in central Tucson and on the eastside**

- Visit individuals who are interested in receiving services from ICS. These volunteers evaluate health and living conditions of individuals to find out how ICS can best help them.

### Helping People in Financial Need

**Front Desk Volunteers** - Answer phones, take appointments, answer questions, give directions and greet visitors. Shifts are available 9 a.m. to 1 p.m. or 1:00 p.m. to 4:00 p.m. once a week, Monday - Friday.

### **Resource Center Volunteers** -

Provide critical encouragement and support that will help a struggling individual land that much-needed job. Resource Center counselors are needed to help unemployed clients prepare résumés, applications, skills identification and more.



**Himmel Park**  
**1000 N. Tucson Blvd.**  
**7:00 - 8:30 pm.**

Join gun violence prevention advocates for an evening of music, lights and messages of courage, strength and unity in memory of the 93 children and adults killed every day by guns.



deaths and injuries.

Please SAVE THE DATE and plan to join us!!

And wear orange to church on Sunday, May 28th to show our commitment as a community of faith to work toward making our city, our state and our country safe from gun deaths and injuries.



### **Mental Health Safe Space Trainers**

We are looking for volunteers to help increase awareness of mental health issues by presenting our Mental Health Safe Space program throughout Tucson. Interest or background in health and mental health education valuable.

**Contact ICS at**

**Main Office - 297-6049**  
**2820 W. Ina Rd.**

**Eastside Office - 731-3076**  
**8701 E. Old Spanish Trail**



### ***Awareness Through Movement***

(Feldenkrais) Class  
Monday evenings,  
6:00 pm - 7:00 pm  
Room 30/31

Facilitated by David Taylor

Find out how easy it is to feel lighter and freer, yet more grounded and connected doing this form of gentle, almost meditative non-exercise. Wear comfortable clothing and bring a mat to lie and move on.

Contact David at [davtay@aol.com](mailto:davtay@aol.com)

## **OUR WELCOME TEAM WARMLY WELCOMES -**

Our Welcome Team hosted another successful Exploring Membership Class last month. It was wonderful to get to know our ten enthusiastic participants and learn more about them, their journeys and many gifts. Our amazing ministry leaders gave great descriptions of our teams and shared the variety of fun and meaningful opportunities there are to volunteer within our St. Francis community.

After a delicious lunch, Pastor Jim informed and inspired our class about Methodism and the history of St Francis. Feedback from our participants were warm and positive, including the following remarks:

- "Not your typical church - that is good"
- "There is significant member participation"
- "Openness and love abounding"
- "Knew people were active but degree, number of people and number of opportunities very impressive"

Please welcome this new class and please make a point of introducing yourself over Sunday coffee. We promise that you'll want to know more about them and the great warmth and attributes that they bring to St. Francis in the Foothills.



Tom Reed



Meg and Greg Lee



Barbara Jo &  
Hank Mullis



Bette Carlson



"Treasures for TIHAN," the signature fundraising benefit for the programs and services of TIHAN, celebrates its 20th anniversary with a spectacular event! Join us for a sparkling evening of cocktails, great music, fantastic food, and wonderful auction items. Enjoy great hors d'oeuvres, festive entertainment, a no-host cantina, and a live and silent auction!

Thanks to generous donors and friends we've got a fabulous evening planned for you, with hundreds of amazing auction items for you to bid on and win. Come out to the Marriott University Park Tucson Hotel for great food and drink, entertainment, and check out these items you can bid on and win!



Adrienne Smith and  
Al Cox



Barbara Fredricks



Judi West

Our next Exploring Membership Class is planned for next autumn. If you are interested in attending or know someone who would like to learn more about St. Francis, please contact Anne Harman at: [thegamesforlife@gmail.com](mailto:thegamesforlife@gmail.com), Nancy Stevenson at: 520-323-0318 or Melissa Mitchell, in the office, at: 520-299-0963.



St. Francis in the Foothills is celebrating its 50th year Jubilee! This fall will bring many fun and wonderful events you will want to participate in. Be watching the Jubilee Calendar for special honors and presentations the entire month of October, starting with a weekend honoring our founding pastor, Frank Williams. That will be Saturday and Sunday, Sept. 30 and Oct. 1. Mark your calendars now to join in a festive luncheon, attend service led by Frank, and enjoy entertaining performances.

### *An Evening Under the Stars!*

Join Tucson treasure **Lupita Murillo** and hundreds of Tucsonans for the biggest party of the year to benefit the programs and services that TIHAN provides for people living with HIV.

The event is **Saturday, June 3** at 6:00pm at the Marriott University Park, located at 880 E 2nd Street (University and Euclid Avenue), with **FREE PARKING** in the garage right next door (or you can choose valet parking for a small fee).

The theme for Treasures for TIHAN 2017 is "An Evening Under the Stars!" Come enjoy the biggest fundraising event of the year to support the programs and services of TIHAN and our compassionate response to HIV/AIDS!



### *Tacheria School of Spiritual Direction*

#### *You are Invited:*

We are now accepting applications for the next interfaith course (Class of 2019) in the training of those called to a vocation of spiritual direction or for those who are yearning for answers to their spiritual questions and want to do something with this yearning.

#### *What is Spiritual Direction?*

Spiritual direction is the process of accompanying people on a spiritual journey. Spiritual direction exists in a context that emphasizes growing closer to God (or the sacred, the holy or a higher power).

*And please be generous with your contributions to the collection bags and with your volunteer time.*

- John Wilson, Church Council Chair



### ***HOW DOES SPIRIT WORK IN YOUR LIFE?***

The spirit stories we are requesting are those gifts of grace that happen in all of our lives. They are unexpected incidents or impulses that are sometimes so subtle that they tend to go unnoticed. Sharing our stories acknowledges that we are paying attention, and that we are grateful for these blessings. Reading others' stories raises our awareness of the continual working of Spirit in our midst. We welcome contributions from anyone of any age. Authors can choose to remain anonymous. Please email your story to [alicewweekley@gmail.com](mailto:alicewweekley@gmail.com). This month's spirit story follows:

*I enjoy being a reader at worship services. My reading in February was a poem entitled, "Nevertheless, She Persisted." The phrase seemed familiar, but I couldn't quite place it. The day before giving the reading, I read an editorial that mentioned the very poem that intrigued me. I learned that it was written in response to the silencing of Elizabeth Warren by Republicans in Congress as she was speaking from the podium. The poem incorporated Senator Mitch McConnell's words, "She was warned. She was given an explanation. Nevertheless she persisted." Knowing the context made the poem much more powerful, so I shared that information before the reading.*

*The very next month I was given another poem to read entitled, "The New Colossus." This time I*

### **What is the Teacheria Interfaith School of Spiritual Direction?**

This two year course encompasses the beliefs of the world's major religions and is open to ordained and non-ordained men and women. Spiritual leaders from many disciplines make up the faculty and share their insights, knowledge, wisdom and experience during the two years of the class.

Learning in the school is both didactic and experiential. Students are asked to share their own experience and concerns as an important part of the learning process. Texts are selected for each class and an additional reading list is available for class members to read at their own pace. One of the very important aspects of the school is the development of a community of participants and the sharing of support.

### **When are the Course Sessions held?**

The School will begin on September 9, 2017 and classes will continue monthly on the second Saturday of each month from 8:30 A.M. - 3:00 P.M. for two ten-month sessions (September - June). There is also a weekend retreat at the Redemptorist Retreat Center at Picture Rocks, Friday and Saturday December 8 - 9, 2017. The School meets at St. Philip's In the Hills Episcopal Church located at 4004 N. Campbell (at River Road).

*recognized it immediately. Just two days before, I opened my monthly magazine, "The Sun" to find it the very first article. Some historical information was included. In 1883 American poet Emma Lazarus wrote it in honor of the Statue of Liberty, then under construction. Twenty years later the poem was inscribed on the pedestal of the statue, where it remains today. Again, I shared this information before the reading. Again, knowing the background made the poem more meaningful.*

*It was only in retrospect that I marveled at the timing of receiving this explanatory information that I "just happened" to read a day or two before delivering both poems. This has never happened before in the several years I've been a reader.*

--- Becky Wilson

Dear Reader,

I hope you've enjoyed this month's newsletter. I'm always interested in any submissions that have to do with the people, ministries and activities of St. Francis. If you have something you'd like to share, please send it to [mmitchell@stfrancisumc.org](mailto:mmitchell@stfrancisumc.org).



#### From the Editor

**Please be aware that the cut-off date for accepting submissions for the June 2017 newsletter is May 19th.** Anything submitted after that date may not be included.

The Spirit of St. Francis staff:  
Editor/Writer: Melissa Mitchell  
Photographer: James F. Palka

#### How to Apply?

A completed application and a \$50.00 application fee will hold your place in the School. The School is open to all persons regardless of race, ethnicity, religious beliefs, or sexual identity. Enrollment is limited and a genuine commitment to attending all of the sessions is important.. It is also expected that every student have a personal spiritual director.

Before acceptance into the School, interviews are conducted by Linda Williams, co-director and/or Joanne Roit, associate director. Those will take place beginning in April, 2017 to discuss with each student the appropriateness of the School to their particular needs and mutual expectations of the student and School.

Fees for the course are \$600 per year not including the retreat cost which is \$185. A payment plan can be worked out with Joanne at the time of the interview. Very limited scholarship assistance may be available.

Further information is available on the Tacheria web site, [www.tacheria.org](http://www.tacheria.org) or from the school directors Linda or Frank Williams, [tacheriacenter@aol.com](mailto:tacheriacenter@aol.com) or associate director Joanne Roit, [jeroit@aol.com](mailto:jeroit@aol.com) .