



# The Spirit of St. Francis

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



## 2018

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### **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.

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

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**

Contribution/Pledge  
Questions:  
(520)299-9063. Ext.102

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

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

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

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

### ***I'm Not Ready to Be Helped!***



We lead such busy lives that we get used to telling people to "hang on for just a minute. I'll be right there." With just a little more time I can get finished with this task and then devote my attention to you and whatever need you're bringing to me.

And that's really not a horrible thing . . . until we start saying it in our spiritual life. It's so easy to think that we can always wait for just a little longer to strengthen that side of life; that we don't need to worry about connecting to the divine and praying and learning and serving; that we can let all of these and the rest of the spiritual practices wait for a short time while we finish up with whatever important task we still have before us.

But ask anyone who has lost someone close to them and they will tell you that in that moment of grief, when we really need the strength of God in our lives, there is no time, and usually no energy to develop a relationship with the Divine. In that moment, we can only fall back on whatever relationship we already have.

It's not a matter of whether or not God will be there, but rather, will we see God when our souls are aching? Can we find God in the midst of the storms of life? Do we know where to turn when we don't have time or energy to turn anywhere?

In our current Celebration series, we've been looking at practices that other religions have remembered that Christianity might have forgotten . . . that you and I might have forgotten. We have two more weeks in May to look at Yoruba and Daoism and learn from them. Please use this time to relook at your own spiritual practices (and the beliefs on which you base them). Open yourself up to spiritual search once again.

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

Sunday Bulletins:  
(520)299-9063, Ext. 105

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. Mark Conrad  
(520)325-2775

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

There's a famous painting of Jesus knocking on a door. Yet on the door, there is no door knob that is visible. I believe the artist did this to remind us that our part in the spiritual life is to open our spirits to the one who is always knocking.



For we don't know what struggles are in front of us. We don't know what challenges will come our way. We don't know when we will stand in need of God's precious help.

But we do know that God is waiting to be found - if only we will search for him.

*Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you. Revelation 3:20*

May God bless you with wonderful discoveries of faith and hope.

Jim

P. S. Don't forget that it's time to start choosing our summer movies. I'll pick the film for May 20th. It will be your job to tell me what movies to use for the rest of the summer. I'll have the list of my favorite movies on Sundays to help you!



- 1 Mary Langlois
- 2 Jeffrey Wheatley
- 2 Joyce Steiner
- 3 Sterling Holehan
- 3 Jeffrey Hidalgo
- 4 Lauren Lebsack
- 6 Suzannah Whitlatch
- 6 Curt Pradelt
- 6 A.J. Sherrill-Langlois
- 7 Anne Stericker
- 7 Barbara Jo Mullis
- 8 Roger Fox
- 8 Barbara Murray Grinnell
- 9 Richard Hartman
- 11 Mason Moreland
- 11 Jordan Moreland
- 13 Hunter Hnat
- 14 Nancy Stevenson
- 15 Linda Houtkooper
- 15 June Webb-Vignery
- 15 Maya Liddelow-Curry
- 15 Ray Sparks
- 17 Terri Hamstra
- 18 Phil Franchine
- 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



### ***Staff Changes at St. Francis!***

The Staff Parish Relations Committee has worked hard these last several months with staff changes. I'd like to highlight some changes that have occurred.

In March, Melissa Mitchell became the Administrative Coordinator. She is responsible for the many administrative tasks that keep our church going - as well as running the office, meeting with groups and individuals who are interested in using our buildings for their events, the monthly newsletter and working with the treasurer on church bookkeeping. Melissa has been a faithful employee for seven years, doing many tasks within the office. It is our pleasure to have had the opportunity to "re-work" job positions and descriptions and have Melissa become the Administrative Coordinator.

Karen Bauder has been hired as Melissa's part-time assistant. She handles the weekly bulletins, the Easy Tithe kiosk and other tasks which makes Melissa's life easier!

Joe White "retired" as our treasurer several months ago and Linda Van Pelt said yes to our asking - thank you Linda!!! Joe is continuing as the financial secretary. An easy way to remember this - Joe accounts for the income, Linda and Melissa account for the out-go.

We have also been able to hire Holli Kent to provide much needed part-time Facilities help.

SPRC's main responsibility is to encourage, strengthen, nurture, support and respect the pastor, the staff and their families. By doing these things, we help promote unity within our faith community. As you are aware, the staff includes the office personnel, music directors, facilities employees, children and youth coordinators and the pastor. If you wish to share anything about a staff member, please feel free to contact me or any member of the committee.

- Sue Gemoets, SPRC Chair

### **St. Francis Concert Series**



#### ***Bin Hu & Jing Xia in Concert!***

Sunday, May 6th, 4:00 pm  
in the Celebration Center

Tickets:  
\$15.00 General Admission  
\$10.00 for Students with  
valid ID

Join us to hear classical  
guitarist Bin Hu and  
guzheng (Chinese zither)  
performer Jing Xia.

Tickets are available on  
Sunday mornings, after the  
9:00 am service, at the  
Easy Tithe kiosk located in  
the Celebration Center  
lobby, online at  
[www.stfrancisumc.org](http://www.stfrancisumc.org),  
at the Church Office, or at  
the door on the day of the  
event.



#### ***Gabe Lehrer in Concert!***

Saturday, July 21st,  
4:00 pm,  
in the Celebration Center

With Special Guest Artist  
Remi Goode



## ***What Will Be the Outcome?***

### ***A Status Report on Reconciling Issues***

The United Methodist Church is now in a time of great upheaval that has developed over decades of struggle concerning church policies about inclusion and affirmation of Lesbian, Gay, Bisexual, Transgender and Queer people. These issues include ordination of ministers, same sex marriage, and the use of church property and resources. We are a worldwide church with great diversity of opinion and belief concerning these issues. The present rules of the church, which are found in the Book of Discipline, discriminate against LGBTQ people concerning these rights and states that homosexuality is incompatible with Christian teaching.

The rules of the church are set by a General conference of elected delegates from around the world which meets every 4 years. They act as a legislature. During the 2016 General Conference it became clear that the church was about to split over the conflict between those who support this discrimination and those who insist on full inclusion and refuse to follow the book of discipline. St. Francis is among the latter. After the conference and at the request of the conference, the Council of Bishops who preside over the conference but don't make the rules, created a Commission on a Way Forward to review the Book of Discipline provisions and make recommendations for changes that would resolve the conflict. The Commission has been working on this charge for over a year and has prepared a report. The Council of Bishops will meet in Chicago during the week of April 29th to receive the report from the Commission. The Council Of Bishops will review it and in early July release their proposal to a special General Conference to be held in February 2019. The delegates will debate and hopefully make changes to the Book of Discipline ending the discrimination.

The outcome is unknown. It is possible that full inclusion will be permitted at least in some regions. The response to this by conservative churches may make unity of the UMC impossible, creating a split in the church. It is possible that discrimination will continue in some regions. The response of progressives may be to refuse to be a part of a church allowing such discrimination that causes great harm to LGBTQ people. This could cause a split.

We will have clearer direction in early July when the Council of Bishops issues their proposal.

Classically trained guitarist and recording artist Gabe Lehrer will perform original songs from his 2016 album *Cuban Chevy*, as well as covers of well-known songs by artists such as James Taylor, Leonard Cohen, Bob Dylan, Louis Armstrong, Frank Sinatra and the Beatles. Lehrer will also perform a short set of classical guitar favorites. Later in the show, he will be joined onstage by special guest artist Remi Goode.

#### Tickets:

\$15.00 General Admission  
\$10.00 Students with valid ID

Buy two tickets and receive a courtesy recording of Gabe and Remi's version of "Hallelujah" by Leonard Cohen!



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

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

Friday, May 11th  
10:00 - 11:30 am  
in Ravenscroft Hall

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

**Newcomers are always welcome!**

Several years ago the Reconciling Ministries Network and 12 other progressive Methodist organizations (including MFSA and Affirmation) created an umbrella organization - the Love Your Neighbor Coalition (LYNC). St. Francis is a part of the coalition. LYNC will hold a National Convocation in St. Louis July 26-29th to evaluate the proposal and create plans for impacting the special General Conference in February. The Convocation entitled "For Everyone Born" is open to all - clergy and lay people. I will be going as will Pastor Jim Wiltbank. If you have any interest in joining us, please contact me. \* It will be an exciting time, working with likeminded people with the powerful goal of changing our church. There will be fabulous worship with amazing music, inspirational leadership, and great workshops preparing for the challenges of February.

Whatever the outcome of the special general conference, St. Francis will remain a reconciling church where all are welcome and included in the life of this church.

For more information on For Everyone Born Convocation, July 26-29<sup>th</sup> in St. Louis and registration go to:

[https://rmnetwork.org/foreveryoneborn/?mc\\_cid=131854edf2&mc\\_eid=d89930a7c5](https://rmnetwork.org/foreveryoneborn/?mc_cid=131854edf2&mc_eid=d89930a7c5)

For more information on the commission on the way forward:

<http://www.umc.org/who-we-are/commission-on-a-way-forward-news-and-updates>

Elizabeth Fimbres

[Elizfimbres@msn.com](mailto:Elizfimbres@msn.com) 299-9839



### Sunday Night At The Movies

Sunday, May 13th, 5:00 pm  
in the Community Center

### This month's film is:



(2014, 120 minutes, R)

*Equal Means Equal* is an unflinching look at how women are treated in the United States today. By following both real-life stories and precedent setting legal cases, director Kamala Lopez discovers how outdated and discriminatory attitudes inform and influence seemingly disparate issues, from workplace matters to domestic violence, rape and sexual assault, to the foster care system, the healthcare system and the legal system. Along the way, she reveals the inadequacy of present laws in place that claim to protect women, ultimately presenting a compelling and persuasive argument for the urgency of ratifying the Equal Rights Amendment.

We will start with a potluck dinner at 5:00 pm. Please bring a dish to share.

If you have any questions, please contact Nancy at [nancy@nancypmasland.com](mailto:nancy@nancypmasland.com)



### ***Endowment Fund News***

The St. Francis Endowment Fund Committee is pleased to announce that two grants were approved:

\$500 for property improvements - window coverings in the conference/meditation room of the Celebration Center.

\$500 for missions beyond our church - supporting the youth trip to Peru.

The Endowment Fund Committee supports the needs of St. Francis by distributing earnings from our account with the Desert Southwest United Methodist Foundation. The principle (the original gifts and bequests) remains in the Fund and is invested to produce a return that is available annually. Applications for financial support within the congregation or outreach in the community will be accepted twice a year. The next deadline for applications will be October 15, 2018. Applications will be made available in September.

The St. Francis Endowment Program was established in 2008 for the purpose of providing members and friends with the opportunity to make charitable gifts to St. Francis that would become a permanent endowment of financial support and a living memorial. You can help support the future of St. Francis by bequeathing funds or property to the "St. Francis Endowment Fund" in your Estate Plans.

For more information contact the Endowment Committee at [endowmentfund@stfrancisumc.org](mailto:endowmentfund@stfrancisumc.org) or Karen Bliss at [kbliss86@gmail.com](mailto:kbliss86@gmail.com).



International School for Peace needs your help! We are sprucing up our garden and need organic soil to fill our beautiful new garden boxes. If you are interested in donating a bag or two of soil, please contact the ISP office at 299-8908.

Thank you!



### ***Produce on Wheels Without Waste***

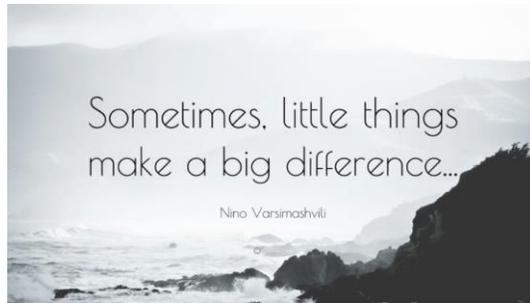
Saturday, May 26th  
7:00 - 10:00 am  
in the Celebration Center  
parking lot.

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.

Volunteers get their produce FREE!

If you can help, please contact Patricia Moore at

[musicaloverlord@gmail.com](mailto:musicaloverlord@gmail.com)



Little things can make a difference. Just the slightest change can bring about such amazing results.

Case in point: for several years now we've had *Food Pantry Collection Sunday* on the third Sunday of every month. We've run newsletter articles about it, announcement slides, email blasts - all aimed at getting donations of non-perishable food items for the St. Francis Food Pantry. And yet, this past April 15th, we had one of the most amazing collections ever. Was it because Jim announced it several weeks early? Was it because we tried a new approach and had the children come around and collect the food items people had brought in? Whatever the reason, the large wicker trunk was overflowing, as were the hearts of all present. We also received an abundance of grocery cards purchased through the Scrip table.

All we can say is thank you. Thank you for your repeated and overwhelming generosity. They say giving is its own reward. Take a look at the following pictures and see if this isn't true.



Above: The St. Francis Food Pantry before and after our Sunday collection.

**It really does make a difference!**

## Weekly Breakfasts



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

Wednesdays,  
6:45 - 8:00 am  
in Ravenscroft Hall



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

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

**Newcomers are always welcome!**



### **Spring Lunch & Learn: The Relationship Between Mental Illness and Poverty**

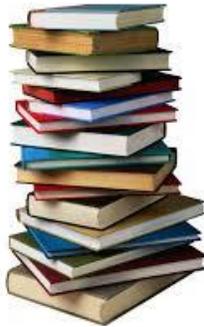
May 17th, 12:00 - 2:00 pm

Congregation  
Anshei Israel  
5550 E. 5th St. 85711

To register, visit  
[www.icstucson.org/spring-lunch-and-learn](http://www.icstucson.org/spring-lunch-and-learn)

Mental illness can affect anyone. This Lunch & Learn session will feature a keynote speaker who will

## Library News

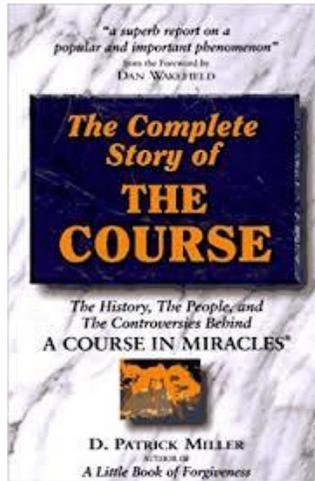


### **We Recommend:**

***The Complete Story of the Course:***  
*The History, The People and the Controversies Behind A Course In Miracles*  
by D. Patrick Miller

If you are currently a student of The Course, if you have been a student of The Course, if you started studying The Course but after throwing the text against the wall, gave it up, or if you're just plain curious about The Course, then this is the book for you.

Miller, the author of *The Book of Practical Faith* and *A Little Book of Forgiveness* attempts to set the record straight about the much-maligned yet ever-popular spiritual phenomenon, *A Course in Miracles*, which was channeled and transcribed by an agnostic 56-year-old research psychologist who supposedly resisted it every step of the way. Some may feel Miller - a Course devotee - is too biased to write objectively, but given the material's complexity, there is also the argument that an outsider could not write about it as intelligently or comprehensively. Interviews with Marianne Williamson, who popularized the Course, as well as its various founders, enliven and broaden the scope of the material.



- Ginny Jones, Library Volunteer

discuss the connection between mental illness and poverty. In addition, participants will hear personal stories from people who have had the experience of dealing with mental illness and poverty, and have triumphed through needed support and services.

For more information, contact  
Tandala Kidd at  
tkidd@icstucson.org  
or call 520-526-9299



**All Church  
Spruce-Up Day**  
Saturday, May 19th,  
8:00 am - noon

This will be our last chance before summer to finish some projects around our campus. Please come and help us, even if it's only for a few hours.

Please bring: Gardening tools, gloves, a hat, sunscreen.

Refreshments will be provided.

For more information, or to sign up, please contact Steve at 299-9063, or email facilities@stfrancisumc.org

**The Library for Peace is proud to offer  
The Barbara Nelson Course in Miracles Memorial Section.**

This small but comprehensive section has been lovingly chosen by several St. Francis members who are students of the Course, as well as the *Library for Peace* volunteers.

It memorializes our good friend, St. Francis member and Course student Barbara Nelson, who was a supporter of and volunteer with *Library for Peace* since its beginning.

**We miss you, Barb.**



**Check us out - literally!**

The *Library for Peace* is open on Sunday mornings from until 12:30 pm.  
We are open during the week, but hours vary.  
Please call 299-9063, Ext. 101 for availability.



**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)

**SAVE THE DATE!**



**YWCA**

525 N. Bonita Ave.,  
85745

Join gun violence prevention advocates for an evening of music, lights and messages of courage, strength and unity in memory of the more than 90 children and adults killed every day by guns.



TIHAN is a unique program offering care, support, education & fellowship to those living with HIV in the Tucson community.

TIHAN grew from a seed/need that sprouted in the community of St. Francis in the Foothills several decades ago, when AIDS was taking lives. Today there are powerful, effective medicines that control HIV & allow people to live longer, more rich lives.

Our congregation continues to provide a place for monthly POZ Cafes where fellowship & a luncheon is served. Each month the POZ Café is hosted by 3-4 local churches, who each provide a team of volunteers, trunk loads of toilet paper, Kleenex, paper towels, laundry soap and toiletries to fill the Care Packages that each Care Partner receives monthly. A joyful game of BINGO is played after the meal and prizes are won.

100% of all funds for TIHAN are contributed by compassionate individuals, businesses, groups and faith communities like ours.

Here is what YOUR Donations provide:

- HIV Education & awareness to thousands of people
- An array of support services to people living with HIV
- Linkages to connect people to medical care, housing,
- Opportunities for more volunteers to be part of the solution
- A voice for people living with HIV, and those who care
- The chance for donors to bring hope & healing to those in need
- Collaborative efforts to end the stigma of HIV within religious communities
- Bridges of hope & resources to help people living with HIV to live as well as possible
- A healthier, more compassionate community where everyone is valued, included & supported

**Here are ways to support TIHAN:**

\*Visit the TIHAN website to make a donation: <http://tihan.org/donate>

\*Call TIHAN 520-299-6647 to make a donation over the phone

\*Mail a check to TIHAN @ [2660 N. First Ave. Tucson, AZ 85719](http://2660.N.First.Ave.Tucson.AZ.85719)

\* Put your check in the Offering basket on Sunday morning with "TIHAN Donation" written on the "Memo" line.

And don't forget TIHAN's signature fundraising event - *Treasure's for TIHAN* coming June 2nd!



National Gun Violence Awareness Day was initiated in 2013 by friends of Hadiya Pendleton, a vivacious 15- year-old African-American honor student who was killed in Chicago just days after performing at President Barack Obama's inauguration.

The color orange was chosen because: "Orange is what hunters wear in the woods to protect themselves and others from harm. Orange is a bright, bold color that demands to be seen. Orange expresses our collective hope as a nation - a hope for a future free from gun violence."



**Home Communion**

Stephen Ministers are now providing Home Communion on the first Sunday of every month. If you or someone you know is unable to attend services and would like to receive Communion, please contact the Church Office at 299-9063.



Stephen Ministers are laypeople- men and women-trained to provide

# Spirit Stories

## 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 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 [aliceweekley@gmail.com](mailto:aliceweekley@gmail.com). This month's spirit story follows:

*For 12 months I've been texting Gary and Jan Gilbert (former members of St. Francis) about the Cooper Hawk that came mid afternoon daily to bathe in the little pond outside our patio door. When they announced an April trip to Tucson, Gary joked he was coming to see D.B. Cooper, our name for the hawk. I didn't look forward to telling him that D.B. had not returned this spring.*

*Feeling like a bearer of bad tidings, on their first afternoon in our home I opened my mouth to explain. "Gary," I began at the same moment he pointed, saying, "Look, there's the hawk!"*



*And while it wasn't the exact same hawk, it was the only hawk I'd seen since September, treating us to a 40 minute show.*

- Alice Weekley

one-to-one care to people experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, relocation, or separation due to military deployment. Stephen Ministers come from all walks of life. Their commonality? A desire to bring love and care to people during a time of need.

If you or someone you know is in need of a Stephen Minister, please contact the Church Office at 299-9063.



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 in the Foothills. If you have something you'd like to share, please send it to [mmitchell@stfrancisumc.org](mailto:mmitchell@stfrancisumc.org).

**Please be aware that the cut-off date for accepting submissions for the June 2018 newsletter is May 18th.** Anything submitted after that date may not be included.

Newsletter Editor: Melissa Mitchell  
St. Francis in the Foothills United Methodist Church  
(520)299-9063, Ext. 101