

The Spirit of St. Francis



2019

Mental Health Ministry News



September is National Suicide Prevention Awareness Month. In observance of this, the St. Francis Mental Health Ministry is sponsoring two activities. One is September 8th when *Sunday Night at the Movies* will be showing ***The Bridge***, a documentary about suicide attempts from the Golden Gate Bridge. This is a controversial film with some saying it brings forth issues surrounding suicide that need to be explored while others say it is morbid and disturbing, even encouraging suicide. We hope you will join us for



In This Issue

Mental Health Ministry News

A Word from Our Pastor

Library News

Endowment Fund News

Upcoming Events!

Messages from SPRC

Sunday Night at the Movies

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

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

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

a frank discussion about this film. We will begin with a Potluck dinner at 5:00 pm. We ask that you please bring a dish to share. St. Francis will provide drinks and desserts. The movie will begin at 5:30 pm with a discussion to follow.

The other offering is a class with Adult Education, Sunday September 15th from 10:30am to noon in the Community Center.

Preventing Adolescent Suicide will be presented by Kelli Donley Williams, Suicide Prevention Specialist with AHCCCS. The class will look at the warning signs of suicidal thinking and the stigma of mental illness which often prevents adolescents and their parents from seeking help.

There are some serious statistics that indicate we should become better educated about this issue. Suicide is the 10th leading cause of death in the United States. It is the 2nd leading cause of death for people ages 15 - 24. Many of those who die by suicide have an underlying mental illness, oftentimes not treated.

There are two books we recommend reading about this problem: *The Suicidal Mind* by Edwin Schneidman and *Night Falls Fast: Understanding Suicide* by Kay Redfield Jamison.

In her book, Jamison describes her professional and personal experiences with suicide: *"Suicide has been a professional interest of mine for more than twenty years and a very personal one for considerably longer. I have a hard-earned respect for suicide's ability to undermine, overwhelm, outwit, devastate and destroy."*

Later, after a suicide attempt, she says, *"Where had God been? I could not answer the question then, nor can I answer it now. I do know, however, that I should have been dead but was not - and that I was fortunate enough to be given another chance at life, which many others were not."*

We hope you'll join us for these presentations.

- Diane Wilson
Mental Health Committee Chair

NUMBERS TO KNOW

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

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

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

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

Room Rentals/Event Planning:
(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. Mark Conrad
(520)325-2775

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

A Word from Our Pastor

You Chose Love, or Thanks for the Ride



Five years ago, I wrote my first article for the St. Francis newsletter. It was a biography of sorts - a short sketch of my life, designed to invite you to enter that life . . . and maybe even to want more.

You can read the article on the "Who We Are" page of the St. Francis website. It is filled with facts about me and Joannie, who we are and where we came from. It has a healthy dose of my humor and insight, but as I read it again, I wondered if it still reflected the person about whom it talks. **All those facts are still me . . . but am I still the man who arrived five years ago?**

I hope not.

When I first arrived, I was struggling to figure out this "Raggedy Band" of Followers? Believers? Friends? Travel Companions? Disciples? Conspirators? Christians?

I wasn't even sure who you were at first, let alone what my place was in this milieu of beliefs and practices and understandings and ways of being. Yet I understood one thing very quickly - you chose to love me.

In the midst of the obvious things you needed to "fix" about me (and some of you had a long list), you chose to love me.

In the face of my determination to be Jim and not anyone else, you chose to love me.

In the places where our understandings didn't always seem to walk along the same paths, and in those wondrous places where they did, you chose to love me.



- 1 Scott Morris
- 1 Jorge Sanchez
- 1 Isabella Sweeney
- 2 Karla LeVeque
- 3 Adolf Whitten
- 3 Walter Suman
- 3 Deborah Kucera-Scott
- 4 Dan Meyer
- 4 Ellie Vought
- 5 Chris Beauchene
- 6 Anne Harman
- 7 Justin Dvorak
- 9 Paula Van Ness
- 10 Noel Floresca
- 10 Zoey Burrows
- 12 Christopher Rife
- 14 Robert Encila
- 16 Robert Weekley
- 16 Darrell Smith
- 17 Sara Morris
- 17 Becky Wilson
- 18 Ann Sumera
- 19 Eli Hyland
- 21 Dylan Hidalgo
- 21 Alan Harman
- 22 Peri Manogue
- 23 Jo Moody
- 24 Jimmy Murphy
- 25 Terri Davis
- 26 Sara Orlen
- 26 Kendra Kaczmarecki
- 27 Julee Gell
- 27 Martha Pankratz
- 27 Sandy Chan
- 29 Anne Smith
- 29 Mirna Gallego

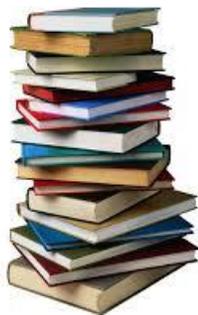
In spite of the prickly spines poking out, you placed your hearts in my hands and asked me to trust you with mine.

You Chose to Love Me!

So maybe I would just add one line to my life story from five years ago: **At St. Francis, Jim has discovered love in a way that he never understood before arriving here.**

Jim

Library News



The Curious Incident of the Dog in the Nighttime by Mark Haddon

Christopher is 15 years 3 months and 2 days old when the policeman interviews him at the site of

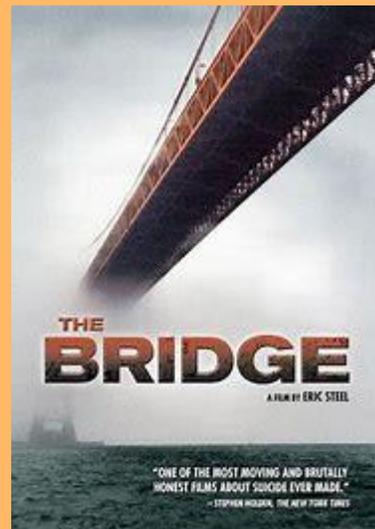


Watch for more information on the *Inspiration Team's* next spiritual program coming in November.



Sunday Night At The Movies

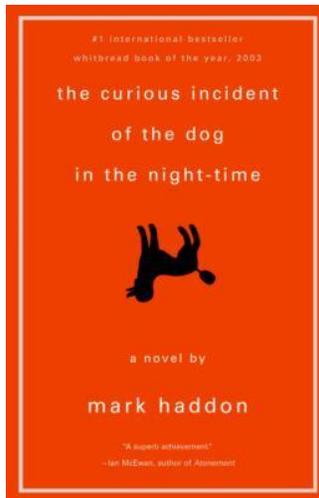
September is National Suicide Prevention Awareness Month.



The Bridge Sunday, September 8th, 5:00 pm in the Community Center

Tactlessly morbid or remarkably sensitive?

Deeply disturbing or viscerally fascinating?



the murder of Wellington, the neighbor's dog. Christopher goes on to tell us his version of this investigation and chooses to number the chapters of this amazing story with only prime numbers.

He loves prime numbers and knows every one up to 7057. He's brilliant in math,

detests yellow and brown but loves red. He doesn't like to be touched, even by his parents. He has Asperger's Syndrome and encounters many difficulties in his life because of this.

This novel is humorous and sometimes poignant, especially when he finds out who killed the dog, but you will cheer (spoiler alert) for Christopher as he meets the challenge of traveling by himself from his home in Swindon to London to live with his mother.

The author is a British writer of many children's books, and this is his first novel written for adults. Yet it has also become a favorite of many young adults. And Christopher is everybody's hero!

- Ginny Jones
Library Volunteer

The *Library for Peace* is open most Sundays from 9:00 am to 12:30 pm.



Critics have been divided about this controversial British-American documentary film by director Eric Steel.

The movie is an exploration of the mythic beauty of the Golden Gate Bridge, the most popular suicide destination in the world, and those drawn by its call. This film raises disturbing questions about suicide, mental illness and civic responsibility, as well as the filmmaker's relationship to his fraught and complicated material.

*(Please be aware that while not gory or violent, this film does show images of people jumping from the Golden Gate Bridge and may be disturbing to some viewers.)

There will be a special guest panel to discuss the movie featuring:
Julie Mack,
AZ Complete Health
and
Marleyna Illig, NAMI

Join us at 5:00 pm for a potluck dinner.
Please bring snack trays, entrees, sides and salads.

St. Francis will provide drinks and desserts.

The movie will start at 5:30 pm.



St. Francis Endowment Fund News

Twice a year, the Endowment Fund Committee considers dispersing some of the earnings from this investment fund. Applications for funds will be considered in the following areas:

Mission, Scholarship, Property, Ministry, or Special Needs.

Applications may be picked up in the church office and must be returned by September 15th.

The St. Francis Endowment Fund was established in 2008 to provide members and friends with the opportunity to make charitable gifts to St. Francis in the Foothills that would become a permanent endowment of financial support and a living memorial.

While the Endowment Fund's principal remains intact and untouched, the earnings of the funds may be distributed at the discretion of the Endowment Fund Committee.

You can help support the future of St. Francis by bequeathing funds or property to the "St. Francis Endowment Fund" in your Estate Plans.

Current members of this committee are:
Karen Bliss (Chair), Jim Wiltbank, Doug Robson, Chuck Adams, David Daniell, Cindy Lomenick, Dean Moore, and Linda Van Pelt.



Saturday, September 28th,
8:00 am - noon.

Join St. Francis and the
International School for Peace
for our Fall Spruce Up Day!

Even if you can only come for an hour or two, we can definitely use your help!

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

If you plan to come, here are some items to bring that would be very helpful:

- *Heavy rakes
- *Shovels
- *Loppers
- *Pruners
- *Weed (Hula) hoes
- *Wheel barrows
- *Hats & gloves

Refreshments will be provided.

**Sign up now -
even a little will help a lot!**

October is going to be a busy month!



Our first ever
Blessing of the Animals Festival
Sunday, October 6th,
10:30 am - 1:00 pm

For over 30 years, St. Francis in the Foothills has held its beloved *Blessing of the Animals* service where you can bring your pets and have them blessed in the church. This year, in addition to that service, we are putting on our first (but hopefully not last)
Blessing of the Animals Festival

There will be only one Celebration service on Sunday, October 6th, from 9:30 to 10:30 am, followed by the festival. We will have animal-focused vendors, organizations, food, games and fun. This a family event where all are welcome - especially your pets!

At this time, we are asking for help in the following areas:

Donations:

*We plan to have a food court where we will sell "festival-style food". Any donations you might be willing to make to help defray our food costs would be gratefully appreciated. If you would be willing to donate Walmart gift cards, please stop by the Scrip table on Sunday mornings and purchase them from Lorelei.

Make sure to let her know that this is for the *Blessing of the Animals Festival*.



September's POZ Cafe, on Thursday, September 19th will be hosted by St. Francis in the Foothills!

TIHAN organizes the monthly Poz Cafe luncheon to provide an opportunity for those living with HIV to get out of the house, take a break, meet other positive people and enjoy a meal prepared by local congregations and other groups.

Every month, St. Francis provides TIHAN with a safe, loving environment to host Poz Cafe, free of charge. However, in September, it's our group's turn to provide a nutritious lunch for 120 - 160 people living with HIV and their guests. This is followed by time to visit, participate in bingo and a prize raffle and receive CarePackages full of toiletries and other necessities.

As co-sponsor of Poz Cafe for September 2019, the role of St. Francis is to provide volunteers, help with the cost of the meal and bring donations of toiletry items and bingo prizes. TIHAN staff will provide guidance, additional volunteer support and a health department-certified kitchen supervisor.

Can you volunteer on this day from 8:45 am to 2:00 pm?

(If you can't commit to the whole time frame, we would love to have your help with the planning beforehand!)

Volunteers:

*Friendly and organized folks who would be willing to help work the Food Court are needed. We also need people to do food prep earlier in the day, before the festival.

We would need 2 - 3 hours of your time, but we'll take whatever you can give!

*We need bakers who would be willing to make goodies for us to sell - specifically brownies, dessert bars and cookies (animal-shaped cookies would be awesome!).

*Volunteers willing to patrol the festival, assist festival guests and answer questions are needed. If you would like to welcome new people to our campus and give them a taste of our St. Francis cheer, we need you!

If you are interested in helping out in any of these areas, please contact Melissa or Karen in the Church Office at 299-9063.



Howlapalooza 2019

Friday, October 25th,
6:00 - 9:00 pm

It's Halloween - St. Francis style!

***Bounce House**

***Bake Sale**

***Food Court**

***Games**

***Halloween movies**

***Trunk or Treat (from 6:00 to 7:30 pm)
and much more!**

Can you assist beforehand with purchasing supplies or groceries?

If you are interested in volunteering, please contact Karen Sparks at (520)808-3152 to sign up and get more information.



Volunteer Opportunities

Education Opportunity with Wholistic End of Life

Help others learn about and complete their Advanced Care Directives giving them peace of mind for that stage of life. One on one coaches are needed, and training is provided.

Transportation/Van Drivers Needed in All Areas!

If you can provide rides to home bound seniors, our transportation program is flexible, fun, and has mileage reimbursement available. Use your own car or drive our Care-A-Van.

You can also do grocery shopping, make phone calls, visits and more.

Our Northwest Office Needs Transportation schedulers.

Volunteers are needed to help make matches happen between drivers and recipients. Volunteers must be computer proficient, including the use of Outlook for emails, and comfortable talking on the phone.

At last years' Howlapalooza, we attracted many more people than we had dared hoped for, and were told over and over how grateful these parents and grandparents and friends were to have such a safe space for their children to enjoy!

For the second year in a row, we plan to make this a fang-tastic event, not just for our church family and friends, but for the community!

To do this, we need volunteers in all capacities - from people willing to bake goodies (or donate them) for our Bake Sale, to folks willing to oversee games, cashier at our food table, monitor the Bounce House or decorate their cars for Trunk or Treat and hand out candy (Prizes will be given for the best decorated vehicles!).

If you would like to volunteer or get more information, contact Melissa or Karen in the Church Office at 299-9063.



Morning (9 - 1) and afternoon (1 - 4) slots are available.

For more information, please contact Tori Carlson at tcarlson@icstucson.org or (520)526-9308.



Refugee 101: Info Night

Tuesday, September 10th,
6:00 - 8:00 pm
Living Faith Christian Center
4108 E. North St.

Sponsored by
Refugee Resource Center

Participate in an enriching setting to gain knowledge on the struggles and successes of a new American.

*Who is a Refugee, Asylee or an immigrant?

*Why does it help the U.S. strength our country's security?

*How do you welcome a refugee family into your neighborhood?

*How do new Americans become self-sufficient?

RSVP required.
Please contact 440-0100



With the approval of Pastor Jim and SPRC, the following staff changes have been made: Sheena Sweeney, the Children's Coordinator, will assume the responsibilities of Church Child

Caregiver on Sunday mornings. She will be in Room 10, (nursery) from 8:30 to 10:45 or 12:00 pm pending parent attendance at the 10:45 am Celebration or Adult Education. This group will welcome children from infant to 8 years old (older children after 10:30). Nicole Benito will be her assistant. Sheena will also continue doing the administrative duties of her position.

Karen Bliss will teach the younger children's Sunday School class. This class will have children in grades kindergarten thru third grade. Our grateful thanks to Karen for working as the Church Child Caregiver this summer.

Tori Washburn will be teaching the upper elementary class. Children in grades 4 thru 6 will be welcome in this group.

We are pleased to welcome a new part-time Facilities employee - Ian Washburn to our staff. He started working mid-summer and says this is a perfect job for him as he attends Pima Community College.

As a reminder, our committee is the only committee that is "closed " to visitors. If you have a specific reason to attend our meeting, you can speak to me and I can arrange a time for you on our agenda. We want to assure you that your comments, concerns and interest in our staff is welcome. Please feel free to speak to anyone on the committee.

Thanks for your support of and on-going kind words to our staff members. Each one works very hard for the good of our faith community.

- Sue Gemoets
SPRC Chair



Join Pastor Jim and the Welcome Team as they host an enlightening class about St. Francis in the Foothills - its vision, ministries and history. This is an excellent opportunity to ask questions, meet some of our ministry teams and let us get to know you better.

Saturday, October 26th
8:30 am - 2:00 pm
in the Community Center.

**RSVP to 299-9063
by October 20th.**

For any questions, please contact the Welcome Team leaders:
Diane Everhart - 272-4341
Nancy Stevenson 323-0318

Direct from Scotland!

DÀIMH



**Saturday, October 5th,
8:00 pm
Berger Performing Arts Center**

All seats reserved.
\$25.00; \$23.00 for seniors
www.inconcerttucson.com
Select seats at Antigone Books,
411 N. 4th Ave
and The Folk Shop, 2525 N. Campbell Ave.

Daimh (pronounced "Dive"), first visited Tucson two years ago here at St. Francis in the Foothills and played to a full house. Now they're back with a new CD and performing at the Berger Center. One of the finest bands out of Scotland today, they put on a double standing ovation show when they were previously here.

This is a paid advertisement

From the Editor



Dear Reader,

I hope you've enjoyed this month's newsletter. I'm always interested in 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 email your ideas to:
mmitchell@stfrancisumc.org

Please be aware that the cut-off date for accepting articles and photographs for the October 2019 newsletter is Friday, September 20th. Anything submitted after that date, without prior communication may not be included.



The Spirit of St. Francis:
Melissa Mitchell, Editor, Writer