

The Spirit of St. Francis



2020



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A Word from Our Pastor

Quaran-Teams

Most of you know of the classes that I have been teaching on Zoom for the last couple months. They have brought approximately thirty people a week into discussions about Fear and Joy; Spiritual Paths and Troublesome Passages; Parables and even the Apocalypse.

What you may not know is WHY I have been holding these classes . . .

The topics, however interesting or important, were a secondary concern. Primarily, I was interested in bringing people into a community of support and conversation, so that in the midst of separation, they would not be alone.

On Sunday I introduced the idea of **Quaran-Teams**, a concept that I hope gets 100% participation at St. Francis. Like my classes, these teams are meant to be focused on community, bringing people out of isolation and into a space of love and support.

4625 E. River Rd.

Tucson, AZ 85718

(520)299-9063

www.stfrancisumc.org

SUNDAY ONLINE

CELEBRATION:

9:00 am

Talk Back Session:

10:45 am

NUMBERS TO KNOW

Church Newsletter
(520)299-9063, Ext.101

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

What your Quaran-Team looks like . . . What your team does when it is together . . . How your team gets together . . . are less important concerns than your choice to expand the wonder of what St. Francis has always been into the circle of your team of chosen friends, but I do have some suggestions.

First, choose people that you like so you want to see and be with them. Three or four households is probably a good measure for the size.

Be purposeful about trying to include friends that might be most isolated, even if they are further outside your typical circle.

Please be mindful of everyone's health, using telephones and internet, cards and letters to connect more than in-person contact. But, make those connections regular and consistent.

I will make Zoom codes available for any team that needs them. We need to schedule the specific times each team wants to meet, so we don't step on each other's meetings, but you decide the ones that are convenient for your team.

Most of all have - fun with these Quaran-Teams! Let them remind you of the amazing love that we share here at St. Francis. Let them help you remind the other people on your team.

In these moments we need each other more than ever!

Jim

Membership Information,
Prayer Requests:
(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
Robert Hoshibata
(602)266-6956

District Superintendent
Rev. Mark Conrad
(520)325-2775

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



Perhaps you heard Jim announce this past Sunday that Norm Weber passed away. His wife, Grace, called the church office to let us know, for which I was very grateful.

I had the pleasure of knowing Norm when he volunteered on the *Library for Peace* committee. He was sweet and fun, with a great sense of humor. As you can see from the picture, he was also the biggest one in the room - literally and figuratively, and gave the committee a wonderful balance. We were all sorry when he had to stop helping us due to health concerns.

One of his daughters graciously sent his obituary to share with his St. Francis family. We send our love and support to his family. Norm was a long-time St. Francis member with a huge heart, and we will miss him greatly.

Melissa

Norman Weber was born in St. Louis, MO. on December 8, 1938 to Milton and Elouise Weber. He attended Elmhurst College and then the University of Missouri to receive his M.D. He then earned a Master's in Public Health at Johns Hopkins University. Norm served in the U.S. Army in the late 1960s and helped start one of the first Pediatric Nurse Practitioner Programs. He worked as a Pediatrician in private practice in Olympia, Washington and Tucson, AZ, until his retirement in the 1990s.



- 1 Bruce Simon
- 1 Bill Monk
- 2 Don Gest
- 2 Tanya Glover
- 2 Jim Wiltbank
- 5 Al Cox
- 5 Patricia George
- 7 Douglas Robson
- 7 Mary Sue Schusky
- 8 Katarina Leon
- 8 Kristen Cameron
- 9 Earl Mason
- 9 Margie Olson
- 11 Linda Van Pelt
- 12 Jan Parker
- 12 Beth Haas
- 12 Peg Flaherty
- 12 Nancy Garcia
- 13 Ian Holehan
- 15 Rebecca Hogle
- 16 Jim Bowen
- 17 Shannon Morrison
- 17 Deborah Monroe
- 18 Patty Fallwell-Bowers
- 19 Warren Strubbe
- 19 Hans Huth
- 19 Larry Dyer
- 21 Craig Wunderlich
- 21 Carolyn Watts
- 22 Pat Daniell
- 22 Sheena Sweeney
- 24 Dani Kacer
- 26 Rosie Meyer
- 27 John Wilson
- 27 Vicki Crutchfield
- 28 Jane Merrifield-Beecher
- 30 Charlie Cooper

Norm was a member of St. Francis in the Foothills UMC. He served on the following Boards: Tucson Cerebral Palsy Foundation, the Interfaith Coalition for Homeless and Childbirth Education and Iskashitaa. He was a member of Physicians for Social Responsibility.

Norm also frequently supported several of his favorite charities and causes over the years, including St. Francis in the Foothills, Job Path, Iskashitaa Refugee Network, American Red Cross, and Habitat for Humanity, among others.

Norm dedicated time in retirement to reading to young children at schools, delivering food for Meals on Wheels, aiding refugees, and transporting home bound people to church. He sang in the church choir for a number of years, enjoyed dancing with his wife, spending time with his grandchildren and working on his golf game.

Norm was a kind-hearted man, who loved family, reading, corny jokes, and watching sports. He was a wonderful father, grandfather, and stepfather, who embraced his stepdaughters and their children as his own.

Norm is survived by his wife, Grace Calterone, his son (Andrew) and daughter-in-law (Anka), five daughters (Jennifer, Nancy, Susan, Anne and Jean), and his nine grandchildren.



Rachel Cushman
Ian Holehan
Megan Holehan
Katia Reese
Sheena Sweeney



St. Francis' own Nancy Wilkinson has written a book of six puppet stories, some of which she has shared at church.

She has printed 25 copies and would like to sell them as a fundraiser for the church. All profits would go to the Children & Youth program.

Cost: \$20.00

To purchase or for more information, contact Nancy at naquill@aol.com



Tucson Interfaith HIV/AIDS Network
Helping People with HIV to Live Well

A Message of Thanks to Our Congregation



"I am so appreciative of TIHAN and its supporters who are keeping me supported and safe right now."

- Robb, living with HIV

During this pandemic, the Tucson Interfaith HIV/AIDS Network (TIHAN) continues to serve the needs of our CarePartners (clients living with HIV) who are vulnerable to COVID-19 because of their HIV status and additional underlying health issues including asthma and diabetes. And most of our CarePartners are between the ages of 55 and 75 and living in poverty. We are concerned and doing what we can to ensure they are not alone and have support during this pandemic.

With the support of our congregation, TIHAN has adapted its programs and services and is providing modified and additional support in this time of social distancing.

We're providing check-in phone calls to help address the stress and isolation, and we've set up new delivery systems to provide 2,000 more meals and hundreds of CarePackages to keep our CarePartners safe and at home, especially those who need to take public transportation. We received funding to provide phones to keep our CarePartners connected to TIHAN and their doctors, and additional phone minutes for people whose phone plans don't last them

ECO TIP

With groceries going up, and many incomes going down, it's more important than ever not to let food go to waste in our own refrigerators. Keeping a quick inventory of leftovers (updated with every addition and usage) and quick to spoil items on the front of the fridge is a great aid for meal planning. Having a "kitchen buffet" night weekly (i.e. free choice of leftovers) is a fun way to use them up.

How is this an Eco Tip?

Think of all the water, love and labor, fuel and soil supplements that are a complete waste of resources if food goes from farm to store to home to garbage can.

Good food is a terrible thing to waste!

Click on the link below to read what Iskashitaa's Barbara Eiswerth has to say about the global impact of food waste:

<https://thehill.com/opinion/energy-environment/472574-us-wastes-30-percent-of-the-food-supply-annually-how-can-we-fix>

- St. Francis Green Team



As we all try to figure out the "new normal", your *Library for Peace* has a few suggestions

through the end of the month. And we're offering puzzles, adult coloring books and pencils, and home-made cloth masks.

Scott Blades, TIHAN's Executive Director, shares: "Our CarePartners living with HIV are so grateful for your support during these stressful and uncertain times. We know that our supporting faith communities and your members are also impacted, and we want to make sure you know we appreciate you and are keeping you in our prayers. Together, we are doing what we can to sustain ourselves during these times and ensuring that the most vulnerable in our community--those sometimes treated as 'the least of these'--are cared for and supported." Thank you, from all of us at TIHAN!

SDI WORKSHOPS
Elders and Spiritual Companionship
IN THE AGE OF **COVID** A 4-PART DIGITAL WORKSHOP
*Spiritual support, contemplative Reflection & Practical guidance.
Includes small group spaces for intimate companionship, listening and support.*
Tuesdays · 6/9 · 6/16 · 6/23 · 6/30
9-10:15AM PDT · 12:00-1:15PM EDT
Frederica Helmiere Thomas Moore Jane Vennard Colleen Sparks Frank Williams

Founding St. Francis pastor, Reverend Frank Williams sent this information on a four-part workshop he will be participating in.

Click on the link below for information about the program, lectures and cost.

<https://www.sdistore.org/product/sdi-live-digital-workshop-elders-and-spiritual-companionship-in-the-age-of-covid/>

that you may not know about, but that might make things more enjoyable!

Do you have a library card through the Pima County Public Library? If so, you can sign up for free to view tons of movies, art films, documentaries and more on *Kanopy*.

Every cardholder can watch up to ten films per month!

Get the app at:

- Apple iOS App Store
- Android Google Play Store

You will need your library card to enter the number.

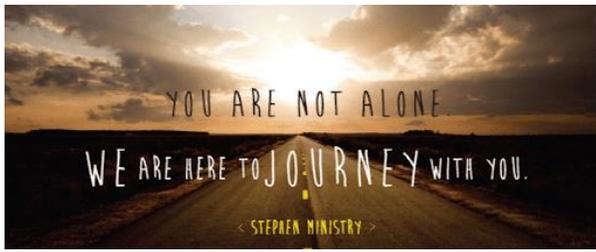
Once you have an account set up, you will be able to watch films on your tablets, computers, phones, and some smart tv's.

If you're looking for free audiobooks and/or e-books that you can check out from home and access on your devices, try RB Digital or Overdrive.

Go to the Pima County Public Library website at <https://www.library.pima.gov/> and click on either "E Books" or "Download and Streaming".

It's amazing what you can do from the comfort of your own home!

Enjoy from all of us at Library for Peace!



Caring for Grieving People during the COVID-19 Crisis

Grieving the loss of a loved one is difficult under any circumstances, but the effects of the ongoing coronavirus crisis have made grief even harder.

Whether or not a death was directly due to the coronavirus, the many factors surrounding it compound the pain and isolation that many grieving people feel. Pastors, chaplains, and other caregivers are working diligently to provide as much care as they can, but current conditions are limiting. That's where the care you offer can make a big difference.

Principles for Caring for a Grieving Person during Social Distancing

Even when you can't offer care in person, there are still ways to be a light in the darkness of someone's grief.

- **Be there emotionally for the person.** You can still let the person know you're there for them and you do care. As you connect with them, give them your full attention.
- **Use the phone or video chat.** When being physically present isn't possible, the next best way to care is by phone or video chat. Your voice and face can communicate compassion and support more effectively than a text or email.
- **Encourage the honest expression of feelings.** In a caring way, ask how the grieving person is really doing and what they're thinking and feeling, and show that you're willing to listen. If the person doesn't have a lot to say initially, that's okay. Just continue to be available, and as time goes on, they'll most likely appreciate having a safe person to open up to.



Shop with Scrip has got everything you need to make summer a whole lot easier!

We've got handy gift cards for:

*Gas cards (ARCO, Exxon, Mobil, Shell etc.)

*Restaurants

*Ice Cream and sweet treats (Dairy Queen and more)

*Barnes & Noble, Amazon

and of course STARBUCKS!

Looking for more ways to help St. Francis?

* This summer, our hardworking Facilities team will be doing repair work all around the campus. They can definitely use gift cards to Home Depot and/or Lowe's to purchase needed supplies.

For more information or to place an order, contact Lorelei Neiburger at lorelleinei@gmail.com

- **Listen and validate.** Validating lets the person know you heard what they said and you accept that they feel that way. For instance, if the person says, "Sometimes it hurts so much I don't know what to do," a validating response would be "That sounds awful. I'm sorry you're going through that."
- **Avoid platitudes or other words that discount the person's feelings.** Platitudes are words that sound caring or helpful on the surface but usually end up causing further pain, such as "She lived a good, long life" or "Only the good die young." Words that discount the person's feelings include "At least . . ." or "You shouldn't feel that way."
- **Let the person know that it's okay to grieve.** Too often people feel pressured to rush through their grief or bury their feelings, and that may be especially true in the current crisis. Grieving is normal, natural, and necessary. Encourage the person to take the time they need to grieve.
 - **Be there for the long term.**

Grief takes time, so if you're willing and able, let the person know you'll be there for them throughout the grief journey - and then follow through. Check in periodically to see how they're doing.

Even though it's not the same as in-person care, these behaviors can make a big difference to someone who's grieving, especially during these times when people may be feeling very alone.

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St. Francis Stephen Ministers

Stephen Ministers are here to listen during life's challenges.

For more information, contact
Joyce Leissring 404-1691
Sue Gemoets 885-0780

Congratulations and heartfelt thanks to Scott Doty, who has completed all the training, and is now a newly commissioned Stephen Leader.



This year's events will be online, beginning June 5th and June 6th.

For more information, go to <https://wearorange.org/>

Sunday, June 7th, is National Wear Orange Sabbath or Gun Violence Prevention Sabbath.

Even at home, let's all wear orange to support the end of gun violence!



"Potluck supper on Sunday. Prayer and medication to follow. "

- from Church Bulletin Bloopers
Just-One-Liners.com

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.



From the Editor

For the July 2020 newsletter, the final date for submissions is Friday, June 19th.

Anything submitted after that date may not be included.

Spirit of St. Francis Staff
Editor/Writer: Melissa Mitchell