



The Spirit of St. Francis



Giving Thanks - In Trust (Again)

This month, we will be kicking off our 2019 pledge campaign - *Giving Thanks - In Trust (Again)*!

On October 14th, we will honor all of you who participated in last year's campaign to fund our 2018 operating budget. We will return the sealed envelopes you gave us containing your generous and anonymous pledges. Then beginning October 21st, we will be handing out new cards and envelopes to do it again for the 2019 budget year.

On Sunday, November 4th, we will return your sealed envelopes during the services.



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

www.stfrancisumc.org

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

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

From a place of gratitude and generosity, we encourage you all to begin thinking about what level of financial support you can commit to for the new year. **Without your on-going support, we cannot do what we have been doing. And we remain committed to all of it - and more - in 2019.**

So please, Give Thanks - In Trust (Again).

MENTAL ILLNESS AWARENESS WEEK

first full week of October



There are a number of activities regarding mental health in the month of October. October 7-13 is *Mental Illness Awareness Week* nationally. That is the time when many churches and supporting entities educate about mental illness. Removing the stigma is a key part of that effort. Despite mental illnesses' prevalence, stigma and misunderstanding are also widespread. That is why St. Francis is actively working to decrease that stigma. Someone has said, "Normal" is a setting on a washing machine." How true.

October 9th there is a candlelight service for Mental Illness Recovery and Understanding at Reid Park, Cancer Survivors Plaza, from 6:00 - 7:00 pm. Speakers will tell their stories about how mental illness affected them and describe their paths to recovery. Arizona is promoting the theme of "Cure Stigma" throughout all awareness events.

Oct 10th The Loft Theater will be showing a film on suicide, called "*S*" *Word*, at 7:00 pm. This documentary tells stories of suicide attempt survivors and of family members who have lost loved ones to suicide.

October 15th the Arizona Youth Mental Health Alliance meets at St. Francis from 11:30am - 1:30 pm This year- old alliance of teachers,

NUMBERS TO KNOW

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

Monthly Newsletters
(520)299-9063, Ext. 101

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

Room Rentals/
Event Planning:
(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

mental health professionals, NAMI, and media is working to educate the community about signs of mental illness in children and to identify resources.

October 18th is Interfaith Community Services Lunch and Learn - Managing Life's Changes: Caring for Your Mental Health from noon - 2:00 pm at Fountain of Life Lutheran Church on Kolb Road. You must register with Interfaith Community Services. There is a \$20 charge.

The actress Glenn Close, whose sister has mental illness, made a powerful statement, "What mental illness needs is more sunlight, more candor, more unashamed conversation about how this affects not only individuals, but their families as well." Well said - poignantly emphasizing that we are all in this together. May we make it better for us all.

- Diane Wilson
Chair, St. Francis
Mental Health Ministry



1 Donald Smith
1 Lily Limon
3 William Clyatt
3 Kristen Pearthree
4 Juan Rodriguez
6 Pam Simon
6 Alexander Villec
6 Bill Brantley
7 Wes Lackey
8 Kathryn Conrad
8 Keith Sweeney
9 Mark Dunbar
9 Cecilia Monroe
9 Susan Wilkinson
9 Thaddeus Regulinski
9 Betty Morphew
10 Mark Miller
11 Sandy Mason
12 John Carter
13 Jane Ageton
13 Ernest Schusky
13 Art Aldag
13 Zoey Burrows
14 Marvin Reuther
14 Patricia Moore
15 Kathryn Damstra
16 Patrick Holehan
16 Allison Ewing-Cooper
16 Noah Huth
17 George Moody
19 Winifred Keefer
20 Carol Constan
21 Carole Wymer-Jensen
23 Willa Barron-Gafford
23 Jeffrey Evans
25 Robert Hopper
26 Marcia Hutchison
26 Jim Palka
26 Ann Faulkner
26 Rebecca Carroll
27 Dave Goguen
27 Mary Stafford
27 Joan Carson
28 Tom Muller
29 John Hannan
29 Kaitlin Poe
30 Linda Clark
30 Chrystal Pierce
30 Anne Hoff
31 Sandra Stephenson
31 Greg Barron-Gafford
31 Lisa Hornung



Do you have a medical background and experience?

When we recently did a safety survey of our church, the number one incident we felt was most likely to happen at St. Francis was not an active shooter or a robbery, but a medical emergency. And although we can hope and pray that it doesn't occur, if it does, it's far better to be prepared to deal with it in an organized, professional manner. It could also help save the life or lives of fellow St. Francis members and visitors. Those you share your Sunday mornings with - who hold your hand as we sing.

Would you be willing to be part of a Sunday morning Medical Team?

We are assembling a team of people with medical experience who attend our Sunday services. Team members would, should the need arise, step in and provide first aid and guidance during medical emergencies. They would also help put together an emergency plan for the staff so that we can function in the most helpful capacity during such a crisis.

This team would not need to meet on an ongoing basis, but members would work together to coordinate coverage for our Sunday services, and work with the staff, providing education and support.

If you have a medical background or experience, and would be interested in taking part in this, please contact Melissa or Karen at the Church Office - 299-9063 or email mmitchell@stfrancismc.org



A Word from Our Pastor

The Way Forward

Somewhere (just *when* is lost in the sands of time), a song was written whose lyrics, I believe, describe the dynamics of the current moment: ***This train is bound for glory, this train.*** We are in a moment that will forever change the future in front of us in wondrous and essential ways! But we have to get on the train if it is to carry us there.

It is highly possible that *This Train* would have been forgotten if not for people like John Avery Lomax, who roamed through the outback of the American countryside in the early 1900's with a phonograph on his back in order to discover and



St. Francis in the Foothills Lecture Series



A Conspiracy of Hope: Reclaiming Our Public Square

A series of lectures designed to educate, confront, inspire and celebrate our politics and our democracy.

Saturday, October 6th
4:30 - 6:00 pm

Polarization: What It Is and How We Got Here

Professor Barbara Norrander,
University of Arizona
School of Government

Saturday, October 13th,
4:30 - 6:00 pm

Beyond Polarization: Reclaiming Our Public Square

Dr. Lisa Sanchez,
University of Arizona
School of Government

Saturday, October 20th,
4:30 - 6:00 pm

The Convergence of Politics and Spirituality Reverend David Wilkinson

Saturday, November 3rd,
***There's Something
Happening Here!***

7:00 - 9:00 pm

A concert celebration of our politics
and democracy.
Live music, dancing, food and fun.

**All events are free
and open to the public.**
Donations to help cover costs
will be gratefully accepted.

preserve the voices of America that were being lost. In 1933, Lomax traveled outside his experience, tradition, and comfort zone, to the Parchman Farm State Penitentiary in Mississippi to listen to Walter McDonald sing this amazing African-American ballad.

Listening is such an important spiritual attribute.

In the politics of the current moment, we are asking each other important questions about what voice our country will hear and follow. Will it be the comforting, but unattainable, voice of what is somewhere behind us on the railroad tracks of time, or will we listen to the more challenging voice that calls us toward a future that we may not yet understand, but toward which the Divine is certainly calling us?

Over the first three weeks of this month, we will have a chance not only to hear, but to participate in that active listening. Each Saturday evening, starting at 4:30, we will have a lecture series, "A Conspiracy of Hope" which is free and open to everyone. Please come, but even more importantly, please invite others to join the conversation; those you agree with easily as well as those who offer you more challenging voices.

Within our United Methodist Church, we are asking those same types of questions. Our Bishop, Bob Hoshibata, is hoping we will be willing to speak truth to each other (and listen to one another) so that we can climb onto the train that will lead us toward the Church that should be present for ALL of us. We are all invited on October 6th to join Methodists from throughout southern Arizona at a Holy Huddle at Christ Church UM, 655 N. Craycroft at 1:00 pm.

We need strong voices and listening ears from St. Francis at this event.

This train is bound for glory; this train! Please come join us for all the events this month. We need each other at this moment so much.

Jim

**Don't miss this beloved
St. Francis tradition!**



Sunday, October 7th

10:45 am service only!

**St. Francis Concert Series
presents -**



**Friday, October 19th,
7:00 pm in the
Celebration Center**



The 4Gents are four transplanted Tucsonans with an affinity for singing tight harmony, melodious tunes and have a soft spot for Doo Wop!

Each member is not only a classically trained singer but performer, well-versed in opera, musical theatre, jazz and rock. They routinely fill venues all around town, treating audiences to light-hearted, enjoyable shows.

Busy & Blessed

It has definitely been a long, hot summer, but I think we're finally starting to feel the stirrings of Fall. However, while many of you fled the triple digit temperatures, your loyal staff remained hard at work! Now it might have been the heat getting to me, but as summer commenced, I had hopes of accomplishing some things that had been on my "to do" list for quite some time. One of these was creating a new website for the church, and after several months of toil, on September 7th, it went LIVE!

This wonderful new website is colorful, vibrant, informative and friendly - like St. Francis itself, and I'm pleased to report that several new attendees have mentioned that they came to the church because when they were searching the internet, they found and loved our website!

This was truly a team effort because while I knew what I wanted, how I wanted it to look, and the content I wanted, the actual developing of the site was a skill I did not possess!

Enter my amazing Administrative Assistant, Karen Bauder, who just so happened to have the necessary skills and know-how. In fact, once we got started, it was hard to hold her back! An apt analogy is that I got the ball rolling, and she ran it in for a touchdown! Working with Karen on this was a total joy, and the results are just awesome. If you haven't already seen it, please check out the new St. Francis website at www.stfrancisumc.org!

Tickets:
\$20.00 General Admission

To purchase, call
(520)329-2910
or go to

www.stfrancisumc.org/special-events

and click on "Purchase Tickets".
This link will take you to the website for *Brown Paper Tickets*, which does charge a service fee.



Endowment Fund News

Twice a year, the Endowment Fund Committee considers dispersing earned funds. Applications for funds will be considered in the following areas: Mission, Scholarship, Property, Ministry, or Special Need.

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

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 in the Foothills that would become a permanent endowment of financial support and a living memorial.

For more information, go to
www.stfrancisumc.org/giving



Administrative Assistant Karen Bauder and Administrative Coordinator Melissa Mitchell with the new St. Francis website.

If you are a loyal *Spirit of St. Francis* reader (and you know who you are!), then you saw in last month's issue how busy our Facilities Team was during the summer. Trust me when I say the Office Staff was right there with them! What you may not know is that aside from our regular duties and trying to get some special projects attended to, the staff has also been very busy creating and coordinating our upcoming Halloween extravaganza - *Howlapalooza 2018* (If you haven't signed up to help out in some capacity, there's still time. Stop by the Howlapalooza table after the 9:00 am service the next few Sundays, and put your name down - IF YOU DARE!!) This event will be the first Halloween gathering we have had in almost five years, and we have been and are working very hard to make it the best it can be.



Sheena Sweeney awaits new victims - uh - volunteers at the Howlapalooza table!

And of course, Pastor Jim has had quite the summer himself. Aside from the regular



2018 Tucson Cropwalk

Sunday, October 28th,
First UMC
915 E. 4th St.

Sign in time: 1:30 pm
Walk begins at 2:00 pm.

The time is rapidly approaching for this fall's Church World Services Tucson Cropwalk.

Last year, Tucson walkers generated a total donation of almost \$20,000!

St Francis' part of that was \$1200!
Our goal this year is \$1500.

Please sign up to be a walker on our St. Francis team, and encourage your friends and family to support you, or donate directly to the St Francis UMC team. Once again Pastor Jim Wiltbank will be our team leader.

To join or donate, go to:

<https://www.crophungerwalk.org/tucsonaz/>

Under Top Teams you'll see St Francis, and click on that icon

Thanks so much for your support.

demands of his job, he had even more to deal with when his son Jim was injured in a serious automobile accident (which he is recovering amazingly well from), and he still led our St. Francis team on a mission trip to Peru, still handled all the many details and surprises that daily come his way, and did it with his usual warmth and humor.

Now normally I wouldn't be writing such a personal article, but I felt the need to highlight what an amazing staff we have working at St. Francis in the Foothills. Many times I think people aren't aware of how continually - sometimes crazily - busy we are. Yet speaking for myself, I feel incredibly blessed - blessed to work with and for such wonderful people. Please join me in thanking them for all that they do. And a big thank you to the many volunteers who give so generously of their time, and make our jobs easier. We couldn't do it without you!

- Melissa Mitchell



L-R: Pastor Jim Wiltbank, Facilities Coordinator
Steve Barclay, Administrative Coordinator
Melissa Mitchell, Administrative Assistant
Karen Bauder.

Don't forget these amazing staff people:

Sheena Sweeney, Children's Coordinator
Patricia Moore, Youth Coordinator
John Willis, Music Director
Sara Rohde, Music Coordinator (10:45)
Scott Doty, Tim Kasting, Holli Kent &
Dean Moore - Facilities Department

The staff of International School for Peace

And a huge hug of thanks to our Treasurer
Linda Van Pelt who volunteers her time and
therefore is here way too much!



Refugee 101: Info Night

Monday, October 8th,

6:00 - 8:00 pm

Muslim Community Center
of Tucson,
5100 N. Kevy Pl.

This interactive workshop focuses on global, national and local aspects of refugee resettlement; ways in which Iskashitaa enhances our community through food-based programming; and how to become a volunteer (though no volunteer commitment is required).

RSVP to 520-440-0100



Elder Circle . . .

The Wisdom Journey.

A safe, respectful place to harvest your life

Friday, October 12th,

10:00 - 11:30 am

in Ravenscroft Hall

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

There are five components to our
Elder Circle journey:

life review, life repair, my legacy,
facing up to my mortality, mentoring.

Monthly topics cover new beginnings, leaving a
legacy, and end-of-life planning. We meet at
St. Francis on the second Friday of every
month.

Please join us.

Newcomers are always welcome!

Are you feeling a little
too *tightly wound*
these days?

Come to St. Francis'
Halloween bash -

Howlapalooza **2018!**



Friday, October 26th,
6:00 - 9:00 pm.

- *Games
- *Food
- *Trunk or Treat
- *Bounce House
- *Cake Walk/Bake Sale
- *Halloween movies
and much more!

**If you haven't signed up to help out yet, there
is still time before the witching hour!**

We can use volunteers in all capacities,
as well as donations for food, treats and prizes.

To volunteer, sign up at the *Howlapalooza* table
on Sunday mornings after the 9:00 am service,
or call the Church Office at 299-9063.

Purchase gift cards from Lorelei at the Scrip
table on Sunday mornings and make sure to tell
her it's for *Howlapalooza*!

Gift cards we can most use are:

*VISA *Walmart *Target *Home Depot

Together we can make this a FANGTASTIC
event, and introduce the neighborhood and
community to our amazing church!



Is A Candidate's Views on Gun Safety Important to You?

Over the course of the summer, Meg Pradelt and other members of *Gun Violence Prevention Arizona* produced a Gun Safety Report Card to inform voters about the views that many of Arizona's state and federal candidates have about a variety of gun safety issues. If this issue is important to you, this Report Card can help you make an informed choice when looking for a candidate who shares your views on gun safety.

**Find the Candidate Gun Safety Report
Card at gvparizona.org**

Note that we sometimes had to use sources other than responses from candidates; those responses appear in *parentheses* on the Report Card. Those sources, and more detailed information about the questions that were asked, are also available at gvparizona.org.

Library News



NEW ARRIVALS

Books

**In the Name of God: the Evolutionary Origins of Religious Ethics and Violence* by John Teehan.

**Nine-Headed Dragon River: Zen Journals 1969-1982* by Peter Matthiessen.

**Guided Imagery for Self-Healing: An Essential Resource for Anyone Seeking Wellness* by Martin L. Rossman, M.D.

**The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide* by David Daniels, M.D.

**Origins Reconsidered: In Search of What Makes Us Human* by Richard Leakey & Roger Lewis.

**More Than Houses: How Habitat for Humanity is Transforming Lives and Neighborhoods* by Millard Fuller

**Breakfast with Buddha* by Roland Merullo.



Open Sundays from 9:00 am - 12:30 pm
in the church office building.

Check us out - literally!

Got stuff?



Do you have too much stuff?

Are you always thinking that you'll have a yard sale but just never get around to it?

Then join us for the
**St. Francis
Community Yard Sale**
Saturday, November 10th,
9:00 am - 2:00 pm

Sell your items here in the company of
your SF friends.

It works like a swap meet -
St. Francis will provide you the space and
rent up to 3 tables to you for \$10.00 each
(this money will go towards supporting the
church - a very good cause!).

You are responsible for pricing, setting up
your items and selling them. You will also
be responsible for removing whatever
does not sell.

For more information, contact the Church
Office at 299-9063. Tables are going fast
so please rent yours by October 19th.



Do you have what it takes?

Here's a little test:

Do you feel like you are
COMPASSIONATE? Yes No
Do you **LIKE PEOPLE?** Yes No
Are you a **GOOD LISTENER?** Yes No
Can you **KEEP A CONFIDENCE?** Yes No
Do people **LIKE TO TALK TO YOU?** Yes No
Do you have an hour a week to make this a better world? Yes No

Scoring: Lots of yes answers? You'd probably make a great Stephen Minister! Let's talk!

A comprehensive county-wide training for NEW Stephen Ministers will start in January. Our St. Francis program is now taking applications for that training.

Be a positive influence in someone's life!
The rewards are immeasurable

For questions or more information,
call Joyce Leissring 520-404-1691



Membership Team News

SAVE THE DATE

Exploring Membership Retreat

WHEN: Saturday, November 17,
8:30 am - 2:00 pm

WHERE: Celebration Center

WHO: Everyone is welcome

HOW: RSVP @ 299-9063

WHY: Our class provides an excellent opportunity to learn more about St. Francis in the Foothills. We will answer your questions and introduce you to members of our Ministry teams.

WHAT: A healthy, light lunch will be served.

**For any questions please contact the
Welcome Team leaders:**

Diane Everhart @ 272-4341

Nancy Stevenson @ 323-0318

Weekly Breakfasts



Sophia's Circle Women's Group

Wednesday mornings,
6:45 - 8:00 am
in Ravenscroft Hall

For more information,
contact 299-9063



Tucson Interfaith HIV/AIDS Network

A Compassionate Response to HIV/AIDS

Are you aware that HIV/AIDS
is still an issue worldwide?

Are you aware that in our community,
St. Francis in the Foothills has become the
"home" to hundreds of people who are dealing
with these conditions on a daily basis?

Thanks to decades of hard work on the part of
Scott Blades & TIHAN, many faith communities
support this important work financially,
spiritually, and physically by sending a team of
spirited volunteers to St. Francis every month to
make Poz Café happen. St. Francis donates
their space and helps transform the Community
Center into a colorful "restaurant" where Chef
John and his team of volunteers prepare
amazing meals for over 100 people.

Preparations for POZ Café happen on several
levels: since each attendee (or Care Partner)
receives a "gift" bag filled with essentials such
as toilet paper, paper towels, toothbrushes,
razors, shaving cream and more, it is the
responsibility of each participating faith
community to collect these items in large
numbers when it is their turn.

St. Francis' turn this year is NOVEMBER and
the time is NOW to start gathering our team, our
Care Package items and dollars to purchase
food. Keep your eye on the Sunday bulletin ads
for updates on our progress in collecting:

- *Toilet paper 200 rolls
- *45 deodorants for men & women
- *5 raffle prizes: gift cards, etc.
- *\$\$\$ donations

If you have any questions or would like to sign
up to volunteer or make a donation, please
contact me:

Karen Sparks
520-808-3152
raykaren55@msn.com



Chrysalis Men's Round Table

Thursday mornings,
7:00 - 8:00 am
in Ravenscroft Hall
For more information,
call 299-9063.

Newcomers are always welcome!

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. 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 November 2018 newsletter is
Friday, October 19th.**

**Anything submitted after that date,
without prior communication may not
be included.**