

# Messenger

Changing the world through Christ by caring for all people.

Volume 60, Number 14

November 4, 2020

St. Mark's  
United Methodist

## ADVENT CARAVAN

Drive-through Advent Event Nov. 22

**Come join the Advent Caravan!** On Sunday, Nov. 22, we are getting ready for a different and wonderful Advent! At our drive-through Advent Caravan you will give some things and receive some things, all of which will help you get ready for Advent.

To join the Advent Caravan, come anytime from 11 a.m. to 1 p.m. Nov. 22. Enter from the south parking lot on La Cañada, and then follow everyone through the following steps:

**Stop 1—Turn in your “Anchored in Hope” 2021 commitment cards and**

*Continued on page 2*

## In-Person Outdoor Worship Begins Nov. 8!

At 9 a.m. Sunday, Nov. 8, we will hold our first in-person worship service since March for our St. Mark's congregation. This will be outdoors on the west patio for up to 40 people and will last no more than 45 minutes. The service will include music (no congregational singing), Scripture, preaching and prayer time. Masks and physical distance will be required, along with temperature checks on arrival. We ask that you bring your own chair, such a lawn or folding chair.

To register for worship, follow the link sent in a special email on Sunday night (you must be registered for the Pastor's Weekly Email to receive it), or go to our website: <https://umcstmarks.org/latest-update>. (There is also a form at the bottom of that page to join the Pastor's Weekly Email.)

**Registration is required.** If more than 40 people register, you will be put on a waiting list. We expect to have outdoor worship on Sundays at least through Nov. 29. **You will need to register each week for worship the following Sunday.**

If you need more info or don't have a way to register online, call the church office at 520-297-2062. Or send an email to [info@umcstmarks.org](mailto:info@umcstmarks.org). We're very excited about the chance to see one another and worship together!

Pastor Sharon

## 2021 Stewardship Campaign 'Anchored in Hope'

The “Anchored in Hope” videos shown during Sunday services could include only a fraction of our thoughts about hope. Following are some additional ideas expressed by the six members of the St. Mark's congregation.

What is hope? Hope is a desire for a positive outcome in the future. Like faith, hope is a belief in something not seen. It is an expectation that the future can bring something better. It is more than a wish; we say “I wish I could ...” but we say “I hope I can ... .” Unlike a wish, a hope implies action on our part.

What are our hopes built upon? They are built upon faith in God and faith in the people of St. Mark's. Hope in God gives peace to our lives. The Bible shows us that God's faithfulness and love for humanity have been with us during good times and bad times from forever in the past. His covenants make clear that God will be with us, helping us now and forever into the future. Without this faith, this hope in God, what hopes could humanity hold for the future? Our hopes for the future also exist because of the St. Mark's congregation. Wonderful things happen when the St. Mark's family works together. We each do our part, whatever that may be. The St. Mark's congregation lives our mission statement – **“Changing the world through Christ, by caring for all people.”** St. Mark's is a family celebrating life.



I hope you will join in the 2021 Stewardship Campaign, “Anchored in Hope.” You can mail your commitment card anytime to St. Mark's United Methodist Church, 1431 W. Magee Rd., Tucson, Arizona 85704. You can also submit your card Nov. 22 on Commitment Sunday during worship or during the Commitment Drive-Through/Advent Caravan from 11 a.m. until 2 p.m. in the St. Mark's south parking lot. Or, you can make your commitment online by email to [ruthk@umcstmarks.org](mailto:ruthk@umcstmarks.org). Pledge cards were mailed out Oct. 7; if you have not received a pledge card please notify Ruth by email. I hope we can make “Anchored in Hope” a success.

The above are thoughts expressed by:

Judy Boroto  
Kelly Deyoe  
Melinda Sims

John Cecilia  
Marci Hill

Bill Zermuehlen, Finance Chair

**Advent, Continued from page 1**

see Pastor Stuart and some of the Stewardship Committee. We are making our commitment to God, the church and one another. (Note: You may bring your commitment card until 2 p.m. All other stops close at 1 p.m.)

**Stop 2—Receive your Advent Box** with items to help you have a fun and meaningful Advent, including a tiny make-your-own Advent wreath, a special Advent devotional book written by Pastor Evy, and a battery-operated candlelight for Christmas Eve and more! There will also be a special gift for the children. This Advent more than any other, we have the opportunity to slow down and center ourselves for the coming of Christ. At this stop you will see Pastor Evy, Rachel Mosher and the Sunday School teachers.

**Stop 3—Advent studies** are online this year, which means everyone can participate, wherever they are. Adam Hamilton's new study addresses some of the hardships of this year and also helps us learn and remember all that Christ can mean in our lives. This is the year to truly have an all-church Advent study. The first 40 people to register at [https://stmarksumc.formstack.com/forms/advent\\_study\\_registration](https://stmarksumc.formstack.com/forms/advent_study_registration) will get the study book at a reduced price. If you register and pay \$10 for your book *in advance* (normal price \$15-\$20), we will give you your book at the Advent Caravan. More information on the Adult Spiritual Growth page of this Messenger. At this stop you will see Judy Boroto and members of the Adult Spiritual Growth Committee.

**Stop 4—Stuff the Van for ICS!** With your generosity, we have met the initial challenge of 10,000 pounds! The question is, how much more can we do to help during the holiday season so no one in our community goes hungry? Let's see how much we can collect in one day! Interfaith Community Services is bringing its "Care-a-van" so we can fill it with good food. Fill your trunk with food, drop it off and see Pastor Sharon, John Yost and others from the Missions Committee.

You do not have to register to be part of the Advent Caravan. Just come so we may share this time together.

## 'We Gather Together' Roundup

As we look toward reopening the campus, the first people to gather were the four groups of We Gather Together. The groups were limited to 10 people, including one facilitator and one safety person. These groups met for four weeks together and were able to have a small group worship experience. We appreciate those who came for this first event back on campus and look forward to future opportunities to be back together.

Many thanks to the following who made these gatherings possible:

**Facilitators:** Paul Stegall, Alberta Farnsworth, Linda Sterling, Brenda Hunter, and Marge Sogn

**Safety:** Pastor Evy, Jan Walker, Kay Hayworth, Patricia Small, Dave Shelton, Jeff Blackburn, Marlyce Wright, Jan Walker ...

... and Pastor Kim Ogle for preparing the technology, working the technology and making these gatherings a reality.

## Sidewalk Sunday School

Unfortunately, we must cancel Sidewalk Sunday School for Christmas 2020. Without full Sunday services to draw upon, it is next to impossible to collect bags of toys or gift cards for the New Hope Methodist children. This is a sad and difficult decision for me, but it is necessary due to the current virus situation. Thank you for all your generous cooperation over the years and we will look forward to next year. Questions? Please call Ellen Beene, (see directory).

## UMW 'Bakeless' Bake Sale!

St. Mark's United Methodist Women Fundraiser

"THE BAKELESS BAKE SALE"

A bit of news we have today,  
A BAKELESS BAKE SALE is under way!

In these busy days, now who would bake  
Pies or cookies or even cake?

You'd be surprised if you counted the cost  
Of material, heat and time you've lost!  
Cooking for sale is extra work,  
Yet nobody really wishes to shirk.

So we've thought of a plan that's truly grand,  
And feel quite sure you'll understand.  
Decide what you'll bake,  
Maybe pies, cookies or even a cake.

Count the cost of ingredients, plus time to make.  
Or donate what you would pay to buy at our bake sale.  
Place the "DOUGH" in an envelope you see,  
**Label it Pie, Cookies or Cake,** and mail it to me.

Without fuss or bother you've done your part!  
**We're sure you will give with a willing heart.**

**Make check payable to: St. Mark's United Methodist Women &**

**Mail to: Alice Brown (see directory)**

**or to St. Mark's UMC, 1431 W. Magee Rd., Tucson AZ 85704**

**Hurry Sale Ends Nov. 15  
(MONEY RAISED FUNDS OUR MISSIONS)**



## Great News From Heartworks

Delivering 255 handmade bags in August, Heartworks continued its mission of supporting foster children in Arizona. Aviva collects the bags for the kids to carry their belongings. We also were able to make an additional 100 to be delivered October. Teaming up with St. Mark's Quilters, we have 64 quilts to donate as well! If you would like to help us out, please contact Joyce Flick or Linda Sterling.



# Adult Spiritual Growth

Faith is a journey!

## Review & Evaluation of Racial Injustice Awareness

During the summer, the Adult Spiritual Growth Committee met and considered what different spiritual needs should be addressed during this time. The issue we all felt was impacting our congregation was racial injustice. We developed a three-part offering that we implemented this fall in conjunction with Church & Society.

1. *White Fragility*—Pastor Evy led a discussion of this book to help people look at the perspective we have as white people and to begin to understand systemic racism. Pastor Evy has led two sessions of this opportunity.
2. "21 Day Race Equity Challenge"—Judy Boroto spearheaded a great effort where participants received an email each day for 21 days. The email contained a link to a video, podcast, or article. Once a week, groups got together via Zoom and discussed what they had experienced.
3. *Be the Bridge*—After having learned more about the white experience in *White Fragility* and the experience of people of color in the "21-Day Racial Equity Challenge," this discussion, led by Margaret Synhorst, centered on how we as a church can help bring about racial reconciliation, including what some of our next steps might be as individuals and as a congregation. We were so happy to see so many people interested in learning more about this very critical issue. Here are some comments from some of them:

Your work has helped create a bridge, giving more people access to understanding and to the possibility for real empathy, and the possibility for action to make change. Please accept my profound and heartfelt gratitude for taking this bold action.  
—Betsy Schauer

I feel so full from this challenge, full of knowledge I didn't think existed.  
—Nancy Bautzmann

It has been attitude- and perception-altering. I am grateful to all of you who brought it to our congregation. Thank you.  
—Holly Clemer

I have tried over many years to stay aware of racism and its effects on our society, so I thought I was pretty much up to date. Well, I learned a whole lot from a variety of sources about the various ways that racism is still a systemic problem, and how I am even now not free of racism learned at a very young age. This was an excellent class for delving deeper into this important topic and learning more about ourselves.  
—Don Booth

## November Open Minds Book Discussion

"Light Between Oceans," M. L. Stedman (2012) 9-10:30 a.m. Friday, Nov. 20 via Zoom.

This is a deeply moving story set on a remote island off the coast of Australia in the 1920s. A lighthouse keeper and his wife make a choice that shatters many lives, including their own. It is a novel about good people for whom justice for one person means another's tragic loss. Share your insights on this beautiful novel about the consequences of a decision made in response to isolation and loneliness. Register online or contact Celeste Pardee directly ([see directory](#)). The Zoom link and passcode will be sent to you a day in advance of the meeting. The book is available from Amazon in hardback (\$20.49 new; \$15.45 used) or on Kindle (\$12.99) and from Barnes & Noble. Now is the time to start reading! Co-leader is Ann Reaban.

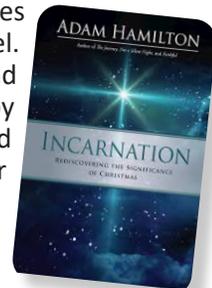


## Advent Is Fast Approaching

• "Incarnation," by Adam Hamilton. 4 p.m. Sundays, Nov. 29 to Dec. 20, or 6:30 p.m. Mondays, Nov. 30 to Dec. 21

On Nov. 29, we will launch our churchwide Advent study. Adam Hamilton specifically delayed publication of this study to address the times in which we find ourselves. This is the year when everyone needs to take an Advent class, because wherever you are you can sign into Zoom for 75 minutes. We are offering two times.

His parents called him Jesus. But the prophets, shepherds, wise men and angels addressed him by other names – including Messiah, Savior and Emmanuel. Join us as we explore the meaning behind these titles, what they tell us about the baby whose birth we celebrate at Christmas and the significance of that Christ child for our lives today.



**Register online.** A discounted price of \$10 is available for the first 40 people who register and pay online. These books will be distributed on Sunday, Nov. 22 at our Advent Caravan drive-through event. If you register later, you can obtain your own copy from Cokesbury or Amazon.

### Other Opportunities for Growth

**ALL REGISTRATION FOR THE FOLLOWING OFFERINGS IS ONLINE AT:** <https://umcstmarks.org/classes/adult-spiritual-growth-opportunities/>. Facilitators will then email you with specific information, including Zoom links, for each opportunity.

#### Wednesday Morning Study Group 10-11:30 a.m. via Zoom

We began the new study, "A Way Through the Wilderness – Growing in Faith When Life is Hard" by Rob Renfroe, on Oct. 28. This six-week study concentrates on how one can use God's way to travel through difficult, lonely and desperate times in life. The class book may be ordered from Cokesbury.com or any other online book site.

#### Sharing/Family Life Sunday School 1-2 p.m. Sundays via Zoom

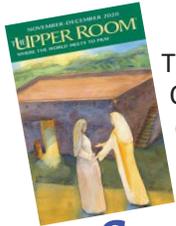
The class is exploring two social justice topics in early November with guest presenter, Alberta Farnsworth – the first being "Rehumanizing the Other and the Choice to Forgive," based on the story of the Prodigal Son (Nov. 8), and the other on John Wesley and some of his general rules that pertain to social justice (Nov. 15) using Ephesians 4:15-16. On Nov. 22 the class will discuss "The What, Who and When of Thankfulness." On the Sunday after Thanksgiving (Nov. 29), the class will begin the four-week Advent study of "Incarnation" by Adam Hamilton.

## Bishop Offers Blessing for You

In the most complex time of national, global and church life, I hold you in prayer daily. As we wend our way through this, we are reminded of the assurance of a hymn written in 1887 by Anthony J. Showalter who experienced the grief of the death of loved ones. He wrote these words, which have meaning for us today: "What have I to dread, what have I to fear, Leaning on the everlasting arms; I have blessed peace with my Lord so near, Leaning on the everlasting arms." May the strength of God's love be with you and your loved ones; may your ministries of compassion and grace give support to others. Be well and stay safe!

*In Christ's love,  
Bishop Bob Hoshibata*

## New Devotionals are Available



The November/December Upper Room and the October/November/December Our Daily Bread devotionals are available for pickup in the black mailbox outside the office door.

## Special Event

### Finding Your Voice: A Contemplative Writing Retreat

7 p.m. Nov. 13 to 3 p.m. Nov 14 via Zoom. Price \$30.



During these very challenging times, we need places to help us listen to God as well as ways to express our deepest thoughts and prayers. This online retreat is offered as one of those places in the midst of pandemic and polarization to help you "find your voice." Robin Pippin, recently retired from The Upper Room, is well-equipped to be our guide in

this process. Time for writing is built into the schedule as well as time for worship. Sponsored by Adult Spiritual Growth, the Upper Room and the Desert Southwest Conference 5-Day Academy for Spiritual Formation. **To register for this event, please go directly to: <https://dscumc.org/arizona-five-day-academy/>**



## Volunteer Ushers Needed

An Usher is (a definition specifically for St. Mark's) a person who greets you warmly, who may help you find a seat, a hearing device, a tissue or cough drop, the restroom, a devotional and other current information about what's happening at St. Mark's; a person who can help you if you feel ill or faint during the worship service, call 911 if you have an emergency and wait with you for help to come; someone who assists the worship leaders in making the service run smoothly and wishes you well as you leave. The ushers "shepherd" the "flock" during worship. (No crook required!)

If you have been an usher or want to be, when we move to having corporate worship again we will need ushers. These caring people may have a few new duties, such as taking temperatures and offering masks to those who forgot theirs. Please contact Pat Small at (see directory). And many thanks to those of you who have already said you will be willing to serve as an usher!! ☺

## Update from Worldwide

## Christian Support Task Force

### Voice of the Martyrs -- Part 1

The Voice of the Martyrs is a nonprofit, interdenominational missions organization that serves persecuted Christians around the world. It is dedicated to inspiring believers to deepen their commitment to Christ and fulfill His Great Commission, no matter the cost. It was founded in 1967 by Richard and Sabrina Wurmbrand and reflects the philosophy of the founders who were imprisoned, tortured and persecuted in Communist Romania for many years after WWII until Richard's release from prison in 1964 and his final ransom in December 1965. More of their story will be in the December Messenger.



Voice of the Martyrs has a worldwide network of more than 30 offices that provides relief to families of imprisoned Christians in Islamic nations, Communist nations and other countries where Christians are persecuted because of their faith. It especially provides practical relief and spiritual support to the families of Christian martyrs, including relocation to friendlier environments if that is the only option. When needed, VOM provides education opportunities for school-aged children and helps wives who may have never worked to learn ways to support their families.

It is most active in countries where government-sanctioned circumstances or anti-Christian laws lead to Christians being harassed, imprisoned, killed or deprived of possessions or liberties because of their Christian witness. It is also active in countries where government policy or practice prevents Christians from obtaining Bibles or other Christian literature and in countries where the government consistently attempts to provide protection for the Christian population but where Christians are routinely persecuted by family, friends, neighbors or political groups. Like Open Doors USA, Voice of the Martyrs is a critical support organization for persecuted Christians around the world, working to allow Christians to freely practice their faith wherever they might live.

If you would like more information about persecuted Christians or to join the Worldwide Christian Support Task Force, email us at [christiansupport@umcstmarks.org](mailto:christiansupport@umcstmarks.org) or mail a note to the church office.

# Report from the Finance Committee

St. Mark's financial performance through Oct. 20 is as follows:

	Actual YTD	Budget YTD	Variance to Budget
<b>Total Income</b>	\$ 907,411	\$ 1,033,080	(\$ 125,669)
<b>Total Expenses</b>	<u>895,797</u>	<u>1,033,776</u>	<u>(137,979)</u>
<b>YTD Difference</b>	<b>\$ 11,614</b>	<b>( \$ 696)</b>	<b>\$ 12,310</b>

Although we have a positive balance of \$11,614 year-to-date, actual income is \$125,669, or 12%, under budget. We are still in a good financial position as a result of the generous contributions by the congregation and the wonderful way committees have controlled expenses.

COVID-19 is creating economic issues for everyone. Our campus may be closed, but our church is still open. St. Mark's still needs to pay for utilities, maintenance and repairs. Our Sunday worship may be online instead of in person, but we still need to pay for technology, both hardware and software as well as technical know-how, to bring you the Sunday service. The same is true for Bible study classes and committee meetings held using Zoom. Financial contributions by our Missions Committee continues, but the dollar amounts for those contributions have been reduced. St. Mark's needs your continued financial help and support.

Please keep up your financial contributions. You may give online by going to <https://umcstmarks.org/giving>. You can also mail your check to a secure mailbox at St. Mark's United Methodist Church, 1431 W Magee Road, Tucson, Arizona 85704. Thank you for your continued support.

*Bill Zermuehlen, Finance Chair*

## Thank You for Supporting the New Kitchen

With gratitude, the Finance Committee and Board of Trustees sincerely thank those who contributed to, worked on behalf of or supported the St. Mark's Kitchen Remodel Campaign or the Kitchen Shower. These initiatives were a tremendous success. Through your *Helping Hands, Nourishing Hearts*, we have a beautiful, fully equipped kitchen. It is safe and efficient, and St. Mark's will more effectively offer hospitality to our constituents and those we minister to within the community. Below are the results achieved on each initiative:

**Kitchen Remodel Campaign** – Receipts of **\$270,159** with Disbursements of **\$266,283**.

**Kitchen Shower** – Estimated value of gifts and donations to purchase gifts **\$4,789**.

The St. Mark's kitchen team worked diligently to inventory items during the construction phase. In this process, the team refined kitchen contents based on the proposed space and developed a Wish List that became integral to our Kitchen Shower project. It included kitchen essentials and pans and utensils that met the new ovens' size and commercial

dishwasher's requirements.

We are delighted to report on the Kitchen Shower's success. You fulfilled **ALL** items on our Wish List with your gifts or donations for Kitchen Shower purchases. Everything is now clean, shiny and neatly arranged in new cabinetry according to the design's updated flow. We know you will be proud of our kitchen and want to show it off to family and friends.

According to the adage, "A picture is worth a thousand words." So, we believed it would be meaningful to share the awe-inspiring impact of your collective giving. The Kitchen Shower picture reflects the outpouring of love and generosity from *Nourishing Hearts*. This picture also depicts just some of the depth and breadth of essentials that enable our *Helping Hands* to continue their stellar hospitality. We hope you enjoy these pictures until you can see everything in St. Mark's beautiful, fully equipped kitchen!

*Lezley Barth and John Cecilia  
Co-Chairs, Kitchen Remodel Campaign*



## Missions Update

The Missions Committee's October disbursements were \$1,500 to Emerge!, a center providing hope and safety to people experiencing domestic violence; and \$900 to UMCOR, the United Methodist Committee on Relief that responds to people's emergency needs during disasters and assists them in rebuilding. We also provided \$240 out of our Change the World Fund to restock the pantry of Youth on Their Own with cleaning supplies. The Interfaith Community Services food collection continues from 10-11 a.m. every Tuesday and Saturday in the north parking lot of the church. We just recently surpassed the 10,000 pounds donation challenge and plan to keep going, thanks to the generous giving of the St. Mark's congregation! Our heartfelt thanks to each one of you!

*Pat Kittrell, Chair*

## Nash Neighbors to Collect \$25 Gift Cards for Christmas Joy

As partners with Nash Elementary School, St. Mark's has made a real difference with students, staff and families over many years. Even during COVID, your compassion and gifts have provided much-needed classroom supplies, provided extra cleaning supplies a monthly tion to Nash the Com-Bank. Again are collect-that will be lected Nash this stressful Christmas might be a bit brighter for their children.



and enabled food distribu-families from munity Food this year, we ing gift cards given to se-families so in time, Christ-

During the two weeks of Sunday, Nov. 8 through Friday, Nov. 20, we invite and encourage you to generously contribute to the collection/purchase of **\$25 gift cards from Target or Walmart**. Though we have not gathered in person at St. Mark's for months, you have continued to support the mission of our church in many ways and the following suggested ways to help us collect cards are probably familiar to you by now:

**.Online giving via <https://umcstmarks.org/giving>**, designating your donation for Nash Gift Cards;

**.Mail a check** (clearly marked for Nash Gift Cards) to the church. If you use the mail, checks are preferable to mailing actual gift cards;

**.Four drive-through opportunities** to bring your cards or cash. Come by and look for some friendly Nash Neighbors faces in the north parking lot:

**11 a.m.-noon Sundays, Nov. 8 and 15**

**10-11 a.m. Thursdays, Nov. 12 and 19**

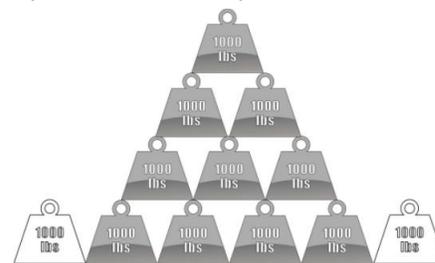
Thank you in advance for your generosity in helping make Christmas a bit brighter for Nash families for whom COVID has made life harder.

## St. Mark's Smashes ICS Food Challenge

Our congregation has responded to our challenge in a great way – WE HAVE EXCEEDED OUR GOAL!!! Our year-to-date total is 10,071 POUNDS, as of Saturday, Oct. 31! The weekly donations have increased, and we have helped to provide thousands of meals to those suffering from food insecurity in our community through the Food Bank at Interfaith Community Services this year.



In August, when we embraced the 10,000 Pound Challenge by the end of the year, it was a real stretch given the rate of



our donations at that time. Our congregation has enthusiastically responded and here we are two months ahead of schedule. We have a lot of momentum going and could possibly even raise 15,000 pounds by

the end of the year. Those receiving the food and the staff at ICS are grateful.

If you have not yet participated in our food drive efforts, now is a great time to consider doing so, if you can. Pick up a few extra non-perishable items when you are shopping and bring them to our north parking lot between 10-11 a.m. on Tuesday or Saturday mornings. A safe drop-off process is in place.

COVID-19 cases are on the rise, the number of families suffering from economic hardship has increased, individual benefits are expiring for many, and the holidays are rapidly approaching. All of this is causing a greater need for food assistance in Pima County than ever.



Thanks so much for your help. Our St. Mark's community is making a big impact.

*John Yost, ICS Liaison*

*Missions news continued on page 9*



# Youth Ministry

The latest news for High School, Middle School and PreTeen Students!



## Adventures of the Youth Directors



### November Birthdays

- 11/12—*Sam Hala'ufia*
- 11/15—*Keves Velasco*
- 11/24—*Rose Sanchez*
- 11/20—*Ryan Hickerson*



### Confirmation News

This year's Confirmation class is still going strong each week on Zoom. It's been such a great experience to see us all still connect and grow, even if it's a little different than we are used to. Thank you to you amazing Confirmation students for showing up and being patient! You rock!

What's better than worshipping on your couch in your PJs!? Worshipping with your church family! Soon we will be starting some small outdoor worship here at St. Mark's and we are so excited. If you want to join us for that, see the front page for more information!





## THANK YOU!



Thank you to everyone who helped with the Pumpkin Patch. The whole community was so excited to see all of that orange outside, and we really couldn't have done it without you! It was wonderful to see you in person, even behind a mask! We had many people stop by and tell us how they missed

our pumpkin patch last year and were excited to see us back again. WE couldn't have done it without all of our amazing volunteers!

## Youth Group on the 3rd Sunday



Rachel and Kim love the community that the youth here at St. Mark's have. While Zoom, Facebook, and texts are VERY different from what we are used to, our community is still here, and still strong! Remember, for now our meeting night is the third

Sunday of the month. Keep your eyes peeled for new information! Hopefully we can meet in person soon.

## ATTENTION ALL MEMBERS:

### Update Your Contact Info in Church Directory

Have you ever reached for your St. Mark's directory to get ahold of someone, only to learn the phone number in the directory was not up-to-date? We hope this has never happened to you, but the reality is that phone numbers change all of the time. So we are asking for your help to make sure people from the church are able to reach you. To help keep us together during this crazy time, we are reaching out to people who are listed in our directory in a variety of ways about their contact information to make sure what we have is up-to-date. Our hope is to have the take-home directory be as updated as possible.

If you are not sure if your information is up-to-date for the take-home directory or if it has just been a while since you updated your information with the church, please let us know! You can send questions or updated information to [stuart@umcst-marks.org](mailto:stuart@umcst-marks.org).



With Halloween behind us, we anxiously wait ... We wait to be able to gather again for worship and Preteen on Sundays, we wait to return to school full-time, we wait for Thanksgiving and of course we wait for Christmas when we celebrate Jesus' birth. While we wait, I will continue to send out weekly Preteen (and Soul Station) emails. In November we will focus on what we are thankful or grateful for. If you have an idea, accomplishment or story you would like to share with the group, email it to me and I will be happy to include it in the weekly email. Sharing pictures and videos is another way we can stay connected. So don't be shy, send me a picture of yourself completing one of the Preteen email projects or of one of your accomplishments. If you are not already receiving the weekly Preteen emails, email me at *(see directory)* and I will add you to the list.

*Blessings – Julie*

## How being a Christian is like being a pumpkin.



God picks You from the patch and brings You in.

*(John 15: 16)*

Then He washes all the dirt off of You.

*(2 Corinthians 5: 17)*

He opens You up and scoops out all the Yucky stuff. He removes the seeds of doubt, hate, greed etc.

*(Romans 6: 6)*

Then He carves You a new smiling face.

*(Psalm 71: 23)*

And He puts His light inside You to shine for all the world to see.

*(Matthew 5: 16)*



## PRAYER CORNER

We are a praying community at St. Mark's. Besides Sunday worship, you may submit prayer requests by email to [prayerchain@umcstmarks.org](mailto:prayerchain@umcstmarks.org).

Jared Bowman and family  
Deb Cushman  
Jim Deyoe  
Judy Drescher  
April DuBoce

Marge Frazer  
Keith and Mary Ann Glazier  
Mary Sanders  
Ana Luisa Terrazas

Carol Underwood  
Jackie Vickers  
Judy Wickham  
Lindsay Williams

*Missions, Continued from page 6*

### TIHAN GOINGS-ON

Just as COVID-19 has affected other events and programs, it has also affected the Tucson Interfaith HIV/AIDS Network. As an example, its annual family Christmas party is canceled, therefore, there will be no Christmas tree filled with donated children's ornaments. However, please read below for other ways you can support this worthy program during November and December. **All collections (money or donated items) may be brought to the church's north parking lot during November and December at the same time food is collected for ICS – 10-11 a.m. Tuesdays and Saturdays.**

**Poz Café, Nov. 19** – St. Mark's is one of three faith communities to sponsor Poz Café in November. This luncheon will be a traditional Thanksgiving meal. The food will be prepared and boxed on Nov. 19, and TIHAN clients will receive a meal and Care Package in their cars or in person. St. Mark's will collect **dish detergent (suggest Dollar Store), toilet paper and facial tissues (Costco has the best deals for these items)**, which will be given to each client or Care Partner. Though these are accepted at any time, if you bring them the first two weeks of November, they will be distributed on Nov. 19.

In addition to the above requested items as part of their Care Package, **each client will also receive a Christmas gift** that day. If you would like to help make the holidays brighter for TIHAN clients, please consider donating something, worth about \$25 – suggestions below:

- \$15 or \$25 gift cards to Target, Walmart or Fry's
- Dishes/Pots and Pans
- Blender/Toaster
- Coffeemaker/Kitchen Knife Set
- Kitchen Towels/Pot Holders
- Silverware
- DVD Player
- Cologne/Perfume
- Bed Sheets/Pillows
- Bath Towels/Bath Rugs
- Blankets
- Purse/Wallet
- Hair Dryer
- Jumper Cables
- Hand Tools/Screwdriver Set
- Family Games

*Linda Girard, TIHAN Liaison*



### Cleaning Supplies for Youth On Their Own

The St. Mark's Missions Committee and some individuals from that committee recently purchased cleaning supplies for Youth On Their Own. These are items to help keep the students' living areas clean and safer. The students often do not choose to use their limited funds for these kinds of supplies.

*Lorri Jordan, YOTO Liaison*

### UMW Craft Circle Hosts Craigslist Craft Fair

Since we are not able to have our fall craft fairs, the United Methodist Women Craft Circle is selling some craft items on Craigslist to raise money for missions.

We invite you to participate in our virtual "Craft Fair." Just go to Craigslist Tucson and enter "homemade" in the search box. Our craft items will be easy to find because the first word of our posts is "**HOMEMADE...**" (all caps followed by 3 dots). If you find something you would like to purchase, reply to the post on Craigslist, and encrypted emails will be our mode of communication to make arrangements for delivery of your purchase. We post new items often, so be sure to check Craigslist regularly. You can select from **crocheted or quilted items, wooden holiday boxes, crosses, wreaths, fabric, stuffed friends and holiday items. We have items for pets as well.**

Contact Bonnie Sargent at (see directory) if you have any questions.

# Mental Health & Living in the Times of COVID-19

Words from the Counselor-in-Residence, Lane Harmon, MC, LPC (520-297-6228)

These are difficult and challenging times for everyone. The global pandemic has impacted almost every aspect of our life. We may be grappling with job insecurity and safety (if not for ourselves, then for people we love), living arrangements, economic hardship, educational choices and limitations and complex health conditions. We are probably all trying to process the “new normal,” which requires us to think about and make decisions never before faced. We have to consider deeply one of our most fundamental needs, “**how to be safe.**” Decisions regarding safety can be very difficult, complicated and stressful.

## Anxiety:

Feeling a lack of safety can increase anxiety. You may notice you or your loved ones (children, too) are more anxious than normal or easily triggered (by the news, or a conversation with a friend or family member). Perhaps you have always had manageable anxiety but notice through this time you are less able to cope. You might notice recurring intrusive thoughts or concerns that can be impacting your sleep, mood, appetite and energy level and threaten an overall sense of well-being.

## Depression:

Trying to assure your safety and that of loved ones can often feel isolating. Experiencing degrees of isolation (even for very good reasons) can sometimes create the onset of **Situational Depression** (a short term, stress-related type of depression that can develop after you experience a traumatic event or series of events). Isolation can also intensify prior manageable biological depression. We may not be able to see anyone or just a few people in our small circle and venturing out into the world can feel challenging or even daunting. How do we create and maintain connections with others and shape new healthy experiences during a global pandemic? Humans are not meant to live in isolation. Connection to others is fundamental for mental health and yet how do we manage this most basic need? This is a question for ourselves, our partners, our children, grandchildren, friends and community.

## Grief:

It is important to understand these are extraordinary times. We can be experiencing many significant losses throughout

our daily lives. Life continues with births and deaths with none of the normal ways to welcome new life or say our goodbyes. Loved ones have died alone and some families and friends have been unable to gather to honor their losses. There can be deep grief for these many layers of losses, and our isolation doesn't offer the support we need to heal. Healing in grief is not done alone. We need the care and community of others to heal in our grieving journey.

I hope to normalize this simple reality. We might just need more to sustain our mental health during this time. It can be awakening for our emotional well-being to name our own unique struggle. This one step can offer the courageous invitation toward asking for help, care and support (which everyone deserves).

As **Counselor-in-Residence** I would like you to know this ministry is hard at work providing care and is available to you through a number of programs.

● **Weekly Grief Support Group** now meets on Zoom. (If you are interested or have questions please call me at 520-297-6228.)

● **Individual and Couples Therapy** via teletherapy (If you are interested or have questions please call me at 520-297-6228.)

You can also call 520-297-6228 and speak to me with any questions or if you would like some help in finding other resources in the community.

Here are some other ideas and resources that could be helpful during this time.

1. **Create a healthy daily routine** – Our bodies, mind and spirit need care, and regular attention can be essential and help us access our own resilient nature (movement, healthy diet, sleep, prayer and meditation). This is important for all ages.
2. **Reaching out** – Stay in touch with family and friends through socially distanced walks in the neighborhood or parks, weekly family Zoom meetings, emails and yes, even old-fashioned letter writing.
3. **Classes** – St. Mark's has offerings of small worship and classes and other opportunities to safely meet with others. There are also online book clubs, online games, volunteer opportunities and online artistic and other creative endeavors.

## Community Resources:

- \*NAMI of Southern Arizona 520-622-5582
- National Suicide Prevention Helpline 1-800-273-8255
- National Domestic Violence Hotline 1-800-799-SAFE
- \*AA 520-624-4183
- \*AL-Anon 520-323-2229

\*These organizations currently offer Zoom meetings and some social distancing – with masks – in-person meetings.

I extend to you much care, and I hope you will reach out if you could use some extra support during this difficult time.



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Email:  
[info@umcstmarks.org](mailto:info@umcstmarks.org)  
Website:  
[www.umcstmarks.org](http://www.umcstmarks.org)

Lead Pastor:  
Rev. Sharon Ragland  
Associate Pastors:  
Rev. Stuart Salvatierra  
Rev. Dr. Evy McDonald

Sunday Worship  
Livestreamed  
9:45 a.m.  
[umcstmarks.org](http://umcstmarks.org)  
Facebook  
YouTube

## Missions Fundraisers At-A-Glance

<b>Sponsoring Group</b>	<b>Dates and Times</b>	<b>Collection</b>	<b>Method and Contact</b>
Nash Neighbors Committee	11 a.m.-noon Sundays Nov. 8 and 15 and 10-11 a.m. Thursdays Nov. 12 and 19	Gift Cards for Nash for Christmas: \$25 from Target or Walmart	Drop off at church on dates listed or send to church. Sue Pierce
TIHAN—Poz Cafe	10-11 a.m. Tuesdays and Saturdays through November	Toilet paper, dish detergent and facial tissues	Drop off at same time as regular ICS donations. Linda Girard
TIHAN—Holiday Gifts	10-11 a.m. Tuesdays and Saturdays through November	Suggested list of \$25 gifts for adults, or \$15-\$25 Target or Walmart gift cards	Drop off at same time as regular ICS donations. Linda Girard
Missions Committee	10-11 a.m. Tuesdays and Saturdays Special "stuff the van" events Nov. 14 and 22 and Dec. 12	Food for Interfaith Community Services	Drop off in north parking lot. John Yost
United Methodist Women	Ongoing	Money for UMW mission fund	Craigslist – selling craft items. Bonnie Sargent
United Methodist Women	Through Nov. 15	Money for UMW mission fund	Bakeless Bake Sale—Send money to church. Alice Brown
Missions Committee – Thanksgiving offering	Letter goes out Nov. 4	Money for Change the World fund	Send money to the church. Pat Kittrell
Missions Committee – Christmas offering	Letter goes out Dec. 2	Money for Nash fund	Send money to the church. Pat Kittrell

**Address Service Requested**

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*Reflections*

*Love Your Neighbor*

Here it is – Election Day. As I’m writing this early the morning of Nov. 3, I’m aware that polls are just opening on the East Coast and will open – and then late tonight, close – across the country. Whatever happens today and in the days to come, I remember that we are first and foremost followers of Jesus, the one who came to bring hope and peace to a hurting world. His message wasn’t just for long ago, but for today, too. Jesus’ followers are called to live in his image, to live into the Greatest Commandment, “to love the Lord your God with all your heart, soul, mind and strength and your neighbor as yourself.” It’s simple really. Love God. Love your neighbor. Cover that over everything.

No matter what happens in these next days, St. Mark’s will continue to work to live out that Great Commandment. Here are some reminders:

.Our first Advent Caravan will be 11 a.m. to 1 p.m. Sunday, Nov. 22. Mark your calendars! You can do any or all of these things: Bring your Anchored in Hope 2021 stewardship commitment card to church, 11 a.m-2 p.m. Drive through from 11-1 p.m. for an Advent Box and other activities.

.We’ve reached our 10,000-pound goal of food donations for the Interfaith Community Services food bank. We continue on!

Our next goal is 14,000-15,000 pounds this year. North parking lot, 10-11 a.m. Tuesdays and Saturdays. At the same times in November, you can bring supplies and gift cards for TIHAN.

.We’re beginning other mission projects – donations of gift cards for families at Nash Elementary School. 11 a.m. to noon Sundays, Nov. 8 and 15 or 10-11 a.m. Thursdays, Nov. 12 and 19.

See inside for more details.

We begin outdoor in-person worship at 9 a.m. Sunday, Nov. 8 on the west patio. Nov. 8 is already full, but you can get on a waiting list. Beginning every Sunday night in November you can register for the following Sunday at <https://umcstmarks.org/latest-update>. If you are signed up to receive the Pastor's Weekly Email, you will receive an email Sunday evening with the signup link.

Advent begins on Sunday, Nov. 29. This year our theme is “Our Deepest Gifts” – Hope, Peace, Joy and Love. I invite you to go deeply into our walk with Christ this Advent. Even better – let’s begin today to commit to, above all else, “love God and love neighbor.”

*Blessings, Sharon*