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“Seasons of Renewal: Recharging in God's Grace”

By Pastor Eun Ko

Dear Beloved Members and Friends of FUMC Tucson,

As summer draws to a close and we prepare for the upcoming months, I find myself reflecting on the theme of recharging and renewal. This summer, I was blessed to have my brother's family visit us all the way from San Mateo, California. Though their stay was short—just three days—it was filled with joy and reconnection. It was especially meaningful for Halla to reunite with her cousins, Kyungbong and Lucy, both of whom are attending UC Davis.



Additionally, our Korean congregation had a summer retreat for the first time since I arrived at FUMC Tucson. We gathered in Tucson for a time of fellowship, worship, and renewal. We made our own kimbap for lunch—something so simple but special, as described in the New York Times: "Kimbap, or seaweed rice, is often mistakenly referred to as sushi, but it is a popular Korean dish with its own unique flavors and history." After lunch, we began our retreat with an opening worship service, followed by dinner, games, and a meaningful communication program called "Let's Know Each Other More." The evening ended with laughter, joy, and a renewed spirit, all in the name of community and fellowship.

(continued next page)

## Seasons of Renewal: Recharging in God's Grace cont.

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On Labor Day, we closed our retreat with a visit to Saguaro National Park. For one of our students, it was their first time ever seeing the beauty of the park! We shared lunch, took in the sights, and ended the day recharged by the beauty of God's creation.

As we move forward, I pray that each of you finds moments to *recharge and renew* in the spirit of God, through community, fellowship, and reflection. Let us lean on the words of Isaiah 40:31:

**"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."**

"오직 여호와를 앙망하는 자는 새 힘을 얻으리니 독수리의 날개치며 올라감 같을 것이요  
달음박질하여도 곤비하지 아니하겠고 걸어가도 피곤하지 아니하리로다 (이사야 40:31)."

May this be our prayer and our guide as we enter into the next season, refreshed and renewed in God's grace.

In Christ's love,

Rev. Eun Young Ko

### Bishop Carlo's Video Message

Watch and share Bishop Carlo's video message about his dual assignment to the New Mexico Conference and the Desert Southwest Conference as of September 1, 2024. Check out the FAQ page at <https://dscumc.org/dual-conference-faq/> to learn more.

Video message here: <https://youtu.be/vsjKiVG4fRY?si=PtGSvULc56oaGgIm>



## What's Happening at First Church of Tucson!

*Below left:* Korean young adults who stayed in Tucson this summer went on a movie outing on the afternoon of July 14th. They watched "Inside Out 2" and then had dinner, getting to know each other better. Three of them cried during the movie, while the other three, including myself, did not. It was interesting to see how their different personality types were reflected in their reactions!



*Above right:* Graduation parties are very popular in the U.S., but not as much in Korea. Andy Min hosted my graduation party to celebrate the completion of my Doctor of Ministry program on July 19th at Kotu Korean BBQ. I felt deeply cared for by the Korean congregation, like family, which reflects the stickiness of Korean culture, much like how we love our sticky rice.



One Korean student, Siun Lee, worshiped with us for two Sundays while staying in Tucson for his summer project. Our location is crucial for students who need a spiritual place to nurture their faith. This is one of the reasons why our ministry must continue. Praise the Lord!

### **Korean Congregation Retreat (Sep 1-2, 2024)**



*Above:* Kimbap lunch at church

*(continued next page)*

Below left and middle: Group photos at the retreat. Right: Arm wrestling.



Below: An opening worship service



Visiting the Saguaro National Park

## Thank You Letter from the Black Quilting and Sewing Association

*Earlier this summer, the Nifty Needlecrafts sewing ministry donated a portion of its abundant fabric stash to a non-profit organization that teaches youth how to sew and quilt.*

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Dear First United Methodist Church Congregation,

I am writing to extend my heartfelt thanks to you for your generous donation of fabric to our Kuumba in Afrikan Arts Summer Camp – Beginners Quilting Class.

Your contribution played a crucial role in the success of our program, and we are deeply grateful for your support.

This summer, we had the pleasure of teaching children aged 7 to 15 the basics of quilt making. Thanks to the beautiful fabrics you provided, each child was able to create a lap-sized quilt. It was incredibly rewarding to see their faces light up with pride as they completed their projects.

Your donation not only provided us with the materials needed but also made it possible for us to offer this enriching experience to the children. Teaching the class was both fun and a valuable learning experience for all three instructors. We enjoyed every moment of guiding the children through the process and watching their creativity flourish.

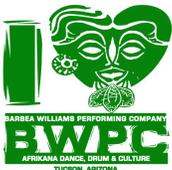
Without your support, we would not have been able to offer this wonderful opportunity. Your kindness has made a significant impact on our community, and we are truly grateful for your generosity.

Thank you once again for your support and for helping to make our Kuumba in Afrikan Arts Summer Camp – Beginners Quilting Class a memorable and successful experience for everyone involved.

Warm regards,

Derri Sanchez, Quilting Instructor  
Christiana Ageh, Quilting Assistant

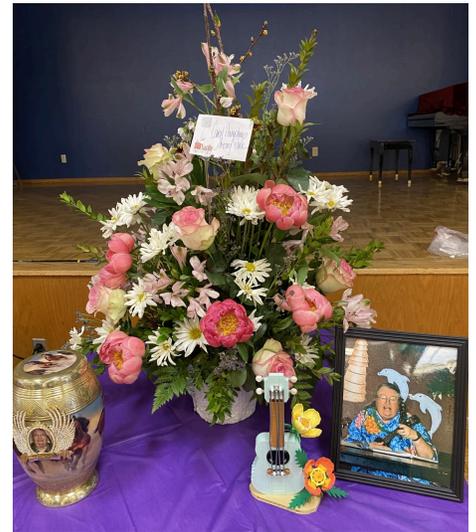
Black Quilting and Sewing Association  
Under the umbrella of Barbea Williams Performing Company, Inc.  
PO Box 2775 Tucson, Arizona 85702



## In Memory of Carol Humphrey

By Nan Rollings

Longtime church member Carol Humphrey died in Coolidge, AZ, on January 18, 2024. This photo from June 14 was taken at Armory Park Senior Center, where Carol had a huge impact as Director and later as a volunteer over 23 years. She was also active in the Wesley Foundation and shared talents with crafts and on the ukulele. Pastor Raven, Joyce Holloway, Chuck Humphrey, Terri Davis and Nan Rollings represented FUMC at a celebration organized by her daughters Bobbie and Shawna.



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## What's Yellow, Juicy, and Shows Up in Large Quantities in September?

That's right: corn! It's almost time for our annual **Corn Roast**. This year it falls on the 22nd, which is the 4th Sunday of September. The feast begins immediately after the 10AM worship service finishes.

The church will supply the juicy cobs of corn, butter, salt and pepper, salad, and rolls. We ask YOU to bring your favorite pie to share. There will be a signup sheet on the Social Hall stage for pies.



## Church Conference in October

We will hold a Church Conference on Oct 1st at 7PM. (SPRC will meet at 6PM.)  
Please remember and pray for the holy conferencing!

THIS WEEK'S  
ANNOUNCEMENTS & GATHERINGS

**10AM SUNDAY SERVICE**

Join us in person for our English-language service! Or you can watch it live online at <https://www.youtube.com/c/TucsonFirstUMC>.

**한국어 사역**

주일 오전 11시 30분에 한국어 예배가 현장예배와 온라인예배로 진행됩니다. 기도와 참여 부탁드립니다.

**WEEKDAY GATHERINGS**

**Women on a Spiritual Quest (WSQ)**

-WSQ meets on Mondays at 4:30PM in the library.

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**Narcotics Anonymous (Underground)**

-NA meets at 7:30PM on Monday evenings in the Arizona room.

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**All God's Creation (AGC)**

-AGC meets on Tuesdays at 3PM over Zoom.

[Zoom ID: 994 3610 1655](https://www.zoom.us/j/99436101655) [Passcode: 6226481](https://www.zoom.us/j/99436101655)

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**Bible Study**

-Current focus: The book of Romans  
-Led by Pastor Raven in the church library on Tuesday evenings at 6:30PM

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**Chancel Choir**

-Practice on Thursdays at 6:30PM in the Sanctuary.  
-A shorter rehearsal on Sundays at 8:50AM.  
-Meet our new music director and new accompanist!

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**Progressive Book Study (PBS)**

-PBS meets on Thursdays at 3:30PM over Zoom. The current book is "Poverty, by America" by Matthew Desmond.

Questions? Call Rev. Gaston at (520) 323-1611.

[Zoom ID: 980 1573 8087](https://www.zoom.us/j/98015738087) [Passcode: 6226481](https://www.zoom.us/j/98015738087)

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**Cocaine Anonymous (CA)**

-This support group meets at 7PM on Friday evenings in the Arizona room.



**We Need Your Help in the Kitchen!**

We would greatly appreciate having a few more volunteers in the kitchen for food prep before the 10AM worship service and for clean-up after Fellowship Hour. The work is not difficult at all, but plating cookies and washing dishes can be time-consuming with only a few people doing it.

A big **Thank You!** to all of you who have been helping out. Everyone at First Church is thankful for your gifts of time, effort, food, and monetary contributions.

## GIVING TO FIRST CHURCH TUCSON



When you attend Sunday services in person, the offering box is in the narthex for your generous giving. Head to our website [www.firstchurchtucson.org/give](http://www.firstchurchtucson.org/give) to give online. As always, you can mail in checks to the church office at the address printed on the front page. Alternatively, have your IRA advisor automatically make payments from your IRA.

**When we give to God from our hearts, it is always enough.** We see you, and we thank you for your commitment to making a difference in our community.

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## PRAYERS FOR OUR COMMUNITY

We offer our prayers for those in our community who are suffering, who are physically, mentally, & emotionally unwell, and for those caring for them.



We offer our prayers for these sister faith communities:

St. James UMC, Tucson  
St. John's UMC, Tucson  
St. Mark's UMC, Tucson

If you have a prayer request you would like to share in the Digest, please contact the church office at [office@firstchurchtucson.org](mailto:office@firstchurchtucson.org) or (520) 622-6481.

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## BIRTHDAYS

Juyeon Lee (Sep 1)  
Diane Russell (Sep 3)  
Leonard Santos (Sep 5)  
Shirley Murray (Sep 14)

Elizabeth Rollings-Friman (Sep 15)  
Phillip Cahill-Gordon (Sep 18)  
Grace Ageh (Sep 22)

Kathy Min (Sep 22)  
Margo Kahler (Sep 25)  
Trang Phan-Haney (Sep 27)

## ANNIVERSARIES

Pedro & Gretchen Lopez (September 1)  
Tripp & Phillip Cahill-Gordon (September 8)

*(If we have missed your birthday or anniversary, please let us know so we can update our records!)*

### September Meet'n'Eat

This is a fellowship time to visit with each other and see old and new friends.

The next Meet'n'Eat is on **Friday, September 13th at 11:30 AM** at the Olive Garden on the northeast corner of Oracle/Wetmore ([300 W Wetmore Rd, Tucson, AZ 85705](http://www.olivegarden.com)).

If you're interested in coming, please notify the church office or Shirley Murray at (520) 297-4796 by Wednesday so she can reserve enough seats at the restaurant.

# Animal & Environmental Holidays for September 2024

By Diane & Victoria Russell



## September 4th – National Wildlife Day

Created in 2005 by Animal Advocate Colleen Paige to raise awareness of the conservation efforts for endangered animals locally and from around the world. Ways to help include donating or volunteering to animal conservation groups, and becoming a voice for the voiceless.



## September 16th – International Day for the Preservation of the Ozone Layer

In 1994, the UN General Assembly proclaimed this day for the world to help protect the ozone layer of the earth. The ozone layer is a fragile gas shield that protects the Earth by absorbing harmful ultraviolet-B (UV-B) radiation from the sun. The 2024 theme is “Ozone for Life”



## September 17th – World Manta Day

The Manta Trust created this day in 2020 to raise awareness to the threats that these manta rays face. Some of the threats include climate change, unsustainable tourism, and entanglement. This year’s theme is “The Power of Storytelling” - to help inspire conservation efforts.

## World Water Monitoring Day



## September 18th – World Water Monitoring Day

Created in 2003 by America’s Clean Water Foundation (ACWF) to raise awareness about the importance of routine monitoring of water sources. Ways to participate on this day include getting a water testing kit and analyzing your own water from the tap for impurities.



## September 21st – International Day of Peace

Established in 1981 by the United Nations to invite all nations and people to honor a non-violence and cease-fire of all hostilities during this International Day of Peace. The 2024 theme is: “Actions for Peace: Our Commitment to the #GlobalGoals.”



## Sep 21, 2024 International Red Panda Day

The Red Panda Network created this day in 2010 to spread awareness of their plight. They are found in the Eastern Himalayas. Surprisingly, they are not related to the giant panda. They are endangered due to poaching, habitat destruction, and trafficking.



**September 22nd – World River Day**

Officially created by the UN in 2005 to celebrate the world’s rivers and to raise awareness about the importance of having clean rivers and to encourage increased stewardship. Ways to help include reducing pollution, using biodegradable cleaning products, limiting fertilizer & pesticide use and picking up litter.



**September 22nd – World Rhino Day and Elephant Appreciation Day**

Both rhinos and elephants are celebrated today to raise awareness about the plight of both of them. Sadly, both are being poached in the wild for their horns or tusks. Appreciate both of these amazing animals by learning about conservation efforts and ways to protect both of them for future generations.



**September 21st – September 27th – FSC Forest Week (Forest Stewardship Council)**

This is a worldwide campaign to raise awareness about the importance of sustainable forestry. By using products with the FSC logo, it verifies sustainable sources from the forest to the store. Having thriving forests is important in helping with climate change and protecting the environment.



**Fish Amnesty Day**



**September 28th – Fish Amnesty Day**

Created in 1997 by PETA to raise awareness about marine life and the important role that fish play in the ecosystem. Learn more about them and what you can do to protect them from cruelty. Fish have advanced nervous systems that can process and respond to pain.



First Church Tucson is an inclusive multi-ethnic faith community and a reconciling congregation of the United Methodist Church. Established in 1879 as the first Protestant church in our city, First Church Tucson continues to pave the way in creating a faith community that embraces all peoples into the grace of God.

As a courageous family of faith, we celebrate the diversity of all God’s children, welcome everyone to share in God’s love and grace, and offer a sanctuary of hope. We seek to be in ministry with all God’s people, regardless of gender, race, age, class, ethnicity, culture, country of origin, ability/disability, gender identity, and sexual orientation. We continue to work towards building a loving and faithful community in Tucson, and welcome all of you to be part of it.