



First United Methodist Church
915 E 4th St, Tucson, AZ 85719
www.firstchurchtucson.org

Pastor Ko (847) 345-8070 pastortucsonfirstumc@gmail.com
Office (520) 622-6481 office@firstchurchtucson.org
Office hours: Monday-Thursday 10AM-2PM

“Things You May Not Know You’re Thinking (Implicit Bias)”

By South District Superintendent Rev. Matt Ashley



I’ve read that roughly a third of America’s CEO’s are taller than 6’2” even though a very small percentage of the population is that height or more. Same phenomenon with U.S. Presidential Candidates – statistically throughout history the taller candidate has a better chance of winning.

This is of interest to me because I am the descendant of a long line of vertically conservative (short) English and Czech ancestors. I aspire to be neither a President nor a CEO, but the phenomenon still strikes me as unfair.

The human brain is hardwired to associate tall people with desirable qualities like strength, leadership, potential for success – whether or not a particular individual who happens to be tall exhibits those qualities. In a more brutal world when saber toothed tigers lurked and people had to stick together to survive, it made sense to hope that there were some big guys in the clan, and to look to those big guys for leadership.

Not that I should complain, as in most categories I have significant advantages in the assumptions people make about me – the kind of advantages that help people become CEO’s and U.S. Presidents, regardless of their height. I am middle-aged, white, heterosexual, male, educated, married, professional, middle class. I receive plenty of respect in my daily interactions with others, even if I don’t tower over them.

Younger people, older people, Black people, LatinX people, Asian people, LGBTQ people, women, people who didn’t go to college, single people, people working blue collar jobs, people who don’t work, people who live in less wealthy parts of town – all of them could tell me some things about the assumptions people make about them. Assumptions that I am making about them without even realizing it. Assumptions that may not be fair. And that’s why it’s important that I stop and listen and learn.

(cont. pg 2)

## Things You May Not Know You're Thinking (Implicit Bias) (cont.)

If I see a black cat, my mind automatically fills in the blanks – bad luck – based on what I heard about black cats in my childhood. I don't consciously believe black cats have anything to do with bad luck, but my unconscious mind will never be rid of that association. And like everyone else, my mind is hardwired to make the same kind of automatic associations about people – about tall people, about other people.

Back in the '90s, a couple of psychologists named Mahzarin Banaji and Anthony Greenwald coined the term implicit bias when they theorized that social behavior is largely influenced by unconscious associations and judgments. Implicit bias (aka unconscious bias) are the automatic associations and assumptions we make about other people without even thinking about it.

The trouble with implicit bias is that our automatic assumptions influence the way we treat people, often in very unfair ways. Becoming aware of our implicit bias is an important step in growing to love our neighbors the way Jesus loves.

I want to invite you to learn about the unconscious associations and judgments you make about other people and the world in one of the Desert Southwest Conference's upcoming Implicit Bias Workshops. You can learn more and register for one at

<https://dscumc.org/blog/2023/01/18/counteracting-bias-seeing-people-as-they-are/>.

Please note that Catalina UMC will be hosting an Implicit Bias Workshop right here in the South District on Feb. 18th. The training will be offered at other times and locations later this year, so if you don't see a date and location this month that works for you, please keep watching for more information.

On a personal note, my wife Felida and I were blessed to be with you on Sunday, Jan. 29th, and I was honored to speak in the 10am worship service. We appreciate your wonderful hospitality and are always grateful for First UMC's faithful and vital ministry. You are in our prayers.

Thanks for listening –

Rev. Matt Ashley

South District Superintendent of the Desert Southwest Conference

## Celebrating Black History Month

February is Black History Month, the annual observance of the history of the African diaspora. It has been observed in the month of February in the United States and Canada since 1976. It was begun as Negro History Week by historian Carter G. Woodson in 1926 with the goal of educating the American people about African American history. It concentrates on the cultural backgrounds and achievements of African Americans.

To celebrate Black History Month, Discipleship Ministries staff have offered a piece of African American history, culture or biography related to church music or worship practice and history each week day during February. There's lots here to learn about and celebrate. Please also browse among the many resources already posted here.



<https://www.umcdiscipleship.org/resources/celebrating-black-history-month>

---



## Lenten season of 2023

We invite all of you to the time of spiritual discipline during upcoming Lenten season.

### **Scripture Reading Challenge -The book of Psalms**

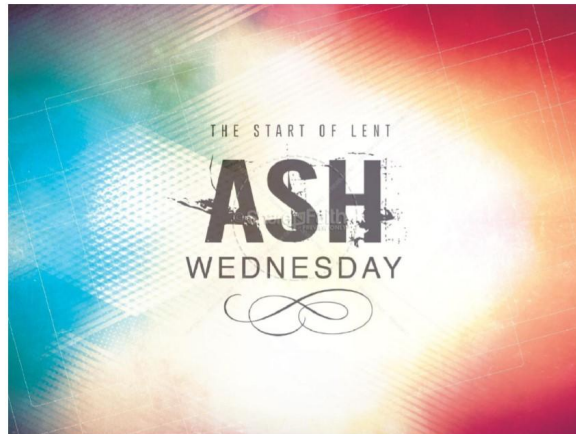
(Reflection group meets on Friday at 10:00 am at Rio Vista Natural Resource Park. We will walk on the Labyrinth)

### **Lectio Divina - every Thursday at 2:00 pm**

(Lectio Divina is a prayer of a four step dance with the Lord to read, to reflect, to respond, to reflect)

**(Scripture readings to be posted later)**





February 22nd 8:00 am to 9:30 am  
Ash Distribution in the church parking lot.

February 22nd 7:00 pm  
Ash Wednesday Worship Service



Feb 22– Ash Wednesday / Matthew 6:1-6, 16-21  
Mystery of God!

Feb 26—First Sunday in Lent / Matthew 4:1-11  
Be Free!

March 5—Second Sunday in Lent / John 3:1-18  
New Life!

March 12—Third Sunday in Lent / John 4:5-42  
Together!

March 19—Fourth Sunday in Lent / John 9:1-41  
Are We Blind?

March 26—Fifth Sunday in Lent / John 11:1-45  
Awesome Presence!

April 2—Palm Sunday / Matthew 27:11-54  
Deep Sorrow!

April 7—Good Friday / John 18:19-42  
Darkness of Good Friday!

April 9—Easter Sunday / John 20:1-18  
Only Love!



## An Invitation from Rev. Jerry Haas to Tour Nogales, Mexico (Feb 15<sup>th</sup>)

For the last ten years, Border Community Alliance has been offering Cross Border Tours to provide an opportunity for people to get a more comprehensive picture of our neighbor to the South. We've discovered that many people who live in Southern Arizona have never been to "the other side" (i.e. Nogales, MX) or if they have, only to visit a pharmacy or a dentist. Participants on the tour are often amazed to discover a vibrant city beyond the border of some 400,000 people, with inspiring nonprofit organizations and surprisingly effective leaders.

We call this the "come and see" tour. I'm writing to extend a special invitation to you, the Methodists of Southern Arizona.

Our first stop will be at the Mexican Methodist church where we'll meet Pastor Francisco and learn about his ministry. Next, we'll visit Casa de la Misericordia, a shelter for asylum seekers, resourced by our Methodist organization, AZ-JFON (Justice for Our Neighbors). We'll meet asylees and learn about JFON's outstanding work with this population. Before lunch, we'll stop at ARSOBO, a nonprofit dedicated to empowering people with disabilities with assistive devices (wheelchairs, prosthetics and hearing aids). After lunch, we finish the day with a driving tour of the newer section of Nogales, followed by coffee and flan at La Roca and a conversation with US Consul General Laura Biedebach or one of her staff persons.

The full price of the tour is \$95, but we offer the member rate of \$75 for Methodists on this tour. The fee pays for the cost of the rental van in Mexico (with a professional driver), expert guidance from my Mexican colleague, Alma Cota de Yanez, lunch, tips and the stop at La Roca. **Passports are required. The tour is limited to eleven participants, so register using the link below soon.** Tours typically begin with an orientation in Tubac at 8:30 am and end as we cross back into the US around 4:30 pm (NOTE: crossing times vary).

I'm happy to answer any questions you might have. Feel free to email me or give me a call.

Rev. Jerry Haas, retired Elder  
520-449-0327

<https://bca.app.neoncrm.com/eventReg.jsp?event=1603&>

## Introductory Lay Servant Ministries Course

**When:** March 4, 9AM–3PM and March 11, 9AM–3:30PM

**Where:** St John's UMC at 60 W Veterans Blvd, Tucson AZ 85713

**Why:** To begin the path of becoming a Certified Lay Servant

The Introductory Course is an overview of Lay Servant Ministries in the areas of Leading, Caring, and Communicating. It serves as the foundation for all advanced courses in many different areas. It is required to advance further in Lay Servant Ministries. Upon completing this course and one advanced course, a person is recognized as a Certified Lay Servant.

Facilitated by Linda Sterling, and Gretchen Lofgren, this course meets in person on Saturdays (March 4, 9:00 AM – 3:00 PM and March 11, 9:00 AM – 3:30 PM) at St. John's UMC at 60 W Veterans Blvd, Tucson AZ 85713. Attendance is required on both Saturdays to receive credit.

The cost of the class is \$15, and the class size is limited to 15 people. Use the registration form linked below to secure one of the 15 spots in this class. **The deadline for registration is February 17, 2023.**

<https://dscumc.org/event/introductory-lay-servant-ministries-course-at-st-johns-umc-tucson/2023-03-04/>

Masks are optional. No food will be served, but bottled water and coffee will be provided. Bring your own lunch, snacks, and your class book: "Lay Servant Ministries – Basic Course" by Sandy Zeigler Jackson and Brian Jackson. The class book is available for purchase from the following:

[Amazon](http://www.amazon.com/Servant-Ministries-Participants-Basic-Course/dp/0881776262) (www.amazon.com/Servant-Ministries-Participants-Basic-Course/dp/0881776262)

[Cokesbury](http://www.cokesbury.com/Lay-Servant-Ministries-Basic-Course-Participants-Book) (www.cokesbury.com/Lay-Servant-Ministries-Basic-Course-Participants-Book)

Questions about this event may be directed to Gretchen Lofgren, Co-Director of South District Lay Servant Ministries, at [glofgren22@gmail.com](mailto:glofgren22@gmail.com).

### **WANTED: A compassionate person to continue Lee Scott's ministry with Anthony.**

It's not easy being poor. Anthony is 63, rides a bicycle, has bad knees, no car, computer or any kind of bank account. He gets disability checks and food stamps, but needs a ride to pay his rent and occasionally some moral support. When Lee passed away, we stepped in. Bruce played chess with Anthony every week and Judith drove him to get groceries and to doctor's appointments. We have had to cut back on our activities with Anthony as each new health issue hit us. Now is the time for someone else to help Anthony.

If this is a blessing you feel called to bestow, please call Judith or Bruce at **520-319-9431**. Thanks.

-The Billings

THIS WEEK'S  
ANNOUNCEMENTS & GATHERINGS

**10AM SUNDAY WORSHIP SERVICE**

Join us in person, or watch the service Live at  
<https://www.youtube.com/c/TucsonFirstUMC>.

\*\*\*

한국어 사역

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

매주 목요일 저녁 7시, 성경공부가 줌으로  
진행됩니다.

Meeting ID: 998 6112 0822      Passcode: 6226481

**NOTICE:** Due to the increase in COVID-19 variant cases in Pima County and across the United States, our safety guidelines have been updated:

- **We are recommending a return to wearing masks inside the building for the next few weeks.** Social distancing is also in effect (minimum 6 ft between households).
- If you are not yet fully vaccinated or are immuno-compromised, or if you are not feeling well, we ask that you watch the YouTube livestream rather than attend in person.
- Choir members are required to be fully vaccinated in order to sing for the congregation during the service.

*These guidelines are subject to change with Pima County and CDC recommendations.*

**WEEKDAY GATHERINGS**

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

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

\*\*\*

**Narcotics Anonymous (Underground)**

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

\*\*\*

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

-AGC meets on Tuesdays at 3PM over Zoom. The group is reusing last year's book, "All God's Creatures: Daily Devotions for Animal Lovers 2021."

Zoom ID: 994 3610 1655      Passcode: 6226481

\*\*\*

**Chancel Choir**

-Practice is on Wednesdays at 6:30PM in the Sanctuary.

-Rehearsal is at 9AM on Sundays.

-The Christmas Cantata is coming up—don't miss it!

\*\*\*

**Progressive Book Study (PBS)**

-PBS meets on Thursdays at 3PM. The current book is "The Naked Now" by Richard Rohr.

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

Zoom ID: 980 1573 8087      Passcode: 6226481

\*\*\*

**Cocaine Anonymous (CA)**

-This support group meets at 8:30PM on Friday evenings in the Arizona room.

## 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.

\* \* \*

## 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:

Christ Church UM, Tucson  
Community UMC, Bowie  
Duncan UMC

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.

---

## FEBRUARY BIRTHDAYS

Winona Powell (Feb 1)	Cindy Turnbull (Feb 8)	Abby Turnbull-Frontroth (Feb 13)
Cindy Rinehart (Feb 5)	Josh Williams (Feb 8)	Kay Jackson (Feb 17)
Yvonne Windham (Feb 6)	Tripp Gordon (Feb 11)	Byung Kim (Feb 24)
Howard Jones (Feb 7)	Barbara Jones (Feb 12)	

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

### February Meet'n'Eat

This is a fellowship time to visit with each other and see old and new friends. *All are welcome!*

The next Meet'n'Eat is **Friday, February 10<sup>th</sup> 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/locations/300-W-Wetmore-Rd-Tucson-AZ-85705)).

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



# Animal & Environmental Holidays for February 2023

By Diane & Victoria Russell



## February - Black Dog and Cat Syndrome Month

Created in the 2000's by the ASPCA. The goal is to spread awareness that dogs and cats with a black coat should not be overlooked for adoption. One reason is the false association of the color black with evil. Please don't discriminate based on color—they are more than their fur color!



## Feb 14th - Valentine's Day

Valentine's day is a day for love. Do you know who also loves love? Your pet! Two ways to celebrate include: visiting a pet café or watching your favorite animal themed movie together.



## Feb 14th - Pet Theft Awareness Day

In 1988, Last Chance for Animals created this day to raise awareness of the rising threat of pet theft. They also wanted to enlighten people about what they could do to help prevent this tragedy from happening to their pets. Micro-chipping and having a collar with an ID tag help.



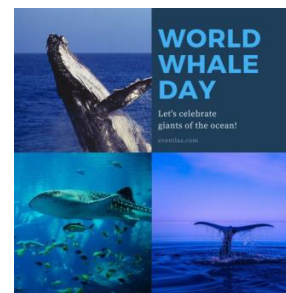
## Feb 15th - Hippo Day

There are 2 types of hippos; the common and the pygmy. This day was created to honor and educate others about the hippo's vulnerable status. It is a celebration for the 3rd largest land mammal.



## Feb 18th - Pangolin Day

Created in 2012 to celebrate and bring awareness to these unique and endangered mammals that need to be protected. These shy and solitary animals are known as scaly anteaters. Sadly, they are the world's most poached and trafficked animals.



## Feb 18th - World Whale Day

Created in 1980 by the Pacific Whale Foundation. It is now inclusive of all whales and includes their ocean home. Whales and all marine life are threatened when their home is not safe for them. Mankind has made the oceans worse by dumping trash and pollution in them.



**Feb 19th-25th – National Justice for Animals Week**

The Animal Legal Defense Fund created this week. Their goal is to educate the public about crimes that are perpetrated against animals. It is important to learn what is considered as animal cruelty and to hold people accountable through prosecution. Let's make the world safer for animals!



**Feb 22nd – National Wildlife Day**

Created in 2005 by animal advocate Colleen Page, to bring awareness of the plight of animals around the world. To encourage people to help protect animals for future generations. This date was chosen in 2018 to honor conservationist Steve Irwin.



**Feb 24th – Skip the Straw Day**

Created in 2017, by the “Coral Keepers” students and advisor Susan Tate from Whitehall, MI to help fight plastic pollution and help protect marine life. Straws take 200 years to decompose, have toxic byproducts, and often hurt marine life. The Coral Keepers have asked everyone to “Tip the Glass” instead of using straws on this day and to consider discontinuing altogether.



**Feb 27th – Int'l/National Polar Bear Day**

Created in 2011 by Polar Bear International (PBI), to help bring awareness about protecting moms and cubs while they are denning. They are listed as vulnerable. Threats include loss of natural habitat (global warming), toxic pollution, and oil exploration.



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.