



First Church Tucson Weekly Digest

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

2.15.2021

First Church Tucson is an inclusive multi-ethnic faith community, 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 and disability, and sexual orientation.

We welcome you to join in our journey of faith through worship, prayer, Bible study, and service for social justice and ministries of compassion.

At First Church Tucson,
you have a home.
At First Church Tucson,
You have a family of faith.
At First Church Tucson,
you belong.

40 days

“Forty”

By Rev. Paul Cho

Forty is a significant number in the bible. God caused the great flood by allowing the skies to rain for *forty* days. Moses was *forty* years old when he encountered the burning bush. He also spent *forty* days to receive the commandments. The spies took *forty* days to examine and report on Canaan. The Israelites walked for *forty* years in the wilderness. The first kings, Saul, David, and Solomon, all reigned for *forty* years each. Goliath trolled Israel for *forty* days. Elijah fled for *forty* days, fasting, before he gained instruction to lead Israel. Ezekiel laid on his side for *forty* days to bear the iniquities of Judea. Jesus spent *forty* days in the wilderness after his baptism. Jesus ascended *forty* days after his resurrection. For these reasons, we have claimed *forty* days for the season of lent as we prepare for Easter.

At the same time, 40 is just a number. Likewise with any other symbolic numbers found in scripture. They are only as significant as we make of it. *Forty*, whether days or years, was a significant amount of time that brought forth transformation. It is that hope we seek to spend these next *forty* days of lent, preparing ourselves for the renewed resurrection of Jesus Christ anew in us and in all of the relationships we hold.

THIS WEEK'S
ANNOUNCEMENTS & GATHERINGS

SUNDAY MORNING LIVE!

Find us on Youtube for a live stream of our Sunday morning reflection followed immediately with Zoom fellowship gathering.

Sundays @ 10AM (English), 11:30AM (Korean)
Visit <https://bit.ly/fumcYouTube> and subscribe to the channel. (Address is case-sensitive.)

First Church Fellowship is on Zoom.

[Meeting ID: 972 7492 7766](https://bit.ly/fumcYouTube) Passcode: 6226481

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한국어 사역

주일 오전 11:30에 Youtube에서 말씀 묵상 나눔이 있습니다. <https://bit.ly/fumcYouTube>

이어서 Zoom에서 교제에 시간이 있습니다.

[Meeting ID: 998 6112 0822](https://bit.ly/fumcYouTube) Passcode: 6226481

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같은 주소에 금요일 오후 7시 소그룹에 초대합니다.

WEEKDAY ONLINE GATHERINGS

Women on a Spiritual Quest (WSQ)

-A classic UM small group accountability and fellowship on Monday Evenings at 4:30PM.

[Meeting ID: 920 5951 9248](https://bit.ly/fumcYouTube) Passcode: 6226481

All God's Creation (AGC)

-A time of scripture reading and reflection with a focus on living creatures, on Wednesday Mornings at 10AM. (February 17th meeting is cancelled due to Ash Wednesday)

[Meeting ID: 994 3610 1655](https://bit.ly/fumcYouTube) Passcode: 6226481

Chancel Choir

- The choir meets in our cars! Join us for Parking-Lot Choir, this Saturday (2/20) at 2pm.
- Meet with the choir online from the comfort and safety of your home on Wednesday Evenings at 6:30PM.

[Meeting ID: 929 7830 4567](https://bit.ly/fumcYouTube) Passcode: 6226481

Progressive Book Study (PBS)

- Would you like to be part of a book study? If you'd enjoy reading with us, join Progressive Christian theology on Thursday Afternoons at 2PM. The new book is titled: "Eternal Life - A New Vision" by John Shelby Spong.

[Meeting ID: 980 1573 8087](https://bit.ly/fumcYouTube) Passcode: 6226481

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*Not seeing something of interest?
We'd love to hear from you. Let's talk.
Contact pastor@firstchurchtucson.org*

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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 those caring for them.

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We offer our prayers for these sister faith communities:

Huachuca UMC, Huachuca City
UMC of Green Valley, Green Valley
Patagonia Community UMC, Patagonia
First UMC, Safford

SUPPORT FIRST CHURCH TUCSON

Head to our website, www.firstchurchtucson.org, 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.

We thank you for your commitment to making a difference in our community.

LENT 2021

The annual season of spiritual renewal is approaching. Begin this year's lent season by participating in the Ash Wednesday Service online at bit.ly/fumcYouTube on February 17th (Premiers at 6AM).

This year, we are providing ashes via drive-through. Visit our West Parking lot between 7:30AM and 9:30AM on Ash Wednesday. You are expected to have participated in the online service before your arrival.

THIS WEEK'S BIRTHDAYS AND ANNIVERSARIES

Kay Jackson (Feb 17)

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

FOOD FOR THOUGHT

Mark 9:2-9

The transfiguration of Jesus was a pivotal moment in his ministry. It provokes other changes that we are called to take on for ourselves. First of these is a return of our focus on Jesus the Christ. In the gospel of Mark, the transfiguration serves as the splitting line between Jesus ministries of healing and teaching to those around him to fulfilling his purpose of death and resurrection for all humankind. Likewise, we are called to shift our focus on Christ, not as a healer or teacher, but as our Lord and Savior. Secondly, we are called to transform our doubt into confidence. If Peter, James, and John had any doubt as to who Jesus was, their doubt was now gone. It was not because of their piety or anything else of their own merit but because of the light of God shining in and through Jesus. We may find ourselves with doubt, but it will not be by our own works that our faith grows. Our confidence is and shall always be in Christ and the light of God that we see in him. Turn your gaze upon that light, and your doubt will fall away. Lastly, there is always our tendency of remaining where we deem is good. Yet, this moment of the transfiguration was just a moment. Rather, all of what we found was good, remains alive in Christ, with whom the disciples descended the mountain with. Likewise, we are called to look for the glory, the good, the grace that is with us, alive in Christ, both now and in our future. Let us not look back into our past, but with hope, let us look to Christ alive now in our midst.

Pastor Paul Cho

Alternative 40 Days of Lent Guide

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st Sunday of Lent	2.21	2.22	2.23	2.17	2.18	2.19	2.20
	Shut down your phone and compute at night. Take intentional breaths while they reboot come morning.	Donate 10 things.	Sit down when you eat.	Don't buy anything today.	Light a candle at every meal.	When asked how you are, answer with something new and generous like "My life is rich."	Block out 30 minutes on your calendar and relax.
2nd Sunday of Lent	2.28	3.1	3.2	3.3	3.4	3.5	3.6
	Delay reaching for the remote at the end of the day. Sit, stretch, read or listen to music instead.	Carve out 5 minutes to sit.	Do a craft you loved as a child.	Hand write a letter to someone you love.	Go outside and touch something wild.	Smile at three people.	
3rd Sunday of Lent	3.7	3.8	3.9	3.10	3.11	3.12	3.15
	Set an intention for your day and return to it in the quiet moments.	Listen not to respond, but to understand.	Explore a new place in your neighborhood.	Pick your toes up, fan them out and put them back down. Be here now.	Put on a song you love and actively listen to the entire piece.	Pick a machine in your life (car, computer, etc.) that you appreciate and give it a nod of gratitude before using it.	
4th Sunday of Lent	3.14	3.15	3.16	3.17	3.18	3.19	3.20
	Cook something slowly, deliberately.	Say yes to an invitation.	Set a chime on your phone to sound once an hour. Each time you hear it, take 3 conscious breaths.	Do one thing at a time.	Build an altar that tells your story. Include objects that represent people and places that have shaped you.	Think about where your food came from.	
5th Sunday of Lent	3.21	3.22	3.23	3.24	3.25	3.26	3.27
	Go outside and look up. All the way up.	Show up early to something with no agenda and see what happens.	Go one day without using your car.	Smell your food before you taste it.	Take a detour on purpose and see what happens.	Change the pictures in your frames to see new memories of people and places you adore.	
6th Sunday of Lent	3.28	3.29	3.30	3.31	4.1	4.2	4.3
	Say no to one lie you are telling yourself.	Commit to being open to surprise today. At the end of the day, reflect on what surprised you.	Clean something prayerfully.	Eat a snack with your eyes closed.	Write down three things you are grateful for.	Make a list of things you would do if you didn't need money. Try to incorporate one today.	

SOUL KITCHEN

Almost-Famous Soft Pretzels

<https://www.fifteenspatulas.com/hot-buttered-fluffy-pretzels/>

Ingredients

2 ¼ tsp instant quick rise yeast
1 cup warm water (110°F)
1 tsp sugar
2 ½ cups all-purpose flour (12.5 oz by weight)
1/2 tsp sea salt
½ cup warm water
1 Tbsp baking soda
Vegetable oil for greasing the sheet pan
Coarse sea salt for sprinkling
2 Tbsp unsalted butter, melted

Directions

1. Combine the yeast, warm water, and sugar in the bowl of a stand mixer, and let sit for 10 minutes until foamy. This indicates the yeast is alive and working. Add the flour and salt. Mix with the dough hook by hand for a few seconds to roughly combine, then fit the hook and bowl on the mixer and knead on medium low for 5 minutes. The dough should feel soft and smooth, not sticky to the touch.
2. Cover the dough and let rise for 30 minutes.
3. Preheat the oven to 450 degrees F, and lightly grease a baking sheet with vegetable oil. You could use parchment paper or a silicone mat.
4. Place the dough onto a lightly oiled countertop. Divide the dough into 8 pieces (just cut it with a knife).
5. Whisk to combine the warm water and baking soda and cook in the microwave for 1 minute. FYI it's not going to dissolve completely, and that's okay.
6. Roll each of the eight pieces into a long rope, and shape each one into a pretzel (see the step-by-step photos on the blog post to see how to do this). Dip each pretzel into the soda wash and place onto the greased baking sheet. Sprinkle with coarse sea salt, then let them rest for 10 minutes.
7. Bake for 9 to 10 minutes until the pretzels are golden brown. Brush the pretzels with the melted butter while they are hot out of the oven. Enjoy while they are hot, and keep in mind these don't taste as amazing the next day. Enjoy!



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