



First Church Tucson Weekly Digest

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

5.24.2021

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.

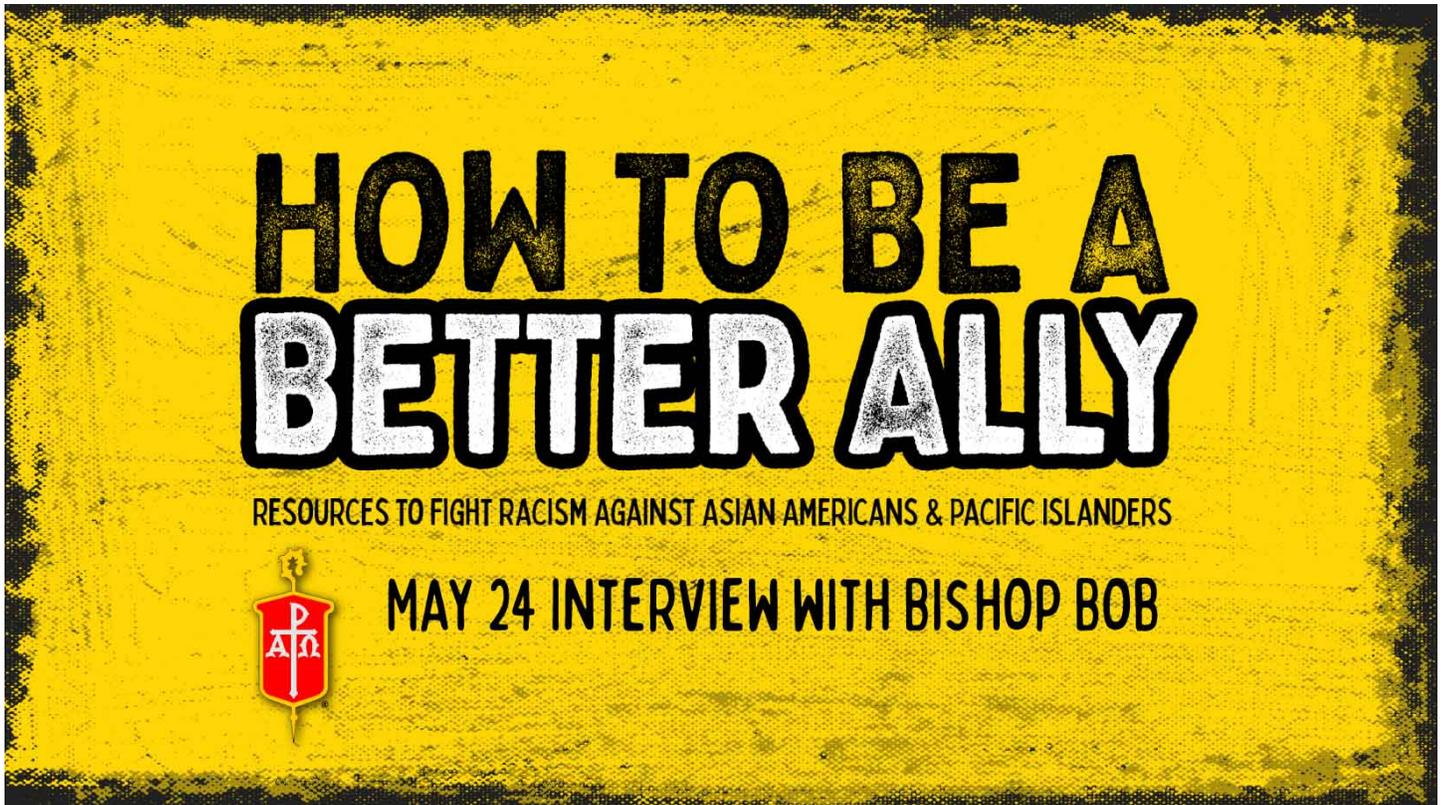
“Lessons To Remember”

Rev. Paul H Cho

If I've learned one thing during the pandemic, it's that despite all the technological ways we can communicate in this digital age, there is no substitute for in-person connection. I'm sure you have your own lessons learned. Former megachurch pastor Jim Palmer shared his reflection on this. I share below because I believe much of it remains true for us also. He writes:

Back in the day, I was a pastor at the largest church in North America. Eventually I walked away from it all because I could not teach beliefs and doctrines that I myself no longer accepted. Looking back, I can see I made at least these mistakes as a megachurch pastor:

- Putting church over community.
- Putting orthodoxy over love.
- Putting certainty over wonder.
- Putting teaching over conversation.
- Putting polished over real.
- Putting explanations over empathy.
- Putting answers over questions.
- Putting membership over friendship.
- Putting prayer over action.
- Putting services over self-care.
- Putting style over substance.
- Putting appearance over authenticity.
- Putting functionality over beauty.
- Putting religion over spirituality.
- Putting numbers over faces.
- Putting holiness over humanity.
- Putting accountability over acceptance.
- Putting heaven over earth.
- Putting meetings over relationships.
- Putting reputation over risk.
- Putting superiority over humility.
- Putting charisma over compassion.
- Putting the afterlife over the herelife.
- Putting doctrine over reason.
- Putting hierarchy over equality.



HOW TO BE A BETTER ALLY

RESOURCES TO FIGHT RACISM AGAINST ASIAN AMERICANS & PACIFIC ISLANDERS



MAY 24 INTERVIEW WITH BISHOP BOB

Premieres Monday Night at 7PM

(click the image above or visit below)

<https://youtu.be/cMUZMgpkqbl>



The desert showing its beauty

A barrel cactus in Jessie's yard,
crowned with vibrant, fiery flowers.

Photo by Jessie Hansen

Q&A for our first Sunday IN PERSON on May 30th

The church will be clean and ready for you. That does not mean every room is accessible.

Where should I park?

Those with difficulty walking can be dropped off near the ramp on Park Ave or park to the south of the Church, on 4th Street. Our lot under the solar panels is also available.

What Entrances are open?

1. The West Entrance which is nearest the office (across from the stairway upstairs).
2. The door to the Narthex leading into the sanctuary.

What bathrooms can I use?

Off the main hallway, the men's bathroom, the gender neutral bathroom and the multi-sink women's bathroom will be available.

What about masks?

Before entering the sanctuary, there will be a check-in table with masks in case you forgot to bring one. The mask requirement is currently protecting worshippers in other Methodist churches in Tucson.

Where will I sit in the sanctuary?

Talk to the Usher helping each person or family be seated. To make the safest environment for all, alternating pews will be roped off.

Will there be music?

Yes. Look forward to singing hymns!

Will there be a social time and food afterwards?

Not yet, friends.

You are invited to take an opportunity to share time and conversation with one or two friends after the service, in the Memorial Garden or the Carillon Room with social distancing maintained.

The Social Hall will not be open at this time. Cleaning and refreshing of the Hall will be part of our next stage of opening, in a few weeks.

Thank you all for your patience and caring as we gather together again as our Church Family!

This Sunday, the 30th, don't forget to bring your coins, plastic bags, and personal-sized hand sanitizers for Collection Day! Drop-off is between 1PM - 3PM in our west parking lot.

THIS WEEK'S
ANNOUNCEMENTS & GATHERINGS

SUNDAY MORNING HYBRID SERVICE

We are providing 3 ways for you to participate in our Hybrid Service on Sundays at 10am.

YouTube: For those without cameras or those in public spaces, join us Live! on our channel. Visit bit.ly/fumcYouTube

Zoom: For those in private spaces with access to a camera and microphone, join us in this meeting room ([ID: 972 7492 7766](https://umc-tucson.zoom.us/j/97274927766) Code: [6226481](https://umc-tucson.zoom.us/j/97274927766)) and step virtually into our sanctuary.

In-Person: For those of you who are well and vaccinated, join us in person.

Please observe the following 3 rules:

1. Masks shall be worn at all times.
2. Keep Social Distance and follow the usher's directions for seating.
3. There will be no eating or sharing food or drinks.

All guests must pass the health inventory and be checked in before you are seated.

Please arrive earlier than our service to ensure timely seating.

An offering collection box will be available in the narthex.

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한국어 사역

주일 오전 11:30에 Youtube에서 말씀 묵상과 이후 Zoom에서 나눔과 교제의 시간이 있습니다.

[Meeting ID: 998 6112 0822](https://umc-tucson.zoom.us/j/99861120822) Passcode: [6226481](https://umc-tucson.zoom.us/j/99861120822)

Youtube 주소는 bit.ly/fumcYouTube

금요일 오후 7시에 시편 묵상과 나눔의 시간은 위에 주소에서 진행되고 있습니다.

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://umc-tucson.zoom.us/j/92059519248) Passcode: [6226481](https://umc-tucson.zoom.us/j/92059519248)

All God's Creation (AGC)

-A time of scripture reading and reflection with a focus on living creatures, on Wednesday Mornings at 10AM.

[Meeting ID: 994 3610 1655](https://umc-tucson.zoom.us/j/99436101655) Passcode: [6226481](https://umc-tucson.zoom.us/j/99436101655)

Chancel Choir

-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://umc-tucson.zoom.us/j/92978304567) Passcode: [6226481](https://umc-tucson.zoom.us/j/92978304567)

Progressive Book Study (PBS)

-Join the Progressive Christian theology on Thursday Afternoons at 2:30PM. The current book is "Kitchen Table Wisdom" by Rachel Naomi Remen, MD.

[Meeting ID: 980 1573 8087](https://umc-tucson.zoom.us/j/98015738087) Passcode: [6226481](https://umc-tucson.zoom.us/j/98015738087)

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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.

We offer our prayers for these sister faith communities:

St. Mark's UMC, Tucson
Catalina UMC, Tucson
Campus Ministry, U of A, Tucson

SUPPORT FIRST CHURCH TUCSON

Head to our website 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.

Gifts may also be given in-person on Sundays at our 10AM Hybrid Service.

When we give to God from our hearts, it is always enough.

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

THIS WEEK'S BIRTHDAYS AND ANNIVERSARIES

Peter Ageh (May 24)
Joyce Garcia (May 26)
Carol Humphrey (May 26)
Lana Yoo (May 27)

Andrew Ageh (May 29)
Sam Haney (May 29)
Joneen Sigette (May 29)
Jack Dominguez (May 30)

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

Animal **Holidays** - A Week at a Glance

By Diane Russell



May 26 - World Otter Day

The day is to honor and raise awareness about otters. They are carnivorous mammals that are semi-aquatic who live in freshwater or the oceans.

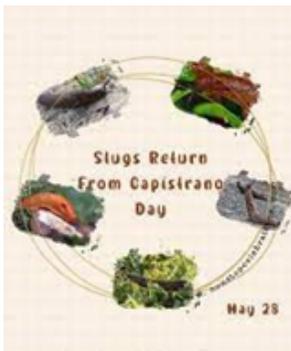
May 28 - Whooping Crane Day

This day is to honor and celebrate the Whooping Crane that is making a recovery from the edge of extinction. So let's "Whoop it Up"



May 28 - Slugs Return From Capistrano Day - silly day

It's the little-known sister day to the Swallows Return to Capistrano on March 19th. The swallows are hungry, so the slugs leave and go back to the gardens they left.



May 31 - World Parrot Day

This day is to bring awareness to the plight of the parrot. There are about 350 species of parrot and about 1/3 are considered endangered.



SOUL KITCHEN

Paneer (Indian cheese)

<https://www.indianhealthyrecipes.com/how-to-make-paneer-cubes-at-home/>

<https://youtu.be/RkyEfJP5wQk>

Ingredients

1 ½ liters (6 c) full fat milk
2-3 Tbsp vinegar (substitute with lemon juice or ¼ c yogurt)

Equipment

Colander (strainer)
Cheesecloth (muslin or fresh handkerchief)
Large bowl
Heavy objects

Directions

1. Pour milk into a heavy-bottomed pot and bring it to a gentle boil on medium heat. Keep stirring occasionally to ensure the milk doesn't scorch on the bottom.
2. Place a colander over a large bowl to collect the whey, then spread a cheesecloth over the colander.
3. When the milk comes to a boil, turn off the stove and add ~2 Tbsp of vinegar. (See website for notes on curdling.)
4. Stir it well for 1-2 mins until the entire milk curdles completely (milk solids begin to separate from the whey). When done correctly, whey will not be milky anymore but clear. Remove from the heat; further cooking will make the paneer hard and grainy.
5. Gently pour the entire paneer along with whey into the colander. Pour some cold water on it to stop it from cooking further.
6. Rinse it under running water to remove the smell and taste of vinegar.
7. Wring the cheesecloth making a round shape of the paneer. Squeeze any excess whey or water. Make a knot and hang the paneer for 30 mins to drain.
8. Remove the knot and twist the edges of the cloth together. (See video.) Place the cheesecloth and paneer on a flat colander or cutting board. Flatten the paneer somewhat and place a heavy object (such as a pot filled with rice) on it for the paneer to set.
9. After 3-4 hours, remove the weight and the cloth, then cut the paneer into cubes.
10. Refrigerate the homemade paneer and use within 2-3 weeks. Or freeze up to 3 months.

Note: Avoid overcooking the paneer after adding it to your dish. It does not need much cooking. Add to the sauce and turn off the stove, keeping the pan covered so the paneer absorbs the flavors.



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Joyful Joyful News: In-Person Worship Begins May 30, 2021

By Nan Rollings

In our church's long history, this coming Sunday at 10 am will be a first!

After over a year, we can return to our beautiful sanctuary to worship the Lord who has loved and helped us through months of a challenging pandemic. Pastor Paul rejoices in preaching face to face May 30th and on his last Sunday in the pulpit, June 5th. Rev. Eun Young Ko, who begins as our new minister July 1, resumed in-person worship in Elmhurst, IL, where she is Pastor of Faith Evangelical United Methodist Church. Her preparations to move to Tucson are underway and she is holding our reopening in prayer!

In person worship May 30th at 10 am will be in English, but an online Korean service at 11:30 is available through YouTube and Zoom. Use the links in this Weekly Digest under Sunday Morning Live. All our members can join us safely, choosing what works best for them, in person or online.

A unanimous vote from the FUMC reopening team and the guidance of the Pima County Health Department in their update of May 14 led us to this decision. Our church, like others in Tucson, endeavors to implement the steps in Phase 2.1 (colored bright green) in the Desert Southwest District's reopening chart.

In keeping with John Wesley's proclamation, "**Do no harm, do good and stay in love with God,**" we care for the needs of the most vulnerable among us in these ways:

- stay at home if we have symptoms of a cold or infection of any kind
- use a mask while we are inside the church
- find loving ways other than hugs and handshakes to greet each other at church
- accept help from our ushers in being seated in the sanctuary
- notify the church office by calling 520-622-6481 and emailing office@firstchurchtucson.org if we test positive for COVID after being at church
- strengthen our Ties of Christian Love during these times that ask for patience and flexibility.