



# First Church Tucson Weekly Digest

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

6.14.2021

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.



## “Living in the Divine Rhythm”

by West District Superintendent Rev. Nancy Cushman

Discipleship is the center of our mission as a church and the center of our practice as Christians. Disciples are people who not only want to know Jesus, we are people who want to be like Jesus. Jesus lived in absolute sync with God. In fact, Scripture tells us that the two moved as one. As people who want to be like Jesus, we seek to live our lives to the Divine rhythm, so it hums in us and through us. There are many distractions and many forces seeking to draw us into other rhythms. Part of our intentional work as Christians is to continually check to see if we are still in sync with Christ. I think of one dancer or martial artist (you and I) mirroring the movements of the other (Jesus). Weekly worship and involvement in the church call us to refocus on a regular basis. The rhythms and stories of the liturgical year create spaces and inspiration to invite us to refocus our lives. Spiritual disciplines or practices are intentional efforts to draw us closer to God.

Christian writer and pastor, Rev. John Ortberg describes a spiritual discipline in this way – “a spiritual discipline is any activity that can help me gain power to live life as Jesus taught and modeled it.”[i] It is any activity that can help me live in sync with the divine rhythm. There are many traditional spiritual disciplines that have proven over time and through the practice of generations of faithful people to be helpful and (cont. pg 5)

THIS WEEK'S  
ANNOUNCEMENTS & GATHERINGS

**SUNDAY MORNING HYBRID SERVICE**

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

**YouTube:** For those without cameras or those in public spaces, join us Live! on our channel. Visit [bit.ly/fumcYouTube](http://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://umcfirstchurch.org/join/97274927766) Code: [6226481](https://umcfirstchurch.org/join/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://umcfirstchurch.org/join/99861120822) Passcode: [6226481](https://umcfirstchurch.org/join/99861120822)

Youtube 주소는 [bit.ly/fumcYouTube](http://bit.ly/fumcYouTube)

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

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**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://umcfirstchurch.org/join/92059519248) Passcode: [6226481](https://umcfirstchurch.org/join/92059519248)

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**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://umcfirstchurch.org/join/99436101655) Passcode: [6226481](https://umcfirstchurch.org/join/99436101655)

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**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://umcfirstchurch.org/join/92978304567) Passcode: [6226481](https://umcfirstchurch.org/join/92978304567)

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**Progressive Book Study (PBS)**

-On break through June. July's book will be "God's Politics: Why the Right Gets It Wrong and the Left Doesn't Get It" by Jim Wallis.

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Not seeing something of interest?  
We'd love to hear from you. Let's talk.  
Contact [pastor@firstchurchtucson.org](mailto: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.

We offer our prayers for these sister faith communities:

Bishop & Staff of the Desert Southwest Conference  
Staff and Churches of the East, North, and West Districts

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## **SUPPORT FIRST CHURCH TUCSON**

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.

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

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### THIS WEEK'S BIRTHDAYS AND ANNIVERSARIES

Edna Rosenberger (Jun 14)  
Linnaea Caldwell (Jun 15)

Gretchen Lopez (Jun 18)  
Joy Ageh (Jun 19)

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

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## **SOUL KITCHEN**

### **Roasted Edamame**

[https://www.purewow.com/entry\\_detail/recipe/11861/Roasted-Edamame.htm](https://www.purewow.com/entry_detail/recipe/11861/Roasted-Edamame.htm)

#### **Ingredients**

20 oz bag frozen edamame  
in pods, thawed  
3 Tbsp olive oil  
2 tsp kosher salt, plus more  
to finish  
1 tsp freshly ground black  
pepper  
1 Tbsp lemon zest  
¾ tsp smoked paprika  
(optional, to finish)

#### **Directions**

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a large bowl, toss the edamame with the olive oil, 2 tsp kosher salt, the black pepper and the lemon zest.
3. Spread the edamame in an even layer on the prepared baking sheet. Roast until the pods are charred and the beans are tender, 10 to 15 minutes. Cool for 5 minutes, then garnish with more salt and smoked paprika (if using), to taste.

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

By Diane Russell

## **June 15 - National Lobster Day**

This day is to honor and celebrate the lobster. There are 15 different types of lobster and they have a lifespan of 60 years--if they don't get caught.



## **June 16 - World Sea Turtle Day**

This day is to honor and highlight the importance of sea turtles. There are seven sea turtle species and six are listed on the International Union for Conservation of Nature (IUCN) Red List.



## **June 19 - National Pets in Film Day**

This day is celebrated to honor pets in the film industry. Cinema's first dog appeared in "Edison Athlete with Wand" filmed in 1894.

## **June 20 - American Eagle Day**

This day is to commemorate the anniversary of the bald eagles selection as our National symbol and to celebrate its remarkable return. Things are better now, but there is still work to do for their conservation.



## **Picture of the Week**

Egyptian Geese on Webcam from Mpalalive

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## **The Unicorn of the UA Campus**

Located in the Wellness Garden next to the Stevie Eller Dance Theatre.

There's a story behind it:

<https://www.wildcat.arizona.edu/article/2019/10/n-unicorn-halloween>

*Photo by Tripp Gordon*



## Living in the Divine Rhythm (cont.)

effective. Some traditional spiritual disciplines are prayer, the study of Scripture, fasting or abstinence, generous giving. Are there other practices that are shaped to our interests and passions that can serve as spiritual disciplines?

How do we know what spiritual disciplines to practice? Ortberg offers these suggestions:

We must understand what it means to live in the kingdom of God. We must understand who Jesus was and how he lived to understand what the rhythm looks like.

We must learn what barriers keep us from living this kind of life. And I'm not talking about abstractions here. For example, Jesus was accessible to people, to all people. What barriers keep me from being accessible to people? Jesus was compassionate. What barriers keep me from being compassionate? Jesus took time away to be with God. What barriers keep me from spending focused time with God? What is keeping you and me from living in tune with the Divine song?

We must discover what particular practices, experiences, or relationships can help us overcome these barriers.

As I prepare for retirement, I know that I will need spiritual disciplines to help me remain focused and committed to growing as a disciple. I plan to put deep roots in a church community and I will listen for the answer to my prayer, "Lord, what do you want to do through me now?" I will also spend time in God's creation, nurturing our gardens and listening to the rhythms of the created world. In March, the General Board of Higher Education and Ministry shared a webinar by travel expert Rick Steves called "Travel as a Spiritual Act." You can still watch the webinar at this link

<https://www.youtube.com/watch?v=DJ3sL-RKnTM> This idea of travel as a spiritual act intrigues me. As I understand the kingdom of God, every person is valued as a beloved child of God. As I understand Jesus, he was compassionate[.] It seems to me that travel with intentionality can help me appreciate people of other cultures and places. It can help me grow in compassion. I know that my travels to Ethiopia and Kenya have profoundly changed how I think of Africa. It has softened my heart to their struggles and enlivened my desire to see their successes. Making travel a spiritual discipline will require intentionality and mindfulness and it leads me to wonder what else could draw me into a closer rhythm with Christ in this next season of life.

What spiritual disciplines and practices help you grow as Christ's disciple? Are there things that you are doing or would like to do that could be turned into a spiritual practice with a little thought and intentionality? The divine rhythm leads us to the way of life, true life as God intends it. It is a rhythm we can follow no matter our age, our status, or our circumstances.

"Make your ways known to me, Lord; teach me your paths. Lead me in your truth—teach it to me—because you are the God who saves me. I put my hope in you all day long. Lord, remember your compassion and faithful love— they are forever!" Psalm 25:4-6

May you find Christ's joy in the rhythms of your life.



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