



First Church Tucson Weekly Digest

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

7.14.2021

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.

“New Meeting and Sad Parting!”

By Pastor Ko

It has been 11 days for me in Tucson, AZ. For the last 11 days, I had lots of new meetings one on one or with groups. Also, I had one sad parting yesterday after worship service because I found out about one of our college graduates, Jong Kyang Park. He came from China for undergraduate school here at the University of Arizona. Now, he plans to go back to Mexico where his parents live and move to Indiana for his master's degree. So it was a perfect time for us to have a small and simple farewell gathering on Sunday after the worship service.

When we recall “a farewell,” it reminds us of being sorry and sad to be apart. But, I believe that we live in faith and lean on God every day because we never know when we see each other or we never can see each other in our lives. But we don't regret it if we have done our best to love and care for each other. So I felt sorry to say “Goodbye” to him on my second Sunday in Tucson, but I know that this is the time for me to bless him and be apart.

On the other hand, there is the joy of new meetings. I have been meeting one on one sessions to plan worships, discuss the church businesses, and get to know each other. Sometimes, I meet people in the church office or at my Airbnb place, or the restaurant, or their houses.

You might already notice that I am easy to tear up, which would be emotional.

The tears of sorrow, joys, excitement, and touching!

I believe that being in a ministry is to live with them, understand their lives, and grow together. So, I do want to live with you in the name of the First United Methodist Church in Tucson.

What about you?

(cont. pg 8)

HEALTH AND LIFE INFORMATION

by Jessie Hansen, BSN, Retired, Health Ministries Leader

Pima Council on Aging (PCOA) is offering a six-week workshop for those living with chronic pain and their caregivers. It will be presented remotely via Zoom by computer, tablet or phone. Some topics for this interactive workshop include balancing activity and rest, managing your emotions, pain and fatigue, and decreasing frustration; also - addressing the importance of healthy eating, medications and interventions, and more.

Every Tuesday beginning July 20th for 6 weeks, 1-3 PM.

Contribution: \$35 per person for book and supplies.

Class size is limited, pre-registration is required - Call Jennie at PCOA, (520)305-3410.

Thank you!

Jennie Cunningham

Administrative Assistant

Healthy Aging & Wellness

Personal Budgeting Assistance Program

8467 E Broadway Blvd, Tucson, AZ 85710

jcunningham@pcoa.org



Bea Humphrey wants to hear from you!

Our dear Bea is 97 years old, and she would enjoy receiving cards from the congregation.

Please send yours to the Humphrey home at
2120 N Third Ave, Tucson, AZ 85715

She is an ongoing inspiration!

Photo shared by her son, Chuck Humphrey



JUSTICE AND SOCIAL ISSUES



Our Family's mission is to eliminate homelessness and strengthen our community.

We do this by

Providing stability in times of crisis

Linking people to support and resources

Supporting social connectedness

Engaging our neighbors to tackle tough community issues

Acknowledging and combating systemic inequities through policies and advocacy

Back-to-School Supplies Needed

The new school year is just around the corner and with the majority of students returning to in-person learning, supplies for students in our programs are needed.

We need:

- Backpacks for teens and children
- No. 2 pencils
- Pens
- Pencil pouches
- Pencil Sharpeners
- Erasers
- Highlighters
- Lined paper, college and wide ruled
- Spiral notebooks, college and wide ruled
- Rulers
- Glue sticks
- Scissors
- Colored pencils and crayons
- 3 Ring binders
- Folders
- Gift Cards to Target and/or Walmart for school uniforms and clothing

Donations can be delivered to 2590 N. Alvernon Way.

For more information, please contact:

Kimberly Moyer (520) 323-1708 ext 425

Learn more about this organization at <https://www.ourfamilyservices.org/>

For donation and general information, email info@ourfamilyservices.org

THIS WEEK'S
ANNOUNCEMENTS & GATHERINGS

SUNDAY MORNING HYBRID SERVICE

We are providing 3 ways for you to participate in our Hybrid Online/In-person 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

Zoom: For those in private spaces with access to a camera and microphone, join us in this meeting room ([ID: 972 7492 7766](#) [Code: 6226481](#)) 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 of 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.

* * *

한국어 사역

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

Youtube 주소는 bit.ly/fumcYouTube

* * *

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](#) [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.

[Meeting ID: 994 3610 1655](#) [Passcode: 6226481](#)

Chancel Choir

-Meet with the choir online from the comfort of your home on Wednesday Evenings at 6:30PM.

- There will be a rehearsal on Sunday at 9:30AM before the service.

[Meeting ID: 929 7830 4567](#) [Passcode: 6226481](#)

Progressive Book Study (PBS)

-Would you like to be part of a book study?

If you'd enjoy reading Progressive Christian theology, join us on Thursday Afternoons at 2:30PM. The current book is "God's Politics: Why the Right Gets It Wrong and the Left Doesn't Get It" by Jim Wallis.

The next meeting is on Thursday, July 22 at 3PM. Questions? Call Raven Gaston at (520)323-1611

[Meeting ID: 980 1573 8087](#) [Passcode: 6226481](#)

* * *

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

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:

El Mesias UMC, Nogales
Grace UMC, Douglas
Camping Program, South District

* * *

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.

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.

THIS WEEK'S BIRTHDAYS AND ANNIVERSARIES

Jay Charland (Jul 12)
Kathryn Sovie (Jul 12)

Jack Wen (Jul 13)
Lance Cole (Jul 15)

Steven & Lana Yoo (July 12)

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

Bougainvillea Blossoms

Bright pink flowers decorate the big bush at the top of the stairs.

Photo by Tripp Gordon



SOUL KITCHEN

Roasted Broccoli With Parmesan

https://www.simplyrecipes.com/recipes/roasted_broccoli/

Ingredients

1 ½ lbs (680g) broccoli, cut
into florets of even size
3-4 Tbsp extra virgin olive
oil
Juice from half a lemon,
about 1 Tbsp
Kosher salt
2-3 garlic cloves, minced
Ground black pepper
¼ c grated Parmesan cheese

Note

The measurements are just
a guideline. Add more or
less olive oil, lemon juice,
salt, pepper, or cheese to
taste.

Directions

1. Preheat oven to 425°F (220°C).
2. In a large bowl toss the broccoli florets and minced garlic with olive oil and lemon juice until lightly coated. Sprinkle salt over the broccoli and toss to coat.
3. Arrange the broccoli florets in a single layer on a baking sheet that has been rubbed with some olive oil or lined with parchment paper or aluminum foil.
4. Roast at 425°F (220°C) for 16-20 minutes until cooked through (check by poking with a fork, should be fork tender) and lightly browned. The browned bits are the best! So don't worry if you see some charring.
5. Put the roasted broccoli back in the bowl and toss with lots of freshly ground black pepper and the grated parmesan cheese. Be generous with the black pepper, broccoli loves it! Serve immediately.



Blue Evening in July

A palm tree behind my workplace
silhouetted against a beautiful sky full
of turbulent clouds.

Photo by Tripp Gordon

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

By Diane Russell



July 13 - Cow Appreciation Day

This holiday started as an ad campaign from Chick-Fil-A; with cows asking people to “Eat Mor Chikin”. This day is to bring awareness and appreciation for everything that cows do.

July 14 - Shark Awareness Day

The goal of this day is to provide awareness of the importance that sharks provide in the ecosystems of the world’s ocean.



July 15 - National I Love Horses Day

This is a day to recognize and celebrate the more than 200 breeds of horses. Horses have provided people with transportation, companionship, been a beast of burden, and have fought in wars.

July 15 - National Pet Fire Safety Day

Keep your pets safe by planning for unexpected emergencies such as fires. Some tips include: Pet proofing your home for fire hazards, developing pet friendly escape routes, and having window decals to alert rescuers of your pets.



July 16 - Guinea Pig Appreciation Day

This is a day to celebrate one of the world’s longest domesticated animals as far back as 5000 B.C. They are very social animals and make great easy going pets for kids or adults.

July 16 - World Snake Day

This day is celebrated to bring awareness to the more than 3,500 different species of snakes around the world. Snakes have gotten a bad reputation but they are important to the world that we live in.



New Meeting and Sad Parting (cont.)

I hope you are the same as me. We need each other, and we need to draw strength from each other in our relationships. As long as we have each other and our Lord is our role model, we can entrust our lives to the Lord and move forward. The greatness of our Lord is our power.

1 Peter 4:14 says, "Greet one another with the kiss of love. Peace to all of you who are in Christ."



Hyunah Kang (back left), JongKyang Park (back center), Minwoo Ahn (back right)

Halla Kang (front center) – Park's farewell

From left: Rev. Raven Gaston, Nancy Tomlinson, Jessie Hansen, Halla Kang, Joyce Holloway, Bob Hansen, Tripp Gordon, Caroline Fish





www.firstchurchtucson.org

office@firstchurchtucson.org	revko@firstchurchtucson.org
(Office) 520-622-6481	(Pastor Ko) 847-345-8070