



First Church Tucson Weekly Digest

“Embers”

By Paul Cho on November 9th, 2020

With voting for the president now behind us, it is easy for us to think that all is finished. But we would be wise to remember that the work is not yet finished. In fact, even after the flames are gone, the embers remain.

I was struck by Dave Chappelle’s monologue on Saturday Night Live this past week. In particular, I felt he struck some nerve in many of the listeners. Obviously he is a comedian, so everything he says can be dismissed. But often, comedy is rooted in deep truths. I want to invite you to consider his words, like embers, as we discern how we might live committed as disciples of Jesus Christ at this time.

(Just a fair warning. You may find what he says, offensive and/or uncomfortable. I hope you can look beyond and listen to the embers of truth he speaks of.)

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...

This morning after the results came in, got a text from a friend of mine in London. And she said, “the world feels like a safer place now that America has a new president.” And I said, that’s great, but America doesn’t. [Laughter]

Do you guys remember what life was like before Covid? I do. There was a mass shooting every week. Anyone remember that? Thank god for Covid. [Laughter] Someone had to lock these murderous whites up, keep them in the house. [Laughter and applause]

...

Don’t even want to wear your mask because it’s oppressive... try wearing the mask I been wearing all these years! I can’t even tell something true unless it has a punchline behind it.

...

But there are good whites. Who actually want to help. Then join me. I’m not even joking. This is my plan. It’s called the kindness conspiracy. Random acts of kindness for black people. Do something nice for a black person. Just because they’re black. You got to make sure they don’t deserve it. [Laughter] It’s very important part of it, they can’t deserve it. The same way all them years they did terrible things to black people just because they’re black.

And they didn't deserve it. You driving through the hood one day, you see a black dude standing on the corner, selling crack, destroying his community? Buy him an ice cream... just buy him an ice cream. He'll be suspicious... but he'll take it. [Laughter][Cheers and applause]

I would implore everybody who's celebrating a day to remember, it's good to be a humble winner. Remember when I was here four years ago? Remember how bad that felt? Remember that half the country right now still feels that way. Please remember that. Remember that for the first time in the history of America, the life expectancy of white people is dropping. Because of heroin, because of suicide. All these white people out there that feel that anguish, that pain, that man, they think nobody cares. Maybe they don't. Let me tell you something. I know how that feels. I promise you, I know how that feels. You're a police officer. Every time you put your uniform on, you feel like you've got a target on your back. You're appalled by the ingratitude that people have when you would risk your life to save them. Oh, man. Believe me. Believe me, I know how that feels. Everyone knows how that feels. But here's the difference between me and you. You guys hate each other for that. And I don't hate anybody. I just hate that feeling. That's what I fight through. That's what I suggest you fight through. You got to find a way to live your life. Got to find a way to forgive each other. Got to find a way to find joy in your existence in spite of that feeling. And if you can't do that – come get this n***a's lessons.

”

Dave Chappelle, SNL Monologue 2020

There is still work to be done in eradicating systemic racism. There is still work to be done to curb gun violence. There is still work to be done in forgiving and reconciling with each other, especially across the aisles and with those who are different from us.

Let us not lose sight of this, nor consider our work finished. Rather, let us live faithfully as Christ Disciples as we work toward transforming this world.

Rev. Paul H. Cho

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“I met those of our society who had votes in the ensuing election,
and advised them

1. To vote, without fee or reward, for the person they judged most worthy
2. To speak no evil of the person they voted against, and
3. To take care their spirits were not sharpened against those that voted on the other side.”

~ John Wesley, October 6, 1774

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Happiness Chemicals and how to hack them



DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



THIS WEEK'S ANNOUNCEMENTS & GATHERINGS

Upcoming Thanksgiving Service

This year's Thanksgiving joint Sunday service will be held over Zoom on November 22nd at **10 AM**. Pastor Raven will be speaking.

(This year's Thanksgiving Day luncheon is cancelled.)

Recruiting Weekly Digest Contributors

Have you come across an inspiring story? Perhaps you were able to capture a fascinating shot. We invite you to submit a story, a photo, or anything you feel would be in the best interest of our church. We will work to add them into our Weekly Digest. Submit your story or picture at <https://bit.ly/fumcsubmit>

Women on a Spiritual Quest

Meet with WSQ for book studies and the best kind of Methodist small group accountability. The current book is "Chasing Vines" by Beth Moore. **Mon @ 4:30PM.**
<https://dscumc.zoom.us/j/92059519248?pwd=ZmN4dTFCCcVVCVjINM3FHUHVemNFdz09>

ZID: 920 5951 9248

PW: 6226481

Exploring Biblical Wisdom

Gather for group Lectio Divina as we seek spiritual formation through scripture reading, reflecting, and sharing the Spirit that lives in each of us. **Tues @ 11AM.**
<https://dscumc.zoom.us/j/98179862680?pwd=ck15OU5KbWUyY0NwOUNxbzJkOUVBUTO9>

ZID: 981 7986 2680

PW: 6226481

Music Workshop - World Music Tour

Join Music Ministry Director Lorena Suarez as she tours the world music scene. This week, music from Ecuador, Peru, and Bolivia! **Wed @ 5:30PM.**
<https://dscumc.zoom.us/j/92978304567?pwd=Mmo4UWZtc012TUxzVS9VYXlpVU1iZz09>

ZID: 929 7830 4567

PW: 6226481

Progressive Christianity Book Study

Explore the richness of progressive Christian thought through literature. **Thurs @ 2PM.**
<https://dscumc.zoom.us/j/98015738087?pwd=eGFpVWRCUnZraWxUU1d0anRiU2pFQT09>

ZID: 980 1573 8087

PW: 6226481

Sunday Morning Live!

Join us live on Sunday mornings on Youtube. **Sun @ 10AM**

Visit <https://bit.ly/fumcYouTube> and subscribe to the channel.
(Address is case-sensitive.)

Sunday Morning Fellowship

Join us on Zoom for fellowship immediately following the live stream. **Sun @ 10:30AM**

<https://dscumc.zoom.us/j/97274927766?pwd=bVlqNmZjTk84bHFHd0JRS0U5R0c4Zz09>

ZID: 972 7492 7766

PW: 6226481

Korean Language Ministry

주일 오전 1130 Youtube에서 실시간 방송이 있습니다.

bit.ly/fumcYouTube

방송 직후 Zoom을 통해 교제의 시간에 초대합니다.

<https://dscumc.zoom.us/j/99861120822?pwd=VWlyZ3FrM2ZrNHhrVIRINHc1NTBLQT09>

ZID: 998 6112 0822

PW: 6226481

또한, 금 오후 7시에 같은 줌 방에서 성경말씀 묵상 나눔이 있습니다.

Support the Ministries at First Church Tucson

Now is the time to give courageously to ministries that matter to you.

Visit this [link](#) or go to www.bit.ly/givetofumc to set up online donation.

You may also send gifts via Paypal to recipient address: finance@firstchurchtucson.org

And as always, you can mail in checks to the church office. Alternatively, have your IRA advisor automatically make payments from your IRA to the FUMC checking account.

THIS WEEK'S
BIRTHDAYS AND ANNIVERSARIES

Judy Gray (Nov 10)
Grace Lee (Nov 10)
Linda Hughes (Nov 12)
Marjorie Task (Nov 12)
Charlotte Baker (Nov 14)
Lori Medcoff (Nov 14)
Bob Walkup (Nov 14)

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

SONG FOR **THOUGHT**
“I Know Whom I Have Believed”
Daniel W. Whittle

by **Lorena Suarez**

Director of Music Ministries on November 7, 2020

Daniel Webster Whittle (1840-1901), an American Civil War soldier and later in his life an evangelist, wrote around 200 hymn texts. He usually wrote under the pseudonym “El Nathan.”

The text of the hymn *I Know Whom I Have Believed* was written by Major Whittle in 1883, and the music was composed by James McGranahan (1840-1907).

This hymn quotes 2 Timothy 1:12, and it is divided in four stanzas and one refrain. The text talks about remaining strong in the faith even though many times we may experience hard moments. Enjoy!

Lyrics:

I know not why God's wondrous grace
To me He hath made known,
Nor why, unworthy, Christ in love
Redeemed me for His own.

*But I know Whom I have believed,
And am persuaded that He is able
To keep that which I've committed
Unto Him against that day.*

I know not how this saving faith
To me He did impart,
Nor how believing in His Word
Wrought peace within my heart.

I know not how the Spirit moves,
Convincing men of sin,
Revealing Jesus through the Word,
Creating faith in Him.

I know not when my Lord may come,
At night or noontide fair,
Nor if I walk the vale with Him,
Or meet Him in the air.

Suggested recording:

<https://www.youtube.com/watch?v=ZsFoFVRRYPk>

LECTIO DIVINA PRAYER GUIDE
for Individuals and Families

CENTERING - *Practice Square Breathing*

- Inhale for 4 seconds, hold for 4 seconds,
- Exhale for 4 seconds, hold for 4 seconds.
- Repeat as necessary.

SONG OF PRAISE

Select a song of your choice, or
Refer to this week's Song for Thought

OPENING PRAYER - *Psalm 19:14*

Let the words of my mouth and the meditation of my heart
be acceptable to you,
O Lord, my rock and my redeemer. Amen.

READING

Matthew 25:1-13

REFLECTING

Take a minute or two in silence.
Allow your thoughts to rest on a word, a phrase, a memory from this passage.
Journal or share your thoughts from this moment of meditation on the passage.

RESPONDING

Respond to the reflection through the guidance from the Holy Spirit.

MINUTE MEMOIR - by Paul Cho

The parable is one that may challenge our notion of loving kindness because of the way the 5 wise bridesmaids are pictured as not sharing their oil. However, this is not an act of selfishness but rather, a testament to their longing hope and their faithfulness. Rather the parable focuses on a different matter all together.

The parable calls us to an urgent response. But unlike the sense of urgency we often associate with fear, the urgency that Christ calls us to is one filled with hope and love. It is with great anticipation for what is ahead that we engage and respond, actively living out our faith in our midst.

Will you share in the hope filled expectancy of a world we are creating now? That is, a world in which Christ reigns in all of us and in all of our communal lives. I hope you can live into this hope-filled urgency as we respond to the cries for change in our communities.

RESTING

Dwell in your reflection and response.

Take time to offer God praise and glory.

Repent and seek forgiveness.

Offer joys and the concerns, adding in your personal prayers.

Lastly, offer a thanksgiving for God's grace and mercy.

CLOSING PRAYER *Wesley Covenant Service Prayer*

I am no longer my own, but yours.

Put me to what you will, rank me with whom you will;

put me to doing, put me to suffering;

let me be employed for you, or laid aside for you,

exalted for you, or brought low for you;

let me be full,

let me be empty,

let me have all things,

let me have nothing:

I freely and wholeheartedly yield all things

to your pleasure and disposal.

And now, glorious and blessed God,

Father, Son and Holy Spirit,

you are mine and I am yours. So be it.

And the covenant now made on earth, let it be ratified in heaven.

Amen.



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