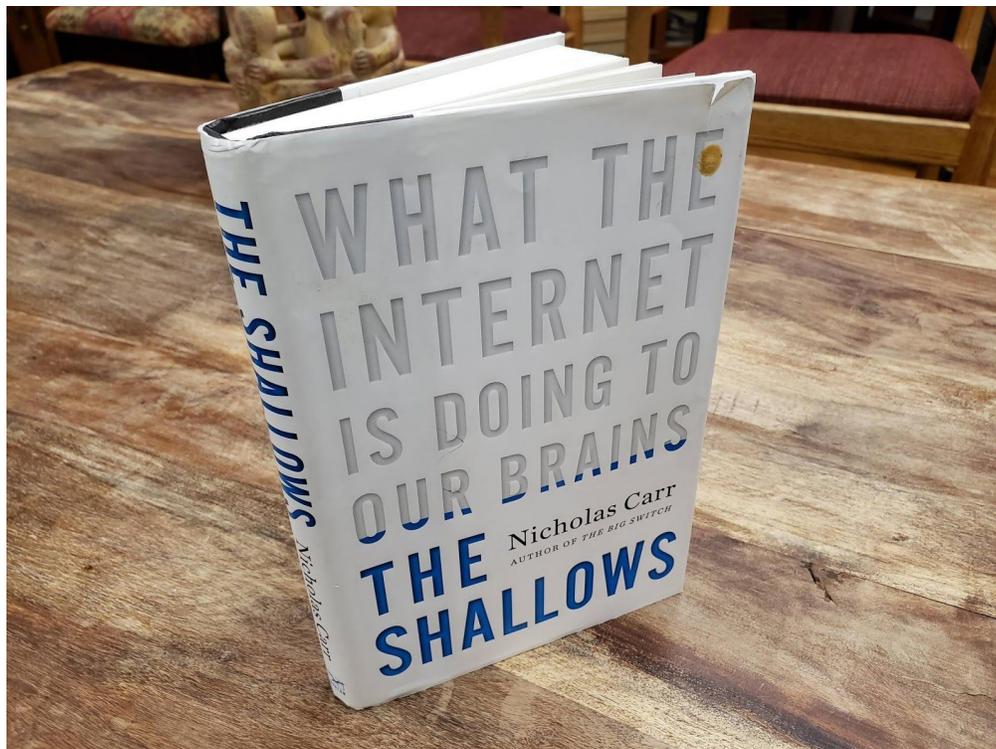




First Church Tucson Weekly Digest

The Need for Inefficiency

By Raven Gaston for October 12th, 2020



Not long ago I was in our church library, looking for additional reading during these long days of confinement. One of the books I chose has given me a feeling of urgency to share some of the information. The book is titled: “What the Internet is Doing to Our Brains – The Shallows” (by Nicholas Carr). The author has done extensive research on how today’s technologies affect our ways of thinking, perceiving and acting. He compares the effects of reading a book to learning from our computers. ‘Reading a book was a meditative act...readers disengaged their attention from the outward flow of passing stimuli in order to engage it more deeply with an inward flow of words, ideas and emotions.’

However, “Dozens of studies by psychologists, neurobiologists, educators and Web designers point to the same conclusion: when we go online we enter an environment that promotes cursory reading, hurried and distracted thinking, and superficial learning.” And “The Net’s cacophony of stimuli short circuits both conscious and unconscious thought, preventing our minds from thinking either deeply or creatively.”

Since I haven't been using computers since childhood I am relatively computer-ignorant. But I am aware of the amazing and easily accessible source of information the computer is. I see this as good, of course. But this author makes us aware that it is not the only way of growing in knowledge and understanding. He is concerned about today's teenagers who "typically receive or send a message every few minutes throughout their waking hours."

There is a concern that we may become "mindless consumers of data". Psychological studies over the past 20 years reveal "that after spending time...close to nature, people exhibit greater attentiveness, stronger memory and generally improved cognition." There needs to be, the author concludes, "a time for efficient data collection, and time for inefficient contemplation, time to operate the machine and time to sit idly in the garden."

"Silence is essential. We need silence, just as much as we need air, just as much as plants need light. If our minds are crowded with words and thoughts, there is no space for us."

- Thích Nhất Hạnh

"I have decided to stick with love.
Hate is too great a burden to bear."

- Rev. Dr. Martin Luther King Jr.

THIS WEEK'S ANNOUNCEMENTS & GATHERINGS

21 Day of Racial Equality Habit Building Challenge

Follow us on [Facebook.com/FirstChurchTucson](https://www.facebook.com/FirstChurchTucson) each day to watch, listen, and read about racial equality and join in the challenge.

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 group has started a new book named "Chasing Vines" by Beth Moore. **Mon @ 4:30PM.**

<https://dscumc.zoom.us/j/92059519248?pwd=ZmN4dTFCcVVCVjlnM3FHUHVVemNFdz09>

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=ck15OU5KbWUyY0NwOUNxbzJkOUVBUT09>

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, Southern Cone music! **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 (기존 토요일 새벽 기도회 대신) 온라인 모임을 위에 표시된 Zoom 가상 공간에서 갖고, 일요일 오후 1시에는 한어권 청년들의 모임이 따로 있습니다.

Cleaning Our Church

If you are willing to help us disinfect the church building in anticipation of reopening, there are openings on Wednesday and Saturday from 9 am to 3 pm. Just let us know when you'd like to come!

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

Martha Morgan (Oct 12)
Tina Todd (Oct 15)
Joyce Holloway (Oct 16)

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

SONG FOR **THOUGHT**
“He Has Made Me Glad”
Leona Von Brethorst

by **Lorena Suarez**

Director of Music Ministries on October 10, 2020

Leona Pearl von Brethorst (1923 - 2010) born in Tennessee, was one of eleven children. Throughout her life, Leona struggled several times with a deep feeling of loneliness, but it was through her commitment with her church that that loneliness was fought. She wrote several poems and songs for Bethany Chapel, where she was a worship leader and a very active member. Here, she also organized an outreach that fed the homeless.

Leona wrote *He Has Made Me Glad* in 1976 and it was later published by Maranatha Praise, Inc. The text of this joyful hymn was inspired by Psalm 100:4, and it reads:

Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

This hymn is a good reminder that every day is a good day to be thankful and to be happy and share that happiness with others. Enjoy!

Lyrics:

I will enter His gates with thanksgiving in my heart,
I will enter His courts with praise.
I will say, “this is the day that the Lord has made.”
I will rejoice for He has made me glad.

He has made me glad; He has made me glad.
I will rejoice, for he has made me glad.
He has made me glad; He has made me glad.
I will rejoice, for he has made me glad.

Suggested recordings:

The Maranatha Singers

https://www.youtube.com/watch?v=_jukcsdEUHU

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 - *Psalms 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 22:1-14

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 key to understanding the parables of the Kingdom of Heaven is to look at how the King is being portrayed. In them, we find a King who is just and merciful. While it may seem like an oxymoron to believe someone to be just and merciful, it is really a matter of position.

When we stand with Jesus, we experience a merciful God. When we stand in opposition to Jesus, we experience a God who will bring us to justice. Needless to say, stand with Christ. But be warned that we shall be held accountable. Like the guest who was found not wearing the appropriate attire, one cannot simply claim to be on the side of Christ, but must show themselves to have acted the part.

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.



FIRST UNITED METHODIST CHURCH
915 E. 4th St., Tucson, AZ 85719
www.firstchurchtucson.org
office@firstchurchtucson.org | pastor@firstchurchtucson.org
(Office) 520-622-6481 | (Pastor Paul) 520-850-4547