



First Church Tucson Weekly Digest

21DC Continues

By Paul Cho on October 5th, 2020

We continue our 21 Days of Racial Equality Habit Building Challenge. Participate in the viewing, listening, and reading to learn, grow, and be challenged in our combined efforts to act for justice. Follow our Facebook page for daily info. fb.com/firstchurchtucson

There are weekly Zoom discussions for 21DC with the DSC RACE Coalition.

[Click here to register for all 3 weeks.](#)

A Place of Quiet Rest

By South District Superintendent Rev. Matt Ashley on September 15th, 2020

“⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
~Philippians 4:6-7~

Ever worry about something? Seems like there’s an awful lot to worry about these days: pandemics, elections, racism, wildfires, church conferences, even just figuring out what to make for dinner. There is so much to worry about, and all we can do is to do what we can do. So much in life is out of our control.

I’m always interested in the etymology of the words we use: a word’s history, its origin, what it meant or sounded like five or ten centuries ago. The English word ‘worry’ developed from an Old English word that meant ‘to strangle.’ When our worries get the best of us, they strangle us; it becomes difficult to even breathe, let alone enjoy the fullness of life.

Look up the word ‘worry’ in a dictionary and you’ll find it associated with unpleasant words like choke, torment, and bite. Our worries aren’t just passive burdens; they actively tear at our souls and make it difficult for us to live well.

But there is a place of quiet rest. It lies somewhere near the heart of God.

Philippians is one of the seven undisputed letters of Paul, and one of my favorite letters of Paul. For all of the Pauline passages that might keep you up at night, he offers beautiful passages like Philippians 4:6-7 that point us towards the peace of Christ.

Do not worry about anything. Easier said than done, right? By ourselves, yes. But all things are possible with God.

In everything by prayer and supplication with thanksgiving let your requests be made known to God. Notice that Paul includes thanksgiving in his instruction. Thanksgiving is our practice of celebrating all the ways we are blessed – and we are blessed, even when our worries seem like burdens.

And my favorite part of the passage – And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. The KJV translation of this passage says that the peace of God will keep our hearts and minds. The Good Shepherd always watches over the sheep, keeping them safe from ravenous wolves.

We have some things to worry about, but God is with us. There is much outside of our control, but we can put our trust in the Good Shepherd who watches over us.

Sometimes we can have trouble finding that place of quiet rest even when we pray. Even when we give thanks to God, we can have trouble finding it. Sometimes we need the help of caring people around us.

If your heart is burdened by worry and you just can't find the peace and the rest that you need, please find someone to talk to. There is help for you, faithful guides who can help you rediscover the quiet center.

Do not let your hearts be troubled. Best of all, the Lord is with us.

Thank for listening,

Matt

Join us on Tuesday for Exploring Biblical Wisdom currently reading from Phillipians.

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“If you're going to care about the fall of the sparrow you can't pick and choose who's going to be the sparrow. It's everybody, and you're stuck with it.” - Madeleine L'Engle

“The day the power of love overrules the love of power, the world will know peace.”- Mahatma Gandhi

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THIS WEEK'S
ANNOUNCEMENTS & GATHERINGS

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. WSQ will be starting a new book on October 5 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, Mexican 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

한국어 사역 온라인모임을 소개합니다. 주일 오전 1130 폐북 실시간 방송이 있습니다.

<fb.com/tucsonkoreanchurch/live>

방송 직후 Zoom을 통해 교제의 시간에 초대합니다.

<https://dscumc.zoom.us/j/99861120822?pwd=VWIyZ3FrM2ZrNHhrVIRINHc1NTBLQT09>

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.

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

Insook Bae (Oct 7)
Mark Myers (Oct 9)
Bill Snyder (Oct 10)

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

SONG FOR **THOUGHT**
"Psalm 23, D. 706"
Franz P. Schubert

by **Lorena Suarez**

Director of Music Ministries on October 3, 2020

Franz Peter Schubert (1797 - 1828) was an Austrian composer who despite his short lifetime, wrote hundreds of works, including symphonies, sacred pieces, incidental music, and more than 600 vocal pieces. Schubert wrote a musical setting for Psalm 23 in December 1820.

The piece is scored for Soprano I and II, alto I and II, and piano accompaniment. It was written for a soiree given in Vienna by four musical sisters, the Fröhlichs. The German text was written by the German-Jewish philosopher Moses Mendelssohn.

The piece is also known with its first line of the text: Gott ist mein Hirt which translates as The Lord is my Shepherd. The English composer and conductor John Rutter made a beautiful orchestration with English translation of this work. Enjoy!

Psalm 23: 1-6 (English version by John Rutter)

The Lord is my shepherd:
I shall lack nothing.
He feedeth me in pastures green,
yea, he leadeth me beside still waters.

The Lord restoreth all my soul;
he leadeth me in paths of righteousness to praise his holy Name.

Yea, though I walk through death's dark shadowed valley,
yet I will fear no evil, for thou dost shelter me:

thy rod and staff they comfort me.

Thou shalt prepare a table for me before the face of all my foes,
thou hast anointed my head with oil, and my cup shall be full.
Thy goodness and thy mercy,
they shall ever follow me;
Yea, I shall dwell in the house of the Lord for evermore.

Suggested recording:

J. Rutter, The Cambridge Singers, and Aurora Orchestra
<https://www.youtube.com/watch?v=5JdCJy48IYw>

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 21:33-46

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

It has always been our tendency to point our fingers toward the Pharisees and Scribes in the gospel readings, gleeful almost in their pronounced judgment. More so when their judgement is followed by a recognition of Christians as the new people of God, or in

our story, the new tenants of the vineyard. But such interpretation is not likely what Jesus had in mind.

Rather, a careful and humble recognition that we too will be held accountable for this gift of faith should be our focus. This is not to burden us or to entangle us in institutionalized baggage. The accountability we have for our faith is in fact how we are able to live our lives free in the faith we have through Jesus Christ.

As much as we hope for a world that is changed because of our faith, we must aim to live by our faith, giving Christ the sole authority over our thoughts, decisions, and actions. That way, we may experience the Kingdom of Heaven in our midst.

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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