



First Church Tucson Weekly Digest

Join the 21 Day Racial Equity Habit Building Challenge

September 28th, 2020

Have you ever heard of the idea that in order to make something into a lasting habit, that it takes 21 days to take hold in your life? Perhaps you want to exercise more, eat healthier, limit the amount of time you spend on social media, or become more active with a hobby or cause. It is a process that takes time, patience, dedication and intentional action, right? Change is hard. Creating effective social justice habits, particularly those dealing with issues of power, privilege, supremacy and leadership, is like any lifestyle change. Setting our intentions and adjusting what we spend our time doing is essential. It's all about building new habits. Sometimes the hardest part is just getting started. The good news is, there is an abundance of resources just waiting to empower you to be a more effective player in the quest for equity and justice.

Beginning on October 1, 2020, we invite you to join the 21-Day Racial Equity Habit Building Challenge©, created by Dr. Eddie Moore, a diversity educator. It is a starting point for individuals to advance deeper understandings of the intersections of race, power, privilege, supremacy and oppression. We are grateful to Dr. Moore for publicly sharing and encouraging others to use this concept as an educational tool.

We have a lot of work to do in regards to racial equity, both individually and collectively. The sharp inequity that divides us is a part of our history as a people that we cannot hide from and the recent killings of George Floyd, Ahmaud Arbery, Breonna Taylor, Elijah McClain, and so many others, have only highlighted the immediacy and need of this work.

This 21-Day challenge will by no means be the end of the things we need to do, instead it is a humble beginning on a long and important journey. And accepting the challenge is a first step in confessing wrongs and moving toward justice.

Much of this challenge has been intentionally crafted to focus on the Black American experience. The activities seek to expose participants to perspectives on elements of Black

history, identity and culture and to the Black community's experience of racism in the United States of America. You will be exposed to voices and perspectives that may be different than your own through articles, videos, and podcasts. However, even this focus on Black Americans cannot possibly highlight all of the diversity of experiences and opinions within the Black community itself, much less substitute for learning about any other community of color.

Over the next 21 days, we are going to build our awareness, our understanding and our capacity for action. Let see how our own perspectives and personal awareness of racism will grow and be challenged. This work is hard. Thank you for taking the courageous steps forward.

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Attached are several documents to help us on this 21 day challenge.

First, find the 21 Day Challenge Assignment List. This document has the list of activities to watch, listen, and read list for each of the 21 days. The document has links to all the source materials.

Second, find the Tracking Document. This is to help you keep track of your activities and more importantly, your daily reflections.

Lastly, find the article titled "White Privilege: let's talk." It provides a framework for courageous dialogue.

Follow along our church's Facebook page @ [fb.com/firstchurchtucson](https://www.facebook.com/firstchurchtucson)

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"A Christian is: a mind through which Christ thinks, a heart through which Christ loves, a voice through which Christ speaks, and a hand through which Christ helps." - St. Augustine

"The gospel is less about how to get into the Kingdom of Heaven after you die, and more about how to live in the Kingdom of Heaven before you die."- Dallas Willard

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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, Portuguese 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=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.

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.

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THIS WEEK'S
BIRTHDAYS AND ANNIVERSARIES

John Proch (Sep 29)

Melanie Wallendorf (Oct 2)

Melissa Empson (Oct 3)

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

PHOTO BOARD
FROM OUR FIRST CHURCH FAMILY



One of Tripp Gordon's fish, a honey gourami named Bart. "It's really peaceful watching my fish swim around in their little jungle."

SONG FOR **THOUGHT**

"The Heavens are Telling the Glory of God"

Joseph Haydn

by **Lorena Suarez**

Director of Music Ministries on September 26, 2020

The heavens are telling the glory of God, or its original title *Die Himmel erzählen die Ehre Gottes*, is the thirteenth movement of the famous oratorio *The Creation* by Joseph Haydn.

The Creation was written between 1797 and 1798. The libretto was written by the Dutch-born Austrian diplomat Gottfried van Swieten. The oratorio, with its text in German and English, was published in 1800.

The heavens are telling the glory of God is scored for orchestra, chorus, and three vocal soloists who represent the archangels Raphael, Uriel, and Gabriel. This movement was inspired by Psalm 19, and it closes the first of the three parts of the oratorio. Its major mode represents the triumph of light over dark. Enjoy!

Lyrics:

Let *The heavens are telling the glory of God*,
The wonder of his work displays the firmament.

To-day that is coming, speaks it the day,
the night that is gone, to following night.

*The heavens are telling the glory of God,
The wonder of his work displays the firmament.*

In all the lands resounds the word,
never unperceived, ever understood.

*The heavens are telling the glory of God,
The wonder of his work displays the firmament.*

Suggested recording:

Michael Card

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

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

Exodus 24:9-16

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 on Pastor Raven's message

Waiting is difficult, especially when all is not well. It is difficult because it forces us to release control. But the opposite is not always best. Having too much control can be even

more problematic. The point of grace for us is knowing that on matters in our control, God is with us, guiding us, awakening us along the way. On matters not in our control, God is still with us, faithful as always.

There is need for us to realize just how much or how little we can actually manipulate. One certain advantage of God being on the helm is that God can turn our failures and our flaws to work for the good of those who love him and are called according to God's purpose. For God, our short-comings are not something for us to loathe in, but indeed can be for God's glory, if we allow God to mold and move us into Christ-like being.

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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