



First Church Tucson Weekly Digest

Onward

By Rev. Paul Cho on September 7th, 2020

This has nothing to do with the recently released Disney animation with the same title, though the thought is similar, pressing onward on an unknown journey. The fact of the matter is that it has now been a full 6 months since we began this sudden shift due to the pandemic. 6 months. For a United Methodist Pastor who is appointed on a yearly basis, this accounts for half of this year's ministry. I keep thinking of all that has changed and all that I miss. But I do not want to give into that kind of misery. Instead, I want to celebrate the joys we have had along the way.

I celebrate the works of our Congregational Care Team (Margo Kahler, Nan Rollings, Jessie Hansen, Chuck Humpherys, Shirley Murray, Jeanne Bensema, along with Pastor Raven Gaston). They have helped us stay connected when we cannot connect in person or online.

I want to applaud our Music Ministry Director Lorena Suarez, whose ministry direction shifted drastically just a couple weeks after she began. Yet, she remained with us and has been a tremendous resource for us, bringing us weekly stories (found below in the Weekly Digest) and weekly online music workshops. I certainly celebrate all of those musically talented siblings who have joined us in making and recording music, Young Kim, Raven Gaston, Cindy Rinehart, and others.

Most of all, I want to celebrate all of you, who have had to adjust to new formats, new interfaces, and new patterns of living together as a faith community. You have made this otherwise difficult journey a blessing in disguise.

Come to think of it, there is probably a lot more to celebrate if we give it the attention it is due. Have you seen this Ancestral Mathematics? It helped me put things in perspective.

2 parents

4 grandparents

8 great-grandparents

16 second great-grandparents

32 third great-grandparents

64 fourth great-grandparents

128 fifth great-grandparents

256 sixth great-grandparents

512 seventh great-grandparents
1,024 eighth great-grandparents
2,048 ninth great-grandparents

For you to be born today from 12 previous generations, you needed a total of 4,094 ancestors over the last 400 years.

Think for a moment - How many struggles? How many battles? How many difficulties? How much sadness? But also, how much happiness? How many love stories? How many expressions of hope for a future? - did our ancestors have to undergo for us to exist in this present moment?

It has meant a lot to me that First Church Tucson endured the Spanish Flu pandemic for 2-3 years. It tells me that we have overcome great challenges and gives me a kind of confidence in our spiritual resolve. More surprising, is that after the pandemic, less than 10 years later, we grew and relocated to our current facility. Even after such a great crisis, the church was very much alive!

Personally, today marks the 1st anniversary/memorial of my grandmother's passing. I miss her and I want to remember all the love she gave me.

So, along with our many ancestors, and equally important, the generations of faithful siblings here at First Church Tucson, let us press onward through this season of life celebrating the goodness of God!

Food for Thought

“Judging a demonstration by its most violent participants
but *not* judging a police force by its most violent cops
is the language of the oppressor.” - Anonymous

A white woman, race educator Jane Elliot says to an auditorium full of people, “I want every white person in this room who would be happy to be treated as this society, in general, treats our citizens - our black citizens - if you, as a white person, would be happy to receive the same treatment that our black citizens do in this society, please stand.” Unsurprisingly, no one moves. She pauses. “You didn’t understand the directions. If you white folks want to be treated the way blacks are, in this society, stand.” More marked silence and lack of movement. She continues, “Nobody’s standing here. That says very plainly that you know what’s happening. You know you don’t want it for you. I want to know why you’re so willing to accept it or allow it to happen for others.”

Visit www.dsc-race.com for more additional anti-racism resources.

First Church Tucson is joining the Desert Southwest Conference’s 21 Day Racial Equity Habit Building Challenge beginning October 1, 2020.

If you want to support anti-racism ministries through reflection, action, courageous dialogue, and/or engagement, contact Pastor Paul at pastor@firstchurchtucson.org.

THIS WEEK'S
ANNOUNCEMENTS & GATHERINGS

Women on a Spiritual Quest

Meet with WSQ for book studies and the best kind of Methodist small group accountability.

Mon @ 4:30PM.

<https://dscumc.zoom.us/j/92059519248?pwd=ZmN4dTFCcVVCVjNM3FHUHVemNFdz09>

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, Italian 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 Facebook livestream. **Sun @ 10AM**
Starting in October, Sunday Morning Live will stream on Youtube.

Visit [fb.com/firstchurchtucson/live](https://www.facebook.com/firstchurchtucson/live)

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 페북 실시간 방송이 있습니다.

[fb.com/tucsonkoreanchurch/live](https://www.facebook.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 위해 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.

COVID-19 Survey at First Church Tucson

Help our church plan ahead. Go to www.bit.ly/fumcsurvey and tell us your thoughts about reopening and in-person gatherings.

If you've received the survey by mail, please return it to 915 E 4th St, Tucson, AZ 85719.

THIS WEEK'S BIRTHDAYS AND ANNIVERSARIES

John Hughes (Sept 7)
Alice Woo (Sept 10)

SONG FOR **THOUGHT** "He Is Exalted" **Twila Paris**

by **Lorena Suarez**

Director of Music Ministries on September 5, 2020

Twila Paris was born in Fort Worth, Texas in 1959. She is a Christian singer, author, pianist, and songwriter. Amazingly, she recorded her first album at the age of seven, and since then, Twila has released more than twenty albums. Besides many different awards and recognitions, Twila won, three years in a row, the Gospel Music Association Dove Award as best Female Vocalist of the Year.

He Is Exalted was released in 1985 in her album called *Kingdom Seekers*. The song is inspired in Psalm 57:11, that reads:

*Be exalted, O God, above the heavens;
Let your glory be over all the earth.*

Also, *He Is Exalted* has been translated into Portuguese as "Ele é Exaltado" since it was used in several churches in Brazil. Enjoy!

Lyrics:

He is exalted,
The King is exalted on high;
I will praise Him.
He is exalted, forever exalted
And I will praise His name!

He is the Lord,
Forever His truth shall reign;
Heaven and earth
Rejoice in His holy name.
He is exalted,
The King is exalted on high.

Suggested recording:

Twila Paris - Live

<https://www.youtube.com/watch?v=b8LjSe8KfAg>

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 18:15-20

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

We rarely like to confront others, especially with those we have ill feelings for. Yet, this is what Christ calls us to do. But instead of trying to sort out who is right and wrong, welcoming or excluding them from our inner circles, perhaps what Jesus meant by treating the unreconciled other as a "gentile or tax-collector" was to see them as recipients of God's grace and mercy.

Certainly, Jesus extended grace toward the gentile and tax-collector. Perhaps the matter of reconciliation is to be able to see the other's suffering and need for mercy. Perhaps the reason why two or more be joined in the conversation was for the group and then the church community to recognize the suffering in the other and as the Spirit leads, to offer truth in the place of darkness.

Speaking truth, to a point where confrontation cannot be avoided, has been our long standing value. We will not keep our voice quiet in the face of injustice or harm being done. But in order to do so, we must be a kind of people who people want to hear. We must not become a voice that people want to avoid. Perhaps most important, we must speak with love.

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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