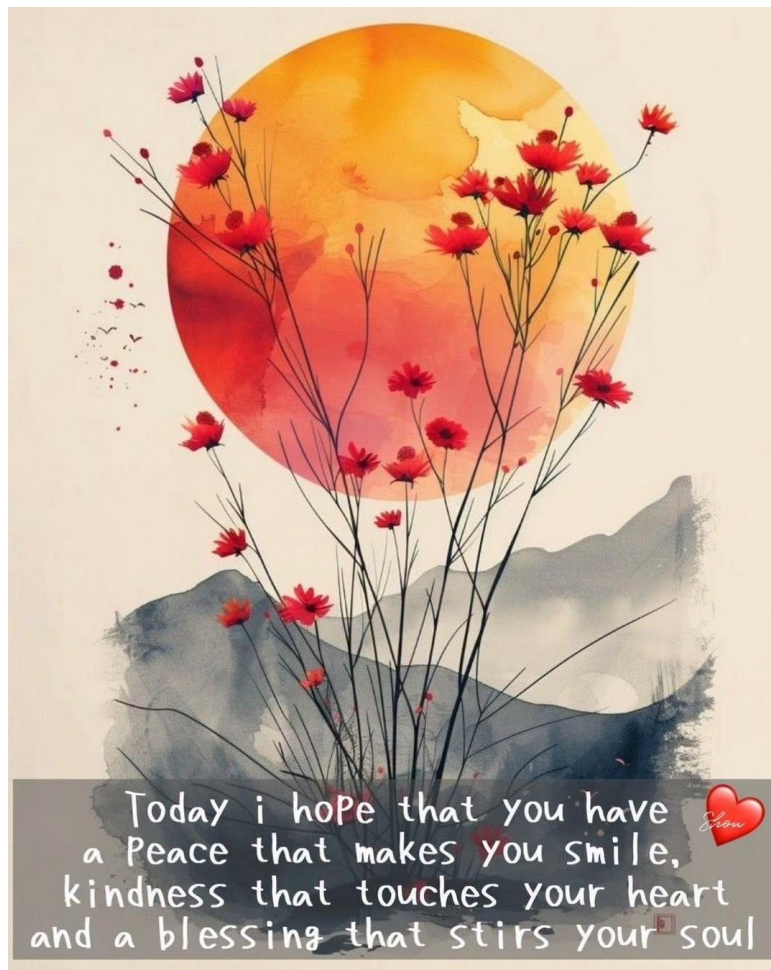




AUGUST 2026

Our Mission at Vista de la Montaña United Methodist Church

To make disciples of Jesus Christ for the transformation of the world, and to reach out to others, help them, welcome them into our family of faith as we gather for worship, fellowship, education, and service.



Fellowship Focus will return in September's issue.

United Women of Faith

United Women in Faith filled seventy (70) backpacks with school supplies for the Family First charity. Forty-five (45) backpacks filled with school supplies have been given to TMM (Tucson Metropolitan Ministries) and twenty (20) backpacks have been delivered to the EMERGE charity. These charities appreciate the gifts from United Women in Faith at Vista United Methodist Church.

Coronado Teachers/Students Ministry

Our Coronado Teachers ministry team was recently asked to donate backpacks for the Kindergarten through 6th graders. Their previous donors were unable to continue their contributions. THANKS to your giving in January, the team was able to donate 120 backpacks. The Coronado K-8 counselor will fill the bags with school supplies. The Coronado Teachers ministry will now be named "Coronado Teachers/Students Ministry". THANK YOU for your continued support.

THANK YOU, KIM LUCKMAN!!!

When you see Kim Luckman, thank him for mowing Vista's entrance at North Oracle and Mira Vista Lane! Great job, Kim!



Chair Yoga on Saturday Mornings

Chair Yoga on Saturday Mornings

by Sharon Scanlan and Marty Lenzini

Have you tried the Chair Yoga class at Vista UMC?

Tanya Fagentan, who teaches a very popular class in SaddleBrooke HOA1 and SaddleBrooke Ranch, is teaching a great Chair Yoga class on Saturday mornings at 10:00 AM every Saturday morning. The cost will be \$10/class, paid directly to Tanya in cash or check. It is held in the Elizabeth Room. Since the room is so large there is no need to sign-up. Just come!!

The class is open to the public! Invite your friends and neighbors. We have had great attendance and more than half of the attendees are not Vista members. It is another initiative to expose our wonderful facility and campus to local residents who aren't familiar with Vista UMC.

According to research:

Chair yoga is a gentler form of yoga practiced sitting on a chair or using a chair for support, and it offers a solid range of benefits, especially for people with mobility limitations, older adults, beginners, or anyone who spends a lot of time at a desk.

Physical benefits

- **Improved flexibility and joint mobility** — gentle stretches help loosen tight muscles and improve range of motion in the neck, shoulders, hips, and spine.
- **Better circulation** — seated stretches and gentle movements encourage blood flow, which can be especially helpful for people who sit for long periods.
- **Increased strength** — many poses engage the core, arms, and legs isometrically, helping maintain muscle tone without high-impact strain.
- **Pain relief** — it's often used to ease lower back pain, arthritis discomfort, and general stiffness.
- **Better posture** — poses that focus on spinal alignment can counteract the effects of slouching at a desk.
- **Improved balance** — even seated versions of balance-focused poses can help build stability, which is valuable for fall prevention in older adults.
- **Lower injury risk** — since it's low-impact and doesn't require getting up and down off a mat, it's accessible for people with joint issues, recovering from injury, or with limited mobility.



Tucson Metropolitan Ministries - THANK YOU!

On behalf of everyone at TMM Family Services, thank you for coordinating the generous donation of backpacks for the children on our campus. The support we receive from Vista de la Montaña United Methodist Church and its women's group continues to make a meaningful difference in the lives of the families we serve.

Please extend our sincere gratitude to everyone involved. We know the time, effort, and generosity that goes into organizing these donations, and we are incredibly grateful for your partnership and commitment to our community.

I have attached a thank-you letter for the congregation and would appreciate it if you could share it with those who helped make this donation possible.

Thank you again for all that you do for TMM and the families we serve. We truly value our longstanding relationship with Vista de la Montaña United Methodist Church and are grateful for your continued support.

Vista 90 Years Plus Birthday Club Celebration!

Are you turning 90 or more in 2026? We would like to include you in our celebration on Sunday, September 20, 2026 during the 10:00 am Worship service. Please contact the church office to get added to the list. 520-825-1985

OPPORTUNITIES TO CONNECT, SERVE & SUPPORT

Communion Servers: If you are interested in being part of this ministry, please contact Linda Galka lindagalka65@gmail.com or speak with me at church and I will add you to the list. We need two servers the first Sunday of each month to serve bread and juice alongside Pastor Mary and the Liturgist. All elements are gluten free! No advance training is required!

Landscaping

The Landscaping crew are now meeting on Thursdays at 7:00 instead of 8:00, due to the increase in temperatures. The guys are always seeking others to join them, and sometimes there are even donuts provided for those who show up, such a deal!

Complimentary Prayer Beads are available in the Narthex and in the Library.

Upper Room booklets are available in the Narthex and the church office for \$2.00 each or online at upperroom.org. It is free to sign up for a daily devotional email.

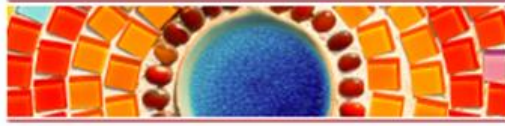
A wheelchair is available during services in the Narthex.

AUGUST CALENDAR

Saturday 08.01.26	8:00am	Vista Men
Saturday 08.01.26	10:00am	Chair Yoga
Tuesday 08.04.26	3:00pm	Ministry Team Meeting
Tuesday 08.04.26	5:00pm	Trustees
Wednesday 08.05.26	1:00pm	Choir Practice
Thursday 08.06.26	7:00am	Landscaping
Friday 08.07.26	10:00am	Prayer Beads
Saturday 08.08.26	10:00am	Chair Yoga
Sunday 08.09.26	10:00am	Worship
Tuesday 08.11.26	8:00am	Breakfast with the Pastor – Sunnyside Up Cafe
Wednesday 08.12.26	1:00pm	Choir Practice
Thursday 08.13.26	7:00am	Landscaping
Saturday 08.15.26	10:00am	Chair Yoga
Sunday 08.16.26	10:00am	Worship
Tuesday 08.18.26	2:00pm	Finance
Tuesday 08.18.26	3:00pm	Council Meeting
Wednesday 08.19.26	1:00pm	Choir Practice
Thursday 08.20.26	7:00am	Landscaping
Thursday 08.20.26	1:00pm	Stephen Ministry
Saturday 08.22.26	10:00am	Chair Yoga
Sunday 08.23.26	10:00am	Worship
Wednesday 08.26.26	1:00pm	Choir Practice
Thursday 08.27.26	7:00am	Landscaping
Saturday 08.29.26	10:00am	Chair Yoga
Sunday 08.30.26	10:00am	Worship

SEPTEMBER

Tuesday 09.01.26	5:00pm	Trustees
Wednesday 09.02.26	1:00pm	Choir Practice
Thursday 09.03.26	7:00am	Landscaping
Saturday 09.05.26	8:00am	Vista Men
Saturday 09.05.26	10:00am	Chair Yoga
Sunday 09.06.26	10:00am	Worship



Prayers for Healing

Pete Rice, Ben Millard, Eileen Carender,
Dottie Lou Colby,
Margaret Overman, Mary Louise Roberson, Marilyn
Rutkowski, Ed Jensen, Linda Phillips
(Jan Bohe's daughter)

Prayers for our South District Churches

Bishop & Staff of the Desert Southwest Conference,
Staff & Churches of the: East District, North District
and West District

Home Bound

Mary Louise Roberson,
Jerry Browning, Orland Burbey, Jan Crown,
Rev. Alan and Kathy Campbell, Lynn Duenkel,
Jerry Eshelman, Bill Gureck, Marsha Hartz,
Jo Ann Hubbard, Ken and Diane Podlasek,
and Sharon Poole

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Admin@vistaUMC.org

Rev. Mary Dotson, Pastor

Pastor@vistaUMC.org cell:702-786-4985

**Our Church Conference will be Wednesday, SEPTEMBER 30, 2026 at
2:00pm in the Elizabeth Room. (SPRC will meet with the District
Superintendent at 1:00pm the same day)**

ECHOES EMAIL

Please send all Echoes articles, events and photos to

mamayob@gmail.com

Subject line: ECHOES

THANKS!!!

