

Vista de la Montaña United Methodist Church

September 2024 Echoes

New! Tune into Vista's Facebook page every Tuesday for our new recurring post, "**Tuesdays with Pastor Mary.**" To access Facebook, go to our website: www.vistaumc.org and click on the Facebook icon.

Mission Moments

by the Missions Team

Luke 10:29 The teacher of the law asked Jesus, "Who is my neighbor?" As we move into autumn, we'll be thinking about that question. The answer seems obvious: those who live near us, the ones we know. But Jesus taught us that all people are our neighbors. We'll be exploring new ways to better serve our neighbors as we move into a new season of ministry.

Neighbors Nearby

Mission and Evangelism joined forces, along with Pastor Mary, in reaching out to the staff at Coronado K-8 School to introduce ourselves and ask if there was some way we could support them as they begin the new school year. Their response was a resounding, "Yes," and we were able to meet their immediate need: a Continental Breakfast for their staff of 60 held July 30th. Thank you Vista for providing funds which allowed us to purchase watermelons, grapes, bagels, cream cheese, yogurts, muffins, and mini cinnamon rolls to complement the eggs and sausage prepared by the principal, Andrea Fyock. A few homemade goodies were also donated. They were most appreciative!

Next event: Hydration Station

Andrea Fyock, principal at Coronado K-8, has asked for our help. Friday, September 6th, she would like to have a Hydration Station Water Bar available for the staff of 60 teachers. We need donations of cases of bottled water, sparkling water like Spindrift or LaCroix, as well as packets of liquid IV. Monetary donations are also needed. Donations must be received no later than noon, Wednesday, September 4th. please note "Coronado Teachers" on monetary donations.

Neighbors in Agua Prieta

We recently wrapped up our annual school supply project at our sister church Fuente de Vida. This year we had 51 students in need of assistance. Each thirty-dollar sponsorship purchased the supplies needed for one student for the entire year. Thank you for your generosity. Now we're asking that you pray for those kids, their families, and their teachers as they begin another school year. As we move into a new season, we'll be asking Pastors Gela and Armando to keep us informed as to how we can best serve them.

Neighbors in Catalina

- **Impact Food Bank:** donations totaled 119 lbs. Thank you church!
- **Pocket Change:** No collections in July or August. Our September collection will be donated to the Coronado Teachers' Fund.

Thank you

The Mission Team and especially the Agua Prieta Backpack Program would like to thank the entire congregation for their generosity and support to the children of our sister church Fuente de Vida. Thank you for donating enough money so that each child's school supply needs can be met. What a blessing for the children as well as the parents. The best way out of poverty is to educate the children so they can succeed and give back to the next generation. With your generosity, you are doing this. They will know we are Christians by our love to them.

Our next meeting is scheduled for Wednesday, September 11th at 3:00 p.m. in the St. Matthew Room. Please join us in serving our neighbors. The Mission Team

Upcoming Events for United Women in Faith

by Amy Butkovich

The next meeting for United Women in Faith (formerly United Methodist Women) will be Tuesday, September 17th, in the Elizabeth Room. Refreshments will be served at 9:30 a.m. with the meeting beginning at 10:00 a.m. We will be making mosaic crosses during the meeting. All women of Vista United Methodist Church are welcome to attend.

On November 19th, United Women in Faith will assemble Children's Art Supplies Gift Packs to be given to local charities such as EMERGE and Tucson Metropolitan Ministries.

Christmas stockings that are to be filled with toiletry items will be distributed during November and early December to church members. We will give the stuffed Christmas stockings to local charities.

Our second bake sale fundraiser is scheduled for Sunday, December 15th, before and after church.

Blessings of the Animals

by Robin Conner

Why do churches bless animals? When we bless animals in the church, we are saying "You are a gift from God". It is God who first blessed animals at their creation. So blessing animals is an original activity as old as creation, a thing we do in imitation of the Creator. Many churches hold a blessing for the animals on the feast day of St. Francis of Assisi, known as the patron saint of animals. Born in Italy circa 1181, his love of God included all creatures. He would talk to and pray for the animals of the forest. Those of us at Vista de la Montaña United Methodist Church in Catalina love to see which of God's creatures will be brought in for a blessing. In the past, we have had the usual cats and dogs. Sometimes we see horses and last year, we had a tortoise from Vail. Our program begins with blessings from the pastor, followed by scripture and music and ends with each pet being blessed as certificates are presented. Seating is available.

This annual event will be held on Saturday, October 5, at 10:00 AM in the courtyard adjacent to our sanctuary. All creatures are welcome—on a leash, in a cage, in a bowl, in a box, with a saddle or otherwise safely secured. Stuffed animals and photos also will be blessed. A memory table will be available for those friends and neighbors of Vista UMC who want to remember their precious pets who have crossed over "The Rainbow Bridge". A photo can be emailed to admin@vistaumc.org, dropped off at the office or mailed to Vista UMC, 3001 E. Miravista Lane, Tucson, AZ 85739. For questions, call the office: 520-825-1985.

News From Your Finance Team

by Sharon Scanlan

Any contribution inquiries will be handled only on Mondays by Mary Berg and Linda Davis. Send your questions to finance@vistaumc.org.

Reimbursement requests, with an approved yellow sheet must be in Sharon Scanlan's mailbox before 9:00 AM Tuesday mornings. Inquiries will be handled on Tuesday mornings by Sharon Scanlan and Darrell Parson. Send your questions to finance@vistaumc.org.

Vista's United Methodist Men's Group

by Dan Boring

On behalf of Vista's United Methodist Men's group, I am pleased to invite all of the men in our congregation to join together for "Fellowship, Spiritual Growth, and Community Service" as we reconvene after our summer vacation. We will meet on Saturday, September 7th, at the Sunny Side Up Cafe in Catalina at 8:00 a.m. for breakfast and then adjourn to the church at 9:00 a.m. for our meeting. Please make plans to join us and to be a part of this unique ministry.

Vista 90 Years Plus Birthday Club Celebration

by Delores Brindle

On Sunday, September 15, we will celebrate the birthdays of our most senior members, those who are 90 years and older in 2024. You might ask yourself, "Why is this a big deal?" I created this annual event at Vista in 2018, having worked in the nursing home industry since 1964. Haven't you noticed by your conversations with these folks what interesting comments they tell you? No one has more history than they do, and I put together the "Vista 90 Years Plus Birthday Club Celebration" to honor them. This event has become so popular with this elite group that they excitedly let me know when they turn 90 and are now part of it all. Those turning 90 in 2024 will be hearing from me soon. You can also contact me via the Church office at 520-825-1985 and I'll return your call.

Library News

by Sharon Scanlan

Have you checked out our new library? Stop in and enjoy the peaceful environment and peruse our great selection of many popular religious writers. Many of the books have been used in past Adult Education classes. We welcome your donations. Please place them in the bin for donations in the library.

It's that wonderful time for Dinner for Six (DF6)

by Sandy Schwartz

Our Fall session will resume at the end of September with a "kickoff" lunch on Sunday, September 29th. We will meet our new partners that day at 11:30 a.m. right after church in the Elizabeth room. Food and beverages will be provided. Remember, if you were part of the Spring session, you are automatically part of the Fall session. **We welcome new members.** Our DF6 get-togethers may be lunch or brunch as well as dinners. Dining out is also an option.

Call Sandy Schwartz if you have any questions or to sign up by Sunday September 22nd.

Stephen Ministry

by Dottie McIntyre

Serve by becoming a Stephen Minister. Do you have gifts for caring, encouragement, and listening? If so, please prayerfully consider becoming a Stephen Minister. The next training class begins this fall at Santa Catalina Catholic Church. The Stephen Minister training is broken down into twenty 2½-hour sessions that will be held on Sunday afternoons, 2:00 p.m. to 4:30 p.m. The class will run from October 6, 2024, until March 2, 2025, with time off during the Christmas holidays.

Among the training topics are:

- Feelings: Yours, Mine, and Ours
- The Art of Listening
- Distinctively Christian Caring
- Assertiveness: Relating Gently and Firmly
- A Process Approach to Caring
- Confidentiality
- Ministering to Those Experiencing Grief

For more information about the training please contact any of our currently serving Stephen Ministers: Dr. Larry Holden, Dennis Kimmel, Joyce Luckman, Louise O'Donald, Lisa Richardson, Marv Rupe, Gifford Tompkins or Dottie McIntyre.

What is the purpose of silence during the prelude?

by Gail Parson (Worship Team)

First the definition of silence is the absence of sound. Silence during the prelude creates a space for God and allows a space for transfer from the end of conversations to a time in sacred space. Let go of distractions and prepare yourself for worship. Breathe deeply. Focus your mind and heart on God. The Spirit will guide you to clarity and inspiration.

Music Notes

by Carolyn Dwyer

On Wednesday, August 7th, Vista UMC welcomed Sharon Stohrer and her husband David, to the choir loft for a fabulous Vocal Workshop. They helped us use drinking straws and balloons and other seemingly silly devices so that we could find how to get the best sound out of our voices. We sang high notes and low notes, hummed, and hissed and practiced good breathing techniques. We made music with old friends and new friends and all had a great time!



Come and sing with us! The Chancel Choir is small and in need of voices. If you have been blessed with vocal talent, a discerning ear, and/or can tap your toes to the beat, we have a place for your gift to shine!

“No storm can shake my inmost calm,
While to that rock I’m clinging.
Since love is Lord of heaven and earth
How can I keep from singing?”
~Hymn #2212, The Faith We Sing

Rehearsals are every Wednesday at 1:00 p.m., beginning September 4th, for the new season. Bonus: This year we will be collaborating with the choirs of St. Mark’s UMC to present a Christmas Cantata on their campus on December 15th.

Come and Ring with us! Do you have a good sense of rhythm? Can you count to four? Or maybe even to six? If so, then the Vista Handbell Choir might be the place for you! We are looking for a few new members; former bell-ringing experience is not necessary but is certainly welcomed.

“Oh, from out the sounding cells,
What a gush of euphony voluminously wells!
How it swells!
How it dwells
On the Future! how it tells
Of the rapture that impels
To the swinging and the ringing
Of the bells, bells, bells,
Of the bells, bells, bells, bells,
Bells, bells, bells—
To the rhyiming and the chiming of the bells!”
~Edgar Allan Poe, from “The Bells”

Rehearsals are every Wednesday at 11:00 a.m., beginning September 4th, for the new season.

For questions about how you might fit into Music Ministry at Vista UMC, please contact Carolyn Dwyer, Director of Music Ministries, at 520-825-1985 or music@vistaumc.org.

From Santa Catalina Catholic Church

September Mental Health Focus - “Mental Health and Aging” by Brenda Huff (Event Coordinator)

How does aging affect your mental health? Why is my mental health getting worse as I age?

Join the Santa Catalina Mental Health Ministry for its September Mental Health Focus presented by Meira Year, RN, MA, MFT. The session will be held on **Sunday September 22, at 1:00 p.m. or Monday September 30, at 6:00 p.m. at 14380 N Oracle Road.** The same presentation will be given at each session, so choose the one that best fits your schedule.

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety.

Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

Join us for an informative and therapeutic discussion on mental health and aging.

Santa Catalina Catholic Church Bountiful Bazaar-Saturday, November 9, 2024

Craft and Gift Fair 9:00 a.m.-1:00 p.m.

For complete information or to request a Vendor Registration Form, please call or email me at the contacts listed below or stop by the church office. Early registration discounts end September 15. We have already had a lot of interest in the return of the Bazaar to Santa Catalina. We would love to have you be a part of the event this year. Hope to hear from you soon. Brenda Huff, Event Coordinator. 520-310-2349; bhgame@gmail.com
Brenda Huff

MOUNTAIN BIKES ARE BACK! (Tues. and Thurs. from 4 p.m. to 7 p.m.) by Christie Pearce (head Coach)

The Oro Valley Interscholastic Mountain Bike Club appreciates the usage of Vista UMC's parking area and focuses on the development of middle and high schoolers via the sport of mountain biking. OVMTB was started in 2012, the year that their league (Arizona Cycling Association) began. In 2012 the team consisted of less than a dozen riders. Over the last 12 years they have grown to over 60 student athletes and 25+ coaches. They have had the opportunity to impact the lives of hundreds of kids and their goal is “to get more kids on bikes,” an activity that can become a lifelong passion. Mountain biking is a sport that one can take to the highest competitive level or keep as a fun recreational activity. OVMTB has riders in both categories on their team and they are equally important to the culture of their team. Every year they bring in new scared tiny middle schoolers and have the joy of watching them grow in their strength, skill and most importantly their confidence. They teach their athletes how to properly care for our environment and all that it encompasses. They teach their athletes about trail etiquette and proper care. They also teach their riders how to treat each of their teammates; they learn responsibility and how to care for their equipment and bikes. Their riders learn how to overcome challenges and difficulties that mountain biking can throw at them. Some examples: flat tires and other mechanical issues, heat, disappointment in a race that did not go as hoped, hard trails and obstacles, and so much more. Their riders learn how to celebrate their own achievements and the achievements of their teammates. As a team they plan several service activities each year to give back to the community. They are so appreciative of the years that Vista de la Montaña UMC has helped them to continue to serve so many young athletes. They appreciate the usage of Vista's parking area which has been such a blessing to all of them.

Southern District Lay Servant Ministries/Fall Classes

For those of you who live outside of Tucson - consider getting more than yourself to sign up for a class: carpool and share the expense of the gas.

Link for registration:

<https://dscumc.org/lay-servant-ministries-training-sessions/>

Lay Servants Lead in Conflict Resolution

September 21 and 28 @ Christ Church/UMC/Tucson

Facilitator: Pastor Beth Rambikur

Registration Deadline: September 13

From Your Heart to Theirs: Delivering an Effective Sermon

October 19 and 26 @ St Paul's UMC/Tucson

Facilitator: Pastor Ron Bartlow

Registration Deadline: October 11

Introduction to Lay Ministry (The Basic Course)

November 2 and 9 @ St John's UMC/Tucson

Facilitator: Linda Sterling

Registration Deadline: October 25

Questions may be addressed to one of the South District Co-Directors of Lay Servant Ministries

Gretchen Lofgren

Kelly Deyoe

Glofgren22@gmail.com

kjdeyoe@cox.net

WE CARE TUCSON

by Delores Brindle

We Care Tucson maintains a loaner bank of medical equipment. The equipment is provided free of charge; however, there is an administrative fee upon pickup. This service is of immeasurable assistance to those who have the misfortune of falling through the cracks of our medical system.

They provide such items as wheelchairs, walkers, crutches, shower benches, and toilet risers.

WCT also has medical supplies available for free to anyone who needs them. These items include incontinence products, bed pads, an assortment of bandages and wound care products, sterile gloves, hygiene products, and more.

They are always happy to accept donations of medical equipment and supplies which you may no longer need.

We Care Tucson bridges the digital divide. To accomplish this, they collect used technology, i.e., computers (laptops and desktops), monitors/TVs, tablets/iPads, cellular phones, routers, and more. They sort the donations, refurbish what they can, and recycle what they can't use—helping to keep all these devices out of our local landfills. The refurbished computers and other useable electronics go into their store and are available for sale to the general public. They accept applications from those who are economically challenged for their low-cost computer program to help bridge the digital divide.

WCT's other program is the rental of durable medical equipment, which people can borrow for a minimal administrative fee, plus they provide free medical supplies.

Contact:

Wecaretucson.org

admin@wecaretucson.org

520-514-1588 Hours: Mon, Tues, Thurs, Fri: 10:00 a.m.-3:30 p.m. Wed: 12:00 p.m.-6:00 p.m.

3029 N. Stone Avenue, Tucson, AZ 85705

FELLOWSHIP FOCUS

Vista UMC's 4-Time Senior Olympics Winner!

By Robin Conner

How well do you know the people sitting next to you on Sunday morning?

Meet Rob and Diane Coleman. Recently, Rob participated in the 2024 Wyoming Senior Olympic Games held on Aug. 2-3 in Cheyenne, WY. He participated in 4 swimming events (50 yd, 100, 200, & mixed medley relay in his age group,) and earned one gold and three silver medals!

Rob was born in Conway, Arkansas. He attended the Colorado School of Mines and graduated with a bachelor's degree in petroleum engineering in December 1976.

Rob moved to Lafayette, Louisiana and started his career with Tenneco Oil Company in January 1977, working as a production and reservoir engineer responsible for management of various oil and gas fields in the Gulf of Mexico.

In May 1984, Rob began a career as a petroleum engineer with the Bureau of Land Management (BLM), in Casper, Wyoming. In 1986, Rob moved to the BLM Wyoming State Office in Cheyenne, Wyoming and became responsible for maintaining a Statewide program of technical support in regulatory requirements of drilling and production operations, and reservoir management. Rob retired from the BLM in December 2014.

Rob currently serves on the Board of Trustees at Vista UMC, is a member of United Methodist Men, participates in the Landscaping committee, and regularly provides support with his wife in the Snak Pak program and Impact of Southern Arizona.

Diane was born in Norfolk, Nebraska, graduated from Sterling High School in Sterling, Colorado followed by graduating from Colorado State University with a bachelor's degree in social work.

Diane relocated to Cheyenne, Wyoming and began her career with Laramie County School District where she completed 31 years as a school social worker, retiring in 2008. Diane then worked as a part-time school safety consultant for 6 years with the Office of Risk Management in Laramie County School District No. 1.

In June 1993, Diane married Rob in Cheyenne, Wyoming.

At Vista UMC, Diane currently serves on the Mission Ministry program (Snak Pak), is a co-participant preparing Flower Arrangements for Sunday services and special occasions and is currently a participating member of Impact of Southern Arizona gathering excess food and other edible items from local stores and delivering it to Impact for distribution to needy families. Rob and Diane Coleman began attending Vista UMC in 2019 as snowbirds from Wyoming and became full time members in 2022.



Congratulations! Vista de la Montaña United Methodist Church had its first service on September 9, 1990.
We are 34 years strong!

Vista de La Montaña United Methodist September Birthdays and Anniversaries

Anniversaries

HOLDEN, Larry & Jackie 09/02
RADTKE, Gene & Paula 09/02
ALLIGOOD, David & Edna 09/03
GURECK, Bill & Sandy 09/10
MC FARLAND, David & Glenda 09/16
OELRICH, Paul & Shawn 09/17
RICHARDSON, Lowell & Lisa 09/22
YOB, David & Nancy 09/22
STAKER, Joe & Sue 09/25

Birthdays

CARPENTER, Karon 09/02
FLOYD, Thomas 09/02
PARRISH, Jeanne 09/02
TOMPKINS, Gifford 09/03
CROWN, Sandra 09/06
O'DONALD, Louise 09/06
COLEMAN, Rob 09/07
HOPKE-ALMER, Janice 09/07
MC FARLAND, David 09/08
BRINDLE, Delores 09/10
STAKER, Sue 09/11
LOGAN, Joan 09/14
INGLE, Tony 09/16
ST CLAIR, Paul 09/16
ESHELMAN, Gerald 09/20
DUENKEL, Lynn 09/21
BILLS, Morgan 09/23
BILLS, Wyatt 09/23
GURECK, Sandra 09/23
ODELL, Gordon 09/23
HOEFT, Peggy 09/25
STAKER, Joe 09/27
ZEBAL, Ken 09/27
GALKA, Linda 09/29



We are looking for someone with **VIDEO PRODUCTION/TECHNICAL** experience to develop two videos for us in late September. If this fits your background, please contact the Church Office. Thanks, Jim Galka.

Our Greeting Card Ministry needs a few more volunteers.

We send birthday cards, thinking of you, get well, and sympathy cards. If you can spare some time in one month of the year and would like to participate in this Ministry, call Sandy Schwartz. All cards and stamps are provided for you and there are no meetings involved.

Need! Does anyone have a gently used wheelchair they could donate to the church? Please contact Joyce at the church office: 520-825-1985