

Who is my neighbor?

- Luke 10:25-37

Desert Hills
LUTHERAN CHURCH

Quail Notes

February 2020

CELEBRATING GRACE, MAKING DISCIPLES, MAKING A DIFFERENCE



Dear Friends and Members of Desert Hills Lutheran,

Welcome to February. It is going to be a full month of activities, but then again, winters are always full around here. Mid-month will be our Celebration of Life for our first National Bishop of the Evangelical Lutheran Church of America, Bishop Herbert Chilstrom. The service will occur on Thursday, February 13, at 2 pm. We are expecting over 700 people (our seating capacity is 500) to come to show respect and give thanks to God for an extraordinary servant of God. Our Presiding National Bishop, Elizabeth Eaton will be attending as will a host of clergy & lay people to give thanks for his life.

In February of 2014, Bishop Chilstrom called me and asked if I was going to the Augsburg College (now Augsburg University) at Lute Olson's home. Both Herb and I are alumni. I said, "No, not my thing." I was quickly corrected by my beautiful wife, Julie, "Are you kidding? We're going." The three of us drove together. It was the first time Julie and I had really spent time with Bishop Chilstrom. He asked about our children, our lives, and our growing up while being attentive, curious, and gracious. Both Julie and I, as UofA basketball fans, were so excited to meet Lute Olson. Herb said, "He's a good Midwestern boy." We were star struck; Bishop Chilstrom not so much, but then again, he had met Popes and Kings. It was a lovely evening. On the drive home, again, Bishop Chilstrom would steer the conversation to us. I was so blessed to share so many lunches with Herb. I grew to love him. Bishop Chilstrom and I shared the same college, seminary, and glaucoma. Both he and Corrine would always say to me, either before or after worship, "You are always in our prayers every day." I thank God for Herb Chilstrom and I will miss him.

Blessings, Pastor Martin

In this Issue

Summary of Council Meeting	Page 2
Global Mission	Page 2
ELCA makes a difference	Page 3
New Council members	Page 4
Seminary Weekend	Page 4
Buzzings from the Bee.....	Page 4
Singles Fellowship.....	Page 4
Music Ministry	Page 4
Abiding in God's Eternal Care	Page 5
Health & Wellness	Page 5
Widows' Fellowship	Page 5
Men's Ministry.....	Page 5
Parish Nurse Notes.....	Page 6
MAD	Page 6
Foundation Corner.....	Page 6
Scandinavian Fellowship	Page 7
German Heritage	Page 7
Women's Ministry	Page 7
Organ Moods Concert	Page 8
Black Market Trust Concert ...	Page 8



Desert Hills Lutheran Church Council

<i>John Martin</i>	<i>Judy Gunson</i>	<i>Tom Royer</i>	<i>Barbara Southard</i>	<i>Martin Overson</i>
<i>President</i>	<i>Vice President</i>	<i>Treasurer</i>	<i>Secretary</i>	<i>Pastor</i>

2nd row left to right

Rob Bonnema, Jane Brunckhorst, Mark Catlin

The Council Minutes from January 21, 2020

John Martin called the meeting to order and led us in prayer. The Estate Sale Group made a presentation and request to Council. Members thanked them for their hard work on behalf of the church. Pastor mentioned that the memorial service for Bishop Herb Chilstrom may be of historic proportions as three national bishops will be in attendance. Attendance at services is growing. There were 1,736 in church last weekend and a record 507 at the 3 pm Saturday service. Tom said our financials are stable. Melissa mentioned that we have two years and seven months to pay down the mortgage and another year until we pay back the Foundation. President John thanked Tom Royer for six years of service on council. Melissa stated that we have a balanced budget for 2020, and she will present a power point presentation explaining the budget at the annual meeting. Council unanimously approved bringing the proposed 2020 budget for a vote at the annual meeting.



February is the month we celebrate how we make a difference globally. On February 8 and 9, Michael Busbey will be our mission speaker. Michael works as Director for Mission Personnel for the ELCA and Young Adults in Global Mission (YAGM). Michael is soon to be an ordained minister of the ELCA. Thank you to all who help support global missions.



Desert Hills Lutheran Church
2150 S. Camino del Sol
Green Valley, AZ 85622-8352
520-648-1633 | www.dhlc.org

Worship Times

Saturday — 3 & 5 pm
Sunday — 8, 9:30 & 11 am
Nursery care available for infants to age 5 at the following services:
Saturday at 3 pm & 5 pm;
Sunday at 9:30 am & 11 am.

Holy Communion is celebrated
the 1st & 3rd weekends of each month
at all services.

Holy Communion & Healing Service
2nd & 4th weekends of each month,
Saturday at 4:15 pm & Sunday at 10:30
am in the Chapel

Office Hours

Monday-Friday — 8:30 am to 4 pm

Pastoral Staff

Rev. Dr. Martin Overson, *Senior Pastor*
Rev. Ken Nyhusmoen, *Associate Pastor*

Quail Notes newsletter is published
monthly. **Email articles for the March
issue by February 15th to
quailnotes@dhlc.org.**

DHLC supports five missionaries in the following countries: Kristen Engstrom in Senegal; Ann & Willie Langdji in Cameroon; Themba Mkabela in Madagascar; Meghan Brown –Saavedra in Mexico; and the Martinez-Crawford family in Australia. Christianity continues to prosper throughout Africa, and our three missionary stations accompany many people in African countries.

With 66% of the world experiencing food insecurity, DHLC contributed \$1,687 to ELCA World Hunger. The mission support through Good Gifts at Advent (\$23,889) and Christmas in July (\$6,810) supplies needed items world-wide.

Each year DHLC enables a Young Adult in Global Mission (YAGM). Our cost to annually support a YAGM is \$10,000. Our YAGM this year is Ann Emilie Tjorhom in Argentina. Each YAGM must raise \$5,000 for their year of service.

Fair Trade (aka Equal Exchange) raised \$5,644 in 2019. Way to Go chocolate fans.

EVANGELISM AROUND THE WORLD

The ELCA supports more than 220 missionaries, who serve in more than 40 countries around the world. Missionaries accompany, come along side and support the churches they work with. The main three components of mission work are evangelism, communication efforts, and interfaith relations where other faiths dominate.

From 2016 to 2019, the ELCA's Young Adults in Global Mission program sent 253 YAGMs globally for a transformative, year-long journey in international service.

Responding when tragedy strikes and staying put to rebuild **DHLC has generously donated funds to past disasters.**

Your **ELCA** MAKING A
difference

We actively support companion churches and partners around the world as they build capacity in disaster preparedness, respond during disasters and stay after the disaster is over to restore communities.

Reaching out to our neighborhoods and making God's word known **DHLC has donated over \$25,000 this past year to missionary support.**

Because the ELCA is a church that accompanies other churches, relationships are the means through which Global Mission engages with companions around the world. These relationships lie at the center of our engagement and become the channels through which evangelism ministries are supported and gifts of global witness to God's reconciling love are received. Although outreach and evangelism look different in different contexts and are expressed through various programs and venues, these programs have enabled the ELCA to touch thousands of lives over this three-year period.

Healing a broken world through peace-building and gender justice **DHLC has donated over \$1,151 this past year to peace-building and gender justice.**

Genesis tells about humankind's fall and the great chasm that opened up between humans and God. Through Christ, God has both reconciled the world to God and given the church a ministry of reconciliation with all humankind. With its strong commitment to gender justice and peace-building, our church works to apply the power of God's reconciling love to the world's brokenness.

Promoting human dignity through sustainable development **The Langdjis in Cameroon and the Mkhabelas, in Madagascar, who we support, work with sustainable farming.**

The word "diakonia" is used within the church to communicate how the church serves all people, particularly the economically marginalized and oppressed. Through a range of programs, from providing health care to restoring sustainable livelihoods, the ELCA seeks to confront poverty, remedy injustice and promote human dignity in ways that allow each person and community to experience more fully what it means to be beloved by God and made in God's image.

NEWLY ELECTED COUNCIL MEMBERS



Nancy
Borstad



Carolyn
Hill



Kent
Dexter

The newly elected Council met after the Annual Meeting and elected new officers. John Martin will be serving a second term as President. Jane Brunckhorst is the new Vice President. Judy Gunson is the new Treasurer. Nancy Borstad is the new Secretary.

CHURCH BUILDING AND OFFICES WILL BE CLOSED MONDAY, FEBRUARY 17, FOR PRESIDENT'S DAY

DHLC hosts the 5th Annual Seminary Weekend February 22 and 23, with Dr. Michael Chan Assistant Professor of Old Testament, Luther Seminary, St. Paul, MN. These three sessions will address some of the Bible's most powerful texts about death and resurrection. Saturday, February 22, 10 am "A Word Beyond The Grave;" Saturday, February 23, 1 pm "Ain't No Grave;" Sunday, February 23, 9 am "Baptism: The Big Death and the Small Death."



BUZZINGS FROM THE BEE AND BOUTIQUE BANTER

Now that it's February we want to announce that the Sewing Bee will be having our Quilts on the Pews event during Thankoffering weekend which will be February 22-23, this year. All of the quilts, throws, and lap robes on the pews will be for sale after each service. It is a popular event and all the money we raise goes to local charities. Please mark your calendar for that weekend.



Now that our winter friends have arrived back in Green Valley, we have started our new schedule and it seems to be working well. For those who might not have heard, during this winter season, January through March, we will meet



each Wednesday morning from 9-11:30 am and afternoon from 12:30-3 pm. There will be a meeting with refreshments and discussion for members and guests from 11:30-12:30 pm. You may join either or both sessions and enjoy the fellowship and refreshments after or before the time that you attend. You do not have to know how to sew to be a part of this mission. A big thank you to Joe Mazur for designing a floor plan that gives us more room and more tables. It certainly adds to the efficiency of our work.

We are pleased to be able to report that this past year we created 224 quilts. If you have questions, contact Mary Johnson, 520 207-8408.

Join the Singles Fellowship for a tour and glassblowing demonstration at the Sonoran Glass School in Tucson on Friday, March 20. The cost is \$12 per person, payable at the studio upon arrival. The tour begins at 9:50am and lasts two hours. We need a minimum of 10 people and a maximum of 20 people, so sign up early to save your space. Lunch, will be at the nearby Barrio Brewery after the tour at 12:30 pm. You may order off the menu. Car pool from church at 8:50 am.



MUSIC MINISTRY

In February, all of our Sunday music groups are busy preparing for weekly worship services. Also Ash Wednesday will feature Voices of Miriam at noon and Men's Chorus at 6 pm. Don't miss the Organ Moods Concert February 9.

February 2

8 am Chancel Choir

9:30 am Celebration Singers

February 9

8 am Men's Chorus

9:30 am Celebration Singers

February 16

8 am Chancel Choir

9:30 am Celebration Singers

February 23

8 am Chancel Choir

8 & 9:30 am Joy Ringers

9:30 Voices of Miriam

Abiding in God's Eternal Care

Bishop Herb Chilstrom
January 19, 2020

Betty Colongione
January 19, 2020

Don Hyer
January 27, 2020

Bishop Chilstrom's Celebration of Life service will be at DHLC on Thursday, February 13, at 2 pm



90 + Birthday Celebration in the Fellowship Hall, **Thursday, February 13, 11 am-1 pm.** By Invitation only. Invitations have been sent to those eligible, but if a postal fluke has caused yours to go astray, please call the church office at 648-1633 to reserve your seat.

March Health & Wellness Events:

- **Red Cross Blood Drive** in the Fellowship Hall, Tuesday, March 10, 8:30 am-1:30 pm. To schedule your appointment or for more information, contact Parish Nurse, Anna Tometzak, RN at 648-1633 ext 37 or log on to redcrossblood.org and enter sponsor code: Deserthills.
- **CaptionCall** Thursday, March 19, 11 am-12:30 pm, in Room 102, Hearing Impaired? Come hear about a phone designed to help people with hearing loss use the phone to stay connected with loved ones and conduct important business of life with complete confidence.

February Health & Wellness Events:

- **Alzheimer's Association Conference** in the Fellowship Hall, Thursday, **February 6, 8am-12pm.** Register at the front desk or pick up a brochure.
- **Regenerative Agriculture for Healthier Environment, Healthier Food, and Healthier People,** speaker Dr. Steve Grubb in the Fellowship Hall, **February 27, 11 am-12:30 pm.**



February is the month of hearts and flowers and cards and candy (hint, hint -- Valentine's Day). It's a time for remembering those special moments, we cherish, from Valentine celebrations of years gone by. At Widows' Fellowship we will be talking about Valentine's Days past, present and future. Our meetings in February will be February 2 and 16, at 2 pm, Desert Hills Lutheran Church in the library. All widows welcome! Questions, please call Debi Shippy, 520 405-7005

MEN'S MINISTRY AT DHLC

BOOKMEN meet Wednesdays at 7:45 am at Manuel's Restaurant for breakfast, fellowship, and lively book discussion. All men are invited to join the group. Currently reading: "Incredible Victory" by Walter Lord.

HANDYMEN SERVICES is here to provide help to members and frequent visitors of Desert Hills Lutheran Church. If you would like to request services, please contact Ruben Heeszel, 520 903-7188.



Faith, Food & Fellowship

MEN'S FELLOWSHIP BREAKFAST meets the 4th Thursday of the month. On

February 20, the speaker will be from Thrivent Financial.

MEN'S HEALTH GROUP will not be meeting in February due to the church being closed for President's Day

MEN'S COFFEE meets Mondays at 8 am, There will be NO meeting on Monday, February 17, due to the building being closed for President's Day.



MEN'S PHOTOGRAPHY meets the first Monday of the month. Every month the group selects a Bible-based theme, for the next month, so photographs that fit the theme can be shared with the group. Often the group will discuss photography related topics. Those having an interest in photography are welcome to attend, enjoy the show and participate in the conversation.

MEN'S BIBLE STUDY meets Thursdays at 1 pm, continuing their study of the Gospel of John. All men are welcome.



NOTES

Incorporating spiritual values into health education

The Parish Nurse is in on Tuesdays & Thursdays 9am to 2pm | 648-1633 Ext 37 | parishnurse@dhlc.org

**February: Traditionally the month for lovers and all things heart related,
February also reminds us to take care of our heart. It is American Heart Month.**

The Society of Chest Pain Centers reports that 50% of sudden cardiac deaths occur outside of a hospital, suggesting that many people do not act on early warning signs. Knowing and recognizing heart attack warning signs can save a life. When it comes to your heart, every minute matters. Heart attacks are not always sudden and intense. Many heart attacks start slowly with only mild pain or discomfort. Some people do not experience chest pain but instead have other signs.

Most people have some symptoms of heart disease in the months leading up to a heart attack, though they may attribute the signs to something else. One of those is exercise intolerance — which older adults may brush off as simply a byproduct of aging. If you are accustomed to going on walks and find yourself avoiding them, for instance, talk to your doctor.

Heart Attack Symptoms in Women: We could do so much better if we could get women to recognize [heart disease risks] and take some action. According to the National Heart, Lung, and Blood Institute, heart disease kills 1 out of 4 women in the United States. For many women, a heart attack may present itself with symptoms that are easy to ignore instead of crushing chest pain.

The most common warning signals for a woman experiencing a heart attack may include: 1) Pain or discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back 2) Chest discomfort with sweating 3) Pain that spreads from the chest to the arm, neck or jaw 4) Shortness of breath, tiredness or upset stomach 5) Unexplained anxiety, weakness or fatigue.

Heart Attack Symptoms in Men: While many symptoms of a heart attack are the same, men may experience different warning signs than women. Basic symptoms of heart attack include chest tightness or pressure and/or pain in the chest, neck, jaw, arms or back. Men may experience other symptoms such as: 1) Shortness of breath 2) Weakness 3) Unusual fatigue 4) Cold sweat 5) Dizziness

When you're having a heart attack, every second counts. The longer the heart blockage remains untreated; the more heart muscle can die. Drugs that break down blockages must be administered in the first hours after a heart attack to be successful and minimize lasting damage.

Sudden cardiac arrest happens when the heart abruptly stops beating, depriving the brain and vital organs of blood, oxygen, and nutrients. It can be fatal if it's not treated within minutes. The biggest public health message for men and women is: know all the heart attack symptoms and if you have them, CALL 911 — you don't drive yourself, you don't ask your spouse to drive you, you don't call a neighbor.

Resources: Go Red for Women American Heart Association

Anna Tometczak, RN – Parish Nurse

Volunteer April 4, at La Posada to give a local memory caregiver a much needed day off and some TLC. Contact the front desk with your interest or write your contact information on a Welcome Card and someone will contact you with details about how you can help.

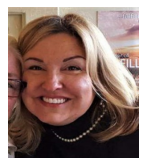


CORNER

FOUNDATION



The Foundation is sponsoring “Fulfilling Your Generosity with Legacy Planning” lunch presentation by Lisa Higginbotham, Regional Gift Planner for ELCA Foundation. The presentation will be Friday, February 7, at noon in Fellowship Hall, please RSVP at the front desk or by phone 520 648-1633. Lisa will be available for individual consultations Friday afternoon or Saturday. If interested, arrange a time with Lisa at the luncheon.



**ANNUAL DHLC FOUNDATION GOLF TOURNAMENT
TO BE HELD AT HAVEN GOLF COURSE
MONDAY, FEBRUARY 24, AT 8:30 AM
SIGN-UP SOON**

Scandinavian Fellowship February 11 Potluck Dinner at 5 pm



Bill Halverson will be presenting a walk through Norwegian Edvard Grieg's life. Edvard Grieg is best known as the composer of such well-known works as the "Peer Gynt Suites" and the "Piano Concerto in A Minor"--the most frequently performed piano concerto in the world. It is also rumored that Ole and Lena from the ole' country might be in town. We hope they can come visit. Oh my, what will happen? Uff da!

Please bring a dish to share for 8 to 10 people plus your own plates and eating utensils.

The German Heritage Group will meet at DHLC on Monday February 24 at 5 pm; it is a potluck so bring a dish to share for 8 to 10 people plus your own plates and eating utensils. Our guest speaker from Germany will be Christa Nichols, a retired school teacher/school principal, who will talk about Oberammergau 2020. This is a story of a small town in Germany threatened by the plague in the middle ages who promised, if spared, they would produce a passion play every 10 years. Please come; all are welcome.

German Heritage Group



Monday, February 3: Bible Study in the Fellowship Hall will be from 9 am to 10:30 am. Bring your Bible and the January/February Gather Magazine. Discussion will be on "We are Called," written by Rev. Dr. Kit Kleinhans, Dean of Trinity Seminary. This is session two, "Disciples of Christ." Coffee and conversation begin at 9 am with biblical discussion at 9:30.

Monday, February 3: Women's Team Meeting will be held at 11 am. All women are invited to attend this team building meeting to discuss leadership, future programs, charity donations, and church wide updates.

Monday, February 10: Women's Luncheon from 11:30 to 1 pm in the Fellowship Hall, catered by our own Chef Joe. The speaker will be ovarian cancer survivor Meredith Mitstifer and son, Ryan. Tickets are \$5 and sold at the Bible study and the front desk. Purchase tickets by Wednesday, February 5.

February 22 and 23: Thankoffering weekend: Since 1988, the Women of the ELCA have awarded grants totaling more than \$3 million for efforts here and abroad that promote healthier lives for women and girls. Your designated gifts have provided more than \$450,000 in scholarships to about 350 recipients since 1994, assisting Lutheran women ages 21 to over 80 in continuing their education, and these figures continue to go up. Many women give thanks for you regularly. Through your generous support, the lives of women around the world and their families have been made better.

2020 Triennial Gathering is in Phoenix, AZ on July 16-18, 2020. Bishop Deborah will be there along with nearly 3,000 other Lutheran women. "Just Love" is the inspirational theme. Register now at welcatg.org.

Sunrise/Santa Cruz Annual Spring Gathering, "The Greatest is Love," is Saturday, March 7, 2020, at Sierra Evangelical Lutheran Church, 1010 N. Lenzner Ave., Sierra Vista, Arizona with Father Greg Adolf as the keynote speaker. Register for \$10 online at www.grandcanyonwomen.org/events/. The outreach project is the Good Neighbor Alliance, a homeless shelter in Sierra Vista for men, women, and families. We are donating \$250 to the shelter. Attendees from DHLC are responsible for providing breakfast treats and bringing a raffle basket. Contact Judy Gunson for more information.

DHLC Women's Mini-Retreat: Since no one has stepped forward to chair/co-chair a retreat, \$2,000 of the money budgeted for future retreats has been donated to the Spirit in the Desert Retreat Center, Carefree, AZ in memory of Rev. Richard Anderson, former executive director, who died in June, 2019. Some funds are still available for a possible start up retreat in the future.

Monday, January 13: The monthly luncheon featured Rev. Rebecca Boardman, pastor for the Lutheran Campus Ministry at University of Arizona. She explained her role on campus and how the students are affected. A \$500 donation was given to support the campus ministry.



Women of the ELCA



Organ Moods Concert

February 9, at 3 pm

DHLC Organist, Gordon Swanson,
will perform classical and contemporary organ music.

Free will offering

Wednesday,
February 19,
@ 6:30 pm

Tickets
Available
At the
Front Desk
\$20.



THE BLACK MARKET TRUST