



CELEBRATING GRACE, MAKING DISCIPLES, MAKING A DIFFERENCE



Dear Friends and Members of Desert Hills Lutheran,

Welcome to February. We continue the season of Epiphany. Pastor Ken Nyhusmoen will be in California the first week of February extending his knowledge base on our program "Stephen Ministers."

New member classes continue with our dinner welcoming them on Thursday, February 28.

This month I celebrate my 40th year of ordination. I was ordained at St. John's Lutheran in Mound, Minnesota. A month later I was in my first call in Valier, Montana, a town of about seven hundred people. I think that is the same population to this day. I started on April 1, 1979, and there was still snow on the ground in Montana. The congregation was less than a hundred people with attendance of maybe 25. We did grow though.

On February 14 at 10 am we continue to expand our abilities in making a difference by hosting a celebration party for all members 90 years and older. It should be fun.

I want to encourage you to think of joining a sermon discussion group (SDG). There is no preparation needed except to attend worship or listen to the sermon online. Then you will gather for an hour to talk about the sermon and faith. These groups are part of our "Making Disciples" activities.

Finally, as you can see from the graphics on this page, February is Global Mission month. It will be a pleasure to welcome Rev. Dr. Andrea L. Walker from Madagascar as our speaker the weekend of February 9 & 10. Pastor Martin

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Senegalese Ambassadors visited DHLC in January



Desert Hills Lutheran Church Council

<i>Judy Gunson</i>	<i>Luke Coker</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, Betty Colongione, bb Haywood, John Martin, Janice Mounce

Notes from Council Meeting January 18, 2019

Pastor shared from a devotional book and then opened the meeting with prayer. Several members shared God stories. There is a meeting scheduled for January 31, for both Executive Council and staff members to propose, review and pare down goals for 2019. Pastor mentioned that he is very pleased with the positive meetings with the Past Presidents committee and the Long Range Planning Committee. Treasurer Tom Royer reported that our financial state is very strong. Even though we have fewer pledges than last year, the amount pledged is up. Council approved the 2019 Ministry Spending Plan that will go to the congregation for a vote at the annual meeting on January 27, at 12:45 pm. The Health and Wellness Committee is planning a birthday party for our congregants 90 years and over.



February is Global Mission Month

Greetings, all! I pray that this message finds you well, and I hope that you have had a Christmas season which was both peaceful and joyous. It is crazy to believe it is already 2019. Happy New Year!

A lot has been happening here in Senegal over the last two months. The presidential election is coming up in February, so there is more and more discussion about that around town. I have traveled more throughout Senegal now; to Saint Louis and to Fatick. And I've spent my first Christmas away from family.

I hope you enjoy learning just a glimpse of what I'm up to in Linguere. Thank you for your interest in my experiences this year, and for your support.

Blessings to you and yours, Maddie Lindahl / Watéo Faye

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 is available for infants through 5 years at the 3 & 5 services Saturday and Sunday at the 9:30 and 11 am.

Sunday School at 9:30 am grades 1-6
 October thru April

Holy Communion is celebrated

the 1st & 3rd weekend of each month
 at all services.

Holy Communion & Healing Service

2nd & 4th Weekend 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.



Salam aleekum! (Peace be with you; Arabic). My name is Maddie, though here in Senegal my name is Watéo Faye. I have now been in Senegal for over 3 months, and in Linguere for 11 weeks. So for 10 Sundays, I have been attending the Lutheran church in Linguere. The church holds its services in

Pulaar, because many of its members are Fulani and therefore, speak Pulaar. Though at times this is difficult, because I am learning Wolof – a different local language, I appreciate it because it allows me to fill the time in which I cannot follow along with internal reflection and prayer.

Church service begins at 10 am on Sunday, and there are usually about 20-25 people present (about half of them are children). When I arrive at church, I take off my sandals and step onto the basan (woven mat) which covers the cement floor.

There are no pews; we sit on the ground on these mats. Our worship space has a roof for shade, but no walls. The lack of walls is far preferable to an enclosed building, because it allows for any breeze passing by to cool us off. There are no decorations in this church, except when a wooden cross is brought to the front of the space on occasional Sundays.

A special thank you to DHLC Global Missions for helping to feed over 600 children in Haiti hot delicious Christmas dinner and making it possible for the children to receive the beautiful Christmas Story. Norma Baker and her family were blessed by this experience.





OUR SPEAKER FOR GLOBAL MISSION WEEKEND FEBRUARY 9 & 10

Rev. Dr. Andrea L. Walker is the Evangelical Lutheran Church in America’s Global Mission Area Director for Madagascar West and Central Africa. In this role she has responsibility for the ELCA’s mission in nine countries on the continent of Africa: Cameroon, Central African Republic, Gambia, Ghana, Liberia, Nigeria, Rwanda, Senegal, Sierra Leone, and the island nation of Madagascar. These responsibilities include traveling to oversee the relationship with Lutheran churches in these countries, which include projects, programs and missionary personnel.

Before taking on this position in 2012, Rev. Walker served two very different congregations named St. John’s. She served as senior pastor of St. John’s Lutheran Church in Summit, New Jersey, a traditional suburban congregation, for almost ten years. Her first call was to St. John’s

Lutheran Church in the Bronx, New York, an urban African American congregation where she served for three years. Andrea graduated from Georgia State University, attended the Interdenominational Theological Center in Atlanta, and received her MDiv. degree in 1999 and DMin. in 2007 from the Lutheran School of Theology in Chicago. Her discipline is preaching; and her doctoral thesis is titled “A Place at the Table: An African American Lutheran Preaching from Margins to Mainstream.” She enjoys visiting with her son’s family in Delaware and being a grandmother.

Rev. Walker was awarded the 2017 “Called to Lead” alumni award from the Lutheran School of Theology at Chicago in October as she presented a keynote of “Accompaniment as an Act of Love.”



Missionaries we currently support:

\$3,000 Kristin Engstrom in Senegal

\$3,000 Megan Brown-Saavedra in Mexico

Please support with your prayers Anne and Willie Langdji family in Cameroon, Themba Mkhabela family in West Africa, Kim Crawford and Henry Martinez family in Australia and Youngren family in Ecuador.

In addition to directly supporting missionaries, DHLC has supported mission projects throughout the world in 2018:

\$ 450 ELCA World Hunger — for famine struck Yemen

\$ 450 ELCA Zimbabwe Hospital

\$ 450 Global Health Ministries

\$ 450 Lutheran Partners in Global Missions

\$ 450 Lutheran World Relief to alleviate hunger

\$ 450 East Jerusalem Lutheran Hospital

\$1,100 additional YAGM donations by a DHLC donor and DHLC Scandinavian Club

\$ 500 Good Shepherd Orphanage in Haiti

\$ 300 travel expenses for missionaries

The following mission projects raise monies sent directly to ELCA Good Gifts for the Christmas in July and Alternative Christmas. Fair Trade, which benefits third-world farmers, offers products on the 2nd and 4th Sundays at DHLC. Paul & Alice Bedney lead this effort. DHLC is in the top 50 of USA congregations in supporting Fair Trade!

People’s entire donations go directly to Fair Trade and ELCA Good Gifts, Total \$27,114.

\$6,240 Fair Trade: foods, chocolate, coffee, tea, and other food products

\$8,544 Christmas in July (ELCA Good Gifts helps with food, farming & health globally)

\$12,330 Alternative Christmas (ELCA Good Gifts including four wells to African villages)

Your Global Mission Committee takes seriously our responsibility to carefully and wisely decide how your generous mission gifts are given. Thanks to everyone at DHLC for making global missions an important way we make a difference globally. Global Mission efforts received \$57,214 from Desert Hills Lutheran in 2018.

On the cover are our African visitors with Global Mission members

Five young adult Lutheran ambassadors from Senegal visited DHLC on January 16. They were hosted by the Global Mission Committee. Pastor Ken gave the group a tour of our church. During dialogue over lunch, in Elaine Larson’s words, “It was amazing how much understanding developed conversing over a meal.” Our Grand Canyon Synod supports the Lutheran Church of Senegal. Their visit was part of a ten day tour of

Senegalese Lutherans to further establish connections between our synod and Lutherans of Senegal. We learned much from five highly educated young Lutherans who each spoke 4 or 5 languages. Their farewell was a wonderfully sung Senegalese hymn.

Abiding in God's Eternal Care

Luanna Stroh

December 23, 2018

George VanVleet

December 23, 2018

Terry Adams

December 2018

Susan Malek

January 13, 2019

Baby George

Antonio Cleveland

Warren Engelland

January 18, 2019

Fred Schudel

January 24, 2019



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

HEALTH AND WELLNESS EVENTS: Please sign up at the front desk in advance.

- Kinghorn Heritage Law Group to come speak Tuesday, February 5 from 12 pm-2pm. Free Estate Planning Seminar will cover Wills, Trusts, and VA/Medicaid Qualifications for Long-Term Care.
- Grief Support Group, Thursday, February 7 – March 5 Tuesdays and Thursdays 1 pm-2:30 pm in the Library.
- Celebrating our members Birthdays 90+ Valentine Celebration, Thursday, February 14, 10am-11am, Fellowship Hall – By invitation only. Please RSVP.
- Dr. Bret Hartzell to speak on Low Vision Tuesday, March 26, Room 102, 11-12:30.

FEBRUARY IS AMERICAN HEART MONTH... LOVE YOUR HEART!

You have the power to protect and improve your heart health. Research has found that you can lower your risk to heart disease by adopting sensible health habits. Protecting your heart is to learn your own personal risk factors for heart disease. The next step is to manage your risk factors.

If you're a smoker, the best thing to do is stop. The risk of heart attack increases with the number of cigarettes smoked each day. Knowing your numbers such as blood cholesterol and blood pressure. Determine if your weight is in the healthy range. If you're a diabetic keep your blood sugar, or glucose, under control.

A healthy weight includes physical activity and a heart healthy diet. A heart healthy diet includes a variety of fruits, vegetables and whole grains, as well as lean meat, poultry, fish, beans and fat-free or low-fat dairy products. Try to avoid saturated fat, trans-fat, cholesterol, sodium (salt), and added sugar.

Physical activity can lower your blood pressure and reduce the risk of chronic diseases. It can boost your mood, sharpen your focus, reduce stress, and help you sleep. How much activity do you need? Adults need at least 150 minutes of moderate-intensity physical activity per week. You can start with just 5 minutes at a time. Swim, garden, walk the dog, dance, or bike your way to feeling better.

Strengthen your muscles at least two days each week with push-ups or lifting weights. Moving more often throughout the day can help you get enough activity.

Be aware of symptoms of heart attack and get checked by your doctor. Common signals that something's wrong with the heart include angina – pain in the chest, shoulders, arms, neck, jaw or back, as well as shortness of breath, irregular heartbeat or palpitations (arrhythmia and fatigue).

Remember you can influence your loved ones' heart health by setting an example. It is never too late to take steps to protect your heart. It's never too early to keep your heart strong. Talk to your doctor about your risk and to create an action plan. Love Your Heart!

References: American Heart Association, Move Your Way, Aim For Healthy Weight

Anna Tometczak, RN – ParishNurse



MUSIC MINISTRY

We Inspire

In January, we were able to fill our sanctuary with many different visiting music groups. Now in February, all our music groups are working on new music for our DHLC

Spring Concert which will be Sunday, March 10 at 3:00 pm. In addition to the spring concert, our bell choirs are having their first concert in March also. This will be a Bells to Broadway Variety Show and will be Thursday, March 28, at 3:30 and 6:30 pm. Both concerts will have free-will offerings. Mark your calendars!



Bible Study Monday, February 4th—9:30 to 10:30 am in the DHLC Church Library. Facilitator is Suki Kisling and the study will be based on the Gospel of John: Meetings with Jesus by Julie A. Kanarr, author of the January Gather magazine Bible study. Session 2 is “By Night and Day: Coming to Faith in Jesus.” Come join us. Bible study will commence promptly at 9:30; you’re welcome to come around 9 or thereafter for coffee or tea.

Women’s Ministry Board Meeting—Monday, February 4th at 11 am, DHLC, Room 102.

Women’s Ministry Luncheon—Monday, February 11th from 11:30 am to 1 pm in the DHLC Fellowship Hall. Lunch will be catered by Anne Reslock. The Program will be “Joyner-Green Valley Library Services,” and the speaker will be Kathy Konecky. You must purchase your tickets by Wednesday, February 6th. No tickets will be sold after that date. Purchase your tickets at Bible Study, DHLC front



desk, Monday - Friday and on Sunday mornings (need exact change only on Sundays).

DESERT HILLS LUTHERAN CHURCH
WOMEN’S MINISTRIES MINI-RETREAT

SATURDAY, FEBRUARY 23, 2019

8:30 am to 1:45 pm

LIVING IN THE “PRESENT”:

Yesterday is History,
Tomorrow is a Mystery,
Today is a Gift of God - Truly a Present

Speaker: Cindy Steinbeck: Author of: The Vine Speaks, The Rock Speaks, and others. Tickets are \$20, continental breakfast and lunch included. Last day to purchase retreat tickets will be Sunday, February 17th. Purchase your tickets now to attend.

Thankoffering Weekend—February 23-24th at all services. Lutheran women Thankofferings were first established in 1889, and the tradition is still alive today, working to provide for the protection, safety, and essential needs of women and children both here in the United States and around the world. Once a year, in February, at DHLC, we collect a special offering to reflect our gratitude for all of God’s blessings in our lives and then send it off Church wide to share with those less fortunate. Our donations continue to support the Revs. Herbert and Corinne Chilstrom Scholarship Fund for Women Seminarians and the WELCA Grants for Women and children in crisis.



March 2, 2019—will be the **Sunrise/Santa Cruz Conference Spring Gathering** at DHLC 9:30 am to 4:00 pm. Rev. Dr. Mark Allan Powell, Trinity Lutheran Seminary Professor/ Author/Music Critic will speak on “Multiple Meanings: Learning from Other Interpretations”

3:00 pm Desert Hills Lutheran Country Gospel Worship will conclude the conference.

Outreach Project: Community Food Bank (Green Valley and Amado) Non-perishable food, personal care, home cleaning items, or a check payable to: Community Food Bank (designate Green Valley or Amado)

Register at the front desk or online at <http://grandcanyonwomen.org/events/>

Registration is \$10.00 now after February 22 it is \$15.00. If paying by check, make checks payable to: Women of the ELCA GCS

Help a volunteer is needed to become a coordinator for our WELCA team. Unfortunately one of our coordinators has to retire after this month. Please check out the WELCA Booklet for 2019 and call our coordinator for more information.

WELCA Booklet 2019 is available. Pick one up at the church. Women -- use this to know what is happening.



History of Pharmacy Museum and Lunch outing on Friday, February 15. Meet at the church at 9:30 to carpool to Tucson for a docent-led tour of the museum housed on the University of Arizona campus. View a collection of hundreds of thousands of items, including bottles, original drug containers, books, store fixtures, and artifacts from Arizona (circa 1880 to 1950) and elsewhere. There is no charge for the tour, but passengers will share the cost of parking. Afterwards, we’ll eat lunch together at the Arizona Inn.

LOOKING AHEAD March activity will be a trip to historic 4th Street in Tucson on March 15th. We will ride the streetcar, have a choice of two restaurants for lunch and spend some time browsing the shops on 4th Street. We will stop for ice cream at Isabella’s before heading back on the streetcar. Sign-up sheet will be posted the end of January.

CORNER

FOUNDATION



How can I make an effective gift to the Desert Hills Lutheran Church Foundation?

By making an outright gift of cash such as a memorial or current gift.

1. You could make a gift of appreciated stock and avoid capital gains tax.
2. You could name the Foundation as a beneficiary of your will.
3. You could name the Foundation as a recipient of an insurance policy, annuity or IRA.
4. You could name the Foundation as a beneficiary of a charitable trust.

These are just a few possibilities for making an effective charitable gift. Any and all gifts are important to our ability to accomplish our Christian Mission. Desert Hills Lutheran Church Foundation exists for the purpose of extending the outreach of our congregation. We are pleased that the Foundation Board

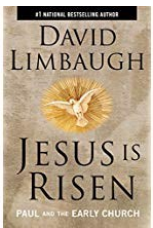
is currently able to dispense grants totaling \$50,000 and we are committed to increase this amount annually. On the weekend of March 29-31, 2019 we have invited two students from Luther Seminary in St. Paul ministry to come for a visit to our congregation. These two students have received scholarship funds from our Foundation. Development of Christian leadership for the future of our church is a high priority for our Board. Desert Hills Lutheran Church Foundation also makes grants to several Christian service agencies including our congregation. Local service organizations are included in our mission. Thank you for your generosity. It matters.



There will be NO February ND Social Group. They will resume March 18th, 1 pm in Fellowship Hall.

PRAYER SHAWL MINISTRY will NOT meet in February, but you are encouraged to work at home. We have been asked to knit or crochet lap robes or prayer shawls for veterans. We have purchased a box of red, white and blue yarn that is in the prayer shawl closet. Please help yourself and make whatever you choose to help brighten the lives of our veterans.

MEN'S MINISTRY AT DHLC



BOOKMEN The Bookmen meet Wednesdays weekly at 7:45 am. The location of the meeting is Manuel's Restaurant for breakfast, fellowship, and lively book discussion. All men are invited to join the group. Currently reading: Jesus Is Risen by David Limbaugh.



THE MEN'S COFFEE FELLOWSHIP will meet Monday mornings at 7 am through April 2019. All men are welcome to join.

MEN'S FELLOWSHIP BREAKFAST

Meets the 4th Thursday of the month. Our February meeting will be 28th and the speaker will be Kent Kiefer from Scriptures in Use.



MEN'S BIBLE STUDY meets every Thursday at 1 pm. All men are welcome



MEN'S PHOTOGRAPHY will meet on Monday, February 4 at 1:30 pm. The Men's Photography Group typically meets the first Monday of the month at 1:30 pm at the church. Each month we select a Bible-based theme, bringing photographs that fit the theme to share with the group. If you have an interest in photography, you are welcome to attend.



HANDY MAN 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 Marv Berke 520-425-7229

MEN'S HEALTH GROUP: Men's Health will meet through the winter. No meeting in February due to Presidents Day.



As part of the monthly Quail Notes we have been including information about our staff and what their responsibilities are. February is my month, so here is what I do...

Debbie Breuer—Worship Support

- Website design and maintenance

- Weekly E Quail and Monthly Quail Notes Editor
- Create weekly Worship Service & Memorial Bulletins
- Edit, render, and post all sermons and messages to our website and Facebook
- Create Pre Worship announcement slides
- Support different Ministries in their advertising



BUZZINGS FROM THE BEE AND BOUTIQUE BANTER

The Sewing Bee celebrated the 20th anniversary of our group at the beginning of the new year. As “many hands make light work,” we have been blessed with many new and returning winter visitors during January. We presented 15 quilts to the San Xavier Mission School. If you know of any nearby charities who would appreciate quilts, please inform us. Your donations of fabrics and supplies make our efforts take shape. Every Wednesday morning from 9 am until noon you will find us at the back of the fellowship hall. Join us for fellowship and refreshments whenever you are able. No sewing skills required.
Diane Johnson, diane-and-roger@msn.com

TABLES FOR EIGHT Sign-ups for the next session of Tables for Eight, beginning in September and running through May 2020, will begin this month. Signups can be completed either by completing a registration card located by the front desk or online at <http://www.dhlc.org/ministries/tables-for-eight/>. You will be notified of your small group during the summer and your first get-together should be scheduled for September. Remember that Tables for Eight is open to all members and regular guests, both full-time and snowbirds. We look forward to seeing you in the future.

THE SCANDINAVIAN FELLOWSHIP GROUP'S Potluck Supper will be as usual before the concert @ 5 pm. Please bring a dish to share and your own place settings. Following Will Be...



ENTERTAINMENT BY GORDY "CRAZY FINGERS" LINDQUIST

TUESDAY, FEBRUARY 12, 2019

Gordy has performed with Lawrence Welk, Bob Hope, Red Skelton & George Burns plus tours in Europe and Canada. Sanctuary doors open 5:30 pm, Show at 6:15 pm A freewill offering will be collected during the performance to cover expenses.

Welcome all DHLC Members & Friends



Widows' Fellowship If the Hallmark Christmas Movies didn't get you (now don't get me wrong, I watched many of them and enjoyed most of them, but...) it's now February and the time for Hallmark's Valentine's movies! Get out your hankies! As a widow, such movies, commercials full of candy and flowers are reminders of "better" days and may be yet another reminder of our new normal of life alone. This is what we discuss at our twice monthly Widows' Fellowship meetings. We meet the first and third Sundays at 2 pm in DHLC library. All widows are welcome to our gatherings!

This month, we'll use Option B: Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg and Adam Grant as a starting point for our discussion. This book is a good read and I recommend it for everyone (you don't have to be a widow to read it). Come and See or call me with any questions. Debi Shippy (405-7005)

Fair Trade don't forget to Visit the Fair Trade cart to prepare for Valentines Day.

Every year, large flower bouquets and red velvet hearts line the shops. But, red roses and shiny chocolate bars come with a price. The price of someone's (could be a child) cheap labor, of pollutants and scarce resources used to meet the demands of Western consumers. This year, we encourage you to take the lead as a conscious consumer and celebrate Valentine's Day the fair trade way.



German Heritage Group



February 25th at 5pm, for a potluck dinner and program. Please bring a dish to share and your own place settings.



90 + On Valentines Day

Bells to Broadway Variety Show

Featuring:
The Bell Choirs from
Desert Hills Lutheran Church
& Joyful Noise Quartet.



March 28
3:30 and
6:30 pm

Desert Hills
LUTHERAN CHURCH

2150 S. Camino del Sol
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Postmaster: Time Sensitive Material
Please Deliver Promptly

Non Profit Org.
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Green Valley, AZ

Please notify the church office of any
address changes.