

# Desert Hills

LUTHERAN CHURCH



Quail Notes  
January 2018

## CELEBRATING GRACE, MAKING DISCIPLES, MAKING A DIFFERENCE



*Dear Friends and Members of Desert Hills Lutheran,*

*Happy New Year! Welcome to 2018! It is always so much fun to stand on the hill overlooking the landscape to all that this year may bring. No matter what happens, we don't walk alone. We walk with each other in faith and we walk with God.*

*It is a time to look back on 2017 and then forward to a New Year. What changes will we be making? I usually have a list of things I hope to accomplish.*

*Our next new member classes begin on January 11 at 9:30 am and 6:30 pm. In these classes we talk about our DNA here at Desert Hills with primary focus on our mission of three things: celebrating grace, making disciples (starting with ourselves), and making a difference.*

*The Black Market Trust joins us again in concert on the evening of January 17. Don't miss out on getting tickets; this one I think will sell out. Then on Friday of that week, Lutefisk Dinner. Can it get any better??!?!?*

*Our Annual Meeting is Sunday, January 28 at 1pm. I'm not anticipating any huge changes, but I hope you can attend; we have struggled to have a quorum. My friend Wayne Pohl always said, "You never want a packed house for the Annual Meeting, because it means a big problem."*

*It is Pastor Ken's and my hope that the new Holy Communion/Healing Prayer service will begin on the second and fourth Sundays in the chapel at 11:00 am. This will be a 30-minute service without a sermon but will be a time for prayer for the needs that have been expressed and Holy Communion. Everyone is welcome — those in need of prayer, those wanting to receive Holy Communion, and those who would like to pray.*

*Blessings and Happy New Year, Pastor Martin*

### In this Issue

Summary of Council Meeting ...	Page 2
Communion & Healing Prayer ..	Page 2
Music Ministry .....	Page 2
Lutefisk Dinner .....	Page 2
Abiding in God's Eternal Care ..	Page 3
Stephen Ministry.....	Page 3
Pre-Planning Memorial Service	Page 3
New Member Class .....	Page 3
Ralley in the Valley.....	Page 3
Alive Inside .....	Page 4
Parish Nurse Notes.....	Page 4
The Aging Eye .....	Page 4
Women's Ministry.....	Page 5
Foundation Corner .....	Page 6
North Dakota Social Group.....	Page 6
Men's Ministry .....	Page 6
Footloose Singles .....	Page 6
Donation Closet .....	Page 6
Buzzings from the Bee .....	Page 7
Scandinavian Club .....	Page 7
Fair Trade Sales .....	Page 7
German Club .....	Page 7
DHLC Library .....	Page 7
Black Market Trust Concert .....	Page 8

## HAVEN OR HEAVEN GOLF EVENT

**Benefitting the DHLC Foundation In Loving Memory of Our Dear Friend Dean Libner,  
Monday, January 29, 2018 7:00 am registration begins, 8:30 am shotgun start,  
Haven Golf Course, 110 North Abrego, Green Valley, AZ 85614  
Pick up a brochure at Church to sign up.**



## Desert Hills Lutheran Church Council

*Judy Gunson   LuAnn Guthmueller   Luke Coker   bb Haywood   Martin Overson*  
*President   Vice President   Treasurer   Secretary   Pastor*  
*Betty Colongione, Richard Gardner, Ernie LeMaster, Janice Mounce, Tom Royer*

### SUMMARY OF DHLC COUNCIL MEETING– DECEMBER 19, 2017

The Council met on Tuesday, December 19 and received reports from Pastor Martin, Luke Coker, Treasurer and Melissa Buscho, Administrator. Approval was given to increase the capitalization policy from \$1000.00 to \$2500.00, as recommended by the Finance Committee. Pastor Martin presented the details on a new healing service. Melissa presented a draft of the 2018 budget and capital expenses. The next council meeting is scheduled for Jan. 16, at 5:30pm.

To prepare for our Congregational Meeting on January 28th, we are in search of a parliamentarian. If you have experience as a parliamentarian and are willing to perform in this role for our annual meeting, please contact the church office or make a note on the connection card.



*A member of the Evangelical Lutheran  
Church in America*

2150 S. Camino del Sol  
Green Valley, AZ 85622-8352  
520-648-1633 | [www.dhlc.org](http://www.dhlc.org)

#### Worship Times

Saturday — 3 & 5 pm  
Sunday — 8, 9:45 & 11:15 am

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

#### Holy Communion & Healing Prayer

Service 11 am in the Chapel  
on the 2nd & 4th Sunday of each month

#### Sunday School Classes

9:30 am K-6th Grade / September–May

#### Office Hours

Monday-Friday — 8:30am to 4pm

#### Pastoral Staff

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

**Quail Notes** newsletter is  
published monthly.

Email articles for the February issue by  
Jan. 15<sup>th</sup> to [quailnotes@dhlc.org](mailto:quailnotes@dhlc.org).

### NEW HOLY COMMUNION AND HEALING PRAYER SERVICE

YOU ARE INVITED:

11:00-11:30 2ND AND 4TH SUNDAYS  
DHLC "RENOVATED CHAPEL"

Sunday mornings, DHLC is offering two more opportunities for Holy Communion per month. The first portion of the service will include:

- Reflective music
- Confession/Absolution
- Scripture
- Holy Communion
- Prayers & Blessings



Refreshed together! All are invited to the Healing Prayer time, and for those who desire an opportunity to share (You know your pain) we will offer private prayers. In a comfortable setting: Come – Receive – then Go... Refreshed in New Living.

Any and All are Welcome Pastor Ken

### LUTEFISK DINNER FRIDAY, JANUARY 19, 4:30PM & 5:30PM

Tickets (\$17) are available after worship services and from the receptionist at the front desk during the week until sold out. Please bring your friends and neighbors.



### MUSIC MINISTRY

*We Inspire*

Happy New Year to everyone from our music ministry. A big thanks goes to everyone who helped set-up, decorate and tear down the risers and bell tables for the 2017 Christmas concert. It takes a lot of help to transform the front of the church into a performing venue. This will happen again when we host the group The Black Market Trust, in January. All the Sunday music groups will be starting new music in January. In February, the Taggart family will again be here to play a piano concert for us. We would love to have you join us. Fa, la, la!

# February is Global Missions Month



# Abiding in God's Eternal Care

Ginger Pence  
December 10, 2017

Larry Bintz  
December 13, 2017

Jack Morrison  
December 14, 2017

Louise Hyer  
December 16, 2017

Nancy Ciskowski  
December 16, 2017



## **NEW YEAR'S RESOLUTIONS** ***Don't Just Survive—Thrive!***

Wherever we are in January – among snowy trees or blooming cactuses – the New Year connotes the possibility of change -- hope and plans that things in our life might get better. But typical New Year's resolutions find us looking inward, judging ways we've

fallen short of our own expectations or actions – judging we are not good enough as is. Perhaps we plan to lose more weight, save more money, set aside a grudge, or get better organized.

Often resolutions to change fail. Even if they don't fail, they seldom include a focus on the strength, grace, and forgiveness God provides us through Jesus Christ.

New Year's is a good time to resolve to tackle stumbling blocks in our lives and to free ourselves from stress and sadness. But it's hard to do alone.

That's why our congregation has skilled Stephen Ministers available to walk with you as you resolve to not just *survive* but to *thrive* this year. Together you can experience the shining light of Christ, feel God's constant love and presence, and be filled with hope and joy. Explore having a Stephen Minister journey with you by contacting Faye Mohr, 625-2682 or [fayemohr@cox.net](mailto:fayemohr@cox.net) or Carolyn Hill, 499-2491 or [carolynehill@bellsouth.net](mailto:carolynehill@bellsouth.net).



**THE MINISTRY OF PRE-PLANNING YOUR PERSONAL MEMORIAL SERVICE** begins with "family concerns," to allow individuals to think through, in non-crisis mode, planning the worship service. Pastor Ken is available to visit, meet in your home or in the church office to comfortably plan your desires.

The following will be addressed:

- Special requests; soloist, organ or piano, Scripture readings; family members or Pastor
- Eulogy
- Memorial service at church, funeral home, personal home or committal service only
- Columbarium
- Reception at church with a light luncheon or cookies, punch and coffee: Provided by the DHLC women's ministries.
- Discussion as to your request for memorials or donations gifted

In a confidential manner, your wishes, personal preferences will be filed in the church office to be shared at the proper time. Our Pastoral Care Ministry Team and Pastors will honor your written requests and your family members have an opportunity to respect and honor your wishes.

Please contact Jan Howard 648-1633 for an appointment with Pastor Ken.

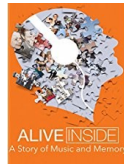


**A NEW MEMBER CLASS** starts Thursday, January 11 at 9:30am or 6:30pm with New Member Weekend on February 24/25. Pastor Overson leads the six-week class exploring the various membership options and opportunities here at DHLC. Sign up on the Connection Card in the pew rack or call the church office at 648-1633. You may join as an Associate, Winter or Year-Round Member.

The Rally in the Valley Leadership Team received word that Prince of Peace Lutheran Church is not available for the Rally in 2018. Prince of Peace has been a valuable partner for several years and we thank them for the wonderful hospitality. Due to the timing **there will not be a Rally in the Valley in 2018.**



**HEALTH AND WELLNESS EVENT “ALIVE INSIDE”** Tuesday, January 23 at 10:45am, Room 102, Video Presentation about Music & the Brain. Please register by January 17. Please sign up at the front desk so we can plan appropriately. Filmmaker Michael Rossato-Bennett chronicles the amazing experiences of individuals who have been revitalized and awakened by the simple act of listening to the music of their youth.



## NOTES

*Incorporating spiritual values into health education*

### BLENDING FAMILIES – HONORING END-OF-LIFE WISHES

*As we live longer and longer, relationships are becoming more complicated. Families may be ‘blended’ more than once. In other words, the longer we live, the more likely we are to have more than one marriage and thus stepchildren plus a host of other relatives whose thoughts and feelings we likely want to take into account when we plan anything related to dying, death and the aftermath. End-of-life issues, whether it’s writing a will or planning the script for a funeral, are never easy. In a blended family, these processes tend to be even more distressful.*

*It’s never too late to talk about expectations and preferences. It’s much better to do so before people grow elderly or ill. We all need to focus on what we (and those we love) want and what we don’t want. In blended families, more than the usual number of conversations may be needed. Every family needs a proactive member to step up and be the spokesperson to get this productive conversation initiated.*

**Be realistic about your family.** *A stepmother or stepbrother who tends to be argumentative or irritable in general won’t be any less difficult when you discuss end-of-life issues. Plan beforehand how you might deal with such a person. If others in the family share your assessment, make a pact not to walk out of the meeting no matter how irked you become. Or agree that you will ask the person or people interfering with the process to put any objections in writing. Promise to go through them carefully (and do so), and schedule another family conversation as soon as you can.*

**Gather important documents.** *Consult a family lawyer or a member of your clergy to help you find forms for a living will. All family members, even people who are perfectly healthy, should have a living will and a durable power of attorney for health care and for finances. In fact, anyone over the age of 18 needs these documents. If unmarried young adults should (heaven forbid) be in a terrible accident, their parents, who may not know their wishes as well as their peers, will be the ones making the decisions about treatment and care.*

**Be explicit about your desires.** *Do you want your body to be cremated after you die? Make sure your blended-family members know. Also be certain that you clarify in print what you want done with your ashes. Consider whether the funeral should be religious, or even “be” at all. Many people are comfortable with the idea of a “Memorial” or a simple gathering than an interment in a cemetery. Discuss and make a list of people you might want to speak at a memorial.*

**Revisit the conversation.** *You can’t expect your 50-year-old self to know what your 80-year-old self will be comfortable with. It makes good sense to talk things over again with your loved ones because your wishes and important traditions can resurface and become more meaningful later in life.*

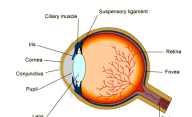
**Look beyond the death.** *It’s not unusual for a blended family’s (or any family) relationships to change or diminish, after the person who was the glue that kept you together as a family dies. It’s perfectly normal, and don’t judge yourself if contact eventually diminishes to a yearly holiday card.*

*Resources: The Conversation Project Starter kits, My 5 Wishes Online, My Voice, My Choice*

*Heavenly Father, We ask your Spirit to lead our steps in this New Year with wisdom, understanding, strength, courage, forgiveness, joy, patience, kindness, goodness, faithfulness, gentleness, self-control, and generosity. May we “make a difference” in this world, for your glory and purposes. Set your way before us and may all your plans succeed. May we reflect your love, peace and hope to a world that so desperately needs your presence and healing.*

*Anna Tometczak, RN, Parish Nurse*

**HEALTH AND WELLNESS EVENT “THE AGING EYE”** Tuesday, February 6 at 10:30am, Dr. Brent Hartzell, an optometrist on staff with Barnett Dulaney Perkins Eye Center, will be presenting on “The Aging Eye.” He will cover such topics as cataracts, macular degeneration, and glaucoma—discussing the nature of each condition, diagnostic approaches, and current and upcoming treatments. Dr. Hartzell has been practicing in Green Valley for 11 years, has served in several leadership positions (including president) of the Southern Arizona Optometric Society, and manages and treats many different eye conditions, including glaucoma, dry eye disease, macular degeneration, and co-management for cataract surgery.





*"As a community of women created in the image of God,  
Called to discipleship in Jesus Christ, and  
Empowered by the Holy Spirit,  
We commit ourselves to grow in faith,  
Affirm our gifts,  
Support one another in our callings,  
Engage in ministry and action and  
Promote healing and wholeness in the church,  
The society and the world."*

**THAT IS WHAT WE DO – THIS IS HOW WE DO IT.**

**First Mondays** – Bible Study – 9:00 am to 10:30 am – Fellowship Hall Happy New Year! Because this is a holiday, there will be no Bible Study on Jan. 1st.

Board/Team Meetings are usually held after Bible Study. January meeting will be held after the Women's Luncheon on January 8th at 2 pm. See Front Desk for room.

**Second Mondays**—Luncheons – 11:30 am to 1 pm – Fellowship Hall January 8th—This Women's luncheon is an opportunity to welcome guests associated with HEPAC — Home of Hope and Peace — of Nogales, Sonora, MX. This is a women's cooperative which provides lunches to 75-100 school children 5 days a week at no charge to the families, holds a Kids Day Camp, a facility for GRE studies, hosts educational workshops focusing on equality and justice. They raise money to cover the expenses by sewing craft items which they sell. The meal provided will be a favorite of the children. It will be healthy and prepared at DHLC by several of the women from the co-op with the help of Lynne supervising. Traditional Mexican guitar music will be provided by Tito. Our speaker will be Ricardo Ramirez, the co-op's contact person from Tucson, and Brenda Niebus, Program Administrator for HEPAC. Craft items will also be on display and available for purchase. Tickets for the luncheon can be purchased at the front desk. For more information, check out the website at [hepacnogales.org](http://hepacnogales.org) or that of Friends of HEPAC at [www.friendsofhepac.org](http://www.friendsofhepac.org). Ticket purchase deadline is the Wednesday before the luncheon.

**Every Wednesday** – 9am to noon- Fellowship Hall the Sewing Bee meets – Check out their Buzzings from the Bee and Boutique Banter in this issue for more information.

To figure out how to "grow in Faith and Engage in Ministry"? **Gather Magazine** is only \$19.95/year. See [www.gathermagazine.org](http://www.gathermagazine.org)

**Canyon Echoes** from the Women of the ELCA Grand Canyon Synod. See [www.grandcanyonwomen.us](http://www.grandcanyonwomen.us)

**BOLD Connections** – a free monthly e-newsletter of

Women of the ELCA. Sign up at [www.womenoftheelca.org](http://www.womenoftheelca.org) Pick up our Women of the ELCA 2018 Women's Ministry pamphlet at DHLC which will be your "bible" for all of the women's events for 2018.

**DHLC WELCA women care by.. "promoting healing and caring."**

**Prayer Shawl Ministry** will be on January 16th from 1 pm to 2 pm at the DHLC Library. If you like to knit, crochet, or weave, this is the place to be. We collect finished shawls and begin work on new ones. Shawls are distributed, with the help of Stephen Ministers and our visitation pastors, to people in need of comfort. For more information, contact Karla Neumann at [kneumann4@cox.net](mailto:kneumann4@cox.net)

Save your **Box Tops and Labels** for the Navajo Evangelical Lutheran Mission School, Rock Point, AZ. The collection box is attached to the Women's Ministries bulletin board in the Fellowship Hall.

**"affirm our gifts, support one another in our callings"**

Save the Date: Saturday, Feb. 10th **Grand Canyon Synod WELCA Gather Bible Study Event** from 9 am to 3 pm at Spirit of Grace Lutheran in Surprise, AZ with speaker Mark Allan Powell. Registration forms: Women's Bulletin Board in Fellowship Hall or online at [www.grandcanyonwomen.us](http://www.grandcanyonwomen.us).

More information: Suki, 702-493-7436

**Thankoffering** – February 17-18, 2018 – We will collect a special offering to reflect our gratitude for all of God's blessings in our lives and then send it off to Churchwide to share with those less fortunate.



Over 130 women enjoyed the Advent Luncheon on Dec. 11th, complete with alcohol free mimosas. A big thank you and Happy Birthday goes to Rev. Corinne Chilstrom who delivered the message. Everyone was definitely "stirred up"!



The women of DHLC donated over \$3,000.00 worth of In Kind Gifts for the Lutheran Social Services wrapping Christmas party on December 11th.



## CORNER

FOUNDATION



## IRA GIFTS

Each year individuals over 70 who have IRA savings are required to take an annual distribution. Your fund manager assists you with making this withdrawal from your IRA. When you take this distribution into your bank account you are required to declare it as income for tax purposes. A smart alternative is to ask your fund manager to direct part or all of your distribution to a qualified charity. By doing this you accomplish a charitable gift and avoid paying income tax on that amount. We invite you to consider asking your fund manager to direct part or all of your required distribution to Desert Hills Lutheran Church Foundation, 2150 S. Camino del Sol, Green Valley, Arizona 85622

It's time again to start our North Dakota Social Group. We have secured the Fellowship Hall for Monday, January 15, at 1pm. We will have a presentation including a film by Rev. Dr. Wally Mohr. He has traveled to many National Parks throughout the United States and he's agreed to share this with our group. Thank you, Rev. Mohr! Everyone is welcome! If you would like to be a part of Rita Krchnavy's mailing list, send a note to [rita.krchnavy@gmail.com](mailto:rita.krchnavy@gmail.com)

**NORTH DAKOTA**  
**Social Group**

## MEN'S MINISTRY AT DHLC



**MEN'S PHOTOGRAPHY GROUP** will meet Monday, January 8th at 1:30 pm.

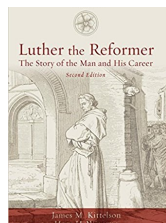


**MEN'S MONDAY COFFEE FELLOWSHIP** is back in full swing, Mondays 7:30 @ the church. Come join us.

**MEN'S FELLOWSHIP BREAKFAST** January 25, 2018, 8:30 am. The speaker will be Karen Pomroy, Equine Voices.



**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.



The current book: "Luther the Reformer, The Story of the Man and His Career," by James Kittelson, Max Wiersma, et al.

**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 at 520 425-7229.



**MEN'S BIBLE STUDY**  
Thursdays at 1 pm.

Study the Bible  
with us

**MEN'S HEALTH** meets Monday, January 22<sup>nd</sup>, the speaker will be from AZ Oncology and talk about Prostate Cancer.



*Footloose Singles*



Tuesday, January 23, the Footloose Singles will explore the wonders of science by visiting the Flandrau Science Center and Planetarium on the UA campus. Group rate is \$8.00 (regular admission is \$16) and includes a show in the planetarium, time to explore the science exhibits and entry into the University of Arizona's Mineral Museum where we will discover the world of minerals, gems, and fossils. Lunch at 12:30 at a local restaurant. Meet at church at 9:00 am to carpool and pay Diane Clark or Don Brown your \$8.00 admission before leaving church so we can all get in on the group rate. Last day to sign up is January 19th.

## THE DONATION CLOSET IS IN A NEW LOCATION

If you look at the picture it is now in the hallway as you enter the building from the west. The double doors next to the couch. This makes an easy drop off for all your plastic grocery bags to benefit the Food Bank. Full skeins of yarn, clothing, shoes, linens and those travel sized hygiene products continue to be welcomed for the outreaches in our surrounding area.





## BUZZINGS FROM THE BEE AND BOUTIQUE BANTER

As 2017 is put to sleep, we are pleased to know that hundreds of less fortunate friends nearby will be sleeping more comfortably under the warm quilts we have provided. The efforts of the congregation made it possible to give financial support to many charities through our Fall Boutique Sales.

We have been blessed with Thrivent Action Team seed money donations to offset costs of our supplies.

Keep in mind that the Sewing Bee has a limited number of quilts for sale and available to the congregation all year for special occasions. We are thankful to have our winter visitors joining us. See us any Wednesday morning from 9 until noon in the fellowship hall where all are welcome. Together, we can make it a Happy New Year.

Diane Johnson,  
diane-and-roger@msn.com



**SCANDINAVIAN CLUB** will meet at 5 pm Tuesday, January 9th. The speaker will be Rev. John Puotinen. His topic is about the immigrants from Finland and the contributions they made in Minnesota and the Upper Peninsula of Michigan. He will also thank DHLC for their support of seminary students from Luther Seminary. Potluck as usual, please bring a dish to serve 12 and your own place settings.

### FAIR TRADE PRODUCTS NOW AVAILABLE TWICE MONTHLY!

Thank you to members and friends of Desert Hills Lutheran Church who have purchased Fair Trade products in the past! Your support is so strong that Fair Trade products are now available for sale twice per month – on the second and fourth weekend each month during the winter season. Coffee, tea, chocolate bars, hot cocoa mix, and gourmet olive oil are available for sale on Saturdays from 2:30 pm to 5 pm and Sundays from 8:30 am to 11:15 am. In January these dates are January 13-14 and January 27-28. These products are made available to us from Equal Exchange. Founded in 1986, Equal Exchange partners with small farmer co-ops to change existing power structures in the food system, and bring you delicious, fairly traded foods. A percentage of your purchase is forwarded to Lutheran World Relief to support sustainable agriculture worldwide. And the Global Mission Committee at DHLC has set the prices at levels that are competitive with retail grocery chains in this area.

One of the most popular products at DHLC is chocolate! It tastes so good because the best ingredients are grown by small farmers – cacao from the Dominican Republic, Panama, Ecuador, and Peru; sugar from Paraguay; and vanilla from Madagascar. In these countries, your purchase makes community development possible – from building wells for safe drinking water to expanding micro-finance funding. When you buy Fair Trade chocolate, you are making a statement that you value delicious chocolate without exploitation of the environment or farmers who provide the ingredients. Thank you for your support of this movement!



**THE GERMAN CLUB** will meet for a potluck supper on Monday, January 22, at 5 pm at DHLC. The guest speaker will be Dr. Albrecht Classen, professor of German Studies at the University of Arizona, Tucson. His topic will be "German inventors and their inventions." All are welcome; bring some food for 6-8 persons.

### DHLC LIBRARY NEWS-IN CASE YOU MISSED IT!

Early in the summer, the DHLC Library completed the On-Line Public Access Catalogue process. Everyone may now access the library catalog on-line by simply going to the church website and choosing the "Library" option. In addition, the computer room in the library contains two computers which may be used for searching the catalog as well as other on-line and application functions. Please check out this great new development!





# Black Market Trust Concert

**January 17th 6:30 PM**

The group will perform a **CD release concert** at Desert Hills Lutheran Church in Green Valley January 17, 2018. The show starts at 6:30 pm and seating will start at 6:00 pm. Tickets are \$20.00 and are available at the church office during regular business hours or online <https://bmtfolksongs.brownpapertickets.com/>



2150 S. Camino del Sol  
Green Valley, AZ 85622-8352  
[www.dhlc.org](http://www.dhlc.org)

Postmaster: Time Sensitive Material  
Please Deliver Promptly

Non Profit Org.

US Postage Paid

Permit # 16

Green Valley, AZ

Please notify the church office of any  
address changes.