



CELEBRATING GRACE, MAKING DISCIPLES, MAKING A DIFFERENCE



Dear Friends and Members of Desert Hills Lutheran,

The month starts out with the Super Bowl. I'm writing this in January, my hopes were high, but to my chagrin a team with purple colors is not in the Super Bowl. In February we start our Season of Lent with Ash Wednesday on February 14. There are services at noon and 7 p.m. that will include both Holy Communion and the disposition of ashes. Yes that is Valentine's Day so celebrate them both. For the next five weeks following Ash Wednesday we will hold Lenten Soup Suppers and a thirty minute Lenten Worship Service at 7 p.m. to help us take again the journey to the last supper, the cross and resurrection of Holy Week and Easter March 29-April 1. Let's take the journey together.

On February 10 and 11 we celebrate Global Missions for the weekend at worship. Our guest preacher is Andrew G. Steele, Director, Global Church Sponsorship. We have a long and strong tradition of support for missionaries around the world.

Our New Member Classes wind up and we will be greeting them all the last weekend in February. It is another stellar group of people wanting to be a part of our mission of celebrating grace, making disciples (starting with ourselves), and making a difference. How blessed we are! Pastor Martin

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FEBRUARY IS GLOBAL MISSIONS MONTH

On February 10 and 11 we will be enlightened and encouraged by a presentation from Andrew G. Steele , Director, Global Church Sponsorship since April of 2015. In this capacity, Andrew thanks DHLC for being a TOP 100 Generous Congregation of the ELCA to support Missionaries, Young Adults in Global Mission, and training of indigenous women and men to be church leaders in their countries .

Top picture: Senegalese Communion Service
Left: Senegalese worship musicians



ELCA Global Church Sponsorship



Missionaries • Young Adults in Global Mission • International Leaders • Global Ministries

YAGM (pronounced yeah-gum) Young Adults in Global Mission

YAGM is a program for young adults to be volunteers for one year with the world-wide mission efforts of the ELCA. Sending missionary families costs about \$85,000 per year, while sending a YAGM volunteer costs about \$15,000 per year. Many more volunteers apply for the YAGM program than can be accepted. The program is one of the most successful of all mission efforts in our church. About fifty percent of the YAGM volunteers discern a call to our seminaries after their year of service. At present, there are almost 100 YAGM volunteers world-wide.

Your Global Mission Committee encourages anyone interested in supporting our YAGM volunteers to indicate interest on connection cards or call the church office for more information. Your support is needed for this successful program.

Our church has supported the YAGM program for the past three years, and this year the Desert Hills foundation has supported a YAGM, Berkley Harris, who serves in Senegal. There are presently seven YAGM volunteers living with indigenous families country-wide in Senegal, under the supervision of missionary Pastor Kristin Engstrom. Interested in learning about our support of Senegal YAGMs? Go to <http://yagmsenegal.wixsite.com/blog> to learn more.

Please hold Pastor Kristen Engstrom (our ELCA Senegal missionary) and the 7 Senegal YAGM volunteers in prayer.



2017 YAGM in Senegal



THE NEED

For nearly 25 years, the Lutheran Church of Senegal has spread the gospel and helped communities in Senegal flourish. From education for children and health care for those affected by HIV/AIDS to agricultural initiatives, the Lutheran Church of Senegal has strived to share God's love in all it does. And, in a 95-percent Muslim context, the church is doing something even more groundbreaking—helping build up women leaders in its congregations and communities.

In addition to the work happening in Senegal, the church played a pivotal role in the founding of the Lutheran church in its neighboring country – The Gambia. By sending missionaries to assist with evangelism, the Lutheran Church of Senegal has helped the Evangelical Lutheran Church of The Gambia grow to nine congregations and more than 2,000 members.

Now the Lutheran Church of Senegal and the Evangelical Lutheran Church of The Gambia are ready to take their outreach to the next level and touch even more communities and individuals than they do now.

Lutheran missionary efforts in Senegal: ten health clinics, midwife program, health education, dairy husbandry, completing the translation of the Bible, improving literacy, and DHLC funds completed the Lutheran Guest house.

Alternative Christmas Thank You — A very special "THANK YOU" to all who participated in so generously giving to the ELCA Good Gifts projects thru DHLC. You donated \$13,459 (\$3,345 Christmas in July) to send—chickens, pigs, goats, blankets, water projects, etc to those who have so little and need so much. YOU HAVE ALL MADE A HUGE DIFFERENCE in the lives of many. May our Lord continue to bless each and everyone of you.



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 – JANUARY 16, 2018

The Council met on Tuesday, January 16 and received reports from Pastor Martin, Luke Coker, Treasurer and Melissa Buscho, Administrator. The December financials, 2018 budget and 2018 capital expenses were reviewed and discussed. The council approved the 2018 budget and recommended the budget be presented to the congregation's annual meeting for their approval. The council also approved renaming the Camp Scholarship Fund account to Youth and Music Fund and investing money from maturing CDs into two new \$10,000 CDs with Vanguard. The next council meeting is scheduled for Tuesday, February 20th.

Abiding in God's Eternal Care

Lorraine Vonk
December 27, 2017

Bill Peebles
December 27, 2017

Jane McCall
January 7, 2018

Jayne Radzke
January 6, 2018

Mark Norland
January 13, 2018

Robert Landon
July 1, 2017

Evelyn Landon
December 30, 2017

GRIEF SUPPORT GROUPS WILL BE OFFERED AT DHLC.

Beginning in February, DHLC will begin to offer eight-week Grief Support Groups for individuals who are grieving the death of a loved one. In the future, additional grief support groups will be scheduled as needed.

The first eight-session group will be held on Monday and Thursday evenings from 6:30 p.m. to 8:00 p.m. at the church. The group will begin on Monday, February 12 and will conclude on Thursday, March 8.

The group sessions were written especially for DHLC by one of our members (Rev. Wally Mohr) and will not be available elsewhere. If you attended other groups in the past, this group will be unique.

The purpose of the sessions combines education about the grief process and support for those who are grieving. This will include information about grief with many suggestions on how to cope with grief and move through grief.

The presentations are based on Power Point learning with very brief videos, followed by discussion of the video. Each session will also include an opportunity for discussion with a fellow group member and will close with a brief musical devotional moment.

Detailed information will be available to those who register.

To register, call the church office (648-1633) or indicate your interest in the Feb Grief Support Group on a Connection Card during worship. When you indicate an interest, more information will be sent. There is no cost for this group. All materials will be supplied.



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

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 March issue by
Feb. 15th to quailnotes@dhlc.org.



MUSIC MINISTRY

We Inspire

February finds our Sunday music groups preparing music for our journey to the cross services. Ash Wednesday is February 14 when the journey begins. We are also preparing for our Spring Concert which will be Sunday March 11th at 3pm.



SERVICES NOON AND 7 PM

Holy Communion and the disposition of ashes



Lenten Worship Services

February 21	February 28,	March 7
March 14	March 28	March 25-April 1 Holy Week

We, as Lutheran Christians, are a seasonal people (and not just the 'snow birds' among us!). The upcoming season in our year is the season of LENT. As we prepare for the great, glad feast of Easter, we walk together looking at ourselves and to the One who saves.

As we mark this time of Lent, we have the opportunity to gather for special mid-week worship opportunities, on Wednesday evenings. This year, a special addition to our worship will be the use of "Holden Evening Prayer", a melodic aid to our life together.

This year, an invitation is being extended to lay persons and clergy to consider sharing a five minute meditation in this worship time. What are you passionate about, as we consider the "passion" of Jesus? Please consider prayerfully this invitation! If you feel called to explore the possibility of this, please contact one of the pastors.

Wednesdays: Soup Supper 6pm - Fellowship Hall, Hymn Sing - 6:45pm Sanctuary Worship 7pm Sanctuary

NEW STEPHEN MINISTERS

Giving Back for Their Many Blessings

Nine more Desert Hills Lutheran members, pictured here, have completed 35 hours of study and have recently been commissioned as Stephen Ministers at DHLC. As such, they share a common commitment to make a difference in the lives of others, one person at a time, by walking with and listening to a fellow Christian who is going through a difficult time.

Like many of our other 30+ DHLC Stephen Ministers, these new volunteers view their role as a "unique opportunity to serve God," to "give back for many blessings," and as an opportunity "to hold one hand of a hurting person and let them know God is holding their other hand."

Coming from all walks of life, our new Stephen Ministers hail from the east and west coasts and solidly in between while learning to adjust to new communities and make new friends. They've enjoyed careers in nursing, engineering, editing, education, and government administration, and transitioned to the new role of "retiree." They've lived life as spouses, grandparents, moms, dads, stepparents, widows, widowers, and caregivers, and experienced the joys and stresses those roles can hold. All have discovered the healing power of having faith in God and His ever-presence and grace to make it through good times and bad.



New DHLC Stephen Ministers : *Top row left to right* Carolyn Hill, Dick Hill, Sandy Lawrence, Lars Lavender, Jay Davis, and Jeff Weber. *Bottom row left to right:* Lorrie Nickel, Sherry Royer, and Beth Johnson.

Another class of Stephen Ministers will be forming this fall. Now is a good time to consider this ministry as a way to make a difference and serve. You can gather more information by speaking with any DHLC Stephen Minister including the recent graduates pictured here. All are identifiable by their white Stephen Ministry name tag. You may also obtain additional information from Rev. Wally Mohr, the group's pastoral advisor, at wkmohr@cox.net or 625-2682.



*"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.

"When Jesus sent people out in ministry; he sent them out in twos. He did not expect them to minister alone." (Mark 6:7) – What we do:

First Mondays – Bible Study – 9:00 am to 10:30 am – Fellowship Hall – February 5, 2018- Barb Rapp will lead us about "Washing Hands with Distant Hearts". Bring your bible and join us. Treats will be provided by our Hostess Suki. Hostesses provide treats at 9 a.m. and are needed for the First Monday Bible Studies for the months of March, April, May, October, November, December. Please Call Suki, 702-493-7436, if you are able to provide this nourishment.

Board/Team Meetings will be held after Bible Study on the First Monday. See Front Desk For Room.

Second Mondays—Luncheons – 11:30 am to 1 pm – Fellowship Hall February 12th— Speaker will be Rev. Sam and Janey Stewart from "Charlie's Lunch", which is an organization whose purpose is to demonstrate the love of God by feeding, teaching, and empowering some of the world's neediest children. This Women's luncheon will be Surprised by Sandwiches in honor of "Charlie's Lunch." All Attendees must bring a sandwich cut in quarters. Chips, vegetable trays, and cookies will be provided by Women's Ministries. All tickets for the Women's Luncheon must be purchased either at the previous luncheon, at Bible Study, or at the front desk, by Wednesday, February 7th before the luncheon on February 12th. Don't forget to bring your gifts for the Saturday, March 3rd event of the Mad Hatters Tea Party. (see that description in the next column for more information)

At our January luncheon—Desperate for water at their Community Center in Nogales, Sonora, Women's Ministries presented a check in the amount of \$500.00 to Tito, Brenda and Mario of HEPAC (Home of Hope & Peace). Women attending the luncheon generously donated another \$1,203.00 for a total of \$1,703! We are truly making a difference in the lives of many.



"Therefore, brothers, be all the more diligent to make your calling and election sure, for if you practice these qualities you will never fall". (2 Peter 1:10) --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 3pm 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.org. More information: Suki, 702-493-7436

W-ELCA Thankoffering – February 17-18, 2018 – DHLC Women's Ministry will reach out to the congregation for support of two national programs that fill their goal to "Promote healing and wholeness in the church, the society and the world." The Thankoffering gifts will be divided between the Herbert W. and Corrine Chilstrom Scholarship Fund" for the ELCA seminarians, and to Domestic and International grants for women and children in crisis. s. An example of a grant is the Cabarrus Cooperative Christian Ministries in Concord, N.C. Their grant provided housing, tools and support to empower single homeless mothers and their children to move to independence.

No Retreat This Year!

We are encouraging you to attend the annual Sunrise/ Santa Cruz Spring Gathering at Mt. Zion Lutheran, 4520 W. Ajo Way in Tucson on Saturday, March 3rd. The theme is Mad Hatters Tea Party and will feature our own Bonnie Willemssen, author, columnist and humorist. Cost for the day, which includes Continental breakfast and lunch is \$10.00. Approximately 11 churches belong to the Conference, so there will be an opportunity to meet other women and share stories. Each church is being asked to provide a Gift Basket for a raffle. Last year, through a Silent Auction, we were able to provide scholarships and lodging to four U of A girls to participate in the WELCA Convention held in Las Vegas!

Note: DHLC Women's Ministries is planning a different twist on the Gift Basket idea. Due to a wild shopping spree at Vera Bradley, we have decided to fill a VB Weekend Traveler Bag with items. Suggested items are wine, opener, glass, napkins, bottled water, Starbuck cards, reading materials, sun tan lotion, beach towel, candy, restaurant gift card, etc. The bag will be available to fill at the February Luncheon.

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.

FYI: Ladies Literary League has disbanded

CORNER

FOUNDATION



EXERCISE YOUR WILL POWER

When you have an attorney write your Will, you have taken a basic step in making an estate plan. Your Will provides for the orderly distribution of assets after you are gone to be with God. Your Will establishes a legacy for the things you care most about. Your family and other dearly held values can be strengthened by being named as recipients of bequests in your Will. Increasingly, church members are naming their congregation and or the church at large as recipients of a bequest. This comes as a dearly held belief in the mission of the church to spread the Gospel of Jesus Christ as a means of making this world a better place to live.

A will needs to be reviewed periodically. As time passes, any number of issues may change. Changes may occur in the lives of your beneficiaries, such as an address or phone number. A change may occur in your priorities. Maybe you have been inspired and convinced that a certain mission needs your help.

At Desert Hills Lutheran Church Foundation, we strongly encourage all of our church members to have a Will and from time to time review it to make sure it reflects your current values. Of course, the Foundation would like to be named as a beneficiary, but we also advocate naming Desert Hills Lutheran Church. Either way, you will strengthen our mission in this community and in this world.



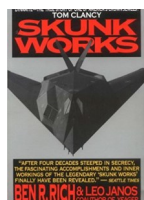
SCANDINAVIAN CLUB'S second meeting of the New Year is scheduled for Tuesday, February 13 starting at 5 pm. Always great food with a reminder to first time attendees to bring your own plate and eating utensils and food to share in the pot-luck serving line. Reverend Herbert Chilstrom is the featured presenter. His topic is "Writing Books -An Unexpected Retirement Adventure." Herb will talk about how he got into book writing, say a bit about each of the variety of books written, encourage others to write and describe his latest book, "When a Father Loses a Son".

MEN'S MINISTRY AT DHLC



MEN'S PHOTOGRAPHY GROUP will meet Monday, February 5th at 1:30 pm.

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: "Skunk Works" by Ben Rich, "From the development of the U-2 to the Stealth fighter, the never-before-told story behind America's high-stakes quest to dominate the skies"

MEN'S BIBLE STUDY
Thursdays at 1 pm.

Study the Bible
with us

MEN'S HEALTH February 26, 2018 (to avoid President's Day) at 8:30 am Speaker will be Gail Rudsinski of Pacific Mobile Diagnostics.



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

MEN'S FELLOWSHIP BREAKFAST February 22, 2018, 8:30 am. The speaker will be from Green Valley Hospital.



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.



Footloose Singles



Mark your calendar for Tuesday, February 20 for the Footloose Singles outing to Old Tucson Studios. Meet at 10:00 to carpool from the church. We will have a docent tour at 11:00 and then we will be free to explore and take in shows after the tour. Group price is \$16.95 we will each pay upon arriving at the park. Lunch at the park is not included.

Lauren Hillquist has been taking pictures since early childhood...film, slides & now digital. My main camera is a full frame Nikon D610 with a 28-300mm lens. I have other cameras – and phone - as well. I learn by taking many images and trying new approaches - never had a lesson. I have been honored to have had several exhibits and have been published in newspapers and magazines – including three magazine covers. And recently awarded a 2 week trip to Alaska to take photos that I can share. My personal feeling is that God has blessed me with a gift; and He blessed me with coming to the realization that I had it. Some say I have “the eye” for it; I call it a God given and blessed talent. My motto is “Shoot The Shot The Others Did Not!” Photos will be on display in the Narthex Feb. 6

The
ARTIST



RISE Scholastic Achievements, Inc.
“With RISE, the children have HOPE.”
A Green Valley, AZ based, 501(c)(3)

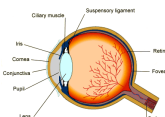
You are invited to see how RISE is making a difference in the educational lives of abused/abandoned Mexican children by taking a trip on March 10.

Come witness how RISE is making a difference in these

children’s educational lives by signing up for the March 10th trip. During the visit, you will receive an overview, facilities tour, lunch and lots of hugs from the children. For more details and to sign up see Reed Olson or Bill Kuschel in Fellowship Hall after service on February 18; February 25 or March 4. You may also contact Reed at olsonr1@cox.net. To learn more about RISE go to: www.risesa.org.

Rise is an approved charity by the Benevolence Committee and contributions can be made directly through DHLC.

HEALTH AND WELLNESS EVENT “THE AGING EYE” Tuesday, February 6 at 10:30am, Dr. Brent Hartzell, an optometrist on staff with Barnet 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.



NOTES

Incorporating spiritual values into health education

THE MONTH OF FEBRUARY IS AMERICAN HEART MONTH... ARE YOU A TICKING TIME BOMB?

Research shows deaths from heart attacks peak during December and January, possibly due to changes in diet and alcohol consumption, stress from family interactions, strained finances, travel and entertaining, and respiratory problems from burning wood. We can dramatically lower the risk of cardiovascular events with lifestyle changes, but don’t ignore your family history. Genetics can catch up to you, even if you’re doing all the right stuff. Heart disease can be prevented in many cases through lifestyle factors, such as maintaining a healthy weight, exercising regularly, controlling cholesterol and blood pressure and not smoking, but making lifestyle changes can be difficult. Controlling the risk factors for heart disease is a full-time job. It doesn’t need to consume you, but creating a lifestyle of appropriate diet, quit smoking, exercise and emotion management is the key to heart health.

FOUR TIPS FOR A HEART HAPPY-HEALTHY LIFE

1. Go out and play. You are better off being in good shape and fat than thin and in bad shape. Don’t starve yourself, but eat well and get moving, doing whatever kind of exercise is fun for you. Go for a bike ride or take a walk. You’ll look and feel better and your heart will thank you.
2. Watch your waist line. Abdominal fat is a risk factor for metabolic syndrome, which increases the risk of heart disease. So do sit ups and keep your measurements less than 40 inches for men and 35 inches for women.
3. Go nuts. Rich in health fats, nuts are great to snack on and very filling, so you don’t feel compelled to eat as much junk.
4. Relieve the pressure. Emotional stress causes physical stress. Relaxation techniques keep the heart healthy. Yoga and meditation are great, but even simple stress-reduction techniques can work. Stress can also raise your blood pressure.

References: American Heart Association

May you all experience peace of heart, mind and spirit... Anna Tometczak, RN – ParishNurse

Taggart Kids Piano Concert

Sunday, February 11th, 2pm



Emma is a fifteen-year-old classically trained pianist who is on her way to becoming a world renowned concert pianist. She has already won several competitions, both locally and internationally, taken master classes with legendary pianists such as Nelita True, Oxana Yablonskaya, and Anderson and Roe, attended festivals in both the United States and Europe, and played with several orchestras, including the Milan Chamber Orchestra and the Chamber Orchestra of St. Petersburg .

Jacob is an eleven-year-old classically trained pianist. He started lessons at age four with Ms. Mary Carloni. After a year, he was referred on to Juilliard graduate, Dr. Reid Smith, with whom he currently studies. Jacob has won many competitions and awards, including taking first prize at the pre-teen division of the MN State Fair Talent Competition when he was only 7 years old. He wowed a crowd of 5,000 and became one of the youngest winners ever.



Introducing Cecilia Taggart Cecilia is a five-year-old pianist who has been taking lessons since the age of three. She takes from her sister, Emma. She has performed in many studio recitals and has been featured in many of Taggart Squared's concerts. Cecilia truly loves music and hopes to follow in her siblings footsteps in pursuing a musical career.



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