

# Desert Hills

LUTHERAN CHURCH



## Quail Notes

September 2017



### CELEBRATING GRACE, MAKING DISCIPLES, MAKING A DIFFERENCE



Dear Members and Friends of Desert Hills,

What a wonderful summer we have had! It has been such a pleasure to serve as the Senior Pastor during this time of Pastor Martin's Sabbatical. Our shared moments will be a treasure to me forever.

Global Leadership Summit! WOW! Great speakers...awesome conversations...a fantastic time shared by so many as we found ourselves 'Influenced' to MAKE A DIFFERENCE! Thanks to all the volunteers, the staff and everyone who contributed to this successful event.

Then we experienced another MONSOON CONCERT! We are so fortunate to have such wonderful musicians here at DHLC. Musicians and guests provided us with an amazing evening of thankfulness for the rains, the tunes and the gentle touch of our loving God to our wonderful desert! Thanks to all who helped make that event happen!

We look forward to the exciting things that will happen this fall! Many small groups will begin meeting once again... stay informed! Pastor Martin will be returning the first weekend in September, and his sermon theme for the month of September is exciting! He's going to be talking about LOVE! Reflect on Romans 12:9 as we look forward to this series. "Let LOVE be Genuine"...he shares with us that love is not just a 'feeling'...it's an ACTION! We'll LOVE to welcome him back!

On a personal note...my gratitude is great for the leadership and the staff here at Desert Hills Lutheran. You have come together in such a wonderful way to support not only myself, but everyone, as we worked together these past months. Now I EAGERLY look forward to my return as your Associate Pastor, serving our Lord together as we love and care for one another. I will be enjoying some quality family time the first weeks of September and a Road Trip with my girls, Susan, daughter Andrea and granddaughter Ella...please pray for our safety and our quick return.

Thanks for an awesome opportunity! See you soon. Pastor Ken



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## 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-August 15, 2017

The Council met on Tuesday August 15th and received reports from Pastor Ken, Luke Coker, Treasurer and Jan Howard, Assistant Administrator. The proposed parking lot expansion was discussed and further discussion will continue at the next council meeting. The 2017 Global Leadership Summit was very successful and reservations for 2018 are coming in at the “early bird” \$79 rate! Chapel remodeling continues and now includes beautiful stained glass windows and a mesquite altar, handcrafted by our own DHLC skilled artisans. Council approved the recommendation from the Grand Canyon Synod to delete Chapter 20 from DHLC Constitution. The next regular meeting will be Tuesday, Sept. 19 5:30 pm.



### COME SEE THE CHANGES IN THE CHAPEL!

Several months ago, the council authorized an upgrade to the chapel/multi-purpose room. A committee was appointed by the council to plan and implement upgrades to the space to make it feel more welcoming.

We are about halfway through the renovation and there are some amazing upgrades. We have stained glass windows in the area. Many, many thanks to Wayne Brown who donated his time and talent to make the windows. He did an awesome job and those windows make an amazing difference in the space.

We also have a new altar which will be placed in the chapel by the end of the month. This beautiful piece of art was made by Ted Buethe, again his time and talent were donated to our project. So stop by the chapel and check out the progress.

More is coming so keep watching! And, if you see



*A member of the Evangelical Lutheran Church in America*

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#### Worship Times

Saturday — 3 & 5pm  
 Sunday — 8, 9:45 & 11:15am  
*Healing Prayer Service  
 at 10:45 on the 4th Sunday  
 of each month*

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

Sunday School Classes are at 9:30am  
 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 October issue by Sept. 15<sup>th</sup> to [quailnotes@dhlc.org](mailto:quailnotes@dhlc.org).



Wayne or Ted, let them know what you think of their art!

Pictured above the Tree of Life Stained Glass.

To the left the new Altar.

These two disciples have made a Difference for Desert Hills Lutheran Church.

# Abiding in God's Eternal Care



## CALLED TO SERVE

It might be a subtle tap on the shoulder, or a sudden flash of clarity. The opportunity to answer God's call to share the gifts He has given you may come as a whisper or a shout. Be alert for His direction.

Becoming a Stephen Minister is one way to respond to His call. It is a meaningful one-on-one experience in which you receive more than you give. A way to "recycle grace" by passing on what God has done for you; a way to make a difference.

Stephen Ministers care, encourage, and listen. They confidentially provide emotional and spiritual support to an individual in our congregation or community who is going through a difficult time.

Might God be calling you to be a Stephen Minister? Listen, watch, feel, pray. Rewards are many -- joy, personal growth, greater interpersonal skills, and increased faith in God.

Gather more information now about this vital ministry by contacting Katharine Baker at 398-6767 or [katharinebaker314@gmail.com](mailto:katharinebaker314@gmail.com). Don't delay: Interested participants are currently being sought for DHLC's once a year Stephen Ministry classes Oct. 17 - Nov. 14. There you will be equipped to use your gifts and life experiences effectively while gaining friendship and support of fellow Stephen Ministers.

Stephen Minister Training

## SPEAKER SERIES

September 27th, 2017 - Mobile Medical Services

Mobile Medical Services...plan to attend the Speaker Series on September 27th. Gail Rudsinski from Pacific Mobile Diagnostics will introduce us to the world of mobile medical device equipment and how that can improve the quality of life for those in need. Any questions...contact Larry Kempton via email at [lrkempton@gmail.com](mailto:lrkempton@gmail.com) or 520 403-8766.

## Companion Care @dhlc

Trained volunteers providing non-medical respite so Care Givers can take a break!



## VOLUNTEERS NEEDED TO PREPARE COMMUNION

ALTAR GUILD – Would you like to make a difference? You can help by doing something very simple with little effort at the service of your choice and just a few minutes of your time -- just by pouring a little wine and filling wafers into a container. You will have help and meet new people in the church and will make a big difference. If interested, please phone Dee at 275-2865 or Starr at 203-7299.

**SCANDINAVIAN CLUB** will not meet in September but we are looking forward to the second Tuesday in October for great food and an excellent program on the "Reformation" by Rev. Dennis Nelson.



## EAGLE SCOUT PROJECT FOR TROY GARCIA



What I would like to do is make and install flag holders for the veterans who are buried at Green Valley Cemetery. According to the mortuary, I cannot put these in without permission from the families whose loved ones are buried there. So, if you are related to a veteran who is buried at the Green Valley Cemetery and are interested in having a flag holder put on their site, please email me at [rncgarcia2@yahoo.com](mailto:rncgarcia2@yahoo.com). I would like to install these on or before Veterans Day. I will also be available at the cemetery on Veterans Day.

**AUGUST HIGHLIGHTS: GLOBAL LEADERSHIP SUMMIT (TOP HALF) MONSOON CONCERT (BOTTOM HALF)**



**GLS** The 2017 Global Leadership Summit here at DHLC was an unqualified success! We hosted over 150 people here for a two day event and it all went smoothly. Our success is the result of many, many volunteers who gave their time and talent to hosting this seminar. We had people who worked to promote the conference, people who prepared lunches for our group, greeted at the door, ushered for 2 days, supported our technical team, handed out water and snacks, sold books, registered attendees, set up and took down the Sanctuary...the list goes on and on. Without these dedicated volunteers, we could not be a GLS host. We have an outstanding team who all worked together and the results were stellar! Thank you to all our volunteers.

**MONSOON CONCERT** In August, we hosted our 5th Monsoon Concert. It was a joyful event. People left with big smiles on their faces. We are so grateful to all the fabulous musicians and Troy Justesen for organizing this concert which was a huge community outreach. A special thank you to all the people who worked behind the scenes including volunteers, office staff and custodians for sales, advertisements, setup and tear down of stage, lighting, and sound.



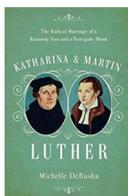
### SEPTEMBER LUNCHEON

September Luncheon  
Monday, September 11, 2017 11:30am  
Catered by Nancy Green

Tickets for \$5.00 are for sale at the front desk until September 6th. Learn about our DHLC authors as J.A. Winrich and three other women tell of their writing experiences.

First Monday Women's Bible Study will resume on October 2.

#### Martin Luther



If you enjoyed the "Luther" movie featured at the August luncheon, continue preparation for Reformation and learn more of the Luther story. Pick up the fascinating book "Katrina & Martin Luther" by Michelle DeRusha. This is the story of "The Radical Marriage of a Renegade Monk and Runaway Nun."

### SAVE THE DATES

#### October 20-21 – WELCA Grand Canyon Synod Retreat "Transformed: A New Katie"

Franciscan Renewal Center, 5802 E. Lincoln Dr., Scottsdale. There are LOTS of fun activities being planned: Reformation Era Music, German wine and cheese gathering, Reformation Era Art, a visit from Katie Luther, Lutheran Jeopardy, presentations by Streetlight (Human Trafficking) and LSS. Information can be found on the Women's Bulletin Boards. For registration and more details go to [www.grandcanyonwomen.org/events.html](http://www.grandcanyonwomen.org/events.html) Don't wait too long to sign up; this is going to be a GREAT experience.

#### February 10, 2018 – We have been blessed to firm up an



agreement with Mark Allan Powell, author of the spring Gather Bible Study! He has taught at seminaries in Estonia, Russia and Tanzania and is currently professor of New Testament at Trinity

Lutheran Seminary in Columbus, OH. He has written more than 100 articles and 25 books on the Bible and religion. The event will be held at Spirit of Grace in Surprise, AZ. Watch your Canyon Echoes for more information.



### BUZZINGS FROM THE BEE AND BOUTIQUE BANTER



Shown is a photo of just a few of the 20 lap quilts constructed by the Sewing Bee during the past months. We joined with Quail Creek Covey Quilters and Valley Quilt Guild to present a quilt to each of the nearly 80 Veterans who make the Honor Flights to Washington, DC from this area. This is just a sample of the similar patriotic items we have been working on for our Fall Boutique. In addition, some very creative and unique handmade items are under construction for this once-a-year event. Mark your calendars for November 11, 8 am-1 pm in the fellowship hall.

Where do the rest of these fabulous Boutique items come from? Our friends within the congregation support this endeavor each year with amazing hand crafted donations. We need your support! Please have your arts and crafts ready for us by early November. Your help makes it possible for us to present 100% of the sales totals to nearby charities. The Sewing Bee sponsors this event, with help from WELCA with food items. There is also a used book sale and an opportunity to purchase RADA cutlery at great prices.

The Sewing Bee has completed many more quilts for charities and will be presenting them to Youth on Their Own, Aviva Children's Services and the Naco, Mexico, Orphanage. We rotate our dona-

tions of quilts among many local organizations throughout the year. If you would like to be part of this activity, please come to the fellowship hall on Wednesday mornings from 9-noon for an opportunity to make a difference. No sewing skills necessary, coffee and treats at 10 am and a promise of friendship with lovely ladies. Donations of useful fabrics are always welcome.

For information, contact Mary Braswell, 520-625-3742 or Diane Johnson, [diane-and-roger@msn.com](mailto:diane-and-roger@msn.com)

**CORNER**

**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. 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. Love of family is often a driving force in establishing bequests.

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 while extending the Kingdom of God.

Making a Will is the first basic step; however, it needs to be reviewed from time to time to make sure it is up to date. Recently, I had a conversation with a fellow church member and the subject of Wills came up. He and his wife had become members of Desert Hills a few years ago. Lately he remembered that he had named his former congregation as a beneficiary of his Will. He realized that he needed to update his will to reflect his wishes to make a legacy gift to Desert Hills Lutheran Church.

At Desert Hills Lutheran Church Foundation we encourage all of our church members to have a Will and to 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 DHLC. Either way you will strengthen our mission in this community and in this world.



*Footloose Singles*



Sunday, September 24, at 12:30pm, the Footloose Singles will have lunch at Melios in Tubac. Sign up sheet is on the bulletin board under Fun and Fellowship on the south wall of Fellowship Hall. Please indicate if you will be driving separately; otherwise, meet at the church office area to car pool by 12:15.

**Widows' Fellowship** (the very exclusive group that no woman really wants to be eligible to join): is a new ministry of DHLC and it's awe-inspiring. We meet in the Church library the 1st and 3rd Sunday of every month from 2-3 PM. We laugh; we cry; we encourage each other; we share our victories and bucket-list ideas; we discuss books we've read that are helpful and poems that touch our hearts. This fellowship is truly a blessing! If you are a widow please come and join us! If your friend is a widow, encourage her to come!



**MUSIC MINISTRY**

*We Inspire*

In this September newsletter, as Director of Music, I want to take time to thank our newly-formed Summer Chancel, our ever-faithful Summer Singers and all

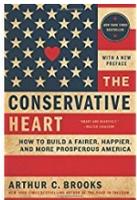
the soloists, duets, and instrumentalists who have provided us with special music all through the summer months. We all have enjoyed your musical gifts. Now that fall is approaching, we will be looking forward to our 500th Reformation celebration and the Christmas Season. What a joy to be a part of the Music Ministry of Desert Hills.



**MEN'S MINISTRY AT DHLC**

**MEN'S PHOTOGRAPHY GROUP** will meet **Monday, September 11 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: "The Conservative Heart" by Arthur C. Brooks. Great discussion!

**MEN'S BIBLE STUDY** has taken the summer off and will resume **Thursday, September 14<sup>th</sup> 1 pm**.



**MEN'S HEALTH:** will not meet again until October.



**MEN'S MONDAY COFFEE FELLOWSHIP:** will not meet again until December.

**MEN'S BREAKFAST September 28, 2017**

The speaker will be Kent Kiefer CEO, Scriptures In Use. Breakfasts are the fourth Thursday of the month @ 8:30am Fellowship Hall. All men are welcome.



**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 Ruben Heeszal at 520 903-7188 and RHeeszal@gmail.com.

*“Never the less I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security. “*

*~ Jeremiah 33:6*

September is **National Yoga Month**. While the scientific research on yoga’s health benefits is still young, scientific studies have identified and explained how yoga can both prevent disease and help you recover from it. It’s not yet known how many yoga classes you need for maximum health benefits, but the benefits start to accrue, and there is agreement that a little over a long time goes a long way. Below are some of the benefits from practicing yoga. As always check with your physician before starting any new exercise regimen.

**Stress Relief and Improved Immunity:** Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.

**Increased Strength, Flexibility, and Pain Relief:** Yoga uses every muscle in the body, helping to increase strength literally from head to toe. Yoga can ease pain, improve flexibility and mobility that increases range of movement and reducing aches and pains. Over time, the ligaments, tendons and muscles lengthen, increasing elasticity, improving alignment resulting in better posture and helping relieve back, neck, joint and muscle problems. Studies have demonstrated that practicing yoga postures, meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain, and other chronic conditions.

**Better Breathing:** Yoga teaches people to take slower, deeper breaths. This helps to improve lung function, trigger the body’s relaxation response and increase the amount of oxygen available to the body.

**Weight Management:** Yoga (even less vigorous styles) can aid weight control efforts by reducing the cortisol levels as well as by burning excess calories and reducing stress. Yoga also encourages healthy eating habits and provides a heightened sense of well-being and self-esteem.

**Improved Circulation and Cardiovascular Conditioning:** Yoga helps to improve circulation and, as a result of various poses, more efficiently moves oxygenated blood to the body’s cells. Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.

**Focus on the Present and Inner Peace:** Yoga helps us become more aware and to help create mind body health. It opens the way to improved concentration, coordination, reaction time and memory. The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives. Many who begin to practice for other reasons have reported this to be a key reason that yoga has become an essential part of their daily lives.

Resources: [Osteopathic.org/Yoga](http://Osteopathic.org/Yoga) and National Institute for Complimentary and Integrative Health



**Anna Tometzak, RN, Parish Nurse**

Blaine DeVesty, Account Manager for the American Red Cross said, “The efforts of DHLC and your volunteer coordinating team is always greatly appreciated and your support of the community blood program will go a long way toward replenishing blood supplies and ultimately saving lives.”

The drives we held in March, May, and July provided 112 donors from DHLC and the Green Valley community. Blaine gave us an idea of how important this is by stating that from 37 donors, 37 units of blood are collected. This means that potentially 111 lives are saved!”



Thank you for your support in this endeavor which begins again on NOVEMBER 28, 9 - 2, in the Fellowship Hall. We look forward to your continued support. May God Bless and keep you, The Health & Wellness Committee

# Freed & RENEWED in Christ 500 YEARS OF GOD'S GRACE IN ACTION

TUESDAY	SATURDAY	SUNDAY
October 3rd Martin Luther Film <i>(beverages provided, Fair Trade Chocolate bars for purchase)</i>	September 30, 2017 Celebrating Luther #1 "Justified by grace through faith."	October 1, 2017 Celebrating Luther #1 "Justified by grace through faith."
October 10th <b>SCANDINAVIAN CLUB</b> great food and an excellent program on the "Reformation" by Rev. Dennis Nelson.	October 7, 2017 Celebrating Luther #2 "Means of Grace"	October 8, 2017 Celebrating Luther #2 "Means of Grace"
October 17th "Reformation" by Rev. Dennis Nelson	October 14, 2017 Celebrating Luther #3 "Theology of the Cross"	October 15, 2017 Celebrating Luther #3 "Theology of the Cross"
October 24th "Reformation" by Rev. Dennis Nelson	October 21, 2017 Celebrating Luther #4 "Saints and Sinners and Priesthood"	October 22, 2017 Celebrating Luther #4 "Saints and Sinners and Priesthood"
<b>FRIDAY October 13th</b> <b>Special Reformation</b> <b>Oktoberfest</b> <b>5 pm</b>	October 28, 2017 Reformation Message Bishop Chilstrom German meal Cake after all Services	October 29, 2017 Reformation Sunday Message Bishop Chilstrom German meal Cake after all Services



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