

Quail Notes

September 2013

Desert Hills
LUTHERAN CHURCH

Celebrating Grace, Making Disciples, Making a Difference

Information Sessions for Potential Stephen Ministers

Have you ever wondered if you might be qualified and capable of being a Stephen Minister at DHLC? Most of our Stephen Ministers asked themselves this question when they felt a call to serve in this special ministry. And all discovered that with the training provided, they were, indeed, able to serve as Stephen Ministers. We have not had one Stephen Minister who completed the training that did not feel qualified when they began meeting with their care receiver.

We will be providing two information sessions for individuals who would like more information on the training and responsibilities of Stephen Ministers, as well as the Stephen Ministry program in general. The sessions will discuss the role and responsibilities of Stephen Ministers, the qualifications for Care Receivers and will also present a brief example of the type of training that is offered.



You are invited to attend one of these no obligation information sessions, to learn more about this vital ministry at DHLC. Please join us at 9:30 a.m. or 6:30 p.m. on Tuesday, September 24.

Greetings
Friends and Members of
Desert Hills Lutheran Church

I am writing this after just returning from my August cycle ride. It was an amazing five-day ride of over 2000 miles. I did meet up with my brother and a friend of his from Minnesota up in Colorado. I experienced hail, and the next day sleet and 38 degrees up in Estes Park. However, the ride home alone through Colorado and Arizona was some of the most beautiful scenery I've encountered. Plus my 1993 Harley turned over 100,000 miles! I missed the moment because I was in a storm with the hail in Colorado at the time.

September sees the end of the monsoon and the beginning of our winter members and friends drifting south. We will be saying good-bye to Jackie Schwartzlow who has beautifully run the front desk for quite a while. She has had some medical issues and they precipitated an early retirement. She did such fine work and we are glad that both she and Larry, her husband will still be with us.

New member classes begin on October 10, but September is a good time to sign up and be ready. We had one of our largest summer classes in the last ten years and we look forward to another great class beginning in October.

See you at worship, and to those members reading this up north, we look forward to your arrival this fall.

Blessings, Pastor Martin



Foundation Corner

The Foundation was pleased to recently make a pledge to support the DHLC Organ Fund campaign. Your gifts to the Foundation are what makes it possible for us to contribute to local charities, offer scholarships and support this church.

When you are reviewing your wills or estate plans, please prayerfully consider including a gift to the DHLC Foundation. Gifts of cash are always welcome, but there are many other ways to make a contribution. Consider these alternate ways to make a gift: 1) Retirement Funds; 2) Life Insurance; 3) Real State; 4) Stocks.

You may find that your retirement plans (IRAs, 401(k)s and similar plans) can be a convenient "pocket" from which to make charitable gifts to DHLC Foundation. If you are over the age of 70 1/2 you can make a completely tax-free gift from your traditional or Roth IRA accounts. Gifts of any amount up to a total of \$100,000 by December 31, 2013, count toward minimum required distributions and the funds are not reported as income for federal tax purposes.

If you wish to make this type of gift from an IRA account, it is important that funds not be withdrawn by you, but instead be distributed directly to the Foundation or a qualified charity. Be sure to check with your IRA administrator for assistance with this gift.

The members of the Foundation Board appreciate the continuing support received from the church and this congregation.



Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Ignatius of Loyola

The “Walk to Bethlehem” will begin Saturday, October 5, with the goal to reach Bethlehem by Christmas. We will be participating as a Community of Faith with Valley Presbyterian Church and Lutheran Church of the Risen Savior. It is 7602 miles from Green Valley, Arizona, to Bethlehem!

The “Walk to Bethlehem” is a 12–week walking program designed to increase the physical, spiritual, and emotional health of participants. This “virtual” trip to Bethlehem is accomplished by individuals within the church logging their own miles each week. For those who don’t like to walk or can’t, any 20 minutes of “physical activity” (cycling, swimming, golf, exercise) or “prayer” equals 1 mile.

Sign up begins the weekends of September 22 and 28. You can register by e–mailing gwalk2theholyland@gmail.com before October 5. Put the name of your Church in the “subject” line. If you have any question, feel free to e–mail Anna Tometczak, Parish Nurse at parishnurse@dhlc.org or call Tuesdays or Thursday from 9:00 a.m.–2:00 p.m.



September is World Alzheimer’s Month. If we talk about dementia as a personal experience, there is a possibility of negative reactions from family, neighbors and friends. Because of the stigma, people and their family often become isolated from the rest of the community. Through public awareness and education, perhaps we can reduce the stigma so that we can get earlier diagnosis, treatment, and support, and also prepare financially for care in the future.

Dementia is a symptom/syndrome that can be caused by medications and other progressive illnesses that affect memory, thinking, behavior, and the ability to perform everyday activities. Alzheimer’s disease is the most common type of dementia. Other types include mild cognitive impairment (MCI), vascular dementia (VaD), dementia with Lewy Bodies (DLB), frontotemporal dementia (FTD), and Parkinson’s disease, to name a few.

Depending on what part of the brain has been affected, some early symptoms of dementia/Alzheimer’s can include changes in personality (the ability to regulate behaviors and control emotions); cognitive functions (the ability to plan and organize, prioritize, reason, solve problems and perform familiar tasks); memory (the ability to learn and recall new information); and language (the ability to write or speak, or to understand written or spoken words).

Regardless of how dementia/Alzheimer’s may affect you or a loved one, YOU are NOT alone! Be open and honest with your physician, family and friends, and educate yourself. There are many resources available for the caregiver and care receiver. Call Parish Nurse Anna Tometczak, RN at 520–648–1633, Ext 29! Her office hours are Tuesdays and Thursdays, 9:00 a.m.–2:00 p.m. (*Alzheimer’s Resources on p. 4*)



2150 S. Camino del Sol
Green Valley, AZ 85622-8352
520-648-1633 ▪ www.dhlc.org

Worship Times

Saturday at 5:00 p.m.
Sunday at 8:00, 9:30, and 11:00 a.m.
Holy Communion is celebrated the first and third weekends at all services.

Sunday School Classes at 9:30 a.m.
September-May

Office Hours

8:30 a.m. to 4:00 p.m. Monday-Friday

Pastoral Staff

Rev. Dr. Martin N. Overson, *Senior Pastor*
Rev. Dr. Richard Lind, *Associate Pastor*
Rev. Karen Nelson, *Summer Visitation Pastor*

Quail Notes newsletter is published monthly.

E-mail articles for consideration for the October edition by September 10 to ldegrassi@dhlc.org. *Limit articles to 300 words or less.* The editor reserves the right to edit submissions.

WOMEN'S MINISTRIES

At the August 12 Women's Ministries luncheon The Rev. Tori Ferrari spoke about how Springboard for Youth in Crisis impacts the lives of the young women who enter the program. This God-centered mission brings healing to these troubled teens and has an amazing success rate. Judy Gunson presented Tori with a \$500 check from the DHLC Women's Ministries to support the Springboard mission.

Eight girls currently in the Springboard program modeled beautiful clothing from the "Butterfly Boutique." All proceeds from this volunteer-run resale program support the needs of Springboard. Several of the young women shared their emotional stories and the changes they have now experienced in their lives.



On Saturday, September 28, Springboard will be celebrating its annual graduation ceremony. This event recognizes the incredible young women who have gone through the program in the past year. Ladies from the congregation are invited to attend this 2:00 pm ceremony. Kleenex required! Please let Judy Gunson know by September 18 if you would like to attend. E-mail her at

jgunson@cox.net or call 625-1151 to arrange for attending and carpooling.

We have arranged for a tour of "Historic Hacienda de la Canoa" at the Raul M. Grijalva Canoa Ranch Conservation Park. The tour will begin at 10 a.m. on Friday, November 15, and last about an hour or a little longer, depending on the amount of questions. It is a fabulous tour with an outstanding guide, and a wonderful lesson in the history of southern Arizona dating back to the 1690's. Anyone interested in joining the tour should e-mail Judy Gunson at jgunson@cox.net or call 625-1151. The number of participants is limited.

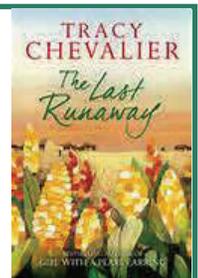


Women's Ministries Movie

For their monthly gathering the Women's Ministries is showing the movie "42" (The Jackie Robinson Story) on Monday, September 9 at 1:00 p.m. Popcorn and lemonade will be served. All men, women, and guests are invited to come and enjoy this movie. Please sign up on the back of the pew *CONNECTION CARD* or call the church office at 648-1633.

Ladies Literary League

The next meeting of the Ladies Literary League will be on Sept. 27. The book to be discussed is *The Last Runaway* by Tracy Chevalier. Through fiction the author brings to life the principles and passions of the Underground Railway as experienced by a young Quaker immigrant from England.



Alzheimer's Disease Resources

The 36-Hour Day: A family guide to caring for people who have Alzheimer's disease, related dementias, and memory loss. Nancy L. Mace.

A Pocket Guide for the Alzheimer's Caregiver. Daniel C. Potts M.D. and Ellen Woodward Potts.

Alzheimer's Association: <http://www.alz.org/>

Brain Tour (Alzheimer's Association): http://www.alz.org/braintour/3_main_parts.asp

National Institutes of Health: National Institute of Aging: <http://www.nia.nih.gov/alzheimers>

Remembering those who suffer and the loved ones we have lost to this undefined, relentless mystery, we can still feel your love... "I'll See You Again" <http://youtu.be/P7IbQyG9PL4>

In Loving Memory of my Mom (Ruth Kowalski)
Anna Tometczak, RN, Parish Nurse

Coming Up for Footloose Singles!

The Footloose Singles Group planning meeting will be on Monday, September 9, at 3:00 p.m.

All singles are welcome to bring ideas for fall/winter activities.

On Sunday, September 15, they will have "Lunch after Church" at the Cow Palace in

Amado. Meet after the 11 a.m. service in the office area of the church to carpool. On Saturday, September 21 they will attend the Oktoberfest at Mt. Lemmon, providing enough drivers with vehicles are available. Meet at the church at 10:00 a.m. to carpool and return around 3:00 p.m. Enjoy good German food for purchase and music to listen to! Please sign up for any of these events in the fellowship hall. Coordinators for the group are Marilyn Kabat, 399-2961; Chuck Shall, 399-4951; and Yvonne Steinbring, 399-2523.



With Thankful Hearts

I can never tell you how much it meant to us to have such a loving supportive church while Glenn and I attended. During Glenn's journey to heaven and my own condition, thank you for all the cards, visits, phone calls, and flowers. I returned to Michigan to be with family and will miss you all. In Christ's name, with love. — Gloria Vanderweele

Here's to Your Health: Looking Ahead

Lunch & Learn Thursday, September 19, from 11:00 a.m.–12:30 p.m.

"Understanding Alzheimer's Disease and Family Caregiving," presented by Kelly Raach of the Alzheimer's Association Desert Southwest Chapter.

Green Valley Alzheimer's Association Desert Southwest Chapter's event "Green Valley Remembers" walk at Quail Creek Clubhouse on Thursday, September 26th at 9:00 a.m. This will be in conjunction with the Walk to End Alzheimer's event in Tucson. (Health and Wellness at DHLC will sponsor a table at the event.)

The "Walk to Bethlehem" will begin Saturday, October 5, with the goal to reach Bethlehem by Christmas.

Flu Shot Clinic, Sunday, October 13, from 8:30 – 11:00 a.m. A sign-up sheet will be available at the reception desk so that we can have an accurate count for Mollen Clinic.

Lunch and Learn, Thursday, October 17, from 11:00 a.m.–12:30 p.m. PCOA presentation on Medicare Fraud and Identity Theft.

Narthex Artist Lauren Hillquist Shines

Take time to view Lauren Hillquist's photography exhibit in our narthex in September and October, and read more about his life and art in his posted biography.

Lauren has had an interest in photography nearly all his life. Once retired and living next to Rocky Mountain National Park, the interest grew, especially with digital camera technology. Although he has never had any formal photography training, he has been mentored by some excellent photographers (three of them professional).

His motto is "Shoot the shot the others did not."

As a hobbyist photographer he loved to diversify his efforts—landscapes, flowers, animals, portraits, for example. Four years ago people started wanting to buy his images printed both on paper and on canvas. He says, "so now I guess I am a 'semi-professional' photographer! His website is www.LaurensPix.com.



CALL FOR ARTISTS!

Do you enjoy and appreciate our art exhibits in the narthex?



Would you like to see this liturgical art continue to flourish? Do you have a desire to donate your time and talent to DHLC? Do you feel a spirit-nudge in your art-heart to continue this creative expression for members and visitors to enjoy? If so, then you will want to consider offering to be our next Narthex Art Exhibit Coordinator (or co-coordinator).

We have a beautiful and prime space for exhibit, so pray about this opportunity! For more information, contact Kari Miller, Narthex Exhibits Coordinator, kari.diane@covad.net, 648-0822.

PREPARING THE ALTAR FOR THE LORD'S SUPPER

Preparing the altar and the elements for holy communion is the role of our Altar Guild. If you would like to serve the Lord and DHLC in this very special way, please write a note on the back of a pew CONNECTION CARD or call coordinator Beth Johnson, 399-0911.

The Altar Guild will meet on October 22 at 9:00 a.m. for all current and prospective members. Especially needed at this time are people who can prepare communion at the Saturday 5:00 p.m. and Sunday 11:00 a.m. worship services.

With Thankful Hearts

Lois and I want to thank you for the use of the Sunday school room for our private Bible school. Little Elijah and Christopher had a wonderful and meaningful time for each of us. With prayer and hope and much love, we hope the boys will continue their relationship with Jesus. Larry, Ed, and Joe thank you also for your care. God Bless. — Betty Ann Clark

A big thank you to Mary and Jim Olson for their offer to share the Sunday school room with me to have VBS with two great-grandsons from Nebraska. It was so meaningful. Blessings. — Lois W. Horton

Thank you for the many cards and prayers that I have received from the church and individuals. I am still in a great deal of pain, but I am coping much better with all your help. God bless you all. — Bill Campbell

I appreciated the altar flowers from the sanctuary and especially since they came on an uncomfortable day. They added cheer to my home and I enjoyed them. In God's Love. — Marjorie Walters

MEN'S MINISTRY

The **Men's Fellowship Breakfast** is set for Thursday, September 26 at 8:30 a.m. Some of the items that will be discussed include the formation of a leadership structure for the group. Troy Justesen will present an overview of the technology changes that have occurred and will occur in the very near future, including what these changes might mean for Desert Hills Lutheran Church. There will also be an opportunity for others to get involved in this technology process. Brief reports from the active summer committees will also be shared.

The **Men's Bible Study** meets on Thursdays at 2:30 p.m. We continue to study Paul's letter to the Romans. We will not meet on September 5 and 12 due to vacations, but will resume on September 19 with Chapter 15 of Romans. All men of the congregation, along with any friends, are welcome to join us as often as you are able. Contact Claude Chatterton if you have any questions at 648-1633 or at connections@dhlc.org.

Men@Work meets the second and fourth Tuesdays of the month at 7 p.m. Each month we plan a weekend excursion of one sort or another. See these in the weekly E-Quail and church bulletin. In the past we have done bike rides and hikes. Our most recent weekend get-together included bowling and lunch on Saturday, August 24. If you are interested in joining our group please see the contact information below.

For more information about Men@Work please contact Tim Warlick at (520) 336-7567 after 6pm or via e-mail at Tim.Warlick@cox.net.

The **Men's Health Group** held its first meeting in April of 2013. The group will continue to meet at the church every third Monday of the month at 9:00 a.m., September through May. The goal is to discuss men's health topics and issues of interest to those attending. Attendees are encouraged to bring articles, op ed pieces and/or personal questions.

For further information, contact Richard Borstad, PhD, 648-3320.

GLOBAL MISSION AND SOCIAL CONCERNS

Christmas in July a Big Success – Thank You!
Thank you very much to all who participated in this year's Christmas in July project. You really are "Making a Difference" in many lives because of your generosity this summer.

A special comment was made by someone who was purchasing a flock of chicks for a poor family overseas. It was, "I remember that we were allowed to raise chickens in our backyard during the War, and how much we appreciated the fresh eggs." Connecting a hungry face today with a personal experience, and then taking action, truly demonstrates Christ-like compassion. The generosity of all who gave to this project can inspire each of us to be a blessing to others at any time throughout the year!

The total donated for Good Gifts for Others was \$4430. The gifts as given were:

- ◆ Milk for Green Valley Food Bank: \$385
- ◆ Clean water through Lutheran World Relief: \$1155
- ◆ ELCA World Hunger Good Gifts: \$2640
 - 56 chicks
 - 24 pigs
 - 19 goats
 - 1 community fish farm
 - 41 malaria nets

Anyone interested in watching one or all six of a series of short videos that show the impact of the ELCA World Hunger Gifts can follow this link:

<http://www.elca.org/Our-Faith-In-Action/Responding-to-the-World/ELCA-World-Hunger/Resources/The-Basics.aspx>

Thanks again for **Making a Difference!**



Global Missions Committee Meeting
Wednesday, September 11 – 10:00 a.m.
All are welcome!

Grace Notes

by Director of Music Ministry Judy Starr

Someone brought a sign into the music room last month that said “Sing as though no one can hear.” It occurred to me that this is the spirit of good congregational singing—just open your hearts and lift your singing voices to God with all the strength you can muster. That is why we have such good hymn warriors at DHLC.

Psalm 100:1-2

A Psalm for giving thanks. Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into his presence with singing!

As a side comment: With the remake of the movie “The Lone Ranger,” a whole new generation of people will be introduced to the beautiful and energetic music of the “William Tell Overture.”

Desert Hills Lutheran is a BUSY PLACE!

The calendar is constantly changing. Be sure to check the weekly calendar in the weekend worship bulletin. The most up-to-date monthly calendar is on our website which can be accessed at www.dhlc.org and then clicking the calendar tab or by clicking the links at the top or bottom of each weekly E-Quail. Schedule changes? Please e-mail ldegrassi@dhlc.org.



Congregational Council Meeting Minutes

July 23, 2013

Present: Pastor Overson, Don Brown, Kelly Elliott, Janice Mounce, Ron Smeltzer

Staff: David Thatcher

Not Present: Jane Brunckhorst, bb Haywood, Betty Colongione, Dick Gardner, Pastor Lind

Don Brown, president, called the meeting to order at 5:10 p.m. Pastor Overson led the Council in an opening prayer.

Treasurer's Report: Ron Smeltzer reported on the June Financial Reports stating that envelope offerings are about equal to what they were last year. We have received \$8,066 in designated gifts, including food shelf (\$2,358), disaster relief (\$3,458), global missions (\$1,300), and Lutheran Social Service (\$950). With the monthly payments and the pre-payment on our mortgage, we have reduced the mortgage balance from \$1,500,000 to \$1,135,139 as of June 28, 2013. The Helen Blethen Fund contributed \$376,235 this fiscal year. Expenses to date are below budget.

Secretary's Report: The June 2013 minutes were approved as published.

Pastor's Report: Pastor Overson covered pastors contacted to conduct services during his absence in August and September. Pastor showed work in progress of DHLC flow chart with staff pictures/ names being worked on by Administrative Assistant, Leslie DeGrassi. Luther Seminary Intern Program Notes were provided for review by Council Members for discussion during September's Council Meeting. Presented concept of establishing a significant DHLC "Make A Difference Annual Award" to something in the community that organizations might apply for.

Dashboard Report: Report covers monthly attendance, envelope collections and status of Council Goals and is prepared by Janice Mounce. Attendance in June was above that of June 2012. Individuals were assigned to shepherd the Council's goals with two new tasks added: Installation of Church Organ and a combined Capital Appeal Celebration/Organ Dedication Event open to the general public, most likely in January, 2014. *(Continued on page 8.)*

Council Meeting Minutes (Continued from page 7.)

ACTION ITEMS

Furnishings for Lobby and Reception Areas: Motion was approved to proceed with the purchase of commercial grade furnishings for the lobby and reception areas as budgeted, for an approximate total of \$34,000.

Blethen Buy-Out Benevolence Funding: Motion was passed to approve the DHLC's Executive and Finance Committee's recommendations to allocate on a monthly basis the sum of \$1,000 (\$800 designated for local funding and \$200 for non-local funding) to the DHLC Benevolence Clearing House Funding Committee account.

Church Organ: Motion was passed to approve the DHLC's Executive and Finance Committee's recommendations to purchase the Quantum™ Allen Digital Organ, based on receiving the required donations and pledges as approved during the Congregational Meeting held April 21, 2013.

Organ Installation: Motion was passed to initiate the preliminary organ installation process based on the concept presented during the Congregational Meeting held April 21, 2013 and establishing an Organ Installation Team to assist in the installation process.

Have You Returned to Arizona?

Please let the church office know when you return so we can update our records. (Call 648-1633, e-mail frontdesk@dhlc.org, or make a note on a *CONNECTION CARD*.) We're glad you're back!

DISCUSSION ITEMS

Fine tune Goals and Objectives and Dashboard Items: Shepherd(s) assigned for all goals and tasks.

Executive and Council Calendar: As a rule of thumb, the DHLC Executive Committee will now meet on the second Thursday at 8 a.m. of every month and the Council will meet on the third Tuesday at 5 p.m. of every month.

Thank You Notes: Council was made aware of thank you notes from Judy Gunson – Global Missions, La Posada, Casa Community Services, Rev. Donald Schneider – Retired Pastors 2013 retreat, and Duke Southard.

No scheduled Executive or Council Member meetings for August unless circumstances warrant one. Meeting closed at 6:38 p.m. with the Lord's Prayer.

Donald J. Brown, Acting Secretary

Celebrating Grace, Making Disciples, Making a Difference



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