



THE SKYLINE

An e-news blast of Desert Skies United Methodist Church

April 7, 2020

This Week At Desert Skies

This is just a reminder that all in-person meetings, small groups, Sunday School, Youth Group, social events, and worship services will be suspended through April.

We will be meeting On-Line as we follow guidelines in order to be a contributing factor to safety in our local community.

We will be live streaming the worship service at 6:00 am, 8:30 am, 10:00 am, & 11:15 am on April 12th. The link to join us and the instructions for its use will be sent on Thursday.

Bible Readings This Week

Apr. 07-I Sam. 1, 2; Ps. 66; II Cor. 7

Apr. 08-I Sam. 3-5; Ps. 77; II Cor. 8

Apr. 09-I Sam. 6, 7; Ps. 72; II Cor. 9

Apr. 10-I Sam. 8-10; II Cor. 10

Apr. 11-I Sam. 11, 12; I Chr. 1;
II Cor. 11

Apr. 12-I Sam. 13; I Chr. 2, 3; II Cor. 12

Apr. 13-I Sam. 14; I Chr. 4; II Cor. 13

Bible Talk

Rev. Candace will resume Bible Talk at the Starbucks on Broadway and Houghton, Wednesday afternoons, between 3:00-4:00 pm, when the facility is open to the public.

Discuss what you are reading in the Bible or questions you have about God and life. All topics welcome!

HOLY WEEK SCHEDULE

Though we will not be meeting in person this Holy Week and Easter, we will have opportunities to worship online, and to experience (in family groups or just at home alone) the events of Holy Week.

Here are the ways we are celebrating together:



April 9-Maundy Thursday-7:00 pm-Online Worship Service:
<https://youtu.be/MWYc99-XJvM>

It premieres on YouTube on April 9 at 7 pm.

Please set up a table for the service on Thursday with the following items: a small bowl with a dollop of scented oil or any oil, a basin of water big enough to wash your hands. Hand towels or paper towels, a cup of grape juice and a small loaf of bread (or whatever you have around) and as many candles as you can fit on the rest of the table.

April 10-Good Friday Self-Guided Hike-A booklet will be emailed/mailed for you to reflect on the Stations of the Cross as you walk/hike/sit in your backyard!

April 12-Easter Sunrise-6:00 am-Live Online Sunrise Experience
Easter Celebration Service-Online Worship Service

Actions of Goodwill During the Easter Season: Things to Do While Sheltering in Place

The theme scripture says that the community keeps the “goodwill of all the people” at heart. So the concluding time raises a question for further reflection after the benediction such as “What message does the world need? What can we do for the goodwill of all the people?” Here are some ideas for practicing goodwill with all generations each week that allow you to use materials you probably have at home.

Week One, Easter -Spreading Joy After worship on Sunday, have a dance party through your neighborhood! Dress up in colorful clothes (the wackier the better to let loose!), grab some props (dancing ribbons, instruments), and choose a few songs you can move to. Have an adult drive slowly around the block with the music turned up, while your whole crew sings and dances to the music. Alternative - meet up with friends on Zoom and dance together!

Update for Church Office

During this season of COVID-19, we are following safety protocol and practicing social distancing. We have temporarily transitioned to On-Line access and our CHURCH CAMPUS IS CLOSED!

All phone messages will be checked daily. If you have an emergency, please email Rev. Candace at (revcandace@desertskiesumc.org) or Doc at (musicdoc@desertskiesumc.org) or you can call them on their cell phone (numbers found in your directory).

For On-Line worship, please visit our web page at:
www.desertskiesumc.org.

Announcements

Easter Baskets-Rumor has it that the Easter Bunny is hopping a little behind this year! If you already have a child's name for the annual TMM Easter Basket project, ignore the due date, we don't want to encourage any extra shopping right now. The remaining 56 children's names will be assigned once we resume our normal church routine. Thank you everyone as always with this fun project!

Helping Hands-The Prima Vera sack lunch program is cancelled until further notice. Thanks to all our volunteers who graciously gave their time and food for the program. I will contact everyone, once we resume our normal church routine. Blessings, Bev Bly

UMW-Ladies of Desert Skies, normally, you would have received your copy of the UMW's newsletter, "The Joyful Noise", on Sunday, April 5th. Please go to Desert Skies' website desertskiesumc.org/blog/newsletters/ to read our latest edition.

Easter Sunday, April 12, 2020

FLOWERS GIVEN ON EASTER SUNDAY IN MEMORY OF



Madeline, Flo, Charlie, and Frank
by Scott and Stephanie Hartung

Del Dyvig, Jerry Niven
by Lorna Niven

Rev. Walter & Mrs. Clara Chittenden, Mrs. Opal Kuik
by Dave and Wanda Chittenden

Grace Pascoe
by Fred Pascoe

Lin & Dorothy Hewett, Helen Pappas
by Candace and Peter Pappas

Jesse & Madeleine Thompson, Gerry & Mary Taylor
by Diane and Chris Taylor

Fred Morse
by Larry and Kathy Merk

Lorie Roberts
by Brian and Allison Roberts

FLOWERS GIVEN ON EASTER SUNDAY IN HONOR OF

Eris
by Scott and Stephanie Hartung

Due to the COVID-19 restrictions, flowers were not available to purchase for Easter Sunday.
We will have these on the altar our first Sunday back worshipping together.

Sidewalk Connection

There have been neighborhoods all over the country who are using sidewalk chalk drawings as a way to connect people who are practicing social distancing while getting outside together for walks, bike rides, etc. We thought we could do the same here at Desert Skies.

We invite you and your families (whatever that looks like...maybe it's even just you!) to stop by the church and add to our drawings on the sidewalk in front of the Sanctuary. Then take a quick photo of your work (just in case it rains) and send it to Rev. Candace (revcandace@desertsksiesumc.org) or the church office (office@desertsksiesumc.org). By the time we can gather again, we should have some wonderful reminders of how we are connected together even though we are apart for now. So come...stop by...draw, write, whatever...and let's do something beautiful for our faith community. Sidewalk chalk is provided in the white bucket near the drawings! **More drawings from Laura and Forest Goss!!**



Our Easter to Pentecost Series: The Heart of the Matter begins on Easter Sunday, April 12th and runs through Pentecost Sunday, May 31st.

After the events of Holy week, the disciples are devastated. They are in the midst of full-blown grief and disbelief. Into the heart of that grief came a stunning revelation-life had overcome death. Love had won out over violence. God's faithfulness would build them up once again-will bind them together. In this possible in our lives? Today's worship will say, "Yes, it can! Come and see! Live and love! This is the heart of the matter!"

April 12-Easter Sunday Sunrise Service (6:00 am)

Scripture: John 20:1-18

April 12-Easter Sunday

Sermon: Matter of the Heart

Scripture: Jeremiah 31:3-4; Mathew 28:7-8

April 19-2nd Sunday of Easter

Sermon: With Glad Hearts

Scripture: Acts 2:25-26; Psalm 16:7-9; John 20:19

April 26-3rd Sunday of Easter

Sermon: Straight from the Heart

Scripture: I Peter 1:22; Luke 24:30-32

May 03-4th Sunday of Easter

Sermon: Hearts Overflowing

Scripture: Acts 2:46; John 10:1-10

May 10-5th Sunday of Easter (Mother's Day)

Sermon: No Trouble in My Heart

Scripture: Psalm 31:5, 15-16; John 14:1-2

May 17-6th Sunday of Easter (Graduation Sunday)

Sermon: Kept in our Hearts

Scripture: I Peter 3:13-22; John 14:15-21

May 24-7th Sunday of Easter/Ascension Day

Sermon: Open the Eyes of My Heart

Scripture: Ephesians 1:17; Luke 24:48-49

May 31-Pentecost Sunday

Sermon: The Heart of the Matter

Scripture: John 7:37-38; Acts 2:4, 17-18

Prayers for Our Churches 2020

You are encouraged to be praying for the churches and pastors of the South District.

Several churches will be listed each month for your prayer covering. It is encouraging to know that other churches are praying with and for each other. Please pray for the pastors, congregation, and community.

APRIL

Patagonia Community UMC, Patagonia
Menlo Park UMC,
Tucson Campus Ministry, U of A, Tucson

Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

Disasters have the potential to cause emotional distress.

Some are more at risk than others:

- Survivors living or working in the impacted areas (youth & adults)
- Loved ones of victims
- First Responders, Rescue & Recovery Workers.

Stress, anxiety, and depression are common reactions after a disaster.

Warning signs of distress may include:

- Sleeping too much or too little
- Stomachaches or headaches
- Anger, feeling edgy or lashing out at others
- Overwhelming sadness
- Worrying a lot of the time; feeling guilty but not sure why
- Feeling like you have to keep busy
- Lack of energy or always feeling tired
- Drinking alcohol, smoking or using tobacco more than usual; using illegal drugs
- Eating too much or too little
- Not connecting with others
- Feeling like you won't ever be happy again.

TIPS FOR COPING WITH STRESS AFTER A DISASTER:

Take care of yourself. Try to eat healthy, avoid using alcohol and drugs, and get some exercise when you can- even a walk around the block can make a difference.

Reach out to friends and family. Talk to someone you trust about how you are doing.

Talk to your children. They may feel scared, angry, sad, worried, and confused. Let them know it's okay to talk about what's on their mind. Limit their watching of TV news reports about the disaster. Help children and teens maintain normal routines to the extent possible. Role model healthy coping.

Get enough 'good' sleep. Some people have trouble falling asleep after a disaster, others keep waking up during the night.

If you have trouble sleeping:

- Only go to bed when you are ready to sleep
- Don't watch TV or use your cell phone or laptop computer while you're in bed
- Avoid eating (especially sugar) or drinking caffeine or alcohol at least one hour before going to bed
- If you wake up and can't fall back to sleep, try writing in a journal or on a sheet of paper what's on your mind.

Take care of pets or get outside into nature when it's safe. Nature and animals can help us to feel better when we are down. See if you can volunteer at a local animal shelter- they may need help after a disaster. Once it's safe to return to public parks or natural areas, find a quiet spot to sit in or go for a hike.



Know when to ask for help. Signs of stress can be normal, short-term reactions to any of life's unexpected events- not only after surviving a disaster, but also after a death in the family, the loss of a job, or a breakup.

It's important to pay attention to what's going on with you or with someone you care about, because what may seem like "everyday stress" can actually be:

- Depression (including having thoughts of suicide)
- Anxiety
- Alcohol or Drug Abuse.

If you or someone you know may be depressed, suffering from overwhelming feelings of anxiety, or possibly abusing alcohol or drugs ...

Call 1-800-985-5990 or text 'TalkWithUs' to 66746.

You Are Not Alone.

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 **Call us:**
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 **Text:**
'TalkWithUs' to 66746

 **Visit:**
<http://disasterdistress.samhsa.gov>

 **Like us on Facebook:**
<http://facebook.com/distresshelpline>

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<http://twitter.com/distressline>

Disaster Distress Helpline

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Call 1-800-985-5990 or text 'TalkWithUs' to 66746 to get help and support for any distress that you or someone you care about may be feeling related to any disaster.

The **Helpline** and **Text Service** are:

- Available 24 hours a day, 7 days a week, year-round
- Free (standard data/text messaging rates may apply for the texting service)
- Answered by trained crisis counselors.

TTY for Deaf / Hearing Impaired:
1-800-846-8517

Spanish-speakers:
Text **"Hablamos"** to 66746



SAMHSA
Substance Abuse and Mental Health Services Administration
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

Administered by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Dept. of Health and Human Services (HHS).

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If you or someone you know is struggling after a disaster, you are not alone.



"Ever since the tornado, I haven't been able to get a full night's sleep ..."

"I can't get the sounds of the gunshots out of my mind..."

"Things haven't been the same since my shop was flooded ..."

Talk With Us!