



THE SKYLINE

An e-news blast of Desert Skies United Methodist Church

March 31, 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.

Beginning in 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 8:30 am, 10:00 am, & 11:15 am on April 5th. The link to join us and the instructions for its use will be sent on Thursday.

Bible Readings This Week

Mar. 31-Judg. 9, 10; Ps. 49; I Cor. 16

Apr. 01-Judg. 11, 12; Ps. 50; II Cor. 1

Apr. 02-Judg. 13-16; II Cor. 2

Apr. 03-Judg. 17, 18; Ps. 89; II Cor. 3

Apr. 04-Judg. 19-21; II Cor. 4

Apr. 05-Ruth 1, 2; Ps. 53, 61; II Cor. 5

Apr. 06-Ruth 3, 4; Ps. 64, 65; II Cor. 6

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!

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@desertsksiumc.org) or the church office (office@desertsksiumc.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!

Take a look at some of our drawings so far...



Church Council Meeting

Just a reminder that we will meet tonight at 7 pm. We will be having a Zoom meeting...it's as easy as clicking on the link, and enabling your audio and video when it asks. And then...there we all are! If you are on an iPad or smartphone, you will need to download a Zoom app...www.zoom.us/download. Join zoom meeting: <https://dscumc.zoom.us/j/154574935>

See you tonight!~Rev. Candace

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.

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!



REMEMBER YOUR PAILS, BUCKET BRIGADERS:

Easter is coming! However, your pails filled with coins and bills and checks for the Lenten Offering may still be sitting on your dining room table.

Our UMCOR Bucket Brigade has been put on hold, BUT it has not been wiped off the calendar. BUCKET BRIGADE WILL HAPPEN. In fact, the majority of supplies have already been purchased. Your Lenten Offering is vital to supporting this "caring for others" mission project. The recent news headlines have included tornadoes, spring storms and, yes, flooding.

UMCOR needs our 250 completed Cleaning/Flood Buckets. If you are wondering just how to turn in your Lenten Offering here are some options:

1. A check designated for "Lenten Offering" may be mailed to the church at any time (3255 N. Houston Rd Tucson 85749)
2. Donate on line at <https://desertskiesumc.org/donate/>
3. **Breaking News!!** We just got word from the banks that we can no longer deposit coin. **So please see options 1 and 2.**

Thank you for all the precautions you are taking to keep yourself and your families safe. Thank you also for holding our world in your prayers even while supporting efforts to continue sharing Christ's love in a hurting world.

Your Mission Committee

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

Prayer Requests

Ginger Crowder	Dr. Katie Cox & baby	Brian Roberts & family
Jeann Fishback	Sylvia Mozur	Fred Watts
Edie Jordan	Cesar	1st Responders/Our Nation
Brent Kyte	Judy Fish	Linda Van Straaten
Sue Ellen Smith	Ginny Zidar	Leanne Whitney
Karen Davis	Frieda Tipton	Andrea Brown
Bob Tucker	Lil Cottrell	Erin
Amanda	Barbara	Twila & Pete

Homebound / Assisted Living: Tom Benedict, Curt Brunner, Chris & Ginger Crowder, Karen Davis, Joan French, Laura Henderson, Thelma Forrester, Sherman & Patti Lee, Sylvia Mozur, Mary Jane & Clyde Van Arsdale

Please email Pat Walker at msnodle@aol.com, if you have an immediate, critical prayer request or click on this link:

<https://desertskiesumc.org/contact/>

Happy Birthday

Mar. 30 Noah Louzensky

31 Rev. Dr. Candace J. Lansberry,
Wendy McInnis

Apr. 01 Ralph Schild

03 Michelle Bever, Mike Leedy

Happy Anniversary

Mar. 31 Bill & Janet Baker

John & Rita Brimley

Apr. 04 Carolyn & Ron Eisenhuth

Rocky & Susan Haynes

“Remember the birthday fund as a way to honor your loved ones”



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

Scripture: John 20:1-18

May 03-4th Sunday of Easter

Sermon: Hearts Overflowing

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

April 12-Easter Sunday

Sermon: Matter of the Heart

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

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

April 19-2nd Sunday of Easter

Sermon: With Glad Hearts

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

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

Sermon: Kept in our Hearts

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

April 26-3rd Sunday of Easter

Sermon: Straight from the Heart

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

May 24-7th Sunday of Easter/Ascension Day

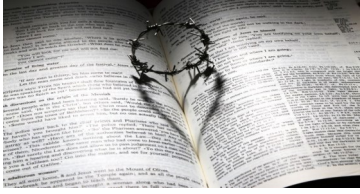
Sermon: Open the Eyes of My Heart

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



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 5-Palm Sunday-Online Worship Service

April 9-Maundy Thursday-7:00 pm-Online Worship Service

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

LAST CALL For Easter Flowers!!

We need flowers for the Altar, so we are still collecting names for Easter Sunday. If you want to participate please email Tammy (office@desertskiesumc.org) with your info by 8:00 am on Wednesday, April 1st. Thank you.

Easter Flowers for our Sanctuary

The Worship Committee has ordered a variety of potted flowering plants for our Easter Services. Donations toward offsetting the purchase of the plants are now being accepted. **If you would like to have a loved one remembered, please fill in the information below and turn it into the office by WEDNESDAY, APRIL 1st at 8:00 am.**

To the Glory of God

In memory of _____

In honor of _____

Donation made by _____



Attach order form to your check (made out to DSUMC) (It is for the Easter flowers fund) and return to the church office or put in the offering plate.

Suggested Donation: \$15.00-\$20.00

- I would like to take my plant home.
- Please take my plant to a Shut-in.
- Yes, I can deliver a flower to a Shut-in.



April

01 Ralph Schild

03 Michelle Bever, Mike Leedy

05 Lindsey Sidles

06 Dale Cole, Lil Cottrell

07 Bruce Broughton, Bill Frame,

Dan Estelle, Judy Fish,

Stephanie Beverage

08 Mike Starace, John Van Straaten

10 Lorna Niven, Gregg Frostrom,

Samuka Koroma

11 Mary Kiewel

12 Audrey Ruggieri, Ava Ruggieri, Bob Saul

16 Louise Neu

17 Sarah Carruth

18 Wes Mallory

19 Paige Leedy

20 Lilly Coleman

21 Dave Stivers

23 Ethan Abaldo, Molly Squire

24 Sandy Kleen

25 Lee Castell

26 Fran Bohardt



04 Ron & Carolyn Eisenhuth

Rocky & Susan Haynes

08 Samuka & Kadie Koroma

20 Lowell & Loeles Fathera

30 Finn & Barb Sinclair

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.

Disaster Distress Helpline


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

 **Call us:**
1-800-985-5990

 **Text:**
'TalkWithUs' to 66746

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

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

 **Follow us on Twitter (@distressline):**
<http://twitter.com/distressline>

Disaster Distress Helpline

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

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 "**Hablanos**" to 66746

Disaster Distress Helpline

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

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!



Substance Abuse and Mental Health Services Administration
SAMHSA
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).