

Supporting Those Newly Grieving: Some Reflections and Reminders



I write this *Oracle* article soon after my father, John R. Srubas, died at age 89. He shared 57 years with my mother, Alice Srubas, who called him the love of her life. Thanks be to God, my brother Jon was able to be present with my parents when my dad died. My sister, Amy, and my husband Ken and I, all arrived at my parents' home later that day. For the next week, my family pulled together. We were pulled through the first days of grief by the grace of God made known through acts of human kindness—our own toward one another, and others' toward us.

I don't presume to teach you much you don't already know about supporting those newly grieving. Ours is a mature and compassionate congregation. You have taught me a lot about Christian love that eases the sting of death and loss. But I would like to share with you a few reflections and reminders concerning bereavement and resources for coping with it.

Condolences help. Whether they come in the form of a phone call, a text message, an email, a card, flowers, or a meal, expressions of sympathy really do make a difference. They help those newly grieving know that friends understand the shock and sorrow. Condolences help the bereaved experience comfort and companionship along the strange new path of mourning. Your condolences have truly helped me.

The connectional church helps. Presbyterians are a connectional church, bound together not only by Christ, but also by cherished denominational relationships and traditions, colleagues and friends. Rev. Tom Green, who preached at Mountain Shadows when I was with my family, and numerous other kind Presbyterians, ensured that our congregation and I were ministered to during my time with family.

Pastors are people. We experience shock, sorrow, fear, anger, fatigue—all the normal stuff of grief, as well as the gifts of healing such as laughter, memories, and love among the living. Being a pastor in no way exempts me or any other clergy person from the emotional spectrum that grief entails. At the same time, grieving does not mean we pastors must be treated like fragile flowers. Getting good ministry done and resuming a normal daily rhythm helps newly grieving pastors reclaim our life's sacred purposes beyond the work of burying our beloved dead.

Grief support is available. Local community agencies provide bereavement support to people dealing with the loss of a loved one. Regardless of whether the person died while receiving care from Casa de la Luz Hospice, that organization provides grief support to the public and can be reached at 520-544-9890. People who have lost a spouse in the last 3 years may participate in an online support community through the U of A. Learn more by calling 520-626-5383 or by visiting <https://www.facebook.com/UAgriefsupport>.

Christ is risen and is at hand. During the days immediately following my dad's death, I experienced a redemptive reunion with family members and reconnected with forgotten joys. We laughed hard together and recollected my dad's many good qualities, some of which his late-in-life dementia had obscured. Even the hard work of weeping had a healing effect. In the rituals of bereavement, I experienced new life that was unmistakably the gift of our crucified and risen Lord and Savior, Jesus, in whose name I bid you love and hope and peace. *Pastor Rachel*

CARING

DEACONS:



Deacons

1. What are the responsibilities of a Deacon? I say many.
2. What are the rewards of being a Deacon? Again, I say many.
3. We keep in touch with you by chatting on the ramada, phone calls, sending cards, home and hospital visits when needed, and always through prayer.
4. Our meetings are once a month where we share ideas of what can help us with what we do.
5. Call your Deacon when you need help and/or prayers at any time. *Sis Jones*

HEALTH MINISTRY: Community Health Happenings



- Good habits are easier when we do things together! **Let's continue wearing our protective hats, sunglasses, and sunscreen** whenever we venture out into the sun and on Sunday when we visit under the ramada.
- **Dispose-A-Med** will take place in front of Target at 1st Ave. and Oracle on Saturday, June 21 10:00a.m. -2:00p.m. Reduce medication errors and help the environment with proper disposal!
- You are invited to attend a **Family Caregiver Support Group led by Pima Council on Aging (PCOA)**. Next meeting is June 19 at 11:00a.m. at Vista de la Montana Methodist Church just north of us at 3001 E. Miravista Lane. Call 609-1271 for more information.
- **SAVE THE DATE!** Mountain Shadows' Health Ministry will host Regional Director, Kelly Raach from the **Alzheimer's Association on Tuesday, August 19 at 2:00p.m. in the sanctuary**. Kelly will lead a session on Alzheimer's Disease: "The 10 Signs of What to Look For." This even is free and open to our church and the community. Plan to bring a friend and invite your neighbors! *Jayne Raffety*

Home Communion



Mountain Shadows has a trained Home Communion Team. We are now able to provide communion to the homebound upon request on the first Sunday of the month. Please call the church office (825-7858) to make a plan for you or your loved one to receive Home Communion.

Judi Brauns, Deacons, and Jayne Raffety, Health Ministry

GATHERING

WORSHIP & MUSIC



The "formal" Choir has ended for the season, but that doesn't mean you won't see familiar faces or hear endearing tunes floating from the choir area! Those of us who sweat out the summer are preparing special anthems. The anthems include solos, duets, trios and quite possibly a quartet! You can look forward to hearing our very own resident instrumentalists. I know they are preparing special pieces, because I have to practice! I'm still smiling! Even though it's a quieter time of year, we continue our musical prayer in many forms. If you sing or play an instrument and would like to help out one weekend this summer, please give me a call or email. We could possibly work something out! 520-982-2437, bcdame@comcast.net.

Charmaine Piane Dame

LEARNING

CHRISTIAN EDUCATION FOR CHILDREN & YOUTH: Sunday Funday

Just a note that our Sunday Fun-Day teacher over the summer months will be Jessica Lazzeroni. The children will enjoy crafting and viewing Veggie Tale videos (we recently obtained a significant number of these Christian-based videos at a sale at Christ Presbyterian Church) and a small snack.



Linda Lazzeroni



It's Official!

It's official! My first two foster children, Ashton and Alliey, have been adopted into their forever family together! They are happy and doing well. I am so glad for them all! We still Skype occasionally so I get to see how they are growing and learning. Thanks to all of you for your support and thanks to God for these wonderful children! *Cassi Fraley*

TENDING

FACILITIES:

The semi-annual work party was held April 16 from 9:00 until 12:00 with a great turnout. Our church volunteers cleaned all of the church windows both inside and out. **Thanks to Mary Anderson, Jayne & David Raffety, Sherwin Koopmans, John McDonald and Keith Verbeck!** *Dave Smith*



Thank You!

FINANCE: Monthly Financial Report

Below is a financial summary of the Operating Budget showing the most recent month, year-to-date results, the year-to-date budget, and the prior year year-to-date results.



Monthly Financial Report - Operating Budget

April 2014	2014			2013
	March Actual	Year-to-Date Actual	Year-to-Date Budget	Year-to-Date Actual
Regular Offerings	\$ 43,344	\$ 112,406	\$ 92,020	\$ 92,708
Other Income	1,856	11,292	9,508	9,508
Total Income	\$ 45,200	\$ 123,698	\$ 101,528	\$ 102,216
Total Expense	\$ 25,445	\$ 88,367	\$ 92,272	\$ 92,262
Income less Expense	\$ 19,755	\$ 35,331	\$ 9,256	\$ 9,954

If you have questions about the Church's finances, please contact David Raffety, Church Treasurer at 544-7397.

Question: Why change a good will? Answer: To include a bequest to your church.

...a thought from Legacy Ministry

VENTURING

MISSION AND OUTREACH: Just Coffee News....PLUS

As of May 15, 2014, friends and members of Mountain Shadows Presbyterian Church have purchased 261 pounds of Just Coffee. Our goal for this year is 500 pounds. We are on schedule! I have a reason to believe that we will make our goal, and that is reason for a mid-year celebration!....well, sort of.

Let me explain.

1. We have good customers outside our congregation that are regular purchasers of Just Coffee. We gladly take credit for their purchases, but they are customers because they heard about this coffee from MSPC members.
2. The majority of Just Coffee sold in our church is sold to just a small part of our congregation. We are delighted one member buys coffee three or four pounds at a time.

So what am I saying? I am saying we have just touched the tip of the iceberg as to our potential for selling Just Coffee. Does it matter? Yes, it does. **Just Coffee has set a goal to sell 22,000 more pounds this year than last year.** The more coffee that is sold, the more families can become a part of the cooperatives, and more families will find no need to leave their land for they will be able to support their families at home! Our goal at MSPC this year is the same as last year. I believe we can increase that goal to 600 pounds! This is the plan:

1. Tell others about this wonderful coffee. Explain how this USA approved organic, shade grown coffee, roasted in small quantities is one answer to immigration. Can YOU gain one new customer?
2. If you drink coffee, can you decide to drink only Just Coffee? Remember it is not more expensive as you buy a 16 oz. package...not a 10.5 oz can.
3. Have you discovered what a great hostess gift Just Coffee is? You might recruit a new customer!

Remember, it is a win/win situation. Farmers remain on their land, and you enjoy good coffee. If you listen carefully, you will hear a chorus of "Thank You" with every sip! *Drene Camp*



2014 Border to Border

Participating in a short term immersion trip is a wonderful way to gain a deeper understanding of the economic, political, and spiritual connections that we have across borders and to understand the impact we have through our ongoing support of local, regional, and global mission. Building personal relationships with people of different cultures is also a valuable part of our ongoing

quest for personal and spiritual growth. It gives us a meaningful opportunity to see how God works through individuals and in communities working together to create a positive change.

What: Coffee, Migration and Faith Delegation

When: October 31 - November 8, 2014
November 7 - 15, 2014

Cost: \$1,700

- \$200 to reserve a spot
- \$800 due September 1
- \$700 due October 1
- Limit 15 participants per trip

Contact:

Melissa Gutierrez

at 520-364-9267

Melissa@fronteradecristo.org

- Walk the trails on which many coffee farmers have migrated
- Visit the Just Coffee roasting facility
- Get an overview of the U.S. border policy
- Have conversations with ranching families affected by migration
- Tour the Douglas Border Patrol Station
- Enjoy fellowship/meals with families who have migrated to Chiapas
- Spend time in biblical reflection and prayer
- Have fun at the fiesta with the members of The Just Coffee Cooperative
- Participate in harvesting coffee
- Enjoy fellowship and meals with the families of the cooperative
- Visit the new Café Justo El Aguila Cooperative
- Have conversations with parents whose children have migrated
- Participate in a grower meeting
- Tour the Mexico/Guatemala Border
- Visit the Scalabrini migrant center in Tapachula
- Visit local Mayan ruins and butterfly sanctuary
- Visit local markets
- See local waterfalls and popular sites
- Drink lots of great coffee

MISSION AND OUTREACH: Our Missionary Mark Adams Has a June Birthday

On Saturday, June 7th, the Rev. Mark Adams will be celebrating a birthday. Why not send him a card. Most of our congregation has interacted with Mark in some way....hearing him preach, talking with him at a Gifts of Hope fair, or eating lunch with him at a mission gathering. I am sure he would be surprised and pleased to receive many cards from MSPC church members and friends. Do take a moment to send a card and include a brief message about your personal experience knowing him or about him. His address is: Rev. Mark Adams, Frontera de Cristo, Box 1112, Douglas, AZ. 85608.



One Great Hour of Sharing



ONE GREAT HOUR OF SHARING was again generously supported by friends and members of MSPC. Our total giving was \$2,261.00. This money will be divided among the Presbyterian Disaster Fund, Presbyterian Hunger Fund, and the Development of Peoples. **THANK YOU!!**

Announcements

Women's Bible Study will meet **Thursdays, June 5 and July 3 at 2:30p.m.** to pray and look over the church library for summer reading. "Lunch Days Out" will be discussed. If you are here during the hot summer months, join us for fellowship and prayer, even if you are not here for our regular monthly studies. **For more information, contact Judy Hans at 818-3285.**



I want to take this opportunity to say **THANKS** to everyone that helped me over some challenging obstacles during Rachel's sabbatical: Dave Smith, Julie Wiens and Shawne Cryderman. I want to also recognize Jo Luoma who has been my "Lady Friday" here in the church office for the last four years! We truly have a wonderful and caring group of people here at MSPC! *Stacy Rogers*

E-Oracle Newsletter! Just a reminder that you can receive your Oracle via email. Email Stacy Rogers at office@mountainshadowchurch.org and she will add you to the email list. You can also view or download the Oracle at www.mountainshadowchurch.org, under the Resources tab. Either way, view the Oracle in **FULL COLOR** and receive it sooner!

For those who want to continue to receive a paper copy, please pick up your copy the 1st Sunday of the month, under the ramada. Those not picked up will be mailed.



Monday—Friday
7:40 a.m.—11:40

AUGUST/SEPTEMBER
NEWSLETTER ARTICLES
ARE DUE
JULY 15, 2014

DON'T FORGET...you can listen to any sermon you may have missed by going to our website at www.mountainshadowchurch.org. Go to the Resource tab and under that heading you will find Sermons Audio. It's a great way to stay connected to Mountain Shadows, even if you are unable to attend Sunday worship.



June 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 2:30M Women's Bible Study	6	7
8 10:00AM Worship 11:00AM Hospitality	9	10 9:30AM Life's 3rd Trimester	11	12	13	14
15 10:00AM Worship 11:00AM Hospitality	16	17	18 1:00PM Faith Health Alliance 3:00PM Session	19 11:00AM Family Caregiver Support Group @ Vista de Montana Methodist Church	20	21 10:00AM Dispose-A- Med @ Target on 1st and Oracle
22 10:00AM Worship 11:00AM Hospitality	23	24 9:30AM Life's 3rd Trimester	25	26	27	28
29 10:00AM Worship 11:00AM Hospitality	30					



July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 2:30M Women's Bible Study	4 Happy 4th of July OFFICE CLOSED	5
6 10:00AM Worship 11:00AM Hospitality	7	8 9:30AM Life's 3rd Trimester	9	10	11	12
13 10:00AM Worship 11:00AM Hospitality	14	15	16	17	18	19
20 10:00AM Worship 11:00AM Hospitality	21	22 9:30AM Life's 3rd Trimester	23	24	25	26
27 10:00AM Worship 11:00AM Hospitality	28	29	30	31		