

Ash Wednesday, Lent, and *The Desert of Compassion*

Lent is the season of reflection, prayer, and service that connects followers of Jesus with his 40-day sojourn in the Judean desert. **Lent begins on Ash Wednesday, February 22. Join us on Ash Wednesday for a 4:00 p.m. worship service at Mountain Shadows Presbyterian Church. An Ash Wednesday offering will be received to support the DEAR fund, the Deacons' Emergency Assistance Resource, which equips our church to provide confidential, compassionate aid to folks in need among us.**

On Ash Wednesday (and on the Sundays following, while supplies last), **Mountain Shadows will provide to each congregant household one free copy of a book I wrote, *The Desert of Compassion: Devotions for the Lenten Journey*.** Additional copies can be ordered from various online booksellers. The book was published by Westminster John Knox Press, which is affiliated with the Presbyterian Church (USA). *The Desert of Compassion* is a scripturally inspired exploration of Lent as a desert season of spiritual practice and transformation. Through prayer, divine grace, and our gradual progress, we Christians can grow in our love for God and in our loving-kindness toward ourselves and others.

On all five Wednesdays in March (1st, 8th, 15th, 22nd, and 29th), I will offer “Devotion and Discussion in the Desert: A Lenten Gathering” via Zoom, from 10:00 to 11:30 am. All adults are equally welcome to participate. Folks from Mountain Shadows and other Presbyterian churches are invited to join in. Why via Zoom? To make it easy for people to attend who have caregiving and other responsibilities at home, or who live out of town. A participant study guide created by Westminster John Knox Press will be provided via link and on paper. If you plan to participate, please sign up at church or by email: mshpcoffice@gmail.com.

Compassion is central to a life that is “centered in Christ, caring for community.” Compassion will also be the theme of Mountain Shadows’ Women’s Retreat in April. You can read more about that and the other vital ministries of our congregation inside this newsletter.

Yours in Christ,

Pastor Rachel Srubas





Theresa Ashton



Brian Parker



Beverly Johnston
Moderator



Elizabeth Posey



Chuck Sherman

Deacon of the Month – Chuck Sherman

We receive fundraising appeals in the mail nearly every day. Most end up in the recycling, but this one grabbed me and would not let go. Human Rights Watch reports on the plight of the citizens of Myanmar (formerly Burma) who protest the February 1, 2022, military coup of the civilian government. Myanmar overlooks the Bay of Bengal and Andaman Sea. It sits like a jewel between China and India. It would probably be a beautiful place to visit but for the gun smoke.

Myanmar activists have adopted a slogan expressing their position:

“You can cut all the flowers, but U can’t keep spring from coming.”

This slogan might apply to most internal or neighbor-on-neighbor conflicts, but that would open a long discussion. “You can cut all the flowers, but you can’t keep spring from coming” is beautiful poetry—so much said in so few words: The defiance by the resistance, with no threat of retaliation; the bold prediction that no matter how many the soldiers killed protesters, the ideas of democracy, human rights, equality are unstoppable. But the soldiers cannot see spring through their gunsights. Meanwhile, let us pray for far away Myanmar where many still believe spring is coming.

As Christians, we are called to “hate evil, love good, and establish justice in the gate!” (Amos 5:15) Further, Micah 6:8 says, “He has told you, O mortal, what is good: ***And what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?***” This applies not only to Myanmar but anywhere there is evil and injustice. Myanmar is but one example of oppression found around the world. May we who are Christian persist in pursuing the spring God brings.

Angel Tree Gift Give-Away Christmas Party Held Saturday, December 17 2022, Was a Huge Success.



Mountain Shadows Presbyterian Church, you truly made an impact in the lives of the children and their families. You shared the love of Christ, the amazing gifts the children received as well as the gift cards for the children’s care givers. The children received a stocking filled with stocking stuffers, a stuffed animal, candies, and cookies. They also enjoyed the balloon twister, face painting, a family photo to send to their loved one, and singing Christmas carols.

Your generosity helped us deliver a Christmas gift to prisoners’ children, given on behalf of their parent in prison.

Your support changed lives, brought joy and the light of Christ to prisoners, ex-prisoners, and their families.

Caring- Cont'd

Because of you 345 children were blessed this Christmas!

Bridge Prison Ministry had 45 amazing volunteers serving the children and their families, giving of their time, and praying with the families and children,

God is not unjust and will not forget your work and the love you have shown as you have helped people and continue to help them. Hebrews 6:10

It takes the dedication of committed leaders like yourselves to empower Bridge Prison Ministry's mission and vision. Your generosity is seemingly endless; your, time, expertise and unwavering support means a lot to us and the people we serve.

Thank you!

Pete & Sandy Quinonez, Founders/Directors of Bridge Prison Ministry

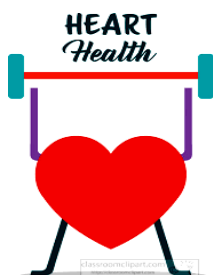


I want to thank Bridge Prison Ministry and the churches for putting this event for the kids. It meant a lot to my grandson. Grandma Castillo

HEALTH MINISTRY: Be Safe!



Are You at Risk of a Heart Attack?



February is Heart Health Month. This year I am compelled to discuss heart attack risks. I recently learned of a woman, the most physically fit individual I know, who had a heart attack on her 60th birthday. Of note, she is a runner and cyclist who rides 25-60 miles regularly. She also has thyroid disease. Turns out her heart attack was **not** due to a blockage but caused by her thyroid being off, despite recent medication changes. This was an eye-opening story for me.

As in any situation, **knowledge is power.** The more you know about **your** risks, the easier it is to take **preventive action.** **Risk factors are lifestyle habits and traits.** Knowing these factors allows you to be proactive. Some can be changed, and some cannot.

A good place to start is a conversation with your primary care provider. Together, you will review **family history and your medical history.** Important things to know are:

- Whether you have ever had a stroke or heart attack. Do you have any known blockages in the arteries of your heart, legs, or neck?

Continued

Health Ministry (cont'd)

- Risk factors such as age, gender, diabetes, high blood pressure, high cholesterol, thyroid disease, being overweight or obese, and smoking.
- Lifestyle factors such as diet and exercise levels, alcohol intake, medications and supplements you take.
- Stress can also be a contributing factor. Discuss any issues of stress you may have, such as care-giving responsibilities.

Obviously, we cannot change such risk factors as our genetic make-up, our age or gender. But working with our healthcare providers, we may be able to lower some risk factors through lifestyle changes and/or medications.

Lastly, a cautionary note about heart attack symptoms. Classic symptoms are chest pain which radiates down your arm. For women, like my friend, the pain may be in the jaw or neck and into the shoulder/back or arm and not chest pain. If you have ANY symptoms, seek emergency medical care immediately!

Joy Lewis, Elder, Health Ministry



GATHERING

WORSHIP & MUSIC



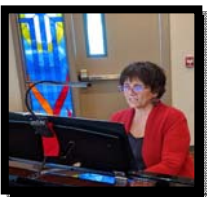
Music Ministry

The Music Ministry at Mountain Shadows experienced a few changes during 2022. We said goodbye to beloved members who relocated to be closer to their adult children. But, we also said hello to new members. Life keeps moving!

The handbell choir prepared special music for two worship services, one during Lent and the other on Christ the King Sunday. This year, because of the sanctuary remodel, we were able to have tables (3) up front in the choir area. Hand bell rehearsals take place 3 weeks before a scheduled Sunday.

Vocalists & instrumentalists continue to provide Special Music for Sunday worship. Regular Thursday Choir rehearsals are from 3:00 – 4:00 pm. Instrumental and solo rehearsals are scheduled with the Music Director.

All music chosen for services follows the Liturgical calendar and Lectionary readings of the day. The goal is to enhance the prayer of the people, with our musical prayers.



Charmaine Piane Dame, Director of Music

WOMEN'S RETREAT 2023



Women's Retreat 2023: Save the Dates! April 11- 13, 2023 Compassion—For Yourself & Others

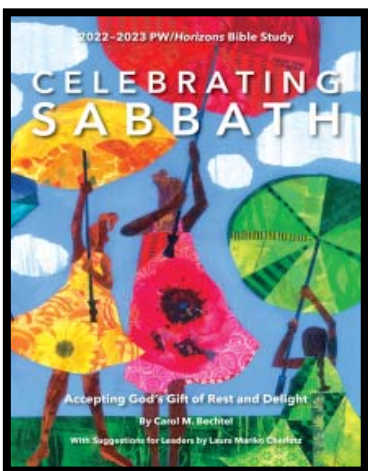
Mountain Shadows Presbyterian Church is delighted to announce that **our congregation's well-loved Women's Retreat is happening!** Women, please save these dates and consider attending this **2-day immersive experience of spiritual formation and friendship-building: Tuesday, April 11th through Thursday, April 13th, 2023**

As you plan your calendar, please note that **Easter Sunday will be April 9th**. On Tuesday afternoon, April 11th, we will gather at the **Redemptorist Renewal Center, 7101 West Picture Rocks Road, Tucson, AZ 85743. Space is limited to a total of 22 attendees** (plus three church staff members). Each retreat participant will have a private bedroom and bath. Three generous meals a day will be provided in the retreat center's dining room, along with beverages throughout each day. **The retreat will conclude after lunch on Thursday, April 13th**. We ask that those who attend **remain for the entire retreat.**

The retreat cost per person will be \$270, payable to Mountain Shadows Church, which will cover all your lodging, food, and content expenses. We understand that this is an investment of time and treasure on your part. Limited need-based scholarships will be available.

The retreat topic will be **Compassion—for Yourself and Others. The retreat leader will be our pastor, Rev. Rachel Srubas**, author of *The Desert of Compassion*. Copies of the book will be made available in advance of the retreat. Although reading the book throughout Lent is recommended, it is not required of retreat attendees. Director of Music **Charmaine Piane Dame** will provide music during the retreat. Please mark your calendar and watch for more information. If you can help with practical retreat planning and/or would like to request a confidential retreat scholarship, **please contact Joy Lewis at 804-615-6724 or whnp879@gmail.com.**

LEARNING



Women's Bible Study, *Celebrating Sabbath* Tuesdays, February 7th & 21st at 3:00 pm

Mountain Shadows' Women's Bible Study group invites all women to join us the first and third Tuesday of the month at 3:00 p.m. **This month, we'll meet in the church sanctuary.** Women, come join us for a time of thoughtful discussion and fellowship. Please contact Karen Koopmans if you would like a study book (for a voluntary donation of \$10 apiece).



Thanks and Congratulations, Church Leaders!

At the Annual Congregational Meeting on Sunday, January 29, 2023, we gave thanks for all **church leaders who recently completed terms of faithful service:**

- Deacons **Alida Wilkes** and **Chuck Sherman**
- Ruling Elders (to serve on the Session) **Therese Griffin** and **Sam Leeper**
- 2022 Nominating Committee members **Joy Lewis, Dorothy Grimm, Dan Engeljohn, Sam Leeper, and Theresa Ashton**

The congregation elected the following **church members to care for and lead our church:**

- Deacons: **Nicky Bantock, Karen Koopmans, Jeff Mague, Chuck Sherman** (to a second term)
- Ruling Elders (to serve on the Session): **Clair Books, Paul Butler, Dan Engeljohn,** and **Therese Griffin** (to a second term)
- Nominating Committee 2023 members: **Kathy Moyer** and **Jeff States** (with additional members of the 2023 Nominating Committee to be elected by the Session and Deacons)

Church Leaders' Events and Dates: Mark Your Calendar!

Sunday, February 12, 2023: Ordination and Installation of Elders & Deacons During Worship

- **Dan Engeljohn** and **Paul Butler** will be ordained as Ruling Elders;
- **Clair Brooks** and **Therese Griffin**, already ordained Elders, will be installed;
- **Nicky Bantock** will be ordained as a Deacon on a different date to be announced;
- **Karen Koopmans, Jeff Mague, Chuck Sherman**, already ordained Deacons, will be installed.

Wednesday, February 15th:

- **10:00 am to 12 noon Session Orientation and Training**
- **12:00 noon** Session Lunch
- **1:00-3:00** Session Meeting

Thursday, February 16th:

- **10:00 Deacons Training** with Rev. Laura Munroe, Minister of Care

Deacons' Sunday, February 27th: Meet and Greet Your Deacon!

Monday, February 27th:

- **10:00 am to 12 noon** Deacons' Monthly Meeting

Wednesday, March 15th:

- **1:00 - 2:00** Session meeting
- **2:00 - 2:30** Refreshments with Elders, Ministry Team Leaders, and Deacons
- **2:30 - 5:00** Mountain Shadows Church Leaders' Envisioning Event

In Memoriam



On January 6, 2023, Mountain Shadows Presbyterian Church member Carl Schultz died into life everlasting. Our congregation surrounds with prayer Carl's beloved wife, our church member Pamela Schultz and her family.

A Service of Witness to the Resurrection in loving memory of Carl Schultz will take place at Mountain Shadows Church on Sunday, March 5, 2023 at 3:00 p.m. All are welcome to attend and give thanks to God for Carl's life.

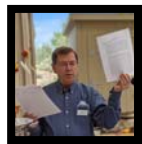
FINANCIAL SUMMARY

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-to-date results. Please **contact Linda Zoellner at (936) 689-8777 or Jeff States at 520-268-8956 if you have any questions.**

Monthly Financial Report - Operating Budget				
December 2022	----- December Actual	2022 Year-to-Date Actual	----- Year-to-Date Budget	2021 Year-to-Date Actual
Regular Offerings	\$ 19,782	\$ 220,778	\$ 265,500	\$ 266,680
Other Income	(1,562)	3,513	2,975	2,277
Total Income	\$ 18,220	\$ 224,291	\$ 268,475	\$ 268,957
Total Expense	\$ 27,378	\$ 263,930	\$ 281,874	\$ 273,586
Income less Expense	\$ (9,157)	\$ (39,639)	\$ (13,399)	\$ (4,629)



Linda Zoellner, Treasurer.



Jeff States, Assistant

“It is not our abilities that show what we truly are. It is our choices.”

– J.K. Rowling, author

...a thought from the Legacy Ministry



New Website Coming in 2023

Soon, in 2023, Mountain Shadows Presbyterian Church (MSPC) will have a new look on the website (www.mountainshadowschurch.org). In late 2022, MSPC entered into a contract with Social Grace Media LLC to redesign and update our website. The update was deemed essential by Session in order that Mountain Shadows may more effectively communicate to online viewers the activities and offerings available at our church. The company that maintains our current website soon will no longer be able to provide secure or updated support. Once the new website is live, the Communication Ministry Team (CMT) will host sessions following worship service during fellowship to demonstrate the features of the new website. Meanwhile, please take time to view the current website, in which the main page is updated weekly. Let the Communications Ministry Team know of any suggested enhancements to improve your online experience with our website. In addition, you can be a part of our team, which currently includes Ginny Durand, Dan Engeljohn (Moderator), Joy Lewis, and Linda Zoellner. We thank Nan Nasser, former active member of the team, who has decided to focus more intently on her family's caretaking needs.



Way to Go, WAVE!

The **WAVE (Worship Audio-Visual Experts)** of Mountain Shadows Presbyterian Church are: **Bill Grimm, Therese Griffin, Jeff Mague, Ken McAllister, Steven Cupo and Dan Engeljohn.** Recently, the WAVE has worked hard to improve our congregation's internet service and the quality of our Zoom communications, especially the livestreaming of worship services. Please consider these improvements to be a work in progress and give thanks to all who collaborate to enhance Mountain Shadows' digital outreach.

MISSION & OUTREACH



Update on Casa Alitas Migrant Center: A Message from Mission Connector Eleanor Geiger

On Friday, February 17th at 10:00 a.m. a group from Mountain Shadows will visit Casa Alitas Migrant Center to learn about this place of unconditional welcome supported by volunteers and donations.

The most pressing donation needs now at Casa Alitas Migrant Center:

- **Adult GLOVES and beanie hats**
- **Men's jackets**
- **Men's pants**
- **Disposable baby diapers in sizes 5 and 6**
- **Not needed** are lap blankets, Lycra women's pants, socks, underwear and toiletries

Additional ways people of Mountain Shadows can help:

- **Volunteers are needed to sew beanie caps for adults.**
- **Back packs sewn from pillow cases are an ongoing need** to hold travel supplies and clothing for migrants leaving for their new destinations.
- **Volunteers are needed** to help drive migrants to the Tucson Airport for their departure flights. Spanish-speaking volunteers are needed to communicate with migrants housed at the Ramada Inn on Palo Verde for the period January 16-31.

If you would like to donate your time and talent to provide for the pressing needs of our migrant neighbors, or you would like to visit Casa Alitas on February 10th, please contact me.

Eleanor Geiger



Spaghetti has got to be one of the most popular, **HEARTwarming** meals for all ages! So it makes sense for Interfaith Community Services to choose **February** for its **LOTSAPASTA** program. The goal is for 5000 1 pound packages of spaghetti and 5000 24 oz. **cans** (no jars please) of sauce to be donated by members of the 120 ICS Faith Communities. Mountain Shadows Presbyterian Church is one of them! We can help to make this a real “pastability”.

When bringing your 1st Sunday food donation on Feb. 5th, please include “lotsa” spaghetti! Kathy Moyer will collect your donations . Thank you!



Deacons Sunday, February 27th **Meet and Greet Mountain Shadows' Deacons:**

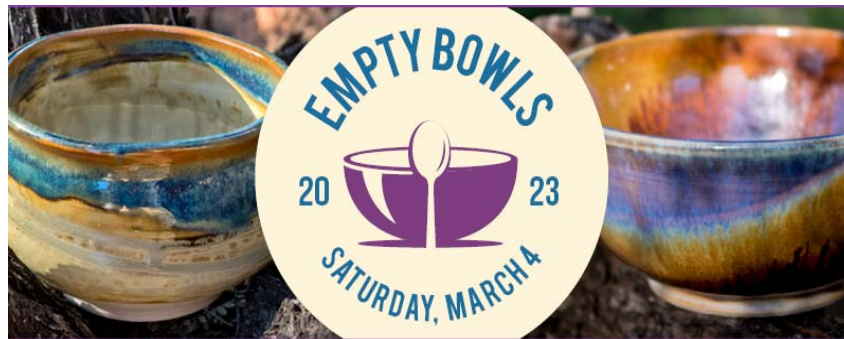
**Beverly Johnston, Brian Parker, Elizabeth Posey, Theresa Ashton,
Karen Koopmans, Jeff Mague, Nicky Bantock, Chuck Sherman**



ICS

INTERFAITH COMMUNITY SERVICES

WHERE HELP BRINGS HOPE



Join Interfaith Community Services for the 12th Annual Empty Bowls Fundraiser!

**Saturday, March 4
11:00 a.m.–1:30 p.m.
Tucson Chinese Cultural Center
1288 W. River Road**

Tickets: \$25

**Sample signature soups, breads and desserts donated by local restaurants and food partners.
Participate in auctions and raffles.**

Select a beautiful handmade pottery bowl—created and donated by a local artist—to keep!

For more information go to the ICS website at: icstucson.com

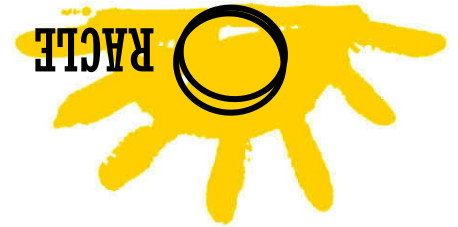
Annual Congregational Meeting Summary: Success! Thanks be to God!

On Sunday, January 29, 2023, the members of Mountain Shadows Presbyterian Church thanked outgoing Ruling Elders and Deacons, elected new Elders, Deacons, and Nominating Committee members, approved the Pastoral Terms of Call and the Behavioral Covenant to be appended to our church bylaws for future reference and teaching, and held the annual meeting of the MSPC Corporation.



FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00—Bells	2	3	4
5 10:00 In-person/Zoom Worship & Holy- Communion	6 6:00— OV Jazz Rehearsal	7 3:00 Women's Bible Study	8 10:00—Bells 1:00 Finance 2:00 Stewardship	9 3:00 Choir Practice	10 10:00 — Mission Trip to Casa Alitas Migrant Center	11
12 10:00 In-person/ Zoom Worship Ordination & Installation of Elders & Deacons	13 6:00— OV Jazz Rehearsal	14	15 Oracle Articles Due 10:00-3:00 Session Orientation	16 10:00 Deacons' Training 3:00 Choir Practice	17	18
19 10:00 In-person/ Zoom Worship Mission Sunday Learn about our church's out- reach to neigh- bors	20 6:00— OV Jazz Rehearsal	21 3:00 Women's Bible Study	22 ASH WEDNESDAY 1:00 Communi- cations Mtg 4:00 Worship Service	23 3:00 Choir Practice	24	25
26 10:00 In-person/Zoom Worship Deacons' Sunday Meet & Greet Your Deacon	27 10:00 — Deacons Mtg 6:00— OV Jazz Rehearsal	28		Mountain Shadows Church Office Hours: Monday through Friday, 9:00 am to 1:00 pm		



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Centered in Christ, Caring for Community



Office Hours:

Mornings

Monday - Friday

Rev. Rachel M. Srubas, Pastor

(520) 664-6970

Charmaine Piante Dame, Director of Music

Judy Leonard, Office Manager

(520) 825-7858



SUNDAY WORSHIP SCHEDULE

Sunday Worship Services

10:00a.m.

Fellowship and Refreshments

11:15a.m.

Mission Statement

Mountain Shadows Presbyterian Church, a congregation of the Presbyterian Church (USA), is a Christ-centered fellowship, called to live a disciples of Jesus Christ as we care for our community and our world.

We strive to share the good news of the Gospel with each other and the surrounding communities, and to interact with love and grace with all of God's creation.