

God's Grace, Older Adults, and Grief 101 at Mountain Shadows Presbyterian Church



May 5, 2024 marks the beginning of Older Adult Week according to the Presbyterian Planning Calendar. Near the end of May, I (Pastor Rachel) will attend the **Presbyterian Older Adult Ministry Network** conference called "The New Face of Aging: Transforming Older Adult Ministry." I look forward to gaining insights, resources, and colleagues to help me serve our congregation, which celebrates older adults.

Grief is a facet of virtually every older adult's experience. Although people of all ages grieve deaths and losses, many older adults experience multiple griefs. Therefore, **I'm pleased to announce a class that Mountain Shadows Presbyterian Church will offer on all five Thursdays in May from, 4:15-5:45 pm: Grief 101**



*...there is always grief
more than enough,
a heart-load for each
of us on the dusty road. --Mary Oliver*

Grief 101 will be a five-part series offering participants a brave and safe space to explore the aspects and impacts of trauma, grief, and loss on our lives. During the series we will engage with definitions of grief and loss, the many forms grief and loss can take, the value of learning more and knowing how to "speak grief," companionship one another, and co-creating a "good mourning" congregation.



Exploring and honoring our losses is a sacred experience. **Grief 101 will be led by Deb Brandt**, a new member of Mountain Shadows. She brings a Master's degree in Religious Studies as well as training in grief and death studies. Deb is a certified grief practitioner and funeral celebrant who envisions **Grief 101** to be an interactive experience for all participants. The class will address your questions and thoughts regarding grief and loss.

Registration is necessary. Please register to participate in Grief 101 by adding your name to the signup sheet at church or by emailing mspcoffice@gmail.com with "Grief 101" in the subject line. After registering, please send your grief-related questions to Deborah@watershedmomentscoaching.com. Question content will remain anonymous, but Deb will incorporate your questions and curiosity into class content.

Yours in the Grace of God, Pastor Rachel Srubas (grateful for Deb Brandt!)



Beverly Johnston
Co-Moderator



Karen Koopmans
Co-Moderator



Edrice Ivory



Jeff Mague



Brian Parker



Zenda Saraydarin



Chuck Sherman



Connie Wortman

"Ministry of Compassion, Witness and Prayer"

Deacon of the Month – Brian Parker

"A Confession"

I'm sorry. Couldn't be less serious, it probably was already necessary. My previous articles have focused mainly on forgiveness and prayer. I've seemed to reach an impasse in my interpersonal relationships, and I'm searching for a proven process to get beyond it. I've stated before that I think we will all be ultimately judged for how we treat each other. *"Do unto others."* Too many of us rely simply on doing unto others, not expecting any real fateful response, even somehow tempting fate in a way that calls for some kind of intervention, or prevention, if you will. But, again, I'm sorry.

Sorry for every person that I've been unable to reach where I have made some reasonable, measurable attempt to reach that person, and maybe I've given up too easily. Or maybe I've underestimated what was needed to make inroads and experience what might be shared and valuable. If you feel let down or are suffering from a past experience that has inhibited you from seeking more in your interpersonal relationships, I've been there. I know what it's like to feel pain from not being able to connect with others, and to feel emptiness and loneliness because of it. It feels like a personal failure that I am responsible for my own lack.

So, I'm sorry. If I have made you feel less important or needed, I won't offer an excuse, but only ask forgiveness. In order to better understand each other we must be willing to follow. Too many people cut short the prospect of cultivating more respect, simply by not following another's lead. When I have felt empty, lonely, I often can best relieve these unwanted feelings by following other people until I feel worthy of leading again. Don't undersell this method, and most definitely, don't undersell others' role in it.

I feel this is only the beginnings of a confession, and I should continue to pursue these ends in order to set right my path once more. Let's end the impasse.



Mental Health Focus

**Anxiety, Depression, Trauma and Grief
with Dr. Rose Bricker**

May 5, 2024, 1:00 p.m.

**Santa Catalina Catholic Church
14380 N Oracle Rd
Tucson, AZ 85739**

Would you like to learn about healthy interventions and skills that can reduce the symptoms of anxiety, depression, trauma and grief? Join Dr. Rose Bricker for a discussion at Santa Catalina Catholic Church, 14380 N Oracle Rd, on May 5th at 1:00 pm.

If you or your loved ones are experiencing the following symptoms, this program is for you:

- Anxiety - excessive fear and worrying, avoiding certain things or situations to avoid triggers; a sense of panic and doom; digestive problems; feeling tired, both physically and mentally; and having trouble concentrating,
- Depression - Difficulty sleeping or sleeping too much, loss of interest and motivation, anger and irritability, feeling hopeless and helpless, fatigue, overeating or undereating.
- Trauma (PTSD): Fear, anxiety, depression, eating disorders, issues with alcohol or drugs, suicidal thoughts, and/or feelings of worthlessness and hopelessness.
- Grief: Sadness, confusion, trouble making decisions, difficulty keeping track of responsibilities, and difficulty focusing on anything other than the loss. The physical symptoms often include fatigue, headaches, chest pains, trouble breathing, nausea, trouble sleeping, reduced or increased appetite, and joint pain.

Come to the program and learn more about these topics that affect so many of us.

Why Do We Show Two Different Addresses?

Did you know that Mountain Shadows has a **mailing address and a legal address?**



- **MSPC's Mailing address is 3201 E. Mountaineer Drive, Tucson AZ 85739**
This address is our **mailing and delivery address.**

- **MSPC's legal address is 14240 N. Oracle Road, Tucson AZ 85739 –**
This address is the legal address recorded in the Pima County Recorder's Office. When calling for emergency services, this address is what to give the Emergency Responders.

Please look at our new **Safety, Preparedness, Health** bulletin board under the Ramada near the gate on Southend of the Office Building. You will also find a First Aid Kit and AED there. The bulletin board has valuable information on what you need to provide when calling for emergency services and other valuable information.

Joy Lewis, Co-Moderator & Elder

Therese Griffin Co-Moderator & Elder

GATHERING

WORSHIP & MUSIC



Update from the Music Ministry!



There are only **three more Sundays** to hear the **Choir and Instrumentalists**, before we take a break from the normal routine! **Pentecost**, May 19th is the last formal choir/instrumental Sunday. Plans are in the works for vocalists, instrumental soloists, duos, quartets, ensembles, etc. Watch for more information in the June/July Oracle.

Handbell update: At this “moment in time” there is a plan to ring the first weekend of September for worship. Rehearsals will be scheduled during August, along with a continuation of last summer’s “Ringer Workshop.” *Please let me know if you would like to be on “The List!” My contact information is below!*

AND if you would like to help with music this summer, please contact me! Even kazoos are welcome!

+++++

Choir Rehearsals: THURSDAYS from 2:45-4pm in the Sanctuary – last Rehearsal for the season is May 16th.

Instrumental Rehearsals: Scheduled with Music Director

Handbell Choir Rehearsals: *Watch for details - August workshop in the planning stages!*

PLEASE call, text, or send me an email if you would like more information about joining our Music Ministry for the **Summer! WE NEED YOU!** 520-982-2437 bcdame@comcast.net



Charmaine Piane Dame, Music Director

LEARNING

Grief 101

May 2, 9, 16, 23, 30

Mountain Shadows Sanctuary

4:15-5:45 pm



...there is always grief more than enough, a heart-load for each of us on the dusty road.

--Mary Oliver

Registration is necessary. Please register to participate in **Grief 101** by adding your name to the signup sheet at church or by emailing mspcoffice@gmail.com with “Grief 101” in the subject line.

TENDING

SESSION of MOUNTAIN SHADOWS, Report from Session Clerk Jeff Mague



The activities of the April 10 meeting were:

- Reviewed the Church Goals established in 2023. Last year, the Session set various goals for the ministries of the church. Each ministry team reviewed their goals and the progress which was made over the last year. Be looking for other activities related to these goals in the Oracle over the next few months.
- Approved utilizing a more economical name tag system.
- Approved study leave for May 28 through May 30, and vacation for July 14 through July 18 for Pastor Rachel.
- Removed from the Affiliate Rolls Dave and Karen Lee, with our blessings and best wishes as they will be spending most of their time in Minneapolis going forward.



Presbytery de Cristo 101

Recently, the Mountain Shadows Presbyterian Church (MSPC) Session elected Dr. Gay Russell and me to represent MSPC as Presbytery de Cristo (PdC) Commissioners. And just what is the Presbytery? It is the body, usually churches within a geographical area, which determines, examines, formulates, and executes policies. On site assistance for churches in need, transition, or crisis is also available. The number of commissioners a church can elect is commensurate with the number of members in a church and fluctuates from one to several.

There are 26 churches in Presbytery de Cristo. The geographical area around Phoenix is Presbytery-Grand Canyon. All day Saturday meetings occur quarterly, alternating between Phoenix and Tucson in January, April, August, and October.

On Saturday, April 20, 2024, Gay and I will proudly represent MSPC by driving to the second quarterly Presbytery meeting of 2024 at Valley Presbyterian Church, Green Valley, AZ while commissioners from far corners of Arizona and New Mexico have the option to attend in person or via Zoom. A novel alternative for this meeting is being implemented for the first time and involves hiring a chartered, roundtrip bus service from Phoenix and Casa Grande for commissioners from that area.

You may be curious about the proceeding of a presbytery meeting. It is a vital opportunity for pastors, elected ruling elders, and other church leaders from both Arizona Presbyteries—Grand Canyon Presbytery (Phoenix) and Presbytery de Cristo (Tucson)—to receive updates; collaborate on matters related to church governance, mission, ministry; partake in worship and foster fellowship with the Presbyterian community.

Continued

Although the location of the final meeting of 2024 is yet to be announced on the presbyteries' joint website, it was disclosed during a recent meeting of the PdC Leadership Commission of which I am a member, that MSPC graciously offered to host the October meeting on November 2 (proximate to October.)

Hosting a presbytery meeting is a rare privilege for MSPC, given the stiff competition among the 26 churches in our presbytery. We had the honor of hosting a presbytery meeting several years ago. For this event, members of our congregation may be enlisted to assist in various tasks, including setting up breakout rooms, serving the noon luncheon and mid-morning break refreshments, preparing Communion elements, and aiding in other duties associated with corporate worship. Notably, it is anticipated that Pastor Rachel will deliver the sermon, promising an experience that attendees will find as awe-inspiring as our Sunday services.

Thank you for entrusting Dr. Gay Russell and me with the privilege of representing you.

Madeline Bosma

PERSONNEL

Church Staff and Presbytery Updates

As summer approaches, let's take a moment to apprise ourselves of what's happening with Mountain Shadows' church staff and with Presbytery de Cristo.

Charmaine Piane Dame, our Director of Music, will continue to coordinate music for our worship services during the summer while occasionally taking Sundays off for vacation and professional continuing education, such as the annual conference of the Presbyterian Association of Musicians.

Judy Leonard, our Office Manager, will keep summer office hours beginning in June. From June through August, Judy will staff the church office Monday through Thursday mornings. When Judy enjoys some summer vacation days, church office closures will be announced.

Rev. Laura Munroe, our Minister of Care, serves our congregation in a part-time capacity during the months of January through May and September through December. During the months of June, July, and August, Laura will take a summer recess from her ministry with Mountain Shadows.

Rev. Rachel Srubas, our Pastor, will preach and lead worship on all Sundays in May. For a few weekdays in May, she'll attend the Presbyterian Older Adult Ministry Network Conference. Rachel will take some study leave and vacation days in June and in July.

We pray for the healing of our friend, **Presbytery Pastor Rev. Brad Munroe**. As Brad recently explained to the people of Presbytery de Cristo and Presbytery of the Grand Canyon, he underwent surgery on April 17 and is recovering with gratitude for all the prayer support he and Laura have received.

We give thanks for Mountain Shadows' Elder-Commissioners to Presbytery de Cristo, **Madeline Bosma** and **Gay Russell**, both of whom were present at the April 20 joint meeting of the Arizona presbyteries, where Pastor Rachel Srubas was also present. Highlights of that Presbytery meeting

included presentations on Frontera de Cristo's Presbyterian border ministries and the grand reopening of the Montlure Presbyterian Camp in Greer, Arizona. On June 9th, **Rev. James Martin**, the Site Coordinator of the **Tucson Borderlands Young Adult Volunteers**, will preach for Mountain Shadows, accompanying two of those volunteers on their visit to our congregation. On Fathers' Day, June 16th, Presbytery de Cristo Moderator, **Rev. Bill Heinle**, will be Mountain Shadows' guest preacher.

SHEPHERDING

New Badges !

Soon you will see Mountain Shadows congregants sporting a new version of our Name Tags. To tell the truth they are not quite as nice as our previously professionally produced badges ... but they are way less expensive! We are also able to customize the name tags, adding Leadership roles like Elder, Moderator – Mission Ministry, etc. Now that we can produce these in-house at a much lower cost, we are encouraging everyone who needs a name tag to put your name on the Name Tag request sheet found outside along with all the other sign-up sheets.

Mountain Shadows On – line Directory Change

We have received notice (see below) from the firm that hosts our On-Line Directory regarding an important change for the Mobile App version. The APP requires a code. Please email me Kthomas355@comcast.net and I will let you know the code as well as any other assistance you may need.

Karen Thomas, Moderator

We hope everyone at Mountain Shadows Presbyterian Church is enjoying the online directory!

We are writing to inform you that the CTRN Directories Legacy app has retired. However, there's no need to worry! You can still access the web-based CTRN directory with the same look and feel through your mobile web browser.

Here's the good news:

- **No app required:** Simply visit <http://mountainshadows.ctrn.co> in your phone's internet browser. Boom! Your directory is ready.
- **Everything's safe:** All your data is secure and available, whether you use the browser or the current Online Member Directory app (optional.)

You have 2 options! Choose your adventure:

- **Mobile browser:** Access your web-based directory instantly, bookmark the link for easy future visits, and avoid tech issues, downloads, installs, and updates.
- **Optional app:** Download the current Online Member Directory app for an extra-smooth experience (but it's not mandatory!).

Happy connecting!

The Online Member Directory Team

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 if you have any questions.**

Monthly Financial Report - Operating Budget				
March 2024	----- March Actual	2024 Year-to-Date Actual	----- Year-to-Date Budget	2023 Year-to-Date Actual
Regular Offerings	\$ 27,955	\$ 90,028	\$ 70,910	\$ 86,507
Other Income	1,052	2,600	341	12,232
Total Income	\$ 29,007	\$ 92,628	\$ 71,250	\$ 98,739
Total Expense	\$ 24,451	\$ 69,360	\$ 71,775	\$ 66,252
Income less Expense	\$ 4,556	\$ 23,268	\$ (525)	\$ 32,487

Linda Zoellner, Treasurer

*“To give away money is an easy matter and in any man’s power.
But to decide to whom to give it and how large and when, and for what purpose and how,
is neither in every man’s power nor an easy matter.” - Aristotle
...a thought from the Legacy Ministry*

MISSION & OUTREACH

Mission Ministry Team: Paul Butler, Eleanor Geiger, Susan Harden, Kathy Moyer, Suzanne Pennington –moderator, Suzie Phelps, Jeff States, Karen States



SPREAD THE LOVE

It’s time to start collecting jars of PEANUT BUTTER for the Interfaith Community Services’ July Peanut Butter Party! It’s good to get an early start – while the shelves are still full AND to take advantage of special sale opportunities too! Bring them to church any time – placing them in bags or boxes under the table in the narthex - ready to build the “PB Tower of Power.” Thanks!

Continued



Hear the good – make that great! - news from this Mission Partner:

The men from the Paul and Silas Homes are growing stronger in Christ, staying sober, completing their parole/probation term. Families are being reunited and relationships are being restored. They are actively involved in Bible Studies. A couple of the men were baptized on Palm Sunday. All the men at the homes are employed. Two of the men are getting ready to transition into their own place.

They have a great Christian community that they are connected with. One of the guys has been with us for 1 year and the other for 11 months. We have a total of 12 men and 4 more coming by June.

One of our immediate needs are mentors/trusted friends for the men. Some of the men are from out of town and have no family near.

We are back to doing chapel services at the Federal Prisons. The pen pal letter writing has been slow. We need to continue to improve and build up that area of ministry

BPM was invited as honored guests by Teen Challenge to their annual sunrise service on Easter Sunday. The sunrise service took place at Catalina State Park. It was a wonderful event...we had a blessed time partnering with Teen Challenge.

BPM was awarded a \$15,000 grant by the Kingdom Investment Foundation. To God be ALL the Glory. God is doing great things within the Ministry. We are grateful and blessed to have Mountain Shadows Presbyterian Church in partnership with BPM.

Thank you for helping us advance the Kingdom of God.

In Christ, Pete and Sandy Quinonez

PS - Want to show these women and men that they are God's beloved? Become a pen pal! Suzie Phelps has been writing to two women for several months now. Talk to her or Suzanne to find out more!

Okay, not quite but our seasonal friends are beginning to head north. And while they may be leaving, the needs of people we serve with our mission partners aren't!

FIRST IS FOR FOOD



1. Can you help on a Sunday afternoon with preparing a meal for folks served by the Cross Streets Community? Signup sheet is on the table in the ramada.

2. Bring food items to church for families served by Tri-Community Food Bank. Also, pet food, period and incontinence products, and laundry supplies are much appreciated.

THIRD IS FOR THREADS – please continue to bring the following:



1. Socks and underwear for all genders are gratefully received at Cross Streets Community.
2. Gently used or new clothing donations (adults and children) will be split between the Casa Alitas Migrant Center and Cross Streets Community.

IN ADDITION: If you'd like to try out making and/or serving breakfast at Cross Streets Community on either Monday or Friday mornings, this is a good time to give that a go! You could also help out in the clothing room and the showers. See Suzanne, Jeff, or Paul for more information.

ANNOUNCEMENTS



Fresh Sanctuary Flowers, Starting Again on May 7th

I forgot to thank everyone for the cards, visits and calls after my fall. It was wonderful to be remembered, and it passed the time. As I said in church, Stevie Cupo did a great job decorating with the palms and white roses, for Palm Sunday. Easter lilies were taken care of by the Magues, Stevie, and Karen Koopmans, who also kept up with the changing of the paraments. Thanks to all who made the sanctuary beautiful for those special days.

Lynn Parker



Mountain Shadows' office hours are:

**Monday through Friday
9:00 am to 1:00 pm.**



The June Oracle will be for both June and July. Submissions for the June/July 2024 Oracle are due Wednesday, May 15th. Email your submissions to mspcoffice@gmail.com.

Please limit your articles to 300 words or fewer.



Interested in Volunteering?

Our ministries are always looking for volunteers. If you are interested in joining one of these ministries contact the Ministry Moderator listed in the attached table. Their numbers and email are listed in the church directory.



Ministry	Moderator
Christian Hospitality	Ginny Durand
Communications	Open
Facilities	Therese Griffin
Finance	Clair Brooks
Security/Preparedness/Health	Co-Moderators Joy Lewis, Therese Griffin
Mission/Outreach	Suzanne Pennington
Personnel	Paul Butler
Shepherding	Karen Thomas
Stewardship	Vic Saraydarin

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
 <p>Mountain Shadows Church's Hours: Monday through Friday 9:00 am to 1:00 pm.</p>			9:00—ESL Class 10:30—PMT Mtg	2:45 Choir Rehearsal 4:15 Grief 101 4:00—ESL Class		
5	6	7	8	9	10	11
10:00 Communion In-person/ Zoom Worship 2: 00 Cross Streets Meal Prep	6:00— OV Jazz Rehearsal		9:00—ESL Class	10:00 Finance/ Stewardship 2:45 Choir Rehearsal 4:15 Grief 101 4:00—ESL Class	10:30 — Mission Team Mtg	
12	13	14	15	16	17	18
10:00 In-person/Zoom Worship	6:00— OV Jazz Rehearsal		9:00—ESL Class 1:00 Session Oracle Articles Due	2:45 Choir Rehearsal 4:15 Grief 101 4:00—ESL Class	12:30 Deacons' Mtg	
19	20	21	22	23	24	25
 <p>10:00 In-person/ Zoom Worship</p>	6:00— OV Jazz Rehearsal		9:00—ESL Class	1:00 Hospitality 4:15 Grief 101		
26	27	28	29	30	31	
10:00 In-person/Zoom Worship				4:15 Grief 101		



3201 E. Mountaineer Dr.
Tucson, AZ 85739
Phone: 520-825-7858
FAX: 520-825-7860
Email: MountainShadowsOffice@gmail.com
Website: www.mountainshadowschurch.org

Centered in Christ, Caring for Community

Mountain Shadows
Presbyterian Church

Office Hours:
Mornings
Monday - Friday
Rev. Rachel M. Srubas, Pastor
(520) 664-6970
Charmaine Plane Dame, Director of Music
Judy Leonard, Office Manager
(520) 825-7858

Mountain Shadows
Presbyterian Church
Centered in Christ, Caring for Community

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.