



Messenger

Volume 52, Number 1

Jan. 3, 2012

H & W Ministry Sponsors Important Presentation

“From Anxiety to Depression: Preventing Suicide in Teens and Young Adults”

Mental illness makes the news through public tragedies like the shootings that tore through our community on January 8, 2011. Privately, the tragedy of depression tears through families every day, often starting as anxiety creeping into the lives of young people, age 16 - 22.

Unidentified, anxiety continues to grow until those we love won't want to get out of bed and won't go to school. Then there is a phone call: I'm late to school and I can't get out of my car. "Can't." So back home they go and back to bed. We can get them help, if we hear the call. "Can't." But if not, the depression sets in and can grow until isolation becomes the norm. If not identified, the outcome can be fatal.

St. Mark's Health and Wholeness Ministry is sponsoring an educational forum, presented by Dottie Poczulp, MSC, NCC, to help members of the northwest Tucson community recognize normal and natural changes. Attendees will learn how to respond to those changes so that healthy development continues rather than spiraling out of control, possibly ending in the horror of suicide.

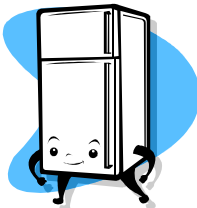
Dottie Poczulp, a Christian Counselor, is a good friend to the United Methodist Church. She worked at First UMC for years, and has been involved in the Emmaus Community. Today she is a PhD student in Counseling Education and Supervision. Very active in social change in Tucson, she currently works at The Center for Life Skills Development. Dottie has been married for 34 years, has two adult children (ages 28 & 26), and a house full of pets. Her clinical focus is dealing with wholeness; what keeps us from being what we want to be? As a Master's student, she dealt heavily with bi-polar, depression and anxiety.

This important event will be held in the St. Mark's Fellowship Hall on **Saturday, January 7, 2012**, from 9am to 11am. It is also free and open to the public, so share this information with anyone who might be interested in the topic. Pre-registration is preferred (but not required) by calling 297-2062. Childcare is available if requested by Thursday, Jan. 5th.

Martha Lundgren

The Kitchen Refrigerator Speaks

Happy New Year, St. Mark's! I'm happy to supply cool storage for your food and beverage items, but as we head into 2012, I thought this might be a good time to remind you of a few rules that make things better for everyone (especially me)!



- Never place UNcovered liquids inside of me. If a pitcher doesn't have a lid, put plastic wrap over the top of ice tea, lemonade, juice or other liquid. My system is designed to remove

moisture from the air, so I'll work non-stop trying to remove uncovered liquids... and the result is, my condenser coils freeze up and I stop working entirely. Please be sure to cover all liquids.

- Label and date anything and everything that is left inside of me. Unlabeled items will be thrown away (after all, no one knows how old they are or who to ask).

(continued on page 3)



St. Mark's Messenger

St. Mark's United
Methodist Church
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Fax: (520) 297-1058

E-MAIL:

info@umcstmarks.org

WEBSITE:

www.umcstmarks.org

SUNDAY WORSHIP:

8:15, 9:45 and
11:15am

WEDNESDAY NIGHTS:

Light supper - 5:45pm
Music/Programs -
6:15-7:15

Senior Pastor:

Rev. Sharon Ragland

Associate Pastor:

Meridith Grandy

Adult Education

Ministries:

Linda Walker

Children/Family

Ministries:

Jane Gordon

Youth Ministries:

Kim Ogle

Caring Ministries:

Chris Bahson

Communications &

Outreach:

Sandi Heilman

Organist:

Sondra Franks

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To discontinue
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version and receive
email notification of
online edition
instead,
please contact
info@umcstmarks.org

**Next Messenger
deadline:**

Jan. 12th

Calendar

Animal Ministry. Just a reminder for those of you who receive this in time... An info-and-discussion gathering will be held in the church library this Thursday, Jan. 5th, at 7:00 p.m. for anyone interested in the idea of creating an Animal Ministry program at St. Mark's. What it would include depends on the interests of those involved, so come share your ideas!

Office Closed. The church office will be closed on Monday, Jan. 16th, in observance of the Martin Luther King, Jr. holiday.

Covenant Council. The first Covenant Council meeting of 2012 will be held at 6:30 p.m. in the Fellowship Hall on Tuesday, Jan. 17th. Agenda items will include updates on the capital campaign and approval of the 2012 budget.

Seminar Presented by YOUR St. Mark's Endowment Committee

"Bullying"

A Major Problem for All Age Groups

Speaker and Moderator: Dr. Sheri Bauman, University of Arizona
Do Not Miss This Opportunity to Learn From a Leader in the Field

Reserve Saturday, March 17 — 9:00-11:00 am

(Sponsored by St. Mark's Endowment Committee and
Desert Southwest UMF)

Dear Church Family ...

Thank you to all who had me in their prayers since my cancer surgery last June. My four-month CAT scan and tests were good. I thank God I'm able to be home with our family in Wisconsin. We hope to fly back to our home and friends in Oro Valley before the end of January 2012. The lovely notes and cards from our Arizona church friends and good neighbors have been a blessing. Thanks to all.

Joanne Katchever

I want to thank you for your generous contribution (\$2000.00) — especially appreciated in this challenging economy. Thanks to caring donors like you, Church World Service can

provide food, water and other necessities (through the Blankets+ Program) to families displaced by natural disasters... In a world wounded in so many ways, I remain hopeful because of the creative, resilient women, men and children we assist around the world, and because of caring people like you, who empower us to act on your behalf. May God bless you for your compassionate support.

Yours in service,

*Rev. John L. McCullough
Exec. Director and CEO
Church World Service*



Worship Watch

“Happy New Year” from the Worship Committee!

We would like to thank all the extra volunteers who helped out during the many Christmas Eve services. We appreciate everyone arriving early, greeting with a friendly handshake, ushering with a smile, serving communion and acolyting admirably. Also, a big heartfelt thank you goes to those who welcomed visitors to the St. Mark's campus from the parking lot entrances. As one of those “bundled up” greeters stated, “We are here to make sure visitors and members are welcomed to St. Mark's.”

It takes all of us to make Christmas Eve a warm experience. From handing out candles to lighting candles, from preparing communion to serving it, from reading the liturgy to singing God's praises, it really does take many hands to make it all happen. And of course, we also thank the St. Mark's staff; it takes the endurance of a marathon runner to make it through all five services and keep luminaries burning... and still have a smile for us at the stroke of midnight.

Thanks to all!

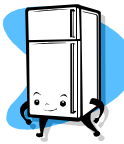
The “Commemorative Poinsettia” donations were a great success. Not only did the poinsettias bring beauty to our sanctuary and Fellowship Hall, but they also raised money for two “missions” here on our own campus. This year a total of \$1175.00 will be split between emergency financial aid for St. Mark's Early Childhood Center full-time attendees and the purchase of portable toddler toys, to be used by both the St. Mark's ECC and the St. Mark's Sunday School program. Thank you for your donations and for supporting these missions right here at St. Mark's.



Worship Watch

Refrigerator Speaks (cont.)

Please don't leave behind leftovers with labels like "Please use" or "For anyone." I am not a home refrigerator. No one opens my doors, just to see what there is to eat — even the staff members don't do that. Leaving leftovers simply means someone will someday have to throw out the slimy, moldy and/or smelly remains.



Also, if you're leaving leftovers for Sunday coffee hosts to use, they won't know it unless you also leave a sticky note on their Welcome Center cupboards. (Any staff member can show you where those are.) Their routine doesn't include looking in the fridge for extra goodies or juice, so they'll never see your note on the items you leave there.

Thanks for everyone's cooperation this year! I look forward to continuing to serve you. Cool!!

The Church Kitchen Refrigerator

Thoughts From YOUR St. Mark's Endowment Committee

Be sure that your estate planning documents are properly prepared. A homemade will “might” work, but unless it is properly written, it might cause unnecessary expenses and delays. Worst of all, it might not accomplish what you want to occur. Writing of your will is a job that requires an attorney's assistance.

MISSIONS MYSTERY



ODBALL COLLECTION: The new Mission Committee program "ODBALL" stands for **OUR DAILY BREAD** for **ALL**. Did you figure it out?

It will be a collection of one specific item, once a month to fulfill an unexpected, immediate and chronic shortfall of a mission funds recipient. An agency in need of continuing donations year round is not eligible. This collection will be for an agency who suddenly finds itself in an unexpected dire need of toothpaste, shoes or bathroom tissue. Look in the future Messengers and bulletins for the announcement of the first ODBALL collection.

Ellen Beene

News for Anyone Interested in Membership

If you've been considering the idea of church membership at St. Mark's, here are two events you'll want to know about.

- **Lunch with the Pastors** — Sunday, Jan. 22nd at 12:30 p.m. in the Fellowship Hall. A lunch will be provided for those who would like to spend some time getting better acquainted with Sharon and Meridith and learning a little more about membership.
- **Exploring Membership** — This four-week class will be facilitated by various members of the staff and will be held on Sundays, Feb. 5 – 26, at 11:00 a.m. in the church conference

room. The sessions will include discussions about Christianity, United Methodism and St. Mark's (both its history and how to find your place here). Those who decide to join the church will be received into membership on Sunday, March 11th.

If you plan to attend one or both of these activities, *please add your name to the sign-up sheet(s)* on the Adult Education board (found in the courtyard on Sundays) or contact the church office (info@umcstmarks.org or 297-2062).

Sandi Heilman

Communications & Outreach Coordinator

It's Clay Time Again!

Starting on Friday evening, January 13, we will be making a sunflower. The next class will be on making a Valentine Holder for a candle. The third class will be on making a windchime. All three classes run consecutively. You can take all three or just one. Each class will cost \$17.00, which includes your clay, glazes and two firings. The classes begin at 6:30 p.m. and end about 8:30 p.m. We meet in Room 6/7 (back by the west patio).

Look for our table in the courtyard between services this Sunday, January 8. Any questions, please contact Jeanne Padgitt.

FACG to Hold Quarterly Meeting

The St. Mark's Fine Arts and Crafts Guild will be holding its quarterly meeting on Saturday, January 14th at 10:00 a.m. in Room 20. We will



be planning for the 2012 Masterpiece Festival. If you are interested in the arts and crafts field, this would certainly be of interest to you. The Guild has been responsible for the art work in the Welcome Center. We offer some classes and are interested in adding some more. This year will start our 7th year, and we have no membership or dues. If you have any questions, please contact Jeanne Padgitt or Ruth Machtley.

UMW Provides Opportunity to Learn About Trypillian Eggs

St Mark's United Methodist Women will meet Tuesday morning, January 10, beginning at 9:30 in the church library. All women of the church are invited. Light refreshments will be available at 9:30, and our program, with speaker Rosie del Turco, will begin about 10:00. She will show and talk to us about Trypillian designs on eggs.

These designs were found on ancient pottery from the Ukraine area, produced by a group of people called Trypillians from 5,000 to 2,500 BC. The designs are in white, black and red. The pottery designs were eventually put on eggs and given as a token of friendship and protection. They also were thought to bring good fortune, health and wealth... and to have curative powers. With the acceptance of Christianity in the world, the symbol of the egg has become a part of our Easter tradition symbolizing the resurrection and the rebirth of man.

Childcare can be available during the meeting, if requested in the church office on or before Friday, January 6. If you have questions or need a ride, please contact Alberta Farnsworth, afarnsworth@aol.com

Kay Hayworth

Mark-a-ritas Plan Colorful January Activity

The Mark-a-ritas are beginning the new year with a project for their creative side! We'll be making hand-dyed, 100% silk scarves. All you'll need for the project will be supplied for the low price of \$6.00/person. Join us in the Fellowship Hall on Monday, Jan. 23rd at 6:30 p.m. Your RSVP is needed to have the appropriate amount of materials available, so please contact Linda Hill (lhill312@comcast.net) if you'll be participating. (The Mark-a-ritas are a fellowship group of women "in that midlife stage," and new participants are always welcome!)



For Our Prayers ...

In the hospital: **Jack Webster** (NW), **Bob Dirksen**, **Richard Rhoads** (UMC), **Shawn Pickart** (St. Joseph's),

Upcoming surgery: **Ray Evans** (1/13), **Martha Atwater** (1/16).

Rehab or care facilities: **Connie Belmar**, **Grace Heyl**, **Frances Wells**.

Under hospice care: **Jim Brademas**, **John Herman** (both at home).

At home: **Marlene Anderson**, **Lillian Carroll**, **Melissa Dulgar**, **Roy Gaskin**, **John Lennarson**, **James McInnis**, **Irene Olson**, **Marge Sogn**, **Jim Stauffacher**, **Thelma Strang**, **Roseanna Wagoner** (in Mesa).

We offer our Christian love and sympathy to:

- ♥ **Bill and Tammy Bearden**, upon the recent death of Bill's sister in Phoenix.
- ♥ **Ron and Beth Patton**, upon the recent death of Ron's father in CA.
- ♥ **Frank and Donna Northrup**, upon the death of Donna's father on Dec. 25th.
- ♥ **Paul and Carla Boettcher**, upon the death of Paul's mother, Sadie Boettcher, on Dec. 31st in CO.

LOVED ONES IN THE MILITARY

Charles Manherz (grandson of Ray and Doris Tyler), serving in Afghanistan.

Jared Hockenbury, PV1st Class (close friend of Zirnheld/Compennolle family), stationed in Afghanistan.

Brian Osborn (pastor in the Desert SW Conference), deployed to Afghanistan.

Ian Hippeard (nephew of Shari Hippeard), serving with the U.S. Army in Afghanistan.

Patrick Emmett (son of Julie Wiens), with the Navy Special Forces, deployed to Africa.

Mallory O'Brien (daughter of Lisa Brobeck and granddaughter of Bob and Marialene Brobeck), deployed to Qatar, assigned to an Army Air Defense unit.

Jeremy Dodson (grandson of Jan and Gil Hooser) serving in the U.S. Navy, Goose Creek, South Carolina.

Geoffrey Shafe (grandson of Jerry and Mary Langemeier), 47th Infantry Regiment, Fort Benning, GA.

Benjamin Fry (grandson of George and Darlene Fry), with the Marines and currently recovering from a knee injury.

Will Chavez (husband of Wayne and Phyllis Stevens' granddaughter), with the Air Force in Korea.

Hank Bautzmann (son of Nancy Bautzmann), deployed to Afghanistan, flying an Apache helicopter.

Staff Sgt. John O'Regan (husband of Ashley Krug O'Regan), with the U.S. Air Force, deployed to Afghanistan.

Staff Sgt. Scott Outlaw (brother of Kim Ryan), with the U.S. Marine Corps, deployed to Afghanistan.

Jeffrey Farrey (grandson of Ray and Doris Tyler), deployed to Afghanistan.

Rachelle Starr (granddaughter of Ray and Doris Tyler), stationed at Ft. Belvoir, VA.



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Reflections...

There are times in all of our lives, and in the life of our church, when we need to take a look at ourselves and our surroundings, and work to build up our foundation so that we can move with strength into God's future. So, two things....

This Sunday we begin an exciting and rich journey through the Bible. On Sundays and Wednesday evenings in 2012, we'll journey through the major themes of both the Old and New Testaments, applying them to our everyday lives. The purpose of this is to shore up our spiritual foundation, strengthening us as followers of Christ. We begin with, of all things, "Beginnings," looking in the next few weeks at how the Bible came to be, and how the early stories of the Old Testament affect our lives today.

We've also been taking a look at the surroundings on our campus, with an eye toward our identified priority of "reaching new people and younger people." We see that our buildings need painting, our parking lot needs attention, the sanctuary roof needs replacing, the Wesley House needs some attention, and more. In the next few weeks, you'll be hearing about our capital campaign, *Shoring Up Our Foundation*, which will address these important needs on our campus... so that we are an appealing, safe and welcoming place.

St. Mark's is a vibrant, spirit-filled place to be in 2012. With even stronger foundations — spiritual and physical — there is no limit to what God will do through us.

*Blessings,
Sharon*

P.S. Thanks to all those who helped to make our Advent and Christmas seasons so inspiring and uplifting. The efforts of musicians, Worship Committee, staff, choirs, numerous volunteers, and youth are much appreciated.