

**We Make
the Road
by Walking**



Quail Notes

March 2020

CELEBRATING GRACE, MAKING DISCIPLES, MAKING A DIFFERENCE



Dear Friends and Members of Desert Hills Lutheran,

The month of March will be centered on the season of Lent. Easter this year is April 12, so we will be observing Lent with Wednesday worship services at 6 pm during March with a soup supper at 5 pm.

This is an experiment from past years, in that we are holding the service an hour earlier. Like last year, Pastor Dennis Nelson will be our leader for worship. During Lent it is often a good idea to either add something to grow in faith or take away something to grow in faith. Some people like to give up a food or drink for Lent. Others like to add something like Bible reading or extra prayer time. Think and pray about it.

March 5, our staff will attend a retreat. March 12, our choirs will provide a Spring Concert at 3:30 pm. On Saturday, March 14, we will hold a Blessing of the Bikes (riders). We start at 10:30 am. Lunch is at 11 and a Blessing of Riders and Riding at 11:45 am. There will be food and music provided by Amber Norgaard, so bring your two or three wheeled bikes down.

This past February 17, was my anniversary of starting work at Desert Hills Lutheran. It was 2003 when I started, so I'm now in my 18th year here. March 18, I will celebrate my 41st year of ordination. I was startled to see that almost half of my entire ministry (44%) has been here at Desert Hills Lutheran. What an amazing gift I was given to be connected with you all these years. If I hang around long enough I could hit 50% of my time of ministry with one congregation, Desert Hills Lutheran. It is not a promise but fun to think about. Blessings, Pastor Martin

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Wednesday Lenten Worship Service Themes, Dates, and Times

Lenten Theme:

We Make the Road by Walking

March 4: Walking with the Life-Giver

March 11: Walking in Holy Ordinariness

March 18: Walking with God-Given Hope

March 25: Walking with the Broken

April 1: Walking for God's Justice

Soup Supper 5 pm

Sing Along 5:45 pm

Worship Service 6 pm



Desert Hills Lutheran Church Council

<i>John Martin</i>	<i>Jane Brunckhorst</i>	<i>Judy Gunson</i>	<i>Nancy Borstad</i>	<i>Martin Overson</i>
President	Vice President	Treasurer	Secretary	Pastor

*2nd row left to right
Rob Bonnema, Mark Catlin, Kent Dexter, Carolyn Hill, Barb Southard*

The Council Minutes from February 18, 2020

The Council met on Tuesday, February 18 and received reports from Pastor Martin, President John Martin and Treasurer Judy Gunson. Several items were discussed, including a request from the Social Concerns Committee and a reallocation of funds with the Estate Sale group. It was decided the Council meeting date will now be the fourth Tuesday of each month. A Council retreat is scheduled for February 27th. The next meeting date is Tuesday, March 24.

Numerous people have asked if they could have a copy of the words to Bishop Chilstom’s song “Free to Serve.”

Untie my feet that they may go to places where your love can flow.
 Untie my hands that they may do the deed that leads the wanderer through.
 Untie my tongue that it may sing the praises of my Savior King.
 Untie my heart, its bands break loose. Let all my life be for thy use.

Untie me, Lord. Untie me, Lord.
 My feet, my hands, my tongue, my heart, oh Lord.

Untie my feet that they may go to places where your love can flow.
 Untie my hands that they may do the deed that leads the wanderer through.
 Untie my tongue that it may sing the praises of my Savior King.
 Untie my heart, its bands break loose. Let all my life be for thy use.

Untie me, Lord. Untie me, Lord.
 Free to serve. Free to serve. Amen

Desert Hills Lutheran Church
 2150 S. Camino del Sol
 Green Valley, AZ 85622-8352
 520-648-1633 | www.dhlc.org

Worship Times

Saturday — 3 & 5 pm
 Sunday — 8, 9:30 & 11 am
 Nursery care available for infants to age 5 at the following services:
 Saturday at 3 pm & 5 pm;
 Sunday at 9:30 am & 11 am.

Holy Communion is celebrated
 the 1st & 3rd weekends of each month
 at all services.

Holy Communion & Healing Service
 2nd & 4th weekends of each month,
 Saturday at 4:15 pm & Sunday at 10:30
 am in the Chapel

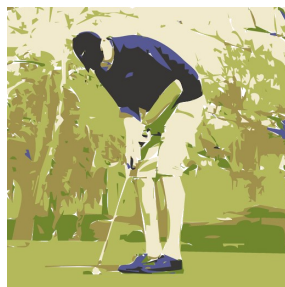
Office Hours

Monday-Friday — 8:30 am to 4 pm

Pastoral Staff

Rev. Dr. Martin Overson, *Senior Pastor*
 Rev. Ken Nyhusmoen, *Associate Pastor*

Quail Notes newsletter is published monthly. Email articles for the April issue by March 15th to quailnotes@dhlc.org.



(Providing Scholarships for ELCA Seminarians)

Monday, March 30

Registration: 9-11 am
 (Sign in, Warm up, Purchase lunch!)
 Shotgun Start: 11:30 am
 Social Hour: 4 pm
 Dinner & Brief Program: 5 pm

Oro Valley Country Club
 300 West Greenock Drive
 Oro Valley, Arizona 85737

Participate as
 Golfer, Sponsor or Donor—
 all the above!

**Registration Forms are available
 at the front desk.**

Questions? Please contact:
 Bruce Rianda, Planning Team Chair
 520 977-5611
bruce.rianda@gmail.com



Santo Domingo,
Dominican Republic

Project description:

Volunteers will be working alongside a Dominican family building a safe, affordable home.

May 2-May 10



Notification from Habitat for Humanity that all Global Village trips have been suspended due to the coronavirus. Habitat's priority is the safety and well-being of the volunteers and for the vulnerable populations that we visit.

CANCELLED



Critical home improvement
Improve existing shelters to make them
safe, decent places to live.



Tables for Eight Important Announcement

In mid-March, we will begin registrations for the 2020-21 session of Tables for Eight. All members and regular visitors are invited to participate. Registrations can be completed either on-line or with paper forms. Even if you are participating in the current Tables for Eight session, we request that you register for the new, upcoming session. Check for more information on the Tables for Eight web page under the "Ministries" tab at DHL.org.



What Fun!
Celebrating
with our 45
ninety plus
year olds. A
luncheon
prepared by
Chef Joe was
enjoyed by all
along with
conversation
among the
attendees.

Abiding in God's Eternal Care

Gary Johannesson

February 5, 2020

Shirley Goebel

February 5, 2020

Robert Schmidt

February 24, 2020



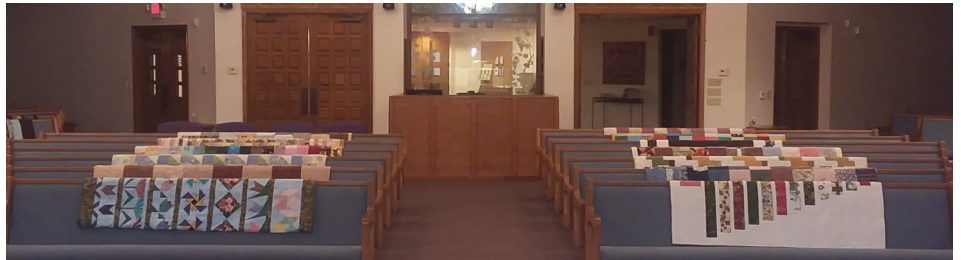
BUZZINGS FROM THE BEE AND BOUTIQUE BANTER

Wow, it's almost spring. We are enjoying spending time with the help of our "winter" friends and getting lots of work done. We have been on our winter schedule since January, and it has been working well having two sessions. We meet each Wednesday morning from 9-11:30 am and afternoon from 12:30-3 pm until the end of March, with a break from 11:30-12:30 for a light lunch and discussion for members and guests. You may join either or both sessions and enjoy the fellowship and refreshments after or before the time that you attend. You do not have to know how to sew to be a part of this mission.

Visitors are always welcome. We'd love to show you what we do. Just drop in during our scheduled times. You'll find us in the library.

Any questions, please contact Mary Johnson at 520 207-8408 or tomaryj@gmail.com.

Our "Quilts on the Pews" event took place on Saturday and Sunday, February 22nd and 23rd. It was a success. We sold 34 quilts!! Money raised from this event will all go to charity. .



Thank you to the 100 church volunteers who helped with Bishop Chilstrom's memorial service. The leadership among the many committees and the teamwork of all individuals working toward achieving our common goal to do our best, provided a wonderful service for the family, bishops and clergy and the attendees.

Your effort was greatly appreciated by the Chilstrom Family. Thank you, Pastor Ken Nyhusmoen and Jan Howard

Thank You

Scandinavian Fellowship March 10, Potluck Dinner at 5 pm

Please bring something to share that serves 8 to 10 plus your own service plates and utensils. Program: The Strolling Valley Players will present *Signals* and *It's your Move*.



Join the Singles Fellowship for a tour and glassblowing demonstration at the Sonoran Glass School in Tucson on Friday, March 20.

The docent-led tour takes us through the gallery, the Flame Shop, the Warm Shop, and the Hot Shop (studios that focus on torchworking, kiln-firing, and glassblowing), and the Sculpture Garden. We'll see tools utilized in each studio and examples of the kind of glass art pieces produced in these shops. At the end, we'll be treated to a glassblowing demonstration - typically a vase or a sculpture. The facilities are accessible and there is free parking on site and nearby. There will be time to visit the gift shop at the end.



The cost is \$12 per person, payable at the studio upon arrival. The tour begins at 9:50 and lasts two hours. We need a minimum of 10 people and a maximum of 20, so sign up early to save your space.

After the tour we will share lunch, ordering from the menu at the Barrio Brewery nearby at 12:30 pm.

We'll meet at the church at 8:50 am and carpool to the Glass School. Please be prepared to pay the driver for gas. The suggested donation is \$3 per rider if three riders join the driver, more if there are fewer than four total in the car. Wear close-toed shoes and be prepared to walk a bit between the studios.

BLESSING OF THE BIKES AND BIKERS (Trikes Too!)

All are invited for food, fun, music and blessings! Saturday, March 14, 2020

Music will be provided by Amber Norgaard

10:30 am: Bikes and Trikes on Display,

11 am: Lunch (\$5 suggested donation) Shade & Seating Provided

11:45 am: Blessing of Bikes & Bikers

3 pm: Country Gospel Worship Service (optional)

Bikers, bike lovers, music lovers, friends ... all are welcome!



Social Concerns Final Count for Soap, Shampoo & TP Drive

Item	Total	\$\$ Value
TP	1,020	\$1,020.00
Bar Soap	334	\$187.00
Liquid Soap	49	\$196.00
Shampoo	54	\$324.00
Toothpaste	34	\$102.00
Toothbrushes	21	\$31.50
Paper Towels	20	\$40.00
Tissue	20	\$25.00
Bubble Bath	6	\$30.00
Conditioner	6	\$30.00
Deodorant	6	\$30.00
Total		\$2015.50



A Big Thank You for Making a Difference!



March 1 and 15, the Widows' Fellowship will meet in the DHLC library at 2 pm. All widows are welcome to join us as we discuss this season of life called widowhood.

In February we bid a fond farewell to one of our long-term fellowship members -- Dorothy Orvosh. Dorothy is moving from sunny Green Valley to a much colder climate, but where family is nearby. She has been a blessing to us and we send her off on her new life adventure with our love and blessings! Her move has provided us much conversation about the various decisions that we widows face. Come, join in on the conversation. **Questions or comments** -- call Debi Shippy at 405-7005, or come and see.

Prayer Shawl Ministry

Prayer shawl will meet Tuesday, March 17 at 1 pm in the library. Anyone who knits or crochets is welcome to share their talent and enjoy the fellowship.



MEN'S MINISTRY AT DHLC

BOOKMEN The Bookmen meet Wednesdays weekly at 7:45 am. The location of the meeting is Manuel's Restaurant for breakfast, fellowship, and lively book discussion. All men are invited to join the group. Beginning March 4, we will begin reading *With Their Own Blood*, by Virginia Roberts

HANDY MAN SERVICES is here to provide help to members and frequent visitors of Desert Hills Lutheran Church. If you would like to request services, please contact Ruben Heeszal, 520 903-7188.



MEN'S FELLOWSHIP

BREAKFAST

This group meets the 4th Thursday of the month.

The speaker for our meeting on March 26 will be Chuck Wunder Chief of the Green Valley Fire District.



MEN'S HEALTH GROUP meets Monday, March 16 at 8 am. Our speaker: Dr. Jimenez, United Community Health Care.

MEN'S COFFEE

This group meets weekly on Monday at 8 am, except for the third Monday which is at 7:30 due to Men's Health Group meeting. Come join us for coffee and conversation



MEN'S PHOTOGRAPHY Each month the group selects a Bible-based theme, bringing photographs that fit the theme to share with the group. Often the group will discuss photography related topics. Those having an interest in photography are welcome to attend, enjoy the show and participate in the conversation. At our March meeting, the theme will be "Beautiful Containers." Our meeting date has changed to Monday, March 9, at 1:30 pm in the Patio Room. Please bring up to 10 photos for viewing and comments or just attend and join in the conversation.

MEN'S BIBLE STUDY THURSDAYS @ 1 PM continues in the Gospel of John. All men are welcome.



NOTES

Incorporating spiritual values into health education

The Parish Nurse is in on Tuesdays & Thursdays 9am to 2pm

648-1633 Ext 37 | parishnurse@dhlc.org

March is National Kidney Month. Each bean-shaped kidney is 4 to 5 inches long, and the major function is to remove waste products and excess fluids from the body in the form of urine. The kidneys also regulate your body's salt, potassium and acid content and produce a variety of hormones that help in the production of red blood cells, regulate blood pressure and help your body process calcium.

When the kidneys become damaged, or if you have high blood pressure or diabetes you are at risk for kidney disease. To keep risk at a minimum, follow your doctor's advice for blood pressure and diabetes control. When the kidney's are seriously damaged, waste material and excess fluid may build up in the body. Loss of kidney function can be fatal. This year's focus is the link between high blood pressure and kidney disease. If you have high blood pressure, you're at risk for chronic kidney disease, a serious condition that can lead to stroke, heart attack, kidney failure, and death. The good news is that you can help protect your kidneys by managing high blood pressure with these 6 healthy lifestyle habits.

- 1) Take medications as prescribed. Your doctor may prescribe blood pressure-lowering medications that are effective in slowing the development of kidney disease.
- 2) Aim for a healthy weight. If you are overweight or obese, losing just 3 to 5 percent of your weight can improve blood pressure readings.
- 3) Select healthier food and beverage options. Focus on fruits and vegetables, lean meat, whole grains, and other heart-healthy foods.
- 4) Try to quit smoking. If you smoke, take steps to quit.
- 5) Get enough sleep. Aim for 7 to 8 hours of sleep per night.
- 6) Manage stress and make physical activity part of your routine. Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.



Resources: Kidney.org - National Kidney Month

Anna Tometczak, RN - ParishNurse



The DHLC German Heritage Group will celebrate its March potluck on Monday, March 23, beginning at 5 pm. Please bring a dish for 6-8 people and your own dishes and silverware. The program will be about "German Foods" and will be presented by Beth Brusius and Lynne Beykirch. Please come --All are welcome.

German Heritage Group



Special Music for March

March 1	March 8	March 15	March 22	March 29
Chancel Choir Celebration Singers	Voices of Miriam Celebration Singers	Chancel Choir Celebration Singers	Chancel Choir Men's chorus	Chancel Choir Celebration Singers

CORNER

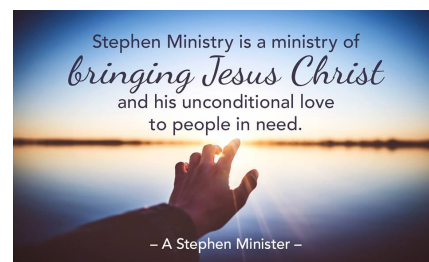
FOUNDATION



The new Foundation board met after the annual meeting to elect new officers and welcome our newest members. Officers of our new Board of Directors' are Ed Bonderson, President; Robert Blachly, Vice President; Judy Gunson, Council Representative; Dave Carver, Treasurer and Finance Committee Representative; Geri Beal, Secretary. The two newest members are Jon Fogg and Steve Miller.

The Desert Hills Lutheran Church Foundation, a 501(c)(3) organization, was established in 2004. The intent of the corporation is to distribute the net income annually on a one-year lagging basis. The distributions of the corporation may be designated, but not limited, to the following purposes: local missions, outreach, evangelism, scholarships, ministry to youth, ministry to the aged, promotion of worship services, provide for growth, and support to the pastoral team.

Stephen Ministers can help! Social isolation and loneliness pose health risks in older people. Human beings are social creatures. Our connection to others enables us to survive and thrive. Yet, as we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness-and related health problems such as cognitive decline, depression, and heart disease. If you are experiencing loneliness or other struggles in your life journey, please consider having a Stephen Minister to listen and provide confidential one-to-one Christian care. Contact Nancy Borstad rborad@yahoo.com 520 648-3320 or Dick Hill dickhill44@gmail.com or 520 499-2491.



Please remember all of our missionaries in prayer!
 Kristen Engstrom in Senegal, Crawford/Martinez family in Australia
 Mkabela family in Madagascar, Langdji family in Cameroon
 Meghan Brown-Saavedra and family in Mexico
 Ann Emilie Tjorhom our YAGM in Argentina

Don't forget to support our Fair Trade Sales on the second and fourth Weekends. Chocolate Makes a Difference! Finally, thank you for making Global Mission Weekend a success. Thanks to the generosity of our congregation, \$6,550 was donated to assist global mission All gifts will benefit our five missionaries, and help support our YAGM.

Upcoming Health & Wellness Events:

- **Red Cross Blood Drive** in the Fellowship Hall, Tuesday, March 10, 8:30 am-1:30 pm. To schedule your appointment or for more information, contact Parish Nurse, Anna Tometczak, RN at 648-1633 ext. 37 or log on to redcrossblood.org and enter sponsor code: Deserthills.
- **CaptionCall**, Thursday, March 19, 11 am-12:30 pm in Room 102, Hearing Impaired? Come hear about a phone designed to help people with hearing loss use the phone to stay connected with loved ones and conduct important business of life with complete confidence.
- **Valley Fever Seminar**, Thursday, April 23, from 11 am-12:30 pm in the Fellowship Hall.



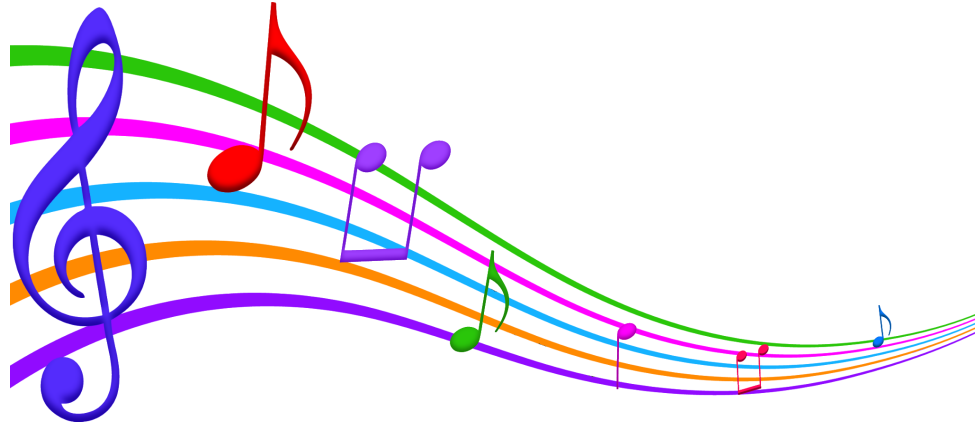
Monday, March 2: Bible Study in the Fellowship Hall will be from 9 am to 10:30 am. Bring your Bible and the March Gather Magazine. Discussion will be on session 3 "Called to Serve." written by Rev. Dr. Kit Kleinhans, Dean of Trinity Seminary. Jesus is clear that one of the central ways we respond to God's call is by serving others. When we serve others, we are recognizing Christ present in their need. When we serve others, they see Christ visible in our loving service. This session engages scriptural texts that help us focus on the questions, "Who is my neighbor, and what does my neighbor need?" Coffee and conversation begin at 9 am with biblical discussion at 9:30.

Monday, March 2: Women's Team Meeting will be held at 11 am. All women are invited to attend this team building meeting to discuss leadership, future programs, charity donations and church wide updates.

Monday, March 9: Women's Luncheon will be from 11:30 am to 1 pm in the Fellowship Hall. The meal will be Soup, Cornbread, and Dessert. (Please use the sign up sheets in Fellowship Hall)
 The speaker will be Berkley Hope Harris sharing her year as a YAGM in Senegal. She was a UofA student and Women's Ministries helped support her year as a YAGM. Tickets are \$5 and sold at the Bible Study and the front desk. Purchase tickets by Wednesday, March 4.

Sunrise/Santa Cruz Annual Spring Gathering, "The Greatest is Love," is Saturday, March 7, 2020, at Sierra Evangelical Lutheran Church, 1010 N. Lenzner Ave., Sierra Vista, Arizona with Father Greg Adolf as the Keynote Speaker. Register for \$10 online at www.grandcanyonwomen.org/events/ The outreach project is the Good Neighbor Alliance, a homeless shelter in Sierra Vista for men, women and families. We are donating \$250 to the shelter. Attendees from DHLC are responsible for providing breakfast treats and bringing a raffle basket.





Spring Concert

Thursday, March 12, 2020

Just one performance at 3:30 pm

**Featuring 4 DHLC Vocal Choirs, Organ, and Piano
&
DHLC Handbell Choir playing music from *Les Misérables***

Free Will Offering

Green Valley Flute Choir will entertain before the concert.