

That's The Spirit!

Rev. Greg Hartman,
Pastor

New Spirit Lutheran Church
*Our faith is in Jesus.
Our hope is in grace.
Our strength is in love.*

February 2023

Saints of New Spirit Lutheran Church,

January has come and gone, and I feel like we just celebrated Christmas yesterday. As you know we have had a busy January with the launching of a new ministry, our annual meeting, continued planning for a more vibrant presence, and so much more. It is during times like this, I must remind myself to slow down and make sure I am taking care of myself. Often, I find myself getting caught up in the excitement of change and growth to the extent that even on my sabbath and day off my mind is thinking about what is coming next. This is not good stewardship of my mind, body, or spirit. I am a firm believer that we were not made to work nonstop either mentally or physically. Our bodies, our minds, our spirit need time to rest and recover. We need regular breaks to recharge, but it is hard when our society often praises those that are constantly "grinding" and working every waking moment. We all know what eventually happens, something ends up breaking. It could be relationships, physical health, or mental health that end up paying the ultimate price for this nonstop work mindset.

When God created creation, God rested after that initial act of creation. We need to rest too. We need to find those activities that are life giving instead of life draining. Throughout scripture we see the people of faith taking time away or resting. Jesus goes into the wilderness or up a mountain. Elijah takes a nap when he is upset and angry. Paul repeatedly talks about rest in his letters, like in Hebrews 4:9-10. Leviticus even talks about the importance of rest for animals and the land. We have been designed to take rest and yet how often do we really take the time to fully rest? To rest our minds, our souls, our spirits, our whole selves?

When we talk about stewardship, we must talk about stewardship of ourselves. This of course means taking our medications, being physically active, etc., and it also means resting, taking naps, sitting outside, and doing nothing except enjoying the beauty of creation and so on. If you are like me, sitting and watching TV is often how the evening is spent but I ask you (just as I ask myself) is that restful? The truth is even when we are watching TV, we may find ourselves being inundated with consumerism and we start to think about what we don't have or what we want. Which leads us back to thinking about how we can make more money, or how we can't make more money, and the cycle of worry, work, etc., continues. Or maybe we turn the TV to have the news on "in the background" and we all know how watching the news makes us feel both mentally and emotionally. Those things do not lead to rest.

So, I ask you, where have you found rest? What have you done to be a good steward of your mental, emotional, and physical health? If the answer is "I don't know" or "nothing", I invite you to join me in being intentional about rest this coming month. Declutter your schedule. Take some time to fully rest.

In God's peace,

Pastor Hartman

Take time
for
yourself

Introducing your 2023 New Spirit Council.....

Pastor Hartman
President: Jenny Kwapich
Vice – President: Shelley Colwell
Treasurer: Lorrie Firth and Cathy Cermak
Secretary: Nancy Cunningham
Members At Large: Deloris Hanneman
Joyce Dow
Jeremy Kwapich
John Lukecart
Phillip Pierce



Please join us in welcoming these individuals as well as praying for them throughout the year as they volunteer their time and gifts to New Spirit and all who enter here.



“Special” Lenten worship services schedule

Ash Wednesday: 7:00 am Ashes to go - Pastor Hartman will be in the parking lot off Old Spanish Trail to impose ashes to those that come through. 6:00 pm Traditional Ash Wednesday worship service with the imposition of ashes and communion.

During the weeks of Lent on Tuesdays at 5:00 pm and Thursdays at 12:00 pm (noon) the sanctuary will be opened (1 hour) for a time of prayer and reflection. No formal service will take place but resources for prayer and reflection will be available.



Holy Week Schedule –

Holy Week is April 2-April 9.

April 2 - Palm Sunday

April 6 - Maundy Thursday, 6:00pm Dinner, Church worship. (Congregation members are being asked to bring side dishes and desserts.)

April 7 - Good Friday, our evening service at 6:00pm, Tenebrae worship service

April 9 - Easter Sunday, Worship service at 10:00 am.



Ellie Thompson passed away January 30th. Ellie suffered a stroke. She had been moved from St. Joseph's hospital to The Center. Ellie's family was with her at the time of her passing. A memorial service will be held sometime in April.

Sandra Johnsen passed away January 21st. Sandy had emergency surgery and was not able to recover from that. No information regarding a memorial service has been decided at this time.



Endowment Board:

Brenda Feller
Cathy Cermak
Carol DeBis-Harrell
Craig Geiger
Jenny Kwapich
Pastor Hartman

Nominating Committee for 2023:

Barb Verthein
Marty Mosthaff
Brigitte Stuetze
Renee Geiger
Brenda Feller

Audit Committee for 2023:

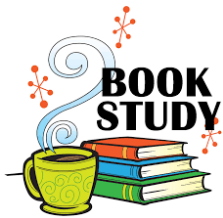
TBD by Church Council

HUGE THANKS to the following members for everything they did over the years for New Spirit while serving on council.

Robin Hughes
Marty Mosthaff
Barb Verthein



Pastor's Book Study Book Review



In January Pastor's Book Study began, and as part of the book study a brief book review will be written about the previous month's book. In January, we read Christian Minimalism by Rev. Dr. Becca Erlich. Throughout the book, Becca talks about how minimalism goes beyond simply decluttering our stuff. Christian Minimalism is an approach to life that clears out the unnecessary things and attachments to devote more time and resources to those things that matter the most. When practicing Christian Minimalism, we must examine our relationship with consumerism, busyness, and material goods. For anyone looking to simplify life, detach from the cycle of consumerism, or be challenged to live more in to Jesus's calling related to our material goods, this book is an excellent starting point.

REVITALIZATION!!!

Upon further evaluation, it has been determined that the wooden playground on our property is still quite solid structurally, but in desperate need of a face lift. We are planning a REVITALIZATION workday to do just that!



When: Saturday, March 4, 2023, at 8:00 AM

If you are interested in helping in this effort, please let Nancy in the office know and/or Jenny or Jeremy Kwapich.

January & February Birthday & Anniversary Celebrations

1/7 Jeremy & Jenny Kwapich
(Anniversary)

1/15 Phyllis Wagner

1/17 Brigitte Stuetze

1/20 Karen Colwell



2/10 Ken & Sharon Dobbs
(Anniversary)

2/18 Brenda Feller

2/20 Sarah Drath

2/24 Sandra Colwell

2/25 Sandy Cooper
Jeremy Kwapich

Women's Ministry Group Minutes for January 2023

Women's Ministry Group (WELCA Bible Study Group) met at 1:30 on January 11, 2023, at the church.

Our Bible Study was Session One of Reviewing the Ten Commandments. We discussed the first five commandments. We each shared our memories of how our families keep the sabbath.

We will be assembling Easter cards at our meeting in March.

The church library shelves need straightening up; volunteers will get together and pick a time for this project.

A special thank you to Sandra Colwell for doing such a wonderful job of keeping up our bulletin board in the church.

Dates to Remember: Kino Conference to be held at Desert Hills of Green Valley March 18, 2023. The theme is "You've Got the Power, Women of Hope, Courage and Strength". The focus will be on five women of the Bible and their modern-day counterparts. Our group will lead devotions based on Psalms 31:24.

The week of September 18, 2023 – Triennial in Phoenix.

Our next meeting will be held on February 8, 2023, at 1:30, at the church.

Following is our Women's Ministry Prayer for the ministry and congregation of New Spirit Lutheran Church for 2023 written by Sandy Cooper:

Jesus, we pray we continue to open our arms to people that are in need of food, shelter and companionship. We pray we open our hearts to anyone that enters our church doors. We pray that we continue to grow in the friendships that we have and begin new ones when given the chance. We all pray for those that are shut in their homes, ill, lonely, sad and alone. We pray and ask of you to keep us healthy, happy and to be of good service to you and others. Amen from us to All.



Linda Lamb – Secretary

New Spirit Tax Site

After 15 yrs of hosting the AARP Tax service, regrettably the tax site will not be held at our location for the coming tax season. Assistance will be by appointment only. Look on the internet to find a site near you and book an appointment at one of the listed locations. Go to <http://aztax-aide.org/>, then click on Tax Preparation Locations. Tax sites will be open February 1, 2023 - April 18, 2023.



Information for setting up an appointment is also available in Tax-Aide packets available at Wilmot, Martha Cooper, Columbus, Mission, Valencia and Golf Links libraries as well as the available tax sites during their hours of operation.

John Lukeart



BLESSINGS IN A BACKPACK

Who will feed the kids this weekend?

With enough food to eat, kids have the energy to do better in school, enjoy their friends, and are absent less.

Our count is now 325 from Erickson, Ford, Steele, and Henry Elementary Schools, providing snack packs to take home on the weekend. The snack packs can include 2 breakfast (cereal, oatmeal, grits), 1-2 protein (tuna, sausage, beef stick), 1 noodle (ramen, macaroni 'n' cheese, can of ravioli), 2 dessert (pudding, fruit gummies, yogurt treats, rice krispie treats), hot cocoa mix, and chips/pretzels.

We provide weekend snacks for almost 40% of the students at one of our schools. As you can see, the need is great. We give thanks for our member contributions, the Endowment Board for their continued financial support, and a special thanks to Cathy Cermak, for always finding us grant monies, in addition to keeping our pantry stocked for packing (along with hubby, Ron!).

For regular contributions, please make your tax deductible check to Blessings in a Backpack. You can drop it in the offering plate, drop it off at the church office, or drop it directly in the mail to BIB Lockbox, PO Box 950291, Louisville, KY 40295. **Remember to put Steele Elementary on the memo line.**

A very special thanks this month to Sarah Elmquist, who contributed \$500 through Thrivent! Our team members are hard at work to keep up with the added students each week. Learn more about what we do and how you can help. **We need volunteers to help with fund raising, planning, purchasing, packing, delivery, and gardening.**

Packing is done on Tuesdays from 8:00 to 9:30 AM. Deliveries are done in the mornings after packing (if you want to help deliver, you can pick the day you are available). Contact Laurie Bernard at lbernard2008@hotmail.com with questions.

THANK YOU FOR YOUR GENEROUS SUPPORT OF THIS MINISTRY



HOMELESS BLESSINGS

JOIN US THE 2ND SATURDAY OF EVERY MONTH
OCTOBER THRU APRIL 1PM TO 3PM

SOME PETS ARE HOMELESS TOO
WE NOW COLLECT OLD TOWELS AND BEDDING FOR
THE PIMA ANIMAL CARE CENTER

In addition to our monthly Saturday events, we hand out bags that include food, gloves, hat, socks and a few hygiene products to clients on the street. In January, Phil Pierce and I (with the help of my sister, Kari, and Marty Mosthaff) visited 2 camps near Cardinal/Valencia and handed out 3 tents; 10 backpacks with hygiene, gloves, hat, socks, tarp; 10 food bags; 10 sleeping bags; blankets; shoes; coats; towels; and warm clothes. Special thanks to Joy Wolfe for her contribution of blankets!

Phil and I also participated in the annual Point in Time count to help the County identify how many homeless clients are in Tucson and Pima County.

We are starting to see some new faces and familiar ones coming back as the word gets out. The Office of the Police Examiner and Old Pueblo Community Services regularly attend to help any clients needing housing, intervention, or other help. ***Our next event is February 11th.***

Cold nights are upon us. If you have clothing, shoes, socks, or blankets/sleeping bags, we sure would like you to drop them off at the church. We are always in need of shoes.

IF YOU ARE A THRIVENT FINANCIAL MEMBER, PLEASE CONSIDER SPONSORING AN ACTION TEAM FOR HOMELESS BLESSINGS. WE WILL RECEIVE \$250 TO HELP TOWARDS THIS MINISTRY.

If you'd like to help our ministry with a cash donation, please make your tax deductible check to New Spirit Lutheran Church with the notation for Homeless Blessings in the memo. You can drop it in the offering plate, drop it off at the church office, or mail it to NSLC, 8701 E. Old Spanish Trail, Tucson, AZ 85710.

THANK YOU FOR SUPPORTING THIS MISSION

Want to help? Contact NSLC Office or Laurie Bernard at lbernard2008@hotmail.com

Project 24

Every year over 4 million babies die in the first four weeks after birth. More than 50% of those deaths occur in the first 24 hours. Hence the name Project 24.

Even in hot climates like Africa or Middle East newborns lose a tremendous amount of life sustaining body heat through their heads.

In 2008, 118 baby hats made by women in Tucson were sent overseas to Ghana, West Africa and Project 24 was born. They can be knitted, crocheted or sewn.

Currently, at NSLC, we have Carol Lukecart crocheting hats. I had the good fortune to bring 300 hats to Tanque Verde Lutheran Church where they are then forwarded to wherever needed. Should you be interested to participate in this project you may contact me, Brigitte.

Thank you Carol!

Brigitte Stuetze



JOIN OUR

BIBLE

STUDY



BIBLE STUDY Starting Wednesday, February 22, a weekly Bible study will be held in the library at New Spirit at 10:00. We will be utilizing some of the Book of Faith materials that were created along side the Lutheran Study Bible.

Shout-Outs

SHOUT OUT - To all the volunteers who help make Blessings in a Backpack and Homeless Blessings successful.

SHOUT OUT - To the volunteers who participate in the Praise band every Sunday.



New Spirit Lutheran Church

8701 E. Old Spanish Trail
Tucson, AZ 85710

Please submit words of thanks and praise to Nancy at nancy@newspiritlutherantucson.org to be placed in the newsletter by the 15th of each month. Thank you!

Sundays: 10:00 am Worship You can currently watch each week's message on YouTube.	<i>How to contact us:</i> New Spirit Lutheran Church 8701 E. Old Spanish Trail Tucson, AZ 85710 Phone: (520) 296-2461 E-Mail: NewSpiritLutheranTucson@yahoo.com Website: newspiritlutherantucson.org
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