

Upcoming Painted Hills Events

[Click here for detailed Church Calendar](#)



This is the season of the church year leading to the crucifixion and resurrection of Jesus. Lent is a chance for us to grow more deeply into God's grace. It is a time for us to do something (give something up or add a spiritual practice) to increase our focus on God.

We will be offering several opportunities at Church of the Painted Hills:



The Way of the Cross



Every Friday during Lent from 2:00 pm until 7:30 pm Church of the Painted Hills will be open to everyone wishing to walk The Way of the Cross. The Way of the Cross is a miniature pilgrimage where we can follow Jesus' footsteps to Calvary, using prints of the paintings by Ted DeGrazia for the St. Thomas More Chapel at the University of Arizona. Bulletins with DeGrazia's comments on each of the prints will be available for you to read. After following the Way of the Cross you are invited to take time for prayer and reflection.

So we are sure the church will not be left unattended, we will have a sign-up sheet for each of the Fridays in Lent. If you are able to sign-up for an hour, or share a one-hour shift with someone please do so.

PRAYER OF INTERCESSION FOR LENT

We pray today for all who are walking a hard journey:
for those whose daily paths encounter barbed wire and guns;
for those who did not want to leave home but were forced to;
for those who set out today in search of food and water;
for those whose journey is shattered by economic hardship;
for those whose journey is marred by pain or despair;
and for those who faithfully journey alongside them;
for those who are making a move and beginning again;
for those who are clinging on to something that has ended;
for those who are being bullied, and for those who are bullying;
for those who have just taken their first breath, and
for those who today will take their last.

May this Lenten journey, with its stories
About the hard places of Jesus' experience,
Give strength and courage to all
Whose journey is far from easy.
And may it inspire us to risk Christ's Way of love
As we share this journey with other travelers.
We make this prayer in his name. Amen

Written by Amy Siddall and posted on the Stillpoint
Spirituality
Centre website. <https://stillpointsa.org.au/>

LOOKING AHEAD

Friday, April 12

- Mexican Fiesta 5:00-7:00pm

Saturday, April 13th

- Speedway Clean Team @7:30am

Tuesday, April 16th

- Casa Maria Sandwich Making @8:30am



Faith Community Communiqué

ICS APRIL FOOD BANK ITEM of the MONTH

Peanut Butter 14-6oz Jars

Since 1985 Interfaith Community Services has been creating connections between faith communities and volunteers to serve seniors, disabled persons and individuals in financial crisis.

The ICS Food Bank on Ina is open on Tuesday evenings from 5-7pm, along with regular operating hours during the week from 9am-1pm Monday-Saturday. The Eastside ICS Food Bank is open from 10am-1pm Tuesdays, Wednesdays and Thursdays and the 1st and 3rd Saturdays of the month. Could you hold a food drive for the ICS Food Banks? Your donation makes a difference for people in need. Demand remains high at the ICS Food Bank and we always need food donations to keep our shelves stocked. For help setting up a food drive

CPH SPEEDWAY CLEAN TEAM

Saturday morning was cool with clouds in the sky,
The road along Speedway was becoming a pig sty.
So Dan, Carol, Carol, Marlys, Sally, Paula, and Lynn,
Donned their gear and went at it again.
We picked up the bottles, bags, cups, and all trash,
Disposed of it properly and hope it will last.
The bufflegrass was removed by a different team,
We reported it earlier and now Speedway is clean.
Our efforts pay off at least for awhile,
You can help us next month to clean up our mile.
We'll meet 7:30 a.m. on April 13,
We'd love to have you as part of our team.

COMMUNITY GARDEN MONTHLY MEETING

Please come help meet CPH's commitment in joining with other gardener's in cleaning up the grounds of Blue Moon Gardens. This is a time to socialize with other gardener's, as well as seeing what the Youth Group has accomplished! Join us!

These meetings are held monthly, every 3rd Saturday

Centering Prayer

Centering Prayer begins at 12:00 p.m. Feel free to bring a sack lunch to enjoy after Centering Prayer. Join us as we sit peacefully in the sanctuary and quiet our minds to listen for that still small voice so dear.

Qi Gong

Qi Gong will begin at 1:00 p.m. If you are looking for a slow moving activity to kick start your New Year, Qi Gong is perfect for all levels of physical ability and ages. Qi Gong helps improve balance, flexibility, and cultivates energy to enhance your body's ability to stay healthy. Chairs are made available for those who may need to be seated during some of the movements.

MIGRANT SHELTER INFORMATION

Tucson Monastery -880 N. Country Club (lg pink building on Eastside of Country Club between 5th St and Speedway.)

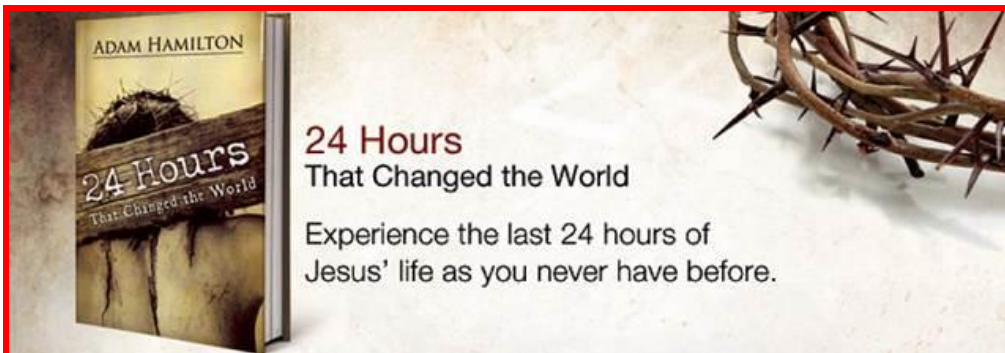
Donation Requests:

Dollar Tree has these items for \$1:

- travel size shampoos
- full size mens and womens deodorants
- nail clipper sets with large and small clippers
- chapsticks
- tissue packets (6 piece)
- wash cloths

- * Drying racks
- * Printer paper
- * Wagons
- * Lysol aerosol disinfectant
- * Soft soap (for hand sinks)
- * Standing oscillating fans

Donation tip: Kmart and Payless are both going out of



24 Hours
That Changed the World
Experience the last 24 hours of
Jesus' life as you never have before.

In *24 Hours That Changed the World* Adam Hamilton retraces the day that changed human history, and with the accompanying video guides us on a tour of the sites. The series will be offered Sunday mornings during Lent at 8:30 am. If you only have one or two Sundays available and want to drop in those mornings for the video and discussion, please join us.



Our Sunday Worship Services during Lent will include A Service for the Lenten Candles. In a service similar to the lighting of the Advent candles, each Sunday we will extinguish a candle until and the last candle, the Christ Candle, will be extinguished on Good Friday. On Easter Sunday we will relight the Christ Candle to signify the resurrection.

Two readers are needed for each of the eight services. Please see Pastor Mike if you are interested.

Casa Maria Sandwich Making

Bring a loaf or two of bread, lunchmeat and sandwich cheese. Donations of these items are accepted throughout the month.

We made 698 sandwiches last month!

contact Tim Kromer at (520) 526-9290 or email tkromer@icstucson.org.

TICKETS ARE NOW AVAILABLE FOR EMPTY BOWLS 2019 at the Chinese Cultural Center 1288 W. River Rd. on Saturday March 2 from 11 am – 1:30 pm. Empty Bowls Tickets sell out quickly so get yours today. Available on our website icstucson.org. Sponsorships still available! Your support will help ICS serve neighbors facing hardship at the ICS food banks and our wraparound services. If you would like to donate an item for either the raffle or the auction please contact Stella Ede at sede@icstucson.org or 520-526-9304.

GET FREE TAX HELP WITH VITA at the ICS main office 2820 W. Ina Rd. from January 30 – April 14 Wednesdays 4pm – 7 pm and Saturdays 9am – 1 pm. Maximum household income of \$66,000 to receive this free service. No appointment required. For a list of required documents or for more information visit our website icstucson.org

THE ICS CARE PARTNERS PROGRAM assists those who have recently been hospitalized due to surgery or critical illness. Specially trained volunteers assist the individual with transportation to follow-up appointments, the pharmacy, and grocery shopping, as well as be emotional support. If you know of someone who will be having a major surgery, or been diagnosed with a critical illness after hospitalization, please let us know. We are seeking to help those in need. If you have a heart for helping those in need, you can also speak to us about volunteering for this very special program. For more information, contact Tandala Kidd, Care Partners & Education Coordinator, at tkidd@icstucson.org, or (520) 526-9299.

OPPORTUNITIES FOR ESTABLISHED AND NEW VOLUNTEERS!

Empty Bowls event volunteers needed! To see the remaining volunteer opportunities for the Saturday, March 2nd event go to: <https://www.signupgenius.com/go/4090E4FA8AB22A0F49-empty2>

Eastside food pickup needed! Drive the ICS van to grocery stores on Wednesday mornings to pick up food donations on the eastside of town and deliver to ICS Eastside office. Must be able to load boxes up to 50 pounds. This is an early morning opportunity!

Reception help needed! Our NW office is the front line for inquiries for people in need of ICS services or other services in the community. Join the Main NW or Eastside team of trained volunteers that greet clients, answer phones and provide ICS or community resources. Mornings and afternoons are available. Time commitment is 9 am to 1 and 1 to 4:30.

Education opportunity with Wholistic End of Life. Help others learn about and complete their Advanced Care Directives giving them peace of mind for that stage of life. One on one coaches are needed. Training is provided.

Transportation Drivers needed in all areas! Seniors in our community struggle with getting their ride needs met. ICS volunteers are a critical help to empower independent living. If you are available or know someone who is available to provide rides to home bound seniors, our transportation program is flexible,

business, and their stock is deeply discounted. This is a great place to make your donation dollars stretch! Yard sales, goodwill, and other thrift stores are also great places to look. We just ask that donated clothes be clean and in good condition.

Other ways to donate:

We always appreciate monetary donations! There are a few ways that you can donate, and we use funds to ensure that everything operates smoothly at our shelters. We use this money to buy food and other supplies as needed when we don't get them as in-kind donations.

You can donate online through the Catholic Community Services website here and indicate that you would like to direct your gift to Casa Alitas: <https://www.ccs-soaz.org/donate/form>

You can also mail a check to CCS Development Dept., 140 W. Speedway, Ste. 230, Tucson, AZ 85705 . Make out the check to Catholic Community Services of Southern Arizona and indicate "for Casa Alitas" in the memo line.

We also have a GoFundMe set up and you can donate online here: <https://www.gofundme.com/casa-alitas-for-migrant-families>

And finally, you can purchase an item off of our Amazon Gift List. This will be sent directly to Casa Alitas: https://www.amazon.com/registry/wishlist/1V7FBHL40U5SV/ref=cm_sw_r_cp_ep_ws_3Xg-Bb564E3XD?fbclid=IwAR00fOYKdRweDebX-rXeMykJm9s_3sFqgR8ID0ZQPivCoDRaL9dMIYuKVFfs



Migrant Shelter to Re-Open

Rincon Congregational UCC Migrant Shelter Opening

On Sunday, March 3, the congregation of Rincon United Church of Christ strongly supported the opening of a scaled down and regularized migrant shelter with dedicated staff.

We are deeply grateful to all of the members and friends of the congregation who have supported our past efforts to serve migrants in process for asylum. We are excited to renew our commitment to this endeavor and look forward to welcoming new guests to our space.

When are we opening? How can you help? What do we need?

You are invited to join us for an evening of celebration and community on Wednesday, March 20, at 6 pm in our Fellowship Hall at 122 N. Craycroft. This will be a time to enjoy a meal together, share plans, tour the new set up and sign up to volunteer. (There'll also be street tacos and familiar faces!)

On Sunday, March 24, at 10 am, we are planning a *dedication and blessing of our new shelter*. Please join us and check it out. Monday, March 25, will be our opening day.

fun, and has mileage reimbursement available! You also can do grocery shopping, phone calls, visits, and more. Drivers in all areas of town are needed. We are growing our southside transportation services so drivers are especially needed out of our southside office.

Our NW transportation office is in need of more volunteers to help make matches happen between drivers and recipients. Volunteers must be computer proficient including the use of Outlook for emails and comfortable talking on the phone. Mondays from 1 pm to 4 pm is especially needed, but a few other morning and afternoon slots are also available. This is a great opportunity to work in the office hub of ICS transportation!

Van drivers needed! If you would like to provide transportation to recipients but not use your vehicle, you can help recipients by driving the ICS van. Current needs are: Thursday from 9 am to 12, and Monday or Wednesday from 12:30 pm to 3:30 pm. Van rides last a maximum of 3 hours. It is time well spent helping 1 or more recipients maintain their stability and independence!

For all of these needs and more, contact Tori Carlson. The next volunteer orientation is on Monday, March 11, from 9:30 am to noon at ICS Northwest location at 2820 W. Ina Rd. The Eastside orientation is at New Spirit Lutheran, 8701 N Old Spanish Trail on Thursday, March 7, from 10 am to noon. The Southside orientation is at El Pueblo Neighborhood Center at 101 W. Irvington, Office 2A on Tuesdays, February 26 from 10 am to noon. Sign up online at www.icstucson.org/volunteer-training or contact Tori Carlson at tcarlson@icstucson.org or 520-526-9308.

ATTEND THE NEXT SESSION OF "HONORING A LIFE: ADVANCE CARE PLANING CONVERSATIONS"

Honoring a life workshop:

March 6, 12:45-1:45 pm Jewish Community Center for Alzheimer's Society Annual Education Conference 3800 E. River Road (Entire conference is 8:30 am-4:45 pm and costs \$45 to attend; we collect no money)

March 20 , 9:00 am - 10:45 am Udall Center, Carol W. West Senior Addition Rm.102, 7200 E. Tanque Verde Rd

March 23, 10:00 am-12:00 pm Our Lady of the Desert Catholic Church / Redemptorist Renewal Center—7101 W. Picture Rocks Road

April 6 4:00 – 7:00 pm Church of the Painted Hills UCC
3295 W. Speedway Boulevard

HOST A SESSION OF "HONORING A LIFE: ADVANCE CARE PLANNING CONVERSATIONS" Created by the End of Life Care Partnership in Pima County, this is a two-hour workshop to assist people in making their end-of-life healthcare plans, sharing these with loved ones and caregivers, and documenting their wishes so that a record of their wants regarding healthcare can be accessed whenever necessary. For more information or to host or register for the "Honoring a Life" workshop contact our Wholistic End of Life Program staff, Karen MacDonald, End-Of-Life Program Lead Trainer kmacdonald@icstucson.org (520) 526-9309 or Suzanne Morrison, End-Of-Life Program Manager smorrison@icstucson.org (520) 526-9296

DO YOU NEED A WILL OR NEED TO UPDATE YOUR WILL?
Join us for a FREE and informative 'Why a Will?' Workshop from 9:30am-11:00am, Friday, April 5, 2019 at Tohono Chul Park, 7366 N Paseo Del Norte, Tucson. This seminar is hosted by Interfaith Community Services and Tohono Chul in

conjunction with LEAVE A LEGACY OF SOUTHERN ARIZONA and the Planned Giving Roundtable of Southern Arizona. Attendees will be learn how to formalize and ensure their wishes are known and respected. A question and answer session, workbook and light refreshments are provided. Presenter is experienced estate attorney Craig Wisnom, Bogutz and Gordon P.C. To register, call 520-526-9304.

SPRING LUNCH AND LEARN – Managing Life’s Changes – Caring for your Mental Health. Join us for a discussion on handling life changes facilitated by H. Clarke Romans of NAMI with Pastor Elwood McDowell of Trinity Missionary Baptist Church, Rev. John Angiulo of Casas Adobes United Church of Christ and Dr. Frank Williams of Casa de la Luz Foundation. Friday, April 5, 12:00 pm – 2:00 pm Fountain of Life Lutheran Church 710 S. Kolb Rd., \$20 registration includes lunch. To register or more information visit our website icstucson.org or contact Tandala Kidd 520-526-9299 tkidd@icstucson.org

Mental Health First Aid - Learn the signs and symptoms to help you identify, understand and respond to the mental illness and substance use disorders. Interfaith Community Services (ICS) and Arizona Youth Partnership (AZYP) can facilitate Adult Mental Health First Aid workshop and/or Youth Mental Health First Aid at your facility, free of charge. For more information, contact Tandala Kidd, Care Partners & Education Coordinator, at tkidd@icstucson.org, or (520) 525-9299.

IF YOUR CONGREGATION IS HAVING AN OUTREACH OR MINISTRY FAIR in the coming months, please let ICS know! We would love to come and speak to your members about how they can get involved with ICS. Please contact Tim Kromer about your upcoming Fair. You can email Tim at tkromer@icstucson.org or call him at (520) 526-9290.

Follow Interfaith Community Services on FACEBOOK or Twitter @ICSTucson. Sign up for our HEART AT WORK BULLETIN e-newsletter or our WE CARE print newsletter. Email sede@icstucson.org with your email and snail mail address; or call us today.

VISIT icstucson.org for more information

or call 520-297-6049 between 9 a.m. and 4 p.m., Monday through Friday.