

The Briefly

The newsletter for the parish community of
Grace St. Paul's Episcopal Church
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May 2016

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Rector's Letter

The season of rebirth, resurrection, and renewal has been particularly poignant for us at Grace St. Paul's this year. From a memorable silver anniversary celebration of our merger on Palm Sunday, a resoundingly impactful Holy Week, our confetti exploding Easter Sunday, our fish communion on the Third Sunday of Easter, followed immediately by our Bishop visit the following Sunday, our liturgies have created a metamorphosis of life and energy for all of us. Thanks to all of you for making this explosion of spring and new life happen in such a beautiful and unforgettable way.

This year's rebirth is also going to include the in-breaking of new, exciting changes in our midst. Check out our beautiful new walls out in the playground area outside McBride Hall. **Kathy Conway** and **Eleanor Kohloss** have created a visual representation of the rebirth of our children and youth ministry that is about to occur.

At press time, we were in the midst of negotiations to bring our new Assistant Rector to us. God willing and the creek don't rise, that person will be announced to you just as this *Briefly* is reaching your hands. (See **announcement, Page 2.**)

I am beyond excited about the opportunities God is presenting us with now!

I am beyond excited about the opportunities God is presenting us with now. Your extra giving and donations have made it possible for us to hire a full-time person to not only fill our great need in our children and youth ministry, but to also help us frame up our burgeoning social services groups, as well as provide us with much needed assistance in liturgy and in other clergy duties. I am very excited about the individual we have chosen and am sure you will agree with me that this person will be a very good fit at GSP.

Speaking first to myself, I urge each of us, in the midst of our excitement, to keep our expectations in check. We would love to be hiring three people right now, one assistant clergy person, one children and youth minister, and one social services leader. But

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Desert Angel Quilters Dee Arnaud, Laura Pascoe, Sam Guard, Judith Turner, and Yvonne Maynard (left-right, top photo) show off one of the quilts they have made for Diamond Children Hospital for the incubators (Judith Turner, bottom photo). Quilts are sent home with the babies when they leave. So far the Desert Angels have made 60 quilts. The Quilters meet every Wednesday from 10 a.m.-2 p.m. in McBride Hall. If you have any questions, please contact Judith Turner, ministry leader, via the Parish Office.



Children, Youth & Family Leadership

It is with great pleasure and excitement that I announce the appointment of our new Minister of

Christian Formation for Children, Youth, and Families. **Amy Cormode** has been offered and has accepted the new position. She officially begins on May 2 in a half-time role.

Amy, her husband Dan, and their children Charlie, Nick, and Sam, have been parishioners at Grace St. Paul's for the last four years. Amy is also an Education for Ministry (EfM) student at GSP and she works in St. Joseph's food pantry each week.

Amy comes to this position with life experiences and education that have prepared her well to take on this vital ministry in our parish. She has a Bachelor's degree in Christian Education from Ozark Christian College in Joplin, Mo. She was a cross-cultural missionary in Italy for two years, laying the foundation for a new church plant and working closely with four families. For two more years, she was a Christian Education leader at St. Peter's Episcopal Church in Pittsburg, Kan. There she worked to form a youth group and recruited teachers for a multi-age Sunday School. She has been a Sunday school teacher and youth group leader at Community Christian Church in Fort Scott, Kansas, St. Paul's Methodist in Joplin, Mo., Salina Christian Church in Kansas, and St. Alban's in Tucson.

But perhaps even more importantly than all of her experience, Amy brings an energetic, Spirit-filled, theologically sound, spiritually rooted approach to children and youth ministry. I have no doubt that her spirit and enthusiasm will light up our program and all of us and I am expecting great things to emerge as a result.

We will continue our search for an ordained person to fill our other needs right away. But when the opportunity came to hire someone with Amy's skill, intelligence, energy, theology and love of children, we could not pass it up.

I am also very pleased to announce that all of our volunteers who have worked so hard to keep us afloat during our transitional time will be staying on as we build toward the future.

Please join me in welcoming Amy to our team. One more step toward the Beloved Community!

Rector's Letter

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instead, we are asking one person to do all three. That balancing act will be a constant challenge. But I am confident that our new assistant has the skills to keep our eyes on the prize. And just so all of know where our focus will be, children and youth will remain our first priority. Let us thank God for this great opportunity and the gift of a new staff person. But let us also remember the limitations with which we are presented.

I cannot thank our volunteers enough for keeping us afloat during this transitional period. **Kristen Bury, Martha Farnham, Brianna Devereux, and Lizzy Gooden** all have full time jobs and/or are carrying a full load in college. They have given us and our children and youth all they have to energize and inspire. I will be eternally grateful to each of them.

In addition, not only did we ask our Sunday School teachers to create something brand new for our kids in the midst of the transition, but we have also asked them to step up and do much more than they have ever been asked before. **Judy Gossard, Anne Harri, Amber Pitello and Chanel Willis** literally saved us during this time period.

We also asked our music leaders to create something brand new for our children, and **Wes Hunter and Jim Beckwith** did just that, with **Christina**

Jarvis taking on our Zombie choir when she already had too much to do.

Finally, **David Christy** not only remained a youth leader for us, but also carried our acolyte program through all these bumps. Thank you, all, and thanks to all of our fantastic youth and children for putting up with us through this transition.

Our youth were also part of the process in choosing our new leader and their questions and observations were tremendously important.

Finally, as most of you know, we have experienced one other change during this season of change. Our Assistant Sexton, James Teal, has left us for the mountains of Montana. There are few people in this church who know the gigantic gift James has given us over the last six years.

He has not only put in thousands of hours of work for virtually no money to make GSP beautiful and functional, but he has protected this place like it was his own home. He has saved us from countless difficult situations and we are going to miss him tremendously. I will miss him even more. James gave me a sense of home when I arrived here and he supported me in so many ways. I am proud to call him my friend and I am grateful for all he gave me and this community.

Go with God, James!



**Summer Arts
Camp 2016**
Pre-K thru 8th Grade
June 20-24, 9 a.m.-1 p.m.
\$65
includes supplies, snacks & lunch
Scholarships are available.
Contact Parish Office
for more info!

Liturgy
Discussion of
the Month
By The Rev. Steve
Keplinger

Celebrating the First Breakfast



On the first day of last month, *Episcopal Cafe* sent out a press release: “The Standing Commission on Liturgy and Music has officially released a supplement to the Eucharistic rite, approved for trial use beginning on Easter Sunday, 2017. The supplement allows for the addition of fish to the usual Eucharistic elements of bread and wine.

“Jesus clearly intended not only to break bread with his disciples, but also to give them fish,” says a representative of the Commission. In Luke’s gospel, Jesus reveals himself to two disciples in the breaking of the bread and then immediately confirms his bodily resurrection to all of his disciples by

consuming some broiled fish.

In John’s gospel, the Biblical description of a fish breakfast with his disciples echoes the wording of our Eucharistic prayers: “Jesus came and took the bread and gave it to them, and did the same with the fish” (*John 21:13*). Since most congregations celebrate the Sunday Eucharist in the morning, the Eucharist should recall not only the Last Supper but also this First Breakfast.”

A careful review of the date on the press release makes it clear that some folks in our church have a pretty good sense of humor. More than a few people actually thought the release was real.

Well, Grace St. Paul, we had the last laugh, didn’t we? As I was writing my Bill Buckner/Peter sermon for barbecue fish Sunday, I had a

sudden epiphany. *Why not?*

What in the world could be more appropriate on the Sunday when we celebrate the Risen Christ on the beach eating fish with the disciples, then to eat fish with Christ ourselves?

At the last second, your Sexton and altar guild were informed of the Rector’s crazy notion... and to their credit, not one of them told me (at least to my face) that I was certifiably insane. Instead, James bought those beautiful wild Alaskan salmon, and we proceeded to use my secret recipe to grill them.

In the last couple decades, we have made many discoveries through archaeological finds about sacramental actions in the early church. Here at GSP, we have incorporated many of those discoveries into our own liturgical experience. In those early communions in the first century church, we know that fish were a regular part of the meal. Our fish experience was another way for us to honor our ancient tradition, to highlight the meal aspect of our communion together, and for us to connect directly with the Gospel of the day.

For centuries, we have placed an emphasis on communion as sacrifice. But in the early church, eucharist was a communal meal experience. It was about coming together as the Body of Christ and eating together. If we captured a bit of that meal experience for you, then our fish communion was a success. And not only that, it tasted great! We will continue to look for ways each week to make those same connections to the heart of our wonderful tradition.



New Sexton named to replace departing James Teal

On Sunday, April 24, we had an opportunity to say good-bye to our long time Sexton and friend, James Teal. Thanks to so many of you for contributing to his purse and sending James off in style. His last day was April 26.

I am pleased to announce that we have hired a new part-time Sexton and security person. **Will Dekoevend** is joining the Grace St. Paul’s family. Will has been a member of the community here for several

years and he has often volunteered his services in the past to assist us in set-up, cleaning, and other duties around the campus. Will’s responsibilities will be very similar to James Teal’s, opening and locking up the building, set-ups on Mondays and Tuesdays for various uses of the building, assisting James White on Thursdays, Saturdays, and Sundays, and serving as a security presence on campus overnight on an irregular schedule.

Please congratulate Will and wish him well as he joins us in continuing to grow and make the beloved community at GSP.

Notes from the Choir Stalls

By Christina Jarvis,
Director of Music



May the Fourth be with you. May 4 is not only Star Wars Day, it is Rogation Wednesday, one of three days of Rogation in the week before Ascension, in which we ask for God's blessings on newly planted crops and on all of creation. We celebrate Rogation on Sunday, **May 1**, which is a wonderful way to start a new month before the heat cranks up to grill. The choir will sing a piece by German Renaissance composer Gallus Dressler—"Let all the peoples praise the Lord"—and "Shall we gather at the river" by American 19th century gospel composer Robert Lowry. We are grateful for God's many blessings, particularly the food we eat and the people who sow, grow, and harvest it for us.

We are also grateful for our mothers. Every day. If you are breathing air, thank your mother. Well, your father, too, but he'll have to wait until June. **May 8** is Mother's Day and also Ascension this year, so the music and hymns are a mosaic to celebrate both. The offertory is the Shaker hymn "Simple Gifts" (arranged by John Coates, Jr.), which frankly doesn't exactly fit any category perfectly, but keeping it simple and being where we are with gratitude is appropriate any day, as far as I'm concerned. The communion anthem, with a text from Revelations, is "The Song of the Tree of Life" by Ralph Vaughan Williams.

The following Sunday is **Pentecost**, in which the church celebrates the gifts of the Holy Spirit—wisdom, understanding, counsel, courage, knowledge, reverence, wonder, and many more besides. I consider music a gift of the Holy Spirit, although I'm not sure Thomas Aquinas would agree. I think Martin Luther would, though. Pentecost will be another jazz Sunday; we will have four terrific players helping us stoke the Pentecostal fire.

We have been calibrating these jazz services over time. The service for the first Sunday in the Season of Creation didn't work as planned for a few reasons but essentially because the music was wrong for the ensemble. For the Last Sunday in Epiphany, I carefully chose hymns and service music that would work for the ensemble and that would be as accessible as possible for congregational singing with

zero rehearsal, while also trying to match the lectionary readings. All congregational music was from *Lift Every Voice and Sing II*, the African American hymnal of the Episcopal Church. The instrumental ensemble did a terrific job of styling the hymns, and musically I felt that the service was rock-solid.

Obviously, there are trade-offs. The congregation must cope with unfamiliar music and some won't sing, giving rise to the feeling that the ensemble is performing rather than leading the worship. The ensemble itself can't be as spontaneous and improvisatory as they would be at, say, Mardi Gras, because they are in fact leading worship, and it can't be about them. The theology in *LEVAS II* is more traditional and conservative than that of GSP. As long as the jazz service parameters remain the same, we will continue to have these issues going forward, but they can be mitigated by time and familiarity with the concept and the music itself by all concerned. It is incumbent on me to get a handle on a wider range of options to combine the style with the theology we prefer. My handle has been Handel.

So, back to Pentecost. Once again, the hymns and service music are from *LEVAS II*; the Sanctus is the same as last time, which provides a bit of continuity. The choir anthems include an arrangement of the spiritual "Ev'ry time I feel the Spirit" by William L. Dawson and a piece in the style of a spiritual by Mark Hayes called "Walking in the Spirit". Anyone so minded and able can download the service bulletin in advance to familiarize themselves with the hymns. This needn't require musical knowledge—type the title into YouTube and you'll hear an array of covers. If it's outside your comfort zone, please do consider working it a little. As with much of life, it works if you work it.

Pentecost is on **May 15** this year, which is too early to end the season, so the choir will also sing for Trinity Sunday on **May 22**. In recent years, we have sung until the end of May, but that includes the Memorial Day weekend, which is less than optimal for full attendance. For Trinity Sunday, the choir offertory is the

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Submissions to The Briefly

Submit articles to Joyce
Henderson, [BrieflyEditor@
grace-stpauls.org](mailto:BrieflyEditor@grace-stpauls.org).

John Banks receives
photos, charts, and graphics at
jdbanks@gmail.com.

The deadline for the
June/July 2016 issue will
be Tuesday, May 10.

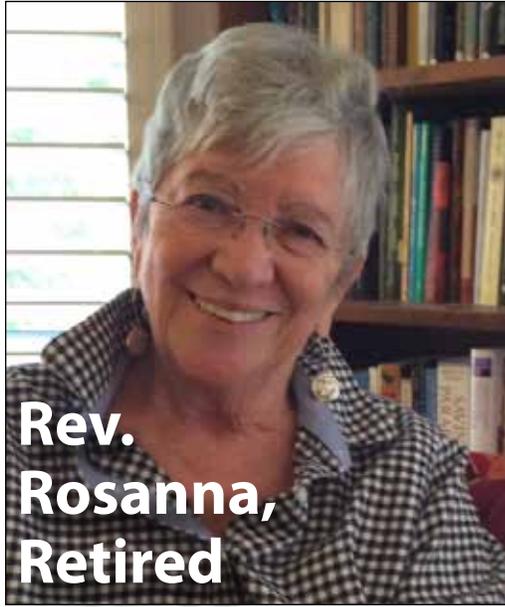
Choir Notes

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Mark Hayes arrangement of the Dykes hymn “Holy, holy, holy.” Alas, this means we won’t sing it for the processional. The Zombies will sing “Come with singing,” an arrangement by Austin C. Lovelace of “Der Herr denket an uns” from J. S. Bach’s *Wedding Cantata, BWV 196*, for the communion anthem.

With that, the choir season for both adults and youth comes to a close. We will still be in the pews, of course, but time off renews and refreshes the singers so that they can come to the choir stalls in September with singing and thanksgiving. Summer music will include parish soloists and community organizations trading their services for use of the chancel for concerts. Going forward, the early service will enjoy the occasional soloist, as well. Many thanks to all singers and players who participated in this year’s choral program! It would so not be fun without you. May you and all of GSP enjoy the last gasp of spring and make plans for an adventurous summer!

Peace,
Christina



**Rev.
Rosanna,
Retired**

By Ann Schlumberger

As I join you all in the pews, I want to say how grateful I am for these years of participation in the liturgy and life of Grace St. Paul.

I am grateful to our rector, Fr. Steve, for folding me into the life of the parish and to the parish for giving me these loving years of acceptance. It is a privilege beyond measure to be able to share my thoughts and doubts and wonderments in sermons.

Thank you for listening. And when the applause came, I was completely blown away. Never had that happened before. All of this and all of you have enriched my ministry and provided me with four of the very best years of my 30 as an ordained person.

Your diversity, your openness to the ever expanding theology centered in Creation is a blessing to all of us and to the larger church which is still catching up.

Love and Peace always,

Rosanna

On March 28, 2016—Easter Monday and the anniversary of her ordination—Rev. Rosanna Case Kazanjian conducted her last service in the GSP Memorial Garden and officially retired from her 30-year ministry. Fortunately, she will be continuing as a parishioner at Grace St. Paul’s. The story of the emergence and pursuit of her priestly vocation is an arresting one.

Serving the Church is in Rosanna’s bloodline. She is the daughter of a Methodist minister, the granddaughter of two Methodist ministers, and the mother of an Episcopal priest. She was born Oct. 27, 1934, in Topeka, Kansas, where her father was Pastor. Her childhood exposed her to different regions in the U.S. as her father was to follow his ministerial calling from there to Elm Park Methodist Church in Scranton, Pennsylvania, then to Pasadena, CA, and finally to Boston, where he was the last Methodist minister to serve as president of Boston University (historically a Methodist school). Such moves gave her sensitivity to different cultural perspectives. His vocation, however,

did *not* lead her to want to become a priest: She had had first-hand experience of the difficulties of a parish ministry!

In 1954 as a sophomore at Boston University, Rosanna met and married Victor Kazanjian, who was seven years older than she and in his last year of law school. Victor was an Episcopalian, and it was at this time that Rosanna was received into the Episcopal Church. She completed her bachelor’s degree and then earned a master’s degree in psychology. The birth of three children followed: Victor, who was to become an Episcopal priest and is now Executive Director of the United Religions Initiative in San Francisco; Helene, who is now a lawyer in charge of the prosecutors in the District Attorney’s Office in Boston; and David, who currently is a full professor of English at the University of Pennsylvania. Sadly, her husband died at 57 years of age, too young to see his children develop into fine adults or to meet any of his and Rosanna’s five grandchildren.

Putting her counseling degree to good use, Rosanna became

the Director of Psychological Counseling at Dana Hall School for Girls, a job she held for 12 years. As a person who herself had to learn to compensate for dyslexia, Rosanna was particularly attuned to students whose disabilities affected their academic studies. In 1981, in addition to her job at Dana Hall School, she entered the Episcopal Divinity School in Cambridge, and her elder son Victor joined her there during her second year. She had no intention of becoming a priest; she just wanted to deepen her knowledge of theology, but Bishop John Coburn urged her to seek ordination.

Thus, in 1985 Rosanna was in the second group of women ordained to the transitional diaconate in Boston. She is still a canonical resident of Massachusetts, although she was ordained to the priesthood in 1986 at the Church of the Epiphany in Richardson, Texas.

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Senior Focus

Virginia Ames: Artist & Author

By Ann Schlumberger

Virginia Dunbar Ames (née Wade) was born Nov. 6, 1914, in Birmingham, Ala., the younger of two sisters. Her father was progressing towards an executive position with a railroad, so while she was growing up, she lived in four or five cities that the railroad passed through, finally going to high school in Mobile, Ala.

When she was ready for college, her father had been transferred to Cincinnati, so she attended the University of Cincinnati, allowing her to save money by living at home. She had hoped to attend art school (the renowned Art Academy of Cincinnati), but her father wanted her to major in something more affordable since the Art school, with its extra fees per semester, would present a hardship to the family in the middle of the Great Depression. Thus Virginia became an English major.

In college she joined the debate team and accompanied it to Los Angeles, Montreal, Albuquerque, and St. Louis, among other places. Her mother served as a chaperone on these journeys. At the various cities, the hosting colleges arranged dates for the visitors. One enamored young man in L.A., a football hero, was not content to just waltz the night away with Virginia. He insisted on escorting her to lunch and to the railroad station the next day, much to the surprise of his parents who were amazed he was smitten by such an “intellectual” young lady.

During college, Virginia was courted by Bob Ames, whom she was introduced to on a double date. He was attracted by Virginia’s level of conversation, honed through her debate practice. After his graduation, Bob obtained a job as a magazine writer in Chicago, and later when he obtained a position in the advertising department of the *Cincinnati Times-Star*, he felt he had sufficient resources to marry Virginia.

They were wed in 1936, in a candle-lit evening ceremony at Calvary Episcopal Church in Cincinnati, the October after Virginia graduated. After her graduation, Virginia worked for the University’s Alumni Office for a year, and then obtained a position as a secretary for Dr. Gustav Eckstein, a world-famous psychologist in the Medical School. In that capacity she met people from around the world. Dr. Eckstein, a student of Pavlov, emphasized observation of behavior, including that of canaries. She recalls that one of the eccentric professor’s tenets was to lie down after every meal—not a practice she necessarily follows.

After World War II started, the couple moved to Cambridge, MA, where Bob as a naval officer was sent to the Naval Communications School. With only a day’s advance notice, Bob was given orders to move from Massachusetts to Washington, D.C. While Bob was busy handling paper work, Virginia shoveled their long driveway of 10 inches of snow in order that the couple with young daughter Lucy could leave for D.C. immediately after Bob came home. Bob had a very important mission: he was to translate the technical directions for using the “Nancy” equipment so that sailors without engineering training could follow them. Among other things, this equipment provided special filters on searchlights so that their beams were not visible, but they could still be used to spot kamikazes up to 17 miles away that had been evading radar. The sailors hadn’t been able to use this equipment because they couldn’t understand the technical language in the directions. Thus, Bob’s rewriting may have indirectly saved thousands of U.S.



servicemen’s lives!

When the war ended, Bob was offered a position with *Changing Times* magazine in the circulation and publication department.

The Ames family lived in Alexandria, Va., for the next four decades. Their daughters Martha (“Muffin”) and Mary were born there. During that time, Bob contracted tuberculosis, and for a few years, Virginia worked as an executive secretary and was the family breadwinner. After Bob regained his health and was back at work, he helped start the public television station in Washington, D.C., creatively fundraising and meeting Sir Kenneth Clark of the *Civilization* series, Jean Marsh of *Upstairs Downstairs*, Julia Childs, and others. Virginia also met some of the celebrities the station attracted.

For most of her married life, Virginia was a homemaker and mother. After her daughters were raised, she developed

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Senior Focus

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her skills as an artist—first in sewing, découpage, and ceramics; later in silk screening, pastel, watercolor and acrylic media. Her civic activities included sewing reproduction flags from the American Revolution for the Library of Congress Bicentennial program, including the Grand Union flag, and painting the floor cloth for the John Marshall House's entrance hall. In 1971, she coordinated the Christmas Walk for the Alexandria Y, having been chairman of its festival ball the previous year. She appreciated the organization's sponsorship of social justice projects, including providing space for the nascent Head Start Program in Alexandria.

In 1970 Virginia took a cross-country trip with her daughter Mary in a 20-year-old Dodge Wayfarer, traveling from Washington, D.C. by way of Arizona to the State of Washington. That journey became the basis for her book *The Wayfarers: Journeying through a Century of Change*, published

in 2014. Her latest book, *The Art and Adventure of Making Rubbings*, has just been published. It and *Wayfarers* are available on amazon.com. Her third, a children's book about the Borderlands, is being translated in two other languages (Spanish and Tohono O'odham) and is ready for layout. Virginia's fourth book is a collection of essays about her connections and encounters with desert wildlife as a person coming to Arizona as a transplant, not a biologist. Each essay interweaves anecdotes with her philosophical musings.

Virginia's family had taken vacations in the American West during her childhood. In 1983 she and Bob moved to Tucson, drawn here because daughter Muffin made our Arizona city "sound so alluring." However, they only made this move after having spent a summer here in order to be sure they could stand the heat! Virginia characterizes the following decade that she and Bob spent together in Tucson as the "happiest, healthiest years" of their lives. They first attended St. Phillip's and then switched to Grace Church because the latter congregation

"needed help" and was the home parish of her dear friend Jane Kroehl. At Grace, Virginia was part of the sewing group that made the Festival altar frontal and vestments. She also needlepointed one of the GSP altar rail kneelers in honor of her husband Bob. In 1991, Virginia and Bob took part in the merger of Grace Church with St. Paul's Church on Palm Sunday. Bob died in 1993.

Today, having taken up playing the stand-up bass at age 95 to keep her "neurons firing," and despite suffering from macular degeneration, Virginia is looking forward to the publication of her third and fourth books. She feels an obligation to "give something back," passing on what she has learned to her four great grandchildren and the reading public at large. Some of her bits of wisdom are that "We should take more time to daydream"; "We should re-examine our assumptions from time to time, re-assessing our values, our beliefs, and our habits"; and "We citizens have the power to take control!" This centenarian is continuing to live her life to the fullest!!

Rosanna Retires

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When she was called to that church as assistant rector, one third of the congregation was so incensed at the idea of a woman priest, that they left the parish. Rosanna served there for three and a half years until she was called to be the rector St. John's Episcopal Church, which is a historic landmark in Jamaica Plain, MA. She began her ministry there with 20 parishioners; three and a half years later, she left it a 250-member congregation.

Rosanna's next adventure was to join with three other ordained women to create a retreat house for women. They bought a 200-year-old farmhouse on 70 acres on the coast of Maine and created a welcoming place where women could come for spiritual direction. Their intention was not to found an

institution because they believed that institutionalization could lead to an emphasis on creating a human legacy rather than a context in which the Spirit could freely guide both themselves and those whom they served.

After 15 years in Maine, Rosanna arrived in Tucson to attend the Hesychia School for Spiritual Direction at The Redemptionist Center at Picture Rocks. Her major focus in seminary had been on spiritual direction, and after 20 years as a spiritual director, she felt called to revitalize that ministry. She bought a house in Sonoita and was the interim priest at St. Andrew's in Nogales until that parish called Rev. Lucie Thomas as rector. Afterwards, she was the assisting priest for six years at St. Phillips before becoming a parishioner at Grace St. Paul's, remarking that GSP is "the most loving church I've ever been in." At some

point, Fr. Steve Keplinger asked her to help with celebrating and preaching at GSP.

Rosanna has lived in Arizona for 14 years. On the personal front, in Sonoita, Rosanna met a cradle Episcopalian and fellow New Englander, Dorothy Sturges. Twelve years ago the pair had a ceremony of commitment presided over by her son Victor. Last spring (2015) they were officially married in the State of Arizona. Rosanna and Dorothy live with their three dogs part of the year in Tucson and part of the year in Sonoita.

Although she is no longer serving on a parish staff, Rosanna will continue her work in spiritual direction. Asked about any other retirement plans, Rosanna replied, "I want to live in the moment that I am in."

Amen to that!



Spiritual Support Group for Depression

“The Soul has bandaged moments.”

— Emily Dickinson

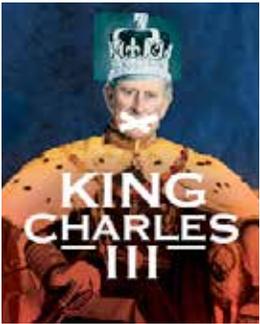
Sometimes feelings of hopelessness, anxiety and despair become overwhelming, or persist longer than expected. There is no pleasure or solace in simple things enjoyed before, and it’s a struggle to get through the day. Feelings of isolation grow because these experiences are hard to talk about.

Sharing with others is good medicine for depression and is called for in our beloved

community. This is not a therapy group. This time-limited support group offers a safe place to share, listen, and be together during our journey. The group is facilitated by Rev. Chris Ledyard and Karen Hanson.

Saturdays, 10-11:15 a.m., May 7-June 11. Please contact Rev. Chris Ledyard, or Isabel Amsel through the Parish office, at 520-327-6857. Space is limited, so call beforehand to reserve your place. The expectation is that all will commit to the full 6 weeks.

There will be an opportunity to meet facilitators and ask questions or get more information about the group after the services on Sunday, May 1.



‘A Future History’ for Spirit Players

The next GSP Spirit Players First Friday play reading is May 6. The script is “King Charles III” by Mike Bartlett.

Written in 2014, it had a limited Broadway run this past fall/winter.

Subtitled “A Future History Play”, the play examines some questions surrounding Prince Charles’ ascension to the throne of England after Queen Elizabeth II dies. Is he ready to rule? How to rule? Does he understand the relationship between the Crown and Parliament? Or the true impact (or lack thereof) of his actions upon the citizenry? Not-so-subtle allusions to Shakespeare’s usurpers, Macbeth and Richard III most prominently, enrich the language of this drama and provoke

examination. We will probably live to see this change in leadership during our lifetimes. This play may be prologue to a very unsettling past.

The unrehearsed reading begins at 6:30 p.m. in the Bloom Room and will be followed by discussion. Scripts will be provided. No theatre or public speaking experience is necessary; parts will be randomly assigned to anyone who attends and wishes to read. Non-readers are welcome as well, and can participate as an “audience”.

The play is suitable for all ages; youngsters may not understand the political situations.

Facilitated by Nanalee Raphael, theatre designer and aficionado.

Protecting animals during hot weather is critical

By Sinead Jackson, M.Ed, LPC, APA

Some tips for keeping animals safe

1 NEVER LEAVE YOUR PETS IN A PARKED CAR!

Not even for a minute. Not even if the car is running with the air conditioner on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85 degree day, with the windows opened it can reach 102 degrees within 10 minutes or less. After 30 minutes, temperature will reach 120 degrees. Animals can suffer irreversible organ damage or die. Even with wide-open windows, a car can become hot enough to cause extreme physical impairment and even death.

If you see an animal in a vehicle displaying signs of stress, call your local animal care and control agency or police department immediately. Get the vehicle's tag number and enter the nearest store or business to request an emergency announcement. Then go back to the vehicle and wait for the police.

2 LIMIT EXERCISE ON HOT DAYS.

On very hot days, limit exercise to early in the morning or late evenings. Pets with white-colored ears are especially prone to skin cancer. Short nose pets have difficulty breathing. Put your hand on the cement for about 3 seconds. This is what your pet feels on its paws. Pets sweat through their paws, so this is very dangerous. Try walking them on grass if possible. Always bring water. If you're going on a hike give them a good drink prior to hitting the trail and then offer them water throughout the hike. Try to stay in shady places.

3 IF YOUR PET IS OUTDOORS...

Provide ample shade and water adding ice cubes during a heat wave. Tree shade and tarps are ideal because they don't obstruct the airflow. Dog

houses do not provide protection. In fact, they can make it worse. Also, remember animals respond different to heat than people because they sweat through their paws. Fans, therefore, are not as effective for animals as they are for people. Keep your pet from overheating indoors or out with a cooling body wrap, vest, or mat (such as the Keep Cool Mat). Soak these products in cool water, and they'll stay cool (but usually dry) for up to three days. If your dog doesn't find baths stressful, see if they enjoy a cooling soak.

4 WATCH FOR SIGNS OF HEATSTROKE.

Some signs of heatstroke are heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, dizziness, lack of coordination profuse salivation, vomiting, a deep red or purple tongue, seizure, and unconsciousness.

Animals are at risk for stroke if they are very old, very young, overweight, not conditioned to prolonged exercise, or have heart or respiratory disease. Some breeds of dogs—like boxers, pugs, shih tzus, and other dogs and cats with short muzzles—will have a much hard time breathing in extreme heat.

If an animal is overheated, move them to a cooler area and take these emergency steps:

1. Lower their body temperature by applying cool (not cold) water all over the body or soaking them in a cool bath.
2. Place cool, wet towels on the back of the neck, in the armpits, and in the groin area. You may also wet the ear flaps and paws with cool water. Direct a fan on the wet areas to speed evaporative cooling.
3. You may offer fresh, cool water if your pet wants to drink. Do not force your pet to drink. Small amounts of water at a time and/or ice chips.



4. Take your pet immediately to a veterinarian—it could save their life even if your pet looks like they are recovering. Call ahead if possible, to be sure your vet is available.

5 CATS AND SMALL ANIMALS:

Cats must have plenty of cool water available. White cats can become sunburned if they lay in the sun too long. Even indoor cats can get sunburned lying near the window. Check with your vet for veterinarian approved sunscreen. Also, for dogs with close hair cuts or bald patches.

Rabbits, guinea pigs, ferrets, birds, rats and mice are highly susceptible to heat stress (which can be fatal). These animals are often confined in cages unable to move away to cooler places. They need to be moved to into a cool, shaded and well-ventilated area in hot weather. They require clean, fresh drinking water at all times. They may need to be brought indoors on very hot days.

Resources for Pet Care in Hot weather:

- The Humane Society of the United States (HSUS: 202-402-1100) humanesociety.org/pets
- Best Friends Animal Society: bestfriends.org/resources/dogs-hot-weather
- Pet Finder: <https://www.petfinder.com/dogs/dog-care/hot-weather-tips/>
- Pet Care: American Veterinary Medical Association <https://www.avma.org/public/PetCare>

EXPLORING OUR FAITH: SUNDAYS @ 9:00 & 11:45

Exploring Today's Lectionary

Sunday, May 1, 9 a.m., Bloom Education Center

Does it all just seem like Greek to you? One Sunday a month we provide an opportunity to discuss the Bible readings for that day in more depth in a small group setting. Come join us for a thoughtful but always lively conversation about scripture.

This discussion will be facilitated by Jim Franks, GSP Vestry member.

What is Pentecost?

Sunday, May 8, 9 a.m., Bloom Education Center

Join us for another informative and lively visual presentation to consider questions about Pentecost:

- What is the spiritual significance of Pentecost for us?
- How do Episcopalians observe Pentecost?
- Why have elaborate festivities at this time?
- Do the Jews observe Pentecost too?
- When is Pentecost this year?
- What does the word Pentecost mean?
- How did Pentecost get started?
- What are the features of the Pentecost story?
- What ever happened to Whitsunday?
- Why do some medieval churches have "Holy Ghost holes"?

Presented by Dr. Chuck Dickson, longtime member of GSP, a retired history professor, and frequent and engaging presenter for Adult Spiritual Formation.

Overseas Ministry in India: A Personal Reflection

Sunday, May 15, 9 a.m., Bloom Education Center

Have you ever wondered what the church does in other parts of the world? GSP members Dave Coatsworth and Rebecca Dickinson have a long-time interest in overseas ministries, and they had a chance in February to observe them in north and south India. Come see and hear about their journey, what they learned about the ancient and modern country, and the ministries of our mission partners there.

Dave and Rebecca have been part of the GSP community since 2013. Dave serves on the Giving and Receiving committee, and Rebecca has worked in the Social Services ministry. Dave has a background in volunteer and professional fundraising, and Rebecca is a retired attorney for the federal government.

What Does It Mean To Be a 'Christian Nation?'

Sunday, May 22, 9 a.m., Bloom Education Center

This class will explore how contemporary culture understands the term "Christian nation," the history behind that notion, whether it's constitutional, and finally what Jesus has to say about what makes a nation "Christian."

Karen O. Borek, M.Div., Ph.D., was ordained in the United Methodist church and served as a clergy person in Tucson until 2004. Since then, she has taught religious studies at Pima Community College, the University of Arizona, and Wesley Theological Seminary in Washington, DC. She and her husband Ted have lived in Tucson for 26 years.

No 9 a.m. class on Sunday, May 29

UNDERSTANDING SCRIPTURE: BIBLE STUDY @ GSP

Bible Women

Fridays, May 6 & 20, 10:30-11:30 a.m., Weeks Room

Where are the voices of women in the Bible? What do they have to say to us about our own lives? This class studies the Bible through the voices of women in the Old and New Testaments using *Bible Women: All Their Words and Why They Matter* by Lindsay Hardin Freeman. The book is available from Amazon in softcover (\$22) or Kindle (\$9.99).

All are welcome. No registration necessary and participants are welcome to join the group anytime. The group meets on the first and third Friday of each month.

For more information about this class please contact Vicki Stefani, 520-743-3978, or vstefani@email.arizona.edu.

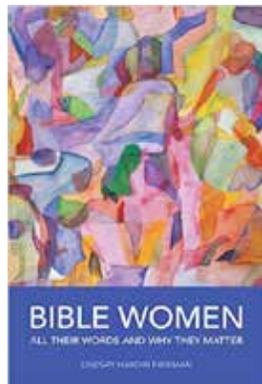
For Everyone: Coffee, Bagels and Bible Stuff

Thursdays, 7:30-8:30 a.m., McBride Hall

Join a diverse group in a discussion of *I Corinthians*. In our second year many are attending their first Bible study and are enjoying the attempt to put the weekly readings into historical perspective while finding current application. All materials are provided. Drop-ins are welcome, and we start and end on time.

Formerly a group for men, this class now welcomes everyone!

Facilitated by Bill Moore, GSP Junior Warden.



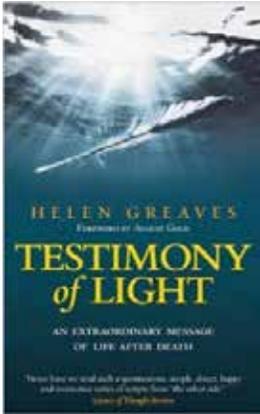
MAKING CONNECTIONS: SMALL GROUPS @ GSP

GSP Readers Group

Friday, May 27, 9:30 a.m., Bloom Education Center

An Anglican nun for 25 years, Frances Banks died as she had lived, fully aware of what she was experiencing and where she hoped to go. Her friend Helen Greaves was by her side as she lapsed into unconsciousness. Three weeks after Frances's death, Helen sensed her presence. This extraordinary encounter marked the beginning of contact between them from both sides of the veil—between life as we know it and life on “the other side.” Moving and inspiring, *Testimony of Light: An Extraordinary Message of Life After Death* by Helen Greaves offers an important message to us all—that the death of the body is but a gentle passing to a much freer and fuller life. “A glass of spiritual champagne.” (Churches Fellowship News)

All are welcome. No registration necessary. For more information, please contact the church office at 327-6857.

**Sharing Our Spiritual Journeys**

Mondays, 10 a.m.-Noon, Bloom Education Center

In this small group we share conversation about what matters most to us as followers of Jesus and how we practice this in our individual lives and the life of our community. Each meeting focuses on a different intersection between spirituality and religion, and the conversation takes us where the Spirit guides. Each session stands alone and all are welcome. No registration is necessary.

Co-facilitated by Catherine Penn Williams and Brian Arthur. Brian is a longtime EFM mentor at GSP and Catherine is the co-chair of Adult Spiritual Formation.

Saturday Java Jive: Coffee & Conversation

Saturdays, 8:30-11 a.m., Epic Cafe (745 N. 4th Ave., at University Blvd.)

Want to meet and get to know folks in a relaxed and friendly environment? All are welcome to join this long-running motley crew that meets every Saturday morning for coffee and conversation. We never know who will show up, the topic is always up for grabs and hilarity often ensues.

**Digital Faith @ GSP**

By Catherine Penn Williams, Communications Ministry

It is safe to say that most of us have, at the very least, an ambivalent relationship to digital technology? The reality is that most of us can't navigate our world without some kind of relationship to email, social media, electronic

banking, and other forms of digital communication. However, when it comes to church and matters of faith, our ambivalence about digital technology seems to deepen. For some folks, the digital realm belongs to the secular world and is seen as an intrusion in worship and other realms of church life.

At Grace St. Paul's the Communications Ministry, under the leadership of Martha Whitaker, seeks to undertake a thoughtful and considered approach to our relationships with each other and the rest of the world via digital media. For example, we attempt to accomplish this through carefully curated digital sites such as our website (gsptucson.org), Facebook page ([facebook.com/GraceStPauls/](https://www.facebook.com/GraceStPauls/)), and Instagram feed ([instagram.com/gsp Tucson/](https://www.instagram.com/gsp Tucson/)). We also have two electronic newsletters that are distributed via email: a weekly

“Christ has no online presence but yours,
No blog, no Facebook page but yours,
Yours are the tweets through which love touches this world,
Yours are the posts through which the Gospel is shared,
Yours are the updates through which hope is revealed.”

—Meredith Gould, *The Social Media Gospel: Sharing the Good News in New Way*

e-blast of news about what's going on at GSP (edited by Aaron Bradley, the parish administrator) and a monthly e-newsletter of classes and events sponsored by the adult spiritual formation ministry (edited by Catherine Penn Williams, chair of Adult Spiritual Formation).

This will be the first of a series of monthly columns to inform and encourage the members and friends of GSP in their utilization of digital technology and social media as we make our faith journeys together. There is no one way to engage in this new realm of modern life, but we believe, if we are careful and attentive, we can encounter and engage the hand of God, the mind of Jesus and the sweep of the Holy Spirit in these places.

We welcome your questions, thoughts and concerns about digital media and its place in our shared lives. Please feel free to contact us electronically at BrieflyEditor@grace-stpauls.org.



Grace St. Paul's

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Grace St. Paul's: A Progressive Community—Loving God, Serving Others, Journeying Together

What's Happening in May 2016...

WEEKLY SERVICES & ACTIVITIES

Sundays

7:45 a.m., [Holy Communion](#)
9 a.m., Coffee & Conversation
9:45 a.m., Child Care
10 a.m., [Holy Communion](#)
10 a.m., Sunday School
11:15 a.m., Coffee Hour
11:30 a.m., Youth Groups

Monday

11:30 a.m., Spiritual Direction
4 p.m., Spirit Dojo
7:30 p.m., Healing Touch Clinic

Tuesdays

6 p.m., [Evening Prayer & Communion](#)
7 p.m., Interfaith Meditation

Wednesdays

7 a.m., [Holy Communion](#)
10 a.m., Desert Angel Quilters
5 p.m., Spirit Dojo

Thursdays

7:30 a.m., *Coffee, Bagels & B.S. for All*
10 a.m., Bridge Group
3 p.m., Healing Touch Clinic
5:30 p.m., [Spirit Now—An Emerging Worship Experience](#)
7 p.m., [AZ Welcomes Refugees](#)

Saturdays

8:30 a.m., [Saturday Java Jive](#)
9 a.m., Altar Guild
4 p.m., Yoga Class

- | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1st 9 a.m., <i>Exploring Today's Lectionary</i> | 23rd 10 a.m., <i>Sharing Spiritual Journeys</i> | 6th 7 p.m., Green Church Committee |
| 2nd 10 a.m., <i>Sharing Spiritual Journeys</i>
7 p.m., Green Church Committee | 24th 9 a.m., Primavera Cooks!
6 p.m., Arts & Crafts for Adults
6:30 p.m., Vestry Meeting | 7th 6 p.m., Arts & Crafts for Adults |
| 3rd 6 p.m., Arts & Crafts for Adults | 27th 9:30 a.m., GSP Readers Group | 11th 8 a.m., TIHAN Volunteer Orientation
9:30 a.m., Citizens Climate Lobby Meeting |
| 4th 12 Noon, Prayer Shawl Ministry | 29th 9 a.m., Coffee & Conversation | 12th 9 a.m., Coffee & Conversation
1 p.m., Sudanese Worship Service in Dinka
6 p.m., SpiritSong: Worship & Prayer in the style of Taizé |
| 5th ASCENSION DAY | 30th 2:30 p.m., Communications Team | 13th 7 p.m., Joseph's Pantry meeting |
| 6th 10 a.m., Bible Women
6:30 p.m., Spirit Players Play-Reading: <i>King Charles III</i> | 31st 6 p.m., Arts & Crafts for Adults | 14th 6 p.m., Arts & Crafts for Adults |
| 8th 9 a.m., <i>What is Pentecost?</i>
1 p.m., Sudanese Worship Service in Dinka
6 p.m., SpiritSong: Worship & Prayer in the style of Taizé | ... and in June | |
| 9th 10 a.m., <i>Sharing Spiritual Journeys</i>
7 p.m., Joseph's Pantry meeting | 1st 12 Noon, Prayer Shawl Ministry | |
| 10th 6 p.m., Arts & Crafts for Adults | 3rd 10 a.m., Bible Women
6:30 p.m., Spirit Players Play-Reading | |
| 14th 9:30 a.m., Citizens Climate Lobby Meeting | 5th 9 a.m., Coffee & Conversation | |
| 15th THE DAY OF PENTECOST
9 a.m., <i>Overseas Ministry in India</i> | | |
| 16th 10 a.m., <i>Sharing Spiritual Journeys</i> | | |
| 17th ELECTION DAY
6 p.m., Arts & Crafts for Adults | | |
| 18th 12 Noon, Prayer Shawl Ministry
3 p.m., Foundation for Episcopal Campus Ministry | | |
| 20th 10 a.m., Bible Women
6:30 p.m., Film & Fellowship | | |
| 22nd 9 a.m., <i>What Does it Mean to be a 'Christian Nation'?</i>
1 p.m., Mother's Kitchen (Primavera) | | |

