

BY THE WAY ...

May 2020

Volume 26, Issue 5

Interim Pastor: Rev. John Cheek

Editor: Kathy Walsh-Americanano

From the Pastor...

As we enter into a new chapter in the life of The Holy Way, one without Pastor Elizabeth serving among us, there is still some confusion about why the position of Pastor for Growth and Development ended. This article is intended to clarify the reasons that happened.

First, I hope it's not necessary to say this, but Pastor Elizabeth didn't do anything wrong, and there wasn't any kind of falling-out between her and me. I have loved and respected Pastor Elizabeth from the time she and Bart moved to Tucson.

Pastor Elizabeth's employment as a pastor at The Holy Way began with a DREAM grant from PCUSA. A DREAM (Developmental, Risky, Experimental, Adaptive Mission) Grant is meant to encourage risk-takers who are not afraid to fail in church cultures.

After the funding for the DREAM grant was depleted, the position of Pastor for Growth and Development was funded by a few very generous gifts from members of The Holy Way, with the expectation that, over the next five or so years, the position would more and more be supported by the pledge and plate giving of the congregation. This was something of a daring hope, because it is very rare in the PCUSA for a church of this size to afford more than a single pastor.

Pastor Elizabeth served with compassion, creativity, love, and commitment, blessing this congregation by her ministry here. Unfortunately, the goal of supporting that ministry position, in addition to that of the Pastor/Head of Staff, out of regular church giving never could be met. Consequently, when the 2020 budget was being prepared, it became clear that the gifts which had supported that ministry position for the past several years would be depleted before the end of 2020 and that the pledges and projected plate giving for 2020 would not support continuing the position. At a meeting which Pastor Elizabeth attended, the Session voted to end the position of Pastor for Growth and Development, effective June 30, 2020.

As you all know, when the toll of a six-month-long goodbye began to show, Pastor Elizabeth was offered the option of ending her ministry role here early and receiving a severance package to minimize the financial burden on her and her household. Pastor Elizabeth accepted that offer, and her last official Sunday was April 26.

Like you, I miss Pastor Elizabeth deeply. Like you, I wish this situation had happened differently. And, like you, I am committed to the future of The Holy Way. May God continue to bless this church, and may God continue to bless our wonderful sister, Elizabeth.

Richest blessings,

Pastor John

Thinking of all of you and looking forward to the time we can be together again!

One Great Hour of Sharing donations in April totaled \$265.00 which will be appreciated for the different ways our caring provides through Presbyterian Church, USA.

I'd like to say how much I enjoy working with Kathy, making sure Holy Way financials are recorded correctly. Kathy is so dedicated to Holy Way and has been for 4 years since Friday, April 24, 2020! Thank you SO much, Kathy, for all you have done and continue doing with the added hat you are wearing as our Financial Secretary. We all look forward to our monthly newsletters because you design them with news and fun!

Stay Well everyone!

Sharon Groves, Treasurer



Kevin Sterner	5-3
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What's Happening at Holy Way....



COVID-19 UPDATE:

GATHERED WORSHIP HAS BEEN CANCELLED THROUGH SUNDAY, MAY 10 AND POTENTIALLY THROUGH MAY 31.

DURING THIS TIME OF PHYSICAL SEPARATION, WE ENCOURAGE YOU TO READ THE SERMONS POSTED AND ENJOY THE VIDEOS WE WILL SHARE FOR REFLECTION AND WORSHIP ON OUR WEBSITE:

WWW.HOLYWAYTUCSON.ORG

Under the worship tab, click on “online worship services”

Pastor John Cheek is usually in the office:

Tuesdays-Fridays 9:00 a.m.-5:00 p.m.

and Sundays 9:00 a.m.-Noon.

The narthex is open during these times to purchase coffee and drop off/pick-up any printed materials. Please call the church ahead of time in case Pastor John has had to step out of the office temporarily. 520-883-9417.

The Holy Way Directory Online Access

How do I access the directory?

From your computer:

1. Go to www.instantchurchdirectory.com.
2. Click "Church Member Login."
3. Find "First Time Signing In?" and click "Create a Login Now."
4. Enter the email address you put on your directory info form and create a password. **Note: The email address has to match! If you have multiple accounts and forgot what you submitted for the directory, please contact the church office.**
5. Verify your email address by clicking the link in your email account.
6. Sign in with your email and new password.

From your smartphone or tablet:

1. Download the app "Instant Church Directory"
2. Open the app and enter the email address you put on your directory info form.
3. Check your email for the code.
4. Enter the code into the app.
5. Enjoy access to the online directory.

Is it up to date?

The Holy Way works to update new info as we receive it from you. The last major directory update was in March 2020.

What if my information is wrong?

Send corrections to Kathy Walsh-Americanano (kathy@holywaytucson.org).

Can I submit a new photo?

Yes – email it to Kathy. Please submit a clear headshot!

How much does it cost?

It is FREE for you to use on the computer or on your phone. The Holy Way has paid a reasonable price for our annual church membership.

Instant Church Directory FAQs

Is my information secure?

The short answer is yes. While there is always risk in collecting information, the risk here is minimal, and comparable to someone losing a hard copy of the directory in a public place, or having it stolen from their home. Your Instant Church Directory account is protected by a username and password that only you know. Search engines do not crawl any of the directory data located within the password-protected portion. They take your privacy and your church members' privacy very seriously, making sure the Instant Church Directory website and databases are up-to-date with the latest security patches to protect against any current and future security threats.

Online Access Security

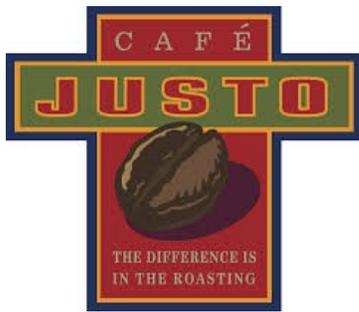
We have a fully secure system for online access just like the mobile app. Only members who are entered in the directory can login to the website, and once that member is removed they no longer have the ability to access the directory. We can also make members inactive if they do not want their information to be shown on the online directory or app, or if they lose their phone.

Mobile App Security

We built a fully secure system for all our mobile apps. Only authorized active members you authorize can gain access to the directory, and access can be revoked by the church. If you prefer that your directory is not available via the app, simply disable the feature.

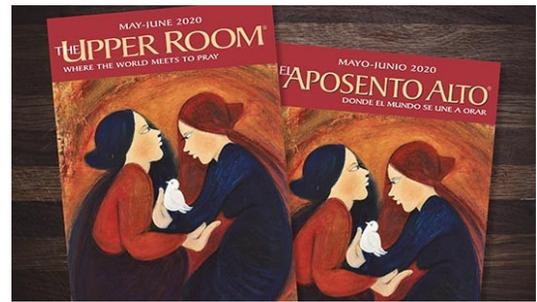
Access through The Holy Way Website

There is a link on a website that helps members and friends log-in to the online directory. Go to www.holywaytucson.org and find the "Connect" tab. Then click on the "Online Directory" tab found underneath. You'll log-in like usual, using your unique email address and password.



You can still support our Mission partner Café Justo by purchasing bags of coffee in the narthex during the times that Pastor John is in the office.

Each 1 lb. Bag is \$10.00.



Editions of *The Upper Room* are available in the narthex during the times that Pastor John is in the office. If you are staying home, *The Upper Room* is also making available temporarily through June 30, 2020 free access to PDF downloads of the May/June edition and many other resources to individuals and churches while COVID-19 is front and center in our world at:

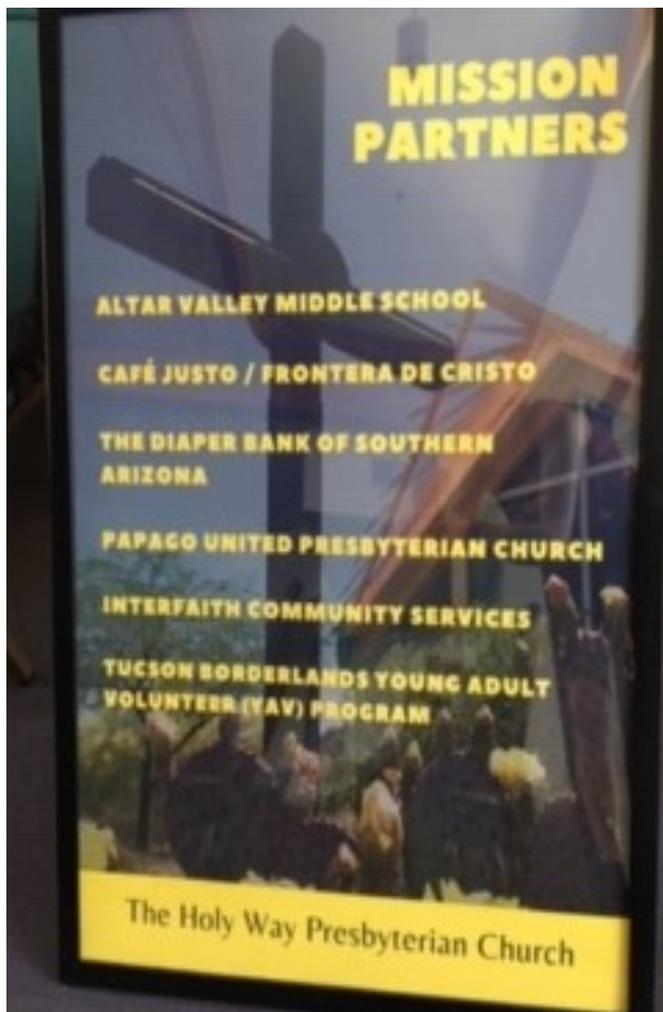
www.upperroom.org/covid-19



Plastic Bags

Due to earlier park service orders and the virus, Bev M. And the *Mattresses for the Homeless* has had to be discontinued. She will be gone this summer so she could not collect saved bags. She apologizes and hopes you will recycle them safely.

Thank you. –Bev M.



Why a Mask

The Centers for Disease Control (CDC) recommends acting like you have the COVID 19 virus and you want to protect those around you. It has been shown that some people may not exhibit symptoms, but do have the virus. Testing is not wide-spread: Certain criteria must be met in order to obtain the test due to shortage of the testing supplies.

Wear a face covering when you are out in public. It should be made of cloth and fit snugly against the side of your face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction, and be able to be laundered and machine dried without damage or change to shape. I complained that I had trouble breathing with the mask on (I have asthma). My doctor told me the mask was working like it was supposed to.

Here are the CDC guidelines for:

Wearing cloth face coverings:

1. Wash your hands well before putting on a face covering. You can also use hand sanitizer.*
2. Avoid touching your eyes, nose, or mouth while putting on the cover.
3. Place the loop or ties around your ears snugly, ensuring the cover fits completely over your nose and under your mouth.
4. Ensure the cover doesn't move around before entering a public space.
5. Do not touch your face or the cover while in public.
6. Avoid getting the cover wet (becomes less effective).
7. If you must be in public spaces for an extended period, consider having multiple covers you can switch out.

Removing cloth face coverings:

1. Carefully unfasten the loops or ties. Do not touch your face.
2. Hold the cover from the loop or tie and place it either directly into the laundry or into another container that can go in the washer without touching it.
3. Wash the face cover in the clothes washer before using it again.

*Homemade hand sanitizer: 2/3 rubbing alcohol to 1/3 aloe gel—this will give you a 67% alcohol ratio. The recommendation is at least 50% alcohol.



Healthy Immune System

With the current pandemic many people are concerned about avoiding the COVID-19 virus. Having a healthy immune system will help you, but will not necessarily protect you from getting the virus—so we continue with social distancing, hand washing and cleaning everything in sight. Standing two arms length away from someone is better than being two arms length under everyone.

So, you are probably wondering, “What am I to do?” Well, here are some suggestions how you can promote a healthy immune system—the body’s natural defense.

- 1. Sleep:** How much sleep depends on each of us. We all have different requirements. If you don’t get enough sleep, or get restful sleep, you are at higher risk to get sick. A study in 164 adults showed that those who had less than six hours of sleep a night were more likely to catch a cold. Adequate rest also boosts the immune system. The general recommendation is to get at least seven hours of sleep a night.
- 2. Diet:** Focus on a diet rich in nutrients and antioxidants such as whole plant foods. This helps to fight pathogens (little, invisible beasts). Free radicals in the body causes inflammation. Chronic inflammation can result in heart disease, Alzheimer’s and some cancers. The fiber in plant foods helps to keep the gut healthy. Nutrients found in fruits and vegetables are rich in vitamins, such as vitamin C, that can reduce the length of a common cold.
- 3. Healthy Fats:** Fats like olive oil and omega-3s are highly anti-inflammatory. Chronic inflammation can suppress your immune system; therefore, these fats can help fight illnesses.
- 4. Fermented foods:** These are rich in probiotics which support a healthy gut. These foods include yogurt, sauerkraut, kimchi, kefir, among others. If you don’t have these in your diet, consider taking probiotic supplements.
- 5. Sugars:** Limit added sugars and refined carbohydrates promote being overweight and obesity. There is a higher rate of becoming sick if you are obese. An interesting study showed (population 1,000) that obese people who received the flu vaccine still got the flu! Obesity, type 2 diabetes and heart disease can weaken the immune system.
- 6. Exercise.** Moderate exercise can boost the immune system and reduce inflammation. Moderate exercise is more than getting up from the chair and walking into the kitchen! Good options are jogging, biking, walking, swimming and hiking. The goal is 150 minutes every week.

Healthy Immune System Continued.....

7. Hydration: Adequate hydration is good for the overall health status. If you get dehydrated you might have a headache, problems focusing, bad mood, upset digestion, as well as affecting heart and kidney function. If your urine is not pale yellow, get more water. Don't wait until you are thirsty. Mother Nature blunts our thirst response. By the time you are thirsty, you are already dehydrated. Plan your water intake. Caffeine is a diuretic and will cause more dehydration. Any fluid (except alcohol) that does not have caffeine counts as water intake. Unless your healthcare provider has given you instructions on limiting your fluid intake the general rule of thumb is divide your weight in half, and the number you get is the number of ounces you need a day: if a person weighs 150 pounds, their water intake goal is 75 ounces. Think of it this way: the more you drink, the more you go to the bathroom, and this promotes exercise!

8. Stress. Managing stress and anxiety are extremely important to good immune health. People with long-term stress have compromised immune systems. Here's what you can do: pray, meditation, exercise, keep a journal, yoga. There are times when you might need to see a counsellor or the pastor. Instead of becoming anxious about the pandemic, do what you can to stay healthy.

9. Supplements: According to the National Institutes of Health, there are no supplements that prevent COVID-19. There have been studies that suggest the following can strengthen your body's immune response: Vitamin C, Vitamin D, Zinc, Elderberry, Echinacea and Garlic. Vitamin C is water soluble. That means it dissolves in water and is flushed out the body through the kidneys. So, if you take 1000 mg of vitamin C, you will pee out most of it. You would get better benefit from taking 250mg two or three times a day. Only purchase supplements that have been tested by third-party organizations like United States Pharmacopeia (USP), NSF International, and ConsumerLab. This will be indicated by a seal on the label. Otherwise, you don't know for sure what is in the supplement.



Solitude in Community

Written by **Haley Whitson, Tucson Borderlands Young Adult Volunteer**

At the beginning of March, which in this time of COVID-19 now feels so long ago, my fellow Tucson Borderland YAV's and I went to Cascabel, where we stayed in the canyon that hosts sojourn experience. These are experiences to be in solitude for an amount of time. We spent our first night together but once we woke up in the morning we headed out to our solo campsites for two nights and three days of solo time before returning to our group for one last night together to celebrate and reflect.

There was something unique about our experience, even different from the sojourners who typically come to this canyon for time of solitude. Though we still practiced solitude, this was something we were getting to practice while also in community. This was something I reflected on while in my alone time. As I saw each sunset, I wondered if Laura was enjoying it just as much as I was. As I shivered at night, I wondered if others were also having trouble sleeping through the night. As I drank my coffee, I wondered if Hannah was also enjoying a cup of coffee. As I journaled I wondered if others were processing what they wanted to in this time and space. I wondered if my community was sharing in the same joys of being surrounded by nature, I wondered if they share similar fears of being alone, if something were to happen.

This experience of solitude in community continues to resonate with me, as my YAV house, the YAV program, the city of Tucson, Pima County, the state of Arizona, the United States, and countries across the globe are experiencing this health crisis, and members of all these communities are also being asked to isolate themselves from one another to keep each other safe. We are isolating as a community and for the community.

Though at this time it's been easy to feel isolated and alone, I've found comfort in the ability to creatively feel connected and in community. As I talk to my parents and friends, I hear the different fears and anxieties we share. As I watch musicians perform instagram live stream concerts, I see many other fans tuning in, showing me there's many other people like me wanting to connect with music during this time. I feel a lot of comfort being part of a program, with a site coordinator and board checking in with us and offering support as we navigate and process this, in the middle of our YAV year.

As a house, we have made jokes that our sojourn retreat has prepared us to sit around and do nothing. But really, at least for me our time at our sojourn retreat has given me ways to reflect and see the beauty of community that is not always visible or means being in physical presence or constant communication, rather the beauty in community is even in complete solitude or mandated orders to shelter in place, its presence continues to be powerful and felt. Also always wash your hands.



Sunset on Sojourn

Life During **QUARANTINE**



Life is a little different now, but we can always focus on the **GOOD** and **POSITIVE** in every day. I asked :

1. What is something that makes you happy during quarantine?
2. What are you most grateful for?

Here's what you said:

1. Spending more quality time with my daughter because she's home-schooling
2. We're still healthy and still have toilet paper! **-Kathy Walsh-Americanano**

1. More time to do projects
2. My health and that I have plenty of food. **-Marquita Mc Crone**

1. Riding my recumbent trike with 4 other gals on the paths of the beautiful golf course (closed to golfers) in Tucson Estates.
2. My health and time to connect with friends and family via phone more often than usual. **-Mary Langerak**

1. I'm so grateful for our home and we are healthy and well.
2. So thankful that God is in control and we need not worry for anything!
-Sherri Atleson

1. The glory of the view from my great room windows makes me happy.
2. I am grateful that we are not ill and don't know of anyone who is. **-Jeannie Hollis**

1. I am happy for a caregiver that sees to my safety, and that I have enough groceries
1. I am happy that I have a church family that will support me with their prayers should the need arise.
2. To know there are health care people willing to put themselves in danger to care for all who are affected.
2. To know and believe that this will end according to God's will, and that the change in our lives will be for the good. **-Don Kimball**

1. Having my phone to stay connected to my friends.
2. Having enough food while stuck at home. **-Alyssa Americanano**

1. We are happy that we have a camper to be quarantined inside.
2. We are grateful that we still get to travel together safely and see lot's of new things while still in our camper. –Ann, Dennis & Chris Toresdahl

1. We are happy to hear from friends, old & new, near & far. And we're grateful for zoom time with kids & grandkids.
2. We are grateful for our safe travels back to Minnesota where Jerry received successful back surgery on April 23rd. He is in recovery mode.
–Di & Jerry Anderson

1. One thing is finally having time to devote to special interests with few distractions. For me, that means catching up on organizing/scanning old photos sent to me that I have never seen before and adding info/photos to our family tree on Ancestry.com and creating digital albums to share with our extended family. It brings back many memories of good times with those who have passed on. Also, viewing more recent photos I have taken but never had the time to look at!

1. Taking time to catch up on relationships with friends and family, but also with God.

1. Time to read, share & write.

2. That I can't think of a better place on God's green earth to be quarantined than right here in Tucson surrounded by the natural world in all it's beauty, the handwork of God. My wife and good friends plus a loving community. Golf, and hikes in the mountains all around us. So much more.

2. But above all I am grateful that God promises that we are not alone, that he is always by our side, faithful and trustworthy, and that he is in control.

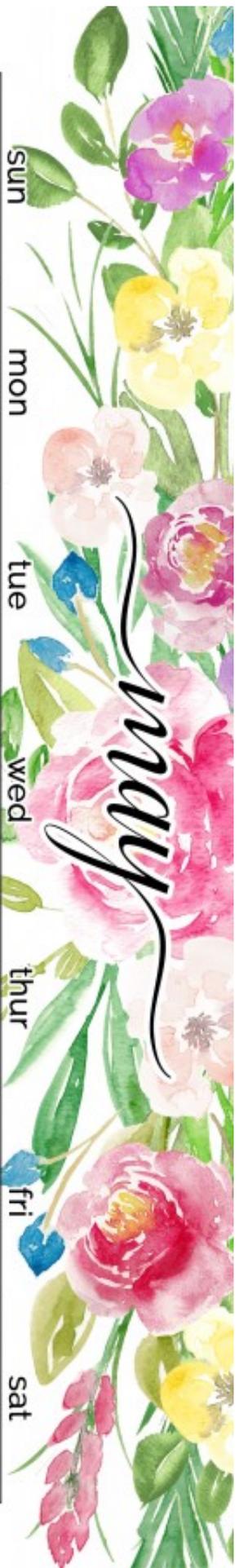
–Terry Saxton

1. ZOOMing with Ray's children and my children who are at a distance from us!

2. First and foremost, Ray and are so grateful for our continuing good health.
-Sharon Groves



Thank you so much for your responses! I Loved hearing from you! -Kathy



sun	mon	tue	wed	thur	fri	sat
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						