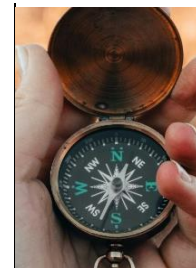


April
through
June
2025

DHLC Compass

Next Steps in Your Faith Journey



DHLearningC Learning Together

Learning opportunities are abundant at Desert Hills Lutheran Church and are usually centered around food and fellowship. Planning to attend events with others keeps you accountable for continuing your learning journey, practicing your active listening, and being inspired by others.

Dig Deeper Sermon Discussion Groups meet weekly to share insight into the weekend sermon. This isn't a Bible study.

Women's Ministry Luncheons are held on the second Monday of the month. These fellowship events include a delicious meal and a chance to learn about a new topic, person, or organization in the area.

Men's Fellowship Breakfast offers conversation around a hearty breakfast served by Chef Bernie. Meeting on the third Thursday of the month, a chance to learn about the community or its members is a bonus.

Singles Fellowship focuses on local outings that pique your interest and your learning opportunities.

Sewing Bee allows for skills to continue to be sharpened or learned as you make a difference in the community. Cut Kits is another example of skill improvement.

FFFT Activities include BUNCO on the fourth Friday and Trivia on the third Friday of each month, among others. If you don't know how to play or think you have enough knowledge, come to an event and learn something new.



Engaging in playful learning is a great way to try new activities.



Developing a Growth Mindset

Challenging Yourself to Grow

The concept of a growth mindset was popularized by Carol Dweck in her book, "Mindset: The New Psychology of Success," published in 2006. Dweck's original research examined how a growth mindset affects children's development, but its application has since broadened to include various age groups and different contexts.

So, what is a growth mindset? In a growth mindset, people believe their basic abilities can be developed through dedication and hard work. They view their brains and talents as just a starting point. This perspective fosters a love of learning and resilience, enabling individuals to accomplish great things.

The advantages of embracing a growth mindset are extensive. It motivates individuals to take personal risks and set challenging goals, promotes cognitive development across various tasks, alleviates stress, anxiety, and depression, enhances interpersonal relationships, and results in improved performance.

You may wonder how to cultivate a growth mindset. Some suggestions include engaging in playful learning by trying new activities like drawing, juggling, or playing Trivia or BUNCO. You could refresh your routine by taking your walk in reverse, cooking something new, or mixing up your daily

habits. Taking on a 30-day challenge can be a great way to establish a new habit.

Be inspired by the success of others—surround yourself with people who motivate you. Use positive language to foster a positive attitude. It is essential for a growth mindset. Stay curious, ask open-ended questions, and practice active listening to encourage others to share their thoughts.

Teaching others what you have learned can also solidify your understanding. Regularly schedule time for reflection and keep a journal to help identify patterns and connections and enhance your self-awareness and learning journey. Most importantly, embrace the idea of learning to learn. Take every opportunity to develop and strengthen your capabilities and remain open to new experiences. Remember...you just haven't mastered that new skill YET!

Desert Hills Lutheran Church provides numerous growth opportunities. Additionally, local organizations like the Pima County Library offer various learning resources beyond just books.

Check out the church website www.dhlc.org for a full schedule of events happening at church.

Via de Cristo Ultreya

On April 6, DHLC will host a Southern Arizona Via de Cristo Ultreya. This will include a potluck meal and program. Via de Cristo is an organization dedicated to deepening our understanding of God's grace through an October weekend retreat.

Council Members

At the February annual meeting, the congregation voted for new council members. Meet your council members for 2025...Donna Bergsgaard, Barbara Blake, Nancy Borstad, Bob Dahm, Kent Dexter, Dick Gardner, Nancy Green, Carol Pohl, and Dawn Tarzian. We thank them for their service to DHLC.

Moving to a New Home

If you are packing up to move to a new Green Valley home, near family, or back home for the summer, don't forget to let the church know your new address. We want to stay connected to you in your next phase of life.

Growing Your Family

Words of wisdom learned with age.

In February, Health & Wellness hosted its annual 90+ birthday celebration. During the event, congregation members shared words of wisdom. Just think of all the advice that room was filled with. What resonates with you?

“While traveling in Jordan, I filmed a lady riding a camel. The next day I asked her how old she was. When she said she was 95, I asked her how she rode a camel for so long. She said, ‘Just keep moving.’”
- Hugh, 91



“I was dating someone quite heavily. One day, my mom came into my room and said, ‘Don’t lead him on if it isn’t serious.’ I married that man!” - Marilyn, 91



“My mom always asked, ‘Will this matter in eternity?’ Which meant don’t stress over the little things.” - Kristin with her mom, Arlette, 91

“Be responsible for yourself.” - Carol, 90

“Be grateful for every day with which you are blessed.” - Elaine, 90



“People take things for granted these days and don’t say thank you enough. My advice, ‘Thank God for your blessings every day.’”
- Colleen, 98

“Each day is what you make it. It is all in your attitude.” - Marie, 91



“Be kind to strangers. God brings people into your life for a purpose.”
- Lee, 90

“My mom had a plaque on the kitchen wall that read, ‘Give losers leave to speak and winners to laugh.’” - Ed, 90

“My mom said many times, ‘There are none so blind as those who will not see.’”
- Addy, 95

“Get a friend when going through hard times.” - Pat, 90

“Be grateful for the life you have.”
- Addy, 95



Learning how to apply God’s Grace and Love into Our Daily Lives

Learning by Example

Living God’s Grace during Lent and Easter

This Lenten season, Desert Hills Lutheran Church continues preparing for Christ’s death and resurrection. Join us as we experience God’s Grace.

Lenten Soup Suppers are held on Wednesdays from 6-6:45 PM in the Fellowship Hall. This is a great way to share a mid-week meal with friends.

Hymn Sing is held from 6:45-7 PM. What do you want to sing each Wednesday?

Mid-Week Lenten Worship Services are held each Wednesday at 7 PM.

Easter Dinner will be served at 2 PM on Easter in the Fellowship Hall. What a wonderful way to worship and enjoy a meal with fellowship. Best of all, there is no need to dirty your kitchen.

Maunder Thursday:

- 12 PM Maunder Thursday Worship Service
- 7 PM Maunder Thursday Worship Service

Good Friday:

- 12 PM Good Friday Worship Service
- 3 PM Good Friday Country Trio Worship Service
- 7 PM Good Friday Worship Service

Easter Weekend Services:

Saturday, April 19:

- 3 PM Country Service
- 5 PM Country Service

Sunday, April 20:

- 8 AM Traditional Service
- 9:30 AM Blended Service
- 11 AM Contemporary Service

New Experiences

Navigating Life’s Next Phase

Retiring in southern Arizona is truly a blessing. However, everything can change in an instant if you or a loved one receives a concerning diagnosis. Where do you turn for answers? Sometimes, your loved one may not want anyone to know about their condition, or they might doubt what the doctor is saying. If you’re feeling overwhelmed, it can feel like your mind is a hamster running on a wheel.

Please don’t hesitate to call me. While I don’t have all the answers, I will do my best to connect you with resources, support groups, and services that can help you through this challenging time. Confidentiality is my priority, so please don’t isolate yourself thinking you have to handle this alone. You are not alone in this.

I have limited hours at the church, but you can call and leave a message. I will return your call as soon as I can. If it’s urgent, someone will reach out to me right away. You can also email me at parishnurse@dhlc.org to schedule an appointment.



Lorrie, our parish nurse, is ready to help you gain knowledge when dealing with your next phase of life.