



# MAY – JUNE 2026



## **DECOLORES! BROTHERS AND SISTERS IN CHRIST.**

What comes to your mind when you think of May? School year coming to an end, prom or graduation, dancing around the May Pole, Stars Wars Day (may the fourth be with you), Cinco de Mayo, Mother’s Day, or Memorial Day? What about May flowers, a birthday, a wedding anniversary, or the Kentucky Derby Day? Springtime, it’s a time to celebrate a new season and getting ready for summer, a time to relax, travel, or renew. Did you know there are so many other holidays in May? It was a learning experience for me to google other holidays in May. The list was HUGE! Just to list a few of them, we can celebrate any of these holidays: Mother Goose Day, National Chocolate Parfait Day, National No Pants Day, National Tuba Day, Phone in Sick Day, Be Kind to Animals Month, or National Share a Story Month.

Welcome June – Flag Day, Juneteenth, Father’s Day, Kick off summer with a splash of learning: Say Something Nice Day, National Donut Day, National Cheese Day, National Egg Roll Day, International Picnic Day, and National Selfie Day just to name a few. Take some time and learn more about other holidays, but try not to forget the “regular” holidays.



Which day you choose to observe is up to you. *Just Celebrate It.*



**Be silly. Be fun.**  
**Be different. Be crazy.**  
**Be you.**  
Because life is too short to be anything **but happy!**

## *Action Challenge or To Do List for May and June 2026*

Recently, I received a text from someone asking me how I was doing. A friend that I don’t normal hear from on a weekly basis. But this was a God moment, a moment of caring, a blessing given to me. As we are living our 4<sup>th</sup> day in Christ, we are commanded to love our neighbor (and friends). Look after each other, do a check-in weekly, especially think of people who are shut ins or not able to get out and about. Who is it in your Via de Cristo family that you are missing? Give them a call – do it today! Tell them, “I’ve missed you.” This isn’t to recruit them for team or to tell them about the next ultreya. Just let them know they matter, personally, to you. It may be just the message they need to hear. God can use each of us to draw us all closer to Him. May He bless you as you seek to be a blessing to others.

# Secretariat News

What does the Secretariat board really do? We meet 10 months of the year. We are Servant Leaders to provide healing, strength, and effective guidance to the Via de Cristo community. Here is a brief recap of the Secretariat members, positions and tasks.

**Lay Director** – Runs the meetings, attends Regional and National Secretariat quarterly zoom calls, spokesperson at Ultreyas, calls new Rector/Rectora.

**Asst Lay Director** – In charge of Fundraising and setting up Servant School for new pilgrims and sponsors. Runs meeting if Lay Director is unable to.

**Treasurer** – Responsible for our funds, financial reports, and annual corporation reports.

**Secretary** – Responsible for recording minutes at all meetings, liaison with all church pastors.

## **Committees:**

**Third Day** – Responsible for the inventory in our storage locations. Ensure we have the necessary supplies needed to host a weekend.

**Pre-Weekend** – Responsible for collecting and reviewing the pilgrim applications prior to the weekend, corresponds with the sponsors and the pilgrims prior to the weekend.

**Post-Weekend** – Responsible for the annual Ultreya calendar. Coordinates with the local Parish Representatives to find locations for the bi-monthly Ultreyas. Assists Parish Reps as needed for the ultreya.

**Palanca** – Responsible for sending out palanca monthly and requesting palanca from other Secretariats and 3-day Movements. Gathers the incoming Wall Palanca for our weekend and gives to Rector.

**Communications** – Responsible for maintaining the website, sending out email blasts, updating the database.

Committee members are always welcome to join and support the Secretariat board. We welcome any community members to help out in any means or ways.

## **2026-2027**

### **Secretariat Members**

Lay Director –  
Johnice Mitchell

Assistant Lay Director –  
Toni Joyce

Treasurer –  
Paul Cassity, Cindy Curtis

Secretary –  
Diane Deutsch

Third Day –  
CJ Abraham

Pre-Weekend –  
Carmen Duerre

Post-Weekend –  
Ron Eggers

Palanca –  
Cindy Curtis, Paul Cassity

Communications –  
Leslie McCourt

Spiritual Director –  
Pastor Tom Dunham

Committee Members –  
Janette Carollo, Lori Brown

# Local News and Events

## VDC WEEKEND # 45 – COED OCTOBER 8-11, 2026

Your VDC weekend leaders have been meeting monthly since January 9, 2026 and will not be finished until late November 2026. There is a process that's been developed to ensure everything is reviewed and updated for each year and that's what we're following. At this point in time your leaders have obtained commitments from people to serve as the primary speakers and secured backup speakers so we are prepared for any obstacles that may come up. We are also arranging Core and Team Meeting agendas, dates and locations for the meetings.

What we always need help with is your participation in recruiting the Pilgrims for the weekend. Here are some statements you may find helpful in addition to the VdC tri-fold brochure when you talk to someone about attending the weekend.

Don't forget the first step, **Pray**.

Tell them to Come and See What God Has Waiting for Them

- Deepen your relationship with God
- Experience authentic Christian community
- Discover how you can serve others with purpose

Let them know They Are Invited to a 3-Day Experience of Faith, Renewal, and Connection

Tell them they can step away from the busyness of everyday life and spend intentional time growing spiritually alongside others on the same journey.

Let them Know What They Can Expect, such as;

- Inspiring talks and real-life faith stories
- Meaningful fellowship and encouragement
- Time for reflection, rest, and renewal
- A welcoming and supportive environment

Be sure to let them know - No Experience Needed

They don't need to have anything "figured out." Just come with an open heart.

Why Should They Attend? "Give God three days—He'll meet you there."

## **Event Details**

Dates: October 8–11, 2026

Location: Tanque Verde Lutheran Church

Meals and lodging are covered at no cost to you.

Contact your Parish Representative for Via de Cristo for brochures and further information.

***You Are Invited. You Are Welcome. You Are Not Alone.***

Weekend verse is **Joshua 1:9 NIV**

**“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”**

Spiritual Directors: Pastor Louis Liss, Pastor Andrew Schlecht

Rector: Jim Clevon

CoRector(a)s. Barbara Peterson, Kevin Brown, Ron Eggers

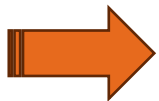
Music Director: Pastor Tom Dunham

Head Cook: Norm Engstrom

Co-Cooks: Al Steichen, Johnice Mitchell

## **Utreya Schedule for 2026**

**“Utreya!” A cry of encouragement! We meet to encourage one another; to inspire one another in our endeavor to bring the world around us to Jesus Christ.**



**Jun 7 Our Saviour’s Lutheran**

Aug 2 Sierra Vista Evangelical Lutheran

Oct 4 Tanque Verde Lutheran (Eve of Dedication)

Dec 6 Mt Zion Lutheran (Silent Auction Fundraiser)

**Join Us for Music, Worship, Fellowship and Fun  
Sunday – 4pm to 6pm**

# National VDC News



## 2026 NLS Annual Gathering

The annual gathering will be held in Seguin, TX on July 23-26 at the Texas Lutheran University. *Dennis and Laura Eskridge* will attend and be our SALVdC delegates for the business meetings. We look forward to hearing about their trip when they get back to Tucson. Safe travels to Dennis and Laura. Enjoy your time and come back with information to share.

We are affiliated with the National Secretariat of Via de Cristo, <https://viadecristo.org/> which includes many Secretariat communities similar to SALVdC.



There are 3-day movement weekends held almost every month of the year in the United States? Our Palanca team members send out Palanca letters each month to the various Secretariats holding weekends across the United States. We don't just create Palanca for our

October weekend. Our email address [SoAZViadeCristo@gmail.com](mailto:SoAZViadeCristo@gmail.com) is published on the National Via de Cristo website with our weekend dates. We receive Palanca letters from other Secretariats and other 3-day movements from the US and from other countries. **Prayer is the first Palanca we can offer up.** Each weekend has set up a 72 hour prayer vigil. One of the ways we can support our fellow Christian brothers and sisters is by prayer. You can pray any where, any time and any way imaginable. From whispers to shouts of joy to singing or signing, prayer is personal and greatly appreciated.

**Below is a list of weekends going on for May to September 2026. There are 3 weekends scheduled. God is Good!**

Aug 27 – 30 Lutheran Via De Cristo of North Texas #115 – Dallas

Sept 10 - 13 Colorado Via de Cristo #51

Sept 24 - 27 Via de Cristo of So California and Central Velley #66

Pray together in closing:

### Prayer of Thanksgiving

We give you thanks, Lord God Almighty, for all the benefits you have given to us; to you who live and reign forever and ever!  
Amen

I pray that all my intentions, actions and works of this day may be directed solely to the greater glory of God's divine majesty. May the grace of God dwell always in me!

### Prayers/Altar Visit

Praise, Thanksgiving, Confession, Intercession and Petitions.

Lord's Prayer

Sharing of the Peace



Name: \_\_\_\_\_

Weekend table and date: \_\_\_\_\_

### Group Reunion

Come, Holy Spirit, fill the hearts of your faithful and kindle in us the fire of your love. Send forth your Spirit, and we shall be created, and you shall renew the face of the earth.

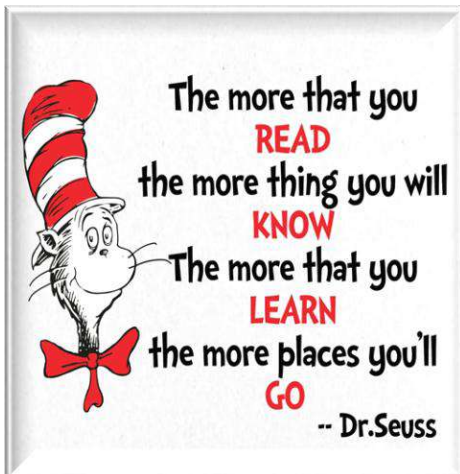
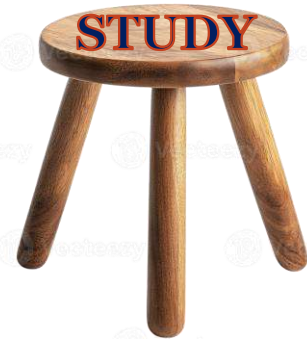
O God, who by the light of the Holy Spirit instructs the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever rejoice in his consolations; through Christ our Lord.

Amen

## Piety – **Study** – Action

This edition's focus is on the 2<sup>nd</sup> leg of the VDC tripod – **Study**.

Study is searching for truth. Listed below are titles of some books / devotionals that are being read and discussed in various grouping sessions. What is your group reading or studying? Do you have a book to recommend? Email us with a Subject Line: Books to Read at [soazviadecristo@gmail.com](mailto:soazviadecristo@gmail.com)



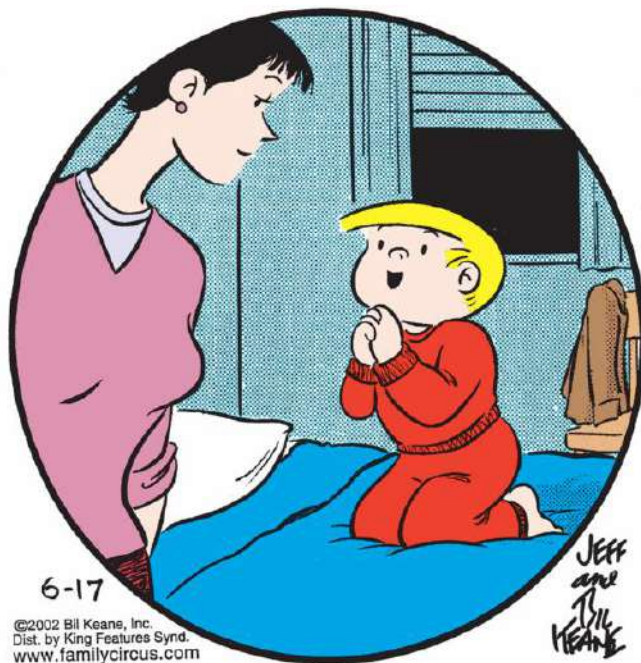
1. **Jesus Calling** by Sarah Young
2. **Bad Girls of the Bible and What We Can Learn from Them** by Liz Curtis Higgs
3. Daily Devotional email from Every Man Ministries  
[www.everymanministries.com](http://www.everymanministries.com)
4. **Battlefield of the Mind** by Joyce Meyer
5. **52 Weeks of Systematic Theology Workbook for Adults: What Christians Believe, Why It's True, and How it Shapes Everyday Life** by Ella Radley

*My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity.* Proverbs 3:1-2

# Heavenly Humor

They say that **laughter is the best medicine**. It helps strengthen your immune system, relieves stress, eases pain, boosts your mood, and energizes you. Laughter also makes way for you to get connected with other people. Lots of laughter is therapeutic, keeps you healthy and kills stress.

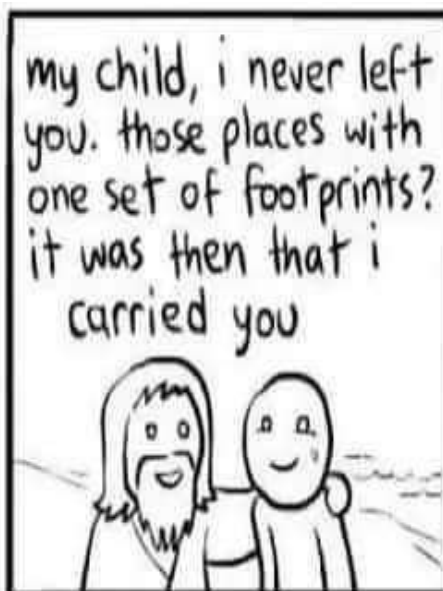
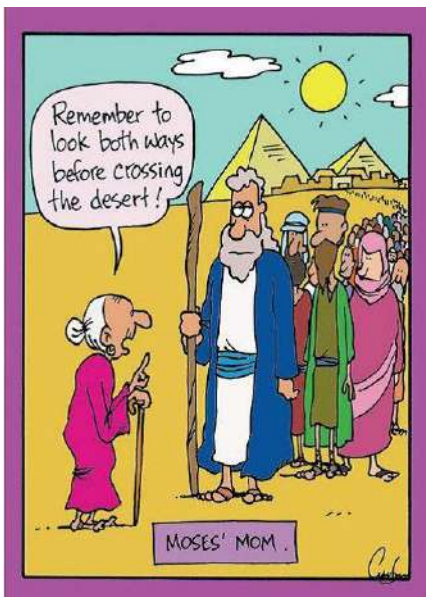
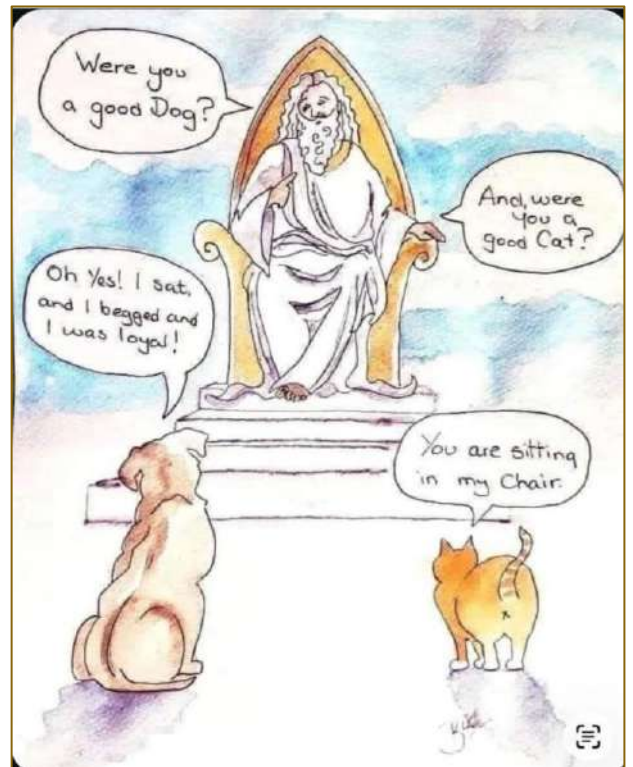
Did you know that May 5 is **World Laughter Day** – to promote World Peace? This is celebrated on the first Sunday in May every year.



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“Sayin’ ‘Amen’ is like pressing the ‘SEND’ button for your prayers.”



# Meals to Share



Recently a grouping sister shared with me some recipes that had been served on previous VDC weekend meals. Yum, this looks good was one of my first thoughts. As sharing is caring, below are a sample of recipes for you. Hopefully you will enjoy a new easy and delicious meal.

## Spinach – Baby Greens Salad

1 bag baby spinach  
1 bag mixed greens  
Toasted coconut  
Canned Mandarin Oranges  
Craisins  
Dressing – Orange juice concentrate thawed

Mix salad ingredients in the desired proportions. Drizzle on thawed O.J. concentrate to taste. Enjoy the light refreshing salad.

## Parsleyed Baby Carrots

1 pkg (2 lb) peeled baby carrots  
2 T butter  
1 T dark brown sugar  
½ tsp salt and pepper  
1 T parsley

Cook carrots 6 mins in boiling water, drain, refresh under cold running water. Can be made to this point a day ahead.  
In large skillet, over med high heat, melt butter, stir in sugar, salt and pepper. Add carrots, cook stirring 5 minutes until heated through and sugar dissolves. Stir in parsley and serve.

## Chicken Parmesan

Mix     ¾ cup mayonnaise (not miracle whip)  
          2 cloves garlic, minced

Mix     1 cup panko crumbs     1/3 cup Parmesan cheese  
          2 tablespoons thyme     2 tablespoons basil  
          2 tablespoons oregano     1/4 teaspoon pepper  
          1/2 teaspoon salt

6 (4 ounce) skinless, boneless chicken breast halves

Preheat oven to 350 degrees  
Mix the mayo with the garlic  
Mix the panko, Parmesan cheese, thyme, basil, oregano, pepper, and salt in a bowl.  
Coat the chicken with the mayo mix, and press into the seasoned panko. Coat all sides.  
Grease a 9x13 baking dish with BUTTER!  
Bake chicken to no longer pink in the center, approx. 40 to 45 minutes



# Fundraising Opportunities



## **GASLIGHT THEATRE**

We have reserved the 6pm Christmas Show on Friday, November 13, 2026. The name of the show has not been released yet. More details will come in the future.

## **FRY'S COMMUNITY REWARDS**

For those of us that shop at Frys/Kroger, you may know that you can select a charity of your choosing to receive a small rebate from Frys/Kroger. Southern Arizona Lutheran Via de Cristo is registered with Frys as a charity.

Go to <https://www.frysfood.com/i/community/community-rewards>

1. Create a digital account.

A digital account is needed to participate in Fry's Food Stores Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.



2. Link your Card to an organization.

Selecting the organization that you wish to support is as simple as updating the Fry's Food Stores Community Rewards selection on your digital account.

1. Sign in to your digital account.
2. Search for your organization: Southern Arizona Lutheran Via de Cristo EV239
3. Enter the name or NPO number of the organization you wish to support.
4. Select the appropriate organization from the list and click "Save".

Your selected organization will also display in the Fry's Food Stores Community Rewards section of your account. If you need to review or revisit your organization, you can always do so under your account details.

# PSA – Public Service Announcement

Just a quick reminder as we enter into our summer months and activities -

- Stay hydrated and stay safe
- Carry extra water and snacks in the car when you are travelling
- Wear light-colored and loose fitting clothes
- Wear a hat or use an umbrella for shade
- Stay out of the heat of the day, between 1pm -4pm.



To promote better hydration, refer to this hydration facts chart:

- ✓ Aim for at least 8 cups (64 ounces) of water daily.
- ✓ Increase intake during hot weather or physical activity.
- ✓ Include water-rich foods like fruits and vegetables in your diet.
- ✓ Carry a reusable water bottle to track your intake.
- ✓ Set reminders to drink water throughout the day.
- ✓ Limit sugary drinks and caffeine, which can dehydrate you.

*Make a Friend \* Be a Friend \* Bring a Friend to Christ*

Share this VDC newsletter with your friends.