Valley Presbyterian Church (USA)
Oasis of Grace

Valley Voice

Thoughts for the Journey

Dear Friends,

Holy Week is when we journey with Jesus to the cross. The journey of that week took us on a roller coaster of emotions and sorrow. Palm Sunday found us celebrating the entrance of Jesus into Jerusalem. Maundy Thursday found us sitting at table with the Lord as he passes the bread and cup for all to take and remember. Good Friday found us uniting with other Christians to go through a time of sadness and darkness as the Lord suffered the cross and entered the tomb.

Christ is Risen! He is risen indeed! The words proclaim what we believe and experience from the first Easter morning to this present time. The power of God has been shown to the world in the raising of His Son from the dead. There is true power in the power of the resurrected Lord.

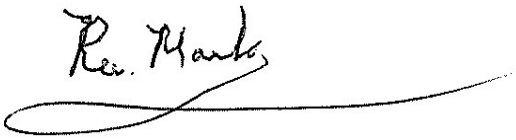
There is a story of an event that happened back around 1930 which bears telling today. "The Communist leader Bukarian journeyed from Moscow to Kiev. His mission was to address a huge assembly. His subject, atheism – the belief that there is no God. For a solid hour he aimed his heavy artillery at Christianity, hurling argument and ridicule. At last he was finished and viewed what seemed to be the smoldering ashes of humanity's faith.

"'Are there any questions?' Bukarian demanded. A solitary man arose and asked permission to speak. He mounted the platform and moved close to the Communist. The audience was breathlessly silent as the man surveyed them first to the right and then to the left. At last he shouted the ancient Orthodox Christian greeting, 'CHRIST IS RISEN!' The vast assembly arose as one and the response came crashing like the sound of an avalanche, 'HE IS RISEN INDEED!'"

Friends, the witness of the risen Lord in one's life proclaims the power of Christ breaking the bonds of death. May this Easter be a time of renewed commitment to the one who showed us the resurrected life.

Christ is Risen! He is Risen Indeed! Praise be to God.

Yours in Christ,



Rev. Mark A. Medina, Transitional Pastor

A few items for the journey ahead:

- **Holy Week:** March 29 - Maundy Thursday Service at 7:00 p.m.
  March 30 - Good Friday Service at 12 o'clock noon
  April 1 - Easter Sunrise Service at 6:00 a.m.
  Easter Service with Communion at 9:30 a.m.
- **April 22:** Guest preacher Rev. Amy Poling-Sutherlin for PW event

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The Valley Voice is published each month. Please submit articles for consideration to wendyk@valleypres.net by the 15th of the prior month. Articles may be edited for style, length and content.

The Weirdness of Christianity

Once a month, I attend a gathering of Presbyterian pastors called Macedonia Ministries. It is a time to connect with other pastors, pray together, eat together and learn together. In our March gathering, we talked about being "spiritual but not religious."

As we talked, one pastor said, "The problem is we have forgotten how weird Christianity is."

How true, I thought, especially coming off of Easter where we celebrate the Resurrection. How often I have tried to explain my faith to someone who is not a Christian, and I sound….weird.

Virgin birth….God becomes human… Jesus fully human, yet fully divine….Resurrection….Holy Spirit…..One God in Three Persons.

So when we sound weird, we begin to take it upon ourselves to change the story and make it more popular. Christianity becomes nice and therapeutic: God will help you through life. God will meet your needs. Yet Jesus said, "Take up your cross and follow me." Jesus called for death, death to self and an old existence.

We lose our weirdness when we focus on church maintenance and structure rather than the revolutionary teachings of Jesus: love your enemies, pray for them, practice forgiveness, practice justice and reconciliation.

One theologian (Bo Bonner) said we need to quit trying to conform Christianity to the world, and instead let it be a lot stranger. Let the Christian Gospel stand on its own two feet. Keep the script and trust God to take care of rest.

Christianity is wild and weird. It is mysterious and glorious, and a way of life. Let's own our strangeness. What do you think?

Rev. Diane Christopher, Pastor of Discipleship

Welcome, New Stephen Ministers

Judy Aguayo and Charlene Campbell were commissioned as Stephen Ministers on March 11.

April Showers Bring May Flowers

April 22 will mark six months that we've been on this journey together. I want to tell you that it continues to be a joy to walk with you. As we turn together into this next season of life, Spring, and Eastertide, the adventure continues. The Congregational Care Transition Team has been hard at work rediscovering all of the aspects of congregational care at VPC and sharing them with the rest of the congregation. There has been excitement as folks have worked on communication and creative activities to emphasize the areas in which they minister. It has been a privilege to witness God at work in our midst. In April, the weather will get warmer, and we will continue to work on aspects of our ministry together.

I appreciate the continuing support and enthusiasm as we walk together on this side of the resurrection. When we journey together as a community of faith, we are reminded of whose work we are doing. We are called to continue to be the body of Christ in this world because of the Christ who died for us, and to be open and trusting in the way that opens before us. We are not alone on this journey. We have one another and we have an ever-faithful, ever-loving God, who is like an April shower to our birthing as May flowers. May we drink in the life-giving sustenance and continue to grow in faith, compassion, and love.

Blessings along the journey,

Linda

Rev. Dr. Linda Lloyd, Interim Pastor of Care

Patio Sale News

Wow! What a week we just had with patio sales grossing $74,500! Needless to say it was an exciting, busy, and fun time for the many who joined the patio sale family during this hectic week of selling our year-long collection of stuff in support of our various missions. Congratulations and thanks to all the members of our church family, and to those of the community at large, who joined us and worked so hard to make this, our 37th annual sale, such a success.

It is worthy to note that we now have an internet selling presence, thanks to Geneva Halliday, who has already sold over $2,000 in merchandise with this medium.

As we begin our 38th campaign, please mark your calendars with these important dates (and see additional dates below):

March 27 at 5:30 p.m. - Potluck Volunteer Dinner
April 12 at 8:00 a.m. - Patio Sort

If you are looking for something to do that is fun and worthwhile at the same time, please feel free to join our patio sale family.

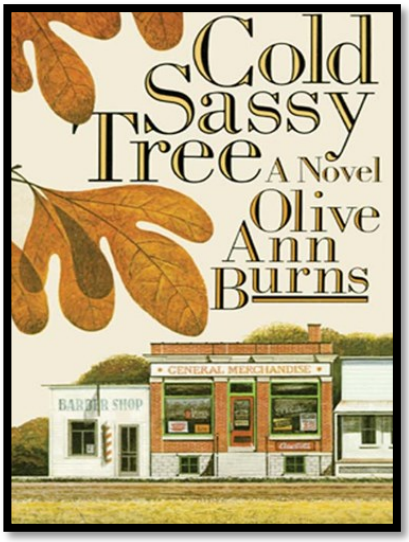
Patio Sale Dates for 2018

Sorting takes place on Thursdays at 8:00 a.m

Sorting: April 12, May 17, June 14, July 19, August 16, September 13, October 11
Holiday Sale Setup and Sale! October 31- November 3
Sorting: December 13

Valley Readers

Monday, April 23
2:00 p.m. in Classroom 5



In April the Valley Readers will return to a modern-day classic, *Cold Sassy Tree*, by Olive Ann Burns. Published in 1984, this debut novel tells the story of a May-December romance and the young man who witnessed it all and grew up some himself in the process. Life in a small Georgia town at the turn of the 20th century is the backdrop for this memorable and beloved story.

Join us for a discussion of *Cold Sassy Tree*, led by Pam Peake. For additional information please contact Anne Morrison at 520-399-0762.

Mission Breakfast Features Christian Service Programs

April 14, 2018, at 8:30 a.m. in Fellowship Hall

Our ministry is our service to believers and our mission is our service to unbelievers. Missions carried out in the church blur this distinction in that service, fellowship, and outreach often occur at the same time.

Mission Quilts, Just Coffee, Creative Hands, Prayer Shawl Ministries, and the Valley Galley will highlight a $5.00 Mission breakfast on April 14, 2018, at 8:30 a.m.in Fellowship Hall.

Mission Quilts' mission is to create and provide quilts to any child, baby or person, who has little or nothing, in need of feeling Jesus wrapped around them.

Café Justo (Just Coffee) is a coffee grower cooperative based in Salvador Urbina, Chiapas, Mexico. It is a ministry of the PCUSA Border Ministry, Frontera de Christo. This micro-industry has transformed the lives of these local growers.

Creative Hands' mission is to sew practical items for use in rehabilitation homes.

Prayer Shawl Ministries' mission is to knit shawls, which are then blessed and given to people in need to provide warmth and comfort.

Valley Galley's mission is an outreach to the community with the logo of "We Cook, We Serve, We Care."

Come, listen, learn, be amazed, and enjoy an outstanding breakfast while we highlight these in-house activities. You may be inspired to join a fun group while serving others.

Wendy's Web

This article will return next month.

Sound Board Operators Wanted

Running the sound system in our sanctuary is a very important ministry. We have beautiful worship services, and the sound system enables our people to hear and enjoy and partake in worship. We are looking for 2-3 volunteers willing to learn how to run the sound board for our Sunday services. We will provide training, and once trained, we would hope to have a volunteer help out one Sunday each month. The only requirement is that you have to be able to hear very high and very low frequencies (ringing/humming/etc.). The sound person typically arrives at least one hour (sometimes earlier) before the service begins. If you are interested, please contact Wendy (wendyk@valleypres.net) or Pastor Diane (625-5023).

Casa Vida Nueva para Niños, A.C.

(New Life Home for Children)

To the world you may be one person, but to a child, you are the world.

WOW ... what a trip we had visiting the Home for Children on March 10!

Article by Reed Olson

Forty people, including 22 first-time visitors, went on our March trip to CVN. Director Elias Herrera gave an overview/history of the home, including videos. We learned CVN just added four more children, raising the total to 32. The children then performed a dance routine followed by lots of hugs given to the visitors. Reed Olson providing an overview of RISE Scholastic Achievements and its positive impact on the children over the past year. Then, Anna and Sebastian, representing all the children, stood up and addressed the group regarding how much they appreciated the love and support from Green Valley and RISE in giving them hope for their future. Next, we went on a facility tour and discovered the upstairs rooms are almost completed. The tour was followed by lunch and play time with the children. As you can tell from the photos, the children loved every minute of our visit. Thank you to the people who went on this trip for all for the time, energy and love you gave. Please spread the word of what you saw and experienced. The next trips will be June 2, September 8, and December 8 (this is the big one - Christmas with presents).

Bendiciones y muchas gracias!

The children perform

Lots of hugs and smiles

Anna and Sebastian giving thanks

Forming Your Faith: An Adult Sunday School Class

8:30 a.m. - BEFORE worship in Classroom 5

In the February Valley Voice, it was announced that the Adult Sunday School class was ending. But wait! There is great passion for this class. Therefore, we are happy to report that the class is not ending, but moving to BEFORE the Sunday morning worship service. Come to Classroom 5 at 8:30 a.m. as this class begins anew with great studies for the soul.

Men's Weekday Bible Studies

Tuesdays at 7:45 a.m. and Wednesdays at 9:00 a.m.

Two church-sponsored men's groups meet during the week, and they would be glad to have you join them!

The first group meets on Tuesday mornings at 7:45 a.m. They are now reviewing *Cold-Case Christianity: A Homicide Detective Investigates the Claims of the Gospels* by J. Warner Wallace. A group of six to twelve men meet in the Media Room of the Silver Springs Retirement Community. The group meets for fellowship and study and an all-around lively discussion. Dave Tompkins is the leader (399-3500).

The second group, with about six to thirteen men attending each week, meets Wednesday mornings at 9 a.m. This group meets at the church for one hour in classroom 1. The group is facilitated by Larry Phillips (777-8027), but focuses on group discussion. They use the NavPress Life Change Series study guide. They are currently studying the gospel of Matthew. Join the group any time to participate in the discussion or just to listen. In either case, your presence will be welcomed. Lessons are self-contained so feel free to join the group when able.

Turning the Gem

Mondays at 1 p.m. in Classroom 5
Your teacher: Pastor Diane Christopher

We continue to turn the Gem – the Bible – to discover its edges, layers and depths.

Pastor Diane begins the month of April (after the Resurrection) by looking at humor in the Bible. It really can be funny. We then venture into the book of Revelation and answer the question: How in the world do I read this book!? We continue on by discovering how the Old Testament is connected to the New Testament (in other words, don't ignore the Old Testament!). Have you ever wondered why the four Gospels are so different? We will discuss that, too. We end the month by looking at the importance of land – a beautiful theme spread throughout the Bible.

The Bible is full of gems and surprises. Come be amazed and delighted.

The Inquisitors Explore "Living the Questions"

Fridays at 1:30 in Classroom 1

Socrates said, "The unexamined life is not worth living." With "Living the Questions," we will examine our faiths in an environment where participants can interact with each other and fine-tune our beliefs to make them more worth having and living. We have all grown up thinking differently from those around us, knowing we wanted to do our best to be caring Christians but knowing that much of what we learned was not helping us get the job done. This experience should help change that. We will view 20-minute segments of conversations of leading voices of faith, digital stories illustrating aspects of an evolving faith, and concrete spiritual practices and disciplines. After each segment, we will discuss how what we have seen might be used to help us grow spiritually. These will be stimulating, fun discussions. Join us on Fridays at 1:30.

Changing the Conversation: A Book Study

Tuesdays, starting April 10 and running 6 weeks
4:00 p.m.- 5:30 p.m. in Classroom 5

Our culture has changed in relation to the church. The church is no longer the center of the community. Churches can no longer grow by simply opening their doors and expect people to walk in. The church must go out and show authentic faith to people outside its doors. As Anthony Robinson says in his book *Changing the Conversation*: "The primary mission of the church is to change lives, to be and to form disciples for the sake of God's world." In other words, the church is not "ours," but "for others." We call this being missional.

Interested in learning more? Come to the class based on the book *Changing the Conversation*. The book offers a helpful look at the issues facing mainline Protestant churches today, including leadership, finding and living our purpose and vision, evaluating our structure and organization, and finding and claiming a new passion about God and following the way of Christ.

Many people in our church have taken this class. Here is what they've said:

"This book made me reevaluate why I attend church, specifically why VPC, and gave new insights into the changing culture and how we need to adapt and not feel guilty."

"This book has opened my eyes. We must take risks, we must offer new experiences that will promote a change in peoples' lives, something they want to take home with them and into the community, a deeper faith."

"I've bought six of these books and sent them to people who are facing comparable situations in their churches and am getting excited reactions from them."

"This study needs to be repeated until all members have attended."

The Valley Galley ministry came out of our conversations in this class. Come and learn as our church moves forward into a new future.

Pam and Dave L. Update

FOUR BACK TO BACK MUSLIM MINISTRY CONFERENCES

We finally had 16 international OM leaders from across the Muslim world arrive January 13 to hold another historic conference on unreached Muslim peoples. 150 leaders from 30+ churches came to listen, be inspired and see how to better engage for the long term to share God's love with Muslims here in the USA and to the ends of the earth. We then flew to hold three more conferences in Atlanta, Florida and Southern CA.

The vast **majority of 1.7 billion Muslims have never met a Christian or heard the Good News of God's love and there are still only three full time field workers for every million Muslims. Please pray for a great release of workers and resources to change this.**

NATIONAL PRAYER BREAKFAST

We then attended the National Prayer breakfast in Washington DC February 6-9 and came away deeply inspired, challenged and encouraged as we met followers of Jesus from 150 countries, all backgrounds, different sides of the aisles and all focusing on loving and following Jesus and His teachings in radical ways.

We need and appreciate your support and prayer for wisdom, anointing and His power as we go ahead in these days of amazing need and yet of even greater opportunity.

Yours for Christ and His kingdom,

Dave and Pam L

Thank You!

Thank you to the 40th Anniversary Committee for a very special day on Sunday, February 18 when the congregation and friends gathered to remember and honor the life of Valley Presbyterian Church. Thanks to Elder Tom Dierken (Chair), Jean Hein, Lois & Tom Macfarlane, George Curtis, Anne Morrison and Rev. Diane Christopher.

April Noisy Offering

Submitted by Janice Potter, Mission Committee Contact for Crossroads Nogales Mission

The Mission Committee has designated the April 29 Noisy Offering for Crossroads Nogales Mission in Nogales Arizona.

Ben Wenke and his wife Bert, along with a compassionate staff, work tirelessly to see that this ministry to the poor of the Nogales Community continues. They open their doors and their hearts to the hungry, homeless, abused and those recovering from drug addiction. This is why they call it a Ministry of Rescue! All praise goes to the Lord!

Summer is a very slow time for incoming donations, but those who need help keep coming to Crossroads Mission. Your Noisy Offering will be used to provide that help.

More Blog Readers Wanted

Submitted by Doug Clark

A "blog reader" is anyone with access to a computer who can type "bobandkristi.blogspot.com" into the address bar of a browser. Have you ever wanted to read a missionary's diary? Consider reading the blog about the real-life story of Bob and Kristi Rice who share, on a weekly basis, the story of God working in their lives. Consider these excerpts from this week:

> The Face of Suffering
>
> Here we are, into the third week of the semester and it is going well. What a gift and a pleasure it is to get to know my students and fellow faculty members. Most of the students, and even faculty, have been displaced multiple times over the last three to four decades. The fact that our students are still persevering in their studies and now preparing to more fully serve their congregations, denominations and communities is a marvel. Sometimes I feel like I need to take off my shoes before them, for their lives are truly holy ground.
>
> The first week of my Church History I (Pre-Reformation) class, we discussed how Christianity provided a salve to so many living under the tyranny and impersonal realities of empire during the first few centuries, so many uprooted from their home regions, losing touch with their families, their roots, and their worshiping communities. The displaced masses were spiritually hungry for a faith that would give them "self-respect," which Christianity provided. One of my goals in teaching this course and other courses is connecting the "Big Story" of the subject with the individual and collective stories of my students. As we discussed the issue of displacement and slavery in the first century during that first week, one of my students, Paulino, shared with us how his grandmother was stolen from her village and taken into slavery. This testimony served as a stark reality check for me, hearing from one of my students how his family had suffered so egregiously.

The past blogs read like a real-life novel chronicling God in action through the blogs of Bob and Kristi Rice. Please join me in following our missionaries, and let me know if you have joined the blog brigade by emailing me at douglasclark68@me.com.

A Little Rain Must Fall

Mission Breakfasts at VPC have been a huge, growing success and have been inspiring and educational. With success comes minor issues, such as the projector or mic not working on occasion, or there are not enough tables. These glitches are over-shadowed by the loving fellowship, information and outstanding breakfast. We have never run out of food, but with 15 walk-ins at the last program we came close. We have a policy of ticket sales at the time of the breakfast and all are always welcome; however, if possible, advance sales are helpful for better planning. Tickets are available two Sundays preceding the presentation. We need your presence and fellowship.

Sun	Mon	Tue	Wed
1 Communion EASTER Food Bank Collection 6:00 Easter Sunrise Service Of Worship 8:30 Adult Bible Study 9:00 Worship & Communion at LaJoya 9:15 Childcare 9:30 Easter Service of Worship Bob L Campbell	*2* 9:00 Lily Distribution 9:00 Parkinson's Exercise 9:00 Mission Quilts 10:00 Chair Exercise Class 10:00 AAUW Meeting 1:00 Turning the Gem 2:30 Tai Chi Arthritis & Fall Prevention Betty Hughes	*3* 8:00 Men's Bible Study (Silver Springs) 8:30 WM Coordinating Team 9:00 Parish Nurse In Office 9:30 Prayer Ministry 10:00 WM Bible Study Leaders 11:00 NOC Meeting 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble Marilyn Barney, Monte Crook, Carolyn Stubbs	*4* 9:00 Men's Bible Study 9:00 Parkinson's Exercise 10:00 Chair Exercise Class
8 Just Coffee 8:30 Adult Bible Study 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School April Boysen, Mike Hirz, Mary Nilsson	*9* 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Grapevine 11:00 Peace & Justice Committee 1:00 Turning the Gem 2:30 Tai Chi Arthritis & Fall Prevention 3:00 Memorial, Reception & Columbarium Service: Fred Collins Helen Phillips, Neva Stegman	*10* 8:00 Men's Bible Study (Silver Springs) 9:00 Mission Committee 9:00 Parish Nurse In Office 9:30 Prayer Ministry 2:00 Personnel Committee 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Changing The Conversation Donna Watt	*11* 8:15 Crossroads Mission 8:45 Deacons Meeting 9:00 Faith Formation 9:00 Men's Bible Study 9:00 Parkinson's Exercise 9:00 Financial Review 10:00 Chair Exercise Class 10:00 Lois Circle 1:00 Miriam Circle Joyce Lambert, Fredric Roeming
15 8:30 Adult Bible Study 9:00 Worship at La Joya 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School Vicki Bozarth, Bill Thies	*16* 9:00 Parkinson's Exercise 9:00 Mission Quilts 10:00 Chair Exercise Class 1:00 Turning the Gem 2:30 Tai Chi Arthritis & Fall Prevention 5:00 Ruth Circle	*17* 8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:30 Prayer Ministry 10:00 Faith Formation Planning Team 1:30 Finance Committee 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Changing The Conversation Meagan Jorgensen, Dick VanTreese	*18* 8:15 Crossroads Mission 9:00 Men's Bible Study 9:00 Parkinson's Exercise 10:00 Chair Exercise Class Ernest H. Bakker,
22 Just Coffee 8:30 Adult Bible Study 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:30 Blood Pressure Screening Al Ackerman, Marvin Clark, Betty Shafer	*23* 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:00 Turning the Gem 2:00 Valley Readers 2:30 Tai Chi Arthritis & Fall Prevention	*24* 8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:00 Creative Hands Sewing & Knitting 9:30 Prayer Ministry 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Changing The Conversation	*25* 9:00 Men's Bible Study 9:00 Parkinson's Exercise 10:00 Chair Exercise Class Joan Bolin,
29 8:30 Adult Bible Study 9:00 Worship at La Joya 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School Carol Wilhems	*30* 9:00 Parkinson's Exercise 9:00 Mission Quilts 10:00 Chair Exercise Class 1:00 Turning the Gem	*****NOTE: Although our church OFFICE is closed on Fridays (in other words, the office staff is not present), the CHURCH is still open, and many activities are going on. The custodial staff is on hand to assist if needed.**	

	Thu	Fri	Sat
Group	*5* 9:00 Parish Nurse In Office 9:00 Pastoral Care Committee 9:30 Congregational Care Transition Team 1:00 Alzheimer's Caregivers 2:15 Bells Practice 3:00 Communion at Silver Springs 3:45 Choir Rehearsal 5:00 Soups And Sweets Larry Phillips	*6* CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:30 Inquisitors Class (Living The Questions) Roger McFarland, Betty Singleton, Gretta Tameling	*7* 7:00 Communion Prep Sam Eidson
Lunch Prep Committee Group Marcia MacDonald,	*12* 8:00 Patio Sale Sorting & Marking 9:00 Faith & Health Committee 9:00 Parish Nurse In Office 9:30 Congregational Care Transition Team 2:15 Bells Practice 3:45 Choir Rehearsal Seth St John, Fred Wolfe	*13* CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 SM Continuing Education 10:00 Chair Exercise Class 10:00 SM Peer Groups 11:00 SM Leaders Meeting 1:30 Inquisitors Class (Living The Questions)	*14* 8:30 Mission Fellowship Breakfast
Lunch Prep Group Karen Brumm	*19* 9:00 Parish Nurse In Office 9:30 Congregational Care Transition Team 1:00 Alzheimer's Caregivers 1:00 GV Genealogical Society 3:45 Choir Rehearsal Karen Backus	*20* CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Parkinson's Board Meeting 1:30 Inquisitors Class (Living The Questions) 6:00 Music in the Valley: Fred Fox Graduate Wind Quintet Colton Sayre	*21* 8:30 Presbytery Women's Gathering Jack Cissel, Bill Eustis, Doretta VanNimwegen
Group Carol Tahse-Roeming	*26* 8:00 Session Meeting 9:00 Parish Nurse In Office 9:30 Congregational Care Transition Team 3:45 Choir Rehearsal Karen Curtis, Rosemary Mathews, Carolyn Sittnick	*27* CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:30 Inquisitors Class (Living The Questions) Gail Gesell, Jean Godberson, Gloria James	*28* Carolyn Joling, Lela Pavlick

April 2018

Women's Ministries - Come One, Come All! Spring Gathering of the Presbytery de Cristo's Presbyterian Women

Saturday, April 21 from 8:30 a.m. - 3 p.m.

Submitted by Gee-Gee Smith, Women's Ministries Moderator

Valley Presbyterian Women's (PW) Ministries is hosting the Spring Gathering of the Presbytery de Cristo's Presbyterian Women on Saturday, April 21, from 8:30 a.m. - 3 p.m. It will be a special time of fellowship with our sisters throughout the Presbytery, and of inspired teaching from Rev. Amy Poling-Sutherlun, author of 2018-2019 Horizons Bible Study, God's Promise: I am with You. Several of us heard her speak at the Fall 2016 PW Synod Gathering, and were very blessed by her wisdom, and her understanding of Scripture. The cost is $11, and registration forms are available on the Women's Ministries table. The free will offering is designated for Sister Connection, a ministry to women coming out of prison. (http://sister-connection.org/)

May will be our last Gathering for this season. If you are in town, please mark your calendars now for May 15. We will do our annual salad potluck luncheon. Our program will be learning about the African ministry, Sole Hope, and then assembling foot care kits to send to Sole Hope. We will also be installing our new leadership team.

There are several non-elected openings on the Coordinating team. We need an historian/archivist to keep our legacy in order and prepare it for sharing with future members. We need someone to handle our Circle enrollment records and recruitment. There may be other openings as we hear back from our current team.

And, in conclusion, it is with sadness that I announce the ending of the Tubac Sarah Circle. With several illnesses among members, changing living arrangements and life responsibilities, we just have not been able to meet consistently. Several of us will join one of the current Circles. If any more members move to Tubac, we are willing to consider trying again!

Rev. Poling-Sutherlun Preaching Here at VPC

Rev. Amy Poling-Sutherlun (pictured above) will deliver the sermon at our 9:30 a.m. service of worship on Sunday, April 22. The title of her sermon is Life Unbound.

News of Note

By Joel Pierce

Fred Fox Graduate Wind Quintet
April 20, 6:00 p.m.

Thank you to all who attended the Music in the Valley concerts during its first season. Your support of the music ministry at Valley Presbyterian and the young performers who participated in the series made this new musical endeavor a huge success. Because of your generous support, expect to see new and exciting things happen in the music area next fall. If you're staying in town after Easter, there is still one more performance in the series. On April 20 at 6:00 p.m., the Fred Fox Graduate Wind Quintet will perform in our sanctuary. The quintet is made up of flute, oboe, clarinet, horn, and bassoon. Hope to see you there!

In Our Library

In March 2018, two Christian giants were honored and commemorated. The passing of Reverend Billy Graham was met with great demonstrations of respect and admiration. Also in March, the 50th anniversary of Reverend Fred Rogers' popular children's television show, *Mister Rogers*, was celebrated. In recognition of these two highly esteemed men, the VPC library is happy to offer the following books by and about them.

Billy Graham

Angels: God's Secret Agents. (235 G76)
Approaching Hoofbeats: The Four Horsemen of the Apocalypse. (236 G76)
The Heaven Answer Book. (236.24 G76)
Hope for the Troubled Heart. (248.8 G76)
Just As I Am: The Autobiography of Billy Graham. (BIOG G76)
Nearing home: Life, Faith, and Finishing Well. (248.8 G76)
The Reason for My Hope: Salvation. (234 G76)
Adler, Bill. T*he Wit and Wisdom of Billy Graham.* (252 Gr76)
Frost, David. *Billy Graham: Candid Conversation with a Public Man.* (269 F92)
Gibbs, Nancy. *The Preacher and the Presidents: Billy Graham in the White House.* (269 G35)

Fred Rogers

Life's Journeys According to Mister Rogers: Things to Remember Along the Way. (170 R63)
Many Ways to Say I Love You: Wisdom for Parents and Children from Mister Rogers. (306.974 R63)
The World According to Mister Rogers: Important Things to Remember. (170 R63)
Hollingsworth, Amy. *The Simple Faith of Mister Rogers: Spiritual Insights from the World's Most Beloved Neighbor.* (7491.45 H72)
Fred Rogers: America's Favorite Neighbor. (DVD 791.45 F87)

The Grapevine – an Open Congregational Forum

Monday, April 9 at 10:00 a.m. in the Spiritual Life Center

"Worship is a verb. Worship is not something done to us or for us, but by us."
~Robert Webber

At this Grapevine, Pastor Diane will lead us in all things worship. This will be an informational meeting. What is happening to The Source? Why are we starting announcements at 9:20 a.m.? Do we have a worship committee? Bring your other questions.

This is also a time for us to be creative. We ask for your ideas. Tell us how you experience God in worship. What would you like to do in worship? How can we be more creative? We use music, liturgy and preaching in our worship. What other ways can we worship?

Worship is done by all of us. Come and help us discover even more wonderful ways to glorify God.

Session Notes from February

- The church was running a deficit of $13,922 as of the end of January 2018. Receipts were $76,002, and Disbursements were $89,922. Discussion revolved around ways to reduce the deficit: marketing to promote giving; reducing expenditures further.
- Committee charter was revised, reflecting Session's decision on qualifications of committee chairpersons.
- Approved April Boysen as the new Chairperson and Linda Mutimer as the new Vice-Chairperson of the Finance Committee.
- Rev. Mark Medina's Report for January 23 through February 21, 2018: The primary aspect of my ministry has been to assist in a process of transitioning within the congregation through interpersonal healing and organizational wholeness.
- Approved the date of March 18 for a Special Executive Session meeting beginning at 1:30 p.m. to hear and take action on the recommendations from the Journey Ahead Group.
- Committees moving internal decisions to the Session; Encouraging more accountability to Session.
- Endeavoring to get Committees to decide on monies available and to determining how best to spend; Promoting that only the Chairpersons of a Committee are to prepare payment vouchers based on Committee decisions and to get the checks signed.
- Exploring processes for Committees to work in partnership and fulfilling their responsibilities; this seeks to avoid any one Committee to pursue control over the Session decision-making efforts.
- Rev. Diane Christopher - Along with normal worship duties on Wednesdays and Sundays, I helped to develop the following special worship services: Mission Sunday on January 28; Ash Wednesday Service with Pastor Linda; and 40th anniversary service on February 18.
- Rev. Dr. Linda Lloyd - I continue to meet with all committees that are related to Pastoral Care on a regular basis. I met with the Deacons and Pastoral Care Committee, as well as the Prayer Ministry, Network of Caring, Faith and Health Ministry, and Extended Communion folks, and leaders from Stephen Ministry. I have also spent time with folks doing visits to assisted living and rehab facilities.
- Worship Committee report submitted with action items-
    - Committee motion to establish a Music in the Valley Scholarship for music students at the University of Arizona, beginning in the Fall of 2018, two per semester in the amount of $500.00 each, from the Music in the Valley Series. By consensus, the motion was continued to allow co-ordination and review by Finance and Worship.
    - To begin announcements before worship at 9:20 a.m. on Sunday, March 4, 2018.

SPECIAL FEBRUARY MILESTONES!

Special birthday greetings to Jack Cissel and Jean Godberson as they celebrate their **90th birthdays** on the 21st and 27th of this month!

Financial Update

Submitted by Annie Stitt

February was a short month and, unfortunately, revenue and giving was also short. As of February 28, 2018, the deficit has grown to $16,542. Year to date, the revenues are down 7.5% from February 28, 2017 and expenses are up from 2017 by 3.2%.

When we look at budget to actual, the revenues are down 10% from the year to date budget and expenses are down approximately 5%. This puts us behind our budgeted deficit as seen below:

	Year to Date	Budget	Variance
Revenue	$146,398	$162,595	($16,197)
Net Expense	$162,940	$171,321	($8,381)
Net Income	($16,542)	($8,726)	($7,816)

The Finance Committee is watching the monthly results closely and waiting for an indication of where the JAG recommendations to Session will take us. The budget has been trimmed as far as we can go to maintain consistency in the life of the church.

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Valley Presbyterian is an AmazonSmile charity, so please register at AmazonSmile (smile.amazon.com) and choose VPC as the charity you would like to support. You can also type in this link, smile.amazon.com/ch/94-2542045, to sign up with VPC already selected as your charity. Then, whenever you want to make a purchase on amazon.com, use smile.amazon.com instead and we will receive a small donation. Thank you!

Patio Sale 2018

Patio Sale 2018

Patio Sale Clean Up Through The Years

What's In Your Medicine Cabinet?

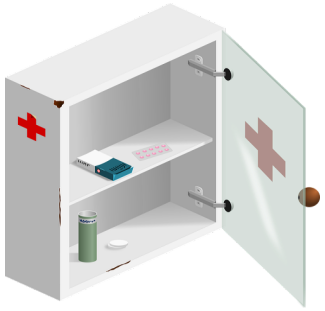
By Parish Nurse, Chris Erickson, RN, BA, CFCN

Today's medicine cabinet contains both prescription and over the counter (OTC) medicines. Modern medicine has made us live longer lives, but you have to be careful when taking medications, especially when you are taking many different medicines. The national average of medications taken is 3 -5 per person. Where are you in relation to the national average? More?

Are your medicines stored in a cabinet? Are they the current ones you are using? Discard old prescriptions at the Green Valley Sheriff's office where there are proper containers to dispose meds.

At your next healthcare provider's appointment, review the medicines you take, including new medication and over the counter medications. Remind your health care provider about your allergies and any problems you have had with medicines, such as rashes, dizziness, headaches, stomach upset or mood changes. Understand how to take any new medicine before you start using it. Bring a note pad and be sure to write down the answers to:

- What is the name of the medicine and why am I taking it?
- How many times a day should I take it? At what times?
- Should I take the medicine with food or without?
- Is there anything I should not eat or drink when taking this medicine?
- What does "as needed" mean?
- When should I stop taking the medicine?
- What should I do if I forget to take my medication?
- What side effects can I expect?
- What should I do if I have a problem?



Make a list of all the medicines you take, including over-the-counter products and dietary supplements. Show it to all your healthcare providers, including dentists and pharmacists. Keep one copy in your medicine cabinet and one in your wallet or pocketbook. The list should include the name of each medicine, physician who prescribed it, reason it was prescribed, amount you take, and time(s) you take it. Another list or document to keep is the Envelope of Life.

The Envelope of Life is a form that an individual fills out listing their medication(s), emergency contacts, and health record, and is usually kept on the refrigerator. The Green Valley Fire Department looks for this in time of an emergency.

The pharmacist is also an important part of your healthcare team. Try to have all your prescriptions filled at the same pharmacy so your records are in one place. If you're not able to use one pharmacy, show the new pharmacist your list of medicines and over-the-counter drugs when you drop off your prescription.

When you have a prescription filled:

- Tell the pharmacist if you have trouble swallowing pills. There may be liquid medicine available. Do not chew, break, or crush tablets without first finding out if the medication will still work.
- Make sure you can read and understand the name of the medicine and the directions on the container and on the color-coded warning stickers on the bottle.
- If the label is hard to read, please tell your pharmacist. Ask for larger print if needed.
- Check that you can open the container, if not please discuss this with your pharmacist.
- Ask about special instructions on where to store a medicine.
- Check the label on your medicine before leaving the pharmacy. It should have your name on it and the directions given by your doctor. If it doesn't, don't take it and talk with the pharmacist.

So what's in your medicine cabinet?

(Some Information from the National Institute on Aging)

Caring for Those in our Congregation: Faith & Health and Parish Nurse News

Activities at VPC:

Cardio Drumming at VPC, Tuesdays at 2:30-3:00 p.m. Try it, You'll like it!: Stress-release, cardio, and fun all in one. A fun and healthy way to work off the stress, improve your balance, and get in some cardio with exercise. Cardio Drumming is offered once a week at church on Tuesday afternoons at 2:30 p.m. Please register with the parish nurse, parishnurse@valleypres.net.

Blood Pressure Screenings: You may have your blood pressure taken during the week on Tuesdays and Thursdays, from 9 to 11 a.m. by appointment with the Parish Nurse. The next **Sunday blood pressure screening clinic** will be on **April 29**.

Movement & Exercise:

- Parkinson's Support/Exercise meets Mondays, Wednesdays, and Fridays, 9 - 10 a.m. For more information, contact instructor Mia Cooper at 204-5264.
- Chair Exercise classes are on Mondays, Wednesdays, and Fridays, 10 - 11 a.m. There is a fee. For more information, contact instructor Mia Cooper at 204-5264.
- Tai Chi – Yang 24 for Arthritis and Fall Prevention classes are on Mondays at 2:30 p.m. There is a fee. For more information, contact instructor Roger Ederle at 399-0166.

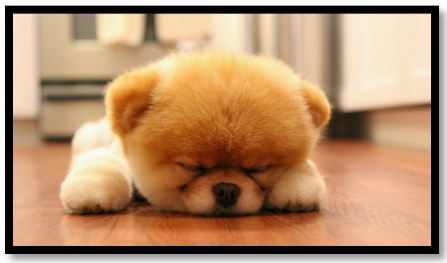
Alzheimer's Support & Education at VPC: The Alzheimer's support group continues to meet on the first and third Thursdays of each month, from 1:00-2:30 p.m. in the Sweet Family Room. This support group helps to share feelings and concerns, and receive information. For more information, or to register, contact the Alzheimer's Association at (520) 322-6601.

Healing Soup Meal: Please contact the church office or Chris Erickson, Parish Nurse, if you know of someone who may need this meal.

Under Construction Events and Education:

Safety and Scams
More Than Just Feeling Blue
Memory Café

Memory Café will begin soon with opportunities for an immersion program at Valley Presbyterian Church, and with music support and education on Alzheimer's and memory loss. Plans are still being finalized for increased support and other activities, and more education with the Alzheimer's Association.



April Medical Minute

You burn more calories sleeping than watching TV.

Valley Presbyterian Church

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Green Valley, AZ 85622
(520) 625-5023
www.valleypresbyterian.net
is a member of Presbytery de Cristo in The Synod of the Southwest, Presbyterian Church (U.S.A.)

Pastors

Rev. Mark A. Medina,
Transitional Pastor
Rev. Diane Christopher,
Pastor of Discipleship
Rev. Dr. Linda Lloyd
Interim Pastor of Care
Rev. Joe Hawkins,
Pastor Emeritus

Staff

Joel Pierce,
Director of Music
Steve Rodine,
Church Administrator
Chris Erickson,
Parish Nurse

Mission Statement

To know Christ and make Him known through word and deed.

Sunday Worship

Traditional Service of Worship

9:30 a.m. in the VPC Sanctuary

Communion served on first Sunday of each month

April 1	The Glorious Morning of Promise	Rev. Mark A. Medina
April 8	Caring for One Another	Rev. Dr. Linda Lloyd
April 15	Holy Humor is Good for the Soul	Rev. Mark A. Medina
April 22	Life Unbound	Rev. Amy Poling-Sutherlun
April 29	Weird Ways of the Spirit	Rev. Diane Christopher

La Joya at La Posada

9:00 a.m. at La Joya

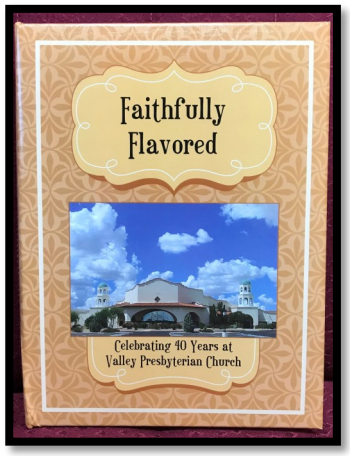
Communion served on first Sunday of each month

April 1	Helen Phillips and Rev. Dr. Linda Lloyd
April 15	Marti Long
April 29	Gee-Gee Smith

Wednesday evening's "The Source" is on break until further notice.

Promoted to Glory

January 21	Irva Stokes
February 28	Marty Quimby
March 2	Fred Collins
March 4	LaVerne (Vern) Nilsson
March 12	Celeste Ferrell



Cookbooks

Cookbooks are still available at the Women's Ministries table every Sunday and will sell for $18.00 each or 2 for $35.00.

In celebration of VPC's 40th anniversary, the Women's Ministries compiled a cookbook containing over 470 recipes, a few of which are favorites from earlier cookbooks. Get yours before supplies run out!