

Valley Voice

Covid 19 Emergency Quarantine: Plans for Valley Presbyterian Church

By order of the Governor of Arizona and The Presbytery de Christo, **VPC shall not have attendance at worship services through at least Palm Sunday April 5th, 2020**; anticipating this our Pastors have plans:

1. Dick Horn will be video taping worship services and posting these online through our website.
2. Sundays, the church building will be locked as the congregation are not allowed to congregate.
3. Wednesday evenings, we will continue to have Taizé services but also by video recording.
4. Palm Sunday, April 5, in addition to having the video taped worship service, Pastors Diane and Craig will be in the fountain circle for "Drive Thru Palm Delivery" from 9:20 - 10:30 a.m.
5. Maundy Thursday, 8 a.m. until 4 p.m., the sanctuary will be open, the chancel stripped and draped with symbols of the Last Supper on the communion table that we cannot now receive. NEXT YEAR we plan for a full Seder celebration of communion.
6. Good Friday, April 10 8 a.m. - 4 p.m., the sanctuary will be open with the Stations of the Cross for self guided tours and prayers.
7. Easter Morning, depending upon how the virus and the world reacts to this quarantine, we hope to gather outdoors at the foot of the cross for the Sunrise Worship Service.
8. At 9:30 a.m. we will have the worship service video taped for you to watch at home.
9. Once the world returns to normal, and it will, we anticipate having a great celebration of the Easter resurrection, followed on May 31 with celebration of the day of Pentecost.
10. Until then, please pray for one another and our world leaders. Communicate with your NOC as apostles representing the church to you.
11. All flat surfaces in the church are being disinfected, and we encourage you to do so at home.
12. Know that you are not alone. We hold you in prayer and we will be reaching out by e-blasts.

Easter Morning

When we think of Easter, we envision trumpets, choirs, hats and white gloves. But that first was alone. God raised Jesus. The guards had fallen asleep. And Mary came to the tomb, with a great deal upon her heart and mind. While this Coronavirus-quarantine is very strange, being "socially distant" is strange, perhaps this is more like what Easter's resurrection reflected. Easter is strange, all the world is turned upside down, individually we confront the realities of life and death and faith and from that go into the world.

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From Pastor Craig

The Old Testament Book of Ezekiel, and New Testament Revelation of John, describe an Apocalypse, which is NOT the end of the world, but the end of times as we had known them. Ezekiel was considered so frightening and mysterious that persons under 50 were not allowed to read it! Perhaps Ezekiel's four-headed beast symbolically is Coronavirus, economic vitality, fear, isolation?

Overnight, the world has changed from taking our actions for granted, to a need to self-quarantine, self-regulate, and monitor our own behavior. The point need not be to frighten people into mass hysteria leading to hoarding supplies, but instead, our care for one another. Our paying attention when our neighbor is missing. In earlier eras, Christians became known because when friends and neighbors abandoned the ill, we personally cared for one another. Simple acts like checking on one another, applying a cold compress, washing their hands and face, made an enormous difference of people's recovery after others had left them for dead. What more powerful demonstration of the Resurrection?

Already, I am saddened and feel loss that we cannot share communion. But hopefully, before long, we will be redeemed and healthy anew, able to sing together, forgive one another, and celebrate together. God was extremely generous to VPC in allowing us to have the Patio Sale BEFORE the crisis reached its peak requiring isolation. Everyone worked so very hard. Thank you. In these coming days, please rest, drink plenty of fluids, wash with soap and warm water. Here at Valley Presbyterian we are doing the same to the facilities. In the meantime, I pray that this Lenten season will fill us with longing, changing our practices and relationships that we forgive and are forgiven. See you in church.

Craig Lindsey

Being Overcommitted?

Recently the "mantra" of our VPC congregation to Pastor Craig has changed from, "We are so glad you are here," to being "No senior pastor has ever worked at Patio Sale before!" Similar to greeting folks coming to worship, Pastor Craig believes, "If people are going to make the effort to come to worship, we need to make the effort to welcome you." If the church and community are working together on the Patio Sale and it helps so much in Mission and capital improvements, the pastor needs to demonstrate full support. Never will your pastors attempt to take over, never do we want to minister alone, but when you choose to act in faith, we want to support you and help you to do so.

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

Safety and Security

Prior to concern over invisible viruses, several individuals raised concern about the number of violent acts which had taken place at houses of worship. In good Presbyterian-fashion, the Session appointed a commission to investigate and report back. What we learned:

1. Attacks most often occur when there are only a few people isolated in a building, and not during Sunday morning worship.
2. Far and away, the majority of weapon related incidents have been accidental, not intentional.
3. As Presbyterian Church (USA), attacks against our denomination have been very limited.
4. Religious institutions in our region have had a wide variety of responses, from nothing to weaponized security companies.

Second, we came to recognize we already have several levels of awareness:

- a. The medical team and pastors keep an eye on the worshipping congregation throughout services, attentive to who may be having difficulty and how to respond appropriately.
- b. Our head ushers are intentionally witnessing where problems may be developing.
- c. Our sanctuary has clear glass windows on the world, to be attentive to what is coming.
- d. Our ushers and greeters are attentive to every person as they enter the sanctuary.
- e. Our Owl Express and outdoor greeters are welcoming and attentive even outside.

On the basis of this, instead of a panicked response of carrying concealed weapons, arming the pastors, or hiring security teams, the Session received and adopted the recommendation for a measured appropriate response. A few years ago, our Session adopted the practice of locking all rear entrances to the building at 9:30 a.m., meaning during worship the primary points of entry became the doors nearest the sanctuary. The Building and Grounds Committee will be changing the hardware on these sanctuary doors to have fire escape push-bars, like all the other egress doors in the building, instead of dead-bolt locks. As has been true in public assembly spaces for a hundred years, these push-bars will always allow you to leave, but prevent those who are outside from gaining entry. Once these are installed, these doors will also be locked during worship. In addition, we will install push-button "door-bells" activating a light. When you arrive late for worship on a Sunday morning and worship has begun, please push this button to alert the head ushers who will immediately let you in. For most everyone at Valley Presbyterian these minor changes for our safety will go unnoticed, because we know in Green Valley if you arrive on-time, you are already late. Painfully, there are no guarantees of absolute security and safety, but we can be observant and watch-out for one another.

Operation Mobilisation - Pam & Dave L.

Hi Valley Presbyterian Church,

Yes we would love to come next year and be with you all again! Thanks again so much for your ongoing support and prayer as we need it! We just finished a major conference in Thailand with about 300 leaders from across the world. 100 of them cancelled due to the coronavirus outbreak. Greetings from Seoul where we are visiting Justin, Koheun and their newborn, Will, who is now just two months old, growing strong at 14.5 pounds! Many blessings to you.

Pam and Dave L



Lockdown and Resurrection

I had the Biden/Sanders debate on TV the other night. I was semi-listening as I did household chores (folding laundry, dishes). However, one commercial caught my attention. It was sponsored by Atheists for Freedom From Religion.

I don't remember everything the man said exactly. His main goal was to raise money for his cause, which was to keep church and state separate. But it was his last line that stunned me. With a slight smile on his face and looking pointedly at the camera, he said, "And I don't care if I burn in hell."

Ok, then.

After taking my jaw off the floor, I thought about this for a long time. Obviously, this man is not getting a whole lot of love from Christians. But then I began to think about Easter. And the Resurrection. The resurrection tells us there is more after this earthly life. It is what we, as followers of Christ, look forward to as we face death. It is the main message we tell at memorials, the promise of more, eternity with God. Something this atheist and God will have to deal with someday.

But what does Resurrection mean for us right now? In the midst of a world-wide crisis? Resurrection signifies bringing life out of death. It is God doing something new. How can resurrection bring something meaningful out of this significant disruption?

A friend sent me the following poem. Many of you know I don't understand poetry, but this particular one I do. I put this poem in a recent Sunday bulletin, but in case many of you didn't see it, I print it here. Please read it to the end because out of it comes hope. New beginnings. Resurrection.

Lockdown

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even death.

But,---

They say that in Wuhan after so many years of noise

You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

across the empty squares,

keeping their windows open

so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the West of Ireland

Is offering free meals and delivery to the housebound.

Today a young woman I know

is busy spreading fliers with her number

through the neighborhood

So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples

are preparing to welcome

Continued next page --->

and shelter the homeless, the sick, the weary
 All over the world people are slowing down and reflecting
 All over the world people are looking at their neighbors in a new way
 All over the world people are waking up to a new reality
 To how big we really are.
 To how little control we really have.
 To what really matters.
 To Love.
 So we pray and we remember that
 Yes there is fear.
 But there does not have to be hate.
 Yes there is isolation.
 But there does not have to be loneliness.
 Yes there is panic buying.
 But there does not have to be meanness.
 Yes there is sickness.
 But there does not have to be disease of the soul.
 Yes there is even death.
 But there can always be a rebirth of love.
 Wake to the choices you make as to how to live now.
 Today, breathe.
 Listen, behind the factory noises of your panic
 The birds are singing again
 The sky is clearing,
 Spring is coming,
 And we are always encompassed by Love.
 Open the windows of your soul
 And though you may not be able
 to touch across the empty square,
 Sing.

-Fr. Richard Hendrick, OFM

Diane

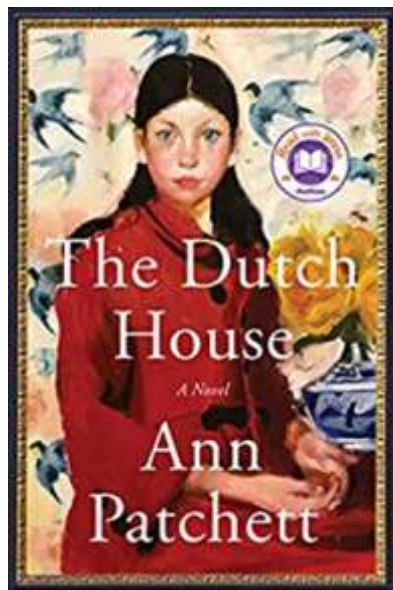


“Never let a good crisis go to waste.” The scammers weren’t first to coin this phrase, but they sure do capitalize on it. All kinds of pandemic related scams have popped up to take advantage of people living in fear or looking for help, and you have to be extra cautious because as always, they do a pretty good job of making the scams look real.

Watch out for emails that say they are from the World Health Organization or the Centers for Disease Control and Prevention, particularly if they contain links or ask you to provide any personal information. Beware of calls or emails from doctor’s offices (or anyone) offering you tests, vaccinations, or medications for this virus, or other assistance. DO NOT GIVE PAYMENT INFORMATION TO ANYONE WHO CONTACTS YOU. Scammers pose as helpful charities claiming to collect money to help people in need (the sick or out of work), so only donate to organizations you were familiar with prior to this pandemic, or those you have thoroughly researched for authenticity. Finally, watch out for “amazing new investment opportunities” with companies developing technology to combat this crisis. Scams are everywhere, so be very skeptical with the unknown. We are seeing the very best - and worst - in people. Act with love, but also with caution.

Valley Readers

**Monday, April 27
2:00 p.m. in Classroom 1**



When the Conroy siblings Danny and Maeve are plunged into poverty after their stepmother inherits all their father's wealth, they find that all they have to fall back on is their bond to one another. Even during their climb to success they remain haunted by the past and their desire for revenge. *The Dutch House*, by Ann Patchett, is a moving domestic drama that was named to multiple best books of the year lists in 2019. Please join us for this discussion led by Sheila Frahm and Cynthia Krantz. Contact Anne Morrison for additional information at 520-399-0762.

Friendship Kettle Dinner

There will be no Kettle Dinner in April. We will next meet in November, when you can enjoy the sounds of HardScrabble Road.

The Kettle Dinner Committee is still looking for someone willing to search out and schedule entertainment starting in 2021. Contact Dave Tompkins, 520-399-3500, if interested.

Patio Sale Dates for 2020

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

Sorting: April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10

Holiday Sale: November 20 & 21 (set-up November 18-19)

Women's Ministries April Luncheon Gathering

Tuesday, April 21 at 11:30 a.m.

Submitted by Anne Morrison, Women's Ministries Moderator

If we are able to have a Gathering in April, it will be a celebration of being together. Our canceled speakers for March and April have been invited to return during the 2020-2021 calendar year. On April 21, we hope to have a potluck salad luncheon at which time we will share our experiences of being in self-isolation and share the things we missed most about being a church community. Let's meet at 11:30 a.m. to elect and install new officers, eat good food, and share our joy of being together once again. See you then.



Patio Sale News

Eloise Fredrickson

Another successful Patio Sale is now behind us, with another record year of cash taken in - \$87,800.90. We are grateful to all who volunteered to work at the sale. The fellowship is always a pleasure and a treat, but it's the hard work everyone puts in that gets the job done. Again this year we had more merchandise than ever before, entailing more loading and unloading for our truckers and movers, filling each room or department to the hilt, and requiring more time and effort from volunteers to get it unpacked and set up in time. Thanks to all for their efforts!

We are also grateful to all who donated their goods to the sale and to all who came and shopped. It takes all of us to make the sale a success.

This year was unique in that most of the staff of the church had no idea what to expect because they had not been part of this effort before. Pastor Craig, who was at the sale throughout the entire event, was an inspiration to all of us. Judy, his wife, worked most every day in the linen department. It's the first time we have had that kind of participation from our pastor and his wife, and we appreciate it. The custodians worked long, hard hours for us, too. Even the office staff helped out with providing supplies or services. And we can't forget Pastor Diane. Every year she comes in after everyone else is gone on Saturday and mops the floors in the Charter Hall and the Fellowship Hall, a job that takes several hours. Our appreciation to all of the staff.

Our thanks to our Lord and Savior for keeping us safe, for providing good weather, and for getting this sale in just under the wire before the coronavirus shutdown. God is good! Stayed tuned to see how we will show our appreciation to all our workers.



News of Note



A musical message to my dear family and friends of Valley Presbyterian:

Joy, sorrow, tears, lamentation, laughter - to all these music gives voice, but in such a way that we are transported from the world of unrest to a world of peace, and see reality in a new way, as if we were sitting by a mountain lake and contemplating hills and woods and clouds in the tranquil and fathomless water.

- Albert Schweitzer

During these times of uncertainty and unrest, we are surrounded by constant reminders of the strength of music. As a nation, we are living in times of isolation and distancing, yet the music is always close to us. I am absolutely amazed at the outpouring of talent from entertainers, musicians, artists, you name it. Whether by television, social media, local websites, newspapers, you name it, the music is everywhere. It is the gift that keeps on giving! The music makers have become beautiful additions to our medical healers.

A bird does not sing because it has an answer. It sings because it has a song.

-Chinese Proverb

To our sanctuary choir, you are greatly missed. This too shall pass and we will be back together. During our time apart, Wes and I will do everything we can to keep the music coming. During this time you are constantly in our hearts and minds. We look forward to making music with you soon. Musically Yours, Jamie

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

Colossians 3:16

Calendar

Instead of including a calendar that will almost certainly be inaccurate by the time it's finished printing, we are including a calendar with only our birthday celebrations in April, which you will find on the next page. For the latest, most up-to-date information about classes, events, and services being held at the church, please go to our online calendar, www.valleypresbyterian.net/calendar. While you are there, please also check our Home Page and the News & Events page so you cover all the bases. There is no better time to sign up for our e-blast at www.valleypresbyterian.net/weekly-e-blast, or to follow us on Facebook. We will use every option possible to stay connected with you and keep you informed.

Pictorial Directory Postponed

In view of the national situation, the company of Lifetouch postponed taking pictures for our pictorial directory.

For people with appointments:

You may receive a reminder telephone call or email from Lifetouch. These were sent automatically before LifeTouch could turn them off. ***Please disregard the reminder.***

For people who had photos taken:

Your photos are safe and have been saved on Lifetouch servers.

There will be a delay – we don't know how long – before you receive your complimentary and purchased photos. The processing plant responsible for the printing has been ordered to close for the duration.

What about the directory?

The Community Connection Directory IS HAPPENING – it is just being delayed. Valley Presbyterian has arranged with Lifetouch to resume photo sessions in November with some follow-up in February. We'll let you know when sign-ups begin again.

Bon Voyage

In Green Valley, we have to share our family with other churches across the country/world. As some of you pack up and prepare to go to summer residences, please know that we will miss you; we care about you; we want to know what is going on in your life especially when far from your Green Valley home. So keep in touch. Listen to sermons online, read the Valley Voice and the Rice's South Sudan blog, contribute to VPC online, when you have health or family concerns PLEASE let us know at VPC so we can hold you up before God in prayer. Until life returns to normal, or settles into a new-normal, as Gary Lewis, The Happenings, The Four Seasons, The Beach Boys, and other 1960s bands used to sing:

We'll see you in September, When summer is gone.

Have a good time but remember, We'll be waiting back home.
























And when you go to worship with some other church, Just remember we'll be waiting.

When summer is gone, When a warm August night surrounds you,

Don't fall under the spell, Remember that snow and ice do come, so well.

And we'll see you in September, When summer is gone.

Have a good time but remember, Come back to us when summer is gone.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April 2020			1  Bob L Campbell, Carol Willie	2	3  Marilyn Barney, Diane Burke, Monte Crook	4  Laurie Allen
5  Larry Phillips	6  Betty Singleton, Gretta Taneling	7  Sam Eidson	8  Jeff Babcock, April Boysen, Mary Nilsson	9  Helen Phillips, Neva Stegman	10  Donna Watt	11  Dave Biggers, Joyce Lambert, Marcia MacDonald, Fredric Roeming
12  Seth St John	13	14	15  Vicki Bozarth, Bill Thies	16	17  Meagan Jorgensen, Dick VanTreese	18  Ernest H. Bakker, Karen Brumm
19  Karen Backus	20  Colton Sayre	21  Jack Cissel, Bill Eustis, Doretta VanNimwegen	22  Marvin Clark	23	24	25  Joan Bolin, Carol Tahse-Roeming
26  Karen Curtis, Rosemary Mathews, Carolyn Sitnick	27  Gail Gesell	28  Carolyn Joling, Lela Pavlick	29  Carol Wilhems	30		

More Blog Readers Wanted (15 and Counting - Note #15!)

Submitted by Doug Clark

A blog reader is anyone with access to a computer who can type in “bobandkristi.blogspot.com.” Have you ever wanted to read a missionary’s diary? Consider reading the real-life story of Bob and Kristi Rice, who share, on a weekly basis, the story of God working in their lives.

The Thief Workshop

Each group presented their list of what they felt had been lost. I knew that each item on the list was significant, representing pain and suffering that was currently being experienced. We discussed which losses were common across all the groups. Some of the top items were human lives, truth, faith, respect, properties/land, peace, culture, and dignity. As he explained why ‘lives’ had been included on his group’s list of losses, one young man said with feeling, “all my brothers have been killed. I alone remain.” A woman reflected that one of the impacts of all the people killed is that people fear humans now more than animals.

This particular session of the Healing Hearts Transforming Nations workshop we call “the Thief workshop,” because we discuss the material or intangible things that have been lost or stolen from our communities. The first part of John 10:10, “The thief comes only to kill, steal, and destroy,” shows us Satan’s active attempts to destroy the peace and life that God created and intended for us. Recognizing our losses and hearing the losses of others helps us to see that all of us have suffered and have a common enemy. Too often, we choose not to hear the pain of another group, preferring the illusion that I or my group has suffered the most.



Each group's list of the things they have lost

During this session of the workshop, I could feel the somber mood and the weight of the words as people shared the impact of these losses in their communities. I got goose bumps, realizing that this was sacred space of being able to share openly the struggles that they saw or experienced. We discussed how these losses can lead to believing lies about ourselves, others, and God. We grieved together over the brokenness of families and communities.

We end the session by discussing the second part of John 10:10, “But I have come that you might have life, and have it to the full.” Jesus came, suffered, was killed, and rose again. Jesus, victorious over death, sin, and Satan, came to show us His Kingdom, marked by sacrificial love rather than greed and pursuit of power. Our victorious God, who loves us and sees us, is our hope for healing and restoration from what has been lost. After this session, a few women came up to me, clasped my hand and appeared to be expressing their thanks for this somber but meaningful discussion. I couldn’t understand their words in Dinka, but I know that God does, and that we can connect and lament together even across the language gap.

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

Nogales, Arizona

St. Andrew's Children's Clinic

On Thursday, March 5, nine VPC travelers car-pooled to St. Andrew's Children's Clinic in Nogales, Arizona. With love, care, and lots of work, St. Andrew's Episcopal Church was converted to a clinic which "provides free, specialized medical care to children living in Mexico who cannot get or afford the care they need in their home country." Upon our arrival, we were warmly greeted by volunteers. A video explained how this clinic diagnoses and treats about 225 disabled Mexican children who come for help on the first Thursday of every month.

We were divided into two groups, each with a knowledgeable volunteer guide. As we walked through the clinic, we saw children with disabilities varying from poor vision to cleft lip/cleft palate, from hearing impairment to cerebral palsy, and all problems in between. More than 10 doctors, 20 nurses and numerous clinicians from this area and from far away volunteer to diagnose and treat the children. We might describe the environment as organized chaos. Record-keeping is precise. The children and their families travel many miles, crossing the border to get this medical help. They are lovingly supervised and escorted to places for their specialized services. Areas for play are provided along with snacks and even a sack lunch to help on their trip home.

Because of the generous, loyal support of our church, we are welcomed to take these tours. The clinic staff welcomes financial donations as well as clothing, bibs, diapers, and much more. See the "Wish List" below. If you want to tour, volunteer, or donate, contact Kay Brouwer at kbrouwer1942@gmail.com. Seeing St. Andrew's Children's Clinic in action makes us realize Valley Presbyterian Church is following our Christian Mission to help children of the world.

Wish List: You may donate these items at the Clinic office, 75 Calle de las Tiendas, Suite 129B or call Kay Brouwer 573-552-2313.



Home

- AA batteries for speech/language devices
- Blenders
- Clorox wipes
- Trash bags with drawstring
- Ziplock Bags

Food

- Breakfast drinks (powder or can)
- Peanut butter
- Powdered milk
- Prune juice (small cans only)

Personal items

- Wipes
- Hand sanitizers

Clothing

- Disposable diapers (especially newborn size)
- Sun glasses & hats (child-size)

Medicines

- Hydrocortisone 1% ointment
- Petroleum jelly

Kids

- Children's craft supplies
- Simple picture books in Spanish
- Small mirrors and small toys/prizes for homework rewards
- Spiral notebooks, stickers and pens for children's homework assignments

Crossroads Nogales Mission Breakfast News

Submitted by Joan Bolin

After all the hype with Pastor David and Liz Lopez becoming the new directors of Crossroads Mission, they decided it wouldn't work out as they had planned. As of Saturday, March 14, they have left Crossroads and the founders of Crossroads, Ben and Bert Wendt, have come out of their very short retirement to become the directors again. They request prayers that a new director will be found soon.

As of March 17, Crossroads Mission Easter luncheon is on for April 11, 9:00 a.m. - 2:00 p.m. They need volunteers to help with this event. Also needed are hams for the luncheon. If you want more information please call Bert Wendt, 520-470-3860.

Because of the restrictions brought on by the Coronavirus, effective March 17, our church will not be sending volunteers down to Crossroads to prepare and serve lunch until further notice.

Pictured are the volunteers who went to Crossroads to prepare and serve lunch last month.

3-11-2020: Gayle Tompkins and Rosie and Richard Feldpausch in Crossroads' kitchen after preparing grilled hamburgers with all the fixings, and mixed vegetables. They served lunch to 60 people that day.



Faith Formation

Please check our online calendar at www.valleypresbyterian.net/calendar to find out when (if?) our Faith Formation classes are being held in April. If all goes well, the class below will begin on April 20. For descriptions of ongoing classes, please see the March Valley Voice on our website under News & Events.

Pray Like Jesus: Rediscovering the Lord's Prayer

Mondays, beginning April 20 at 1 p.m. in Classroom 5

The Lord's Prayer, the most famous prayer in the world, can be recited in less than thirty seconds. There are 2.1 billion Christians in the world and most of them know the prayer by heart. The prayer is filled with theological and spiritual insight, yet we rarely think about the words as we rattle them off.

We have offered this class twice, and each time class participants expressed they look at the Lord's Prayer in a whole new light that has touched their lives. After hearing such comments, I (Diane) have longed to take this class. There is no better time than after Easter.

Will you join me? Linda Norman and I will team-teach this class based on the book by Don Underwood. Books are \$10, and can be purchased in the office (ask for me), on Sunday, April 19 or in class.



Congregational Care

Stephen Ministry in the Midst of a Pandemic

Submitted by Gee-Gee Smith, Stephen Ministry Facilitator



Pandemic

I am writing this during our home confinement and social distancing time. I understand that it can be a frightening time on so many levels; the uncertainty of health, financial well-being, and our ability to care for ourselves. But I think it can also be a special time of contemplation of, and with, God. I have found many inspiring messages online during this past week. I have spent much time in quiet, Centering Prayer (https://en.wikipedia.org/wiki/Centering_prayer). I turn on Skype whenever I am on line so that anyone who wishes to talk face to face can reach me. I post silly jokes and puns on Facebook to help us all laugh during such a serious time. And I pray for you all.

Stephen Ministry is a program that tries to bring comfort and support to folks during the trying times in someone's life. We can still communicate by phone or FaceTime or Skype, so if anyone is struggling, lonely, or just wants some human contact, let us know. There are Stephen Ministers in our church who are willing to walk with you during the difficult times in life.

I share one of the poems that was passed to me. I hope it will bring peace and comfort to you. And if anyone needs to talk, just call me. 610-212-1172.

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,
on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.

Center down.

And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

—Lynn Ungar 3/11/20

To hear the whisper of God, you must turn down the volume of the world. Find time to disconnect from everything around you and be still in His presence today. He is waiting for you to draw near.



Congregational Care

Social Distancing and Social Isolation

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

COVID-19 has created social distancing. What is social distancing, and can this relate to social isolation?

Many of us enjoy contacts, church and church events, public outings, social groups, activities, exercise groups, support groups and other events with music, concerts, and shopping. COVID-19 and the regulations around this pandemic regulate less than 10 people together, a distance of six feet apart from others, and preferably just staying home. Restaurants have become only drive through and order-out, many stores have closed and exercise classes and groups have been suspended by Pima County Supervisors. As these regulations continue and as they change each day, more areas and states are increasing regulations to remain at home, to "shelter in place."

Social distancing is limiting contacts and increasing distance. Due to the COVID-19 contact risk and symptoms, a cough can project about six feet from the person coughing. This is why the minimum distance is to remain six feet apart. So how can this relate to social isolation?

Remaining at home with no contact or limited contact - will this take a toll? This answer is in our hands and what we can do to limit social isolation. The health impact of social isolation is compared to smoking 14 cigarettes a day, and can lead to physical, emotional, and spiritual difficulties or concerns. Our connections during this time, which may be different than before, come into play as being very important. Verbal connections via phone, and making sure that the person you are talking to is ok, is crucial during our pandemic. Other ways of connecting with writing, sending a note, sharing positive thoughts or inspiring Bible verses, or posting a video of singing a song can help greatly. Calling and talking to a neighbor or friend about how they are doing, creating a phone Bible study, praying over the phone, sharing a recipe over the phone, leads to positive ways to let others know you care, they are important. This also has a positive impact on the person making the calls.

Social distancing should not lead to social isolation if we continue to create ways for increased connections. At Valley Presbyterian Church, emails and e-blasts have been increased and a task force has been created, including NOC leaders, the Parish Nurse, and QAPI from Congregational Care. We will be increasing our connections and addressing other concerns that may arise, including maintaining nutrition and receiving essential supplies. Please let us know if they are concerns, or those who may need these increased connections. You may leave messages for the task force through the church office at 520-625-5023 or email parishnurse@valleypres.net.

*Don't worry about anything;
instead, pray about everything.
Tell God what you need and
thank Him for all He has done.*



Congregational Care

Faith & Health and Parish Nurse News

This Parish Nurse section will be visibly different to you. It is information needed during this time of the COVID-19 pandemic. Please stay home - you are important to us!



If you are sick with fever, please contact your healthcare provider.

Valley Presbyterian Church will be updating you with information about church, and increasing their emails.

During this time of COVID-19, classes and support groups have been canceled (suspended) and are observant of the Pima County, Arizona state and national regulations.

As COVID-19 regulations continue, connections will be increased with our new Task Force.

A reminder that contacts need to be limited to ensure the safety and health of others, however connections via phone and email need to be increased.

A Task Force at Valley Presbyterian Church has been created, consisting of NOC leaders, the Parish Nurse, and QAPI from Congregational Care. This Task Force is creating ways for our church to continue its care to others and to address the needs we are seeing. One example is making sure people have enough food and essential supplies during this time of health crisis.

Connections during this time are also essential for those to receive socialization and to know others care during a time of no contact. This task force will continue to work and address these issues. If you have suggestions, or know of someone who needs more connections, please contact this task force through the church office at 520-625-5023 or email parishnurse@valleypres.net.

Matthew 25:40 Truly, I tell you, whatever you did for the one of the least of these brothers and sisters of mine, you did for me.

Please continue to be updated with regulations by www.cdc.gov, Pima County Health Department at https://webcms.pima.gov/government/health_department, and local news.



Please stay safe and calm.



Medical Minute

The distance a cough or sneeze can project is up to six feet.
Cover your cough or sneeze with a tissue and dispose of it.
Wash your hands for 20 seconds with soap and water.



Valley Presbyterian Church

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Member of Presbytery de Cristo in
The Synod of the Southwest,
Presbyterian Church (U.S.A.)

Pastors

Rev. Dr. Craig Lindsey,
Pastor/Head of Staff
Rev. Diane Christopher,
Pastor of Discipleship
Rev. Joe Hawkins,
Pastor Emeritus

Mission Statement

*To make Christ known
through reconciliation
while communicating
respect and love to all
people.*

Worship Schedule

April 5, 9:30 a.m.	Palm Sunday <i>The Crowds</i>	Rev. Craig Lindsey
April 9, 7:00 p.m.	Maundy Thursday <i>The 11th Commandment</i>	Rev. Craig Lindsey
April 10, 12:00 p.m.	Good Friday <i>It Is Done</i>	Rev. Craig Lindsey
April 12, 6:00 a.m.	Easter Sunrise <i>What Will You Do With A Risen Jesus?</i>	Rev. Diane Christopher
April 12, 9:30 a.m.	Easter <i>The Gardener</i>	Rev. Craig Lindsey
April 19, 9:30 a.m.	<i>Resurrection Happiness</i>	Rev. Diane Christopher
April 26, 9:30 a.m.	<i>The Road to Emmaus</i>	Rev. Craig Lindsey

La Joya at La Posada

9:00 a.m. at La Joya

Communion served on the first Sunday of each month

Note from Linda Freeman: At the time I'm writing this article, we have not been told when outside groups will once again be allowed to visit La Joya. So, until we have permission, our worship services at our "satellite location" are in limbo.

Worship leaders are standing by and be assured, we will resume our services as soon as it is possible. Valley Presbyterian is committed to continuing this vital worship ministry. We remain in the care of Christ!



Promoted to Glory



March 17

Virginia Matheson



SPECIAL BIRTHDAY MILESTONES!

Special birthday greetings to Neva Stegman (4/9)
as she celebrates her 90th birthday this month.

