

Valley Voice

A Spiritual Journey

Lent is upon us, early this year. And with that early arrival, Lent calls us to a time of attending to our spiritual journey (*our*, because whether we like it or not, each of us is on one).

This year, as we worship and seek food to carry along our journey, Diane, Paul, and I will be preaching a sermon series inspired by *The Gifts of the Dark Wood* by Eric Elnes. We all are in this journey together, and there are times that seem dark and disturbing. We will look for the gifts these dark times hold, and in doing so, find how God can bless our struggles.

This year, choose to make Lent a journey. Let God's Spirit refresh *your* spirit in this beloved community.



Larry

Rev. Lawrence R. DeLong, Pastor

THANK YOU FROM VPC STAFF

Thank you to all who gave to the year-end staff appreciation gift. The gifts were distributed after the New Year and received with gratitude. We appreciate the generosity of our congregation and send wishes for a happy and healthy 2016. We are always here in service for you!

Theatrics, Word and Breath

At the Hope and Healing Source service in January, Marti Long reflected on the star that led the Wise Men to the baby Jesus. She said, "God has all the earth and heavens in His hands so why not use the theatrics in the sky." Why not?

In her book *Accidental Saints*, author Nadia Bolz-Weber said, "If God can create the universe by speaking it into existence, then I think God can make us into God's beloved by simply saying it is so." She goes on, "God's Word is so much more powerful than our ability to become worthy of God." Isn't that Good News?

As we walk with Jesus toward the cross this Lenten season, we are reminded of a God who can take something dead and with one breath bring resurrected life. Faith is trusting in something bigger than ourselves: the One who uses the sky to communicate, the One who speaks a word and it is so, the One whose breath raises the dead.

We are indeed blessed people to be loved by this One,

Diane

Rev. Diane Christopher, Pastor of Discipleship

24 Hours That Changed the World

A 7-Week Lenten Study

Tuesdays, 2 p.m., in Classroom 5

Beginning February 16

No single event in human history has received more attention than the suffering and crucifixion of Jesus of Nazareth. In this Lenten study by author and pastor Adam Hamilton, Pastor Diane will guide us through the last 24 hours of Jesus' life. Using the book of the same title along with a DVD and devotional, each week is designed to help the participant experience and understand the significance of Jesus' suffering and death in a way you have never done before. A book and devotional for \$15 is required and can be purchased ahead of time from Diane in the office or at the first day of class.

In this Issue

	page
A.D. Class	7
Adult Sunday Bible Study	4
Apocalypse class	8
Art Gallery	11
Birthdays for February	13
Book Exchange	6
Calendar for February	12
Chocolate Party at VPC!	11
Church Information	15
Coping with Change	14
Diane Christopher	1
Driver Safety Class	4
Empty Bowls	10
Exploring membership class	4
Faith & Health/Parish Nurse	14
Food Bank Donations	13 & 16
Grief Recovery Workshop	2
Hymn Sing Benefit PCM	13
Kettle Dinner	6
Larry DeLong	1
Medical Minute	6
Medical Volunteers	14
Men's Weekday Bible Studies	4
Mission Breakfast	5
Mission Comm Report	6
Movie Ministry:	7
Music Notes	10
NOC Appreciation Brunch	2
Operation Christmas Child	3
Orphanage Report	7
Paul Phillips	3
Patio Sale	15
Per Capita Funding	11
Promoted to Glory	15
Quilting Group photos	9
Reunion Potluck	16
Sanctuary Flowers	10
Sermons for February	16
Session Notes	5
Stephen Ministry	9
The Source	16
Transitions VPC	3
24 Hours Lenten Study	1
Unstress the Stress	14
Valley Readers	7
Valley Writing Group	2
VPC Foundation	9
Weavings group	8
Wendy's Web	10
Women's Ministries	8

Grief Recovery Workshop

Tuesdays: Feb. 2, 9, 16, 23 & Mar. 1

"we need not walk alone..."

When we lose a loved one, we grieve. The grieving process is normal and restorative, yet we often struggle in our grief. To help facilitate the grief process VPC offers the Grief Recovery Workshop.

Learn to heal and find hope in the *Grief Recovery Workshop* here at Valley Presbyterian Church in Classroom 5. Our next class will run five Tuesdays, February 2 through March 1, 10:00 a.m. till noon. Workshop facilitators will be Pastor Paul Phillips and Dorothy Barker (who has lead Grief Recovery Workshops for more than thirty years).

The purpose of this workshop is to help participants: *Understand the grief process involved after a significant loss, *Recognize the unique pain and feelings triggered by their loss, and begin to *Reintegrate their lives as they heal and learn to cope.

If you or a friend have recently lost a loved one, are struggling with lingering grief issues, or have found difficulty in moving forward, come and join us. There is no charge, but participants need to pre-register with the church office (625-5023).

Network of Caring (NOC) Appreciation Brunch

Tuesday, February 23, 10 a.m.

The Network of Caring Leadership Team will be hosting the annual appreciation brunch on **Tuesday, February 23, starting at 10:00 a.m.** in fellowship hall. **All Area Leaders and Neighborhood Contacts are invited** and will be receiving an invitation in the mail.

This year our speaker will be our parish nurse, Chris Erickson. It promises to be an informative get together and a time for the area leaders and neighborhood contacts to meet and exchange ideas on how we can better serve our neighbors.

Please plan to attend, mark it on your calendar. The NOC leadership team looks forward to seeing you all there.

Valley Writing Group

Wednesday, Feb. 3, 10 a.m., Sweet Family room

The Writing Group will meet on Wednesday, February 3, at 10 a.m. in the Sweet Family Room. Our theme for this month will be: RESOLUTIONS. If you have questions or need information about this group, please call leader Fred Collins at 520-648-0727.

Transitions for VPC Office Staff & Valley Voice

The end of the calendar year here at VPC, while being very busy with holidays, generosity campaign, and returning winter visitors also presents us with many challenges. It is a time when we have meetings upon meetings and pour over a myriad of financial reports in order to prepare the next years' budget. This year was particularly difficult. The projected income was just not close to meeting our expenses. We carefully looked over, and cut, just about every budget item, but still came up short. We then had to look at personnel in a very different light. Offering raises or cost of living adjustments to the staff was simply not an option we could seriously consider. We even cut down some custodial hours and still were faced with a deficit that was not manageable. After many more difficult meetings and prayer we found it necessary to eliminate a part-time position. This, unfortunately, resulted in Georgia Puttock losing her job at the end of January. After 9 ½ years of faithful service, we will miss her greatly. Please keep Georgia in your prayers as she faces this transition.

One of the many aspects of Georgia's position here at VPC was the publishing of the monthly Valley Voice. Wendy Kopera will now be taking over that responsibility. Danielle Pacheco will have primary responsibility for scheduling the church calendar.

The Valley Voice also has a big impact on our budget, both financially and in labor hours, and some changes will need to be made. Beginning with the April 2016 issue we will be going to a primarily electronic distribution of the newsletter, so it will be e-mailed to you at the beginning of each month. We will have printed copies here at the church and will be delivering printed copies to many of the care facilities around the area. Again, this was a very difficult decision and was not arrived at lightly. We ask for your understanding and patience as we go through another transition.

In spite of having to make some difficult financial decisions, all of us here at VPC are optimistic about the New Year. We have seen packed pews this last month and the energy seems very spirited and positive. God is impacting many lives on a weekly basis and we trust Him to meet our needs throughout 2016 and beyond.

Steve Rodine, Church Administrator

AWAKEN!

The second Wednesday service at The Source has a new name: AWAKEN.

Joel Pierce and Wendy Kopera recently found a worship series titled AWAKEN by a church in Florida. I liked the name and the many possibilities it affords us for themed worship at The Source. My thought and hope is that each month we find new ways to **Awaken** to God's love and presence in our lives.

I first used this Awaken theme for the last Sunday worship in December; *AWAKEN the Dawn*, based on Psalm 57. In January, as we continued our series on *A Loving, Beloved Community*, at The Source service, the theme was *AWAKEN the Community*.

In February, the second Wednesday will be Ash Wednesday. We will have three services at 8:00 a.m., 12:00 noon and again at 5:00 p.m. We will *Awaken to the Gift of Uncertainty*, as we begin our Lenten journeys.

Come and join us – AWAKEN to something new from God each month -- at the second Wednesday worship service at The Source.

The love of Christ be with you,



Rev. Paul Phillips, Pastor of Care

OPERATION CHRISTMAS CHILD

The Tucson collection center for Operation Christmas Child collected 14,784 shoeboxes in November. YAHOO!! As reported in my last article, Valley Presbyterian contributed 155 shoeboxes to that total!

I tracked my shoeboxes this year and received an email from Operation Christmas Child that they were being sent to the Philippines.

If you tracked your shoeboxes, hopefully you also received an email. Please let me know the destination of your boxes. Thank you.

Pam Campbell, 625-2911, or hkpkcamp@gmail.com

Sunday Morning Adult Bible Study

Every Sunday at 8:45 in
Classroom 5

Should We Celebrate Holy Days?

When I was growing up, my Catholic friends would sometimes go to a special mass that celebrated a Holy Day. Nothing like that was celebrated in my little Scots Presbyterian Church. We probably thought that this was just one more example of how Catholics blindly followed the "church" and not their conscience. But since then I have learned to appreciate Holy Days – or special days of celebration - and their important place in our faith. Each week in February the class will learn more about four Holy Days in the Jewish Calendar.

- **Passover** commemorates the Israelites' escape from slavery and refers to when the "angel of the Lord" struck down the Egyptian firstborn. The Hebrew word, *pesach*, may imply either "passing over" or "guarding."
- The **Festival of First Fruits** reminds us that a person cannot thank God for a bountiful harvest and simultaneously neglect the hungry and the landless.
- On the **Day of Atonement**, the sanctuary, the tent of meeting, and altar itself are ritually cleansed. All people and places could begin fresh, clean, and renewed.
- The **Feast of Tabernacles/Booths** involved prayers for rain and an abundant harvest for the next year.

Come and explore how ancient Hebrew celebrations still have a place in our modern life. All people are welcome and coffee and a study book will be provided.

Men's Weekday Bible Studies

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

The first one meets on Tuesday mornings at 8 a.m. They are discussing the Warren Wiersbe books on Genesis. A group of six to twelve men meet at the Old Chicago Deli in the Green Valley Mall for one hour. The group meets for fellowship, food, and study and an all-around lively discussion. Dave Tompkins is the leader (399-3500).

The second group, with about seven to twelve 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 are studying the Gospel of John using the NavPress study guide. 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.

Driver Safety Course Here

AARP Smart Driver Course is a classroom refresher course that is designed for drivers age 50 and older. It is a great first step to help drivers assess and enhance their driving skills. The course is taught in one four-hour session. It covers rules of the road, normal age-related physical changes that may impact our driving, and tips to compensate for these changes. Upon completion participants could receive a discount on their car insurance.

VPC Member Dale Kimes is the instructor. Course fee is \$15 for AARP members and \$20 for non-members. The class will be offered in Classroom 5 on February 18 from 8:30 to 12:30. Please call Dale at 520-648-1647 to register. Payment will be collected during the class.

Exploring Membership Class

Thursday Mornings: February 4 and 11, 9 a.m. - Noon
Wednesday Evening: February 17, 6:00 – 7:30 p.m.

Do you want to learn more about Valley Pres? Are you wondering how you can be more involved? Perhaps you are thinking about becoming a member. The Exploring Membership Class is designed to answer your questions and take you through the steps toward membership.

In this class, you will explore the wonderful reasons to join a church, and what it means to be Presbyterian. You will discover all the different service opportunities this church has to offer. You will meet the pastors and leaders, and many others who give their time and talents to serve Christ through Valley Pres.

To register or ask questions, contact Diane Christopher at the church (625-5023).

MISSION BREAKFAST

Saturday, February 27, 8 a.m.

Subject: Compañeros en Misión Border Ministry

Speaker: Dr. Jorge Pazos, Program Director

Compañeros en Misión includes three small congregations in Sonora, Mexico - in Nogales, Caborca, and Hermosillo - which are part of the Presbyterian Church of Mexico. A pastor as well as a physician, Dr. Pazos serves the Sol de Justicia Church in Nogales in addition to his duties as Program Director. The congregations are instrumental in spreading the Good News in these communities - especially in areas where church presence is less apparent. The pastors conduct worship services, officiate the sacrament of baptism, and conduct marriage ceremonies; oversee faith formation and vacation bible school; provide services to the community; and host mission delegations from the U.S.

Like many of our churches, the congregations of Compañeros are poor and dependent on help from the U.S. Until the schisms over ordination, the Mexican Presbyterian Church sanctioned a financial relationship with the PCUSA. Since then, Compañeros has been dependent on the help of individual presbyteries and congregations from our country. (Valley Presbyterian is one of those.) Dr. Pazos serves the program as a volunteer!

Come and hear about Compañeros - its work in serving our Lord, and its prospects and challenges!

Breakfast tickets are \$5 each and will be on sale after worship on February 13 and 20.



Wedding at Sol de Justicia Church, Nogales, Sonora

Session notes January 2016

The Stated Meeting of Session began on January 20 at 6 p.m. with those present relating how they saw God at work at VPC today. After approving the minutes and Clerk's Report, the election of the new Deacons and Ruling Elders was sustained and the new elders were welcomed. The resignation of Carol Rude for personal reasons was accepted with regret.

Gee-Gee Smith presented the unique opportunity VPC has now that Martha Ashton has been selected by the Synod of the Southwest Presbyterian Women to represent our Synod to the Presbyterian Women 2016 Mission Experience, an eight-day exploration of human trafficking and domestic violence. On her return, she will make presentations throughout the Synod when asked (the Synod covers Arizona and New Mexico). Gee-Gee requested that Martha be permitted to raise funds within the church to cover her costs in this endeavor. Approved.

Deacons Moderator Jim Rusk and outgoing moderator Cyndy Hargreaves presented a seven-point proposal to enhance the partnership of the Deacons and Session.

Charlie Ashton was elected as Ruling Elder Commissioner to the Annual Meeting of Presbytery de Cristo at Casa Grande January 29-30. Pastor Diane Christopher's Sabbatical leave this summer was announced.

The remainder of the meeting was devoted to the new meeting format Session will adopt at its February meeting, and Session adjourned with prayer shortly after eight p.m.

Mission Breakfast

Food Bank Update from the Mission Committee

The Mission Committee would like to give a big THANK YOU to Mary Jane Goodrick and Debby Acuna for the wonderful program they presented on the Community Food Bank at our January Mission Breakfast. Another thank you goes to the "special chefs" that cooked and served such a delicious meal.

The Community Food Bank is facing shortages. This time of year many are going hungry and donations are down from last year. They have special needs for peanut butter (all kinds and sizes), condiments (salt, pepper and cooking spices), baking goods (especially those that are already boxed such as cake mixes, frosting, mashed potatoes, etc.), instant dried milk, canned milk, canned meat, and any paper goods such as paper towels, napkins, and toilet paper. All donations of food are welcome as the need is great and the supply is down.

If you would like to donate cash to the Food Bank there is an Arizona State Tax Credit that matches dollar for dollar any monies donated. There is no need to itemize and as always 100% of your donation will go to help feed the struggling in Southern Arizona.

If you would like to know more about the tax credit or would like to check out the many programs at the Community Food Bank go to www.communityfoodbank.org. Remember to bring your Food Bank donations on the first Sunday of every month as this is the designated VPC Deacon's Food Bank Sunday. There is a cart in the Fellowship Hall where you can leave your donations.

As always the generosity of our congregation is greatly appreciated by the Community Food Bank that serves Amado, Green Valley, and Sahuarita.

February Medical Minute

February is Heart month. The heart pumps 1.5 gallons of blood every minute! It beats 100,000 times a day. Regular exercise, diet, and managing stress are key factors to being heart healthy.

Friendship Kettle Dinner

Sunday, February 21, at 5 p.m., Fellowship Hall

Angel Perez, guitarist, singer & songwriter

Dinner: A delicious meal of Teriyaki Chicken, Rice, Broccoli, Carrot/Raisin Salad, Corn Bread, and Pineapple Upside Down Cake will be served promptly at 5 p.m.

Program: At 6 p.m. join us in the sanctuary for an evening of songs from the talented guitarist and songwriter, Angel Perez. He will entertain us with some original songs and numerous well-known Western, Country, Rock, and Latin tunes.

Tickets: (\$11) will be on sale in the Fellowship Hall prior to and following the services on Sunday, February 7 and 14.

Volunteers: The Kettle Dinner group is always in need of volunteers to help with serving so if you are interested and can help, please sign up when you purchase your tickets

USED BOOK EXCHANGE

**Sat., February 6; 10 a.m. sharp
FELLOWSHIP HALL**

**FICTION and NON-FICTION
(hard cover and paperback)
RECORDED BOOKS
DVDs**

**Bring* your books and
trade for someone else's.**
**Please bring your donations
to the **Church Library** the
week of February 1
so that the books can be
sorted prior to the event.*
Sponsored by the VPC
Library Committee



Casa Vida Nueva para Niños (New Life Home for Children)

To the world you may be one person, but to an orphan, you are the world.

07 de enero de 2016
(translated text)

To the Congregation of Valley Presbyterian Church:

The undersigned C. Elias Herrera Sanchez, director of Casa Vida Nueva para Niños AC sends a cordial greeting, wishing that the grace of our Lord Jesus Christ be with each one of you.

Throughout this year we have seen the mighty hand of God acting in favor of the needy. He has appeared to us as our supplier every day and has blessed the men and women who can hear His sweet voice. Children living without parents and who are homeless are now surrounded with the Love of God fulfilling His word. "He is the father and defender of orphans." Therefore, thank you with all our hearts for the love you have shown to our children in Nogales, Mexico, by surrounding them with your arms and blessing us.

Thank you for the gift of \$42,847 for solar light and for feeling our need in your hearts. God will reward His blessing on those who have acted on behalf of His children.

No more for now. I leave you with this prayer:

"The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you, and give you peace." Numbers 6:24-26

Sincerely yours,

C. Elias Herrera Sanchez, Director

**The next trip to the orphanage will be Sat., March 19.
Details will be announced later – mark your calendar!**

A.D. The Crucifixion Was Only the Beginning

Class continues, Mondays 1:30 -3:00 p.m., SLC

Last spring, millions of people watched the TV mini-series *A.D.* – the story of the Resurrection of Jesus and the action-packed journey of the first followers of Christ. *A.D.* covers all the major stories in the first 10 chapters of the Book of Acts.

Join Pastor Diane as we learn powerful lessons from each episode (yes, we will watch it), and discuss questions for our lives and faith today.

Valley Readers



**Monday, Feb. 22,
1:30 p.m.,
Classroom 5**

If you like to read very interesting books and have stimulating discussions, do join us. Our next meeting will be at 1:30 p.m. in Classroom 5 on Monday, February 22. Please look for the name of the book selection in the Sunday bulletins in February. If you have questions, call Anne Morrison at 399-0762.

Movie Ministry



**Tues., Feb.23,
1:30 p.m., SLC**

**SHOWING:
MCFARLAND USA**

A Disney movie about a high school coach who has some anger issues and, therefore, has changed jobs frequently, landing him finally in a struggling school in the southwest. He soon finds out that his students have great running abilities and so fields a remarkable track team despite the odds. The coach must overcome the social issues of the 1980's in order to win a track championship with his team.

This true story is enhanced by a talented director, Niki Caro, and eminently likeable star, Kevin Costner.

**Bring a friend and enjoy
free popcorn and drinks!**

Women's Ministries Gathering: Tues., Feb. 16, 11:30 a.m.

The February 16 Women's Gathering luncheon will feature our annual Patio Sale Style Show. It is a time of great fun and great bargains. Several racks of clothing and accessories will be available for sale after the style show. You MUST have a ticket in order to attend both the luncheon and the fashion show. It is our best attended Gathering every year, and we really need to make sure we are prepared for everyone who attends. Tickets for \$10 will be available after worship on Sundays February 7 and 14 at the Women's Ministries table in Fellowship Hall.

There are a number of mission projects displayed on the Women's Ministries table every Sunday.

Baby Gowns and knitted Items go anywhere with kids such as Youth On Their Own (YOTO), and the Nogales orphanage, Casa de Los Niños Para Nueva Vida. Toiletries (samples from hotels) go to our area food banks, YOTO, Genesis House, and Casa de Los Niños Para Nueva Vida, and, an information board announces the Presby gift for that month's collection.

We also have several "collections" in which we participate. Cancelled stamps go to the VA hospital where volunteers create beginning stamp collecting books for children. Soda can tabs go to Ronald McDonald house, BOX TOPS and labels go to the Pre-school at La Posada and to the Continental school. Campbell soup can labels go to Los Niños del Valle Childcare Pre-School Center to redeem for school supplies.

If you want to help, join any of our creative hands groups (knitting, sewing walker bags, etc.); pick up a knitting kit at the Women's Ministries table to work on at home; sign up to help the quilt group with cutting, sewing or knotting; or bring stamps, soup labels, or soda can tabs to the Women's Ministries table.

The Apocalypse: Controversies & Meaning in Western History

Starting February 26, 1:30 p.m.

Beginning Friday, February 26, the Inquisitors will begin a twelve-week study of The Apocalypse: Controversies and Meaning in Western History. Exiled to the island of Patmos over 1,900 years ago, a prophet named John wrote a remarkable letter to fellow Christians. That letter is the Apocalypse of John, also known as the book of Revelation, and Christians and non-Christians alike have been debating its message ever since.

Join us as we view and discuss this fascinating course taught by Professor Craig R. Koester of Luther Seminary in St. Paul, Minnesota. Dr. Koester, who has translated the book of Revelation from its original Greek, draws upon his years of experience with students, pastors, and lay groups to engage you directly with Revelation, examining its meaning in John's day and how it continues to be meaningful to contemporary readers.

He examines --

- The historical and intellectual background of the Apocalypse
- A close reading of John's text, focusing on the meaning of its images
- The wide-ranging impact of the book on Christian and Western history



This class will be educating, insightful and fun. Leader: Grant Stitt (396-3549)

Note: Inquisitors' class will not be held on Friday, February 5. "How Jesus Became God" class resumes on February 12 at 1:30 p.m. in Classroom 1.



WEAVINGS

Friday, February 19, 9 a.m.

Our next quarterly meeting of the Weavings Group will be held in the Sweet Family Room on Friday, February 19, at 9:00 a.m. Patty Smith is the group discussion leader and she organizes each meeting based on the articles selected by each participant. She can be reached at 520-399-3084.

STEPHEN MINISTRY



Our newest Stephen Minister training class began on Friday, January 8. We have 8 new trainees from Valley Presbyterian and one from Our Lady of the Valley Catholic Church.

We ask you to keep our Stephen Minister trainees—Richard Goetz, Don Jansma, Joan Larson, Carol Peeler, Ted Smith, Cheryl Stepp, Fred and Carol Roeming, and Pat Sheyka—in your prayers as they nurture their gifts and acquire new skills so that they can bring Christ's love and care to hurting people on behalf of our congregation. Also pray for our Stephen Leaders who will guide them through their training which will conclude on March 18.

Many topics of study are covered during the 10-week training, including the Christ-centered foundation of Stephen Ministry, confidentiality, the art of listening, maintaining boundaries, ministering to the dying and those in grief, and providing spiritual care. Stephen Ministers learn to trust God with the process—they provide care but it is God who cures in his timing. They learn when mental health issues make the care needed beyond what a Stephen Minister can give and when to refer to professionals.

Our Stephen Ministers are here to care for you! If you are in need of confidential, one-on-one Christian care—or if you have a friend, neighbor, coworker, or relative who might benefit from this kind of care, talk to one of our pastors or Stephen Leaders, [or visit the Stephen Minister on Duty after the traditional worship service each Sunday.](#)

Valley Presbyterian Church of Green Valley Foundation

Your Legacy: The Past Meets the Future

What do you think of when you read the word, "legacy"?

As we begin 2016, it seems appropriate to reflect on the meaning of this word. According to the Concise Oxford English Dictionary, "legacy" is "an amount of money left to someone in a will." Other funds can also be donated at any time.

The word legacy invokes thoughts of the future instead of the past. What will Valley Presbyterian Church (VPC) accomplish? What kind of Church will we create for future generations? Where are we headed in our Mission to the People of God?

Your legacy can certainly be a gift to VPC through your present donations, will, or estate planning. Several VPC members have done that! We now have \$1.1 M dollars in the Foundation. Donations from the Foundation can be used for capital expenses but not for operating expenses, and this can only come from interest and not from principal.

During 2015, the Foundation generously donated 2014's income of \$46,440, which was used for capital expenses including parking lot lighting, bathroom remodeling, new exterior painting, and new security cameras.

We are grateful for those who left VPC this legacy!

Brochures for information are in the narthex by the Welcome Centers. If you have questions, please contact Annie Stitt, Church Accountant, or Mike Yoder, VPC Treasurer and Foundation Board Treasurer.

We give thanks to the hard-working ladies of the VPC Quilting Group. The work of their hands touches the lives of others through service.



News of Note

By Kay Albrecht

“Next to the Word of God, music deserves the highest praise. The gift of language combined with the gift of song was given to man that he should proclaim the Word of God through Music.”

Martin Luther

The **Sanctuary Choir** will present their annual **Favorite Anthems Concerts** on **Monday, February 29, 7:00 p.m.**, and **Tuesday, March 1, 2:00 p.m.**

Tickets will be available starting Sunday, January 31, at the Information Table in Fellowship Hall. During the week they can be obtained from the church office, from choir members, and from the Chamber of Commerce.

Tickets are free but will be required for admission in order to accommodate adequate seating. Mark your calendars, and invite friends and neighbors to join you, as we experience together a concert of music dedicated to the Glory of God!

Empty Bowls at VPC

Sat., February 13
Fellowship Hall



Valley Assistance Services 10th annual “Empty Bowls” fundraiser will be held in Fellowship Hall, Saturday, February 13, with two seatings, starting at 11:00 a.m. Empty Bowls has been held over the last 10 years to raise funds to support Valley Assistance Services and their programs that support the health, financial independence, and safety of seniors and families in our communities.

Empty Bowls is an event that serves soup with a bowl. You may choose a handmade bowl, made locally, and be served soup from local restaurants, bread, and this year, cake. The bowl is for you to take home, remembering that others have a bowl that is empty.

Tickets will be \$20 each and will be available in Fellowship Hall before and after our church service, on Sunday, January 31 and February 7.

If you are interested in helping on February 13 to set up, serve, or in other areas, please contact Margaret Moore at 393-6676.

Wendy's Web

I caught wind of a new website/smartphone app this week called Doctor On Demand. I haven't personally used it (yet) but a trusted, personal friend posted about it on Facebook, and I consider her a very reliable source. This app/website allows you to see a doctor without leaving your home by doing a video visit. Here is what she posted:

If you haven't checked out the Doctor on Demand app you need to!!

Meg woke up with a sore, patchy throat, fever of 102, and felt horrible. I figured it was strep. I opened my Doctor on Demand app, and within 10 minutes we were doing a video conference with a doctor where she took a medical history, watched and listened to Meg breathe, looked at her throat, and called in an antibiotic to CVS. I had antibiotics in her in under an hour and she never even got out of bed!

We payed exactly what our normal co-pay would have been (\$40) and within 2 minutes of ending the video conference I had the complete treatment and visit note in my file with a school release note! Sweeeeeet!! 😊 Seriously, check it out. Obviously it doesn't replace your normal doctor checkups, but for stuff like this it is AWESOME!

I'm one of those people who waits until I'm at death's door to see a doctor and, of course, I dread going to urgent care or ER's (the sick people, the wait, ugh!), so this sounds like a dream come true. I checked out www.doctorondemand.com (their website), and from what I can see, a medical visit is \$40 and other services (such as psychologist) depend on the time spent. The app is reviewed extremely well, so I'm looking forward to trying it out the next time I have a non-emergency type medical problem. Hopefully this will be helpful for some of you, as well. Another incentive to not only have, but learn how to use, your smartphones!

Sanctuary Flowers

If you would like to reserve flowers (one or both arrangements) in your name for any future Service of Worship, please call the church office (625-5023) or sign up at our Information Table on Sunday mornings. The cost is \$34 for each arrangement.

If you have a specific date in mind, please give us ample notice as flowers are always reserved on a first-come first-served basis.

Let's have a Chocolate Party!

Tuesday, February 9, 5:30 p.m.

Parties are fun, especially when chocolate is involved. We've had fun at our tailgate parties, Halloween parties, and Potlucks... so why not have some fun with a Chocolate Party around Valentine's Day. On Tuesday evening, February 9, the fun will begin at 5:30 p.m. - tasting all types of goodies filled or covered with chocolate.

We're sure you have a favorite chocolate cake recipe. How about gooey chocolate candy? Or do you have a favorite desert that just drools with layers of chocolate? Start going through all your recipes and prepare to bring some of your best to share with others. Plan to bring enough so there will be the opportunity to share samples with others. And, don't forget to make copies of your recipes to share with your friends.

Of course, we will have to have hot chocolate available. And no doubt we will be able to make some delicious extra rich chocolate-strawberry smoothies! Yummy! During the evening, we are even planning to have some area chefs provide some cooking and dessert demonstrations with chocolate!

Come and enjoy another fun-filled fellowship at VPC on Tuesday, February 9.

...And bring your sweet tooth!



Importance of per capita funding

Why is per capita important?

- *Per capita is a fundamental way in which all of the nearly 11,000 congregations and mid councils of the Presbyterian Church (U.S.A.) are connected and participate in the work of the wider church.*
- *Per capita dollars help to undergird our governance system.*
- *Per capita brings Presbyterians together — literally!*
- *Per capita makes possible our effort for visible unity of the church of Jesus Christ.*
- *Per capita makes it possible for us to maintain our historical awareness.*

As a member of Valley Presbyterian Church (VPC), we are also a member of the Presbyterian Church (U.S.A.). Presbyterians have a form of government built upon shared power and mutual accountability as we seek together to find and represent the will of Christ. Presbyterians are connected in many ways, including our church government.

VPC is assessed \$35 per member, is payable to the Presbytery, and then shared with the Synod and the General Assembly. As members, we are all responsible to pay this assessment over and above our commitment to sustain VPC. Please look for your per capita envelope or simply write "per capita" in the memo line of your check. This is a responsibility that each of us takes on when we commit to membership in the Presbyterian denomination.

VPC Art Gallery

Our February art gallery will feature the watercolor paintings of Vera Anderson plus the prayer shawls and photography of Helen Mullaly. Starting February 7, be sure to take time to walk through our gallery to see the beautiful display that is generously shared by two of our members

Vera writes:

Vera Wahl Anderson is a retired first grade teacher who lives in Middletown, Iowa, and winters in Green Valley. It was only after retirement and coming to Green Valley in the winter that Vera had a

chance to take watercolor classes through GVR. She has studied under the direction of Jan Wills, John Tupa, and Guadalupe De La Torre. Vera is also a photographer and uses her photos as subjects in her watercolors. Her subjects vary from landscapes, to flowers, to people. She enjoys the challenges of working with the watercolor medium. Vera continues to develop and learn under the guidance and direction of Guadalupe De La Torre of Tucson.

Helen writes:

I got my first camera, a Kodak Baby Brownie, at the age of six. My

Grandmother told me to go and take pictures of my "favorite" things. I'm still doing it.

Prayer Shawls are my passion. They let people know they are not forgotten! A Prayer Shawl starts with "Busy Hands" and a lot of prayer. When finished, it goes to the Prayer Ministry Team where hands are layed on it and it is prayed over (the most important part). It now belongs to God as it finishes its journey to a new place. Follow the pictures in the Art Gallery. See the Shawls and meet the Prayer Bears whose job it is to remind us to pray. It's a wonderful journey.

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>7</p> <p>8:00a Early Service of Worship 8:45a Adult Bible Study 9:00a Worship—La Posada 9:15a Childcare-Nursery 9:30a Service of Worship 10:45a Confirmation Class</p>	<p>1</p> <p>9:00a Library Committee 9:00a Parkinson's exercise 9:00a Quilting group 10:00a Chair exercise 1:30p A.D. The Bible Continues 2:30p Tai Chi-Yang 24 3:30p Adult Orff class</p>	<p>2</p> <p>8:00a Men's Bible Study group 8:30a WM Coordinating team 9:30a Prayer Ministry 10:00a Circle Bible Study Leaders 10:00a Grief Recovery Workshop 11:00a NOC Leadership team 4:00p Friendship Kettle Dinner</p>	<p>3</p> <p>9:00a Men's Bible Study group 9:00a Parkinson's exercise 10:00a Chair exercise 10:00a Digging for Treasure 10:00a Valley Writing group 2:00p Tablets, Laptops... etc. 2:00p WM Style Show planning 5:00p The Source - Taize</p>	<p>4</p> <p>8:30a Pastoral Care 9:00a Exploring Membership 10:00a WM Style Show planning 1:00p Alzheimer's Support group 2:30p Hand Bells practice 3:00p Communion-Silver Springs 3:45p Sanctuary Choir practice</p>	<p>5</p> <p>8:00a Grief Ministry team 9:00a Parkinson's exercise 9:00a Stephen Ministry training 10:00a Chair exercise 7:00p So. Arizona Symphony Orchestra concert</p>	<p>6</p> <p>10:00a Book Exchange</p>
<p>14</p> <p>8:00a Early Service of Worship 8:45a Adult Bible Study 9:15a Childcare-Nursery 9:30a Service of Worship 9:45a Youth Program 10:45a Confirmation Class</p>	<p>8</p> <p>8:00a Valley Vision 9:00a Parkinson's exercise 10:00a Chair exercise class 1:30p A.D. The Bible Continues 2:30p Tai Chi-Yang 24 3:30p Adult Orff class</p>	<p>9</p> <p>8:00a Men's Bible Study group 9:00a Mission Committee 9:15a Julia Circle 9:30a Prayer Ministry 10:00a Grief Recovery Workshop 5:30p Chocolate Night</p>	<p>10 Ash Wednesday</p> <p>8:00a Service of Worship SLC 8:15a Crossroads lunch prep 9:00a Men's Bible Study group 9:30a Parkinson's exercise 9:30a Lois Circle 10:00a Chair exercise 10:00a Digging for Treasure 12:00p Service of Worship SLC 1:00p Miriam Circle 2:00p Tablets, Laptops... etc. 5:00p The Source - AWAKEN 6:00p Deacons</p>	<p>11</p> <p>9:00a Faith & Health Committee 9:00a Exploring Membership 2:30p Hand Bells practice 3:45p Sanctuary Choir practice</p>	<p>12</p> <p>9:00a Parkinson's exercise 9:00a SM Continuing Education 9:00a Stephen Ministry training 10:00a Chair exercise 10:00a SM Peer Review 11:00a Stephen Leaders 1:30p Inquisitors: Apocalypse</p>	<p>13</p> <p>11:00a Empty Bowls</p>
<p>21</p> <p>8:00a Early Service of Worship 8:45a Adult Bible Study 9:00a Worship—La Posada 9:15a Childcare-Nursery 9:30a Service of Worship 9:45a Youth Program 10:45a Confirmation Class 5:00p Friendship Kettle Dinner</p>	<p>15</p> <p>9:00a Parkinson's exercise 9:00a Quilting group 10:00a Chair exercise class 10:00a WM Style Show planning 1:30p A.D. The Bible Continues 2:30p Tai Chi-Yang 24 3:30p Adult Orff class 4:00p Ruth Circle</p>	<p>16</p> <p>8:00a Men's Bible Study group 9:30a Prayer Ministry 10:00a Grief Recovery Workshop 11:30a WM Gathering/Style Show 2:00p 24 Hours class</p>	<p>17</p> <p>8:15a Crossroads lunch prep 9:00a Men's Bible Study group 9:00a Parkinson's exercise 10:00a Chair exercise 2:00p Digging for Treasure 2:00p Tablets, Laptops... etc. 5:00p The Source -Healing/Hope 6:00p Session</p>	<p>18</p> <p>8:00a Patio Sale-sort/mark 8:30a AARP Driver Education 10:00a Unstress the Stress 1:00p Alzheimer's Support 2:30p Hand Bells practice 3:45p Sanctuary Choir practice</p>	<p>19</p> <p>9:00a Weavings 9:00a Parkinson's exercise 9:00a Stephen Ministry training 10:00a Chair exercise 10:00a Parkinson's Support Board 1:30p Inquisitors: Apocalypse</p>	<p>20</p>
<p>28</p> <p>8:00a Early Service of Worship 8:45a Adult Bible Study 9:15a Childcare-Nursery 9:30a Service of Worship 9:45a Youth Program 10:30a Blood Pressure screening 10:45a Confirmation Class</p>	<p>22</p> <p>9:00a Parkinson's exercise 10:00a Chair exercise class 1:00p NOC Brunch preparation 1:30p A.D. The Bible Continues 1:30p Valley Readers 2:30p Tai Chi-Yang 24 3:30p Adult Orff class</p>	<p>23</p> <p>8:00a Men's Bible Study group 9:00a Patio Sale All-Hands mig 9:00a Creative Hands projects 9:30a Prayer Ministry 10:00a Grief Recovery Workshop 10:00a NOC Appreciation Brunch 1:30p Movie Ministry 2:00p 24 Hours class 4:00p Personnel Committee</p>	<p>24</p> <p>9:00a Men's Bible Study group 9:00a Parkinson's Activity Day 10:00a Digging for Treasure 11:00a Peace & Justice 2:00p Tablets, Laptops... etc. 5:00p The Source -Hymn Sing</p>	<p>25</p> <p>10:30a Life Care Planning 2:30p Hand Bells practice 3:45p Sanctuary Choir practice</p>	<p>26</p> <p>9:00a Parkinson's exercise 9:00a SM Continuing Education 10:00a Stephen Ministry training 10:00a Chair exercise 10:00a SM Peer Review 11:00a Stephen Leaders 1:30p Inquisitors: Apocalypse</p>	<p>27</p> <p>8:00a Mission Fellowship breakfast 10:00a Favorite Anthems dress rehearsal</p>
<p>28</p>	<p>29</p> <p>9:00a Parkinson's exercise 10:00a Chair exercise class 1:30p A.D. The Bible Continues 2:30p Tai Chi-Yang 24 7:00p FAVORITE ANTHEMS CONCERT</p>	<p>March 1</p> <p>2:00p FAVORITE ANTHEMS CONCERT</p>				

February Birthdays

1
Florence Gilbert
Ron Row
Jean Snyder
Nancy Gray

2
Dick Ernsting
Joyce Thompson
Phyllis Days

3
Phil Conklin
David Rude
John Pyburn

4
Hank Huber
Jo Hudson
Barb Olson
Doug Crosby

6
Cathy Egender
Judson Richardson

7
Marlene Farver
Jane Hamby

8
Betty Everett
Marge Lotz
Heather Macleod
Donna Page

9
April Bondy
Judith Roberts

10
Lew Denny
Gil LeClair

11
James Brackey
Vern Feil
Darlene Herrick
Gayle Scott

12
Diana Montgomery
Joyce Wasson

13
Marlys Riessen
Ann Erickson

14
John Pavlick

15
Eloise Fredrickson

16
Bobbie Richards
Keith Steffy
Jerry Wilhems
Nancy Moses
Valerie St. John DeLong
Jessie Setterlund

17
Carl Amstrup
William Brackey
Nancy Schweigert

18
Erma Hinds
Judy Alkire

19
Molly Andrews

20
Peg Fite

21
Gerry Wigent

22
Jean Benson
Connie Bacon
Louise Martin

23
Ingrid Benson
Carol Blumer

24
Lila Plattner
Susie Kaylor

25
Connie Ackerman
Kathie Rusk
Bill Isbell

Helen Mullaly
Linda Landon

26
Betty Clapp
Marian Fjare
Glenn Lundell
Bill Karbowsky

27
June Broviak
Gayle Lafferty
Pam Hopper

28
Rachel Cox



SPECIAL FEBRUARY MILESTONES!
Special birthday greetings to Jean Snyder and Carl Amstrup as they celebrate their 90th birthdays this month!

Community Food Banks
Sunday, February 7, is Food Bank monthly donation day here at VPC, but if you wish to make an additional donation of milk or frozen items, you may drop off food items directly at the food bank in Green Valley on weekdays (7:30 a.m.-2:00 p.m.).
Next monthly collection at VPC: Feb. 7

HYMN SING EXTRAVAGANZA
Save the date: Sunday, February 21, 2:30 p.m.
St. Andrew's Presbyterian Church, 7650 Paseo del Norte, Tucson AZ

Join with other Presbyterians in an afternoon of glorious music, singing favorite hymns. Reception following is hosted by students of the Presbyterian Campus Ministry (PCM).

This event is presented through the joint efforts of the music ministries of Tucson Presbyterian churches and the PCM, a mission of the Presbyterian Church, reaching out to college students at the University of Arizona.

Free-will offering will be taken to help support Presbyterian Campus Ministry.

Coping with Change

Changes are thrown at us when we least expect it. Just this week as I am writing this, my biopsy results came back: I need facial surgery. My husband has been transferred to New Mexico, by the end of the week, with a lower paying job. And the girls' school tuition bill went up another 6 per cent. How do we accept change?

Change: Can we let go, and let God handle it?

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble of heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11: 28-30

How do we process curves being thrown at us? Recently, I met my friends for the holidays and we discovered that having a game night was very good medicine. The friendly get together, with great laughter, allowed us to become relaxed at least for one night. And now, as a group, have decided to have a once-a-month game night.



We will meet for dinner and play games, de-stressing for just one day a month.

Instead of quiet space, we can "let go" and let God help us. Sometimes giving things up to God, who can handle these things and the stress that goes with them, helps us get through these changes. It is a way to care for ourselves.

As we continue our focus on community, let us continue to care for others in our community who are in the midst of change.

Taking care of ourselves helps us take care of others.

MEDICAL VOLUNTEERS

At VPC, we have a wonderful volunteer medical team on Sundays during the 9:30 worship service and during Patio Sale.

Anyone with medical training/experience in the medical field and is interested in joining our team please contact Chris Erickson, Parish Nurse at the church office 625-5023.

We will be having upcoming meetings you can attend.

Faith & Health/Parish Nurse

Unstress The Stress will meet next on February 18 at 10 a.m. and will continue once a month. Each meeting will provide new information on stress and an activity. Instructors are Pastor Paul and Parish Nurse Chris Erickson.

Blood pressure screenings: You may have your blood pressure taken during the week on Tuesdays & Thursdays from 9 to 11 a.m. with the Parish Nurse. Blood pressure screening clinic will be held on Sunday, February 28 at 10:30 a.m. in the Sweet Family Room.

Alzheimer's Support & Education at VPC: the Alzheimer's support group continues on the 1st and 3rd Thursday of each month, from 1 to 2:30 p.m. in the Sweet Family Room. A new support group has been added at the same time in Classroom 1 for those with early-stage Alzheimer's. These support groups help us to share our feelings and concerns and receive information. For more information/register, contact the Alzheimer's Association at 520-322-6601.

Movement & Exercise:

Chair exercise classes are on Mondays, Wednesdays, and Fridays 10 -11 AM. Fee: For more, contact instructor Mia Cooper at 204- 5264.

Tai Chi – Yang 24 for arthritis and fall prevention classes are on Mondays at 2:30 PM. Fee: For more information, contact instructor Roger Ederle at 399-0166.

Parkinson's support/ exercise meets Mondays, Wednesdays, and Fridays, 9 – 10 a.m.

Healing Soup Meal

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

Mark Your Calendar: New Health Related Activities

Medical Needs Assessment in February
Life Care Planning on February 25 and March 3

Scams and scams in our community: information and presentation in the spring

Watch for more information on **Joy in the Desert and Wellness**



Valley Presbyterian Church

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

Pastoral Staff

Rev. Lawrence R. DeLong, Pastor
Rev. Diane Christopher, Pastor of
Discipleship
Rev. Paul K. Phillips, Pastor of Care
Rev. Joe Hawkins, Pastor Emeritus

Mission Statement

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

Join Us In Worship!

Sunday Worship Services

Early—8:00 a.m.

Traditional 9:30 a.m.

(Childcare provided at 9:15 a.m.)

Holy Communion Celebrated
1st Sunday each month

The Source

Wednesday Worship Service
5:00 p.m.

La Joya—La Posada

First, third & Fifth Sundays at 9:00 a.m.

Valley Voice newsletter is published the first day of each month for members and friends of Valley Presbyterian Church.

Submit articles for consideration before the 15th of the month by email to wendyk@valleypres.net.

Submitted articles may be edited for style, length, and content.

Patio Sale

A significant source of Mission Giving for Valley Presbyterian

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

When Thursday, **March 10** (\$5.00 cost) : 8:00 to 4:00

Friday, **March 11**: 8:00 to 4:00

Saturday, **March 12**: 8:00 to Noon

Where Throughout almost **all** rooms of Valley Presbyterian Church.

Who The sale is open to the community and region—in fact, people come from Tucson and Nogales to get a good deal. **All members and friends** of the Valley Church family are encouraged to participate in some way.

Why The net proceeds of this sale go to ministries and organizations that **help people**. Recipients are chosen by the Mission Committee. 100% of net proceeds are distributed outside of our walls.

How Can I Help? **Donate** an item (or items) for sale! Items should be in good condition—something that *you* would want to buy. Bring them by the church any time. Feel free to ask a staff person for help and a receipt. For larger items, feel free to call the church office by February 24 (625-5023) and schedule a pick-up

You can **volunteer** to be a worker by contacting the church office, or come to the Fellowship Hall on

- Thursday, February 18 at 8:00 a.m. to help sort and mark the donations, and/or
- Tuesday, February 23 at 8:00 a.m. for an all-hands meeting.

All levels of skills are welcomed!

You are also invited to **pray** for the sale, the volunteers, buyers and recipients. Special prayer cards will be available beginning March 6 in Fellowship Hall.



PROMOTED TO GLORY



December 30	Ruth Arnold	survived by Gene Arnold
January 4	Martha Tompkins	
January 5	Barbara Chesover	survived by Mack Chesover
January 10	Jeanne Eddington	
January 15	Anna Ernsting	survived by Richard Ernsting

Valley Presbyterian Church
2800 S Camino del Sol
Green Valley AZ 85622
(520) 625-5023

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Website: www.valleypresbyterian.net

Sundays

2 Services of Worship

8:00 & 9:30 a.m.

Food Bank Donations - December 2015

Our "Cash" report includes all cash donations to Food Banks that are made through VPC, not just amounts collected on the first Sunday of each month.

December food donations were 94 pounds (1st Sunday of the month). December cash donations totaled \$1,960. Year-to-date totals: 1,171 pounds of groceries and \$17,688.50 in cash. (Thanks for your generosity.)

Next Deacon's Food Bank Collection:

February 7, 8:30—10:30 a.m.

The Source

Wednesdays, 5:00 p.m.

Spiritual Life Center

Feb. 3 *Taizé*
Feb. 10 *AWAKEN!*
Feb. 17 *Healing & Hope*
Feb. 24 *Old-time Hymn Sing*

Reunion Potluck—Tuesday, March 1, 5 p.m.

Did you join Valley Presbyterian Church as an affiliate or full-time member in 2014 or 2015, or are you joining this month? If so, you are invited to a "reunion" potluck in the Fellowship Hall on Tuesday, March 1, at 5:00 pm.

For questions or to RSVP please contact Carolyn Hill at carolynehill@BellSouth.net or 520-499-2491. When you RSVP, please let her know whether you are bringing a main dish, side dish or dessert. Beverages will be provided.

February Sunday Worship Services

Early Service of Worship – 8:00 a.m.

Every Sunday morning at 8:00 a.m. a simple service of worship is held in the Spiritual Life Center, led by the pastor preaching that day. This service includes communion (by intinction) every week and does not include the choir or refreshments following the service.

Traditional Service of Worship – 9:30 a.m.

Feb. 7 Paul Phillips *A Loving, Beloved Community 6: Being* (Psalm 8, Colossians 3:1-11)
Feb. 14 Larry DeLong *Gifts of the Dark Wood 1: The Gift of Uncertainty* (1 Cor. 13:11-12)
Feb. 21 Diane Christopher *Gifts of the Dark Wood 2: The Gift of Emptiness* (Luke 17:33)
Feb. 28 Larry DeLong *Gifts of the Dark Wood 3: The Gift of Being Thunderstruck* (Job 37:1-5)

ASH WEDNESDAY SERVICES in the Spiritual Life Center:

February 10: 8:00 a.m., 12:00 p.m., and 5:00 p.m.