

# Valley Voice

## Thoughts for the Journey

Dear Friends,

The Season of Lent is upon us.

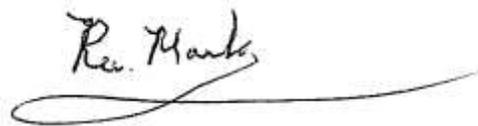
Originating in the fourth century of the church, the season of Lent spans 40 weekdays beginning on Ash Wednesday and climaxing during Holy Week with Holy Thursday (Maundy Thursday), Good Friday, and concluding Saturday before Easter. Originally, Lent was the time of preparation for those who were to be baptized, a time of concentrated study and prayer before their baptism at the Easter Vigil, the celebration of the Resurrection of the Lord early on Easter Sunday.

Today, Lent is marked by a time of prayer and preparation to celebrate Easter. Since Sundays celebrate the resurrection of Jesus, the six Sundays that occur during Lent are not counted as part of the 40 days of Lent, and are referred to as the Sundays in Lent. The number 40 is connected with many biblical events, but especially with the forty days Jesus spent in the wilderness preparing for His ministry by facing the temptations that could lead him to abandon his mission and calling. Christians today use this period of time for introspection, self-examination, and repentance.

Lent has traditionally been marked by penitential prayer, fasting, and almsgiving. Lent is really a preparation to celebrate God's marvelous redemption at Easter, and the resurrected life that we live, and hope for, as Christians.

Please join in the Lenten season by traveling with Jesus along the road to Jerusalem. The theme for season of Lent is **Journey to the Cross** and color for the season is purple. See you in church.

Yours In Christ,



Rev. Mark A. Medina, Transitional Pastor

Looking ahead to the journey:

- **Ash Wednesday services at 12:00 noon and at 5:00 Source lead by Rev. Christopher and Rev. Dr. Lloyd.** The imposition of ashes is part of the service.
- **Taizé services will be the emphasis throughout Lent at the Wednesday evening Source services.**
- **The 40th Anniversary celebration** is over the weekend of **February 18**. Please join in the celebration.

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## Connection

It's that time of year! We're moving from one high Holy Season into the next, the church is bustling with activity, and reports are due as we prepare for our congregational meeting. The patio sale is looming large, music activities are filling the sanctuary with a joyful noise, and preparations for Lent are underway. Phew! So much is going on and there's so much to do! Life! Valley is full of life! We work together, talk together, worship together, and pray together. Connection is essential in the life of any congregation. How are you connected? Being a part of this vital community is a blessing! How are you involved? As Presbyterians, we are part of a connectional system. As a congregation, we participate in that system. As individuals, we participate in this congregation, this family of choice. Knowing that we are connected can be a great comfort. Understanding how we express our connections is vital to our well-being. Please take time to ponder your sense of connection at Valley. If it feels strong - excellent! If it doesn't, let's talk about it together so that we can live as a connected community full of love, life, and care.

Blessings along the journey,

*Linda*

Rev. Dr. Linda Lloyd, Interim Pastor of Care

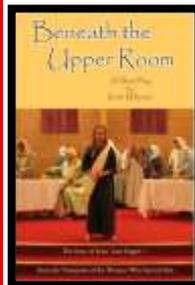
## Notice: Rear Doors will be Locked During Worship

Effective the first Sunday in February

The Session has approved securing three rear doors during Sunday services. The office side head usher will lock doors 1 (rear door to office) and 2 (rear door with handicap button) immediately after completing the count. The fountain side head usher will likewise lock door 9 (Fellowship Hall doors to the Columbarium). The doors will be unlocked at the end of worship.

## Information Meeting and Auditions

Friday, February 2, 10:00 a.m. in Classroom 1



On Maundy Thursday, March 29, 7 p.m., we will present "Beneath the Upper Room," the story of Jesus' last supper from the viewpoint of women. Come to our informational meeting to learn about this production and how you can be a part of it. We especially need women! Questions? Contact Pastor Diane (625-5023).

## Never Give Up

It was the night of the Vikings-Saints playoff game (Sunday, January 14). I was watching the game on the phone with my Dad who is in Minneapolis. There were four minutes left. The Vikings had been leading the whole game, but the Saints were about to go ahead.

"I can't watch any more," I said to my Dad. "I can't watch them lose....again." And I hung up the phone and turned off my TV.

(Yes, I hear your collective gasp.)

Now you need to understand the mentality of a Vikings fan. It has been 40 years since we were in the Super Bowl, and we have never won a Super Bowl. The Vikings always lose the big games, and they do it in dramatic style. After 40 years of this, one does not expect anything else. The comment I heard the most after the game: "I can't believe it. This is not the Vikings!"

Well....as most of you know, the Vikings won with a dramatic touchdown just as the time clock turned to zero...and I missed the moment as it happened. (Fortunately, I was taping the game and watched it – many times – after the fact.)

Since then, I have been thinking about my actions. I had given up on my team. And as a result, I missed out on a great moment of joy as it happened.

My friends, don't give up. Whatever it is, don't give up...on yourself, your family, your friends, your community, your church, our nation.

As I think about our church, we are in a tough, transitional time. Don't give up! God IS doing a new thing even though we don't see it. God IS doing a new thing even though we may not like it. Don't give up because a moment of great joy awaits.

Your pastor and friend,



Rev. Diane Christopher, Pastor of Discipleship



### Promoted to Glory



- |           |                         |
|-----------|-------------------------|
| January 1 | Vinson R. (Bud) Simpson |
| January 4 | Barbara McDaniel        |
| January 8 | Harriet Molloy          |

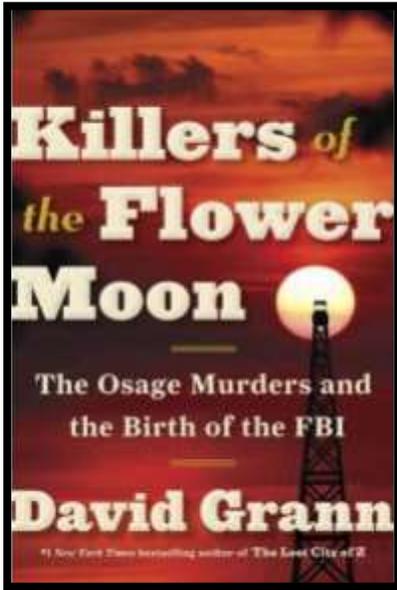
## The Importance of Per Capita Funding

As members of Valley Presbyterian Church (VPC), we are also members of the Presbyterian Church (U.S.A.). The Presbyterian Church (U.S.A.) has a form of government built upon shared power and mutual accountability as we seek together to find and represent the will of Christ.

VPC is assessed \$39 per member which 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 take on when we commit to membership in the Presbyterian denomination.

## Valley Readers

Monday, February 26  
2:00 p.m. in Classroom 5



The February selection for Valley Readers is *Killers of the Flower Moon: the Osage Murders and the Birth of the FBI* by David Grann. In this startling book, Grann revisits a shocking series of crimes in which dozens of members of the Osage Indian Nation in Oklahoma were murdered in cold blood. Based on years of research and startling new evidence, the book is a narrative non-fiction in which each step in the investigation reveals a series of sinister secrets and reversals. But more than that, it is a searing indictment of the callousness and prejudice toward American Indians that allowed the murderers to operate with impunity for so long. *Killers of the Flower Moon* is compelling reading.

Please join us for a discussion of this book led by Carol Wilking. Contact Anne Morrison, 520-399-0762, for additional information.

## Friendship Kettle Dinner

Sunday, February 18  
5 p.m. in Fellowship Hall

### Music on the Road

**Dinner:** A delicious meal of chicken cordon bleu, broccoli, herb roasted potatoes, and garden salad followed by red velvet cake will be served promptly at 5:00 p.m.

**Program:** At 6:00 p.m., join us in the sanctuary for an evening of popular tunes performed by the Digital Accordion Duo of Jim and Shirley O'Brien.

They are well know for their charity concerts for the Southern Arizona food bank and were past professors of accordion music at the University of Arizona.

**Tickets:** (\$11) will be on sale in the Fellowship Hall prior to, and following, the services on Sunday, February 4 and 11.

**Volunteers:** The Kettle Dinner group is always in need of volunteers to help with organizing, obtaining programs, and serving. If you are interested and can help, please sign up when you purchase your tickets, or contact Dave Tompkins at 399-3500.

## Patio Sale News

Now is the time to clean out all those things you don't want or no longer need – clothing, furniture, jewelry, artwork, housewares, electronics, lamps – almost anything except medical devices or shampoos, lotions, soaps, or paint. The big sale is next month, and we can sell it there while making money for the missions our church supports. We'll even pick up your larger items if you notify the front office at VPC. What a deal!

Remember, we also clean out apartments or houses when someone moves or for some reason vacates a residence. We have a skilled and experienced group who carefully packs each item, and another skilled and experienced group who moves it from the residence into storage and then to the sale. Just call the church to notify them of your need.

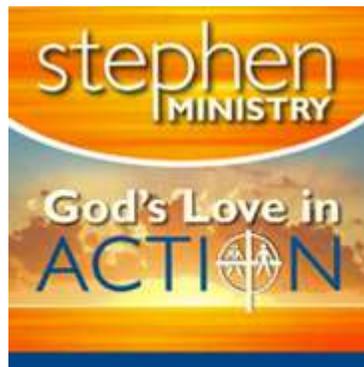
The Patio Sale easily qualifies as our biggest mission project, and it takes many helpful hands and strong backs to pull it off. If you are looking for something to do, we are looking for people willing to help us. Look for our table in Fellowship Hall each Sunday after the worship service. There you can ask questions, sign up to help, or just talk to someone in charge of the sale.

Keep your eye out for news of the Patio Sale Style Show – always great fun!

## Santa Cruz Valley Stephen Ministry Potluck

**Tuesday, February 6 from 12:00 - 2:00 p.m. at Desert Hills Lutheran Church**

*Submitted by Gayle Tompkins*



The purpose of the Santa Cruz Valley Stephen Ministry group is to support the Stephen Ministry programs in the Green Valley Area by facilitating communication and collaboration among the leadership teams. Stephen Leaders from the area churches meet at least twice a year to share ideas for our common ministry. Last year the group decided to organize a potluck and program for all the Stephen Ministers in the area. We hosted this event at our church and we had over 100 attendees. The feedback was very positive, so we are having another potluck on February 6, 2018. This year Desert Hills will be hosting and Rev. Dr. Linda Lloyd will be doing the devotion for the meeting. We are happy to introduce her to our Stephen Ministry community. The churches in our area that will be participating are: Community Methodist Church, Desert Hills Lutheran, Good Shepard United Church of Christ, Lutheran Church of the Risen Savior, Our Lady of the Valley Catholic Church, St. Frances in the Valley Episcopal Church, Valley Presbyterian Church, and Holy Way Presbyterian of Tucson. We pray this will be another successful event of sharing and getting to know one another. If you are an inactive Stephen Minister and would like to attend this event, please contact Gayle Tompkins.

## Women's Ministries

**Patio Sale Style Show: February 20, 11:30 a.m.**

*Submitted by Gee-Gee Smith, Women's Ministries Coordinator*



The February 20 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 (\$11) will be available after worship on Sundays, February 11 and 18, at the Women's Ministries table in Fellowship Hall.

The women who plan the style show select clothing in all sizes, so we need 15 volunteers to model the crème de la crème of the clothing donations. Please contact Cheryl Stepp (805-551-3512) or Pat Nau (417-830-2599) if you are willing to help out.



Join any of our creative hands groups (sewing walker bags), and the Stitch and Chat needle crafts group making shawls for the Community Outreach groups, and hats, gloves and layettes for regional mission projects. They meet the fourth Tuesday of the month at 9:00 a.m. in Classroom 1. Please contact Carol Gutenkunst at 648-8370 or Donaldina Joung at 398-8151 for questions about sewing, and Hazel Kern at 226-1014 for questions about needle work. It is a fun time of creativity and fellowship.

## Creed What Christians Believe and Why

### A Six-Week Study for Lent begins February 14

Sometimes questions are complicated, and the answers are difficult to see and harder to articulate. Adam Hamilton, the author of the book *Creed*, believes that some powerful answers are contained in the Apostle's Creed, an early statement of foundational Christian beliefs. In this class, we will explore not only what Christians believe, but also why we believe it and why it matters.

Sign-up for classes continues on February 4 and 11 at the Faith Formation Kiosk in Fellowship Hall. Books are \$15.

Class choices are:

Wednesdays, 10:00 a.m. (begins Feb 14) La Perla building at La Posada

Wednesdays, 6:15 p.m. (begins Feb 14) in Classroom 5

Thursdays, 1:00 p.m. (begins Feb 15) in Classroom 5

As we walk towards the cross in the season of Lent, let's join together in understanding our faith in deeper ways.

## Turning the Gem

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

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

Pastor Diane will start the month of February by looking at some birds in the Bible to learn about God, life and ourselves. We take a look at a book of the Bible about a run-away Christian slave, and the startling advice of the Apostle Paul. And, as we enter into Lent, we will look at the Old Testament passages that prophesy the Messiah.

I have a passion and love for scripture. I want to show you why. You will be amazed and delighted and surprised. Will you come dance with me?

## The Inquisitors Explore “Living the Questions”

### Fridays at 1:30 in Classroom 1

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

## Men's Weekday Bible Studies

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

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

The first group meets on Tuesday mornings at 7:45 a.m. They are now discussing Warren Wiersbe's "Be Transformed" commentary on chapters 13-21 of the Book of John. A group of six to twelve men meet in the Media Room of the Silver Springs Retirement Community. The group meets for fellowship and study and an all-around lively discussion. Dave Tompkins is the leader (399-3500).

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

## Grief Support Workshop Continues

**Tuesdays: January 30, February 6, 13, 20 and 27  
10:00 a.m. - 12:00 p.m. In Classroom 5**

VPC is offering a Grief Support Workshop at the church beginning on January 30. The class is open to anyone experiencing the loss of a loved one - husband, wife, child, brother, sister, mother, father.... If you or someone you know has experienced a loss, please consider joining our workshop.

The workshop will be facilitated by Karen Woodrow. She has been involved with grief and bereavement work for the past 20+ years, and workshops at VPC in the past.

The grief of the loss of a loved one can be overwhelming. The grieving process, while normal, can bring many phases of emotion. In the workshop you learn about the various phases of grief, some coping skills, and have a safe environment to express your grief.

There is no charge for the workshop, but attendees must pre-register with the church office (625-5023). The class will be limited to eight attendees.

## Driver Safety Course Offered Here

**February 15, 2017 from 8:30 to 12:30 in Classroom 5**

AARP's Smart Driver Course is a classroom refresher course 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.

Course fee is \$15 for AARP members and \$20 for non-members. Please call Wes Whitman at 520-399-3571 to register. Payment (cash or check only) will be collected during the class.

## Thank You!

*Submitted by Mary Horn, Mission Committee Liaison to YOTO*



Thank you to ALL who came to the Mission Breakfast featuring YOTO in January. We filled our speaker's car "to the MAX" with the donations for the mini mart that were brought in that morning. Also, thanks to those who brought gift cards for the students, and to those who made monetary donations. We raised \$1,410! HURRAH!!

We enjoyed a wonderful breakfast of pancakes, scrambled eggs, sausage, juice and coffee. We thank the great kitchen crew who arrived at the "crack o' dawn" to get everything ready for us.

Daniel Armenta shared a new way in which we can support YOTO. They are asking for volunteers to write notes of encouragement that go to (over 1,000) students monthly with their stipend checks. Stay tuned for more information about how we can participate!



## News of Note

*By Joel Pierce*



Thank you to all who have attended the Music in the Valley concert series! The series has been very well received and is off to a wonderful start!

The next concerts are by our very own Sanctuary Choir. Previously known as the Favorite Anthems concerts, our choral concerts have been integrated into the new concert series. How are these concerts different from years past? Each concert now has a theme. This year, the choir will be singing anthems about love. Also, these anthems will include secular as well as sacred music! Our very talented soloists will be singing love songs from your favorite musicals including Oklahoma!, Music Man, My Fair Lady, and more. They will be accompanied by our "orchestra pit" consisting of piano, flute, oboe, and drums. Finally, instead of the traditional white robes, the choir will be donning different, festive apparel. We hope to see you at these performances.

**"Anthems of Love"**  
**February 26 - 7:00 p.m.**  
**February 27 - 2:00 p.m.**

Because these concerts are now part of the Music in the Valley series, they are ticketed events. No free-will offering will be taken, as in years past. Tickets for these choral concerts are valid at either or both performances. When you attend these concerts you are supporting the music ministry at Valley Presbyterian!

## More Blog Readers Wanted (10 and Counting)

*Submitted by Doug Clark*

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

“In reflecting on 2017, Kristi and I realized that this last year has been one of “surrender” and “giving up control.” Major decisions were made last year greatly affecting us over which we had no control. We simply had to submit to these decisions as God’s will. Moreover, we also came to a place of surrender – realizing that we had to hand over to the Lord significant hopes and dreams, knowing that there was nothing in our strength or power we could do to make them happen. To surrender and not have control are humbling realities, which refine our character and build our faith. During our time of reflection, we gave thanks for the many wonderful things that happened over this last year. We could see God’s hand of blessing, grace and goodness in our lives regarding new and old friendships, memorable experiences, and a good transition to South Sudan.

Some hopes and prayer for the New Year include: physical healing for me, greater clarity for Kristi in her ministry role, wisdom for me in my teaching coupled with a love for my students, continued progress and comfort with Juba Arabic, finding a rhythm of life that works for us, having restorative times away (R&R, vacation), finding a church community to regularly worship and connect with, wisdom regarding opportunities to collaborate with other ministries, finding ways to be more organized, staying connected with family and friends back home. We invite you to pray with us regarding these hopes for 2018.”

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

## News from Pam and Dave L. in Pakistan

*Submitted by Doug Clark*

“Our teams in Pakistan continue to show great courage in spite of the increased persecution towards the Church there. Pam and I were finally able to visit our 100 Pakistan team members after waiting two years for our visas! We were also able to meet with families and individuals for prayer, counseling, encouragement and coaching. We are now planning to return again as the need is great.”

Bob and Kristi Rice

## Noisy Offering Thank You

The December 31 Noisy Offering for the Presbyterian Campus Ministry raised \$582.97. The students and Board of the Campus Ministry thank you for your support. Valley Presbyterian Church holds a special place in our prayers.

## AFTER THE FIRST YEAR

*By Liz Ford, Madison, Wisconsin*

### **After the first year**

The pain changes from a crushing weight  
To a wickedly cutting edge.  
Time speeds up from grinding plodding  
To a more normal routine.  
And sometime you can forget (for a moment)  
That your whole life was destroyed  
Just last year.

### **After the first year**

You start to remember the good times  
And you can tell a funny story about your loved one  
And save the crying for later.  
But sometimes it seems like you're the only one left who mourns.  
"What's the matter with you anyway?"  
"It's been a whole year."

### **After the first year**

Your loved one seems a little closer  
And yet still so far away.  
Miracles of miracles, you haven't forgotten  
How he walks, his voice, the shape of his head  
Or the solid warmth of his fingers curving around yours.  
Those memories ambush you at many unlikely moments  
And tear you apart.

### **After the first year**

Your heart begins to thaw.  
You remember that you once loved your surviving family  
And you love them again.  
You remember that life used to hold joy,  
And you rediscover some small enjoyment in living.  
You learn to piece your life back together  
In a different pattern.

### **After the first year**

You pick up your burdens and go on.  
Amazingly you have survived a blow more painful  
Than anything you ever imagined.  
Even though you wish you could have died too,  
It slowly dawns on you that you must still live  
Because after the first year,  
Comes the second year.

# Solar Power System Overview

*Submitted by Don Brooks, Treasurer*

**Status:** The Green Valley Planning & Architectural Committee approved VPC’s Solar System on December 14, 2017. This clears the way for the Pima County Building Permits to be released. All necessary documents have been approved and signed. Construction should start sometime mid-first quarter of 2018 and should be complete sometime in the second quarter of 2018.

**System Details:**

<u>COSTS</u>		
Total	Upfront	After 5 Years
\$179,758	Nil	\$100,780

APPROXIMATE OUTPUT		
DC	PRODUCTION	60.9 kW
AC	1ST YR PRODUCTION	105,235 kWh

ESTIMATED SAVINGS	
Accumulated 1st Five Years	\$9,361
Per Year Savings After 5th Year Purchase	≥ \$ 15,786

MANUFACTURERS			
Item	Qty	Manufacturer	Warranty
Modules	140	Sun Power	25 Years
Inverters	2	SMA	10 Years Option 20 years

INSTALLER			Warranty
Technicians for Sustainability		Tucson, AZ	10 years

SOLAR SERVICE PROVIDER			Rate
Technology Credit Corporation		San Jose, CA	\$ 0.128 / kWh

SHADED PARKING
18 Shaded Diagonal Parking Spaces 2nd Full Row Front Church Parking Lot

Sun	Mon	Tue	Wed
<h1>February 2018</h1>			
<p><b>4</b></p> <p>Communion Food Bank Collection 9:00 Worship at: LaJoya 9:15 Childcare 9:30 Service of Worship 10:45 Adult Bible Study 3:00 Youth Group</p> <p>Doug Crosby, Virginia Downs, Hank Huber, Jo Hudson, Barb Olson</p>	<p><b>5</b></p> <p>9:00 Parkinson's Exercise 9:00 Mission Quilts 10:00 Chair Exercise Class 10:00 AAUW Meeting 1:00 Turning the Gem 2:30 Tai Chi Arthritis &amp; Fall Prevention</p>	<p><b>6</b></p> <p>8:00 Men's Bible Study (Silver Springs) 8:30 WM Coordinating Team 9:00 Parish Nurse In Office 9:30 Prayer Ministry 10:00 WM Bible Study Leaders 10:00 Grief Support Workshop 11:00 NOC Meeting 1:00 New Members Class 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Kettle Dinner Committee</p>	<p><b>7</b></p> <p>8:30 Ministry Of 9:00 Men's Bible 9:00 Parkinson's 10:00 Chair Exercise 5:00 The Source -</p> <p>Marlene Farver,</p>
<p><b>11</b></p> <p>Just Coffee 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:45 Adult Bible Study 3:00 Youth Group</p> <p>Vern Feil, Darlene Herrick</p>	<p><b>12</b></p> <p>9:00 Parkinson's Exercise 10:00 Chair Exercise Class 11:00 Peace &amp; Justice Committee 1:00 Turning the Gem 2:30 Tai Chi Arthritis &amp; Fall Prevention</p> <p>Diana Montgomery, Joyce Wasson</p>	<p><b>13</b></p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Mission Committee 9:00 Parish Nurse In Office 9:30 Prayer Ministry 10:00 Grief Support Workshop 12:00 Style Show Models Rehearsal 1:00 New Members Class 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Personnel Committee</p> <p>Ann Erickson, Marlys Riessen</p>	<p><b>14</b></p> <p>8:15 Crossroads Mission 8:45 Deacons Meeting 9:00 Men's Bible 9:00 Parkinson's 9:30 Lois Circle 10:00 Chair Exercise 12:00 Ash Wednesday 1:00 Miriam Circle 5:00 The Source - 5:45 Lenten Meal 6:00 Creed (Lenten</p> <p>Charlene Campbell,</p>
<p><b>18</b></p> <p>9:00 Worship at La Joya 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:30 40th Anniversary 3:00 Youth Group 5:00 Friendship Kettle Dinner</p> <p>Judy Alkire</p>	<p><b>19</b></p> <p>9:00 Parkinson's Exercise 9:00 Mission Quilts 10:00 Chair Exercise Class 1:00 Turning the Gem 2:00 Finance Committee 2:30 Tai Chi Arthritis &amp; Fall Prevention 5:00 Ruth Circle</p> <p>Molly Andrews</p>	<p><b>20</b></p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:30 Prayer Ministry 10:00 Grief Support Workshop 11:30 Women's Gathering &amp; Style Show 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble</p> <p>Peg Fite, Enid Waldron</p>	<p><b>21</b></p> <p>8:15 Crossroads Mission 9:00 Men's Bible 9:00 Parkinson's 10:00 Chair Exercise 5:00 The Source - 5:45 Lenten Meal 6:00 Creed (Lenten</p> <p>Gerry Wigent</p>
<p><b>25</b></p> <p>Just Coffee 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:30 Blood Pressure Screening 3:00 Youth Group</p> <p>Connie Ackerman, Bill Isbell, Linda Landon, Kathie Rusk</p>	<p><b>26</b></p> <p>9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:00 Turning the Gem 2:00 Valley Readers 2:30 Tai Chi Arthritis &amp; Fall Prevention 7:00 Music in the Valley: Anthems of Love</p> <p>Betty Clapp, Marian Fjare, Bill Karbowsky, Glenn Lundell</p>	<p><b>27</b></p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:00 Creative Hands 9:30 Prayer Ministry 10:00 Grief Support Workshop 10:00 NOC Appreciation Brunch 2:00 Music in the Valley: Anthems of Love</p> <p>June Broviak, Pam Hopper, Gayle Lafferty</p>	<p><b>28</b></p> <p>9:00 Men's Bible 9:00 Parkinson's 10:00 Chair Exercise 5:00 The Source - 5:45 Lenten Meal 6:00 Creed (Lenten</p>

	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	<p style="text-align: center;"><b>1</b></p> <p>9:00 Parish Nurse In Office                      9:00 Pastoral Care Committee                      9:30 Congregational Care Transition Team                      10:00 Pray Like Jesus                      11:30 Your Whole Life                      1:00 Alzheimer's Caregivers                      2:00 Outreach Committee                      2:15 Bells Practice                      3:00 Communion at Silver Springs                      3:45 Choir Rehearsal</p> <p> Nancy Gray, Ron Row</p>	<p style="text-align: center;"><b>2</b></p> <p>CHURCH OFFICE CLOSED                      9:00 Parkinson's Exercise                      10:00 Chair Exercise Class                      10:00 Auditions for Upper Room                      1:30 Inquisitors (Living The Questions)                      3:00 Annual Congregational Meeting &amp; Potluck</p> <p> Dick Ernsting, Joyce Thompson</p>	<p style="text-align: center;"><b>3</b></p> <p>7:00 Communion Prep                      10:00 Library Committee Book Exchange                      2:00 Memorial &amp; Reception: Florence Johnson</p> <p> Phil Conklin, John Pyburn, David Rude</p>
<p>Presence Study Group                      Exercise Class                      Taizé</p> <p>Jane Hamby</p>	<p style="text-align: center;"><b>8</b></p> <p>8:00 Patio Sale Sorting &amp; Marking                      9:00 Faith &amp; Health Committee                      9:00 Parish Nurse In Office                      9:30 Congregational Care Transition Team                      10:00 Pray Like Jesus                      11:30 Your Whole Life                      2:15 Bells Practice                      3:45 Choir Rehearsal</p> <p> James Coberly, Betty Everett, Heather Macleod, Donna Page</p>	<p style="text-align: center;"><b>9</b></p> <p>CHURCH OFFICE CLOSED                      9:00 Parkinson's Exercise                      9:00 SM Continuing Education                      10:00 Chair Exercise Class                      10:00 SM Peer Groups                      11:00 SM Leaders Meeting                      1:30 Inquisitors (Living The Question)</p> <p> April Bondy, Judith Roberts</p>	<p style="text-align: center;"><b>10</b></p> <p>10:00 Empty Bowls</p> <p> Gil LeClair</p>
<p>Lunch Prep                      Study Group                      Exercise Class                      Worship                      Ash Wednesday (Soup &amp; Bread) Study)</p> <p>John Pavlick</p>	<p style="text-align: center;"><b>15</b></p> <p>8:30 AARP Driver Safety                      9:00 Parish Nurse In Office                      9:30 Being Mortal                      9:30 Congregational Care Transition Team                      9:30 Style Show Models Rehearsal                      1:00 Creed (Lenten Study)                      1:00 Alzheimer's Caregivers                      2:15 Bells Practice                      3:45 Choir Rehearsal</p> <p> Eloise Fredrickson</p>	<p style="text-align: center;"><b>16</b></p> <p>CHURCH OFFICE CLOSED                      9:00 Parkinson's Exercise                      9:00 GV Genealogical Society (Workshop)                      10:00 Chair Exercise Class                      10:00 Parkinson's Board Meeting                      1:00 GV Genealogical Society (Workshop)                      1:30 Inquisitors (Living The Questions)</p> <p> Nancy Moses, Bobbie Richards, Jessie Setterlund, Valerie St. John, Jerry Wilhems</p>	<p style="text-align: center;"><b>17</b></p> <p>8:00 GV Genealogical Society Seminar</p> <p> Rev. Mark Medina, Nancy Schweigert</p>
<p>Lunch Prep                      Study Group                      Exercise Class                      Taizé (Soup &amp; Bread) Study)</p>	<p style="text-align: center;"><b>22</b></p> <p>8:00 Session Meeting                      9:00 Parish Nurse In Office                      9:30 Being Mortal                      9:30 Congregational Care Transition Team                      1:00 Creed (Lenten Study)                      2:15 Bells Practice                      3:45 Choir Rehearsal</p> <p> Louise Martin</p>	<p style="text-align: center;"><b>23</b></p> <p>CHURCH OFFICE CLOSED                      9:00 Parkinson's Exercise                      9:00 SM Continuing Education                      10:00 Chair Exercise Class                      10:00 SM Peer Groups                      11:00 SM Leaders Meeting                      1:30 Inquisitors (Living The Questions)</p> <p> Carol Blumer</p>	<p style="text-align: center;"><b>24</b></p> <p>8:30 Mission Fellowship Breakfast                      7:00 True Concord Voices &amp; Orchestra</p> <p> Lila Plattner</p>
<p>Study Group                      Exercise Class                      Taizé (Soup &amp; Bread) Study)</p>	<p><b>***NOTE: Although our church OFFICE is closed on Fridays (in other words, the office staff is not present), the CHURCH is still open, and many activities are going on. The custodial staff is on hand to assist if needed.</b></p>		

## Forming Your Faith: An Adult Sunday School Class

**15 minutes after worship in Classroom 5**

The Adult Sunday School class will end as Lent begins. It will meet one more time: February 11. The curriculum is *The Wired Word*, which connects Scripture to current events. Your teacher on February 11 is Rev. Dr. Mark Horton. Grab a cup of coffee and some refreshments, and head into classroom 5 for some stimulating conversation and teaching.

## Special Monthly Fellowship

**Sunday, February 4 after Worship**



February 4 is SOUPer Bowl Sunday. Bring your favorite soup or chili and this Sunday will be SOUPer during Fellowship. Please sign up if you would like to bring in soup or chili (and your favorite team items). Please join us for Fellowship for a fun celebration!



## Being Mortal Preparing for the End of Life

**Six sessions beginning Thursday, February 15 at 9:30 a.m. in Classroom 1**

How do you want to live out the last years or months of your life? Are you willing to move to a facility where you will receive care, or are you determined to stay at home until they carry you out feet first? Do you want to live as long as you possibly can, or are there conditions under which you would want the doctors to stop trying to save you?

In a book titled *Being Mortal*, Dr. Atul Gawande writes about what he learned about the last stages of life from his experiences with patients and, especially, with his father. Contrary to what would make good sense, he says doctors are not required to take a single course in geriatrics or in death and dying, but rather they are trained to find cures and look for solutions to any health situation.

In six sessions, that will meet for 90 minutes each, beginning at 9:30 a.m. on February 15, we will discuss the issues raised by Dr. Gawande. Participants will be required to have access to the book and read chapters as they are assigned. You can buy your own book or sign up for one at the Faith Formation kiosk on Sundays. Both large and small group discussions will be facilitated by Eloise Fredrickson, an experienced teacher, and one of the pastors of Valley Presbyterian Church.

Sample discussion questions include:

- What are your feelings about nursing homes? What would be ideal? What would be unacceptable?
- What experience do you have with talking to doctors about end-of-life preferences? Have you had that same conversation with your spouse or children?
- What part of the aging and dying process will take the most courage for you to face?

## The Source During Lent

**Wednesdays, 5 p.m. in the Spiritual Life Center  
February 14 - March 28**

The Source, our 5 p.m. Wednesday evening worship service, will be different this Lenten season. February 14 is Ash Wednesday, and we invite you to a service of repentance and reflection as participants receive ashes on their forehead (there will be an Ash Wednesday service at noon as well).

For the remaining Wednesdays in Lent (February 21 - March 28), one of the pastors will conduct a Taizé service of special music, prayers, silence and candlelight. Each service will be different. If you have not experienced worship in the Taizé style, we invite you to a moving experience.

## An Update on The Source

The Source has been an amazing experience of creative worship since 2011. We experienced different forms of worship: Contemporary, Celtic, Gospel, Jazz, Taizé, Healing, and Old-Fashioned Hymn-Sings. We even had fun with Blessing of the Animals, Plays, and Humor Wednesday.

After seven years, The Source is taking a creative break. The Source will continue through March, then those of us who plan it will take the spring and summer to re-evaluate. We don't know what happens next, but we invite your feedback/advice. Contact Pastor Diane at the church (625-5023) or email: [dianechristopher@valleypres.net](mailto:dianechristopher@valleypres.net).

## Wednesdays During Lent

**Lent begins February 14**

**Wednesday, February 14**

Ash Wednesday Services at **noon and 5 p.m.**

A simple Lenten meal of soup and bread at **5:45 p.m.**

"Creed" Study Class, **6:15 p.m.** in Classroom 5

**Wednesdays, February 21 - March 21**

Special Lenten Taize Worship service at **5 p.m.**

A simple Lenten meal of soup and bread at **5:45 p.m.**

"Creed" Study Class, **6:15 p.m.** in Classroom 5

## Lenten Devotional

Our Lenten devotional this year is "homemade!" Written by Linda Freeman, it is a weekly guide to your own personal study of The Apostle's Creed. You can pick up this special Lenten devotional at the Ash Wednesday services on February 14 (noon and 5 p.m.), and the following Sundays at the Welcome Centers or the Faith Formation Kiosk in Fellowship Hall.

## More 40th Anniversary Memories

*Taken from the VPC 10th Anniversary Newsletter*

**1978**

### **VALLEY PRESBYTERIAN CHARTERED, SUNDAY FEBRUARY 5, 1978**

225 excited and joyful worshippers met in CRAGV West at 2:30 p.m. on February 5, 1978 for the Chartering Service of Valley Presbyterian Church. In a little more than 16 weeks under the leadership of Joe Hawkins, organizing pastor, membership had increased from a dozen persons to 188 charter members.

Also included in the Chartering activities was the ordination and installation of the first Session and the first Board of Deacons.

### **CHURCH GROWTH IS NATION'S FASTEST**

Tribute was paid to Valley Presbyterian at the 198th General Assembly of the United Presbyterian Church in San Diego on May 20, 1978 when it was announced that the church was the "fastest growing congregation in the denomination." The announcement, followed by a slide presentation shown by Pastor Joe Hawkins, received a standing ovation.

### **CONGREGATION NAMES CHURCH**

The newly organized Presbyterian Church in Green Valley chose as its name Valley United at recent meeting of the congregation on Sunday, April 2. Other names suggested for serious consideration were St. Paul's and Santa Cruz Valley.

### **CHURCH KICK-OFF DINNER FOR SITE FUNDS**

Following a special morning worship held outside around the West Center fountain, a catered turkey dinner was served, Sunday November 19, to 244 members and friends who joined together to kick-off a Fund Drive to purchase the church site of 4.8 acres in Desert Hills at \$17,500 per acre, or a total of \$80,000.

This Fund will also include \$3000 as the congregation's pledge to the Major Mission Fund campaign. Interest and enthusiasm was high.

### **NEW CHURCH GETS HELP**

Organizing members of the new Presbyterian Congregation here in Green Valley are being heartened by gifts from other churches and individuals. Among the gifts are a Communion Service from Bethel Presbyterian Church in Globe, hymnbooks from St. Andrews Presbyterian, altar pieces from Immanuel Presbyterian, offering plates from St. Marks Presbyterian, choir robes from Rincon Congregational Church, money from Faith Presbyterian in Sun City, and a home organ from Ray and Lee Kahler (Charter members).

In addition. Mr. Douglas Heinrichs has built a special portable pulpit for use on Sunday mornings.

### **NEWSLETTER BECOMES MONTHLY REALITY**

With the congregation growing rapidly, the need for a regular communication vehicle is apparent. Mrs. Joel (Dalton) Brown was named the editor of the newsletter at the Session meeting, Oct. 18, with the first issue planned for November. Dalton Brown recalls the first newsletter was written by Pastor Hawkins in February, 1978. That one page letter entitled "Church News" contained the plan for Charter Sunday, and closed with the Pastor's appreciation to each and every one who had helped to get the congregation off to an exciting and successful start.

### **NEWLY ORGANIZED BUILDING COMMITTEE GETS INTO GEAR**

A trip to Sun City, Arizona was taken by the Building Committee to observe five church structures, their

architectural features and concepts, which will help them in the formulating of our own plans for the building of our church.

Bill Milbratz, Building Committee Chairman, said that all of the organized groups within the Church will be asked in the near future to express, in writing, their needs and ideas to the Committee.

#### **BOUQUETS TO THE FLOWER COMMITTEE**

Kay McBride and Vivian Gardner, with the cooperation of the congregation, are providing beautiful flower arrangements for our enjoyment during the' Worship Services each Sunday. We are indebted to these two talented ladies and their competent helpers, Peggy Wood and Jean Bartling.

#### **OUTREACH COMMITTEE HAS BEEN BUSY**

A Merry Christmas was assured by the efforts of our Outreach Committee, according to Ed Logan, chairman of the committee since August, 1978. Some 83 families were given overflowing baskets supplied by the members of Valley United Presbyterian Church. \$200.00 from the Deacons provided chickens and hams to complete the dinners. In addition, 125 children were able to enjoy toys donated by the church.

The Food Bank at the old Continental School is replenished by donations each Sunday. The Food and Clothing Bank is a project begun earlier this year by our church's Outreach Committee.

#### **CARING IS THE NAME OF THE GAME**

A Pastoral Care Committee has been formed and many volunteers have responded to the need for help within our congregation. A "Network of Caring," hopefully, will be established by the forming of small neighborhood groups designed to aid those who need help. Bea Vercoe has been named by the Session to head up this Committee.

Our Pastor, the Rev. Hawkins, stated, "This is more than just another program. It is a vehicle for carrying us toward becoming the kind of church our Lord has called us to be. That is to say, we have been blessed with rare growth, enthusiasm and support. Now, if we are to be faithful to our Lord's command that 'you love one another even as I have loved you' (John 15), we must couple these ingredients with a network of caring. I am confident this will receive your support and will unquestionably strengthen our fellowship."

#### **WOMEN'S ASSOCIATION FORMED**

Meeting in the home of Louise Edgerton, January 18, the women of our church have organized as a United Presbyterian Women's Association. June Holt has been elected as the first president. Each of the four geographically located circles are to be allowed to decide their own projects, meeting times, etc. The first circle leaders are Vivian Gardner, Harriet Logan, Fern Carr, Mildred Groenewold and Margaret Soukup.

#### **CHOIR BEGINS REHEARSALS**

Each Sunday morning at 9:45, rehearsals are held at the home of Joe and Isabel Vancil. Tom Williams is directing with piano accompaniment provided by Emilie Williams.

#### **SESSION HOLDS FIRST MEETING**

The Session of recently ordained and installed elders (Feb. 5) held its first regularly scheduled meeting, Wednesday evening Feb. 15, at 7:30 p.m. The official board of 15 elected as its clerk Elaine Yarbrough, a member of the original Steering Committee of the new church.

#### **TAFFS, ORGANIST/CHOIR DIRECTOR**

Mr. W. Leonard Taffs was welcomed, Sunday Sept. 24, as the church organist and choir director. Mr. Taffs was professor of music at State University of New York.

## Empty Bowls February 10

Empty Bowls will be in it's twelfth year here at Valley Presbyterian Church. Over 600 beautiful bowls made by local crafters, over 100 volunteers and students, 19 restaurants, silent auction items, over 42 raffle baskets and over 500 tickets help make Empty Bowls a meaningful fundraiser. Empty Bowls helps those whose bowls are empty or are becoming empty, and supports the programs at Valley Assistance Services that are helping these individuals and families. Tickets will be sold during fellowship on Sundays through February 4. All of the proceeds from Empty Bowls stays in our communities. If you would like to volunteer to help with this event here at Valley Presbyterian, please call Valley Assistance at 625-5966.



## Pictures from our Volunteer Grounds Clean-up

Thank you so much to those who gave their time (some pictured below, and some not) to help keep our church grounds beautiful!



## Session Notes from December

- Accepted the resignation of Richard Duffield as our Statutory Agent for receiving legal processing documents, and substituted Attorney Andrew Heideman in his stead.
- Ordered that the back doors one (1), two (2), kitchen, and Columbarium doors be locked after the beginning of the church service.
- Issued a Call for the Annual Congregational Meeting and potluck meal for Friday, February 2, 2018, beginning at 3 p.m.
- Approved Ruling Elders Charlie Ashton and Don Brooks, respectively, as Clerk of Session and Church Treasurer.
- Approved the addition of Ruling Elder Gail Gesell to the Personnel Committee.
- Awaiting a final report from December 2017, the church is running a deficit of approximately \$70,000.00 for 2017.
- Budget preparation for 2018 continues as the JAG group moves toward making recommendations to Session.

## Financial Update

*Submitted by Annie Stitt*

**\* Correction** – Dated Jan 4, 2018 – The first paragraph of the financial update in the January Valley Voice improperly stated how the deficit is funded. For the past three years, VPC has been using **operating reserves** to support the operating budget. Because of reduced membership and subsequent reduction in giving, revenues are not sufficient to support spending levels. The VPC Foundation **does not** provide money for operations.

*\* Note: In accordance with the Valley Presbyterian Church Foundation Charter, monies generated from the Valley Presbyterian Church Foundation principal are restricted to Valley Presbyterian Church Capital Expenditures or Capital Improvements.*

**Fiscal year 2017 Financial Results:** The finance committee reviewed the year-end financial reports. Remembering that the budget was originally constructed with a deficit of \$114,397, it is good to note that the actual deficit was only \$51,650. That loss is funded by the Operating Fund Reserves. Details of the operating results are included in the 2017 Annual Report and will be presented at the annual meeting on February 2.

**2018 Generosity Campaign:** As of 1/21/18, there are 252 pledges received for a total of \$548,954. The pledge total is 61% of the budgeted expenses for 2018, however we know that there is additional giving from members and friends of VPC that will provide the projected revenues for 2018. Thanks to all who have participated in the generosity campaign.

**2018 Budget Process:** The fourth iteration of the 2018 Budget exercise is complete. The committee again has submitted a deficit budget to the Session for approval. That budget is in excess of the \$75,000 deficit previously approved by the Finance Committee. The approved budget will be presented to the congregation at the annual meeting. The 2018 budget will be a continuing process and changes may occur as the Session responds to recommendations of the Journey Ahead Group. The finance committee is committed to providing a balanced budget presentation for 2019.

The next Finance Committee Meeting will be February 19, 2018 @ 2:00 p.m.

## Mission Breakfast

**Saturday, February 24, 8:30 a.m. in Fellowship Hall**

*Submitted by Mary Horn, Mission Committee Liaison to YOTO*

For 45 years, St. Andrew's Children's Clinic has provided free, specialized medical care to children living in Mexico who cannot get or afford the care they need in their home country. The Clinic is held at St. Andrew's Episcopal Church in Nogales, Arizona.

St. Andrew's Children's Clinic is a non-denominational, non-profit organization, with a volunteer professional health care staff. The staff sees approximately 225-250 children the first Thursday of each month except July. Every October, in cooperation with Children's Surgery International and CIMA Hospital, 50-60 children (on average) have cleft palate/cleft lip surgery in Hermosillo, Sonora, Mexico. This special mission involves volunteers on both sides of the US-Mexico border who work with the medical team to give patients smiles and a much better life. We are very proud to report that 98% of all donations goes to direct patient care.

Laura Romero, Executive Director of St. Andrew's Children's Clinic, will present at our Mission Breakfast on February 24 at 8:30 a.m. in Fellowship Hall. Come be inspired as you learn about this vital program, sponsored in part by Valley Presbyterian Church.



## Casa Vida Nueva para Niños, A.C. (New Life Home for Children)

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



### RISE Scholastic Achievements, Inc.

*"With RISE, the children have HOPE."*

A Green Valley, AZ based, 501(c)(3)

**You are invited to see how RISE is making a difference in the educational lives of abused/abandoned Mexican children by taking a trip on March 10.**

*Article by Reed Olson*

Casa Vida Nueva Para Niños, "Home for Children" located in Nogales, Sonora, MX, was established to nurture and care for abused and abandoned children. Part of its mission is to foster an environment that keeps them excited about their education. Currently, the cost of education prevents many of them from acquiring the skills needed to make a good life. To help, Rise Scholastic Achievements, Inc. was formed. RISE provides a sustainable source of revenue support to these students who have been accepted for upper education, including preparatory school, colleges, trade schools, and professional/technical studies.

Come witness how RISE is making a difference in these children's educational lives by signing up for the March 10 trip. During the visit, you will receive an overview, facilities tour, lunch, and lots of hugs from the children. For more details, and to sign up, see Reed Olson in Fellowship Hall after service on February 25 or March 4. You may also contact Reed directly at [olsonr1@cox.net](mailto:olsonr1@cox.net). To learn more about RISE go to: [www.risesa.org](http://www.risesa.org).

# 40 Years of Faithfulness Valley Presbyterian Church Anniversary Celebration

**Sunday, February 18 at 9:30 a.m.**

*Submitted by Tom Macfarlane*

Please join us in celebrating the 40th Anniversary of Valley Presbyterian Church on Sunday, February 18, 2018. We have invited several former pastors to join us in this celebration. They will share some of their memories of the time they served our church. The charter members of Valley Presbyterian Church will also be in attendance.

Join us in Fellowship Hall after the service to enjoy refreshments and a video presentation of some of the past events in our church. It will be a wonderful opportunity to meet and greet the individuals who have been a big part of making Valley Presbyterian the "Oasis of Grace" that it is today.

Please plan to be a part of this celebration of our past 40 years, and help us to ensure that Valley Presbyterian continues to be the church "where we help each other know Christ and make Him known through word and deed."

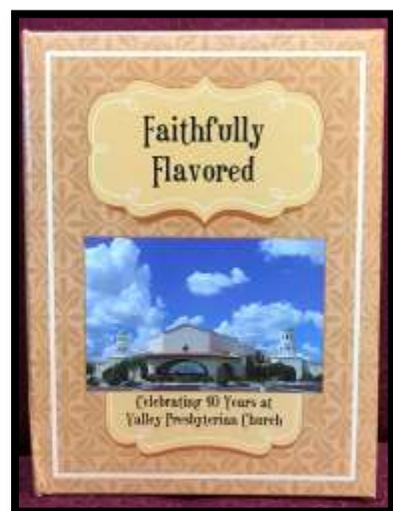
## BOOK EXCHANGE FEBRUARY 3

**Saturday, February 3  
10:00 to 11:30 a.m. in Fellowship Hall**

It is time to sort through your books (both print and recorded) and your gently used DVDs. The VPC Library Committee is sponsoring the annual BOOK EXCHANGE on Saturday, February 3, from 10:00 to 11:30 a.m. in Fellowship Hall.



Come on February 3 and choose free reading/viewing materials from a variety of genres.



## THE COOKBOOKS ARE COMING, THE COOKBOOKS ARE COMING!

In celebration of VPC's 40th anniversary, the Women's Ministries compiled a cookbook containing over 470 recipes, a few of which are favorites from earlier cookbooks. Sales will begin on February 4. The cookbooks will be available at the Women's Ministries table every Sunday and will sell for \$18.00 each or 2 for \$35.00. Only 500 books were ordered so plan to buy soon!

## A Heart of Gold

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



We often associate the month of February with Valentine's Day: phrases of caring, heart designs or cut-out hearts, or phrases like "having a heart of gold." In fact, February is actually American Heart Month. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2018, an estimated 770,000 Americans will have a new coronary attack, and about 430,000 will have a recurrent attack. About every 26 seconds, an American will have a coronary event, and about one every minute will die from one. When we hear the phrase "heart of gold," we might think of caring and loving. Even if we have a heart of gold, our hearts can be damaged by choices we make.

### **Proverbs 4:23 Above all else, guard your heart for everything you do flows from it.**

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of a heart attack are crucial to the most positive outcomes. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. For more information on heart disease and stroke, visit the Centers for Disease Control's Division for Heart and Stroke Prevention, [www.cdc.gov/DHDSP/](http://www.cdc.gov/DHDSP/)



There are many different kinds of heart disease. Plaque buildup is often to blame, but there are other causes. Choices a person may makes every day can lead to damage to artery walls. Do you smoke? Do you drink a lot of alcohol? Are you overweight? Do you spend the day sitting at a desk or in front of the television? Do you avoid exercise? Do you have diabetes or high blood pressure that is not under control? Are you under a lot of stress? If you answered yes to one or more of these questions, making changes might help you prevent or delay heart disease. Things you cannot control, like your family history, might also increase your risk of heart disease.

### **Know Your Signs and Symptoms. Call 9-1-1 immediately at the onset of heart attack symptoms**

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, crushing, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea, or lightheadedness

**If you or someone you know might be having a heart attack, call 9-1-1 right away. Do not try to drive yourself, and do not have someone else drive you to urgent care, call 9-1-1, you need to take an ambulance to the hospital.**

Resource: Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute on Aging.

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

Get ready for a busy, fun-filled season. Mark your calendars:

**Citizens Care program, safety and Scams:** Watch for an upcoming presentation in March.



**The 3D Plan: Eat Right \* Live Well \* Love God:** This class, by Chris Erickson, Parish Nurse, and Lynne Szabo, continues until February 8. Your Whole Life is a 12-week journey to wholeness. Remember to bring your lunch to this class.



**Neighbors AIM - Memory Café:** Neighborhood AIM (Awareness in Memory Loss), will continue in March with opportunities for an immersion program at Valley Presbyterian Church, and will continue with music support and education on Alzheimer's and memory loss. Watch the bulletins for the next, upcoming event and educational presentation.



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



**Blood Pressure Screenings:** You may have your blood pressure taken during the week on Tuesdays and Thursdays, from 9 to 11 a.m., with the Parish Nurse. The next **Sunday blood pressure screening clinic** will be on **February 25**.

### Movement & Exercise:



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

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



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



## February Medical Minute

We consume on average of 75 pounds of added sugar each year. That is 22 teaspoons a day!





## Valley Presbyterian Church

2800 S Camino Del Sol  
Green Valley, AZ 85622  
(520) 625-5023

www.valleypresbyterian.net

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

### Pastors

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

### Staff

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

### Mission Statement

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

Wendy's Web will return next month. The newsletter was so full of wonderful news and information this month, there simply wasn't enough space for it all!

## Sunday Worship

### Traditional Service of Worship

9:30 a.m. in the VPC Sanctuary

Communion served on first Sunday of each month

February 4	The Great Physician	Rev. Mark A. Medina
February 11	The Darkness Makes Way For the Light	Rev. Mark A. Medina
February 18	40th Anniversary Celebration	Rev. Kay Huggins Rev. George Pike Rev. John Dunham Rev. John Ross Rev. Diane Christopher
February 25	The Road of Discipleship	Rev. Mark A. Medina

### La Joya at La Posada

9:00 a.m. at La Joya

Communion served on first Sunday of each month

February 4	Rev. Don Jansma
February 18	Linda Freeman

## Wednesday Worship

### The Source

5:00 p.m. in the Spiritual Life Center

February 7	<b>Taizé:</b> A candlelight service with silence, scripture, meditation, and simple music.
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**Lent begins February 14**

February 14	<b>Ash Wednesday services at noon and 5 p.m.</b>
February 21	<b>Special Lenten Taizé - Journey to the Cross</b>
February 28	<b>Special Lenten Taizé - Journey to the Cross</b>

A simple Lenten meal of soup and bread will follow the services on February 14, 21 and 28

## Patio Sale Dates for 2018

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

Sorting: February 8, March 1

**Patio Sale Setup and Sale! March 11-17**

Sorting: April 12, May 17, June 14, July 19, August 16, September 13, October 11

**Holiday Sale Setup and Sale! October 31- November 3**

Sorting: December 13