

Valley Voice

Thoughts for the Journey

Dear Friends,

I want to share with you what is important in my faith journey. Your faith journey continues to grow as well. The Lordship of Jesus is a relationship built on love, hope and peace. When we profess our faith in the Lord we have set our lives on the Savior. Our lives continue to reflect and illuminate on him in all of life. The cornerstone of our faith is the Lord Jesus Christ.

C. S. Lewis wrote in *Mere Christianity*, "I think that many of us, when Christ has enabled us to overcome one or two sins that were an obvious nuisance, are inclined to feel (though we do not put it into words) that we are now good enough. He has done all we wanted him to do, and we should be obliged if he would leave us alone. But the question is not what we intended ourselves to be, but what he intended us to be when he made us..."

Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what he is doing. He is getting the drains right and stopping the leaks in the roof and so on. You knew that those jobs needed doing and so you are not surprised.

But presently he starts knocking the house about in a way that hurts abominably and does not seem to make sense. What on earth is he up to? The explanation is that he is building quite a different house from the one you thought of -- throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards.

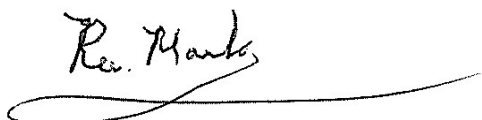
You thought you were going to be made into a decent little cottage, but he is building a palace. He intends to come and live in it himself."

Dear sisters and brothers, the Lordship of Jesus is the base for our faith and the cornerstone of our life through the relationship we have with him. May we always remember even when life is challenging or full of joy, Jesus is Lord. As the Brief Statement of Faith proclaims, "In life and in death we belong to God: We trust in Jesus."

A few items for the journey ahead:

- **New Ruling Elder and Deacons** were installed on January 13. Ruling Elders are Richard Horn, Tom Macfarlane, Bob Campbell & Marcia MacDonald. Deacons are Dick Christiansen, Joan Dakin, Mike Yoder, Betty Kiesle-Yoder, Kathie Rusk, Jan Woerner, Jean Hein, and Lee Ann Calhoun.
- **Pastor Nominating Committee (PNC)** has begun its work. Carmen Nylund & Tommy Calhoun are Co-Chairs and Richard Horn is Recording Secretary. Please look for a letter from the PNC in this newsletter which sets the ground work for the committee.
- **Remember your pledge cards and your Per Capita.** See you in church!

Yours in Christ,



Rev. Mark A. Medina, Transitional Pastor

In this Issue

Activities:

	Page
Book Exchange	4
Empty Bowls	7
Faith & Health	19
Friendship Kettle Dinner	4
Mission Breakfast	3
Patio Sale Dates for 2019	2
Patio Sale News	3
Patio Sale Style Show	5
St. Andrews Trip	3
Taizé Worship	4
Valley Readers	4
Volunteer Grounds Clean-up	6
Women's Ministries	5

Classes:

Adult Sunday School	8
Emotionally Healthy Spirituality	7
Exploring Membership	13
The Inquisitors	9
Lenten Study	8
Men's Weekday Bible Studies	9
Wednesdays in Lent	8

Pastor Messages:

Diane Christopher	2
Mark A. Medina	1

Other Articles and Info:

Blog Excerpt from the Rice's	14
Calendar and Birthdays	10
Church Information	20
Communication of Care	19
Congregational Care	18
Do You Have a Heart of Gold	17
Financial Update	12
Lenten Devotional	9
Medical Minute	19
Milestones	16
New Look, Children's Ministry	20
News of Note (Music)	6
Pastor Nominating Committee	16
Pledge Update	13
Promoted to Glory	20
Session Notes	12
Sermons for February	20
Solar Power System Update	14
Stephen Ministry	18
Sunday Fellowship	19
Wendy's Web	15
YOTO	15

Do and Hear

A young couple decides to visit a marriage counselor. They tell the counselor they no longer love each other, but want to save the marriage. At the end of the session with them, the counselor gives the couple a homework assignment. This week, the counselor says, I want you to act like you are in love even though you don't feel love. Do the things you used to do. The couple agrees, and find as they act in love, the feelings of love return.

I am re-reading a favorite book: *Mudhouse Sabbath* by Lauren Winner. The author grew up Jewish, but met Jesus as the Messiah while in college. As she practiced her new faith, she found that she missed the rituals of Judaism. She came to believe that Christian practices could become enriched by taking a few lessons from Judaism. Thus, her book.

"For Jews," she says, "the essence of the thing is a doing of an action." In Exodus 24, the people say to God "All the words that God has spoken, we will do and we will hear." Notice that the word order doesn't make any sense. The people do first and then they hear. How can this be? Shouldn't it be the other way around? Shouldn't we hear God's words first and then do them?

The scripture passage in Exodus 24 is similar to the advice of the marriage counselor. Do the action first, and then the belief or feelings follow.

I always remember this when my spiritual walk with God becomes dry (yes, this happens to pastors!). If God seems distant, I realize that I am not spending time with God in the mornings as my usual practice. I go back and do. Then I hear.

Are you spiritually dry? Are you spiritually hungry? Does God seem distant? Do you have doubts about your faith? Then do. Go to worship. Have daily time with God. Attend a Bible Study. I assure you the belief in God, the love for God, and the closeness with God will return.

Do, then hear.



Rev. Diane Christopher, Pastor of Discipleship

Patio Sale Dates for 2019

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

Sorting: Feb. 14, Mar. 6, Apr. 11, May 16, Jun. 20, Jul. 18, Aug. 15, Sep. 12, Oct. 10, Nov. 7, Dec. 19

Patio Sale: March 14, 15 & 16 (set-up March 11-13)

Holiday Sale: November 22 & 23 (set-up November 20-21)

Mission Breakfast

Saturday, February 9 at 8:30 a.m. in Fellowship Hall

Submitted by Reed Olson - Mission Committee

If you missed out on the recent trips to the Orphanage – you're in luck!



VPC Mission Committee is sponsoring Casa Vida Nueva para Niños (orphanage) at a Mission Breakfast on Saturday, February 9. Reed Olson will provide an update on the orphanage, then the directors and some of the children will speak and answer your questions. Breakfast tickets (\$5) will be sold in Fellowship Hall Sunday, January 27, February 3, and at the VPC front office (best to buy them ahead of time). Some will also be sold at the door. Arrive by 8:15 to get the best seats.

Donations of cleaning supplies (e.g. Pine Sol); toilet paper; paper towels are suggested. Financial donations are always helpful. If you have any questions, contact Reed Olson at 269-7829, or olsonr1@cox.net.

Patio Sale News

The Amigos are deep into planning mode for the annual Patio Sale **held this year on March 14, 15, and 16**. In fact, later this month we will hold our Department Heads' meeting, which always means the patio sale is just around the corner. It will be on **February 26 at 9:00 a.m.**

Now is your opportunity to go through your things and cull out those that are no longer used or no longer needed. Be sure to bring us things that are still good enough for someone else to consider buying and using. Last month's Valley Voice contained a list of those things we don't accept, but, if you are like me, you still have clothes, tools, furniture, household and collectible items, shoes, purses, electronics, linens, or miscellaneous items that could be donated. Take a look through your closets and garages.

For some reason, we have received less jewelry this year than usual. If you have some that you no longer use, consider donating it to the sale. It is sure to bring someone else great pleasure!

I'll see you at the sort on February 14!

Mission Trip to St. Andrew's Children's Clinic

March 7, 2019

Submitted by Kay Brouwer - Mission Committee Liaison to St. Andrews Children's Clinic



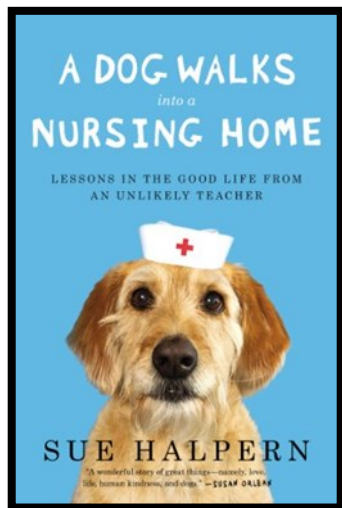
Next month we will be taking about 20 people to see, firsthand, the glorious mission happening in Nogales, Arizona in the St. Andrew's Episcopal Church. Learn about St. Andrew's Children's Clinic by visiting our church website, www.valleypresbyterian.net. We will leave from the church parking lot at 9:00 a.m. Thursday morning, March 7. We hope to eat lunch together after the tour which lasts



about 1 hour. To indicate your interest in joining us on this Mission Trip, contact Kay Brouwer, 573-552-2313 or kkbrouwer1942@gmail.com. There will also be a sign-up sheet on February 9 at the Mission Breakfast.

Valley Readers

Monday, February 25
2:00 p.m. in Classroom 1



A Dog Walks into a Nursing Home, by Sue Halpern, will be our book for the February meeting of Valley Readers. Being at loose ends, the author decided to have she and her dog Pransky certified as a therapy team. Pransky was a hit as a therapy dog and the encounters that Halpern has with residents, facilitated by Pransky, led her to a new understanding of the meaning of acts of kindness and the basis for a good life. Join us for a discussion of this meaningful and heartwarming book led by Doris Steffy. Please contact Anne Morrison for additional information at 520-399-0762.

BOOK EXCHANGE

Saturday, March 2
10:00 a.m. sharp
in Fellowship Hall

Bring your books and trade for free items.

Please bring your donations to the Church Library the week of February 25 so that the books can be sorted prior to the event.

FICTION and NON-FICTION
(hardcover and paperback)

RECORDED BOOKS

CDs

DVDs

Sponsored by the VPC Library Committee

Friendship Kettle Dinner

Sunday, February 17
5:00 p.m. in Fellowship Hall

Amber Norgaard and Company

Dinner: A delicious meal of chicken cordon blue with all the fixings, plus dessert, will be served promptly at 5:00 p.m.

Program: At 6:00 p.m., join us in the sanctuary to enjoy AMBER NORGAARD AND COMPANY. Her amazing singing voice, combined with her groups instrumental magic, will guarantee for an enjoyable evening of popular songs and music you don't want to miss.

Tickets: (\$13) will be on sale in Fellowship Hall prior to, and following, the services on Sunday, February 3 and 10.

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

Join us for Taizé Worship

First Wednesday of every month at 5:00 p.m. in the Spiritual Life Center
The next Taizé is February 6

If you have not experienced Taizé worship, please come for a service of beautiful music, candlelight, prayer and scripture. If all that isn't beautiful enough, these services will often feature guest musicians as well.

Women's Ministries

February 19 at 11:30 a.m.

Submitted by Carol Peeler, Moderator

Good morning, It's a beautiful morning in Arizona. The winter has been very mild, so far.

We had a great turn-out for our January Meeting. All the food has been prepared from recipes out of our VPC cookbook, and they are delicious. They are prepared in our kitchen with help from the Circle of the month.

The presentations were on classes that we took while at the church-wide gathering in Louisville, KY. They were all interesting and informational. They were presented by Martha Ashton, Kay Davison, Janice Potter and Carol Peeler.

The big excitement now is our **style show** (see article on this page). It will be on February 19 at 11:30 a.m. We will have the luncheon first, and then go to the Spiritual Life Center for the show. The models pick out the clothes they wish to wear. This is being brought to you with the help and planning of our co-hosts Pat Nau, Cheryl Stepp, Betty Kiesle-Yoder and Blenda Bewley. We always need models so if you are interested, talk to one of the co-hosts. Mark that day on your calendars!

The tickets will be sold on February 10 and 17. This is the time to invite your neighbors and friends to join us. They have to buy a ticket so they will have a place at the table and be able to view the style show. If you are cleaning your closet and getting rid of things that you no longer need, bring them to the Women's table in Fellowship Hall after Sunday worship. There will be clothes for sale after the style show, so be sure to look for something there.

See you at the Women's Ministry Table after worship.



Patio Sale Style Show

Tuesday, February 19 at 11:30 a.m.
in the Spiritual Life Center

The Annual Women's Luncheon and Patio Sale Style Show is scheduled for February 19 at 11:30 a.m. All you ladies please put this FUN event on your calendar. Tickets (\$11) for the event will go on sale Sundays February 10 and 17 and can be purchased at the Women's Ministry Table after worship.

Please bring your family and friends!

Any questions you can contact :
Pat Nau 417-830-3589
Cheryl Stepp 805-551-3512





News of Note

By Joel Pierce



There are many events to watch out for in the coming weeks and months. Our music ministry is in full swing, and you won't want to miss these musical opportunities!

The next Music in the Valley Concert features: The Sanctuary Choir Friday, February 8 at 6:00 p.m.

The Sanctuary choir will present it's annual concert on February 8. There will only be one performance this year. Tickets are available on Sunday mornings in Fellowship Hall and at the front office during regular business hours. As always, funds raised go directly to support our music program here at VPC. Join us for an evening of Jazz, Gospel, Blues, and Spirituals.

An Anthem Commissioned for Valley Presbyterian

Late last year, the Valley Presbyterian Music Committee commissioned composer Deborah Govenor to compose a choral anthem for the congregation of Valley Presbyterian. This anthem is now complete and will be presented **on a Sunday morning in late February**. Deborah Govener is a composer from Bar Harbor, Maine, and has written several beautiful anthems currently in our music library.

Lenten Piano/Organ Recitals

During the season of Lent, I will perform three, short piano and organ recitals in the Sanctuary. The performances are free of charge (free-will offering taken to support the music ministry) and they will be followed by light refreshments in Fellowship Hall. The performances will be held at noon on **March 13, March 27, and April 10**. Look for more information in next month's Valley Voice.

Outdoor Bagpipe Concert

Be on the lookout for information regarding a free, outdoor bagpipe concert in March! This performance will take place in our parking lot in the afternoon on **March 23** (time TBD).

Volunteer Church Grounds Clean-up

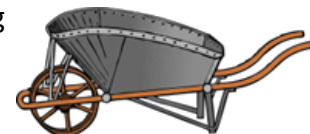
February 7, from 9:00 a.m. to 11:00 a.m.



A work session is scheduled to clean up the grounds around Valley Presbyterian Church. This will involve some bush and hedge trimming, weed pulling, raking, and other tasks that need to be done. If you are able, and can spare a couple of hours to help beautify our church grounds, it will be greatly appreciated.

Bring some work gloves and your favorite tools, such as lawn rakes and hedge clippers. We will assemble in the back parking lot. Your assistance will be a great help to our hard-working custodians. Thank you in advance for your help on this project.

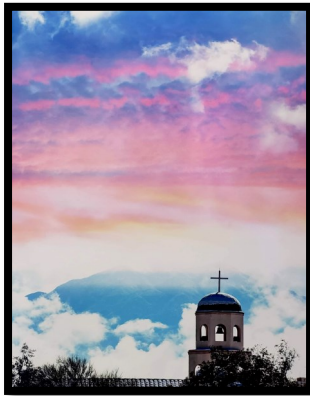
Your Building and Grounds Committee



Empty Bowls at Valley Presbyterian Church

Saturday, February 16. Three seatings beginning at 11:00 a.m.

Please join us for Empty Bowls here at Valley Presbyterian. This wonderful event raises money for Valley Assistance Services and all of their programs. All proceeds stay right in this community. Tickets are available for \$20 in advance and will be sold in the Charter Hall after Sunday worship services through February 10. At the door the tickets will be \$25. There will be three seatings, and the first will begin at 11 a.m. Join us and participate in Empty Bowls, Saturday, February 16, 2019 at Valley Presbyterian Church. Call Valley Assistance Services at 625- 5966 for more information or if you would like to volunteer during Empty Bowls.



This beautiful photo was taken by "Gerald" and left at the church for us. Thank you for capturing this moment, and for sharing it with us!



Faith Formation

Emotionally Healthy Spirituality

Come and Unleash Your Life in Christ

Beginning Monday, February 4 at 1:00 p.m. in Classroom 5

Do you... avoid healthy conflict in the name of keeping the peace?
 ignore and suppress emotions?
 use work for God as an excuse to run from God?
 live without limits?

Then come and unpack core, biblical principles that will guide you into an experience of lasting, beneath-the-surface transformation in your relationship with Christ.

- The Problem of Emotionally Unhealthy Spirituality
- Know Yourself That You May Know God
- Going Back in Order to Go Forward
- Journey Through the Wall
- Enlarge Your Soul Through Grief and Loss
- Discover the Rhythms of the Daily Office and Sabbath
- Grow Into an Emotionally Healthy Adult
- Go the Next Step and Develop a "Rule of Life"

Books will be available in Fellowship Hall after worship.



Faith Formation

Liturgy of the Ordinary: Sacred Practices in Everyday Life A Lenten Study

Tuesdays, 1 p.m. in Classroom 5, beginning March 5

Based on the book *Liturgy of the Ordinary* by Tish Harrison Warren, Pastor Diane will look at all the ordinary things we do each day – making the bed, brushing our teeth, checking email, sitting in traffic – and show us how to become aware of God's presence in our daily routines.

Books can be purchased ahead of time (\$13) at the Faith Formation Kiosk on February 24 and March 3, or in class.

From the book: "Take and read. Taste – not just the wine and bread, but the peanut butter and jelly, too – and see. The Lord is good. Every square inch of our lives, every second, is his."

Come and discover the holiness of your every day.

Wednesdays in Lent

Beginning March 6

Lent is the 40 days before Easter (not counting Sundays). This year it starts on Wednesday, March 6. It is a time of spiritual reflection, fasting, devotion, a time to walk with Christ to the cross.

This Lent, we are setting aside **Wednesdays at Noon and 5 p.m.** as a special time to do this.

At Noon:

- | | |
|----------|--|
| March 6 | Ash Wednesday Worship Service (Spiritual Life Center) |
| March 13 | Piano/Organ Recital (Sanctuary) |
| March 20 | Class: Inside the Music Ministry of VPC by Joel Pierce (Spiritual Life Center) |
| March 27 | Piano/Organ Recital (Sanctuary) |
| April 3 | Class: Church Music in the Middle Ages by Joel Pierce (Spiritual Life Center) |
| April 10 | Piano/Organ Recital (Sanctuary) |
| April 17 | Class: The Messiah: The Passion by Eloise Fredrickson |

At 5 p.m.

Taizé worship every Wednesday in the Spiritual Life Center

Watch the March Valley Voice for more details on each of these special events.

Forming Your Faith: An Adult Sunday School Class

8:30 a.m. in Classroom 5

Start your Sunday mornings with study and conversation. The class discusses the sermon scriptures being read during the worship service that day. Be enriched as you hear how God speaks to others through the scriptures, and then hear the thoughts of the preacher of the day. This class is open to all, so please join us.



Faith Formation

The Inquisitors Living the Questions

Fridays from 1:30 - 3:00 p.m. in Classroom 1

Last Spring, with "Living the Questions," we started examining our faiths in an environment where participants could interact with each other and fine-tune our beliefs to make them more worth having and living. Join us on Fridays at 1:30 to continue discussing this topic. For further information contact: Grant Stitt (396-3549 or email stitt@unr.edu).

Our Lenten Devotional: *On Calvary's Hill* by Max Lucado

Available starting February 17

Our Lenten devotional this year is by Max Lucado, bestselling Christian author and preacher. In his devotional, *On Calvary's Hill*, Lucado includes 40 readings for Lent that explore the final days in the life of Christ. He writes, "Draw near to the Savior and prepare to celebrate the greatest miracle ever conceived. Feel the passion. Sense the truth. Hear the promise. Death has no power."

We will be selling this devotional book for \$5 beginning Sunday, February 17 in Fellowship Hall after worship. We encourage you to B2GO – Buy Two, Give One.

You can also purchase this devotional for your e-reader.

Lent begins March 6.

Men's Weekday Bible Studies

Tuesdays at 8:00 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 8:00 a.m. They are now reviewing Warren Wiersbe's "Be Loyal" on the Gospel of Matthew. A group of six men meet in the Media Room of the Silver Springs Retirement Community for fellowship and study and an all-around lively discussion. Anyone interested may join. Dave Tompkins is the leader (399-3500).

This group, with about six to thirteen men attending each week, meets every Wednesday at 9:00 a.m. They meet 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 and 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.









Sun












Mon

Tue

Wed

February 2019

3 Communion Food Bank Collection 8:30 Adult Bible Study 9:00 Worship & Communion at LaJoya 9:15 Kids Room 9:30 Service of Worship 10:45 Confirmation Class  Phil Conklin, John Pyburn, David Rude	4 9:00 Parkinson's Exercise 9:00 Peace & Justice Resource 9:00 Mission Quilting 10:00 Chair Exercise Class 10:00 AAUW Meeting 1:00 Emotionally Healthy Spirituality  Doug Crosby, Virginia Downs, Hank Huber, Jo Hudson, Barb Olson	5 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 8:30 WM Coordinating Team 9:30 Prayer Ministry 10:00 Women's Ministries Bible Study 11:00 NOC Meeting 1:00 Exploring Membership Class 1:00 Pastor Nominating Committee 3:30 Joyful Spirit Ensemble	6 8:00 Ministry Of Presence 9:00 Men's Bible Study 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 11:00 Christianity & World 1:00 Worship Committee 5:00 Taizé Worship
10 Just Coffee 8:30 Adult Bible Study 9:15 Kids Room 9:30 Service of Worship 10:45 Confirmation Class  Gil LeClair	11 9:00 Faith Formation Planning Team 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:00 Emotionally Healthy Spirituality  Vern Feil, Darlene Herrick	12 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 8:45 Mission Committee 9:30 Prayer Ministry 10:00 NOC Appreciation Day 1:00 Exploring Membership Class 1:00 Pastor Nominating Committee 1:00 Personnel Committee 1:30 Buildings & Grounds Committee 3:30 Joyful Spirit Ensemble  Diana Montgomery, Joyce Wasson	13 8:15 Crossroads Mission 9:00 Men's Bible Study 9:00 Parkinson's Exercise 9:00 Deacons Meeting 10:00 Chair Exercise Class 10:30 Lois Circle 11:00 Christianity & World 1:00 Miriam Circle 5:00 Worship Service On  Skip Berry, Ann Erickson, Marlys Riessen
17 8:30 Adult Bible Study 9:00 Worship at La Joya 9:15 Kids Room 9:30 Service of Worship 10:45 Confirmation Class 10:45 Blood Pressure Screening 5:00 Kettle Dinner  Rev. Mark Medina, Nancy Schweigert	18 9:00 Parkinson's Exercise 9:00 Mission Quilting 10:00 Chair Exercise Class 1:00 Emotionally Healthy Spirituality 4:00 Ruth Circle  Lawrence Brock	19 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:30 Prayer Ministry 11:30 Patio Sale Style Show 1:00 Exploring Membership Class 1:00 Pastor Nominating Committee 1:30 Finance Committee 3:30 Joyful Spirit Ensemble  Molly Andrews	20 8:15 Crossroads Mission 9:00 Men's Bible Study 9:00 Parkinson's Exercise 10:00 Chair Exercise Class  Peg Fite, Enid Waldron
24 Just Coffee 8:30 Adult Bible Study 9:15 Kids Room 9:30 Service of Worship 10:45 Confirmation Class  Joe Bruce, Lila Plattner	25 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:00 Emotionally Healthy Spirituality 2:00 Valley Readers  Connie Ackerman, Linda Landon, Kathie Rusk	26 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:00 Patio Department Head Meeting 9:00 Creative Hands 9:00 Prayer Shawls 9:30 Prayer Ministry 10:00 Publicity Committee 1:00 Pastor Nominating Committee 3:30 Joyful Spirit Ensemble  Betty Clapp, Marian Fjare, Bill Karbowsky, Glenn Lundell	27 9:00 Men's Bible Study 9:00 Parkinson's Exercise 10:00 Chair Exercise Class  June Broviak, Pam Hopper, Gayle Lafferty

Thu		Fri	Sat
		1 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 Stephen Minister Training Class 10:00 Chair Exercise Class 1:30 Inquisitors Class: Living The Questions  Nancy Gray, Ron Row	2 7:30 Communion Prep  Dick Ernsting, Joyce Thompson
Religions	7 9:00 Church Grounds Clean-up 9:30 Congregational Care Leaders 1:00 Moses 1:00 Alzheimer's Caregivers 2:15 Valley Ringers Rehearsal 3:45 Choir Rehearsal  Marlene Farver, Jane Hamby	8 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 Stephen Ministers Continuing Ed. 9:00 Stephen Minister New Training Class 10:00 Chair Exercise Class 10:00 Stephen Ministry Peer Group 11:00 Stephen Ministry Leaders Meeting 1:30 Inquisitors Class: Living The Questions 6:00 Music In The Valley: Sanctuary Choir  James Coberly, Betty Everett, Heather Macleod, Donna Page	9 8:30 Mission Fellowship Breakfast  April Bondy, Judith Roberts
Lunch Prep	14 8:00 Patio Sale Sorting & Marking 9:00 Faith & Health Committee 10:00 Outreach Committee 10:30 Fellowship Committee 1:00 Moses 2:15 Valley Ringers Rehearsal 3:45 Choir Rehearsal  Charlene Campbell, John Pavlick	15 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 Stephen Minister Training Class 10:00 Chair Exercise Class 10:00 Parkinson's Board Meeting 11:00 Empty Bowls Set Up 1:30 Inquisitors Class: Living The Questions  Eloise Fredrickson	16 11:00 Empty Bowls  Nancy Moses, Bobbie Richards, Jessie Setterlund, Valerie St. John, Jerry Wilhems
Religions			
Love			
Lunch Prep	21 1:00 Moses 1:00 Alzheimer's Caregivers 2:15 Valley Ringers Rehearsal 3:45 Choir Rehearsal  Gerry Wigent	22 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 Stephen Ministry Continuing Ed. 10:00 Chair Exercise Class 10:00 Stephen Ministry Peer Group 11:00 Stephen Ministry Leaders Meeting 1:30 Inquisitors Class: Living The Questions 7:00 True Concord Voices & Orchestra  Louise Martin	23 8:00 Green Valley Genealogical Society Seminar  Carol Blumer
	28 8:00 Session Meeting 2:15 Valley Ringers Rehearsal 3:45 Choir Rehearsal	***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.	

Session Notes from December

Submitted by Charlie Ashton, Clerk of Session

- Approval of Rev. Medina's contract for another year.
- Approval of Terms of Call for Pastor Diane for presentation to the congregation at the Annual Meeting.
- Scheduled the Annual Meeting of the Congregation for February 24, 2019 following the 9:30 a.m. Service of Worship.
- Scheduled the Ordination and Installation of Elders and Deacons during the Service of Worship on January 13.
- Approved enrollment in the AZ Office of Technologies State Purchasing Agreement to save money on some purchases.

Financial Update

Submitted by Annie Stitt

The Finance Committee met on January 22 to review the December year-end financial statements. The financials as of December 31, 2018 show that the deficit has actually decreased from the November deficit of \$109,524 and stands at \$98,094 compared to an anticipated deficit of \$67,119 as shown below.

The revenues are down. Year-to-date revenues are \$35,397 below our projected revenues. When we look at budget to actual, the revenues are down 4.5% from the year-to-date budget and expenses are up approximately .5%. This gives us a negative net income variance as shown below:

	<u>Year to Date</u>	<u>Budget</u>	<u>Variance</u>
Revenue	\$787,126	\$822,523	(\$35,397)
Expense	<u>\$885,220</u>	<u>\$889,642</u>	<u>(\$ 4,421)</u>
Net income (loss)	<u>(\$ 98,094)</u>	<u>(\$ 67,119)</u>	<u>(\$30,976)</u>

2018 collections to the operating fund were 20% above what was pledged for 2018. This is an indicator that more people are giving than are pledging (which is a good thing!), but it makes it difficult to plan for the upcoming year. The 2018 loss is covered by our unrestricted Fund Balance, but we cannot continue to drain that balance. The committee continues to monitor both revenues and expenses and will continue to provide updated revenue and pledge information to session so they can better evaluate the 2019 budget spending.

2019 Pledge information is reported in another article by Treasurer Don Brooks (next page).

*Don't get angry at the person who acts
in ways that displease you.*

Give him the smile he lacks.

Spread the sunshine of your Lord's limitless love.

~Joni Eareckson Tada

Pledge Update

Submitted by Donald Brooks – Ruling Elder, Treasurer and your humble servant.

It has come to my attention that some members of VPC would like a written account of what was said during my “Minute for Ministry” on Sunday January 7, 2019. The two charts below outline the numbers I referenced plus the current 2019 pledge status:

2019 PLEDGE BUDGET Chart – Currently we have 464 Active members in our congregation. After reviewing the Journey Ahead Group’s (JAG’s) findings and other pertinent operational and personnel criteria, the Finance Committee determined if a pledge budget of \$566,923 is met we would have a balanced budget for calendar year 2019. That equates to a pledge of \$1,222 per member per year or in the case of a two-member household, \$2,444 per year.

2019 PLEDGE BUDGET	
Active Members	464
2019 Pledge Target	\$566,923
Active Member / Yr	\$1,222
Active Member / Mo	\$101.82
Active member / Week	\$23.50
Active Member / Day	\$3.35

PLEDGE SHORT FALL Chart – As of Jan 2, 2019 we had pledges equaling \$471,794 which left us with a deficit (short fall) of \$ 95,129. The conclusion was, if every active member could spare an extra \$205 VPC would have a balanced 2019 budget. Many of you have responded by giving that additional \$205. THANK YOU so very much and may GOD bless you for doing so. The chart also breaks down the yearly number into monthly, weekly and daily amounts.

PLEDGE SHORT FALL		
Effective Date	2-Jan-19	16-Jan-19
Current Pledge	\$ 471,794	\$ 502,534
Short Fall	\$ 95,129	\$ 64,389
Active Member / Yr	\$ 205.02	\$ 138.77
Active Member / Mo	\$ 17.08	\$ 11.56
Active Member / Week	\$ 3.94	\$ 2.67
Active Member / Day	\$ 0.56	\$ 0.38

Since January 2, an additional \$30,740 has been given or pledged; thus, the current pledges are at 88.64% of our 2019 Pledge Target, currently a dollar short fall of \$64,389.

Feel free to contact me if you have any further questions.

Exploring Membership Class

Tuesdays, February 5, 12, and 19
1:00 p.m. – 3:00 p.m. in Classroom 5

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.

If you decide to join, you will meet with the Session on Thursday, February 28 at 8 a.m. You can become an affiliate member (whereby you keep your main membership with your church back “home”) or an active member (full membership here at Valley).

Contact Pastor Diane Christopher to register (625-5023).

More Blog Readers Wanted (12 and Counting)

Submitted by Doug Clark

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

Malu? *A Tribute to the Courageous Peoples of South Sudan*

Malu?*

Ai, said muktelum**, it is true...

Our peoples straddle the Nile

Our land is lush and green

Our cattle outnumber the stars

Blessed, are we, beyond measure.

Malu?

Ai, said muktelum, it is true...

The biblical account counts us tall and strong

Our wives are hearty and wise

Our children make full many quivers

Blessed, are we, beyond measure.

Malu?

Ai, said muktelum, it is true, but have you not heard...?

Our children and our wives, stolen as slaves

Forced, are we, to learn tongues not touching our own

Strange and new beliefs, substitute our well worn ways

Our lands, besieged, decade upon decade upon decade

Our peoples displaced, and often, not embraced.

Malu?

Ai, said muktelum, I pray thee to continue...

The Egypto-British Condominium

The Arab Islamic Regimes from the North

Little do they know, little have they cared

About us Southerners, catching us...awares.

Malu?

Ai, said muktelum, humbly I beseech thee to know...

We are proud peoples possessing a rich history

Reduced to ashes by proxies and divisions

Emanating from without, germinating from within

Humbled to the ground, a mortally wounded lion -

Are we, much to our chagrin.

Malu?

Ai, said muktelum, I pray thee, stand with us in prayer

To be a people united, humbled, but not in despair

A healed people, a people made whole, under the banner of Him

Our Savior, Redeemer, our Comforter and Friend

From Malakal to Mundri, from Pochalla to Torit to Wau

From Yambio to Yei to Abiyei, every people

Covered with peace and joy

Every tongue rejoicing

Singing the eternal

Hymn.

~ Bob Rice, New Year's Eve, 2018

* "Malu?" Is a question in Arabic and/or the local version of Arabic in Juba, meaning "What is it?" or "What is wrong?"

** "Aii, said muktelum" is a classical Arabic expression meaning, "Yes, honorable sir"

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

Solar Power System Update

Submitted by Don Brooks

The Solar Power System is performing better than what was guaranteed by the installer. In 2018, the system produced 67,515.21 kWh of AC Power and saved VPC \$3,389.62. That is a 22.21% reduction in VPC's power expenses over what was paid to Tucson Electric Power in 2017. Providing the Lord provides the sunlight, at this production rate we should exceed the yearly contractual production estimate. In June 2019, when we have a full 12 months experience with the system, we will see just how much it has exceeded the contractual production guarantee.



TIME TO ANSWER A QUESTION

Submitted by Mary Horn - Mission Committee Liaison to Youth on Their Own

WHERE DO THE HOMELESS STUDENTS LIVE?

One of our church's missions is YOUTH ON THEIR OWN (YOTO). They are a non-profit agency, located in Tucson, dedicated to supporting the high school graduation and continued success of homeless youth by providing:

Financial Assistance, 2) Basic Human Needs, and 3) Guidance.

When people hear that YOTO serves over 1,500 homeless students each year, they want to know where the kids live? Not all of them live on the street, but they all share the lack of stability in their living situations. Following is a list showing the percentages of places the kids are calling home.

43% with a relative	8% couch hopping
16% with a friend	7% foster home
11% in a group home	4% alone
10% with a significant other	1% shelter



Our very own Elder Rudy Sweisfurth brought a really great smartphone app to my attention (thank you, Rudy!) and I'd like to share it with the rest of you. It's called Zello, and it turns your smart phone into a walkie-talkie. Some phones used to have a "push to talk" feature and although I never owned one with that feature, I have often thought it would be helpful. For example, say I am following someone to an unfamiliar location and they lose me, or I realize I need to stop for gas and need to let them know. Sure, I can call them, but taking the time to dial and have the phone ring sometimes takes a bit, and by then the turn I needed to take might be behind me. Also, if the other person's phone is on vibrate, they might not hear it ring. With Zello, you put your finger on the "button" in the middle of the screen while talking, and your voice comes through to the other person pretty much instantly, even if their phone is on vibrate. It's quick and it works! You don't have to be anywhere near the other person like you do with a walkie-talkie, either. Joel and I have been testing it from various locations and it has worked quite well every time. Don't worry - if you don't want to be interrupted there are settings that can be changed. You can change your status to "busy" so you can't be reached (but any sent messages will be saved and you can play them when you change your status to "available"). Or, although the default is for a message NOT to come through when your ringer is on silent, you can change a setting so it to come through even then. I can see using this in a lot of different situations, like if I'm at the store and want to ask someone at home if we need a certain item. Yes, I could call or text, but this is most definitely quicker and more likely to be heard on the other end. Needless to say, both parties need to have the app installed in order to use it, but the app doesn't have to be actively running in order for a message to come through, so unless a person sets their status to "busy" and forgets to change it back, you can pretty much always get through. I haven't played with all of the options yet but there are many, so I'm guessing it can be configured to show notifications without making noise, etc. I'm looking forward to all the ways I can use this helpful app, and hopefully it might help some of you as well.

Report from the Pastor Nominating Committee

Submitted by Carmen Nylund

The first meeting of the Pastor Nominating Committee (PNC) was held on Tuesday, January 25 to begin the process of searching for a Pastor/Head of Staff for Valley Presbyterian Church. At this initial meeting, it was the consensus of the committee to have Tommy Calhoun and Carmen Nylund serve as Co-Chairs of the Committee, and Dick Horn to serve as Recording Clerk. We also agreed that we will meet every Tuesday afternoon until our task has been accomplished (and maybe more often as we get closer to issuing a call).

Rev. Mack Sigmon met with us as Presbytery's Committee on Ministry liaison. He shared with us and we discussed "Best Practices," which included our need for confidentiality, the need to come to consensus in our decision making, and the importance of updates to the congregation.

One of the first steps required in the "Call Process" is to conduct a Mission Study which can generally take several months. The committee is pleased to share that the Journey Ahead Group (JAG) report has been accepted by the Committee on Ministry as our Mission Study. If you are interested, the JAG report is available on the VPC Web Site. The Pastor Nominating Committee would like to thank the JAG for their hard work as it is allowing us to move ahead onto the next step in the search process.

At our next meeting, we will begin completing the nine page Ministry Information Form, which informs potential candidates who Valley Presbyterian Church is and what we are looking for in a new Pastor/Head of Staff. We will be referring to the JAG report to assist us in this process. Once the Ministry Information Form is completed, it will be submitted to the Committee on Ministry for approval so that we can move on to the next step.

One of the things Rev. Sigmon wanted to make clear to us is that we do not answer to Session, we do not answer to staff, and we do not answer to Rev. Medina. We only answer to you, the members of Valley Presbyterian Church. We will keep you informed of our progress through regular updates in the Sunday bulletin, a monthly report in the Valley Voice, and a Minute for Ministry from time to time.

Now you may ask: what can you do for us as we work through this process? First, the work we are doing has many confidential components. We will be unable to answer some of the questions you may have and we ask that you respect our need for confidentiality.

Most important, we ask that you pray for us as a committee, and as individuals, as we seek God's guidance each step of the way. We, like you, are ready to move forward, but to do that we have to work through the process and it is going to require a great deal of patience from all of us.

The Pastor Nominating Committee is working on your behalf, and with God's help we will find the right person to be our new Pastor.



SPECIAL BIRTHDAY MILESTONES!

Special birthday greetings to Joyce Thompson (Feb. 2), Hank Huber (Feb. 4), and June Broviak (Feb. 27) as they celebrate their **90th birthdays** this month, and Peg Fite (Feb. 20) as she celebrates her **100th!!**





Congregational Care

Do You Have a Heart of Gold?

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



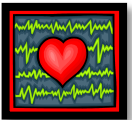
We often associate the month of February with Valentine's Day: phrases of caring, heart designs or cut-out hearts, or phrases of having a heart of gold. In fact, February is actually American Heart Month. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. About every 26 seconds, an American will have a coronary event, and about one every minute will die from one. Even if we have a heart of gold, our hearts can still become damaged.

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 after having a heart attack. 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/.

There are many different kinds of heart disease. Plaque buildup is often to blame. But, there are other causes. Choices a person 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.



Congregational Care

Stephen Ministry

Did you know that Pooh and Piglet are good Stephen Ministers!

Submitted by Helen Phillips

It occurred to Pooh and Piglet that they hadn't heard from Eeyore for several days, so they put on their hats and coats and trotted across the Hundred Acre Wood to Eeyore's stick house. Inside the house was Eeyore.

"Hello Eeyore," said Pooh.

"Hello Pooh. Hello Piglet," said Eeyore, in a Glum Sounding Voice.

"We just thought we'd check in on you," said Piglet, "because we hadn't heard from you, and so we wanted to know if you were okay."

Eeyore was silent for a moment. "Am I okay?" he asked, eventually. "Well, I don't know, to be honest. Are any of us really okay? That's what I ask myself. All I can tell you, Pooh and Piglet, is that right now I feel really rather Sad, and Alone, and Not Much Fun To Be Around At All. Which is why I haven't bothered you. Because you wouldn't want to waste your time hanging out with someone who is Sad, and Alone, and Not Much Fun To Be Around At All, would you now."

Pooh looked at Piglet, and Piglet looked at Pooh, and they both sat down, one on either side of Eeyore in his stick house.

Eeyore looked at them in surprise. "What are you doing?"

"We're sitting here with you," said Pooh, "because we are your friends. And true friends don't care if someone is feeling Sad, or Alone, or Not Much Fun To Be Around At All. True friends are there for you anyway. And so here we are."

"Oh," said Eeyore. "Oh." And the three of them sat there in silence, and while Pooh and Piglet said nothing at all; somehow, almost imperceptibly, Eeyore started to feel a very tiny little bit better.

Because Pooh and Piglet were There. No more; no less

Stephen Ministers don't solve problems—we are just there with you through them! Do you want someone to sit/walk with you? Call the church office for a Stephen Minister.



Congregational Care: An Overview

Each month in the Valley Voice a few of the ministries under Congregational Care will be highlighted.

Congregational Care cares for the congregation in many ways. We are many parts, but all one body. The Board of Deacons provides oversight over these ministries (with exception of the Parish Nurse).

Sunday Fellowship
Communion, Communion Prep & Extended Communion
Grief & Bereavement Ministry
Network of Caring, Rideshare & Homebound
Communication of Care to the Congregants

Stephen Ministry
Prayer Ministry & Prayer Shawls
Facility Visitation
Ushers, Owl Express, & Safety
QAPI



Congregational Care

Sunday Fellowship

The Sunday Fellowship Team welcomes two new deacons, Kathie Rusk and Mike Yoder. The people on this care team spend many hours every week planning and coordinating volunteers so that hot coffee, cold water, lemonade, and cookies are available for us to enjoy during the fellowship time after the Sunday Church Service. Donations of home-baked cookies are always appreciated.

Communication of Care to Congregants

This committee coordinates sending caring cards to members of our church who are no longer able to get to church on a regular basis: those over 90, those ill, and people who have recently been released from the hospital. The committee calls people on their birthdays and following a hospitalization. Flowers from our services are rearranged into smaller bouquets which are delivered to our members. If you would like to be part of this friendly ministry, please contact Jan Woerner or Betty Kiesle-Yoder.

Faith & Health and Parish Nurse News

Watch for many upcoming events, programs, and presentations on health starting this winter.



Blood Pressure Screenings: You may have your blood pressure taken during the week by appointment with the Parish Nurse. The next **Sunday blood pressure screening clinic** will be on **February 17**. Join us that Sunday, right after Worship services, in the Sweet Family Room for blood pressure screening.

Movement & Exercise Classes Here at VPC:



- **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.

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



The **Faith and Health Committee** will be training on the Virtual Dementia Tour® soon, and will be able to present this in the near future.



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



Medical Minute

Citrus scents help us stay refreshed and positive.



Valley Presbyterian Church

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

vpc-office@valleypres.net
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. Joe Hawkins,
Pastor Emeritus

Staff

Joel Pierce,
Director of Music
Chris Erickson,
Parish Nurse

Mission Statement

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

Sunday Worship

Traditional Service of Worship

9:30 a.m. in the VPC Sanctuary

Communion served on first Sunday of each month

February 3	Living With a New Vision	Rev. Mark A. Medina
February 10	Empowering a Church in Transition	Rev. Mark A. Medina
February 17	Flash Nonfiction	Rev. Diane Christopher
February 24	The Future Awaits Us	Rev. Mark A. Medina

La Joya at La Posada

9:00 a.m. at La Joya

Communion served on the first Sunday of each month

February 3	Rev. Diane Christopher and Rev. Barb Streng
February 17	Eloise Fredrickson

Taizé

Wednesday, February 6 at 5:00 p.m.
in the Spiritual Life Center



Promoted to Glory



January 13	Mary Lou Harper
January 20	Ann Over
January 22	Sanford C. Downs

A New Look for the Children's Ministry

We are making some changes in the Children's Ministry area.

First, the nursery is no longer called the nursery. It is now "The Kids' Room," and is Room #4. We noticed our children gravitate to this room, so we decided to go with the flow, so to speak. Every Sunday, children up through 2nd grade can come to this room during worship, and hang out with Alice and Sophia. Alice will have a lesson designed especially for them.

The second change we have made is children 3rd grade and older will attend worship in the sanctuary. We provide activity bags for further learning. Each bag will contain activities that pertain to the scripture and sermon heard in worship. Children can obtain their bags from The Kids' Room, Room 4, or by the main entrances. At the end of the service, children return their activity bags to Room 4, and receive a prize if they complete the activities.

Please help us out! If you see families with children, direct them to The Kids' Room, or better yet, bring them there yourself. We pray our children will connect with God while here, whether they are in The Kids' Room or worshipping with us in the sanctuary.