



# Valley Voice

## Thoughts for the Journey

Dear Friends,

**Christmastide** began after the 24th of December, Christmas Eve to January 5 which is the eve of Epiphany. January 6 is **Epiphany**, which is also known as "Three Kings Day" and "Twelfth Day." It falls on the twelfth day after Christmas, and for some denominations signals the conclusion of the twelve days of the Christmas season. This feast celebrates the manifestation of God in the form of human flesh through Jesus Christ, his Son.

There is a wonderful reading from Ann Weem's book, "Kneeling in Bethlehem" that reminds us of that special event that God has given to us. Even though we are in Christmastide, we still experience the gift of the Messiah and God's love for each of us.

*Each year the Child is born again.  
Each year some new heart  
finally hears  
finally sees  
finally knows love.  
And in heaven  
there is great rejoicing!  
There is a festival of stars!  
There is celebration among the angels!  
For in the finding of one lost sheep,  
the heart of the Shepherd is glad, and  
Christmas has happened once more.  
The Child is born anew  
and one more knee is bowed!*

As we enter the New Year, we still sing the praise of God's Son in our world and our lives.

John 1:4-5 reveals that "In him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it."

Merry Christmas and Happy New Year!  
Yours in Christ,

Rev. Mark A. Medina, Transitional Pastor

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Looking ahead to the journey:

- **Invitation from the Journey Ahead Group (JAG) to the next and final information gathering meeting on January 10 at 2:00 p.m. in the Spiritual Life Center** for all those who have returned to Valley for the winter. This is your opportunity to share your praises/joys and concerns/issues. Thank you to all those who contributed thus far and have actively being part of the solutions ahead. Please join us on 10 January at 2:00 p.m.
- **Next Grapevine is Monday, January 22 at 10:30 a.m. in the Sanctuary.** We'll be looking at the financial and Stewardship health here at Valley.
- **January 14 is Peace & Justice Sunday and January 28 is Mission Sunday.**

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## Perfecter of Faith

In our Advent Study last month, we studied the name of Jesus. Actually, Jesus has lots of names. If you come into my office, you will see a poster with 56 names for Jesus found in scripture.

I've been thinking about one name in particular: Hebrews 12:2 – "the author and perfecter of our faith." What does it mean that Jesus is "the perfecter of our faith"?

It means that Jesus does not leave us alone in faith. Not only is Jesus the originator of our faith, Jesus finishes it. Christ has created our faith and He will watch over it, care for it, and sustain it.

To me, these are words of great comfort. When life is hard, when there are doubts and spiritual struggles, when it seems hard to hang onto that faith, Christ is refining, shaping, stabilizing and perfecting our faith. In other words, we are being created into a masterpiece (Ephesians 2:10). The word "masterpiece" used in the original language of Greek is "poema." It's the word we get "poem" from. God says, "You are my poem. I am writing you, creating you, sustaining you, completing you."

What a relief! Perfecting my faith is not up to me. Yes, I do things that help grow my faith, such as worship, study the Bible, pray, and forgive. In fact, the beginning of Hebrews 12:2 says, "Let us fix our eyes on Jesus, the author and perfecter of our faith..." We have a part in our faith. But ultimately, it is up to God to finish it. "And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ" (Philippians 1:6).

So I think of the last line from Away in the Manager: "And fit us for heaven, to live with you there." Our faith is for here on earth, but eventually our faith is perfected for eternity. Hallelujah!

Being perfected together,



Rev. Diane Christopher, Pastor of Discipleship

## Correction!



**Profound apologies to Charlene Campbell,** as an incorrect photo was used to introduce her as a new member in last month's Valley Voice, and that same photo also hung for a time in Fellowship Hall with the other new members. Now that you know what she really looks like, please welcome Charlene from our latest New Member Class! We really are very sorry.

## It's the New Year – Now What?

We have worked our way through the hustle and bustle of the holidays. The celebrations of Christmas and the New Year have come and gone and, together, we turn to face 2018. Now what? Many among us are feeling blessed by the gifts of family and friends, the ability to be independent, the freedom to step into each new day with a sense of expectation for what is possible. Some among us are here to enjoy warmer weather and activities that don't exist in other places we've called home. So, there can be an optimistic, upbeat sense to greeting the New Year.

For others among us, the new year brings reminders of the passing of time, the changes in life that are more challenging, and the struggle to adapt to those changes. After the holidays there may be a feeling of disappointment, a general weariness, or even depression. These feelings are typical when our hopes aren't fulfilled, the season changes again – to winter, and we realize that things are no longer as they were in our precious memories.

It is important to take time to be kind to ourselves and one another as we journey into the unknown of the New Year. Stay connected, be open about your feelings – especially if you're struggling, and know that your family of choice is here to support and care for you. Do what you can to stay healthy – physically, emotionally, and spiritually – during this transition into the future. According to a recent article from the Arizona Republic, the flu in Arizona is up 758 percent from last year! Depression also tends to increase at this time of year. So, if you need soup or social/spiritual connection, please reach out so that we may reach back. Part of taking care of one another means that we are also called to take care of ourselves. These realities are intertwined, and balance is key.

Know that while the new year will bring changes to us all, we are on this journey together. I pray that we share our compassion, care, wisdom, and patience with one another so that we can seek the best that is yet to be with one another. May God bless you and keep you through all of the transitions in your lives.

Blessings along the journey,

*Linda*

Rev. Dr. Linda Lloyd, Interim Pastor of Care



### Promoted to Glory



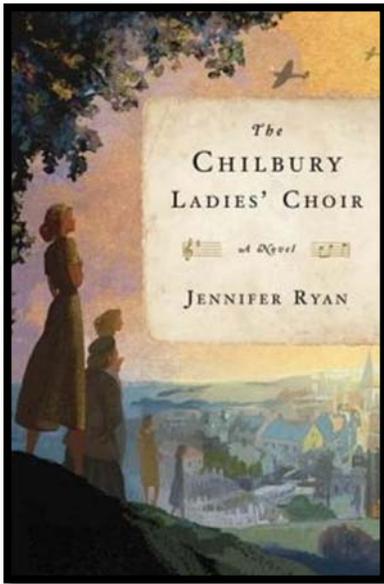
December 3	Andrew (Andy) Lazas
December 6	Florence Johnson
December 8	Herb Egender
December 12	Norman Benson
December 23	Juliet Miller

## The Pastoral Care/Member Care Transition Team

A transition team is forming to review the current practices for providing care to the folks at VPC. We are in the process of determining what processes are already in place and how they function. We will be working to create a model for care where all of the individual components are complimentary and collaborative. It is also our intent to decrease the overlap of services as well as any gaps in the provision of care. The team will be working together over the next several months and we welcome your wisdom and insights, as well as questions and concerns, as part of our process. Please contact Rev. Dr. Linda as we continue on this journey together.

## Valley Readers

Monday, January 22  
2:00 p.m. in Classroom 5



The January selection for Valley Readers is *The Chilbury Ladies' Choir*, by Jennifer Ryan. Set during World War II, this debut novel looks at the home front in a small English village, as personified through the members of the church choir, reconstituted after the men have left for war. Five women are the focus of the story along with their heartaches and triumphs. Readers have described this book as charming, absorbing and delightful, with strong, unforgettable characters.

Please join us for a discussion of *The Chilbury Ladies' Choir* led by Marcia MacDonald. Contact Anne Morrison, 520-399-0762, for additional information.

## Friendship Kettle Dinner

Sunday, January 21  
5 p.m. in Fellowship Hall

### Hardscrabble Road Band

**Dinner:** A delicious meal of pot roast with gravy, mashed potatoes, green beans, Caesar salad, and cheesecake will be served promptly at 5:00 p.m.

**Program:** At 6:00 p.m., join us in the sanctuary for an evening of musical excellence by the Hardscrabble Road Band playing classic rock, oldies, country and folk music favorites. Katie Sayre (VPC Choir soloist) and Larry Worster are the featured soloists.

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

**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.

## 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. Donated items can be brought to the church library during the week of January 29. Come on February 3 and choose free reading/viewing materials from a variety of genres.

## Thank You from the Support Staff!

The staff of VPC would like to thank all of you who were so generous in your contributions to the staff year-end gift. It is our honor to serve the pastors and this congregation, especially during this time of transition. We are truly blessed by your generosity. Thank you from the bottom of our hearts!!

## Women's Ministries

**Grand Gathering Luncheon: January 16, 11:30 a.m.**

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

We have a very special program for our January Gathering. For this reason, our luncheon and program will be open for men to join us. On January 16, Georgina Jacquez, Park Ranger with Tumacacori National Historical Park, will present: Life on the Frontier. Gail Gesell, the Women's Ministries' publicity person, and a volunteer at the Tumacacori Mission, explains that Ms. Jacquez will discuss the missionary goals and challenges, the cultures of the Pimeria Alta, and the legacy of these people. Father Eusebio Kino, a Jesuit, brought Christianity from Europe to the Sonoran area of Mexico and then to southern Arizona. He founded La Misión San José de Tumacácori in January 1691. In addition to his religious work, Padre Kino expanded the agricultural economy of the Indian settlement with grains, new fruits, cattle, and sheep. Join us for stories of those who pursued their dreams, sacrificed all, and endured in an ever-changing land of southern Arizona. Reservations (\$11) can be made on Sunday, January 7 and 14, at the Women's Ministries table in Fellowship Hall.

As more women come back from out of town, we may need to order more Bible Study books. Please let someone at the Women's Ministries table on Sundays know if you need a copy of the Bible study. We will order more if needed.

In January, Women's Ministries of Valley Presbyterian Church celebrates 30 years of service and fellowship. We have a strong foundation of serving Christ with our time and talents. We have Circles of Bible study and fellowship, service groups, sewing and assembling quilts, sewing walker bags, and knitting baby layettes for local hospitals and children's homes. If you would like to join in this rich tradition, stop by the Women's Ministries table after church and check out our yearbook of activities and a calendar of meeting times.

At the December Gathering, we collected \$449 for the Thank Offering. We sent \$500 to the Presby de Chriso Presbyterian Women, making up the difference from our mission collections.



## A Special Fellowship

**January 7 after Worship**

*By Chris Erickson and Anne Morrison*

January 7 is Healthy Treat Sunday. Let's start out the New Year with healthy options during Fellowship. Bring in your favorite healthy treat and join us for fellowship.

## Patio Sale Dates for 2018

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

Sorting: January 11, 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

## Exploring Membership Class

**Tuesdays: January 30, February 6 & 13  
1:00 - 3:00 p.m.**

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

In this three-day 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 22 at 8 a.m.

Contact Diane Christopher for more information and to register (625-5023).

## Grief Support Workshop to Begin in January

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

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.

## Forming Your Faith: An Adult Sunday School Class

**15 minutes after worship in Classroom 5**

Grab a cup of coffee and some treats, and come into classroom 5 about 15 minutes after the worship service ends to form your faith. There are different options each week:

- 1st Sunday of the Month: No class
- 2nd Sunday of the Month: The Wired Word connects Scripture to current events
- 3rd Sunday of the Month: Form your faith through new and old books
- 4th Sunday of the Month: Scripture and Music (see Linda Freeman's article on page 9)
- 5th Sunday of the Month (when there is one): Enjoy God with laughter and lightness

Watch the email blast and Sunday bulletin for details on each class.

## Financial Update

*Submitted by Don Brooks, Chair of the Finance Committee*

**Financials Through November 2017:** As of November 30, 2017, VPC is running a deficit of \$70,023. Without the transfers of the capital improvement monies from the Valley Presbyterian Church Foundation and the Patio Sale revenue, the deficit would have been \$153,722. Year Over Year (YOY) revenues continue to decrease as our expenses continue to increase.

**2018 Budget Process:** The third iteration of the 2018 Budget exercise is complete. Even though this was an improvement over the second iteration, we still have a 2018 Church Budget Deficit of \$66,851 over and above the \$75,000 deficit previously approved by the Session. The 2018 budget process will be a continuing iterative process through at least the second quarter of 2018. Hopefully the inputs from the Journey Ahead Group (JAG) will identify the current church organizational needs and provide clarity for our spending requirements and priorities.

**Merger of Ziegler & Stifel, Nicolaus & Company:** The 18 month merger process between Ziegler Wealth Management and Stifel, Nicolaus & Company should complete by the end of March 2018. The current Ziegler Financial Advisor will remain Valley Presbyterian Church's advisor under the new entity. Ziegler had 65 advisors, but within the new entity there will be 2200 advisors available, so this merger is seen favorably.

**Solar Project 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 2018 and should be complete sometime in the second quarter 2018.

The next Finance Committee Meeting will be January 22, 2018 at 2:00 p.m. in Classroom 1.

## Patio Sale News

The sort on December 14 was attended by many volunteers who had a big job on their hands dealing with donations of every kind. It was a big sort, but people enjoyed the fellowship as they worked. Mark your calendars for the next sort on January 11 starting at 8 a.m.

Our online sales are going very well. Geneva Halliday has brought in nearly \$2000 so far by offering special items for sale on Craig's List or EBay where they bring in more money than if they were offered for sale at our Patio Sale in March. That's \$2000 going to Missions, so we really appreciate Geneva's expertise.

Watch for our Patio Sale table in Fellowship Hall starting the first Sunday in January and continuing until the March sale. At the table, you can get information about donating items, sign up to work at the sale, or ask about having us clean out an entire home. We always need workers, particularly men who can lift and/or drive the truck for pickups. You will join a great group of men who do that work currently.

As you probably know, we have individuals who have agreed to be in charge of the various departments of the March sale. They oversee the sorting and packing each month of the items in their department, and then they oversee all the activities during the March sale. Right now, we need someone to volunteer to be in charge of the Holiday items. If you are interested, leave your name at the Patio Sale table.

Happy Holidays to all who volunteer or donate to our Patio Sale!

The Amigos

## Stephen Ministers CARE

*By Gayle Tompkins*

A young boy was sent to the corner store by his mother to buy a loaf of bread. He was gone much longer than it should have taken him, so when he finally returned his mother asked, "Where have you been? I've been worried sick about you."

"Well," he answered, "there was a little boy with a broken bike who was crying so I stopped to help him." "I didn't know you knew anything about fixing bikes." said his mother.

"I don't," the little boy replied. "I just sat there and cried with him."

This story reminded me of Stephen Ministers. We are not there to "fix" problems but to sit alongside you when you are hurting or lonely. Do you or someone you know need a caring person to just be there for you? Talk to anyone with a Blue Stephen Minister Badge on Sunday morning or call Gayle Tompkins (399-3500) if you would like more information about Stephen Ministry.

**"Praise be to God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God" 2 Corinthians 1:3-4**



## Operation Mobilisation in Action

*Submitted by Doug Clark*

Beauty was married as a child bride when she was only 13. Then, in the next few years, she was pregnant twice, and both babies died in childbirth. She became a fistula patient. Her husband divorced her. Because of shame she never visited her parents' home for two years.

When she heard of Operation Mobilization's (OM) program, she had hope she could be healed. Four surgeries later, add a vocational training course, a literacy course, and Bible studies, and she has discovered a new life with new hope. For the first time she feels beautiful. Please watch a three minute video that tells her story. <https://vimeo.com/217748750/1997338db5>

Pam and Dave L send thanks for standing with our ministry with OM. Please pray for us in these coming months as we need wisdom and God's power and grace as we spread the Good News. Our partial schedule is as follows.

Jan.13-24 Organizing and Speaking in four conferences to hundreds of churches in WI, GA, FL, and CA.

Feb. 3 Speaking at "No Regrets" conference in WI

Feb. 4-5 Compass Church , Wheaton, IL

Feb. 6-9 National Prayer Breakfast, Washington, DC

Feb. 18-28 OM International Leader's Meeting in South Africa



Beauty has been set free by the love of God.

## More Blog Readers Wanted (Eight 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 as two members of VPC who now share, on a weekly basis, the story of God working in their lives. Consider these excerpts from this week:

“Life can often feel difficult and depressing – at least that is a current struggle here for us in South Sudan. But in the midst of that, I was reflecting recently on several specific things we are grateful for here in Juba, that refresh our bodies and spirits. Here are a few of the ‘little things’ in life that give us joy:

Recent steps of improvement in Bob’s health. The journey with Epstein-Barr has been a long, twisted road with constant ups and downs; yet, his overall energy is much improved from a few months ago. A few of the many blessings include people in our neighborhood, the variety of fruits and vegetables, dinner on the river, our mosquito net, consistent internet, church in English, and evening walks in the neighborhood.

A special blessing is Simon, one of the guards of our building. Simon is a policeman assigned to our building. He is here night and day, and is one of the friendliest, happiest people we have met. He is very hard to understand (perhaps because he is missing several teeth), but he likes to joke around and help us practice Arabic. There are many people who we appreciate in South Sudan, but Simon certainly makes our lives a little brighter as we come and go each day.”

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](mailto:douglasclark68@me.com).

## Scripture and Music – A New Perspective

**Fourth Sunday of the month, January 28, following worship in Classroom 5**

**Led by Linda Freeman**

On the 4th Sunday of December, the Forming Our Faith class will view the familiar using a new perspective. Most of us have read (or seen movies) based on stories from the Bible. But when was the last time you actually read them – as an adult?

For homework - I challenge you to revisit the story of Samson and Delilah. First, write down the parts of the story based on what you remember from either Scripture or a movie or learned some other way. Who were Samson and Delilah? What are all the parts you remember from their story? Then, read the story from Judges 13-16. It begins with an angel informing Samson’s mother that she is pregnant. Did you remember that part? That’s why I chose this to follow our Christmas narrative! And you will find some racy bits as well that are usually glossed over when the story is told to children.

The new music perspective will look at how we have rearranged notes to create new tunes. Be amazed at how familiar melodies may use only five notes!

I invite everyone to join me in exploring A New Perspective through Scripture and music.

# The Grand Premier of the Valley Galley



## My Journey Through the Reformation

Wednesday, January 31 at 10:00 a.m. in the Spiritual Life Center

By Martha Ashton

Not all things spooky occur on Halloween night! Perhaps a little known fact is that on Halloween, October 31, 1517, a Dominican priest by the name of Martin Luther nailed a list of complaints against the Catholic church – 95 to be exact – on the front door at Wittenburg University in Worms, Germany.

His 95 Theses became the impetus for major changes to the Roman Catholic Church and eventually the formation of the protestant branches of Christianity. Flash forward five hundred years, and I had the opportunity to travel to Europe to celebrate the anniversary of this event! The study tour in which I participated took us to Geneva, Switzerland, and southern France to learn how the Protestant Reformation impacted so many people who had chosen to turn away from Catholicism on their spiritual journeys.

On Wednesday, January 31, I will share my experiences on this reformation tour through photographs, stories, and personal discoveries. Please join me in the Spiritual Life Center at 10 a.m.!



Passwords, what a pain! Websites often require a convoluted structure for passwords - minimum length, at least one number/capital letter/symbol, sometimes no duplicate letters next to each other, and most frustrating of all - not using a password you've used before on that site! Unfortunately, there is a legitimate reason for this. More and more sites are being hacked and identities are being stolen, and weak passwords make it so much easier for the hackers. I strongly recommend using strong passwords whether you are required to or not. There are some tricks to make it easier for you to remember - for example:

- Use a short sentence instead of just a word or two, such as *iloveasparagus*. Even that is not ideal, though, because it consists of nothing but lowercase letters.
- Better would be to throw in a capital or two - *iLoveasparagus*.
- Even better than that, substitute some letters with numbers. Good choices are to use zeros for the letter "o", fours for the letter "a", ones for the letter "l", or threes for the letter "e" etc. In this example, you might use *iLov3asparagus*.
- Best of all would be to then throw a symbol or two in somewhere. Sometimes the symbols you are allowed to use can be limited, but the @ sign and exclamation points are usually ok, so a really awesome password would be *iLov3!aspar@gus*.

The only password better than that would be one that is randomly generated by a password vault, which creates and remembers a random set of letters/numbers/symbols for you. I've written about password vault apps (Lastpass and Keychain) in past articles, but Google them if you didn't see or don't remember. Without those, you would never remember random passwords so the next best thing is to try something like I described, and have three or four variations that you can use in case a site has different criteria or makes you change the password periodically. Personally, I use Lastpass with generated passwords for my banks and credit cards, and I use one of a few like the example above for everything else. Lastpass keeps track of them all - generated and my own - all super secured with one master password which I hope I never forget!

Sun	Mon	Tue	Wed
	<p><b>1</b></p> <p>NEW YEAR'S DAY - Office Closed</p> <p> Tom West, Bob Williams</p>	<p><b>2</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 11:00 NOC Meeting 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Kettle Dinner Committee</p> <p> Kylene Joplin</p>	<p><b>3</b></p> <p>8:30 Ministry of 9:00 Parkinson's 9:30 Officer Training 10:00 Chair Exercise 5:00 The Source</p> <p> Doris Jarvis</p>
<p><b>7</b></p> <p>Communion Food Bank Collection 9:00 Worship &amp; Communion at LaJoya 9:15 Childcare 9:30 Service of Worship 10:45 Adult Bible Study 3:00 Youth Group</p> <p> Quentin Gessner, Dorothy Sauder</p>	<p><b>8</b></p> <p>9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 AAUW Meeting 1:00 Turning the Gem 2:30 Tai Chi Arthritis &amp; Fall Prevention</p> <p> Tesh Hanson</p>	<p><b>9</b></p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Buildings &amp; Grounds Committee 9:00 Mission Committee 9:00 Parish Nurse In Office 9:30 Prayer Ministry 2:00 College Of Elders 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Personnel Committee</p>	<p><b>10</b></p> <p>8:15 Crossroads Mission 8:45 Deacons Meeting 9:00 Faith Formation 9:00 Men's Bible Study 9:00 Parkinson's 9:30 Lois Circle 9:30 Officer Training 10:00 Chair Exercise 1:00 Miriam Circle 2:00 JAG &amp; Congregation 5:00 The Source -</p>
<p><b>14</b></p> <p>Just Coffee Peace &amp; Justice Sunday 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> George Pike, Billie Youngblut</p>	<p><b>15</b></p> <p>9:00 Parkinson's Exercise 9:00 Mission Quilts 10:00 Chair Exercise Class 1:00 Turning the Gem 2:30 Tai Chi Arthritis &amp; Fall Prevention 4:00 Ruth Circle</p> <p> Olive Heller</p>	<p><b>16</b></p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:30 Prayer Ministry 10:00 Faith Formation Planning Team 11:30 Women's Gathering 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble</p> <p> Margaret Moore</p>	<p><b>17</b></p> <p>8:15 Crossroads Mission 9:00 Men's Bible Study 9:00 Parkinson's 9:30 Officer Training 10:00 Chair Exercise 5:00 The Source -</p> <p> Martha Ashton, Roger Stubbs</p>
<p><b>21</b></p> <p>9:00 Worship at La Joya 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:45 Adult Bible Study 3:00 Youth Group 5:00 Friendship Kettle Dinner</p> <p> Vicki Chvala, Lee Neuman, Jennie Yanamura</p>	<p><b>22</b></p> <p>9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:30 Grapevine 1:00 Turning the Gem 2:00 Valley Readers 2:00 Finance Committee 2:30 Tai Chi Arthritis &amp; Fall Prevention</p>	<p><b>23</b></p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:00 Creative Hands Stitch &amp; Chatter 9:30 Prayer Ministry 1:00 Amigo &amp; Dept Heads Meeting 2:00 Foundation Meeting 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble</p> <p> Judy Clark, Hazel Jones</p>	<p><b>24</b></p> <p>9:00 Men's Bible Study 9:00 Parkinson's 9:30 Officer Training 10:00 Chair Exercise 5:00 The Source -</p> <p> Helen Fuller, Dian Jansma, LucilleLee, Gordon Page</p>
<p><b>28</b></p> <p>Just Coffee Mission Sunday 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:30 Blood Pressure Screening 10:45 Adult Bible Study 3:00 Youth Group</p> <p> John Green, Nancy Thies</p>	<p><b>29</b></p> <p>9:00 Library Committee 9:00 Parkinson's Exercise 9:00 Mission Quilting &amp; Pot Luck 10:00 Chair Exercise Class 12:30 Quilting Pot Luck 1:00 Turning The Gem 2:30 Tai Chi Arthritis &amp; Fall Prevention</p>	<p><b>30</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 1:00 New Members Class 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble</p> <p> Judy Christensen, Cheryl Stepp</p>	<p><b>31</b></p> <p>9:00 Men's Bible Study 9:00 Parkinson's 10:00 Chair Exercise 10:00 A Personal Journey</p>

	Thu	Fri	Sat
Presence Exercise  Class Taize	<b>4</b> 9:00 Parish Nurse In Office 9:00 Pastoral Care Committee 10:00 Pray Like Jesus 11:30 Your Whole Life 1:00 JAG Meeting 2:15 Bells Practice 2:15 Lydia Circle 3:00 Communion at Silver Springs 3:45 Choir Rehearsal	<b>5</b> CHURCH OFFICE CLOSED 8:30 Stephen Ministers Training 9:00 Parkinson's Exercise 10:00 Chair Exercise Class   Marya Dalrymple, Glenn Steinacker, DeWayne Triplett	<b>6</b> 7:00 Communion Prep
Lunch Prep  Committee Group Exercise  Class  Meeting AWAKEN!	<b>11</b> 8:00 Patio Sale Sorting & Marking 9:00 Pastoral Care Transition Team 9:00 Parish Nurse In Office 9:00 VPC Volunteer Day 10:00 Pray Like Jesus 11:30 Your Whole Life 12:00 Amigo Meeting 2:15 Bells Practice 3:45 Choir Rehearsal   Diana Dougherty	<b>12</b> CHURCH OFFICE CLOSED 8:30 Stephen Ministers Training 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 6:00 Music in the Valley: Russell Ronnebaum   Bruce Nylund	<b>13</b> 8:30 Mission Fellowship Breakfast    Charles Anderson
Lunch Prep Group Exercise  Class Healing & Hope	<b>18</b> 9:00 Faith & Health Committee 9:00 Parish Nurse In Office 10:00 Pray Like Jesus 11:30 Your Whole Life 1:00 GV Genealogical Society 2:15 Bells Practice 3:45 Choir Rehearsal 4:00 40th Anniversary Committee   Terry Hopper	<b>19</b> CHURCH OFFICE CLOSED 8:30 Stephen Ministers Training 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Parkinson's Board Meeting 1:30 Inquisitors Class (Living The Questions)   Connie Snow	<b>20</b> 9:00 Beneath the Storytelling Tree
Group Exercise  Class Old Time Hymn Sing	<b>25</b> 8:00 Session Meeting 9:00 Parish Nurse In Office 10:00 Pray Like Jesus 11:30 Your Whole Life 2:15 Bells Practice 3:45 Choir Rehearsal   Carolyn Blomeke, Tom Dierken, Linda Freeman, Mark Horton, Mary Ann Root, Marie Valade	<b>26</b> CHURCH OFFICE CLOSED 8:30 Stephen Ministers Training 9:00 Parkinson's Exercise 9:00 SM Continuing Education 10:00 Chair Exercise Class 10:00 SM Peer Groups 11:00 SM Leaders Meeting 1:30 Inquisitors Class (Living The Questions)	<b>27</b>    Gerry Appleton, Carol LeClair, Barbara Platte
Group Exercise Class Through The Reformation	<h2>January 2018</h2> <p><b>***NOTE: Although our church <u>OFFICE</u> is closed on Fridays (in other words, the office staff is not present), the <u>CHURCH</u> is still open, and many activities are going on. The custodial staff is on hand to assist if needed.</b></p>		

## Men's Weekday Bible Studies

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

***Two church-sponsored men's groups meeting during the week 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. **A new study of Matthew will begin on January 17.** 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. **Note: This group will not meet on January 3, but will resume meeting on Jan. 10 to finish the discussion on Galatians.**

## The Inquisitors Explore "Living the Questions"

Fridays at 1:30 starting on January 19 in Classroom 1

Socrates said, "The unexamined life is not worth living." With "Living the Questions," we will examine our faiths in an environment where participants can interact with each other and fine tune our beliefs to make them more worth having and living. We have all grown up thinking differently from those around us, knowing we wanted to do our best to be caring Christians but knowing that much of what we learned was not helping us get the job done. This experience should help change that. We will view 20-minute segments of conversations of leading voices of faith, digital stories illustrating aspects of an evolving faith, and concrete spiritual practices and disciplines. After each segment we will discuss how what we have seen might be used to help us grow spiritually. These will be stimulating, fun discussions. Join us on Fridays at 1:30 starting on January 19.

## Driver Safety Course Offered Here

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

AARP 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. Change to vehicles and change to roads. 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.

## Pray Like Jesus Rediscovering the Lord's Prayer

**January 4 - February 8  
Thursdays at 10:00 a.m. in Classroom 5**

Seventy words were all Jesus needed to cover the breadth of the Christian message and experience. You already know The Lord's Prayer by heart and can easily recite it.....and that may be the problem. We know those 70 words so well most of us rattle them off, never thinking of their meaning.

Come join our six-week discussion as we re-examine the content of The Lord's Prayer by studying *Pray Like Jesus*, by pastor and author Don Underwood. Books will be on sale in Fellowship Hall at the Faith Formation kiosk on Sundays in December. Please contact Judy Cunnyngham at 625-9671 if you have any questions.

## Creed What Christians Believe and Why

**A 6 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 and book purchase begins January 21 at the Faith Formation Kiosk in the Fellowship Hall.

**Class choices are:**

**Wednesdays, 6:00 p.m. In Classroom 5**

**Thursdays, 1 p.m. (begins February 15) in Classroom 5**

**Wednesdays, 10:00 a.m. La Vista at La Posada**

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. starting January 8 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 January by looking at a story that reminds us again why hearing and studying scripture is so important. Then we will take a look at other famous Bible stories, turn them on their head, and discover God is the One who pursues us. We end the month by looking at some birds of the Bible and learning about God, life and ourselves through God's creatures.

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?



## 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.*

### “Christmas Came Early (Again)”

December 9 Trip to the Home for Children, Nogales Sonora, MX

*Article by Reed Olson*

On December 9, 38 people from VPC, New Life Church of God, and local supporters, visited the Home for Children. 15 people were first-time visitors and 20 came from outside VPC. Director Elias gave an overview, then the children performed dance routines followed by lots of great and loving hugs. Next, Earl & Carol Yarborough handed out birthday gifts to eight children. Reed Olson talked about the challenges of education the children face after high school and presented RISE Scholastic Achievements, Inc.



A tour of the facility followed, which to our surprise, has been greatly improved since our last visit. After lunch and birthday cake with the kids, we witnessed classic, Christmas morning chaos as the children opened up their gifts given by their newly “adopted Grandparents.” What a wonderful early Christmas for these deserving children! THANK YOU ALL for your generous donations and support to help make this trip very special.



# A few more photos from Casa Vida Nueva Para Niños, A.C.



## Volunteer Church Grounds Clean-up

January 11, from 9 a.m. to 11 a.m.



A work session is scheduled for January 11, 2018, from 9:00 to 11:00 a.m. 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



## We Are Celebrating 40 Years!

A celebration will be held on Sunday, February 18. Details to come in the February Valley Voice.

### 40th Anniversary Memories

*Taken from the VPC 10th Anniversary Newsletter*

#### BEA VERCOE RECALLS HOW VALLEY CHURCH BEGAN

"We had a dream," Bea Vercoe remembered, when asked about the months before our pastor was called. "It began in October 1976 when Phil and I decided that just wishing we had a Presbyterian Church here in Green Valley was not enough. We had to DO something! So we made our desire known to the Presbytery de Cristo and on November 1 we received word that this had been in the thinking stage of the ICOMS committee (Interchurch Coalition on Mission in the Southwest), a cooperative effort in establishing new churches by the Disciples, U.C.C.'s and the Presbyterians). We discovered that Dr. George and Mary Sweet, who recently retired to Green Valley from Westminster Presbyterian Church, Detroit, Michigan, were also contacting Presbytery about the same time."

"The upshot was that representatives of the Presbytery and ICOMS, the Sweets, the Pierce Beavers, and Phil and I met at our home, January 21, 1977, for the first discussion of developing a Presbyterian Church here."

"We immediately began holding planning meetings. At first we were disappointed at the early response to our calling and advertising but we were never really discouraged, only amazed at how much was being done by so few."

"By May 1, after much paper work, calling, and praying, there were about 12 to 15 Green Valley-ans involved. We had to prepare a Mission Statement for Presbytery and have a Search Committee review more than 30 dossiers of pastors from across the nation. We finally agreed to hear and interview three. The youngest, Joe Hawkins, then just over 40, was our unanimous choice. We felt that he was an excellent preacher, a good pastor -- he obviously had the ability to relate to us older folk -- and he was a man who knew himself and knew and practiced his dedicated relationship to our Lord."

With the coming of Fall we had a pastor ready to begin a new church in Green Valley...and THE DREAM WAS BECOMING A REALITY.

**1977**

#### TUCSON PASTOR SELECTED TO ORGANIZE NEW CHURCH

Upon recommendation of the seven member Search Committee in Green Valley, Presbytery de Cristo issued a call to the Rev. Joe O. Hawkins, associate pastor at St. Marks, Tucson, on Sept. 17, 1977 to become the organizing pastor of a new church in Green Valley.

The Rev. Hawkins and his wife Marge, who is an elementary school teacher, have been residents of Tucson since 1967. The Hawkins have two sons, Kevin, a senior at Sahuaro High School, and Jeffrey, a second grader. The new pastor will begin his duties in Green Valley on Oct. 9.

The Rev. Hawkins outlined his first task as the appointment of a Steering - Planning Committee that would be responsible for the over-all decisions needed to organize a congregation. The first worship service is planned for Sunday, October 23 at CRAGV East.

#### PRESBYTERIAN CHURCH HOLDS FIRST WORSHIP SERVICE

On October 23, 1977, the Rev. Joe Hawkins assisted by the Rev. Marguerite Bowden, Presbytery de Cristo Executive, conducted the first worship service in CRAGV East with over 125 people present.

The enthusiasm over the existence of a new congregation was very evident. Opportunity for becoming charter members will be given each Sunday as well as opportunity to become involved in the many needs of a new congregation.

The Rev. Hawkins said, "I'm excited and the people are excited. They are eager to get organized and under way. My philosophy of ministry is built on a concern for people and their needs. I hope that will be the undergirding philosophy of our church."

Funding for the new church in Green Valley is made possible through monies from the Major Mission Fund of the UPCUSA, as well as from the United Church of Christ, the Disciples of Christ and the Presbyterian Synod of the Southwest.

Read more of our memories in the February Valley Voice!

## A Spiritual Journey through the Parables

**Saturday, January 20, 2018, 9:00 a.m. – 3:00 p.m. In the Spiritual Life Center**

A retreat for men and women led by Diane Christopher and Barb Streng.

In the days between taking down the tinsel and the lamenting of Lent, we are setting aside a day to reflect on the sacred stories of our lives. We will develop a deeper relationship with Jesus and a deeper understanding of self by exploring the Parables through Storytelling.

Cost is \$10.00 (includes materials, snacks and lunch). Register on Sundays after worship in Fellowship Hall – There is room for you beneath the Storytelling Tree.



## News of Note

*By Joel Pierce*



The weeks leading up to Christmas are the busiest of the year in the life of a music ministry. I want to thank the wonderful musical groups of Valley Presbyterian for their dedication.

Thank you to the Valley Ringers and Joyful Spirit Ensemble for a wonderful program on December 5! Over eighty people gathered in the sanctuary to hear the joyous Christmas music presented by these two groups.

Thank you Source Singers for your continued dedication to our 5:00 p.m. Wednesday evening services. The Taizé singers and instrumentalists helped us prepare for the Advent season with beautiful and reflective music, and the Old Time Hymn Singers lead us in joyful singing in the days following Christmas.

Thank you to our soloists and guest instrumentalists who joined us in the month of December. Your musical offerings brought joy and a positive, uplifting praise to our worship services.

Thank you, Sanctuary Choir. Not only for your work with the Christmas Cantata, but for your determination and hard work every week. Valley Presbyterian is unique in that our choir sings year-round! We are so blessed to have such a wonderful group of singers offer up their voices each and every week.

The music continues! Please find below a schedule of upcoming musical events in the area.

**Russell Ronnebaum (with Joel Pierce as guest pianist) - January 12, 6:00 p.m. VPC Sanctuary**  
**Green Valley Organists Showcase (Joel Pierce/Gordon Swanson) - January 14, 3:00 p.m. Risen Savior Lutheran Church**

**Anthems of Love (Sanctuary Choir) - February 26, 7:00 p.m. VPC Sanctuary**

**Anthems of Love (Sanctuary Choir) - February 27, 2:00 p.m. VPC Sanctuary**

**Joel Pierce (Piano/Organ) - March 23, 6:00 p.m. VPC Sanctuary**

**The Fred Fox Graduate Wind Quintet - April 20, 6:00 p.m. VPC Sanctuary**

## Mission Breakfasts

*Submitted by Doug Clark*

Mission Breakfasts have been at Valley Presbyterian Church for five seasons - 17 events - and represent a way for you to become personally immersed in missions. Missions are a defining function of being a Christian! Putting a face and story with our Valley Presbyterian Church's missionaries and our supported agencies is a gift from God meant to help evangelize, energize and excite you as a growing Christian. Not only is information shared; but also the needs of others become real, touching your heart and motivating your mind. Each of our mission agencies has great needs, but the greatest need is prayer. How can you pray if you don't know the need? How can you know the need if you are not informed? One opportunity to receive this information is to attend a Mission Breakfast.

A freewill offering is offered at each Mission Breakfast and while there is no set goal; over \$38,000 dollars at past events has been given to support the agencies that support their programs of service. The monies are literally "a drop in the bucket of need." Nevertheless, the stories of the use of this money are a real testimony to God in action. For example, we helped support a full-time pastor being paid part-time in Tucson. In Nogales, our monies supported a Thanksgiving dinner where 90 souls were given to Christ during the event. In Iran, our dollars helped a formally in-prisoned pastor escape to freedom. God uses your gifts in ways we cannot even imagine.

Our next Mission Breakfast is January 13 at 8:30 a.m. in Fellowship Hall, when we host Youth On Their Own, YOTO (see article on next page). Please come and be inspired, informed, and invigorated. In God's economy, Luke 6:38 New International Version (NIV) says <sup>38</sup> "Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." Give of your time and energy and be informed, for God is no debtor, you will be blessed.

## Session Notes from November

The Session thanked and honored the members of the church staff for a year of excellent service. Joel Pierce and Carla Goings were recognized for five (5) years of service to the church.

Other actions:

- Scheduled the Ordination and Installation of new Elders and Deacons for Sunday, January 24, 2018.
- Approved solicitation of funds from individuals in the congregation by RISE, a non-profit organization whose goal is to provide financial support to students at the Casa Nueva Via de Los Niños home in Nogales, Sonora, Mexico seeking to attain education beyond the eighth grade level.
- Affirmed the church proceeding with the installation of a solar power system, after completion of legal reviews and Presbytery approval.

The full Session Minutes can always be found in a book on a table in Fellowship Hall.

# Mission Breakfast

Saturday, January 13, 8:30 a.m. in Fellowship Hall

Submitted by Mary Horn, Mission Committee Liaison to YOTO



This month our Mission Breakfast will be held on Saturday, January 13. Come and enjoy breakfast together! We will have an opportunity to learn about YOTO'S programs and services for youth, who, through no fault of their own, are growing up without the safety and stability of a home.

<p><b>Non-Perishable Food Items (within Expiration Date)</b></p> <ul style="list-style-type: none"> <li>★ Macaroni &amp; cheese</li> <li>★ Soups &amp; chili</li> <li>★ Canned pasta (Chef Boyardee, etc.)</li> <li>★ Spaghetti sauce &amp; pasta</li> <li>★ Ramen noodles</li> <li>★ Cereal</li> <li>★ Bottled Water</li> <li>★ Canned meats (tuna &amp; chicken)</li> <li>★ Peanut butter &amp; jelly</li> <li>★ Canned fruits</li> </ul>		<p><b>NEW, Regular Size Personal Care Products</b></p> <ul style="list-style-type: none"> <li>★ Deodorant</li> <li>★ Razors</li> <li>★ Shaving cream</li> <li>★ Soap</li> <li>★ Shampoo &amp; conditioner</li> <li>★ Toilet paper</li> <li>★ Toothpaste &amp; Toothbrushes</li> </ul>	
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<p><b>NEW</b></p> <div style="text-align: center;"> </div> <p><b>Undergarments (Sized to Fit 13-21 Year Olds)</b></p> <ul style="list-style-type: none"> <li>★ Women's underwear</li> <li>★ Boxers (no briefs, please)</li> <li>★ Socks (short/ankle, to wear with athletic shoes)</li> </ul>	<p><b>\$25 Gift Cards (Used for Emergency Student Needs)</b></p> <ul style="list-style-type: none"> <li>★ Walmart</li> <li>★ Target</li> <li>★ Fry's</li> <li>★ Safeway</li> </ul>	
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We will be collecting items for YOTO's mini mall: Financial donations are always helpful. We look forward to seeing you there!!

## Box of Chocolates

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

Life is like a box of chocolates, you never know what you are going to get. This was a popular phrase brought into the movie *Forrest Gump*. This also reminds me of our health. You never know what you have inherited, what will come along, what will happen, especially in the New Year. So instead of opening up the box of chocolates, and trying to determine which one might be the best, just open the box and enjoy; enjoy all the possibilities of the New Year, especially caring for ourselves.



We are all caregivers of some kind to someone. We need to take care of us. No matter what the issue, no matter what the problem, each of us needs to take time to care for ourselves, so we can better care for others. *Your Whole Life* is a book about caring for one's self, mindfulness of living well, eating right and loving God. Caring for ourselves is often placed on the back burner. Remember to take time to take a walk or exercise, to take a nap, to visit with a support group, to talk with family, friends, and neighbors that may lend support, or to just sit and relax and have a cup of tea with a good book, especially on these cooler winter days. Take time, be aware of your own health, and seek out a health care provider if needed. Caregiving and stress go hand in hand. Stress can lead to numerous health difficulties or problems if it is not decreased or addressed. Our emotions and energy may also be on the lower side following the Holidays. Taking the time to care for ourselves is caring for others.

In Psalm 119:50, we hear the words: *This is my comfort in my distress, that your promise gives me life*. Just as our stress, emotions, our energy, and our outlook affects our health, so does our health affect our spirit. Mind, body, and spirit are related. A New Year is here and a new sense of mindfulness. Next time you open a box of chocolates, maybe the ones you have received as a gift during the holidays, remember to take time with small bites of sweetness and care for yourself, so you can care for others, and enjoy. Someone gave you a gift, a gift of chocolates, which in turn reminds us to care for us and our health.

## 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, over 16 restaurants, 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. All of the proceeds from Empty Bowls stays in our communities. Tickets will be sold during Fellowship on Sundays, January through February 4. If you would like to volunteer to help with this event here at Valley Presbyterian, please call Valley Assistance at 625-5966.

## January Medical Minute

Viruses can live on surfaces, with length depending upon the kind of virus. Flu viruses can live 24 hours up to two days, and colds up to seven days.

Remember to cover your coughs and sneezes, and wash your hands for 20 seconds (or the *Happy Birthday* song sung twice).





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

If you have any questions or concerns for the Parish Nurse going forward, please contact the Church office at 625-5023.



### Learning During Lunch Time - Your Whole Life: The 3D Plan Eat Right \* Live Well \* Love God:

This class, by Chris Erickson, Parish Nurse, and Lynne Szabo, continues from December until February. Your Whole Life is a 12-week journey to wholeness. Thursdays 11:30 a.m. – 12:30 p.m. Remember to bring your lunch to this class.

Neighbors AIM - Memory Café: A new support group for those with memory loss. Neighbors AIM (Awareness in Memory Loss) started in December at Valley Presbyterian Church and will continue monthly with music support and education on Alzheimer's and memory loss. Watch the bulletin for the next meeting. Please invite those who may need this extra support and a time to enjoy some creativity and song.



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 a fun exercise class twice a week on Tuesday afternoons. Please register with the parish nurse, parishnurse@valleypres.net



Blood Pressure Screenings: The Sunday blood pressure screening will be on January 25. Please make an appointment with the Parish Nurse, through the Church office at 625-5023, if you would like to have your blood pressure taken during the week on Tuesdays or Thursdays from 9:00 a.m. to 11:00 a.m.



### 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 to 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.





## 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.*

## Sunday Worship

### Traditional Service of Worship

9:30 a.m. in the VPC Sanctuary

Communion served on first Sunday of each month

January 7	The Mark of Mud	Rev. Diane Christopher
January 14	Here Comes that Dreamer	Rev. Dr. Mark Horton
January 21	An Invitation to Come and See	Rev. Mark A. Medina
January 28	A Personal Journey in Missions	Doug Clark

### La Joya at La Posada

9:00 a.m. at La Joya

Communion served on first Sunday of each month

January 7	Marti Long & Rev. Dr. Linda Lloyd
January 21	Gee-Gee Smith

## Wednesday Worship

### The Source

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

January 3	<b>Taizé:</b> A candlelight service with silence, scripture, meditation, and simple music.
January 10	<b>AWAKEN!:</b> An uplifting service with a focus on God's Word; incorporating pastor reflections, prayer, and music.
January 17	<b>Healing &amp; Hope:</b> A supporting service with hymns of hope and encouragement, scripture, a short message, healing prayers, and anointing of oil for those who choose it.
January 24	<b>Old-time Hymn Sing:</b> A fun service of singing old hymns, reading scripture, listening to a short message, and sharing in a few prayers.
January 31	<b>Surprise!</b>

## The Deacons Thank You!

As 2017 draws to a close, we want to thank everyone who has volunteered and/or contributed money. Without your help, we would not be able to provide the many services we do for our congregation. We look forward to working with you in 2018. If you have not been called, and would like to volunteer in some capacity in the coming year, please call Gay in the office (625-5023) and let her know. Thank you for being a very important part of our ministry.