

Valley Voice

From the Pastor

One Sunday morning, I was asked repeatedly, "Is it appropriate to applaud in worship?" Personally, I believe that worship is our response to God. We refer to this regular time, seasonally and each week, for our conversation, as individuals and as the body of Christ, to talk with God. While our pastors, worship leaders, elders, deacons, teachers, and choirs are exceptionally gifted and trained, and while we do our very best to motivate the people of God, divine worship is not a public performance. Our study, preparations, and rehearsals are not for our consumption as an audience. That said, if we feel spontaneously moved to laugh, to cry, to clap, to rise to our feet in joy and affirmation, where better than in the worship of God?

I challenge us this new year, to not feel obligated to go through the motions of what we feel should be expected of us, or what we have always done, but instead to speak and act and live our relationship with God. How different life would be if, instead of living routines six-and-a-half-days/week, coming to confess our sins on Sunday morning, seeking absolution - if instead, we lived each moment of each day attempting to follow Christ's commandment that, "We love one another as he has loved us." What if we perceived that our every spoken word, our actions, the thoughts of our minds: we said and did to God? In this way, the living of life would be an act of faith. Worship on Sunday mornings would change our roles... Recognize God is the audience; we, each, are the performers of life; pastors and choirs are the stage prompters who cue us and give us lines we could not come up with on our own. Instead of praying for our doctors and nurses to do their best, we would pray for God to use the doctors and nurses and staff to use the gifts given them for healing. In these ways, we would not have to restrain ourselves from applause, or tears and weeping, or laughter, as if trying to stay in character and being stoic. We could be real with one another and with ourselves. Beethoven's "Hymn to Joy" describes flowers and mountains singing to God! How great our lives would be, how divine our worship would be, if we allowed ourselves to live life, where our "Yes" meant "Yes", and our "No" was heard as "No," if we bridled our tongues from harshness, and forgave one another as we have been forgiven, and we lived life to the glory of God.

Pastor Craig

Exciting News

The Session meeting on December 19 had two pieces of exciting news. For the first time in several years, Valley Presbyterian Church anticipates ending the year 2019 in the black! What is more, based on actual and anticipated pledges, the Session has adopted a BALANCED Operating Budget! We have worked hard and faced difficult cuts, while also increasing in exciting new ways that allow us to celebrate this future. If you have not yet made a pledge for 2020 please do so. We need to make those anticipated pledges actual. If you are able to provide any end of the year giving, there are still several days left, and no shopping or shipping needed.

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Eating, Again.

Lately, we have been eating a lot of meals together as a church: Women luncheons, meals after Taizé worship, NOC gatherings to welcome Pastor Craig, Mission Breakfast, Kettle Dinners, Thanksgiving Dinner, potluck at the 4 p.m. Christmas Eve worship... just to name a few.

As I attended many of these meals, I thought : "Aren't we overdoing this a bit?" But then, I remembered in my August Valley Voice article that I had encouraged you to eat together more. Why? Because it worked for Jesus: "The Son of Man has come eating and drinking" (Luke 7:34). So much so that Jesus was known as a "glutton and drunkard."

Then, of course, one of the most important commands Jesus gave us involves a meal. Jesus reminded us that faith is as simple as food. "When Jesus wanted fully to explain what his forthcoming death was all about, he didn't give a theory. He didn't even give them a set of scriptural texts. He gave them a meal." (N.T. Wright)

"Taste and see that the Lord is good" the Psalmist says. (Psalm 34:8)

The first description of the early church was about eating: "They broke bread in their homes and ate together with glad and sincere hearts" (Acts 2:46). I love how Rachel Held Evans describes it in her book *Searching for Sunday*: "The first thing the world knew about Christians was that they ate together....They remembered Jesus with food, stories, laughter, tears, debate, discussion and cleanup."

Wonderful things happen at meals. It happened at our Thanksgiving meal. When I arrived most of the tables were filled and I had to search for an open spot. I found one such table with one empty chair.

I asked if the chair was taken (it was not). As I sat down, I realized I did not know one person at that table. We introduced ourselves, but somewhere in the midst of the discussion, I discovered they were my neighbors, and had been invited by Betty Kiesle-Yoder. I was stunned! I know. It sounds strange that your pastor does not know her neighbors, but the houses across the street from my home are up on a hill, so I do not interact with them as much as the neighbors next to me.

What a delight that was! Out of all the tables at the Thanksgiving meal, God directed me to this one. And the irony: I had to go to a meal at our church to meet my neighbors. Taste and see that the Lord is good.

All of this to say is that you all have been following Jesus pretty well this past several months. So, keep on eating.

Enjoying meals together,
Pastor Diane

A Story about Presbyterian Angels

By Marcia Hunter, daughter of Jane Rogers

As many of you know, my mom died recently in Arizona. I was there with her, holding her hand and emptying her apartment in her last days. This story will warm your heart.

For many years my mom was a member of Valley Presbyterian Church. Their patio sale people swoop in to box up and haul away whatever is donated from someone's home and store the items for their annual sale, which usually nets around \$50,000 for their mission projects.

Last week, after I had finished cleaning out everything I needed, the Presbyterian folks took over. I had tried, without success, to find a particular ring that I knew my mom wanted me to have. A few hours after I relinquished the keys, one of Mom's friends came over with a gift for me, a little red pouch with a ruby ring and my name on a sticky note inside. She said they had found it, hidden away, the very last thing they found, and they knew it was for me.

I was so touched! That ring will always be special. Another group might have seen it as a real "score" and sold it, but the Presbyterian angels made one of the most difficult days of my life more bearable. I know Mom is happy that it all worked out.

Mission Sunday

On January 19, Pastor Craig will share his understanding of, and experiences in, Christian mission. Over a lifetime, he has been sent locally, nationally, and around the world to General Assembly, Appalachia, the Caucus Mountains of the USSR, Mexico, Guatemala, South Sudan, and in his local neighborhoods. There is an important responsibility for us in charitable giving as Jesus said, "The poor we always have with us," but mission is different, because through mission we attempt to live out our calling, we attempt to change the world.

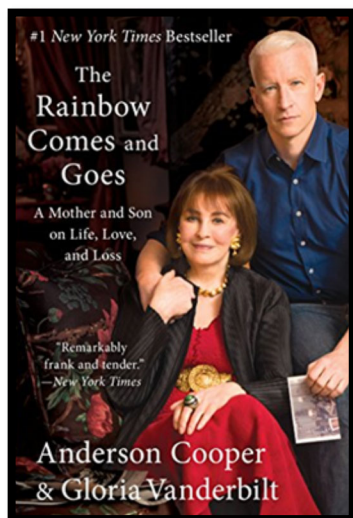
Mission Sunday - January 19

Submitted by Doug Clark

Our mission statement is to make Christ known through reconciliation while communicating respect and love to all people. We are a sent people, and our mission field is under our own two feet. In addition, through Valley Presbyterian Church Mission Committee, we support 15 mission agencies. Examples include local mission projects in our church, the Food Bank, Valley Assistance Services, Hands of a Friend, and Posada Life Community Services. We support regional organizations, such as Youth On Their Own, Presbyterian Campus Ministry at U of A, Crossroads Nogales Mission, and St. Andrews Children's Clinic. We support national projects through General Presbyterian Mission giving. We also support organizations and missionaries internationally. These include New life Home for Children (Casa Vida Nueva para Niños), an orphanage in Mexico, Compañeros en Misión, focusing on church development and mission outreach in borderland areas in Mexico, Bob and Krlsti Rice in South Sudan, and Pam and Dave L. in Pakistan, Bangladesh, Iran, and India. Not only do we support these mission areas financially, but many from the congregation actively volunteer in these agencies. On January 19, we celebrate and recommit to Christ's command "to love one another as I have loved you." We must pray for our personal and church missions to live our mission statement to make Christ known through reconciliation while communicating respect and love to all people.

Valley Readers

Monday, January 27
2:00 p.m.



When Gloria Vanderbilt suffers a serious illness at the age of 91, she and her son, Anderson Cooper, resolve to deepen their already close relationship by talking about their lives and the issues that matter most to each of them. Both noted personalities in their own spheres, each reveals unexpected insights into their feelings, histories, and philosophies through an exchange of letters. Tragedies, mistakes, and triumphs are examined in this life-affirming memoir of two famous people who are also simply a mother and son. Please join us for a discussion led by Liz Haynes. Contact Anne Morrison for additional information at 520-399-0762.

Friendship Kettle Dinner

Sunday, January 19 at 5:00 p.m. in Fellowship Hall

Cowboy Poetry by Marvin Hass

Enjoy a delicious meal at 5:00 p.m., then, at 6:00 p.m., join us to enjoy the funny and entertaining stories of the cowboy lifestyle by Mr. Hass.

Tickets: (\$13) will be on sale in Fellowship Hall prior to, and following, the services on Sundays, January 5 and 12.

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

Women's Ministries Standing on the Shoulders of Empowered Women

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

Submitted by Anne Morrison, Women's Ministries Coordinator

A group of Presbyterian women traveled to the Finger Lakes Region of New York, July 12–22, 2019, for PW's fifth USA Mission Experience. They explored the rich history of women's and civil rights movements in the area and learned about the people of the Finger Lakes area.

Our Women's Ministries group will be privileged to hear first-hand insights about this experience on January 21, 2020 when Carol Main, a participant from our Synod, speaks to our group. Luncheon reservations (\$11) can be made at the Women's Ministries table on Sundays, January 12 & 19. Please join us as we learn more about the women and events that contributed to turning points in women's history.

Open House

Sunday January 5 from 1:00 - 3:00 p.m. at the Lindsey's

Our church family has been so gracious and generous in inviting us into your homes, we would like to invite you into our home. On January 5, Craig and Judy Lindsey are hosting an open house at 4151 South Westcotta Drive, in San Ignacio Heights. (We would call this a "house warming" except we are afraid of the winds and temperatures that might bring in Southern Arizona.) There will be plenty of punch, decaf coffee, and good cheer for all. If possible please share a plate of cookies, but more importantly, please come and bless our home with your presence and faith as you have blessed our lives in this time and place.



Casa Vida Nueva para Niños, A.C. Home for Children (Orphanage)

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

Submitted by Reed Olson - Mission Committee

The planned, December 14 Christmas trip to Casa Vida Nueva para Niños (orphanage) was canceled due to the significantly increased wait time at the Mariposa border crossing site. We canceled because the wait on our previous trip the week before (December 7) was over four hours. We assumed the wait time for December 14 would be similar. Good news: all the signed Christmas cards and sponsor donations for the children and adults, plus Christmas gift paper and scotch tape, were handed over to the director, Elias, on December 6. Total donations will provide each child \$80 worth of gifts, and each adult \$25. The children will have a great Christmas thanks to your generous donations. Elias will send Reed a video and photos of the event to share with others.

An Opportunity to Help the Homeless

Submitted by Mary Horn, Mission Committee Representative (520-282-1390)

Our Mission Committee is planning a church-wide effort to make bags of food for the needy.

Matthew 25:35 *"For I was hungry and you gave me something to eat. I was thirsty and you gave me something to drink, I was a stranger and you invited me in."*

This will be our second year collecting 10 items to fill snack bags for the homeless. Tables in Charter Hall will be ready to accept your donations on **Sundays, January 19 and 26, and February 2 and 9. After our February 11 Missions meeting**, we will begin to assemble the bags. We welcome you to join us in **Classroom 1 at 10:30 a.m.** for this project.



The items we are asking for are:

Apple sauce cups/small fruit cups	Granola bars
Packages of cheese crackers	Packages of peanut butter crackers
Boxes of Lunch to Go tuna/chicken	Bottled water
Pop top cans of Vienna sausage	Individual bags of cookies
Beef jerky sticks	Trail mix in small packages

Monetary donations will also be welcomed and helpful to purchase needed additional items for the bags.

Completed bags will have two destinations:

1. We will deliver many to the Hospitality House of the Salvation Army, who welcome individuals who are homeless.
2. Individuals in our congregation may take some to keep in their cars to deliver to homeless people they encounter on our streets.

THANK YOU for helping with this outreach. We look forward to the opportunity to assemble many bags for those who have very little.

Patio Sale News - Special Needlepoint Sale

January 25 from 10:00 a.m. to 3:00 p.m. in Fellowship Hall

This month, the Patio Sale has an exciting opportunity to bring in some more money to support our mission projects.

In the summer, we were donated the contents of a house that contained a needlepoint business. In case you aren't familiar with that term, needlepoint is a form of embroidery in which different types of threads are stitched through an open-weave canvas. The beautiful thread colors and intricate stitches create beautiful works of art. The art requires canvases, frames, and stands to hold them, bags to carry them, plus needles, threads, scissors, and many other accoutrements, all which came with the contents of the house.

We decided that we could offer all we got from the house by holding a special needlepoint sale. We talked to stitchers in the area, who liked the idea of a sale and even agreed to help us set up the sale and price the items.

This sale will be held on January 25 from 10:00 a.m. to 3:00 p.m. in the church Fellowship Hall (see the flyer on the back cover). Please pass the word to anyone who may be interested so that this sale may be as successful as our Holiday Sale and March Patio Sale.

Patio Sale Dates for 2019

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

Sorting: January 9, February 13, March 5, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10

Patio Sale: March 12, 13 and 14
(Set-up March 9-11)

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

Used Book Exchange

**Saturday, February 8
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 3 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



Executive Directory, Laura Romero, has announced that a new building will be constructed on a site adjacent to St. Andrew's Church property in Nogales, Arizona. Donors have met to approve the plan which will greatly increase the services the Children's Clinic can provide. It will have spaces for storage, examinations, treatments, and doctors' offices. The church clinic will continue services as they have in the past, but much added space will enhance their capabilities. A Green Valley office will be maintained but can be in a smaller facility - just an office, phone, computer, and file cabinet. They are searching for such a space at an affordable rent. Please contact Kay Brouwer if you can help locate an office.

Kay Brouwer will be taking a group to tour the clinic on March 5, 2020. If you're interested, contact her at kbrouwer1942@gmail.com.

Hands of a Friend (Genesis House)

Submitted by Pat Nau

Most of us are so fortunate to be in a warm, comfortable home during these winter months, but there are women and children who are not so lucky! The local Genesis House shelter is run by Hands of a Friend, and is partially funded by donations from Valley Presbyterian Church as one of our missions (noisy offering on December 29 will go to this mission). Proceeds from DaZee consignment shops also help with funding for Genesis, so any gently used clothing would be appreciated.

Serving as a "safe Haven" for female victims of domestic violence and sexual assault, Genesis House has provided over 80,000 bed units since its opening in January, 2007. The shelter currently has 35 beds, at an expense of approximately \$45 each day. Victims range in age from newborns to 87 years old, and may stay in shelters for up to 24 months. **THIS INCLUDES A NEW SENIOR SHELTER.**

Additional services provided by Hands of a Friend include: Poverty and Payroll program (an aid to employment development), parenting classes, child development aid, nutrition and health counseling, a GED program, computer classes, and medical and dental emergency work. Foundation and Genesis House Shelter are run entirely with volunteers. Because Hands of a Friend is a faith-based agency, they accept no county, state or federal funding.

HOW CAN YOU HELP?

First, donate clothing and small household items to the DaZee's consignment shops, or volunteer your time at the shops, located at 231 Duval Road. Second, contribute financially through the church or directly to Hands of a Friend. Up to \$400/person or \$800/couple may be used annually as an Arizona Tax Credit.

Patty O'Berry, Founder, passed away October 16, 2019. She is greatly loved and missed. Dr. Madelaine Paschal has taken over as contact person, 520-648-3589.



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

Two Opportunities to visit Youth On Their Own

1660 N. Alvernon Way, Tucson

When: On **Tuesday, February 4, from 11:00 a.m. to 1:00 p.m.**, YOUTH ON THEIR OWN will host a Community Appreciation Open House. It will include tours of the facility and refreshments. At noon, there will be a student speaker.

When: Our **tentative date is Monday, March 23**. We will have our own tour of YOUTH ON THEIR OWN for Valley Presbyterian Church and friends! **We will plan to leave the church parking lot at 9:00 a.m. Our tour and talk at YOTO is scheduled from 10:00 to 11:30 a.m.**

If you are interested in either or both tours, or have questions, please call or email Mary Horn at 520-282-1390 or mmhorn@me.com.



Two Annual Congregational Meetings

Sunday, January 26 following worship and some Sunday this spring (TBD)

Apologies for the grammatical juxtaposition ("annual" refers to once per year), but Valley Presbyterian Church will have two annual congregational meetings in 2020, the first on Sunday, January 26 in the sanctuary, immediately following divine worship. At this meeting, the congregation is to elect our Elders and Deacons and Nominating Committee for the next term of office. We shall also receive reports from all the committees and agencies of the church, describing their actions and activities of the last year. As a regular annual meeting, any business which the congregation wishes to discuss may be presented.

In the Presbyterian Church (USA), Session is charged with responsibility for establishing and maintaining an annual operating budget and the stewardship to support these expenditures. Due to the necessity of "closing the books" and having these audited, there will be a second annual meeting later in the spring of 2020, when the congregation will again be called together to receive these reports and address any questions that may be raised at that time. Our purpose in separating these meetings is to encourage swift action in providing leadership for the church in January, while providing adequate time to thoroughly review the finances, for full transparency.



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



THANK YOU for your very generous contributions to the SPREAD THE WARMTH Campaign. We delivered 59 PLUSH THROWS, 17 Gift Cards, and checks and cash totaling \$1,310 to YOUTH ON THEIR OWN. With your help, Valley Presbyterian Church has successfully reached out to make Christmas special for many homeless young people who need to know that someone cares.

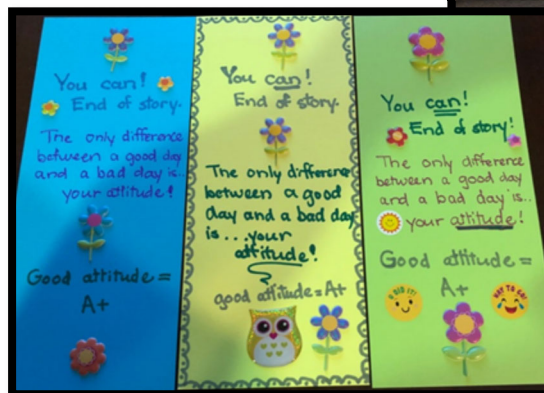
YOTO's collection area for Plush Throws!

Inspirational Card-Making for YOTO Students

Wednesday, January 22 from 1:00 - 3:45 p.m. in Classroom 1.



Join the fun as we create cards of encouragement to accompany monthly stipend checks for the kids. Feel free to come when you can and stay as long as you can. Hope to see you there!!





I've talked about LastPass in past articles. To review very briefly, I've talked about how important it is to create strong passwords, and that it's a bad idea to use the same password for multiple sites or logins, but if you make a bunch of different, complicated passwords, how do you remember them all? LastPass is the answer. It stores all of those passwords for you in a very secure way, such that you can retrieve your passwords using your phone or any internet connection. This month, I've found yet another great way to make use of LastPass. In addition to your passwords, LastPass recently added the ability to store addresses, payment cards, membership info, Wi-Fi passwords, drivers licenses, passports, insurance policies, and more. Some of these features can be very useful when traveling, and might be a real life-saver in the event you lose (or forget) an important document or other information when traveling.

What to store in LastPass before your next trip:

Driver's License(s)

Having a record of your license is helpful if you ever need to report it as stolen or need to quickly look up your license ID when you don't have your wallet with you. In LastPass, use the "Driver's License" note to store the ID number for each family member with a license. Take a photo or scan a copy of the license, then add the photo as an attachment to the note.

Passport(s)

Having a digital record of your passport is helpful if you need to look up your ID number or report your passport as stolen. LastPass recommends including the contact information for the embassy or other overseas agency that can help you should you need to replace a stolen passport or ask for help. In LastPass, use the "Passport" note to store the information for each family member.

Addresses

This is especially important if you're traveling overseas. When going through customs in many foreign countries, the customs agents will ask you for the address(es) where you will be staying during your visit. In LastPass, use the "Address" note to store the location for hotels, family, or friends.

Credit cards

Having a record of your credit card is helpful should you ever need to report it as stolen. Be sure to include the phone number for customer service should you need to cancel the card and ask for a replacement. In LastPass, use the "Credit card" note to store the card number, expiration date, security code, customer service phone number, and any other relevant details.

Insurance (health, car, travel, etc.)

Hopefully you won't have to use insurance while traveling, but it's better to prepare for the unexpected. Make sure your policy information is easily accessible should you need it. In LastPass, use the "Insurance" note to record the policy holder, policy number, customer service phone number, and other relevant details.

These are just some of the things you can store in LastPass. Get a free LastPass account and look around at all the options to see which ones you might like to use. It's easy to create digital records and store photo attachments of important documents, and you can even share those records with another family member through LastPass by adding individual items to a Shared Folder that syncs with a family member's LastPass vault. Then you will both have access to the records you might need.

Give it a try and then, before traveling, download the mobile app to your smartphone and log in to your account to sync all the information you might need on the road!

Being Scammed

On a recent Saturday morning, an email was sent to several people at VPC stating that "Pastor Craig" needed a favor, and if the recipient responded, they were asked to "Please purchase \$300 of eBay gift cards for someone in need and send the identification codes to a third address." Within minutes, the recipients were phoning Pastor Craig asking questions and offering help. Thank you! What incredible actions of response. We live in a world where criminals use the computer and telephone for malice and theft. When a message begins "I need a favor," it may indicate a scam. When this happens, contact us directly so that we can know this scam is happening and get to the bottom of it. We will never ask for you to go through a third party. But, if anyone was taken in by these thieves, thank you for having a generous and caring heart.

Your REAL Pastor Craig, as seen in Worship at VPC

Being Scammed - Part II

Submitted by Wendy Kopera

The scam Pastor Craig mentioned above was one of the most recent examples, but the staff at VPC has received several of these types of emails in the past year or two. This time it went out to some of our congregation as well as the staff. Since that scam email went out, yet another email came to the vpc-office@valleypres.net email address from a known congregant's email that contained a virus. In both of these cases it seems extremely likely that someone's email was compromised (hacked). In the first case, the scam email came from a fake email address (one that didn't belong to Pastor Craig at all, but was created using his name) so there's no way to know whose email was hacked, but given the people it went out to, we might assume it was one of those people or someone who corresponds with that group of people (members of a certain committee, etc.). In the second case, the sender's email was a known, legit email account, but of course the sender did not send the email which means someone got into their account and sent it.

If you are part of a group of people receiving these kinds of emails from a fake account, or if your actual email address was used to send a virus or scam email, don't panic. However, you should immediately change the password for your email account to something secure. Secure means something that isn't too short - I recommend a phrase rather than a word - and has capital and small letters, numbers, and symbols in it. For example, take the phrase "Tom Brady is the GOAT" (for the curious, GOAT=Greatest Of All Time **wink**) and remove the spaces, then replace some letters with numbers that look similar (1's for i's, for example) and throw a symbol in there somewhere. The end result might be "TomBr@dy1stheGOAT." This would be a very secure password. If you use LastPass (read the article on the previous page) to store your passwords, you don't have to commit these difficult passwords to memory because LastPass does that for you. Even better, if you don't want to have to come up with those tricky passwords, LastPass will create highly secure passwords for you - and remember them, of course. Passwords created by LastPass are random assortments of letters, numbers, and symbols which is about as secure as you can possibly get. I have LastPass create passwords for my bank accounts and other very sensitive sites (like Paypal), but I use my own phrases for things that aren't quite as sensitive.

As always, be very careful about opening email attachments or responding to suspicious emails. Be aware of those little red flags you sometimes feel when reading something that doesn't seem quite right. No matter what, it never hurts to change a password periodically, especially if you tend to use the same ones repeatedly or if you have used passwords that aren't terribly secure.

Just Coffee & More (Café Justo y Más)

After worship, on two Sundays a month, you will see a table of coffee for sale. If you are a current purchaser, you know how good this coffee tastes. Perhaps you have noticed you need to use less of this coffee.

Once upon a time, in the southern hills of Mexico in the small town of Solidar Urbina, Frontera de Cristo (a non-profit border organization) assisted in forming a co-op of coffee bean farmers, who were selling their coffee to a “middle man” for very little money. This co-op had a vision of selling directly to customers by distributing the coffee through churches. The farmers had to agree to strict quality control and produce only organically grown coffee. This co-op has grown to over 100 farmers, and includes five women participants.

Through Frontera de Cristo, a group of 13 delegates and two escorts drove to Hermosilla and then flew to Tapa Chula near the Guatemalan border. From there, we drove to Solidar Urbina. We stayed with the co-op farmers and their families, sharing and learning about each other.

We visited the coffee farms, where the coffee trees are planted in rows on slanting hills under a canopy of taller trees to provide shade. We picked the ripe beans (red) and put them in baskets which hung around our necks. The trees need to be picked every few days during the ripening season because they do not all ripen at the same time. The ripe beans are then spread out on the farmers large patios to be dried in the sun. This can take several days. One day, we helped push all the drying beans into a pile to be covered because the rain was coming. After the rain, we spread them out again. After drying, the beans are taken to the Café Justo headquarters where the seeds are separated from the chaff. The seeds are then dried in a dryer. After drying, they are sorted in a machine. Only the uniform seeds are packed in 50 lb. sacks and shipped to Agua Prieta where they are roasted and packaged for sale to churches all over the US. The remaining seeds are roasted and sold locally.

One 92 year-old man, who couldn't work a tree farm any more, did the job of planting the best seeds and growing the sprouts to a size that could be planted on the farms. He sold the plants to the co-op farmers to plant in their orchards. He had so much fun explaining what he did. He brightened our days with his enthusiasm.

We all came together for a big feast on the night before we left and sang songs, prayed, and ate together at one grower's place. There were many tears of parting, as we made so many friends. God truly blessed us all (and I believe the coffee, too)!

Please consider trying the coffee if you haven't already. It helps not only the growers, but the town of Solidar Urbina. And, it's really good coffee.

Reminder: Church Office Closed Fridays

The church office is open Mondays-Thursdays, 8:00 a.m. - 4:00 p.m. Although the church building is open on Fridays, please remember the front office is closed that day of the week. If you leave a telephone message for the staff, you will not receive a response until Monday morning. In the case of an emergency, please use the Pastor On Call instruction in our phone menu. Thank you.

A Pictorial Directory is Coming!

Yes - a new directory including photographs of church members, families, and friends will be here in 2020! We are calling this book Community Connect Directory. This directory is an important step in involving everyone who feels connected to Valley Presbyterian in Green Valley.

SAVE THESE DATES

Photographers will be at the church on the following days, so save these dates:

Tuesday, March 17
Wednesday, March 18
Thursday, March 19
Friday, March 20
Wednesday, March 25
Thursday, March 26
Friday, March 27
Saturday, March 21

Each family who sits for a photography session will receive a free 8x10 standard print. Additional photographs will be available for a fee. A 20% discount from base prices is available for people over 60. There are more incentives as well - stay tuned.

The company providing these services - free of charge - is called Lifetouch. If you want to get excited about their experience and service, check them out at www.churchdirectories.lifetouch.com. We're happy to be working with them.

You will begin to see more and more information about this event as we move through the next few months.

Put reminders in your calendars and be ready to register for an appointment towards the end of January. And, please be ready to volunteer help make this photo album the best possible!



Save the Dates
for our new church
directory
Sign up for your appointment
beginning in January!

Photography Dates:
March 17-21 & 25-27

Lifetouch



News of Note















Merry Christmas and Happy New Year!
Thank you for your constant support for the music ministry.
Jamie and Wes













SPECIAL BIRTHDAY MILESTONES!

Special birthday greetings to Marya Dalrymple (1/5) as she celebrates her 90th birthday this month.



Sun	Mon	Tue	Wed
<p>January 2020</p>			<p>1 CHURCH OFFICE CLOSED</p> <p> Bob Williams</p>
<p>5 Communion Food Bank Collection 8:30 Adult Sunday School 9:00 Worship & Communion at LaJoya 9:15 Kids Room 9:30 Service of Worship 1:00 Open House at the Lindsey's</p> <p> Marya Dalrymple, Jan Schoeben, Glenn Steinacker</p>	<p>6 9:00 Membership Committee 9:00 Parkinson's Exercise 9:00 Peace & Justice Resource 9:30 Grief Recovery Workshop 10:00 Chair Exercise Class 10:00 AAUW Board Meeting</p>	<p>7 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 8:30 WM Coordinating Team 9:30 Prayer Ministry 10:00 Bible Study Leadership Class 10:00 Emotionally Healthy Relationships 11:00 Network of Caring Team Meeting 3:15 Joyful Spirit Ensemble 4:00 Kettle Dinner Committee</p> <p> Quentin Gessner, Bill McKinley, Dorothy Sauder</p>	<p>8 8:15 Crossroads Mission 9:00 Parkinson's Exercise 9:00 Deacons Meeting 10:00 Chair Exercise Class 10:30 Lois Circle 1:00 Turning the Gem 1:00 Miriam Circle</p> <p> Tesh Hanson, Dale Honermann</p>
<p>12 Just Coffee 8:30 Adult Sunday School 9:15 Kids Room 9:30 Service of Worship</p> <p> Bruce Nylund</p>	<p>13 9:00 Parkinson's Exercise 9:30 Grief Recovery Workshop 10:00 Chair Exercise Class 10:00 Faith Formation Committee 2:00 Foundation Meeting</p> <p> Charles Anderson</p>	<p>14 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:30 Prayer Ministry 10:00 Emotionally Healthy Relationships 10:00 Membership Committee 1:00 Bing Mortal 1:30 Buildings & Grounds 3:15 Joyful Spirit Ensemble</p> <p> George Pike, Billie Youngblut</p>	<p>15 8:15 Crossroads Mission 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Finance Committee 1:00 Turning the Gem</p> <p> Olive Heller</p>
<p>19 8:30 Adult Sunday School 9:00 Worship at La Joya 9:15 Kids Room 9:30 Service of Worship 10:45 Blood Pressure Screening 5:00 Friendship Kettle Dinner</p> <p> Connie Snow</p>	<p>20 9:00 Parkinson's Exercise 9:00 Mission Quilts 9:30 Grief Recovery Workshop 10:00 Chair Exercise Class 10:00 Fellowship Committee 4:00 Ruth Circle</p>	<p>21 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:30 Prayer Ministry 10:00 Emotionally Healthy Relationships 11:30 Women's Gathering Luncheon 1:00 Bing Mortal 3:15 Joyful Spirit Ensemble</p> <p> Vicki Chvala, Lee Neuman, Jennie Yanamura</p>	<p>22 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:00 Turning the Gem 1:00 Card Making for YOTO</p>
<p>26 Congregational Care Fair Just Coffee 8:30 Adult Sunday School 9:15 Kids Room 9:30 Service of Worship 10:30 Annual Congregational Meeting</p>	<p>27 9:00 Parkinson's Exercise 9:30 Grief Recovery Workshop 10:00 Chair Exercise Class 2:00 Valley Readers Group</p> <p> Gerry Appleton, Carol LeClair, Barbara Platte</p>	<p>28 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:00 Creative Hands 9:30 Prayer Ministry 10:00 Emotionally Healthy Relationships 1:00 Bing Mortal 3:15 Joyful Spirit Ensemble</p> <p> John Green, Nancy Thies</p>	<p>29 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:00 Turning the Gem</p> <p> Michael Schoeben</p>

	Thu	Fri	Sat
	2 9:00 Congregational Care Leaders 1:00 Worship Committee 1:00 Alzheimer's Assn Support Group 3:30 Choir Practice  Kylene Joplin	3 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:30 The Inquisitors	4 8:30 Communion Prep
Lunch Prep	9 8:00 Patio Sale Sorting 9:00 Faith & Health Committee 1:00 Personnel Committee 3:30 Choir Practice  Thomas Spurlock	10 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 Stephen Ministers Continuing Ed. 10:00 Chair Exercise Class 10:00 Stephen Minister Peer Groups 11:00 Stephen Ministry Leadership 1:30 The Inquisitors	11
Lunch Prep	16 1:00 Alzheimer's Association 1:00 Genealogical Society 3:30 Choir Practice  Margaret Moore	17 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Parkinson's Board Meeting 1:30 The Inquisitors 7:00 Music in the Valley  Martha Ashton	18 8:30 Mission Breakfast  Terry Hopper
	23 8:00 Session Meeting 10:00 By My Side Chorus Rehearsals 3:30 Choir Practice  Judy Clark	24 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 Stephen Ministers Continuing Ed. 10:00 Chair Exercise Class 1:30 The Inquisitors  Lucille Lee, Gordon Page	25 10:00 Needlepoint Sale  Carolyn Blomeke, Tom Dierken, Linda Freeman, Mark Horton, Mary Ann Root, Marie Valade
	30 10:00 By My Side Chorus Rehearsals 2:15 Handbell Practice 3:30 Choir Practice  Judy Christensen, Cheryl Stepp	31 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:30 The Inquisitors  Joanna Miller, Marita Ramsay	

Mission Breakfast: Valley Assistance Services

Saturday, January 18 at 8:30 a.m. in Fellowship Hall

People ask, "What is God doing?" Individually, we have the Holy Spirit as the power source in our lives to enable and guide us in God's walk; so, we live "What is God doing?" In November at the Mission Breakfast, Bob and Kristi Rice helped us see God working and providing in South Sudan. In January, Chris Erickson, our Parish Nurse and director of Valley Assistance Services (VAS), will present "What is God doing?" working through (VAS) in Green Valley and the surrounding areas.

What services are available at VAS?

- Community Resources
- SHiM, a Fall Prevention Program
- Virtual Dementia Tour®
- Programs to Help you Save
- Going Home with Care
- A Touch that Cares - RN Medical Advocacy
- Volunteers to Help you in your Home
- SNAP (formerly food stamps)
- Rental Assistance

Chris Erickson has promised to put personal stories and faces through these programs to show "What is God doing?" to the tragically needy in our community.

Come and see God in action in Green Valley! Our Mission Breakfast is at 8:30 a.m. on January 18. \$5.00 tickets are available after the Sunday services on January 5 and 13. An early ticket sale helps with breakfast planning, but no one will be turned away on the morning of the presentation.

Welcome Home Sunday

On January 12, we want to celebrate the return of all who have been sojourning elsewhere part of the year. Some communities neglect the transiency of life, resort communities describe tourists, visitors, and snowbirds. At VPC in Green Valley, we want to celebrate the annual migration of part of our church family who, like sparrows returning to Capistrano, come home to Southern Arizona. Some have been traversing for a long time, some for the annual monsoon season. All of us have been wandering on life's journey, so we want to celebrate our time together.

Awed and Delighted

We open and close every meeting with prayer, that is what we do. However, VPC is marvelous in that leaders not only do so, they demonstrate confidence in praying. That is not true in many churches and demonstrates both the faith commitment of our leaders, as well as the expectations that were laid in the foundations of this church years ago.



Faith Formation

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.

What the Heck Do I Believe?

Mondays, February 3, 10, and 17 at 1:00 p.m. in Classroom 5

Back in the days when I (Diane) worked in hospitals as a nutritionist, I was talking with my boss and suddenly she said, "I wish I had your faith." I was stunned and just stared at her. I wanted to say something about my faith, but I had no idea what to say. I knew in my heart what I believed, but to articulate it was a different matter. Yet, the Bible says, "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have."

In this class, Linda Freeman and Pastor Diane will help you find words to describe what you believe. We offered this class twice last summer, and it was so popular that we are now offering it to our winter residents (and full timers, too). We guarantee this class will be fun and practical!

Turning the Gem Returns

Wednesdays starting January 8 at 1:00 p.m. in Classroom 5

Your teacher: Pastor Diane Christopher

After taking a break for Advent, Pastor Diane continues her "Turning the Gem" class. What is the gem?

In the Jewish tradition, Rabbis talk about scripture having seventy faces. Just like a gem, when you turn it, or allow the sun to shine through it, you will see something new and unexpected.

We will look at the Bible as one big beautiful story. We will zoom in on the smallest detail. We will look deeper at new levels found in the passage. We will turn it and see it from another perspective.

I like the way Rob Bell says it in his book *What is the Bible?*: "You dance with the Bible...We read it, and we let it read us, and then we turn the gem, again, and again, and again, seeing something new over and over and over again."

I will review some old lessons with new insights and introduce new topics as well. Each class is a unit on its own, so if you have not attended yet or have missed some classes, you will not be lost or behind. Drop in once a month, come every week, or come when you need a spiritual boost.

Will you come dance with me?



Faith Formation

Being Mortal Preparing for the End of Life

Six sessions beginning Tuesday, January 14 at 1:00 p.m. in Classroom 5

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

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

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

Sample discussion questions include:

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

The Inquisitors Early Christianity: The Experience of the Divine

Fridays at 1:30 p.m. in Classroom 1

Join the Inquisitors as we watch and discuss "Early Christianity: The Experience of the Divine." After 2,000 years, Christianity is the world's largest religion and continues to prosper and grow. What accounts for its continued popularity? Simply put, Christianity is powerful and persuasive as a religion. It offers a convincing personal experience of ultimate, or "divine," power.

In **Early Christianity: The Experience of the Divine**, Professor Luke Timothy Johnson maintains that the most familiar aspects of Christianity - its myths, institutions, ideas, and morality - are only its outer "husk." In this two-part course, he takes us on a journey to find the "kernel" of Christianity's appeal: religious experience. We will travel back to Christianity's origins, its first 300 years, to identify the elements that first made it appealing and which still hold the secret to its ability to attract new followers.

In his presentation, Professor Johnson employs scholarly techniques that have only recently been applied to religion. By combining such disciplines as history, the social sciences, and comparative literary analysis, you look at religious experience and behavior from a fresh perspective.



Faith Formation

Emotionally Healthy Relationships

Discipleship that Deeply Changes Your Relationship with Others

Eight weeks beginning Tuesday, January 7 at 10:00 a.m. in Classroom 1

Come discover eight practical relationship skills to develop mature, loving relationships with others. And, since loving others and loving God cannot be separated, each person will also grow in their personal, first-hand relationship with God by incorporating stillness, silence, and Scripture as daily life rhythms. Class is with Mark Horton.

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 *Traveling Light* by Max Lucado. A group of six men meet in the Media Room of the Silver Springs Retirement Community for fellowship, study, and an all-around lively discussion. Anyone interested may join. Dave Tompkins is the leader (399-3500).

The second 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. They are studying Paul's letter to the Colossians. 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.

Exploring Membership Class

Thursdays, February 6, 13, and 20

9:00 a.m. - 11:00 a.m. in Classroom 5

And Thursday, February 27, 8:00 - 9:00 a.m. in Fellowship Hall

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.

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).

Elected, Ordained and Installed

The Presbyterian Church (USA) is the only Christian church, the only organized body, which “elects, ordains and installs” our leadership. In order for ministers to go to seminary, or Elders and Deacons to be chosen to serve and lead, they must first be elected by a particular congregation. In the same way, our Ruling Elders and Board of Deacons are elected by the congregation. Once elected and trained for our roles, Teaching Elders (Pastors) and Ruling Elders (Session Members) and Deacons are spiritually ordained for their responsibility. Ruling Elders and Deacons are then Installed on rotating three year terms. Pastors serve as long as it is healthy for the church, and pastor, and Presbytery. Once ordained, we are always ordained. However, when serving on Session, elected ordained leaders from the congregation are called Ruling Elders. Once we go off of Session (our term expires) we are simply called Elders. Pastors have been called a lot of things over the years; when first ordained, Pastor Craig was a Teaching & Ruling Elder, which then transitioned to being called “a Minister of Word and Sacrament,” and more recently, a Teaching Elder. As Installed Pastor, Craig is the moderator of the Session and congregation (not the corporation).

DR. HELEN ANNE BERTRAND

* * * * *

born Wilmington, Delaware, November 24, 1939

died Green Valley, Arizona, July 24, 2019

* * * * *

Perhaps you sent a lovely card,
or sat quietly in a chair.
Perhaps you sent a floral piece,
If so we saw it there.
Perhaps you spoke the kindest words,
As any friend could say;
Perhaps you were not there at all,
Just thought of us that day.
Whatever you did to console our hearts,
We thank you so much whatever your part.

The family of DR. HELEN ANNE BERTRAND

+ + + + +

ELEANOR C. BERTRAND
Green Valley, Arizona

JAMES L. BERTRAND
Tucson, Arizona

MAYOR LOU BERTRAND
Hiram, Ohio

January Coat Collection

Submitted by Anne Morrison, Moderator of Women's Ministries

The Women's Ministries group is sponsoring a drive to collect clean winter coats and jackets for our sister church, Papago United Presbyterian Church. The Papago church is located in Sells, AZ, within the Tohono O'odham Nation.

Coats of every size, gender, and age will be welcome, and the garments will be accepted on Sundays all through the month of January at the Women's Ministries table. Please help us warm our sisters and brothers in Sells!



The Tohono O'odham Nation is a federally-recognized tribe that includes approximately 28,000 members occupying tribal lands in Southwestern Arizona. The Nation is the second largest reservation in Arizona in both population and geographical size, with a land base of 4,460 square miles, approximately the size of the State of Connecticut. Its four non-contiguous segments total more than 2.8 million acres at an elevation of 2,674 feet.

Crossroads Mission, Nogales, Arizona

Submitted by Joan Bolin

It has been a busy month at Crossroads Mission. They have gotten a new kitchen manager, Pedro, who oversees the work done in the kitchen.



On Sunday, December 15, the people attending Valley Presbyterian Church's service graciously donated enough money to buy 14 spiral hams, which Crossroads will use for their Christmas dinner (thanks go to Safeway's meat manager for the great price on the hams). Also donated were 40 Hot Wheels and a large assortment of individually wrapped candy to help fill the 400 Christmas stockings Crossroads hands out to children at Christmas time. Many thanks to all the people who made donations of money, candy and Hot Wheels to help fill the need at Crossroads.

Picture shows Joan Bolin, Berni Foth and Eileen Owen in Crossroads' kitchen presenting the 14 hams, Hot Wheels, and candy to Ben Wendt, retired Director at Crossroads. Also pictured is Pedro. That same day we three ladies also prepared lunch and served it to the 45 people that came to Crossroads to hear about God and receive a hot meal.



Promoted to Glory



April 16
December 7
December 19

Jane Lee
Betty Hughes
Jane Rogers

More Blog Readers Wanted (*14* 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.

So grateful!

How can I repay the Lord for all his goodness to me? Psalm 116:10

At the end of November we finished our visits to churches for this year. We reflected on all the ways God has encouraged and blessed us as we have traveled around this year, reconnecting with so many of you who partner with us. We are truly grateful to God and to all the people we encountered along the way. Here are a few pictures and specific highlights of things we are grateful for in this season:

1. Safe travel...about 10,000 road miles logged and a few flights. We prayed extra hard on the curves and hills of West Virginia in the driving rain!
2. All the people who expressed an interest in South Sudan and the work of the church there – who asked probing questions and wanted to learn more.
3. Conferences (like New Wilmington Mission Conference, Big Tent, and the Sudan/South Sudan Mission Network), where we reconnected with lots of people we know and had a chance to share more in-depth about our work in South Sudan.
4. Hospitality – Many people hosted us for the night or for a meal, drove us somewhere or loaned us a car. We appreciate the generosity, and also the connections and conversations those opportunities provided.



Meeting with Valley Presbyterian blog readers and Mission Committee

5. The gift of reconnecting with friends and families. Seeing people face to face feels so special when it is so rarely possible for us. Relationships that have spanned many years are so refreshing to pick back up on!

6. Answered prayers when we were nervous before speaking, or trying to figure out how to best use the time given us to share.

7. Recovery time – Bob experienced more physical pain with his broken hip than he has ever experienced, and it forced us to cancel lots of plans. We are very grateful for healing and for the time of recovery; we feel like God redeemed the cancelled and rescheduled plans.

8. Good reports from our colleagues in South Sudan. The media team at NTC produced a newsletter without Bob's monitoring and assistance, and Kristi's colleagues facilitated a healing and reconciliation workshop in July. The church continues to have a significant role in pushing for peace, and we look forward to returning in July.

9. The seasons! We watched extra-closely this year the leaves changing colors as autumn progressed, noticing deeper colors as we traveled north. Sometimes we just stared in awe (*continued next page*)

at the rainbow of colors in the trees. Of course, a picture can never do it justice! We watched an early winter blizzard in Oregon, and look forward to a little more snow this year.



10. Exploring new places – we had some short-but-sweet days of savoring the beauty and uniqueness of some places we had not visited before – like the Indiana Dunes National Park, a mountain-top monastery in Portland, the shores of Lake Erie, and Madera Canyon in southern Arizona.

Our hearts are full of gratitude – to you, and to God, for making this year possible. We have a few more weeks of savoring some time with our families over

Christmas, last-minute medical appointments, and packing, and then we return to Juba the first week of January.

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

Pam & Dave L.

Dear Valley Presbyterian Church Friends,

Recently, our team in Iran needed to close our OM development office that was helping Iranians and Afghan refugees for the last 15 years. During this time, one of our Muslim staff members eventually gave his life to Christ and entered into a loving relationship with Him. The government found out about it and decided to teach him a lesson. They sent thugs to beat him up, take his wallet and his cell phone. Even though he was intimidated, he is determined to follow Jesus. Pray that *Sayed remains faithful to Jesus as our team in Tehran closes. The God story for Sayed is not over. (*not real name)



Bangladesh/Myanmar border

Wishing you a merry Christmas and a blessed new year! We are grateful for this Christmas season to celebrate Jesus's birth and for His second coming in the future. We want to keep on following our Lord to do what HE has called us to do; to know Him and to make Him known to the "least reached" around the world.

With deepest gratitude,
Dave and Pam L

Session Notes from November

Submitted by Charlie Ashton, Clerk of Session

- Accepted the following persons as members: Jeff Babcock, Roxy Blair, Dianne Burke, Carl Charette, Ron and Sherry Darrah, Karen Holthofer, Brandon Jones, Judy Lindsey, Trudy O'Leary, and Mike and Jan Schoeben. On December 5 the Session accepted Dale and Jan Honermann as members, and Joanna Miller as an affiliate member.
- Authorized coverage with the church's umbrella insurance policy for Music in the Valley, and By My Side Alzheimer's Choir.
- Approved an external audit to be carried out in the spring.
- Approved a pictorial directory to be done by Lifetouch as soon as possible.
- Approved the addition of the position of receptionist to work four hours a day, four days a week at \$12.00 per hour.

Session Notes from December

- Approved two Annual Meetings of the Congregation - one for January 26 to receive reports, elect officers, act on Terms of Call; the second to be held in September to review and act on financial matters after the completion of the audit.
- Authorized Taizé Worship Services on January 8, February 5, and each Wednesday evening during Lent.
- Accepted the following persons as members: Herbert and Molly Andrews, David Biggers, John and Sandy Green, and Jordan Rodriguez.
- Approved a five year lease for a Konica C258 Copier to be located in the front office.
- Approved the employment of CPA Scott Meyer to conduct an audit at a cost of \$3,740, and be completed by the end of the second quarter of 2020.
- Authorized payment of the remaining amount of per capita due to Presbytery for 2019 - approximately \$11,000.
- Approved a balanced budget for 2020 for \$773,984.00.
- Recommended a 4% increase in the Terms of Call for the Associate Pastor for consideration at the January Annual Meeting, and approved a 4% increase to be given to non-clergy staff beginning January 1, 2020.
- Approved the hiring of Deborah Goalsby as the Receptionist beginning January 1, 2020.
- Approved Nominating Committee recommendations for four Ruling Elders and six Deacons to be considered at the Annual Meeting.



Congregational Care

Congregational Care Sunday

Sunday, January 26 following worship

Congregation 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 (the Parish Nurse provides support with the Deacons).

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 and Care Fair Sunday, January 26th , 2020

Join us for Congregational Care Sunday and the Congregational Care Fair following the worship service in Fellowship Hall on January 26, 2020.

Meet all the Ministries that are under the umbrella of Congregational Care and the Board of Deacons.

By My Side Chorus

Beginning Thursday, January 23 at 10 a.m.

Valley Presbyterian Church is starting a performing chorus called **By My Side Chorus** that uses the irrepresible power of singing to move people with Alzheimer's (or other dementia diagnoses) and their care partners to rediscover themselves, make new friends, laugh together, learn together, empower and support, and create something unique together.

The priority is to engage and embrace people with Alzheimer's/dementia and their care partners who live at home and who have fewer opportunities to socialize and contribute.



By My Side Chorus will offer a unique depth of learning and participation. The chorus involves songs that are in SAB parts. The fun is in learning three-part music and providing socialization and support before, during and after.

There will be regular, weekly rehearsal where the singers (all) meet for a total of two hours on Thursday mornings and the ultimate goal to have a concert in April. Rehearsals begin Thursday, January 23 at 10 a.m.

By My Side Chorus will meet at Valley Presbyterian Church. There will be a cost of \$25.00 each which covers costs of printing name tags and materials (folders/ music). Scholarships are also available. This chorus will have volunteers to provide assistance.

Registration is open now through January 17 at www.valleypresbyterian.net (under the News & Events tab).



Congregational Care

A New Year Promise

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

Many of us face uncertainties; we feel overwhelmed and we are stressed. Stressed by holidays, by company, by finances, by illness, and/or by loss.

But He washes away our uncertainties with perfect love.

I have talked about advanced directives for over a decade. This subject is very important. Can we talk about our wishes? Shouldn't we let others know them? God is always with us, every day. We need to make a New Year promise to make sure others know our wishes - family, friends and those at the church.

You may have heard my story I retell each year. It has been 10 years. I was on a ventilator back in 2009. Thinking that my time was done, peace came over me, and a gentle touch rested on my shoulder; it felt like a gentle hug. It was something I still cannot explain to this day. At that time, I put my concerns into the hands of God. Over my head was draped a colorful prayer chain, made by a special group of people from VPC. I talked to God in my own quiet way. I handed Him my concerns, my worries, and my wishes. I then felt His presence.

When we feel some uncertainties, in the times of illnesses, in the times of stress, during tragedy and loss, and throughout the New Year, He is always there for us.

Make a New Year's promise to lift up your uncertainties and let others know your wishes. A renewed sense of love and peace will fill your hearts in this New Year.

May you be blessed every day through all the works you do, however big or small, every smile you create, every person you touch, and everything you give to others. That is what the New Year should be about.

Blessings,
Chris

Empty Bowls

Saturday, February 15

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 soon be sold in the Charter Hall after Sunday worship services. At the door the tickets will be \$25. There will be three seatings beginning at 11 a.m. for the first seating. Join us and participate in Empty Bowls, Saturday, February 15, 2020 at Valley Presbyterian Church. Call Valley Assistance Services at 625-5966 for more information or if you would like to volunteer during Empty Bowls.



Congregational Care

Faith & Health and Parish Nurse News



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 will be on Sunday, January 19** right after Sunday worship services in the Sweet Family Room.

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. Support groups help us 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 Congregational Care leaders if you know of someone who may need this meal.

What to watch for coming up:

By My Side Chorus rehearsal Thursday, January 23.

Cardio drumming starting once a week in January.



Prayer Bears & Shawls

Please feel free to pick up a prayer shawl (classroom 1) and/or a prayer bear (nurse's office) for friends who are in need of comfort.

Medical Minute

During the holidays, don't forget to do some deep breathing exercises. They may/can improve blood flow, reduce inflammation, improve posture, increase energy level, and improve digestion. These exercises may also decrease the stress felt during the holidays.

Grief Recovery Workshop

**Begins Monday, January 6 for five weeks
9:30 a.m. to 11:30 a.m. in the Sweet Family Room**

The purpose of the workshop is to discover the stages of the grief process, find healthy ways to deal with the pain and loss, and to begin the healing process. Call the church office (625-5023) to reserve your spot.



Valley Presbyterian Church

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

vpc-office@valleypres.net

www.valleypresbyterian.net

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

Pastors

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

Mission Statement

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

Sunday Worship

Traditional Service of Worship

9:30 a.m. in the VPC Sanctuary

Communion served on first Sunday of each month

January 5	Epiphany Sunday/ Communion	Rev. Craig Lindsey
January 12	Baptism of the LORD	Rev. Craig Lindsey
January 19	Mission Sunday	Rev. Craig Lindsey
January 26	Congregational Care Sunday	Rev. Craig Lindsey

La Joya at La Posada

9:00 a.m. at La Joya

Communion served on the first Sunday of each month

January 5	Rev. Diane Christopher
January 19	Rev. Barbara Streng

Special Events

January 5	Open House at Lindsey's
January 12	Welcome Home Sunday
January 26	Congregational Meeting

Let Us Know!

If you know of a VPC neighbor or friend is in the hospital, or recovering at home, or needs some direct pastoral care and contact please let our office know! We would happily receive a hundred calls about one person rather than none. Keep in mind our pastors and staff have a lot on their minds on Sunday mornings so it's best if you call (625-5023) or email (vpc-office@valleypres.net) the office rather than telling someone in person. Thank you!

GIGANTIC SALE NEEDLEPOINT



Everything for Needlepoint!

Canvases, Frames, Threads, Scissors,
Weights, Laying Tools, Totes, Books,
Containers for Equipment



JANUARY 25 10:00 a.m.-3:00p.m.

Enter through front door by fountain

SOUP AND SWEETS LUNCH

Cash or US checks only

All net proceeds go to support VPC'S area missions