

THE VALLEY VOICE

VALLEY PRESBYTERIAN CHURCH

January 2024



Torah Celebration & Study February 4th, 2024

Submitted by: Pastor Craig

When our April 2024 trip to Israel was cancelled, Rabbi Roman shared the possibility of our partnering together to create something positive in Green Valley. As we could not go to Israel, I covenanted with Rabbi Norm Roman, that I would use \$1,000 I had set aside for our trip, to instead support the Green Valley Synagogue commissioning a Torah; along with another \$1,000 to support their bringing an internationally respected Torah Scholar to Green Valley. On Sunday, February 4th, Professor Joel Hoffman will be preaching for us in worship at Valley Presbyterian Church at 9:30am. As 1st Sunday of the month, I will share with him in leadership of that worship service, he will preach and I will lead Communion. Following worship, we are arranging for a class on "Good and Evil in the Bible" with Professor Hoffman. More information on the class will be in the February Valley Voice. We hope you will bring your neighbors and come for this once in a lifetime event of our supporting Beth Shalom.

As Christians, we refer to "The Bible" when describing a verse, story, book, The Old Testament or the New, or as the whole Old and New Testaments; in the same way, the Hebrew word "Torah" can refer to a verse, a story, the whole of The Hebrew Scriptures, or the Books of Moses. Sometimes we refer to these five books (Genesis, Exodus, Leviticus, Numbers and Deuteronomy) by the Greek name: "The Pentateuch," meaning 5 Books ("teuch" means books, where "Penta" as in Pentagon or Pentagram refers to five, 5-sided or 5-pointed); Pentecost refers to 50 days, the letter "e" changing this from 5 to 50. At other times, we refer to these same five books as "Torah", which is the Hebrew word for "The Law". When Moses went up Mount Sinai and came down with the Covenant of Law, this may have described the 10 Commandments or the whole of the Pentateuch. In terms of the "authority of the Bible" as God's Word/Law given to Moses which the Ancient Hebrews carried in the Ark of the Covenant, Torah is reference to the whole of Genesis, Exodus, Leviticus, Numbers, Deuteronomy.

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Pastor Diane's
Retirement

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Opportunities

Clerks Corner

2800 S Camino del Sol
Green Valley, AZ 85622
Telephone: (520) 625-5023
vpc-office@valleypres.net

OUR MISSION

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

The principles we will follow to accomplish this are:

- Worship that glorifies God.
- Growing our faith in love, hope and the peace of Christ.
- Caring for the children of God.
- Reaching out to the community and the world.
- Seeking an attitude of servanthood.

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. Joe Hawkins,
Pastor Emeritus



Sunday Worship
Traditional Service of Worship
9:30 a.m.
Online and in Person
www.valleypresbyterian.n

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OUR VALLEY PRESBYTERIAN STAFF

Pastor Craig Lindsey-Pastor/Head of Staff.....pastorcraig@valleypres.net

Jamie Reed-Director of Music.....jamie@valleypres.net

Janet Brachel-Organist/Accompanistorganist@valleypres.net

Chris Erickson-Parish Nurse.....parishnurse@valleypres.net

Suzanne Mandeville-Bookkeeper.....suzanne@valleypres.net

Cindy Brown-Administrative Specialist..... cbrown@valleypres.net

Linda Hester-Administrative Specialist.....lhester@valleypres.net

Steve Hart-Custodian.....steve@valleypres.net

Joe Snow-Custodian..... joe@valleypres.net

Chuck Dunlap – Audio Technician.....vpc-office@valleypres.net

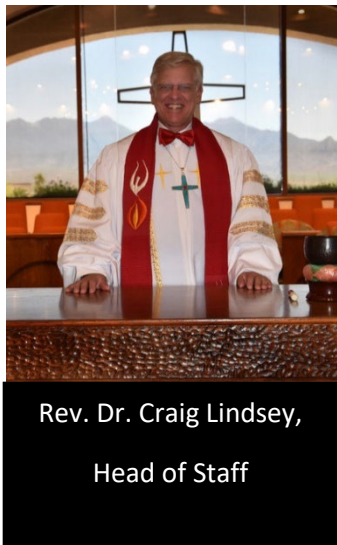
Rev. Joe Hawkins.....Pastor Emeritus.....

Dick Horn-Web Designer..... rrhorn@mac.com

Alice Sanchez- Nursery Attendant.....vpc-office@valleypres.net

SUNDAY Worship Schedule

January 7	Genesis 1: 1-5 & John 1: 1-14	Pastor Craig
January 14	I Samuel 3: 1-10 & John 1: 43-53 Mission Sunday	Pastor Craig
January 21	Mark 1: 14-20 & I Corinthians 7: 29-32 2:00 p.m. Celebration of Rev. Diane Christopher's Ministry at Quail Creek Ballroom	Pastor Craig
January 28	Kirk'n of the Tartans Annual Meeting of the Congregation Following Worship	Pastor Craig



From Pastor Craig

In many regards I feel we (you and I) are beginning a whole new Pastoral Call on January 1st, 2024; and like light piercing the darkness, our future is extremely bright! We have come through each of our past experiences, as well as enduring COVID19; and while older, we are stronger in faith for the catharsis of resurrection. Over the next several months or years (yet to be revealed by God), we are doing something different. We do so, not because of problems or complaints, not because of finances or support, not because of a pastor's agenda; I am committed to anything being possible.

According to what we pay in Per Capita we are a 414-member church; according to all those who claim this as their church by Live-streaming, seasonal attendance, etc. we are 800-1000 souls. As we have worked to share knowledge and responsibilities, rather than operating in ministry silos, we have discovered areas of duplication and others which may need attention. When I was a child, every community seemed to have a church of every different denomination, and every church had a pastor. In the 21st Century there are not nearly as many ministers seeking ordination as there are annually retiring, and there are many churches who have combined or closed. In our presbytery there are now also five PC(USA) churches being led by Certified Lay Pastors, by Clergy Couples, and in some cases where the pastor(s) came from another denomination! My goal in ministry has continually been to learn and to experience new opportunities for ministry, to partner with strangers, and to develop the local church to be better than we were before, to reconcile differences and heal wounds, to be more engaged where we never before would have imagined being.

We are supported by a wonderful staff of individuals who care about our church and membership, personally. We have a new Organ, new Sound System, new Live-streaming and Zoom technologies, an incredibly talented and strong Choir. Our Stephen Ministry and our Deacons were personally chosen for these responsibilities because of their faith and care for others, they have exceptional training, devotion, and good boundaries. While ours is a 45-year-old building, this facility has not been so well cared for and maintained in a long time, now with Internet throughout, LED lighting and fresh parking lots. Each of the missions we are involved in, and support, have worked to improve their purpose and administration in dedicated care for people in need in Tucson, our community, and Nogales, as well as in response to current crises and disasters throughout the world. I look forward to these next years together!

Pastor Craig

Torah Celebration & Study February 4th, 2024 continued from front cover:

Many Christian Churches, either in addition to or instead of printing the words of the Bible in bulletins, and having pew Bibles, will have a Pulpit Bible for the Liturgist and Preacher to read the Scripture from. These Pulpit Bibles, while highly ornamental and decorated, with large type, are printed by a commercial printing company like Zondervan, the American Bible Society, or WORD Publishers, and cost over \$1,000.00 for a Pulpit Bible.

However, for Beth Shalom Jewish Synagogue to have a “Pulpit Torah”, each of the five scrolls must be hand-written with a quill pen on a parchment scroll. While in a worship service, we might read from one book of Scripture, a Synagogue would never commission just one book of Torah, as the five (Genesis, Exodus, Leviticus, Numbers, Deuteronomy) are a holy unit. In Hebrew, there is no punctuation, every word has a root-word of three letters, all of which are consonants, plus prefixes and suffixes, and masculine or feminine identification. In more recent centuries, the appropriate vowels were written underneath each word as dots and dashes. The phrase “every jot and tittle” identifies dotting of letters like an English I or crossing of letters like an English T. What is more, as these scrolls are for holy worship, each scroll must be dressed in its own crown, robe, and sword (pointer) similar to the robes and crown of a Priest or King, or Warrior. Where “The Ark of the Covenant” was the Ancient Hebrew ceremonial box, the Levites used for carrying the Torah, a jar of manna, a menorah, and other sacred elements in worship and into battle; in a Jewish Synagogue, the holy place for the Torah Scrolls to live is called The Ark of the Covenant. So also in a Catholic Church, the cabinet where the elements of bread and wine are kept before and after worship are described as the Ark. Finally, when a Synagogue commissions a Torah, the Synagogue also commissions a Torah Scholar to come to teach the Synagogue about Torah, just as we had dedication concerts for the piano and organ, except more so because the Torah is the Holy Covenant with God.

STAFF CHANGES

From 2019 until 2021 Joe Snow was our full-time Custodian at Valley Presbyterian Church. He left us on good terms to work for the apartment complex where he and his wife lived. Having now reached the age of 55, Joe and his wife have become homeowners in Green Valley and Joe is returning to us!

Steve Hart’s employment began when Joe left us and he has now decided to work part-time (So as to devote his energy to Line dancing?) so he will be with us Mondays, Tuesdays, Wednesday mornings and rotating Weekends.

Cindy Johnson and her husband recently celebrated their wedding, and she now will go by Cindy Brown, although if you call her Cindy Johnson or CJ the DJ, she will probably still happily answer you.

For over the past 14 years Pastor Diane has been a vital part of our church and we are approaching her retirement with a mixture of joy and sadness. Joy that she'll be able to enjoy her retirement and sadness that we'll miss her presence within our congregation.



Pastor Diane Christopher



The invitation is a vertical rectangular card with a light pink background and a thin gold border. It is decorated with clusters of pink, gold, and white balloons and gold confetti in the top-left and bottom-right corners. The text is centered and reads: 'Please Join Us for A Retirement Party Honoring Pastor Diane Christopher Sunday | 21 | January At 2 P.M. 2024 Quail Creek Country Club Ballroom 1490 N Quail Range Loop Green Valley, AZ 85614 RSVP BY JANUARY 10, 2024 520-625-5023 VPC-office@valleypres.net'.

Please Join Us for A

Retirement Party

Honoring

Pastor Diane Christopher

Sunday | 21 | January
At 2 P.M. 2024

Quail Creek Country Club
Ballroom

1490 N Quail Range Loop
Green Valley, AZ 85614

RSVP BY JANUARY 10, 2024

520-625-5023
VPC-office@valleypres.net

Bible Study with Pastor Craig at VPC

BIBLE REFLECTIONS

With Pastor Craig Lindsey

Mondays from 1:00 p.m. to 2:00 p.m.

in classroom 5 (zoom available)

This is a different kind of Bible study, that spends as much time as we need with each chapter and book. We will try to give background that is helpful and offers ideas about interpretations (even pronunciation of names), but what is most important is what you hear in the text.

You don't have to attend every class and you may join at any time.

To join by zoom, go to <https://zoom.us/join>

Meeting ID: 294 281 2414

Password: Heaven

In January we are beginning Book of Acts.

Previous classes are recorded and can be viewed on the church's website:

valleypres.net



Photo Taken By Dale Honermann

Thursdays, 1 p.m. in Classroom 5
Your teacher Chuck Ramsay

Come and join this class as Chuck Ramsay takes you through the grand story of the Bible, book by book. You will discover how God continues to call us back, again and again, into relationship.

- January 4: 1 Thessalonians
- January 11: 2 Thessalonians
- January 18: 1 Timothy
- January 25: 2 Timothy
- February 1: Titus

Previous classes are recorded and can be viewed on the church's website:
valleypres.net



Exploring Membership Class

**Sundays, January 14th and 21st
11:00 a.m. to 12:30 p.m.**

And

Thursday, January 25, 8:00 a.m. – 9:00 a.m.

Do you want to learn more about Valley Presbyterian Church? 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 multi-week 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 spend time with Pastor Craig, leaders, and many others who give their time and talents to serve Christ through Valley Presbyterian Church.

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 Presbyterian).

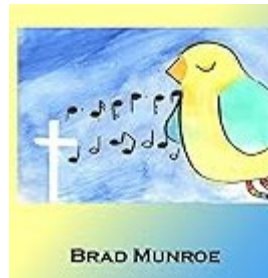
Contact the office to register (520-625-5023;) vpc-office@valleypres.net.

**SATURDAY, JANUARY 20TH FROM 9:00 A.M. TO NOON(ISH)
WITH LUNCH INCLUDED**

Rhythms of the God-Life

An invitation to dig deeper into God's Word

Submitted by: Linda Freeman



You are invited to a Bible study workshop led by Rev. Dr. Brad Munroe. Brad is the author of *Rhythms of the God-Life*, which explores Scripture through creative paraphrase, poetry, and prayers.

This workshop will present tools that encourage your personal study of the Bible. Brad will lead an examination of each scripture passage through:

- an interpretive paraphrase that helps us to hear the original message given to the first century audience,
- a poem that interprets and applies the text to our individual selves; and
- a prayer that applies the text to our living.

We are asking everyone to register ahead of time by contacting the church office no later than Wednesday, January 17. Telephone is (520) 625-5023. Email is VPC-office@valleypres.net.

Rev. Dr. Brad Munroe is the Presbytery Pastor for the combined Presbyteries of de Cristo and Grand Canyon. He is the pastor for Pastor Craig. Many of our members have worked with him on Presbytery committees and can testify that the workshop experience will be a positive faith-building experience and will definitely include a bit of humor.

Use this workshop as a special building block in deepening your faith. It is open to everyone, no matter where you are in your faith journey.

There is no charge for either the workshop or the lunch; donation cups will be placed on the tables to collect any amount you wish to give.



Caregivers Need to Care Too

I was trying to figure out what the topic would be for the Stephen Ministry article this month when one of the Stephen Leaders gave me the perfect idea. He reminded me that we need to let people know that Stephen Ministry is for caregivers. The timing for this was impeccable as I have been caring for my husband, Dale, for the last several weeks as he recovers from knee replacement surgery. So, I can speak from my own, somewhat limited, caregiving experience.

Before the surgery, I told Dale that “we would do what we have to do” without really realizing just how time consuming it would be. I wanted him to focus on doing what he needed to do to heal, and I would take care of everything else. I thought it would be easy. Not so fast, Jana. I had lessons to learn.

For the first couple of weeks, I had to help him get in and out of bed and his chair. I wasn’t sleeping well because he wasn’t sleeping well, and I was on high alert to pay attention to his needs. When he needed to move and requested my help which was usually at times that didn’t fit into my schedule (because I was now doing ALL the cooking, ALL of the housecleaning, ALL of the laundry, and ALL of the shopping), I would feel myself getting irritated with him. Then I would feel guilty about getting irritated with him because it wasn’t his fault. In fact, he is probably one of the least demanding people who need care.

I am fortunate because my caregiving in this situation will end as he recovers, and my life will go back to normal soon. But I have been thinking about people who are caring for a loved one for much longer than a few weeks. How exhausting it must be to care for someone for months or even years! And how heartbreaking it must be if you know that your loved one will not heal but that your caregiving will end only when their life ends. Where is God in the midst of this?

Henri Nouwen says, “As Jesus ministers, so he wants us to minister. He told Peter to feed his sheep and care for them. He wants us to take care of them as vulnerable brothers and sisters who know and are known, who care and are cared for, who forgive and are being forgiven, who love and are being loved. We are not the healers, we are not the reconcilers, we are not the givers of life. We are sinful, broken, vulnerable people who need as much care as anyone we care for.”

Why not allow a Stephen Minister to provide you with the care you need? He or she will listen to your concerns and let you express your deepest fears and anger. They keep everything confidential. What you talk about is between you, the Stephen Minister, and God. Let the Stephen Minister share your burden and help lighten your load.

PATIO SALE 2024

Submitted by Carmen Nylund

The Annual Patio Sale is just a couple of months away and January is the time when the Patio Sale Coordinating Team moves into “Sale Planning” mode. Mark your calendars now for:

Sale dates March 14, 15 & 16, 2024 with set-up March 8 to 13

Department Head Meeting - February 22, 2024

All-Volunteer Meeting – February 27, 2024

It takes more than 200 volunteers to prepare for and put on this sale, and we are always looking for people like you to be part of Patio Sale. It is sometimes hard work, but it is also very rewarding and a lot of fun. And, the food is awesome.

The best way to get started volunteering is by coming to a Pack & Sort - the first Pack & Sort of 2024 is Thursday, January 11. You will meet our Coordinating Team, Department Heads, and sort through donations that have been received during the previous month. If you want more information, please contact one of the Coordinating Team Members – Carmen Nylund, Chris Schorr, Nelda Lobb or Jim McDougall.

The gross receipts from the Annual Patio Sale, the Holiday Plus Sale, Estate Sales, Style Show, Tool Sale, designated giving and other miscellaneous income in 2023 was over \$138,307 with net proceeds being distributed by the VPC Mission Committee to the following recipients in 2024 –

Café Justo (Just Coffee)	Operation Mobilization
Casa Vida Nueva para Niño's	Posada Life Community Services
Community Food Banks – Amado & Green Valley	Prayer Shawl Ministry
Compañeros en Misión	Presbyterian Campus Ministry
Crossroads Mission, Nogales, Arizona	Presbyterian Theological Educ. Fund
General Mission Support	Bob & Kristi Rice – South Sudan
Hands of a Friend	St. Andrew's Children's Clinic
Mission Quilts – Women's Ministries	Valley Assistance Services
Operation Christmas Child	Youth on Their Own

To learn more about these programs, pick up a Mission & Outreach Program booklet at one of the welcome kiosks when you are at the church.

Your support of Patio Sale, along with our shoppers from Green Valley and surrounding areas and from Mexico, makes a real difference in our community and beyond. Thank you!



Meet Our Kids!

Submitted by Sophia St. John



As the new year begins, so does a new year of learning start for our children in Sunday School! I began working as a Teacher's Assistant during my freshman year of high school, and for the past four years, I've had the pleasure of watching them grow in their faith and mature in their understanding of the Bible. Each kid brings individuality to the Sunday School classroom, and we are so lucky to have them.



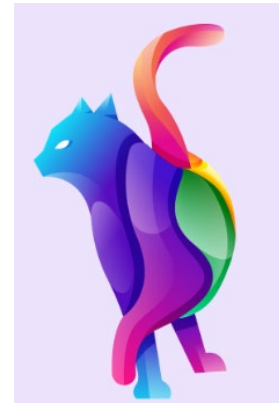
AJ has faithfully been coming to Valley Presbyterian Church for many years, and is currently our oldest kid, at age 11. He is a 5th grader at Sam Hughes Elementary (Tucson), where he enjoys learning history in social studies – and eating at lunchtime! An only child, AJ shares his home with a cat named DC, short for “Darn Cat”. Though AJ likes his cat (sometimes), his dream pet would be a giant Newfoundland dog, who he would appropriately call “Bear”.

AJ's energetic personality makes him a great fit for the Jiu-Jitsu classes he began taking a year ago, and he often performs new moves he learned for the crowd in Sunday School. Besides physical activities, AJ also enjoys singing! AJ picked up his musical talent from his mother, Ms. Jamie, who works as our incredible choir director. If you want to check out AJ's skills, there's still time to attend the musical “Matilda”, where AJ is performing as “Tommy”! The musical opened on December 22 and will continue to January 7th. Visit <https://www.saguarocity.org/tickets> to purchase tickets.

Nine-year-old Keaton is another faithful attendee of Sunday School, and over the past few months has formed a close friendship with AJ. Keaton is a 4th grader at Copper View Elementary (Sahuarita), where he is currently tackling the mathematical challenge of multiplying 2 digits by 2-digit numbers. His only pet is a cute cat named “Abby” whose stripes make her look like a tiger. Unfortunately for Abby, Keaton may be more of a dog person, as his dream pet would be a Golden retriever who he would name “Knight”, inspired by the knights in chess games AJ and Keaton have been spotted playing.


Unlike many of his peers, Keaton is not a huge fan of video games. In fact, a few years ago, his mom bought him an Xbox (a video game console) for Christmas because many of his friends had one. However, Keaton plays with the Xbox so seldom that his mom often has to tell him to “go play video games!” Keaton’s preferred pastime is playing baseball for his team, the Sahuarita Side Runners, where he serves as their first basemen. Keaton loves the sport so much that even when he’s not playing baseball, he’s collecting baseball cards. The high school that Keaton one day attends will be sure to have a star player on their baseball team!

Cady is Keaton’s younger, six-year-old sister who is in 1st grade, and also attends Copper View Elementary. Keaton’s passion for baseball is matched with Cady’s passion for art. Cady loves to draw both inside and outside of the classroom. She takes inspiration in her artwork from rainbows. In Cady’s dream world, her cat Abby’s fur would be transformed into a multi-colored rainbow coat too!




Pink is Cady’s favorite color - although according to her mother it seems to change on a weekly basis. Cady appreciates the finer things in life - fashion! Her beautiful dresses and shoes are always a hit at church. Cady, like her brother, finds ways to amuse herself without technology. Her vibrant imagination helps her play pretend. Sometimes she pictures herself as a loving, caring mom, while other times she imagines to be an enthusiastic teacher. Yikes! One day she may take my job!

Thank you all for your continued support in the Sunday School program! Your devotion and love for the children help us teach them about the love of Jesus. Tune in next month to learn more about the Babcock’s grandchildren, Alexia and Scotland.



Men's Bible Study

**2 THESSALONIANS TO
BEGIN IN JANUARY**
WEDNESDAYS AT 9:00 A.M. **NavPress** 
IN CLASSROOM 1

The Men's Bible Study meets every Wednesday morning at 9 a.m. They meet at the church for one hour in classroom 1. The group is facilitated by Larry Phillips (520) 777-8027, but focuses on group discussion. They use the NavPress Life Change Series study guide. They will finish studying Paul's letter to the 1 Thessalonians in early January. Join the group any time to participate in the discussion or come to just listen. In either case, your presence will be welcomed. Lessons are self-contained so feel free to join the group when able. The Navigators Life Change study guide is also available from Amazon or Christianbook.com.

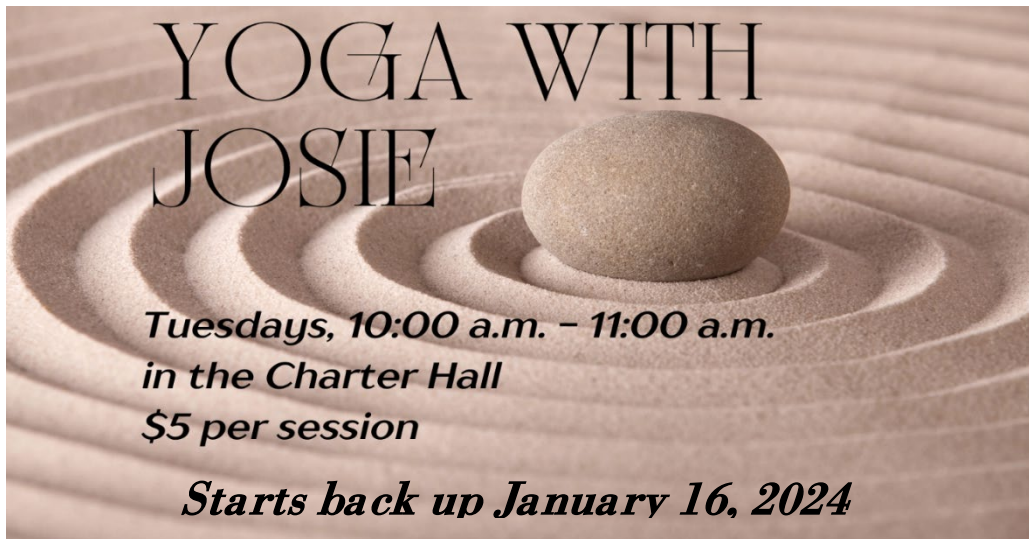


FLOWERS FOR THE SANCTUARY

Purchase flowers for the
Sanctuary for Sunday worship
to celebrate a special date or
that special someone.

Available for purchase at the
office, on line at valleypres.net
or on Sundays after Worship!





Josie Trobec, a certified yoga instructor, leads a yoga practice that focuses on centering ourselves in the Presence of God... to learn how to incorporate one's Christian faith with a yoga practice, the idea of melding BODY, MIND and SPIRIT.

The class opens with scripture that speaks to a practice of faith during the breath work. The body of the class is a combination of standing poses, balance poses and floor poses. The classes close with restorative yoga, a practice of calm alertness allowing a time of reflection and thanksgiving for God's Presence in our lives. This class is for all levels, modifications are offered for all poses, including practicing from a chair rather than the mat.

Please bring your own mat. Props are also welcome, such as blocks, straps, and blanket.

Line Dancing with Steve Hart

**Thursday's at 3:00 P.M. for 12 Weeks
January 4th - March 29 (skipping a week or
two)**



Howdy!!

Need to freshen up your Line Dancing Skills?

Need to learn to dance?

Put on your dancing shoes and join Steve and the amazing C.J. the D.J. for free line dance fun.

According to the experts, dancing is in the top 10 activities for cardio health.

Join us starting January 4, 2024.

See you there!

A Musical Note from Jamie and Paul McCartney

Submitted by Jamie Reed

A December in the life of a Chancel Choir Member at Valley Presbyterian:

- A Christmas Cantata that still touches our lives.
- An ecumenical service with an example of music as the universal language.
- A memorial for our dear Pat.
- Preparation for 2 services on Christmas Eve.
- Preparation for our Choir Concert in February.

The power of music. The power of community. The power of the Word, Tune, Notes, Rhythm, Blend, Joy, Passion. Happy New Year!

Thank You for all your dedication in the choir loft, as well as our congregation.

We are so blessed with Music.

“When I find myself in times of trouble, mother Mary comes to me,
speaking words of wisdom, let it be.

And in my hour of darkness she is standing right in front of me,
speaking words of wisdom, let it be.

Let it be, let it be, let it be, let it be.

Whisper words of wisdom, let it be.

And when the broken hearted people living in the world agree,
there will be an answer, let it be.

For though they may be parted there is still a chance that they will see,
there will be an answer. let it be.

Let it be, let it be,

And when the night is cloudy, there is still a light, that shines on me,
shine until tomorrow, let it be.

I wake up to the sound of music, mother Mary comes to me,
speaking words of wisdom, let it be.

let it be, let it be, .

— **Paul McCartney**

Music in the Valley Presents "Lets Go to the Movies"

**Saturday, January 13th at 2:00 p.m.
in the
Valley Presbyterian Church Sanctuary**

Featuring Jan, Jamie and a Fabulous String Quartet

Tickets are \$20. and available at the Church
office or at the door, day of concert





WOMEN'S MINISTRIES VALLEY PRESBYTERIAN CHURCH

Submitted by Lesley Bruce, Women's Ministries Moderator

HAPPY NEW YEAR!!! Welcome 2024 and all the rest of our Winter Family!! We've missed you over our HOT summer.

I have a request for our Women's Ministries to please knit and/or crochet more prayer shawls. So, if you love to knit or crochet, please get busy. These are needed by November 1, 2025, so we have time to make one – or maybe two! We've also had recent requests for winter knitted/crocheted baby hats & sweaters; as well as hats and gloves/mittens for adults and older children. So, I guess we need to get those knitting needles and crochet hooks busy and help our mission projects both in the community organizations we serve and for the border services we support.

In January our Circles will be studying Lesson 5. La Posada Circle (Leaders, Leah Bohor and Linda Freeman) meet on the 2nd Tuesday of the month at 11:30 for lunch and fellowship and then the study is at 12:30. Miriam Circle (Leader, Liz Haynes) meets the 2nd Wednesday of the month at 1:00 pm in Classroom 1 at the church. Ruth Circle (Leader, Sue Horton) meets the 3rd Monday of the month at 3:00 in Classroom 5 at the church. Please stop at the Women's Ministries table to pick up a yearbook/directory that has all the information about our Bible study circles and consider joining one of them or try each!

Our January Gathering Luncheon will be held on **January 16th at 11:30 a.m.** with Holly Faris, Social Service Director from the Salvation Army, Green Valley presenting some information about their organization. The Presby Gift will be a monetary gift to the Salvation Army. The Ruth Circle members will be the hostesses. Watch the bulletin board to learn what the menu will be. Luncheon will be \$13.00, and you can register and pay at the Women's Ministries tables on Sundays January 7 and 14.

Mark your calendars for these two upcoming events:

APRIL 2024

Presbyterian Women de Cristo will have **their Spring Gathering Luncheon and Workshops** on **Saturday, April 27, 2024**, here at Valley Presbyterian. The program is being worked on as I write this, but it promises to be interesting and a great opportunity for fellowship with Presbyterian Women's Ministry members from the other Presbyterian churches within the de Cristo Presbytery. More information will be forthcoming very soon.

AUGUST 2024

The 2024 Churchwide Gathering of Presbyterian Women will be held on August 8 -11, 2024, in St. Louis Missouri. Reservations for this exciting event will begin in March 2024. There are already a few of us planning on attending and we are hopeful some more of you will consider joining us. Our Women's Ministries budget has scholarship stipend funds available if you need some financial help to make your attendance possible.

See you in church!!



Submitted by: Patti Bright

Did You Ever Think About How the Hanging Quilts in Fellowship Hall

Keep Getting Changed?

Most likely you haven't. The quilting girls know how they get hung, because while they are busy creating quilts, there is rapid work being done on the other side of fellowship hall. The quilting girls can attest that every move is preplanned and executed without anyone falling or dropping that monstrous, heavy ladder.

The preplanning part is the selection of the completed quilts by their size and how they work into the color scheme, that we happen to have the most colors of at the time of hanging. They are bundled in their designated numbered bag for a particular position on the wall. Patti hands the appropriate quilt for each position to the custodian, after he hands down the already displayed quilt.

Regretfully, the larger, beautiful quilts can't be displayed. The hooks that the clothesline is attached to aren't strong enough for larger quilts. Also, larger quilts would stretch the limits of what we would dare ask the dear custodian stuck with having to hang quilts over his head at the top of an uncomfortable ladder.



Patti handing Steve
Quilts to hang.

As you can see, no matter how busy or precarious his job, Steve is always available to do his job, even if he does have an aversion to heights and has to answer his phone from the top of a ladder. Drew, Ray, Bob, Joe and Randy all cheerfully and skillfully took their turns at hanging our quilts.

Ceiling fire sprinklers are wonderful to have in our church, until you have to manipulate a heavy ladder around them. Susan is always our on-the-ball gal and on top of every job. Steve didn't have a chance to say that he could handle the ladder by himself.

The quilts that you will see hanging are a sample of creative work that the Mission Quilters do for the sole purpose of gifting a person who is in need of a loving surprise. If you want to see some of the many quilts that aren't hung in fellowship hall, go to our personal website that Eileen Owen created and has maintained, since covid kept us from being together. <https://vpcmq.weebly.com/quilts.html>



Steve and Susan setting
up the ladder.

Caring for those in our congregation

Faith & Health/Parish Nurse September 2023

Submitted by Parish Nurse, Chris Erickson

Join us at Cardio-drumming; this class has just a few more openings. Cardio drumming begins at 9 am on Tuesdays and is once a week; a 30-minute exercise program for health, stress, and balance. Please email parishnurse@valleypres.net for more information and/or for registration.

Keeping active helps to stay positive and healthy and strengthens ankles and quads which can prevent falls.

Drink plenty of water when you are exercising or are outside doing activities. Be careful of dehydration especially in these hot summer months.



Blood pressure screening will be by individual appointment.



Save the Date beginning in February: American Red Cross blood drive here at VPC. Thursdays in 2024, February 29th, May 16th, July 25th, and November 21st from 9 am – 2 pm. Watch for more information on future eblasts and bulletins.

Medical Minute Dehydration still occurs during the winter months. When your mouth feels like cotton, you are already dehydrated.

Stress

Submitted by: Parish Nurse, Chris Erickson

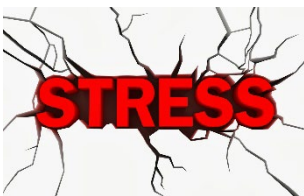
Stress can be defined as the brain's response to any demand. Many things can trigger this, including change, which can be positive or negative, real or perceived. Changes can be mild as in performing in a contest or winning a game, to major changes such as marriage or divorce, serious illness, moving or an accident. Changes can be short or long term. Other changes are extreme, such as exposure to violence, and can lead to traumatic stress reactions. There are at least three different types of stress, all of which carry physical and mental health risks:



- Routine stress related to the pressures of work, family, taxes and other daily responsibilities.
- Stress brought on by a sudden negative change, such as losing a job, divorce, or illness and loss.
- Traumatic stress, experienced in an event like a major accident, war, assault, or a natural disaster where one may be seriously hurt or threatened.

The body responds to each type of stress in similar ways. Different people may feel it in different ways. For example, some people experience mainly digestive symptoms, while other have headaches, sleeplessness, depressed mood, anger and irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or colds, and vaccines, such as the flu shot, are less effective for them.

Of all the types of stress, changes in health from routine stress may be hardest to notice at first. Because the source of routine stress tends to be more constant, the body gets no clear signal to return to normal functioning. Over time, constant or continued strain on your body from routine stress may lead to serious health problems, such as heart disease, high blood pressure, depression, anxiety disorder, gastrointestinal problems, and other illnesses.



Are you under stress? What are your stressors? How do you cope with stress? Relaxation/meditation? Exercise? Deep breathing? Sometimes we forget about taking breaks. The world has become fast – paced, and emotions are much higher than ever. Stopping when you are stressed, and just counting to ten may help.

(Information from the National Institutes of Health, National Institute of Mental Health)



Valley Assistance Services (VAS) fills Empty Bowls all year long

The Empty Bowls that are distributed at Valley Assistance Services' annual fundraiser are beautiful works of art crafted by local artists, but their emptiness represents a more-difficult truth, that many people struggle to fill their bowls all year long right here in our community. Over this last year, another increase of 300% can be seen in our local community. People do not have food to fill their bowls, and other basic needs are not being met. These concerns and needs are escalating including a lack of transportation, financial difficulties, isolation and loneliness, and health changes.

Please join VAS on Saturday, February 17, 2024, at the 18th annual Empty Bowls Event, as we fundraise to fill the bowls of persons in our community all year long.

Over the last year, there has been a dramatic increase in the number of persons seeking assistance. Our financial assistance program alone has grown over 600%. Current trends and predictions do not indicate a reduction in the level of need in our community. Please support VAS in its effort to fill the empty bowls in our local area. Proceeds will support the following programs:

The 18th Annual Empty Bowls Event will be held on Saturday, February 17th at Valley Presbyterian Church

For more information, please call Valley Assistance Services at **520-625-5966**. Tickets will be available at the VAS office and on Sundays starting in January. Please watch for further details.



Valley Assistance Services
3950 S. Camino del Heroe
Green Valley, AZ 85614

www.valleyassistanceservices.org



Valley Assistance Services will present an overview of our programs and new additions coming in 2024 at the January 13th Mission Breakfast at VPC.



CLERK'S CORNER

MAUREEN RAMSAY, CLERK OF SESSION

I am nearing the end of my first year as Clerk of Session at Valley Pres. I wanted to take this time to reflect on my thoughts about what being the Clerk of Session has meant to me, what the Session has done in the last year, and also share some thoughts on the year ahead. I was a bit intimidated when I was first asked to be session clerk. This church is much larger than the one I left in Dallas. I wondered how things were done here. I hoped that I would fit in and be able to do a good job. With help from Liz Haynes, Linda Hester, Cindy Brown, Pastors Craig, and Diane, I have grown more confident in my ability to perform the duties entrusted to me. I am proud of what I have done and look forward to doing an even better job in 2024. The clerk's job is always evolving, and I learn new things every year. I am also proud of what the Session has accomplished in 2023. There were a lot of good things that have happened at Valley Presbyterian Church this year, thanks to the hard work and dedication of all the elders and deacons. This is what was accomplished this year:

The Session approved: replacing the chancel floor with tile, a new tile roof on the church paid by insurance after the hail storm, 7 new A/C units also paid by insurance claim pursuant to the hail storm, approved a balanced budget of \$855,517 for 2023, purchase of a new organ, hiring a new organist/accompanist, adult VBS with the theme *You're Never Too Old*, an accelerated mission study to determine the future pastoral and leadership needs of the church, paying off the solar panels, repaving the parking lots, purchasing a pickup truck, installing a new sound board and speakers for the choir, approving an adult baptism, welcoming new members and saying goodbye to ones who have left us, and other things that I have overlooked.

Looking ahead to 2024, things will look different for us. Pastor Diane has retired after doing an incredible job of ministering to all of us in times of great trial and suffering. She says her job here is completed. She has finished the mission that God called her to do. We will miss her and wish her a much-deserved retirement.

So, what is ahead for us at VPC in 2024? We will have a solo pastor, perhaps for a few months or maybe all year. The Planning Commission is assessing the needs of the church moving forward while completing the Congregational Self-Study required by the Presbytery. You, the congregation, will be asked for your input in determining who we are and what direction we want to go moving forward. It's time to start thinking about how you can participate and help the church continue on its mission to be a beacon and a help to all who come through our doors and also those in our community and beyond.

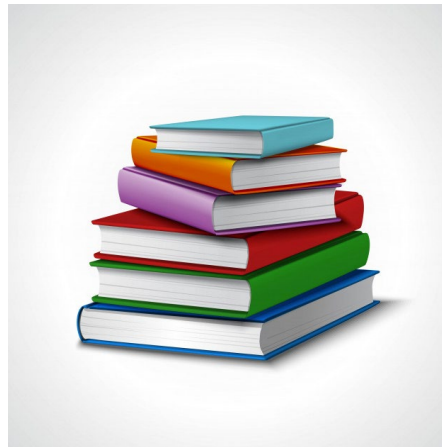
If I had to come up with one word to describe Valley Presbyterian Church., I would say “Spirit.” There is a spirit and energy here that flows through everything that we do, from the worship service, music ministries, to patio sale, mission projects, and even committee meetings. There are so many dedicated people who make sure that all of it happens smoothly.

I am excited about the future of VPC! I hope that you are, too. Keep up the “Spirit” and let’s continue to do great things in 2024!

Valley Readers

2:00 PM – Monday, January 22, 2024

Classroom 1



Have you read a good book in the last couple of months? Come to the Valley Readers group and tell us about it if you wish. The January meeting will be a sharing session where members highlight recent reads that they’ve enjoyed. Be prepared to take notes of titles to add to your reading list. Contact Anne Morrison for additional information at 520-399-0762.

January 13th

Mission Breakfast

Saturday, January 13, 2024

at 11:30 a.m.

in the Fellowship Hall

\$5

\$5



**Benefitting Valley
Assistance Services**

**Chris Erickson, Executive
Director will Present an
Overview of Their Programs**



**Tickets will be available
Sunday's, December 31st, January 7th,
and during the week at the
Front Office**

\$5

\$5

**Last day to purchase tickets is
January 9th**



AN UPDATE ON FUNDRAISING FOR THE NEW CLASSROOM

Submitted by: Judy Aguayo, Mission Liaison

Compañeros en Misión –Raising Funds for the New Building Brick by Brick

Bricks are being sold for \$10 each for completion of the building. In support of this program a donation of \$1,000 from the Continnence Fund was given last month.

Approximately \$36,000 is still needed to complete this project.

If you are interested in purchasing a brick or two, please contact Judy Aguayo,

JAguayoVPC@yahoo.com .

Christmas at St. Andrew's Clinic

On December 7, St. Andrew's Clinic celebrated with a Christmas party. Children had their regular Clinic appointments, then came to the activity room to collect gifts brought for them. More than 100 children came, accompanied by a parent, and sometimes a sibling. Many organizations brought gifts for the children to take home. There were wooden toys, clothing, cookies, and other miscellaneous toys. Kay took 13 quilts donated by VPC Quilters. She also took knitted caps, sweaters, mittens, baby blankets and pocket prayer squares given by The Creative Hands of VPC. A friend collected money and bought 70 gifts, each with a warm sweater/jacket and a toy. These wrapped packages were labeled so they would be given appropriately. Another friend arranged for handmade/hand painted toys made by a group in Elk River, Minnesota. They were presented at the Christmas party. Leftover items will be presented in January to children who were unable to attend the December party. Laura, the Clinic Director, is very appreciative of these generous Christmas offerings which will help the Clinic Children have a very joyous holiday.

The pastors of several local churches have met to suggest ways to help with financial needs of St. Andrew's Clinic. A golf tournament is a possibility. This event might happen in March of 2025. Until then, congregations will be made aware of the Clinic's needs and encouraged to give through weekly collections and other ways.

The Mission Committee gave the clinic \$1,000 to use as they remodel the new building. Laura is extremely grateful to Valley Presbyterian Congregation for their blessings and generosity.



Kay Brouwer presenting the \$1000. Check.



A young patient with his mother and sister



Kay Brouwer posing with donated quilts and other gifts.

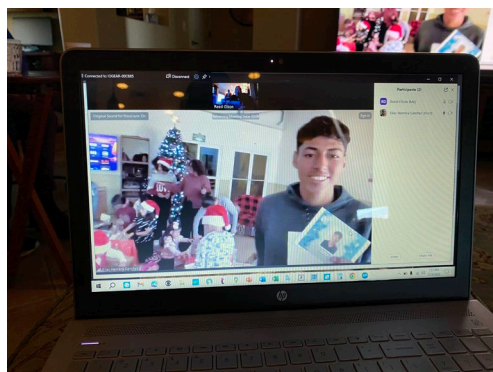


***Casa Vida Nueva Para Niños, A.C.
“Home for Children” (Orphanage)
Submitted by Reed Olsen***

The December 9th trip to the orphanage was unfortunately canceled due to the participants’ concerns regarding border crossing times and the unrest at many AZ borders. Reed checked on the wait times and they were 90 minutes to 2 hours. So, we came up with a “Plan B.” Reed invited all people who had signed up for the trip to come to his house by 1:00 pm to view a zoom meeting set up by Elias, Director of the Home and witness the children opening their Christmas gifts.

The computer zoom connection was streamed to Reed’s large screen TV. Everyone had good seats. Snacks and drinks were provided. After the children opened their gifts, each child walked up to the zoom camera and in very clear English thanked all of us for their gifts. This was the first year we were thanked out loud in English. We felt the new ESL (English as a Second Language) program had been well attended.

The zoom connection lasted about 60 minutes. We signed off and Reed showed videos of last year’s children’s performances during our Christmas visit. Below are photos of the group watching the zoom meeting, and the children opening their gifts.





Bob and Kristi Rice are our supported missionaries to South Sudan. Their communication tool to our congregation is through their blog- bobandkristi.blogspot.com- which they write twice per month. Only a portion of their inspiring story can be shared in the Valley Voice. Join VPC members who promise to pray and follow the blogs.

Submitted by: Doug Clark

Differences We Appreciate in Juba

We are looking forward to returning to Juba in a few weeks, particularly reconnecting with friends and colleagues. Beyond the people, we wanted to share a few *things* that we enjoy or appreciate about life in Juba that are very different from life in the U.S.:

1. Easy and available public transport. No apps, cards, registrations, or monthly fees. Just flag down a rickshaw or bus and go!
2. Greeting people (even strangers) along the road as you walk or while in the market
3. Venders who walk the road selling their wares. Need a broom, some peanuts, a suitcase, or a new pair of underwear? Just wait for someone to walk by selling what you need. Definitely not an easy business to do, as these venders have to keep moving. We appreciate their hard work and ingenuity.
4. Tea shops along the road. Watch the world go by as you have your tea. These shops might be just a few chairs by the side of the road but can be an important place for neighbors or friends to connect, play chess, or hear the neighborhood news. And, of course, when it is hot in the afternoon, one way to cool down is to drink hot tea! :)
5. The expanded view of time. We admire that South Sudanese are rarely 'rushed' like Americans are. I have been asked "why are you walking so fast?" as I try to save time. Yes, sometimes a 3-hour long church service is tiring, but we do appreciate that they savor the time in worship and connecting. As they say, "Americans have watches, but Africans have time."
6. The Nile River - The Nile passes through Juba on its long journey north through Sudan and Egypt to reach the Mediterranean. The Nile provides water for much of the city of Juba, and we often see the water trucks loading up near the river. The lush green trees and the shorebirds near the river provide a refreshing place for a quick recharge in Juba.

We hope you are inspired by some of these differences. What stands out to you? Any questions about other aspects of life in Juba? We would love to hear your thoughts!

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 and praying for our missionaries and let me know if you have joined the blog brigade by emailing me douglasclark68@me.com.



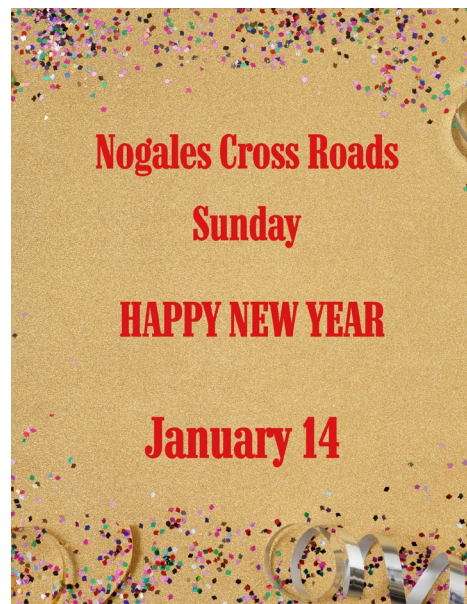
Nogales Crossroads Mission

Submitted by: Les Walter, Crossroads Liaison

Christmas at Nogales Crossroads Mission on Saturday, December 16, was a huge success. All the children received a gift, and everyone enjoyed fabulous Christmas meal.

Thank you for your generosity throughout this past year. You have brought so much joy, love, and warmth to all who have passed through the mission with donations of bedding, hygiene items, gifts, food and more...

For more information of ways, you can help:
Contact Les Walter at 520-870-3284 or
visit Crossroads website at
crossroadmissionnogales.org





COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA

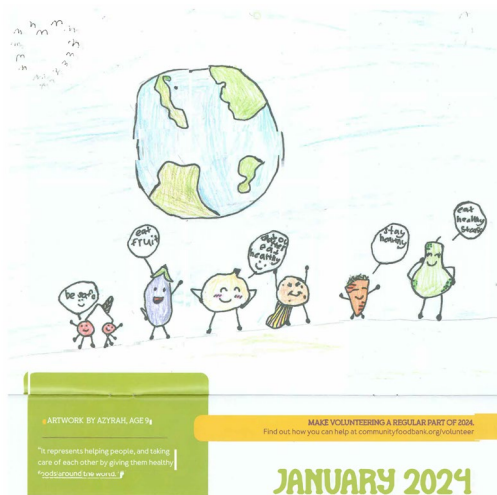
Submitted by: Kylene Joplin

The Holidays have come and gone once again. We celebrated with family, friends and acquaintance (new and old).

The holidays are such a busy time a year, we get wrapped up in buying presents, planning meals, preparing the house for our guest that we do not stop to think about what the true meaning of Christmas is and being thankful for what God has blessed us with.

We are grateful for our friends and family at Valley Presbyterian Church and their generosity you have shown the Southern Arizona Food Bank. Our 2023 deliveries to the Food Bank totaled 678 pounds of groceries AND \$18,807.98 in monetary donations. Wow! Thank you all for your most generous support during this past year.

Food Bank Sunday is January 7, and it would be wonderful to load up our cars with non-perishable food, toiletries, and paper products for delivery to the Food Bank. Monetary donations throughout the month are greatly appreciated also.



Artwork by Azyrah age 9- "It represents helping people and taking care of each other by giving them healthy foods around the world."





Submitted by Mary Horn, Mission Committee Liaison to YOTO

HAPPY NEW YEAR, 2024!

Youth On Their Own is developing an INSPIRATION LIBRARY. Folks who would like to share an encouraging story or words of inspiration with youth experiencing homelessness are invited to submit a short (1-2 minute) video. Details can be found at yoto.org.

Sunday, January 21, is YOTO Sunday, we ask for needed supplies for the Mini Mall at Youth on Their Own. Students can shop for free at the Mini Mall. These items may be left in the plastic tub labeled YOTO, located in the front corner of Charter Hall near the entrance to The Spiritual Life Center. The Food Bank and Crossroads Nogales Mission are also receiving donations in this area.



For the month of January YOTO is asking for Shelf Stable Milk (available at Family Dollar) and Instant Potatoes. THANK YOU for your help with these items!

Inspirational Card Makers will meet Wednesday, January 24 from 1:00 p.m. to 3:30 p.m. in classroom 5. All is welcome to join the fun!



Ben's Bells and YOTO Team Up to Celebrate YOTO's New Home!!

Ben's Bells, a non-profit agency in Tucson, is helping YOTO celebrate by crafting special YOTO bells for this happy occasion. Ben's Bells mission is to encourage people to spread kindness. Below is a short description of how Ben's Bells came to be.



In 2002, Jeannette Maré's life changed forever when her son, Ben, died suddenly just before his third birthday. In the months following his death, Jeannette and her friends and family began making ceramic wind chimes – the first Ben's Bells – in her backyard studio. Being surrounded by supportive people and working with clay toward a common goal was therapeutic for her family and their healing.

During this time, Jeannette learned how a small act of kindness could make such a difference in a person's life, no matter their background. She wanted to find a way to teach others about the impact of intentional acts of kindness, and so the idea for Bell came to life. Jeannette and her friends made four hundred Bells and randomly distributed them in the Tucson community on the first anniversary of Ben's death. Through these Bells, she had found a way to pay forward the kindnesses that had been shown to her.

This started a powerful ripple effect. People who found the Bells shared their own stories of grief and healing and hope. The local newspaper printed the story on the front page. School groups and businesses and individuals started calling to see how they could get involved and soon, thousands of Tucsonans were helping to craft Ben's Bells.

Since 2003, Ben's Bells has been operating as a nonprofit, growing kindness education programs, and continuing to distribute thousands of Bells every year. Today Bells are found all over the world and our free kindness education programming has reached *over 1.6 million* students.

January Birthdays

First Name Last Name Birthday

Bob	Williams	January 01
Kylene	Joplin	January 02
Marya	Dalrymple	January 05 Over 90
Jan	Schoeben	January 05
Glenn	Steinacker	January 05
Bill	McKinley	January 07
Dorothy	Sauder	January 07 Over 90
Dale	Honermann	January 08
Thomas	Spurlock	January 09
Fred	Searle	January 10
Don	Bradford	January 12
Bill	Entwistle	January 12
Bruce	Nylund	January 12
Charles	Anderson	January 13
George	Pike	January 14 Over 90
Martha	Ashton	January 17
James M	Van Valen	January 17
Jock	Carter	January 20
John	Jackson	January 20

January Birthdays

First Name Last Name Birthday

Vicki	Chvala	January 21
Lee	Neuman	January 21
Kristine	Sells	January 21
Jennie	Yanamura	January 21
Judy	Clark	January 23
Rick	Myers	January 23
Maureen	Brealey	January 24
Carolyn	Blomeke	January 25
Tom	Dierken	January 25
Linda	Freeman	January 25
Marie	Valade	January 25
Bruce	Campbell	January 26
Gerry	Appleton	January 27 Over 90
Carol	LeClair	January 27 Over 90
Barbara	Platte	January 17 Turning 90
John W.	Green	January 28
Nancy	Thies	January 28
Michael	Schoeben	January 29
Judy	Christensen	January 30
Cheryl	Stepp	January 30
Joanna	Miller	January 31
Marita	Ramsay	January 31

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Valley Presbyterian Church January 2024

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy New Years Office Closed	2 9:00am Women's Ministry Coordinating Team 9:30am Prayer Ministry 1:30pm Buildings & Grounds	3 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercise 10:00am Chair Exercise Class 2:00pm Valley Ringers 3:00pm Choir Rehearsal	4 9:00am Planning Committee 1:00pm The Book- Story of God 3:00pm Line Dance Class	5 9:00am Parkinson's Chair Exercise 9:30am Stephen Ministry Training	6 8:00am Communion Prep
7 Food Bank Sunday 9:30am Worship Service 9:45am Children's Sunday School	8 9:00am Parkinson's Chair Exercise 9:00am Patio Sale Coordinating Team 9:30am Valley Fiber Arts Guild 10:00am Fellowship Committee 1:00pm Bible Reflections	9 8:45am Mission Committee 9:00am Cardio Drumming 9:30am Prayer Ministry 9:30am Faith Formation 2:30pm Joyful Spirit Ensemble	10 9:00am Deacon Meeting 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercise 10:00am Chair Exercise Class 10:00am Personnel Committee 1:00pm Membership & Outreach 1:00pm Miriam Circle 2:00pm Valley Ringers 3:00pm Choir Rehearsal	11 8:00am Patio Sale Sort 1:00pm The Book- Story of God 3:00pm Line Dance Class	12 9:00am Parkinson's Chair Exercise 9:00am Stephen Ministry Meeting 9:00am Stephen Ministry Training	13 8:30am Mission Breakfast- Valley Assistance 2:00pm Music in the Valley- Let's Go to The Movies
14 Mission Sunday Nogales Crossroads 9:30am Worship Service 9:45am Children's Sunday School 11:00am New Members Class	15 9:00am Parkinson's Chair Exercises 9:00am Mission Quilters 1:00pm Bible Reflections 1:00pm Women's Ministry Lunch Prep 3:00pm Ruth Circle	16 9:00am Cardio Drumming 9:30am Prayer Ministry 10:00am YOGA with Josie 11:30am Women's Ministries Gathering Luncheon 2:30pm Joyful Spirit Ensemble Rehearsal	17 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercise 10:00am Chair Exercise 10:00am Finance Committee 12:30pm Worship Committee 2:00pm Valley Ringers 3:00pm Choir Rehearsal	18 1:00pm The Book-Story of God 3:00pm Line Dance Class	19 9:00am Parkinson's Chair Exercise 9:00am Stephen Ministry Training	20 9:00am Brad Monroe- Rhythms of the God Life
21 YOTO Sunday 9:30am Worship Service 9:45am Children's Sunday School 11:00 am New Members Class	22 9:00am Parkinson's Chair Exercises 1:00pm Bible Reflections	23 9:00am Cardio Drumming 9:30am Prayer Ministry 10:00am YOGA with Josie 2:30pm Joyful Spirit Ensemble Rehearsal	24 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercise 10:00am Chair Exercise 1:00pm YOTO Card Making 2:00pm Valley Ringers 3:00pm Choir Rehearsal 6:00pm True Concord Rehearsal	25 8:30am Session Meeting 1:00pm The Book-Story of God 3:00pm Line Dance Class	26 9:00am Parkinson's Chair Exercises 9:00am Stephen Ministry Meeting 9:00am Stephen Ministry Training 12:00pm True Concord Concert	27
28 9:30am Worship Service 9:45am Children's Sunday School	29 9:00am Parkinson's Chair Exercises 9:00am Mission Quilters 1:00pm Bible Reflections 2:00pm Foundation Meeting	30 9:00am Cardio Drumming 9:30am Prayer Ministry 10:00am YOGA with Josie 1:00pm NOC Meeting 2:30pm Joyful Spirit Ensemble Rehearsal	31 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercise 10:00am Chair Exercise 2:00pm Valley Ringers 3:00pm Choir Rehearsal			