

Valley Voice

Thoughts for the Journey

Dear Friends,

There are always words of wisdom we can glean from others who have been on the forefront of the Christian endeavor with their lives. This month I offer you several from Dietrich Bonhoeffer and Viktor E. Frankl.

Dietrich Bonhoeffer:

- ✧ "We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer." *Letters and Papers from Prison*
- ✧ "Cheap grace is the grace we bestow on ourselves. Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, Communion without confession...Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ, living and incarnate."
- ✧ "Judging others makes us blind, whereas love is illuminating. By judging others we blind ourselves to our own evil and to the grace which others are just as entitled to as we are." *The Cost of Discipleship*
- ✧ "Music...will help dissolve your perplexities and purify your character and sensibilities, and in time of care and sorrow, will keep a fountain of joy alive in you."

Viktor E. Frankl: "Man's Search for Meaning"

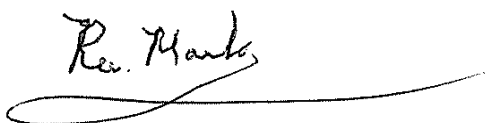
- ✧ "When we are no longer able to change a situation - we are challenged to change ourselves."
- ✧ "Everyone has his own specific vocation or mission in life; everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced, nor can his life be repeated, thus, everyone's task is unique as his specific opportunity to implement it."
- ✧ "A human being is a deciding being."

Holy Scriptures:

- ✧ Psalm 49:3 "My mouth shall speak wisdom; the meditation of my heart shall be understanding."
- ✧ Psalm 51:6 "You desire truth in the inward being; therefore teach me wisdom in my secret heart."
- ✧ Job 12:13 "With God are wisdom and strength; he has counsel and understanding."

As we move through these summer months, let us remember that the wisdom of God keeps us attuned to the Creator's ways. Remember, even when you go on vacation the church does not. Be safe, and traveling mercies wherever you go. Blessings.

Yours in Christ,



Rev. Mark A. Medina, Transitional Pastor

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The Valley Voice is published each month. Please submit articles for consideration to notices@valleypres.net by the 15th of the prior month. Articles may be edited for style, length and content.

Christmas in July

Have you ever noticed that there is little or no time to enjoy Christmas movies during Advent season because of all the hustle and bustle? Why not take some time this summer to cool off and watch some holiday DVDs.

The DVDs can be found in the rotating rack in the VPC Library.

ADVENT/CHRISTMAS DVDs

NON-FICTION

A clear view of the birth of Christ.

Great people of the Bible: Jesus: his birth & ministry.

The star of Bethlehem.

DRAMA

The Christmas blessing.

The Christmas card.

Christmas child.

The Christmas miracle of Jonathan Toomey.

The Christmas shoes.

The fourth wise man.

The homecoming.

The house without a Christmas tree.

The gathering.

Homeless for the holidays.

The Nativity story.

A song for the season.

Thank You from Gay

Thank you so much for the beautiful reception, the outpouring of good wishes, warm and loving cards and generous monetary gifts. I was overwhelmed by your kindness! It was an honor to serve this congregation and I will miss all of you. I am excited for my next chapter in my new life of retirement. My sincere wish for you is good health, good friends, true happiness and an abundance of laughter.

In closing, I would like to share the following scripture:

Proverbs 17:22 (NIV)

²² A cheerful heart is good medicine, but a crushed spirit dries up the bones.

I thank God for every single one of you!!

Blessings,
Gay

Lessons from a Study Leave

At the end of May, I took a one-week study leave. In the Presbyterian denomination, pastors are blessed with at least two weeks of study leave (in addition to four weeks of vacation). It is a wonderful time for the pastor to rest and rejuvenate.

I read several books during this time. The following I recommend to you and are in our church library.

The Making of Us: who we can become when life doesn't go as planned by Sheridan Voysey. The author was trying to find direction in his life and set off on an eight-day hiking pilgrimage on the coast of Northeast England. This book fed my soul.

As the author said in the introduction: There are times that can "leave us disillusioned and confused. But they can also lead to the finest treasures. Because when life as we know it ends, new adventures can begin. When identity is lost, we can discover who we really are. The adversity we despise can release our greatest gifts into the world."

Soul Seeing: Light, Love Forgiveness by Michael Leach and Friends. This book contains 56 short readings on looking at the ordinary and seeing the extraordinary. These readings "reveal the kindness in familiar faces, the divine in unexpected places, the sweetness in the sad, and the power in brokenness."

I also finished a book called *Mudhouse Sabbath* by Lauren Winner, a woman who grew up Jewish, but converted to Christianity while in college. As she followed Jesus, she began to miss some of her Jewish practices. This book is her way of taking these Jewish practices and applying them to Christianity. I have read this book three times.

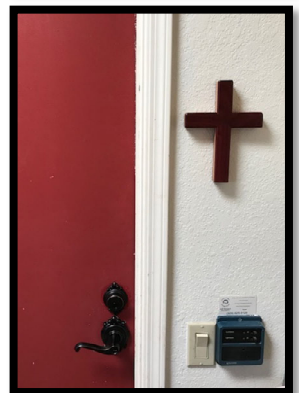
The chapter I focused on during my study leave was called Doorposts (the Jewish word is Mezuzah). Jews attach scripture to their doors or door frames by placing the scripture in a mezuzah. The mezuzah lets people know this is a Jewish home, but also helps the occupant of the home remember this is sacred space.

As a result of this study, I nailed a Christian mezuzah on the doorpost of my front door. So when people come to my house, they will see this:



I also placed a cross on the wall inside my garage next to the door that leads from the garage to the kitchen. This is my personal entrance. The cross was made by Ed Truitt out of wood from Larry DeLong. I am learning to notice this cross to remind myself I am entering sacred space.

I pray you will look for ways to feed your soul, whether it is reading one of these books, finding a great devotional, journaling, or meeting with some friends for prayer and study. Who knows? Maybe you will put a Mezuzah on your doorpost, too.



Diane

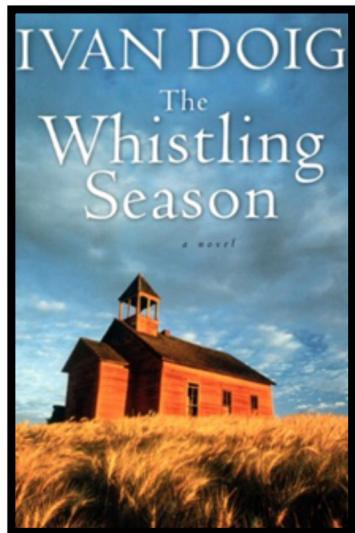
Rev. Diane Christopher, Pastor of Discipleship

Valley Galley Summer Schedule

The Valley Galley will be open this summer on Tuesdays and Thursday from 7:00 to 9:00 a.m. Come by and have your coffee, iced drinks and donuts, but the best is conversation with friends. Come see us !!

Valley Readers

Monday, July 22
2:00 p.m. in Classroom 1



The first words in an ad offering the services of housekeeper Rose Llewellyn are “Can’t cook but doesn’t bite.” The ad goes on to promise an exceptional disposition, but Rose also whistles – all the time. The impact that she and her brother, who takes over the one-room schoolhouse, have on the 1909 Montana region where this story is set is far-reaching indeed. Doig is a master at depicting the west and this is one of his best, in many critics’ estimation. Join us for a discussion of this work led by Shari Jennings. Please contact Anne Morrison for additional information at 520-399-0762.

Women’s Ministries

Submitted by Janice Potter

Presbyterian Women In The Synod of the Southwest
Oct. 4-6, 2019

Redemptorist Renewal Center, Tucson, AZ

Keynote speakers, Rev. Leslie Vogel and Joy Durrant, will present a program which “Builds Bridges of Understanding” relating to Native American and immigration issues. Rev. Vogel is the Regional Liaison PCUSA for Guatemala and Mexico. You are invited to knit or crochet caps for the Mayan children who live in the mountains of Guatemala. Rev. Vogel will take them back with her.

Joy Durrant serves as Vice-Moderator for the PCUSA Justice and Peace Committee.

The Synod offers fee plans for full-time, one-day attendees, and commuters. Meals will be served buffet style to satisfy most special diets.

Please pick up a registration form soon, for they need to be received by the Synod Treasurer before August 15. The Women’s Ministries table will be open on July 7 to answer your questions.

Patio Sale Pick-Up Summer Schedule:

July – July 5 & 19

August – 2, 16 and 30

In September, Friday pick-ups will resume on a weekly basis.

Patio Sale Dates for 2019

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

Sorting: July 18, August 15, September 12,
 October 10, November 7, December 19

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

Annual Fourth of July Picnic at VPC

Sunday, July 7 in Fellowship Hall immediately following worship

What would July 4th be without our annual picnic at VPC?

On Sunday, July 7 we will again celebrate a picnic/brunch immediately following our worship service with hotdogs, baked beans, and potato chips in Fellowship Hall. And as always, you can even make your own ice cream sundae for dessert!

The Fellowship Committee is hosting this event again at no cost to you! All we ask is everyone to be in the spirit of the holiday, honoring our country.



Wear something patriotic; red, white and blue. Enjoy a hotdog or hamburger and build your sundae. Have some fun! Enjoy the fireworks! Most of all, enjoy the fellowship!

Plan on coming to our annual picnic/brunch in Fellowship Hall immediately after church on July 7 and having fun!!!



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

Join our November 7 trip to see, firsthand, the wonderful mission happening in Nogales, Arizona at the St. Andrew's Episcopal Church. On the first Thursday of every month, volunteer doctors, nurses, and helpers will examine, diagnose and treat children for whom care in Mexico is not available or affordable. The tour will start at 10:00 a.m. and will last about 1 hour. To sign up for this mission trip, contact Kay Brouwer 573-552-2313 or kkbrouwer1942@gmail.com. More about this tour will be in a fall Valley Voice.

St. Andrews' Clinic is gearing up for the Cleft Palate Clinic on October 5-9. Laura and her staff are busy making plans and fundraising. Children needing surgery will be taken to Hermosillo, Sonora, Mexico where trained and skilled doctors will perform the necessary surgeries for 50 to 60 children. After initial surgery and healing, more surgeries are required to re-construct the mouth and jaw. Mexican children suffering from this birth defect can look forward to a happier smile and acceptance in the community. If you want to donate to this mission project, contact St. Andrew's Children's Clinic, PO Box 67, Green Valley, AZ 85622-0067. Or you may contact Kay Brouwer at the above phone number or email address.



News of Note

By Jamie Reed



Here goes: My first official “News of Note” article. While I’m not at all comfortable talking about myself, some interesting church facts about Jamie might be a fun place to begin! These may give you a little more understanding as to why church music was in my blood from day one!

- Born on Easter Sunday at 11:08 am: Due to my impeccable timing, my mom, choir director for Orchard Methodist in Michigan, had to have her sister sight read the Easter cantata.
- Started piano lessons at age four. First teacher was Vernon Smitley, my mom’s organ teacher. Mom bought Beethoven’s 5th for my first piece to learn. No pressure, Jamie.
- Learned how to sight read from a hymnal.
- My father passed away when I was seven years old and my twin sisters were five. The chancel choir at Orchard Methodist became our surrogate parents. I still think of them as such.
- My 93-year-old Grandma likes to remind me that she had a live donkey walking the aisles on a Palm Sunday at Orchard! Then, the next sentence would be about her playing the Michigan State fight song in church.
- 36 years after I was practically born at Orchard, I took over as Director of Music, once again surrounded by those same surrogate parents.

Here we are, years later. I leave Michigan, family in tow, leaving my church family behind (well, physically, but they are always with me in other ways), and end up in Arizona. I had no idea I would fall in love with this part of the country as fast as I did.

Fast forward to May 2019, when I visited Valley Presbyterian on Joel’s last Sunday. As I was waiting for the service to begin, I had an opportunity to take in the physical beauty of the church, not to mention that spectacular view! The minute the service began I knew I was in a Special place. The choir processing was powerful, grabbing me immediately. Then, they sang and I knew I wanted to be a part of this family. The love you all have for Joel and his gifts are beautiful. I knew I was in a Special place.

Three weeks in, and I am enveloped by the Special that is Valley Presbyterian. It is slightly overwhelming to begin a new position on a Sunday morning. You have a little over an hour to meet, trust, and make music together. That first Sunday I knew we could do it. Not only could I hear and feel the choir’s energy, but their eyes! Eyes that radiated the love and compassion for music and singing. While the choir is one Special that drew me in, Wes has also been a constant collaborator and gift. His knowledge and musicianship is exciting to me. It’s just the beginning, and I am so eager and excited to continue growing with this incredible group of talent. Thank you for accepting me with open arms. I know I am in a Special place.



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.



Faith Formation

The Inquisitors

The Inquisitors will be on break for the summer, and will resume on September 20.

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 "Be Diligent," Warren Wiersbe's commentary on the Gospel of Mark. A group of six men meet in the Media Room of the Silver Springs Retirement Community for fellowship and study and an all-around lively discussion. Anyone interested may join. Dave Tompkins is the leader (399-3500). **This group will not meet June thru August.**

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 John's Epistles 1, 2, and 3. 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. **This group will not meet from May 29 thru September 4.**

Happiness in Retirement

Thursday, July 11 at 10:00 a.m. in Classroom 5

On July 11, we welcome Byron Thompson to VPC. During his career as a Dale Carnegie franchisee, Byron trained over 25,000 people in the skills needed for successful living. And it doesn't have to stop with retirement, he says.

Based on his book *Sea Change: a story about realizing your dreams in retirement*, Byron will help us uncover the keys to living a richer, fuller next chapter of life. Please invite your neighbors and friends to this entertaining hour. There will be a free-will offering.

What the Heck Do I Believe????

Mondays, July 8, 15, and 22 at 1:00 p.m. in Classroom 5 at the church

When I (Diane) went through the ordination process, one of the things I had to do was write a one-page Statement of Faith. It was hard! I knew in my heart what I believed, but to articulate it is 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."

Linda Freeman and Pastor Diane will help you find words to describe what you believe, and explore how your beliefs shape your responses to the world. We guarantee this class will be fun and practical!

More Blog Readers Wanted (13 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.

How do adults learn?

A few weeks ago I (Kristi) attended a second training about Community Health Evangelism (CHE), along with two colleagues from South Sudan. We spent the week discussing how to effectively teach people in a way that they would connect and respond to, and also the vision for promoting spiritual growth and physical well-being in the community.

A real focus for CHE is on empowering communities or groups to identify and resolve their own problems. With this goal in mind, the trainer always seeks to ‘facilitate,’ to help people discover truths and solutions rather than just presenting answers. The goal is that the focus always be on the participant, not the teacher. Therefore, discussion, practical activities, or group work are always a part of any ‘lesson’ that a facilitator presents. We studied how the learning process is different between adults and children, including the importance of letting adults identify and own their own problems and be challenged to find solutions, rather than simply being told what to do. We looked together at Jesus’ interaction with the woman at the well (John 4), and how he asked her questions and prompted her curiosity, rather than just telling her the spiritual truth he wanted her to believe.

My colleague, Elijah, recently visited the town of Aweil, in the north-western part of South Sudan. While there, he visited a small rural congregation that started about two years ago. As is common in this culture, the congregation took the opportunity of having a visitor from the capital city to present their list of ‘needs.’ They needed a building and, in the mean-time, a large plastic sheet to worship under, they needed help getting land, chairs to sit on, instruments for worship, etc. As Elijah told me the story, he said “I decided to use CHE principles!” He listened to their request, and then challenged them to consider what resources they had and what problems could be resolved without appealing to the denominational leadership in Juba. “There are some things that you need help with, but you can not expect the denomination to meet every need,” he told them. The congregation realized that they could get the plastic sheet for a temporary building in their area, and that they could make bricks for a building. The local government also affirmed the positive impact that the church has had in the community and allocated a piece of land for them – they only required about \$300 for finalizing the legal registration of the land. Elijah, encouraged by the significant work that the local pastor has done in evangelizing and helping the community, was able to give a personal contribution from his family towards the land registration, further motivating the congregation in carrying on the work. And, to top off the story, the congregation never realized that Elijah is from a tribe that has experienced a lot of conflict with their tribe. I was excited to hear that Elijah didn’t wait for a ‘project’ or a designated training to share what he had learned. *(continued next page)*



Elijah visiting the church in Aweil

It is always helpful to be challenged to try doing things in a different way. As we seek to promote God's shalom, well-being, and salvation in our churches and communities in South Sudan, we know that it will not be easy. We are grateful for the principles of CHE, which always focus on community and its members as the owner and driver of any change that happens. We trust that God will guide and use us in the difficult but sacred process of learning and walking together with community leaders as we pray for God's transformation in South Sudan.

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

Exciting News Alert - Bob and Kristi Rice (PCUSA Missionaries)

Submitted by Doug Clark



Bob and Kristi Rice are missionaries assigned to South Sudan. Bob is also an instructor in Theology, Biblical Studies and Ethics at the Nile Theological College in Juba, South Sudan. Kristi serves as an economic and development advisor for the South Sudan Presbyterian Evangelical Church.

They will be spending some time this year on furlough and are planning to spend the weekend of November 1-3 in Green Valley, visiting Valley Presbyterian Church. **They will be featured at our Mission Breakfast on Saturday, November 2 and will preach on Sunday, November 3.** Their hope is for the members of VPC to have the opportunity to learn more about the work of the church in South Sudan. They also look forward to getting to know us better as a church and hearing the unique ways that we are ministering to those in the church and community.















To compliment Chris's article (page 14-15) about medications, I compiled a list of apps for your smart phone that track medications. Each app will have different features, but try a few of them out and see if one meets your needs. Look for whether the app can do some of the things Chris suggested. Can it track the generic name in addition to the brand name? Will it allow you to enter in the dosage, as well as when and how to take the medication? Does it have an alarm to remind you? Will it store an image of the label and/or pill so you can refer to it if your doctor or pharmacist has any questions? These are some of the features I would look for in an app. And, of course, I would see how easy it is to set up and use. Some may cost money to have the full version but you should be able to try out a version of the app for free, and some apps may be completely free. Here are some apps that track medications (in no particular order): CareZone, Medisafe, MyTherapy, Dosecast, MedHelper, MyMeds, PillPack, E-Pill, Care4today, MyMedSchedule, and Medica. If the app doesn't already have this feature built in, I would still take a snapshot of the label of each of your meds and keep that on your phone so you can refer to it if there are any questions.






SPECIAL BIRTHDAY MILESTONES!

Special birthday greetings to Jane Rogers (7/19) as she celebrates her **100th birthday** this month.



Sun	Mon	Tue	Wed
	1 9:00 Parkinson's Exercise 9:00 Peace & Justice Resource 10:00 Chair Exercise Class  Emilee Erickson	2 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 8:30 WM Coordinating Team 9:30 Prayer Ministry 1:00 Pastor Nominating Committee 2:30 Joyful Spirit Ensemble	3 9:00 Parkinson's Exercise 10:00 Chair Exercise Class
7 Communion Food Bank Collection 8:30 Adult Sunday School 9:00 Worship & Communion at LaJoya 9:15 Kids Room 9:30 Service of Worship  Ruth Deobler, Isaiah McDonald	8 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Faith Formation Committee 1:00 What the Heck Do I Believe?	9 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:00 WM Coordinating Team 9:30 Prayer Ministry 10:00 Memorial & Reception: Helen Fuller 1:00 Pastor Nominating Committee 2:30 Joyful Spirit Ensemble  Barbara Beyer	10 8:15 Crossroads Mission 9:00 Parkinson's Exercise 10:00 Chair Exercise Class  Mary Ann Johnson
14 Just Coffee 8:30 Adult Sunday School 9:15 Kids Room 9:30 Service of Worship	15 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Fellowship Committee 1:00 What The Heck Do I Believe?  Paula Chervenka, Lorna Kitchak, Julie Pryor, Shirley Younker	16 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:30 Prayer Ministry 1:00 Pastor Nominating Committee 2:30 Joyful Spirit Ensemble	17 8:15 Crossroads Mission 9:00 Parkinson's Exercise 9:30 Finance Committee 10:00 Chair Exercise Class  Howard Brown
21 8:30 Adult Sunday School 9:00 Worship at La Joya 9:15 Kids Room 9:30 Service of Worship  Beth Phillips, Marilyn Walters	22 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:00 What The Heck Do I Believe? 2:00 Valley Readers  Ann Ball, Pat Heinhuis	23 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:30 Prayer Ministry 1:00 Pastor Nominating Committee 2:30 Joyful Spirit Ensemble	24 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 2:00 Card Making for  Marian Coberly, Roy Romstad
28 Just Coffee 8:30 Adult Sunday School 9:15 Kids Room 9:30 Service of Worship	29 9:00 Parkinson's Exercise 10:00 Chair Exercise Class  Kay Brouwer	30 8:00 Men's Bible Study (Silver Springs) 8:15 STAFF MEETING 9:30 Prayer Ministry 1:00 Pastor Nominating Committee  Marcy Dart	31 9:00 Parkinson's Exercise 10:00 Chair Exercise Class  Jeane West

Thu**Fri****Sat**

	4 FOURTH OF JULY	5 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class  Ruth Bishop, Arleen Boyuls, Ross Bright, Jo Huntsinger	6 8:30 Communion Prep  Don Bahnick, Dan Gnau
Lunch Prep	11 10:00 Realizing Your Dreams in Retirement 1:00 Personnel Committee  Ann Bont	12 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 Stephen Ministers Continuing Education 10:00 Chair Exercise Class 10:00 Gratitude Affirmation Prayer  Don Brooks	13
Lunch Prep	18 8:00 Patio Sale Sorting 1:00 Alzheimer's Caregivers	19 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Parkinson's Board Meeting  Verla Bakker, Leah Bohor, Cynthia Krantz, Jane Rogers, John Vold	20  Doris Steffy
YOTO	25 8:30 Session Meeting	26 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 10:00 Chair Exercise Class  Phyllis Moore	27
<div>July 2019</div>			

Session Notes from May

Submitted by Charlie Ashton, Clerk of Session

- Approved Spiritual Life Center roof repair (\$7,800.00), Sanctuary and Spiritual Life Center bulb replacement (\$1,004.23), and church grounds project (\$ 3,500.00) expenses.
- Approved Annie Stitt and Ken Frahm as members of the Foundation Board to expire 2022.
- Approved the adjusted budget.
- Liz Haynes elected as President of the Foundation.
- Elder Rudy Sweisfurth expressed great satisfaction with the work of the Search Committee for the positions of Interim Organist and Accompanist, and Interim Choir Director. Session expressed thanks and deepest appreciation for the work of this committee.

A Letter to VPC

Dear Green Valley Presby Members,

Thank you so much for all you do for us Parkinson's people – the space, the special handicapped toilets, the button push doors, the chairs, the extra work and kindness.

Just one of many PKP's,

Jerilyn L.

God Works in Many Ways Operation Mobilisation - Dave and Pam L.

Submitted by Doug Clark

An example of the power of prayer from Pam and Dave L.

We were speaking on the OM Ship LogosHope in Vera Cruz, Mexico to about 300 pastors and leaders this year to help mobilize them in God's mission to bring the Gospel to the least reached. The response was overwhelming.

One of the pastors' wives heard Pam and realized this was the same person she had read about in the book "True Grit" in Spanish, and that she had been praying for her for seven years. She contacted someone on the ship and asked if she could meet Pam.

Later, when she met Pam, she told Pam that ever since reading her testimony, she had been inspired and had been praying for her for seven years.

Pam was deeply moved to both tears and joy, and was grateful that she could meet this dear sister in Christ. Pam also found that this sister was from a small village, just like Pam who also grew up in a farming community. She also told us that she and her husband plan to serve God as missionaries. Please pray for them to shine as lights for Christ in Mexico and beyond.

Solar Power System Status Report

Submitted by Donald Brooks (520-399-3959 – dxb38@cox.net)

VPC Solar Power System Status: The Solar Power System was commissioned on May 25, 2018. We now have data reflecting the power production for a full year: June 1, 2018 thru May 31, 2019. The system has performed spectacularly well for that period of time. The following chart reflects system performance and electrical cost savings (bear in mind, there were no up front costs to the church for this system).

1st Year Production *kWh	System Guarantee *kWh	Production vs. Guarantee	1st Year Power Cost <i>June 2018 thru May 2019</i>	Prior Year Power Cost <i>June 2018 thru May 2019</i>	1st Year Power Savings
112,566	105,235	106.97%	\$ 15,840.80	\$ 19,666.03	\$ 3,825.23

We currently have 7,810 kWh Net Metering Credit (worth approximately \$1,171) with Tucson Electric Power which should provide a good electrical cost cushion for this summer.

*kWh – kilowatt-hour

More New Faces (Staff) at Valley Presbyterian Church



Bob Lopes

We want you to meet our two, new, part-time custodians. You will see them working both inside and outside of the church this summer. Please take the opportunity to welcome them and make them a part of our church family.



Isaiah McDonald



Congregational Care

Medical Minute: Water



Many older adults don't feel thirsty until they are already dehydrated.
Stay hydrated in our hot season.

During Monsoon, a foot of moving water can sweep your vehicle away, while only six inches can knock you off your feet.





Congregational Care

Medications – Can I Ask Questions?

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

Working in our family pharmacy for 15 years, I discovered a long time ago that there were too many individuals taking way too many medications. Growing up in the family pharmacy, and as a nurse, my assessments included and focused on medications and medication safety. We hear the opiate concern and addictions of pain prescriptions in the news. Many more regulations are appearing to start to work with this huge concern.

Updating your medication list and knowing when to take them is essential. There are many apps, online resources, and even medication boxes that will alert you when you should take your medications, however, if they are not loaded right or entered in right according to dosage and timing that poses a great safety risk. Know the generic name and trade name. It is easy to mistake Lasix and Furosemide which are the same medication. This can pose a risk if you enter these both in an app or your own medication box. There are now pharmacies that will use medication blister packs that will actually fill your medications in quantities when they should be taken, and you just open that blister for that day/time of day.

We should not become a “take this for that” generation. When that starts, we see side effects and contraindications. Our National average of medications taken is usually 3-5 medications a day. Here in our area of Green Valley, it is usually double that, about 6 -10. I have seen up to 30 medications prescribed to one individual at the same time. Medication safety is now more important than ever.

Tell your health care providers (including dentists and pharmacists) all the medicines you take, even over-the-counter medications, each time you visit them, along with your allergies and any problems/reactions you have had with medicines.

For any new medications, here are some questions you should be asking:

- What is the name of the medicine and why am I taking it?
- How many times a day do I take it? At what times?
- Should I take the medicine with or without food?
- Is there anything I should not eat or drink when taking this medicine?
- What does “as needed” mean?
- When should I stop taking the medicine?
- If I forget to take my medicine, what should I do?
- What side effects can I expect?
- What should I do if I have a problem?

Try to have all your prescriptions filled at the same pharmacy so your records are in one place. If you do not use just one pharmacy, show each pharmacist your list of medicines, including over-the-counter medications, when you drop off your prescription.

When you have a prescription filled:

Tell the pharmacist if you have trouble swallowing pills. There may be liquid medicine available. Do not chew, break, or crush tablets without first finding out if the medication will still work. Make sure you can read and understand the name of the medicine and the directions on the container and on the color-coded warning stickers on the bottle. If the label is hard to read, please ask your pharmacist to enlarge the print on the label. Check that you can open the container, if not please discuss this with your pharmacist. Ask about special instructions for where to store a medicine. *(continued on next page)*



Congregational Care

Check the label on your medicine before leaving the pharmacy, to make sure it has your name on it with the directions given by your doctor. A few other tips include:

- Keep a current, up-to-date list in your wallet/purse and one at home. The list should include: name of each medicine, physician who prescribed it, reason it was prescribed, amount you take, and the time(s) you take it. Certain medication cannot be taken with others, always check with your pharmacist about the time a medication can be taken.
- Read, and save in one place, all written information that comes with the medicine.
- Take your medicine in the exact amount and at the time your physician prescribes. Call your physician right away if you have any problems with your medicine or if you have any concerns.
- Do not skip doses of medication or take half doses to save money. Talk to your physician or pharmacist if you cannot afford the prescribed medicine. There are usually prescription assistance programs that may help if you qualify.
- Avoid mixing alcohol and medicine.
- Do not take your medicine in the dark.
- Check your expiration dates on the medicine bottles. Expired medications may be disposed of at the Sheriff's department in Green Valley.
- The Envelope of Life is a form from the Green Valley Fire District that an individual can fill out, listing their medication(s), emergency contacts, and health record. This is kept on the refrigerator, and can be used for medical information during an emergency.

Faith & Health and Parish Nurse News

Mark your calendars for SHIM® Stay Vertical Day on Monday, September 23 at VPC from 9 a.m. - 3 p.m. Healthcare providers from Phoenix and the local area will speak on this day, lunch will be provided to those who attend.

Blood Pressure Screenings: You may have your blood pressure taken during the week by appointment with the Parish Nurse. Please make appointments through the church office. **The Sunday blood pressure screening clinics will resume in September.** Blood pressure clinics are done right after Sunday worship services in the Sweet Family Room. Watch the bulletin in September for more details.



Movement & Exercise Classes Here at VPC:



- **Parkinson's Support/Exercise** meets Mondays, Wednesdays, and Fridays, 9 - 10 a.m. For more information, contact instructor Mia Cooper at 204-5264.
- **Chair Exercise** classes are on Mondays, Wednesdays, and Fridays, 10 - 11 a.m. There is a fee. For more information, contact instructor Mia Cooper at 204-5264.

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



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



Valley Presbyterian Church

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

Pastors

Rev. Mark A. Medina,
Transitional Pastor
Rev. Diane Christopher,
Pastor of Discipleship
Rev. Joe Hawkins,
Pastor Emeritus

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

July 7	The Places God Takes Us in Life and Faith	Rev. Mark A. Medina
July 4	A Forge-Edge Life	Rev. Diane Christopher
July 21	A World of Distractions	Rev. Mark A. Medina
July 28	Praising God	Rev. Mark A. Medina

La Joya at La Posada

9:00 a.m. at La Joya

Communion served on the first Sunday of each month

July 7	Rev. Diane Christopher and Marti Long
July 21	Rudy Sweisfurth



Promoted to Glory



May 21	Gil LeClair
May 31	Jane Brownlee
June 3	Charles H. Morris
June 8	Helen Fuller
June 21	Fred Landenberger

Financial Update

Submitted by Annie Stitt

(Based on financial data through May 2019)

The Finance Committee met on June 19. This was a positive meeting for a change because as of May 31, 2019, we are maintaining a positive bottom line of \$72,159 compared to last year's deficit at May 31, 2018 of (\$10,645).

Year-to-date, the revenues are up a little less than 1% as compared to year-to-date budget and expenses are also less than year-to-date budget by a little over 25%. Results are shown below:

	<u>Year-to-Date</u>	<u>Budget</u>	<u>Variance</u>
Revenue	\$392,697	\$390,238	\$ 2,459
Expense	\$320,538	\$334,729	\$ 14,191
Net income (loss)	\$ 72,159	\$ 55,509	\$ 16,650

We also sent to session a list of the approved signatories for the credit card. We have reviewed the usage of giving envelopes and have delayed any decision for 2020 to the next meeting. Any input that you may have on the use of giving envelopes would be appreciated to add to the discussion for the July meeting.

At our July meeting we will be looking at a budget adjustment proposal to the Session to reflect changes that have occurred this year and a better projection of the anticipated revenues.