

Valley Voice

Beyond Our Walls

Valley Presbyterian Church, since its founding has reached out to help others – in our immediate community, in the world.

Part of being a church – a fellowship – means that we act in two ways: when VPC does something, we each participate in it by association; when one of our family does something, VPC does it by association.

This is particularly true of mission: VPC supports a range of organizations that serve people directly through our corporate mission giving (allocated by the Mission Committee), and when Valley does that, it does so on your behalf. In the same way, many of you support worthy causes, some by giving through the church, some directly, and we as Valley participate through those gifts, too.

While Valley's budgeted support of mission causes is currently limited to the net proceeds of the Patio Sale, a tithe (10 %) of each bequest we receive is customarily added to the funds we distribute to mission, plus all gifts directly restricted to mission work. That means that for 2015, while budgeted mission funds were \$68,000, actual mission giving through VPC was over \$147,000.

For information on Valley's Mission Committee and the work it supports, see the Mission booklet available at the Welcome Centers and in the Church Office. (And the Mission Committee is always looking for new members!)



Larry

Rev. Lawrence R. DeLong, Pastor

Sunday Worship Services

Traditional Service of Worship - 9:30 a.m.

Sermon Series: The God Who Speaks

| | | | |
|---------|---------------|---|-------------------|
| June 5 | Larry DeLong | <i>God Speaks Through Creation</i> | Psalm 19:1-4 |
| June 12 | Paul Phillips | <i>God Speaks in the Silence</i> | Amos 8:11-12 |
| June 19 | Larry DeLong | <i>God Speaks Through People and Events</i> | Matthew 13:10-17 |
| June 26 | Larry DeLong | <i>God Speaks Through Scripture</i> | 2 Timothy 3:14-17 |

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Love Is Ageless

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

I believe it would be hard to live in a world where people did not practice hospitality. The Presbytery de Cristo has invited me to speak on "Practicing Radical Hospitality" during the combined August Presbytery meeting. It's a subject in which I'm deeply interested, whether I'm the host, or when someone receives me in Christ's love.

Robert Schnase, author of Five Practices of Fruitful Congregations, writes about the practice of radical hospitality in his opening chapter: Congregations "who take the initiative to invite, welcome, include, and support newcomers and help them grow in faith" are practicing radical hospitality. Their passion also extends to members: To nurture and grow those who already belong to the family of faith. Radical hospitality is one of the signs of a vibrant, growing congregation.

Christian hospitality is ultimately about love. It's about invitation, welcoming, and caring for those who are strangers, so that they might find a spiritual home. It's about how we express God's invitation to all, how we practice the gracious love of Christ and how we respect each other's dignity.

Jesus constantly challenged his disciples to go beyond the cultural boundaries in welcoming others. Newcomers often feel awkward when they come into a church for the first time. How do we ease their discomfort, help them, serve them, receive them, and support them?

Here at VPC we are blessed with members who practice hospitality every Sunday, serving others at the Welcome Centers, the Visitor's Table, the Information Table, or greeting one another in Christ's name.

May our congregational behavior continue to imitate the love of Jesus Christ.

Peace and blessings,



Rev. Paul Phillips, Pastor of Care

The Valley Voice is published on the first day of each month.

Submit articles for consideration to wendyk@valleypres.net by the 15th of the month. Submitted articles may be edited for style, length and content.



SUMMER VIEWING PLEASURE

Look for these new DVD items in the revolving media rack, which is located in the corner of the VPC Library.

A.D.: the Bible Continues
Belle
Bridge of Spies
Downton Abbey, season 6
He Named Me Malala
Jackie Robinson
MacFarland USA
The Martian
My Big Fat Greek Wedding
Out of Africa
The Pianist
Sarah's Key
Soul Surfer
Still Alice
Tea with Mussolini
A Walk in the Woods

And Then What Happened?

An Overview of Church History from the Book of Acts to Today

Thursdays at 1:00 p.m.

Beginning June 9 and for the next 5 weeks (6 weeks in total), Linda Freeman will lead a class that will gallop through the first 2,000 years of the church in the West. We will look at major turning points in the forming and development of the Western Christian church; be introduced to some important figures and facts; and pick up little details that remind us that people are people regardless of their place and time period. We'll look at how different worship styles developed, and review the debate about the best way to evangelize the "natives." People are invited to come to as many or few sessions as can fit into your summer schedules. Each week is pretty independent from the others. A brochure is available at the Faith Formation kiosk.

Come and enjoy learning about the history of our faith.

Session Notes

Session's new meeting format worked especially well in May as our Order of the Day provided a direct opportunity to work with the Board of Deacons. Deacons and Session shared a meal and worship, then addressed three particular areas where greater collaboration is sought: Extended Communion, Coffee Fellowship, and an informational document under development called the VPC Road Map (designed to be a guide for where to go to for information, assistance, or clarification). Deacon Moderator Jim Rusk divided us into three groups for discussion, followed by reports from each to the whole assembly. Much was learned, and grounds for better communication and support were laid. A combined Deacon/Session retreat was announced, to be held in October.

In its business, Session addressed a number of matters: voted to allow promotion of events held by outside groups in our facility; accepted the invitation of Presbytery to hold its October, 2017 meeting at our church; elected commissioners to the August 20, 2016 meeting of Presbytery (Marie Valade, Katie Sayre, and Jim Nelson); agreed to observe our summer break (no scheduled meeting in June or July); agreed to change our Congregational Annual Meeting to allow for informational forums and dialogue before the meeting proper; invited Revs. Valerie St. John-DeLong and John Dunham to assist on communion Sundays June-August (since Paul Phillips will be at La Joya); approved our pastors' salary and housing allowance allocations; and agreed to task Stewardship Area in Ministry to review and propose an updated Columbarium policy as well as Standing Rules of Session.

As always, copies of Session reports and minutes (after approval) are in Fellowship Hall.

Sunday Morning Adult Bible Study

Sundays at 8:45 a.m. in Classroom 5

“Repent! - The End is Near”

When you see this phrase - does anyone else picture a sidewalk preacher yelling while the crowds hustle past? I do. The Bible tells of quite a few prophets in the Old Testament with this or a similar message. One such prophet was Zephaniah. This fellow probably didn't preach from the sidewalks, and may have even been a member of the royal court. The Sunday morning Bible Study class will look at Zephaniah's oracles of coming catastrophic judgements against Jerusalem, and the promise of eventual salvation. Do these words impact our current world? Do they have meaning for us? Come and read, discuss, and learn more about our God. Everyone is welcome to come to one or more classes. A work book is provided.

Men's Weekday Bible Studies

Two church-sponsored men's groups meeting during the week would be glad to have you join them!

The first group meets on **Tuesday mornings at 8 a.m.** They are discussing the Warren Wiersbe series of books on Genesis. They are currently discussing the one entitled "Be Authentic," which covers Genesis, Chapters 25-50. A group of six-twelve men meet at the Old Chicago Deli in the Green Valley Mall for one hour for fellowship, food, study, and an all-around lively discussion. Dave Tompkins is the leader (399-3500).

The second group, with about seven-thirteen men attending each week, meets **Wednesday mornings at 9 a.m.** This group meets at the Church for one hour in Classroom 1. The group is facilitated by Larry Phillips (777-8027), but focuses on group discussion. They are studying Proverbs using the NavPress Life Change Series study guide. Join the group at any time to participate in the discussion or just to listen. In either case, your presence will be welcomed. Lessons are self-contained so feel free to join the group when able.



Exploring Membership Class

Thursday afternoons: September 6 and 13, 1-4 p.m.

Wednesday Evening: September 21, 6-7:30 p.m.

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

In this three-day class, you will explore the wonderful reasons to join a church, and what it means to be Presbyterian. You will discover all the different service opportunities this church has to offer. You will meet the pastors and leaders, and many others who give their time and talents to serve Christ through Valley Pres.

To register or ask questions, contact Diane Christopher at the church (625-5023) after August 14.



SPECIAL MAY MILESTONES!
Special birthday greetings to Marvin Grusing and Janet Landis
as they each celebrate their 90th birthday this month!



Women's Ministries Gathering

Submitted by Gee-Gee Smith, Moderator of Women's Ministries

We finished a very positive year with our May gathering. Much thanks to Martha Ashton, our outgoing moderator. She has led us well, and our numbers and level of activity have grown as well. I am stepping into shoes that are difficult to fill.

This coming year will bring new challenges and new excitement. The focus of each gathering will be based on a book from the Yada Yada Prayer Group book series by Neta Jackson. Our speakers and Presby Gifts will have a connection to the themes of that month's book. You don't have to read the series in order to fully participate, but the books are available in the church library, and the paperbacks are quite inexpensive online.

Neta Jackson and her workshop partner, Pam Sullivan Harvey, have agreed to lead our Women's Spring Retreat in 2017, so this article is a teaser to get everyone excited about reading the books and then meeting the author. God is working in a special way to shape the Women's Ministry in 2016-2017.

As we form new leadership for the Coordinating team, there are several positions that need volunteers:

- Julia Circle - a new leader, or at least a contact person.
- Historian/Current Events Bulletin Board.
- Knitting Coordinator - prepare knitting kits and offer assistance at the Creative Hands meetings on the fourth Tuesday of each month.
- Lunch Reservations - two women are needed to sell tickets for the luncheon gatherings the two Sundays before the gathering, and to prepare and give out name tags at the luncheon.
- The Women's Ministry table - four women are needed, one on each Sunday of the month. Gail Wight coordinates the schedule and will show each woman how to set up the table.
- Yada Yada Book Discussion coordinator - to make sure there is a facilitator each month. The books all have discussion questions at the end of the book, so planning is minimal.

This summer there will be two **Coordinating Team meetings** to help finalize the plans for next year. Any woman interested in helping is welcome. They will be **June 7 and August 2 at 8:30 a.m. in Classroom 1.**

Creative Hands will continue to meet the **last Tuesday of each month at 9 a.m.** throughout the summer. All handcrafters are welcome to attend.

TUESDAYS IN JUNE!

Brown Bag Lunches

Tuesdays at Noon in Classroom 3



This event will be facilitated by Marcia MacDonald.

Bring a brown bag lunch and join others who are looking to beat the heat.

If you would like to share a trip, or a book, or an experience with us, please email Marcia at Azmjm42@cox.net, or call her at 625-2838.

You don't have to share to participate. Just come and enjoy the fellowship.

From the Peace and Justice Resource Committee of Valley Presbyterian:

This year we presented the following awards to three High School Seniors at their awards ceremony for writing a winning essay on PEACE. The recipients were:

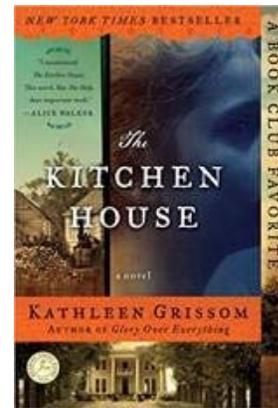
First Place Prize of \$500 to: Madyson St. John, of Sahuarita High School, for her essay: ***Empowering Society through Non-violence.***

Second Place Prize of \$250 to: Alyssa Lizardi, of Waldon Grove High School, for her essay: ***Wake Up in a Better World.***

Third Place Prize of \$100 to Jonathan Layja, of Sahuarita High School, for his essay: ***The Importance of Nonviolence.***

Valley Readers

Monday, June 27
1:30 p.m. in Classroom 5



THE KITCHEN HOUSE by Kathleen Grissom is our book selection for June. Our discussion leader will be Anne Morrison, our Church Librarian.

We would like to have you join us for an insightful discussion.

Decades before the Civil War, a white servant girl violates the order of plantation society, when she unleashes a tragedy that exposes the worst and best in the people she has come to call her family.

Orphaned onboard a ship from Ireland, seven-year-old Lavinia arrives on the steps of a tobacco plantation where she is to live and work with the slaves of the kitchen house. Under the care of Belle, the master's illegitimate daughter, Lavinia becomes deeply bonded to her adopted family though she is set apart from them by her white skin.

Eventually Lavinia is accepted into the world of the big house, where the master is absent and the mistress battles opium addiction. Lavinia finds herself perilously straddling two very different worlds. When she is forced to make a choice, loyalties are brought into question, dangerous truths are laid bare, and lives are put at risk.

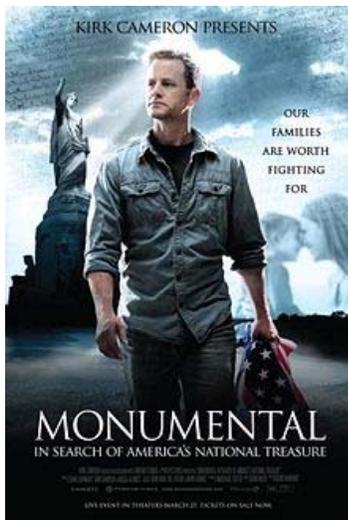
This novel is a story of page-turning suspense, exploring the meaning of family where love and loyalty prevail.

Questions? Please call Anne Morrison at 399-0762.

Movie Ministry

Tuesday, June 28
1:30 p.m. in the SLC

SHOWING:
Monumental; In
Search of America's
National Treasure.



Monumental is the story of America's beginnings. Presented and produced by Kirk Cameron, it is the true story of a father of six who travels across Europe and the United States meeting with historians and experts. He begins to discover America's true National Treasure - the people, places, and principles that made America the freest, most prosperous and generous nation the world has ever known.

In this time of political upheaval and questioning of what has happened to those principles and wanting to "fix Washington," this is an important film to watch and discuss together.

SEE YOU AT THE MOVIES! BRING A FRIEND AND ENJOY FREE DRINKS AND POPCORN!



News of Note



By Kay Albrecht

We certainly enjoyed the beautiful selections of music that blessed us all on Mother's Day! Dr. Raymond Rider, guest pianist from Tucson, played his arrangement of Prelude on "Old 124th" and co-accompanied the anthem. The Mother's Day anthem, "A Time for Praying," is a piece written for four-hand piano and featured Peggi Briggs as soloist.

Joel and Raymond also played a lively offertory together, a four-hand arrangement of "Peace Like a River," by Joel Raney. It was pure joy to watch and listen to two very specially-talented pianists! (We are trying to persuade them to give a concert together sometime in the fall.)

Many of you will remember Raymond from his years as our organist and handbell director from 1999-2008. He continues to teach piano privately in Tucson, and as an adjunct faculty member at Pima Community College. In 2014, Raymond was named the Arizona State Music Teachers Association's Honored Teacher of the Year. In addition, Raymond is the organist and handbell director at Desert Skies United Methodist Church in Tucson. He also rings in Sonoran Bells and coordinates "Celebrating Piano" events at Premiere Piano, the new home of Steinway Pianos in Tucson.



Help Wanted - Volunteers Needed!

Mission Committee

We have a vacancy on the Mission Committee for a person who has a heart for women who have suffered as victims of domestic violence, sexual assault, and/or sex trafficking. Hands of a Friend, with founder/executive Patti O'Berry, has created an all-volunteer, faith-based, and exciting program which serves as a "safe haven" through a local Genesis House. It is partially funded by proceeds from DaZee consignment.

Genesis House currently has 34 crisis beds and has provided 54,000 bed units since its opening in 2007. A major expansion is expected later this year to meet the growing community need. This vital, local service is actively supported by both our prayers and the mission budget of Valley Presbyterian Church. Our need is for a person to become a liaison to Hands of a Friend, providing communication and news, through the committee, to the congregation. Typically there are eight meetings throughout the year, with monthly communications as needed. This is a great opportunity to help guide our church missions and grow personally in our Great Commission. Please contact our pastors or Doug Clark for more information.

Deacons and Elders (past and present)

We are in need of additional servers to take Extended Communion to our members. This is a wonderful ministry to serve those who can't get to VPC's first-Sunday-of-the-month communion worship service. Please contact Nancy Tompkins or Pastor Paul if you are interested. If you haven't been trained we will provide training. Thank you for your care.

NOC

The Network of Caring (NOC) is always looking for volunteers to help touch base with members of our church community. If you would be interested in helping with this, please contact Pastor Paul or Linda Jorn.

Amado Food Bank

If available please call 520-625-5252.

Medical

At VPC, we have a wonderful volunteer medical team on Sundays during the 9:30 a.m. worship. Anyone with medical training and/or experience in the medical field who is interested in joining our team please contact Chris Erickson, Parish Nurse, at the church office: 625-5023.

Flower Arrangers

The Deacons need a few new flower arrangers who can prepare the Sunday flowers arrangements into five smaller arrangements. These are then delivered to some of our members by other volunteers. If you are interested, please contact Betty Kiesle-Yoder or Gay Larson in the church office.

Faith and Health Committee

If you have a medical background and would like to help on this committee, please contact Chris Erickson at the church office. The committee meets the second Thursday of each month (except during summer).

Patio Sale

Patio Sale Sorts:

2016 - Jun 16, Jul 21, Aug 18, Sep 15, Oct 13, Nov 10, Dec 8.

2017 - Jan 12, Feb 16 and Apr 13.

Christmas Sale: Setup Nov 2 & 3, and Sale on Nov 4 & 5.

The times are the same as last year for sorting as well as for the Christmas Sale.

Casa Vida Nueva para Niños (New Life Home for Children)



To the world you may be one person,
but to an orphan, you are the world.

May 14 Trip Highlights

On May 14, 16 people experienced another wonderful day with the children. This trip's donation focus was toothpaste, toothbrushes, shampoo, soap, and some outside toys. Elias Herrera, Director, thanked everyone for their support. This was followed by a video that Elias created with music, which emphasized VPC and local Green Valley donors for their support, and installation of their new solar power system. Next, 10 children were identified as having birthdays around the month of May and were each presented with a large bag of toys, donated by Earl and Carol Yarborough (they also provided the birthday cake we all enjoyed later). Then, six sets of "wings" were passed out to some of the girls from Peggi Briggs.



Opening birthday gifts

They immediately put them on and performed a dance routine for us. We then toured the facility and marveled at all the lights (solar) in the hallways, bedrooms and restroom areas. We had lunch with the children and mingled with them as we sat together and ate. The remaining hour was devoted to playing and engaging with the children. Another highlight of the visit was handing out "survivor" bracelets made by Carol Yarborough's grandson. They were made out of parachute cord and had a whistle on each one. Carol passed them out to each child who put them on and compared the colors. This was one of the children's highlights of the visit. We also found out that Myrna, Elias's wife, is expecting a baby in November. The hardest part of the visit was leaving the children – with many emotional hugs and thank yous given and received. Their current financial needs are finishing up the second floor and acquiring a 15-passenger used van. **Remaining scheduled trips for 2016 are: August 13; October 15; and December 10.** For trip details, and to sign up, contact Reed Olson (269-7829); olsonr1@cox.net Please keep the children in your prayers.



Wings

Another highlight of the visit was handing out "survivor" bracelets made by Carol Yarborough's grandson. They were made out of parachute cord and had a whistle on each one. Carol passed them out to each child who put them on and compared the colors. This was one of the children's highlights of the visit. We also found out that Myrna, Elias's wife, is expecting a baby in November. The hardest part of the visit was leaving the children – with many emotional hugs and thank yous given and received. Their current financial needs are finishing up the second floor and acquiring a 15-passenger used van. **Remaining scheduled trips for 2016 are: August 13; October 15; and December 10.** For trip details, and to sign up, contact Reed Olson (269-7829); olsonr1@cox.net Please keep the children in your prayers.



Comparing bracelets



Saying good-bye at the gate



(All web articles are published on our website, www.valleypresbyterian.net, under the News & Events tab, click on "Blog Articles.")

I've recently had the need to video conference with multiple people at one time. In my case, it's because I serve on a board whose members are spread out over three states. Video conferencing allows us to have a board meeting where everyone can see and hear each other well. Until recently, we were only spread between two states so everyone in Michigan would get together in one home, and I would join them via Skype, which is a fantastic (free) way to video chat with friends or family who live far away. As long as both parties have a decent internet connection, it usually goes very smoothly. I've used Skype for family, friends, and business with great success, but when some of the Michigan board members moved to another state, I found out Skype's video calls are only free for two users at a time.

I looked into a number of options for multiple users to all video chat at once, and I found that most charge a fee (and a substantial one, at that). However, I did find one free method which, during my limited testing so far, has worked really well. If you have family spread out all over the country (or the world), or if you belong to a group that could benefit from "face-to-face" communications, you might find this a useful tool as well.

It's called Google Hangouts. Many people already have a free Google account, usually because they signed up for a free email address at gmail.com. If so, you have everything you need. If not, it's free, and it's very quick and easy to sign up. The "hangouts" themselves are done through the Google Hangouts page (hangouts.google.com, one of many things that come with a Google account). The options are pretty impressive. You can instant message, phone chat, or video chat with one, or multiple, people. One of the features I am very excited about is the ability to not only broadcast the hangout online, but also the ability for anyone who is watching to type real-time comments or questions during the hangout, which show up on the side of the screen.

Some of those features might not be especially useful if you're talking to family, but for a board meeting it's nice because the members of the organization can watch the meeting, and ask questions, without having to be part of the video.

Another useful feature is the ability to share your computer screen with the others. This means one person could show documents, PowerPoint presentations, pictures and/or videos. Imagine making a video call to your computer-savvy grandson and sharing your screen with him so he can tell you where to click to solve a problem! I haven't begun to really explore or test all of the features, but if you have any curiosity about it, you've got nothing to lose by trying it out.

If you are interested and don't already have a Gmail account, start by going to accounts.google.com and you should see the option to create an account. Once your account is set up you need some contacts (people to talk to). After you add the contacts, you can then go to the hangouts page - hangouts.google.com - and initiate a conversation with one or many of your contacts at one time. It doesn't hold a candle to seeing your family in person, but it definitely beats not seeing them at all.

As always, if you have questions about how to do this, or about any other technology problem, you are welcome to call me at the church office.

"A computer once beat me at chess, but it was no match for me at kick boxing."





GRADUATION CHEERS ARE IN THE AIR!!

This 2015-2016 school year, YOTO will be graduating 450 students in over 50 high schools in Pima County. These are kids whose precarious home life and lack of a reliable guardian have made them high risk candidates for giving up, and likely dropping out of school. THANKS to the strong caring and supportive network of YOTO, instead of falling through the cracks, these students can now proudly announce, "I did it!"



YOTO services do not stop there. These new graduates will work with YOTO counselors to decide their NEXT step in the educational process or job market. Most importantly, they are not ALONE as they make important life decisions.

We at Valley Presbyterian can be a part of this SUCCESS STORY! We can commit to pray for the students currently under the YOTO umbrella – over 1,500! We can purchase \$10 GIFT CARDS which YOTO will give to students to buy needed back-to-school items.



Next month, on Sunday, July 10 and Sunday, July 17, come to the Mission Table in Fellowship Hall to learn more about Individual YOTO success stories and have an opportunity to purchase a gift card for a student. If you have questions, please call (520-282-1390) or email (mmhorn@me.com) Mary Horn.

Time to start thinking about VBS!

This year we are writing our own curriculum. It is a 2nd year of **UNDER CONSTRUCTION, A Habitat for Humanity Vacation Bible School program**. We are calling it:

Under Construction II: BUILDING CHARACTER

Based on the Beatitudes and Parables of Jesus.

July 11-14, 9:00 a.m. to Noon



Once again, we will be making things that can go to Habitat for Humanity to give to new families going into Habitat homes...such as welcome signs, art work, rag rugs, and flower boxes. In addition, the "Community Project" will be putting together benches that can be given to Habitat, our Orphanage in Mexico, put into parks in the Green Valley area, or even placed outside VPC. These benches will be made out of recycled plastic "lumber," and be labeled with a sign: *"Made by the children in VBS at Valley Presbyterian Church, 2016."*

You can help by:

- Making snacks for the children in the kitchen.
- Reading a story to children while they eat their snack.
- Helping to decorate or take down.
- Being a "shepherd" who stays with a class and moves with them from center to center.
- Supervising the Craft Area or assisting the Supervisor.
- Playing games with the children during Recreation Time.
- Helping the children construct benches.
- Taking a "flower" or two out of the clay pot and buying the supplies indicated on the stem.
- Making a financial donation to buy more bench "kits."

Sign up at the table in Fellowship Hall after each service in June, or call Gail Barker (648-8187) and let her know what you can do to help.

ANNUAL JULY 4th PICNIC



It's time to celebrate Independence Day again with our annual "picnic" this year on July 3rd following worship.

Remember the fun we had in previous years?



On Sunday, everyone wears patriotic outfits of red, white and blue and following worship service enjoyed a meal of hotdogs, baked beans and ice cream sundaes in Fellowship Hall. Last year we even had fireworks!!!

The best part...IT'S FREE!!!

Everyone is invited to come and join in on the fun again this year. This "picnic" is a fellowship highlight! So, mark your calendars, dress up in patriotic clothes and have some fun with your friends after worship on July 3rd.



Favorite Anthem CDs

The 2016 Favorite Anthem CD's have arrived and are available (\$10) after Sunday Worship, and also in the office during our normal business hours.



Stay Safe in the Heat

By Parish Nurse, Chris Erickson

June is National Safety month, and part of safety is staying safe and healthy in the heat.

Too much heat is not safe for anyone. It is even riskier if you are older, or if you have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed, and may even stop beating.

Being hot for too long can cause many illnesses, all grouped under the name hyperthermia.

- Heat cramps are the painful tightening of muscles in your stomach area, arms, or legs. Cramps can result from hard work or exercise. While your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Be sure to drink plenty of fluids, but not those containing alcohol or caffeine.
- Heat edema is a swelling in your ankles and feet when you get hot. Putting your legs up should help. If that doesn't work fairly quickly, check with your physician.
- Heat syncope is a sudden dizziness that may come on when you are active in the heat. If you take a form of heart medication known as a beta blocker, or are not used to hot weather, you are even more likely to feel faint when in the heat. Putting your legs up and resting in a cool place should make the dizzy feeling go away.
- Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, nauseated, and sweat a lot. Your body temperature stays normal, and skin feels cold and clammy. Your pulse can be normal or raised. Resting in a cool place, drinking plenty of fluids, and getting medical care should help you feel better soon. If not, this condition can progress to heat stroke.
- Heat stroke is an emergency. It can be life threatening. Signs of heat stroke include 1) fainting, possibly the first sign; 2) body temperature over 104° F; 3) a change in behavior: confusion, being grouchy, acting strangely, or staggering; 4) dry, flushed skin and a strong, rapid pulse or a slow, weak pulse; 5) not sweating, despite the heat, acting delirious, or being in a coma.

You need to get medical help right away if these signs are present.

Information from the National Institute on Aging



June Medical Minute

June is National Safety Month. Falls are a growing problem. One in three people age 65 and older experience a fall. Less than one-half of these falls are reported to a provider. Falling once doubles your chances of having another fall. Let's prevent falls.

Faith & Health

Faith and Health Medical Survey: A Medical Survey was handed out on May 8th, 2016. These responses are being reviewed. The Faith and Health Committee and Parish Nurse will provide an update on the results of the survey in July.

Unstress The Stress will meet next on June 9 at 10 a.m., and continues once a month. Each meeting will be new information on stress and an activity. Instructors are Pastor Paul and Chris Erickson, Parish Nurse.

Blood Pressure Screenings: You may have your blood pressure taken during the week on Tuesdays and Thursdays, from 9 to 11 a.m., with the Parish Nurse.

Alzheimer's Support & Education at VPC: The Alzheimer's support group continues to meet on the first and third Thursdays of each month, from 1:00 to 2:30 p.m., in the Sweet Family Room. A support group has been added at the same time in Classroom 1 for those with early-stage Alzheimer's (which has halted for summer, but will resume in October). For more information, or to register, contact the Alzheimer's Association at (520) 322-6601.

Movement & Exercise:

- Chair Exercise classes are on Mondays, Wednesdays, and Fridays 10 - 11 a.m. There is a fee. For more information, contact instructor Mia Cooper at 204-5264.
- Tai Chi – Yang 24 for Arthritis and Fall Prevention classes are on Mondays at 2:30 p.m. There is a fee. For more information, contact instructor Roger Ederle at 399-0166.
- Parkinson's Support/Exercise meets Mondays, Wednesdays, and Fridays, 9 - 10 a.m.

Healing Soup Meal

Please contact the church office or Chris Erickson, Parish Nurse, if you know of someone who may be in need of this meal.

Coming This Summer

Exercise Class: This will be for stress, balance and cardio. Look for further information in the bulletin and on the website.



Valley Presbyterian Church

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

Pastoral Staff

Rev. Lawrence R. DeLong, Pastor

Rev. Diane Christopher, Pastor
of Discipleship

Rev. Paul K. Phillips, Pastor of Care

Rev. Joe Hawkins, Pastor Emeritus

Mission Statement

*To know Christ and
make Him known
through word and deed.*

Getting the Valley Voice

The Valley Voice is no longer being sent via postal mail, however, printed copies will continue to be available at the Church all month long, and copies will also be delivered to La Joya, Silver Springs and Prestige.

If you would like to receive a full color version via email, please make sure the Church Office has your current email address.

If you do not have email and are not able to pick up a copy at the church, please call the Church Office at (520) 625-5023 and let us know.



Promoted to Glory



April 28

Ken Adams

May 4

Kathryn D. Pardun

May 7

Bernice Hurley

Join Us In Worship!

Sunday Worship Services

Traditional 9:30 a.m.

(Childcare provided at 9:15 a.m.)

Holy Communion Celebrated
1st Sunday each month

The Source

Wednesday Worship Service

5:00 p.m.

La Joya - La Posada

First, third & Fifth Sundays at 9:00 a.m.

The Source

Wednesdays, 5:00 p.m.

Spiritual Life Center

June 1 Taizé

June 8 AWAKEN!

June 15 Healing & Hope

June 22 Old-time Hymn Sing

June 29 Blessing of the Animals

Investing in the Future

Did you know there are two ways that you can support the future ministry of Valley Presbyterian Church?

The Pike Endowment, named for Dr. George Pike (twice interim pastor of VPC), was established to ensure that VPC would always have a Pastor of Care. Once it reaches its intended goal, the interest is to be used to offset that person's compensation. While all gifts are gratefully received, bequests are particularly important to reaching the \$1.5-2 million target. The Endowment currently has over \$100,000 in hand, with more in pledges.

The Valley Presbyterian Church Foundation is intended to support the facilities themselves in perpetuity: no part of its principal or income can be used for operating expenses. The interest from the over \$1.1 million principal has made possible many of the upgrade, repair, and enhancement projects Valley has undertaken in the past few years.

For more information about ways to contribute to these funds, please contact Frank Coggins, Foundation President; Tommy Calhoun or Don Brooks for the Pike Endowment; or Annie Stitt, Church Accountant (625-5023).