

THE VALLEY VOICE

VALLEY PRESBYTERIAN CHURCH March 2023



Lent Is a ‘Different’ Season of the Year

Submitted by: Pastor Craig Lindsey

In these 40 nights and days, we are invited to reconsider our lives, to repent of wrongs we have allowed, and to begin new practices we might never before have done.

In many parts of the world, Lent is a cold, wet season of winter preparing for Spring. In Southern Arizona, the cacti are starting to bloom, days are heating up, and darkness is growing shorter. I know, many of our church have counted the days as progress is made replacing the roof, others are counting down the days to Patio Sale, many are anxiously counting the days until the new organ arrives and is installed, but this is all amid counting the days until the Resurrection!

Recently, I came across a reference to Lent as preparing for the “Christian Passover”, appropriating the Jewish sacrificial lamb to the sacrifice of Jesus as Lamb of God.

Lent is a season of following Jesus as we follow the journey of his life from Temptation to the Cross. Someone said that you cannot get to a real celebration of the resurrection, without journeying with Jesus through Lent. In this Lent, we mourn continuing mass murders. We pray to God that surely someday God will use all this for a different purpose, because it is beyond our sense.

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Lent Taizé

**Women’s Ministries
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**Mission Committee
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**Bible Study
Opportunities**

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. Diane Christopher,
Pastor of Discipleship

Rev. Joe Hawkins,
Pastor Emeritus



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

In This Issue

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OUR VALLEY PRESBYTERIAN STAFF

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

Pastor Diane Christopher-Pastor of Discipleship..... dianechristopher@valleypres.net

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

Wes Moulton-Organist/Accompanist.....wmoulton@valleypres.net

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

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

Cindy Johnson-Administrative Specialist.....cjohnson@valleypres.net

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

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

Randy VanHyfte.....Custodian.....randy@valleypres.net

Gabbie Bustamante.....Custodian.....

SUNDAY WORSHIP SERVICE SCHEDULE

Feb 26	Lent I Matthew 4: 1-11 “The Temptations” New Members Sunday	Pastor Craig
March 5	Lent II John 3: 1-17 “Visit of Nicodemus” Communion and Food Bank Sunday	Pastor Craig
March 12	Lent III Romans 5: 1-11 “The Basics” Nogales Crossroads Sunday	Pastor Diane
March 26	Lent IV John 9: 1-12 “Who Sinned” YOTO Sunday	Pastor Craig
March 26	Organ Dedication Concert at 2:00 p.m. in Sanctuary	Wes Moulton
April 2	Palm Sunday Psalm 118: 1-2, 19-26 Communion and Food Bank Sunday	Pastor Craig



Rev. Dr. Craig Lindsey,

From Pastor Craig

Affirmation From Presbytery

Often times, “The Presbytery” is personified as the locus of our anger over issues we disagree with, over loss of numbers, Administrative Commissions, processes, spending limitations, all that is wrong with “the Church”. In contrast, I feel the need to share with you a letter which recently came from Ruth McPherson, who is the Moderator of de Cristo Presbytery and a Ruling Elder in her congregation.

“Yesterday, at the close of the Presbytery de Cristo Leadership Commission meeting, we devoted a few minutes in prayer for Valley Presbyterian Church. We rejoiced over Valley Presbyterian Church’s renewed health, vitality and joy in coming through difficult and sorrowful times into lighter, happier days! Hallelujah! Thank you for your patience, your willingness to be vulnerable, and your perseverance in providing God’s love, grace and hope to one another and to the community of Green Valley. What a wonderful testimony you all are to God’s faithfulness and your faithfulness to Jesus Christ, our Lord and friend. May God bless you with many years of continued growth and sustainability. Shalom”

Thank You for Kirk’n of the Tartans

January 29th was something new for our church, as Tartan Banners were hung from the rafters, a Bagpiper piped in the Choir and Pastors, many wore family colors, and a good time was had by all. Thank you for your willingness to try something different, and to celebrate the heritage of being Presbyterian. In some churches, Kirk’n the Tartans is accompanied with a “knobbiest Knees Contest” for those wearing Kilts, at our church this became a “Whose Knee Replacement Scars Look Best?”



Organ Installation Plans

As of the writing of these articles, we hope and pray for everything to arrive safely and on time. Once the instrument arrives, there will be about a week to ten days for installation followed by an additional 3 days for “voicing the instrument” in our Sanctuary. The design and acoustics of every Sanctuary are unique, in this way Phase 1 was Selecting the very best Instrument. Phase 2 remodeling the Chancel. Phase 3 is proper Voicing of this Instrument in this space. Please tell your friends and neighbors to come for the Dedication Concert Sunday March 26th at 2pm, as well as to hear the new Organ on Palm Sunday and Easter.

In the picture left to right:

Lois and Tom Macfarlane, Ron Darrah, Pastor Craig, Judy Lindsey and Don Brooks

Pastor Craig Returning to the Holy Lands

Pastor Bruce van Sickle from the Evangelical Free Church invited Pastor Craig to join him on a Holy Lands Tour May 10-17 of this year. Mark your calendars for 2024, as Pastor Craig is now planning to lead a tour of our own a year from now.

Roof Repairs

Submitted by Pastor Craig Linsey

This year's major Capital Improvement has been to replace the tile roofing around the perimeter of the building. In the process Lynch Roofing discovered that originally this structure was built to last, with roof decking boards a full inch thick instead of the current $\frac{1}{2}$ - $\frac{3}{4}$ ". Also, in recent decades, the underlayment was simple felt paper, which was cheap but did not last. This time, after the dangling tiles and loose cement were removed, a fiberglass vapor barrier was glued down and steel endplates installed before the new tile were stacked in place.

The pictures below show the progress.



From Pastor Diane

I have a church calendar that gives the scripture readings for each Sunday and lists the church seasons. You will notice in the picture that all of the month of March is in the color purple.

Each season in the church has its own color. Green is for “ordinary time.” Ordinary time is any time of the year between Easter and Advent, and between Christmas and Lent. I love that phrase “ordinary time” because life is filled with the everyday of sleep, work, rest, eat. When the church has a season called ordinary time, it says God is in our everyday life.

White is reserved for special events such as Communion Sunday, Christ the King Sunday Christmas Day and Easter. White is worn by the pastor during funerals and memorials to signify the Resurrection.

Red is for Pentecost (50 days after Easter). It is the birthday of the church and the arrival of the Holy Spirit.

Purple is the color of Advent and Lent (sometimes royal blue is used). Purple symbolizes penance, sacrifice and preparation.

You can tell the church season by the use of color in our sanctuary. Look at the piece of cloth on the pulpit (called a parament), the stoles on the choir and the pastors. All matching the color of the season. Since Lent is purple, the sanctuary will be filled with purple during the month of March.

MARCH						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Pastor Diane Christopher-Pastor of Discipleship

Why the color purple for Lent? Keep in mind the purpose of Lent - to prepare us as we walk with Jesus towards the cross. In biblical times, purple was typically associated with royalty as it was a more expensive color to dye. As Jesus faced the court after his arrest, soldiers placed a purple robe on him to mock him as “King of the Jews.”

One of my favorite movies (and I try to watch during Lent) is *The Robe*. Made in 1953, it stars Richard Burton as the soldier who crucified Jesus and wins the robe during a game of dice. The soldier, Marcellus, gives the robe to his slave, and eventually the robe becomes lost.

Traumatized by his role in crucifixion of Jesus, Marcellus begins a journey to find the robe and destroy it in order to be healed. Along the way, he meets Christians and learns about the man he crucified. Marcellus discovers forgiveness and the love of God. In a moment of repentance, he dedicates a life of service to Christ.

In a way, Lent is a re-dedication to Christ. It is a season of prayer and fasting and repentance. The color purple, the color of Jesus’ robe, reminds us to do so. Let us walk with Christ to the cross and remember the love of God that calls into a relationship.



VALLEY PRESBYTERIAN CHURCH

HOLY WEEK & EASTER TIMETABLE

You are invited to join us for Holy Week services at our church. Experience the passion, death, and resurrection of Jesus through song, prayer, and reflection.

Palm Sunday, April 2nd

9:30am Worship with Communion

Maundy Thursday, April 6th

4:00pm Worship with Communion

Good Friday, April 7th

12:00pm

Easter Sunday Sunrise Service , April 9,

6:00am in the Sanctuary

Easter Sunday Worship , April 9,

9:30am Worship Service

Easter 2 April 16

9:30am Worship with Farewell to Wes Moulton

Happy

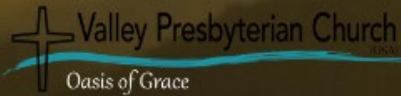
Easter

STATIONS OF THE CROSS

TAIZÉ-STYLE WORSHIP

MARCH 1 - APRIL 5

5 p.m. in the Spiritual Life Center
followed by a Lenten soup and
bread meal.



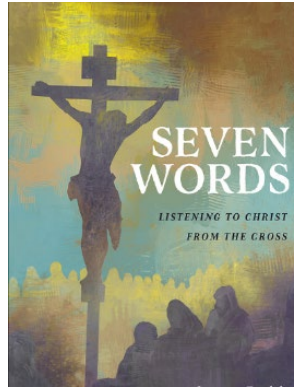
Every Wednesday in Lent beginning on March 1, 2023, (**March 8, in the Sanctuary and no soup/bread meal**) we will have a Taizé-style service based on the Stations of the Cross. During the pandemic, we presented the Taizé Stations of the Cross online. This Lent, we bring it to you live.

The Stations of the Cross follow the path of Jesus on his way to the crucifixion. The Stations have been celebrated by our Catholic brothers and sisters for centuries. We Protestant Christians can partake in this rich pilgrimage as they remind us how far Jesus went to save us, and what a miracle it truly is that He rose from the grave.

Each Taizé service will contain two stations of the cross (there are a total of twelve), and will give you opportunities to think, pray, sing, and meditate at each station. It is an intentional way to spend time with Christ, giving thanks and praise.

Each Lenten Taizé will be followed by a simple Lenten soup and bread meal. We hope you will join us in this special time of worship of candlelight, music, and prayers.

Seven Words: Listening to Christ from the Cross



Thursdays in March
10:00 a.m. Classroom 1
Your teacher: Marie Valade

From the cross, as Jesus breathes his last breath, he speaks his last words revealing deep trust in God. These are words that Jesus wants the world to hear. It is these words that reveal his divine glory. It is these words that display Jesus' deepest love for us.

In *Seven Words*, Susan Robb looks at the seven last words of Christ on the cross through a lens that finds life and hope in his final sayings, while exploring each from a biblical and historical perspective. The book brings a hopeful and contemplative take on the cross during the weeks of Lent. Study guides are available for \$10.00.

We invite you to this Lenten offering.

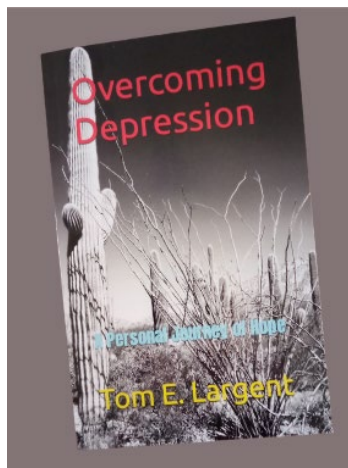
Hope for Overcoming Depression

April 17, 24, May 1, 8

9:30 – 10:30 a.m. in Classroom 5

Your Teacher: Tom Lobb

Do you know of someone who always seems to be "blue"? Do you have a friend who thinks negatively most of the time? Do you tend to be "down in the dumps" much of the time, or are you unhappy with the life that you have been dealt with? If so, your friend might have depression, or you might be struggling with a mental health issue.



Do not worry! Help is available in many forms. Mental health counselors are available to share concerns with. Taking medications is also an important possibility. Medical treatments are also available to treat any depression that might exist in a person's life.

Books and classes also exist for dealing with depression and its symptoms. Valley Presbyterian Church will soon be offering a class called Hope for Overcoming Depression. This class is based on the book "Overcoming Depression: A Personal Journey of Hope." This class will emphasize the hope that God will help us overcome depression. It will cover the symptoms of depression, myths about this illness, the caregiver's responsibility and frustrations, how to survive depression, and other important topics. It will also discuss a medically-sound procedure for treating the brain.

If someone you know (including yourself) might have depression, this class could be a useful tool on the road to recovery from this malady.

VPC member Tom Lobb will be teaching this class using the book "Overcoming Depression". He is the author of the text, which is based on his decades-long experience with this disease. Copies of "Overcoming Depression" can be obtained directly from Tom at tomandnelda@gmail.com, 505-388-6400, or in the church office. Books are \$5.

Bible Study Opportunities 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.

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

Meeting ID: 294 281 2414

Password: Heaven

Past classes can be viewed on the church's website: valleypres.net.

THE BOOK THE GRAND STORY OF GOD

With your teachers: Pastor Diane and Chuck Ramsay
Thursdays from 1:00 p.m. to 2:00 p.m.
In classroom 5

The Bible is one big grand story of God. This class tells you that story by studying each book of the Bible and how they are all connected. Even though this class started in the Fall, you can join in anytime and not feel behind for each book of the Bible has its own story for us today. Here is our schedule for March:

March 2	Songs of Solomon
March 9	No Class due to Patio Sale
March 16	Isaiah
March 23	Jeremiah
March 30	Lamentations

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



The Life and Times of Jesus the Messiah: His Final Week

Tuesdays, at 11:00 a.m. in Classroom 5

Teacher Bud Landry



Part Three: Nisan 14, AD 33 (April 3rd)

“Ecce homo”, declared Pilate, as he commanded the crowd to behold Jesus, soon to be the slain Lamb of God. Jesus’ final week on earth has drawn to a close and the hatred of the Jewish leaders has worked the crowd, who a mere four days earlier had hailed their Messiah on Palm Sunday, into a frenzy of “Crucify Him!” After establishing the New and Everlasting Covenant in His Body and Blood hours before, he was betrayed and deserted by those closest to Him.

It took 46 years for the Second Temple to be completed by Herod the Great in AD 27. Yet, for all its magnificence, it was destroyed only 43 years later in 70 AD by Titus, fulfilling much of Jesus’ prophecy given in the Olivet Discourse. That no stone should lay on top of another was literally accomplished as the Temple and Jerusalem were laid desolate with the death, or the enslavement, of 2,500,000 Jews who came for the Passover. Pilgrims were allowed entrance into Jerusalem, but the Romans refused to let them out. They were trapped.

We will look at the events of Nisan 14, 33 AD, from the Last Supper to Jesus’ giving up of His spirit at 3:00 PM as the lamb slaughter began. We look at the seismological, astronomical, and meteorological evidence from secular sources that attended the crucifixion. We will learn more about Josephus and his contribution to Jewish history.

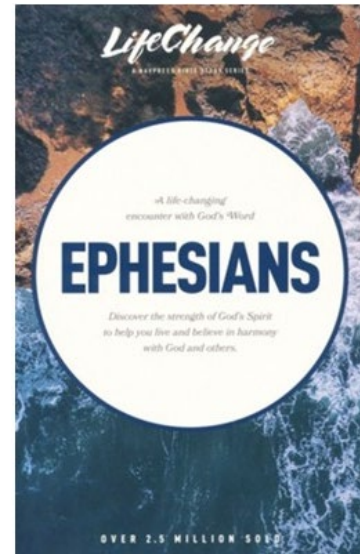
MARCH 7TH--NO CLASS DUE TO PATIO SALE

- March 14th @ 11:00 AM in Classroom Five
- March 21st @ 11:00 AM in Classroom Five
- March 28th @ 11:00 AM in Classroom Five

Men's Weekday Bible Study Ephesians

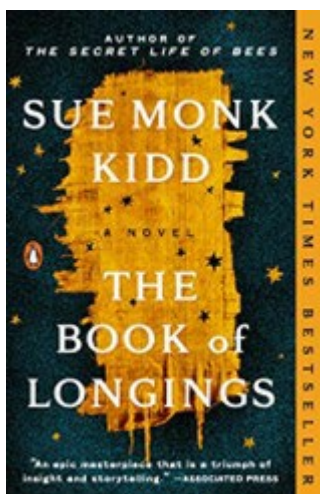
Wednesdays at 9:00 a.m. in Classroom 1

With about six to thirteen men attending each week, the group 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 are studying Paul's letter to the Ephesians. 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 available from Amazon or Christianbook.com.



Valley Readers 2:00 PM – Monday, March 27, 2023 Classroom 1

Submitted by: Anne Morrison



Ana, a fiery young woman from a wealthy and well-connected family, is expected to marry an elderly widower. Horrified, she instead turns to a young man she has met, named Jesus and weds him instead. Sue Monk Kidd's reverent and beautifully written reimagining of the time in Jesus' life before he took up his ministry and her depiction of a woman who seeks to escape the confines of expectations for women in that era have culminated in a highly-praised and riveting novel. Please join us for our March discussion led by Mary Horn. Contact Anne Morrison for additional information at 520-399-0762.



ORGAN DEDICATION CONCERT



*Organist Wes
Moulton*



March
2023

26

2:00
P.M.

Valley
Presbyterian
Church

2800 S CAMINO DEL SOL
GREEN VALLEY, AZ, 85622
520.625.5023



PATIO SALE NEWS

Submitted by Carmen Nylund

THE 42ND ANNUAL PATIO SALE IS HERE!

Thursday, March 9 from 8:00-2:00 *\$5.00 Entry Fee*

Friday, March 10, 8:00-2:00

Saturday, March 11, 8:00 – Noon *Bargain Day*

We encourage you to come by and shop and bring a friend or two. You never know what you might find in one of our many Departments – Collectibles, SW décor, framed artwork, kitchen essentials, small kitchen appliances, computers, TVs, vacuum cleaners, furniture & lamps, assorted linens, sewing machines, sewing notions and patterns, gently used clothing, shoes, belts, purses, jewelry, tools, golf clubs and accessories, patio furniture, bicycles, luggage and so much more. We have something for everyone.

Looking for a way to be involved with Patio Sale that doesn't require much time? Our volunteers love to have a snack when they take a break. They enjoy sweet and savory snacks as well as some healthy items to munch on. We would appreciate it if you could bring a snack or two to the church and leave them in the "Kids Room" (volunteer Break Room) beginning Monday, March 5 through Friday March 10. We suggest snacks that can be poured out of a container or individually picked up using a napkin. Snack suggestions include cookies, cupcakes, pretzels, nuts, oranges, or celery and carrot sticks. Thanks!

We Look Forward to Seeing You at the Sale!



Caring for those in our congregation
Faith & Health/Parish Nurse March 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. There are few more openings available.

Keeping active helps to stay positive and healthy.

Drink plenty of water when you are exercising or are outside doing activities.



Blood pressure screening will be by individual appointment.

Medical Minute: According to the CDC, every 40 seconds someone in the United States has a heart attack. Know the signs/symptoms of having a heart attack: (women may also experience more symptoms) chest pain or discomfort, pain/discomfort in jaw, neck, back, one or both arms, or shoulder area, feeling or being weak, light-headed, or faint. Call 911 right away. Time is critical.

Join us on Thursday, March 30th at 11 AM in the Spiritual Life Center to learn more about ALS.

The ALS Association Arizona Chapter is dedicated to serving and empowering people living with ALS, their families, and communities. We provide free support, resources, and education to Arizonans impacted by ALS, allowing them to endure their diagnosis with dignity, quality of life, and hope for a world without ALS. Because a light meal is to be served, registration is required. please register via email to parishnurse@valleypres.net or by calling the church office at 520-625-5023.

Changes

Submitted by Chris Erickson, Parish Nurse

Many of us face changes. These changes may include: where we live, who we know, what we may look like, what we may eat, and our health.

A popular song about changes is David Bowie's song "Changes". The chorus of this song has two sentences that are repeated *Time may change me, but I can't trace time*. Time may change a lot of things in our lives, but remaining flexible as they come our way and not worrying about what things used to be is very important, and remaining in the present time is key.



We find that a lot of residents in our community are aging in place, have health issues arise, and loved ones, friends and neighbors are more concerned. Providing education to those about how to care for others when changes are taking place is important, not only to the individual but also for those friends, neighbors, and loved ones. At VPC, we have provided many topics on health: Valley Fever, Dementia, Alzheimer's Disease, and Parkinson Disease to name a few.

Please join us on:

Thursday, March 30th a presentation on ALS will take place in the Spiritual Life Center at 11 AM with time for socialization and a light meal to follow.

A statement from the ALS Association in Arizona:

The ALS Association Arizona Chapter is dedicated to serving and empowering people living with ALS, their families, and communities. We provide free support, resources, and education to Arizonans impacted by ALS, allowing them to endure their diagnosis with dignity, quality of life, and hope for a world without ALS.

Many organizations are happy to provide much needed information. We are thankful to the ALS Association Arizona Chapter to present here at VPC. Please join us to learn more about ALS. To register please email parishnurse@valleypres.net or call the church office at 520-625-5023.

Welcome

NEW MEMBERS



Chriss Bell



Jim Brownlee



Judy Comstock



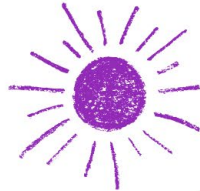
Dave Egan



Kandi Gentis



Rick Gentis



Nelson Hahn



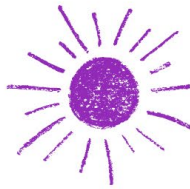
Sharon Hahn

Welcome

NEW MEMBERS



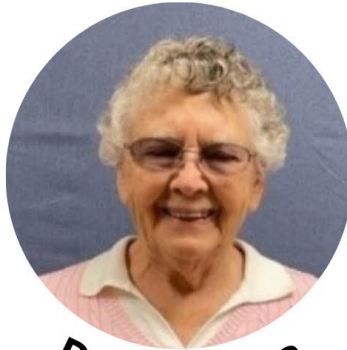
Jean Hicks



Roger Hicks



Deb Jones



Dee Kucera



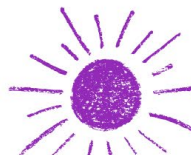
Bill Kucera



Lois Nicholson



Ken Plake



Janet Plake



This month's menu is a Potluck!

The theme is international food. Bring a dish to share that is inspired by a family recipe, a dish from a favorite ethnic restaurant, or a dish that you tasted on an exotic vacation.

Get creative and colorful.



The featured speaker will be Kim Eissle, President of the Animal League of Green Valley. Our presby gift will be designated to provide food and care for the animals waiting to find their forever families.



The animal at the league would greatly appreciate the following:

- ❖ Old towels
- ❖ Old blankets
- ❖ Toys
- ❖ Leashes
- ❖ Pet Food (any kind)



February 21st Women's Luncheon was so much fun!
Here is the recipe for the "Veggie Quiche" that was served at
the luncheon.
made by Carolyn Tandy.



Gracious group of men who served the lunch dressed for the occasion.

Veggie Quiche

6 servings



Group picture of models

- **1 9 inch pie shell: blind baked or sprinkle bottom with finely crushed dried bread crumbs**
- **1 heaping Cup of cooked well drained veggies: zucchini, summer squash, broccoli, red pepper, chopped spinach, asparagus (could also use roasted veggies)**
- **2 Cups of shredded cheese (I used a mixture of Italian cheeses plus ¼ Cup of Parmesan cheese)**
- **4 large eggs**
- **¾ Cup regular milk**
- **1 Tablespoon flour added to well drained veggies.**

Beat eggs with milk, add cheeses, add ¼ teaspoon each salt, pepper, paprika, garlic powder, onion powder and ½ teaspoon Italian seasoning and dash of Worcestershire sauce (secret ingredient)

Add the floured veggies and pour mixture into pie crust.

Bake in preheated oven (350 degrees) for 40 minutes (should be pretty firm at this point) it will have puffed up but will shrink as it cools.

Cool a bit on rack before cutting.



Presbytery De Cristo Spring Gathering

Registration and coffee, 9:00 A.M.
Deadline for registration, March 31

April 15, 2023

Southside Presbyterian Church

317 W 23rd Street, Tucson, AZ

9:00 A.M. – 2:00 P.M.

Our next Spring Gathering will be held at Southside Presbyterian church. See attached registration form below. Deadline March 31, 2023

Highlights include: Southside choir, Worship with Papago lay minister preaching, National PCUSA Missions keynote speaker, and installation of leaders including new Moderator Judy Lindsey.

Questions Call Judy Lindsey 315-430-6538



Keynote Speaker:

Cheri Harper, PW Mission Associate

Specializing in:

- World Mission Liaison
- Synod Support
- Global Exchange
- Together in Service
- USA Mission Experience
- Thank and Birthday Offering

Registration Form

Please come prepared to wear a mask indoors.

Name _____ Phone: _____

Email: _____

Lunch and Registration \$13.00

Dietary restrictions _____

Childcare _____

Please send check made payable to PWP de Cristo.

To:

Sue Anderson

3260 S Kristina Park Loop

Tucson, AZ 85730



Stephen Ministry

Christ Caring for People Through People

Submitted by: Jana Honermann, Stephen Leader Team Coordinator

On Feb. 14, several Stephen Ministers from VPC attended the Santa Cruz Valley Community Stephen Ministry Retreat at St Francis in the Valley Episcopal Church. The program was presented by Carol Collins on the topic “Stephen Ministry Caring for Survivors of Suicide.” Carol Collins is a survivor herself, having lost her son to suicide several decades ago.

Survivors of suicide include a broad range of people who had a relationship with the individual: parents, spouses, siblings, grandchildren, aunts, uncles, friends, health and mental health caregivers, co-workers, and many more. Many survivors will grieve and try to make sense of the suicide for years and decades after the death.

Carol emphasized over and over again that survivors were not responsible for the death. The one who took his or her life is the only one responsible for the death. Stephen Ministers can help survivors by listening to them and providing them with reassurances such as:

- Anger, guilt, confusion, forgetfulness are common responses; you are not crazy.
- You may feel guilty for what you think you did or did not do; guilt can be transformed into regret through talking about it with a good listener.
- Remember, the choice was not yours; no one is the sole influence in another’s life.
- Call on your personal faith to give your strength and comfort.
- Wear out all your questions, anger, guilt or other feelings until you can let them go; letting go doesn’t mean forgetting.
- It’s okay to reminisce and laugh at the good memories.

Jack Jordan, a psychologist who has studied suicide bereavement, describes three aspects that research shows make suicide grief unique:

1. “... Suicide loss survivors seem to struggle more with questions of meaning-making around the death (‘Why did they do it?’) ... survivors often struggle to make sense of the motives and frame of mind of the deceased.”
2. Suicide loss “survivors show higher levels of feelings of guilt, blame, and responsibility for the death than other mourners (‘Why didn’t I prevent it?’). ... Occasionally, survivors feel that they directly caused the death through mistreatment or abandonment of the deceased. More frequently, they blame themselves for not anticipating and preventing the actual act of suicide ...”
3. Suicide loss “survivors experience heightened feelings of rejection or abandonment by the loved one, along with anger toward the deceased (‘How could they do this to me?’).”

If you are a survivor of suicide and would like to talk to a Stephen Minister about your struggles in dealing with the loss, please contact the church office (520) 625-5023 email: vpc-office@valleypres.net



FRIENDSHIP KETTLE DINNER

Sunday, March 19, 2023

at 5:00 P.M.

Submitted by Charles Anderson

While searching for entertainment for the March 19, 2023, Kettle Dinner I came across folk music duo, Char and Tim Seawell whose band name is "Windfall".

I asked them if they would be interested in performing for us and if they would let me know what their fee would be. Their response was "We are interested in performing for you. We normally charge a fee but in looking at your website we noted how your church has multiple hands reaching into our community to be the hands and feet of Christ."



Also, Tim's much beloved pastor when he was a young man struggling to find his way, pastored a Presbyterian church in Seattle. We would love to gift this performance to your church as a way of saying thank you for all you do and in his honor." Please come to the kettle dinner on March 19th and thank Char and Tim for their generous gift.

The evening will start at 5:00 p.m. with a dinner of corned beef and cabbage and mixed berry cobbler for dessert.

Tickets will be available in the Fellowship Hall after worship Sunday March 5th and 12th, and tickets are \$15.00 each.

Beginners Line Dancing!
Every Thursday at
3:00 P.M. in Fellowship Hall
Through the End of March



With just 4 weeks to go we will be reviewing the Electric Slide, Mambo, Solo Waltz, Cupid Shuffle, Cha'Cha, Copper Head Road and the Canadian Stomp, with just two more dances to go (Boot scootin' Boogie and Watermelon Crawl) and four more weeks, what will be next?

Come and join in or come and watch, we have a great time learning new dances and making new friends.



Submitted by Mary Horn, Mission Committee Liaison to YOTO

YOTO expects to move into their “forever home” at 2525 N. Country Club Road in June/July 2023. They have been delayed by necessary mold and asbestos abatement which is more common in older buildings. They feel that this time frame will be less disruptive to the students than the original February/March projected move in.

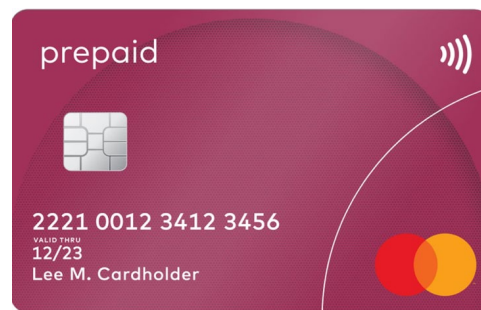


Helping to make all this possible is ANGEL CHARITY FOR CHILDREN, INC. They have committed to raising \$750,000 to fund the renovation make it safe and welcoming for youth as well as expanding the services offered to youth experiencing homelessness in our community. They will plan a ribbon cutting celebration in the Fall.



February 19, 2023, the 3rd Sunday of the month will be COLLECTION SUNDAY for Youth on Their Own’s Mini Mall. Items requested for the next several months will be: Canned Chicken and Ramen Noodles. Donations and Inspirational Cards will be delivered to YOTO February 23. Items can be placed in the plastic tub just outside of the Donations and Inspirational Cards will be delivered to YOTO February 23. Items can be placed in the plastic tub just outside of the

Inspirational Card Makers met January 25 and completed 175 cards – a combination of ladies working at home and together that day. Dick and I delivered the cards and the (4 grocery bags full) the generous Mini Mall contributions from the congregation to YOTO on January 30. Our next Inspirational Card Making session will be Wednesday, February 22 from 1 – 3:30 in Classroom 5. Please join us for some fun and inspiration!!



YOTO students now receive their monthly stipend in a new way: a Reloadable Master Card. This works better for the students than stipend check. The kids have asked if they could still receive the inspirational cards. Our cards will now be included with the Mini Mall shopping that each student has access to.

St. Andrews' Children's Clinic Mission – March 2023

Laura Romero, the executive director of St. Andrews' Clinic, reported that the February 2 Clinic was busy and successful. There were 47 children who came with family members. The departments offering services were Orthopedics, Prosthetics, Pediatrics, Speech and Audiology. Laura thinks that about the same number of children will be treated on the first Thursday in March.

On February 2, Diana Ward, the office manager, met with Les Walter to discuss the installation of a television. The St. Andrews' staff want it installed at the front of the main room, above windows to an interior room. This location will enable children and families to walk past the viewing area without much disruption. Les Walter will get help to put the television in that area. Hopefully, it will be available for children to watch during the March clinic.

Kay Brouwer took collection of winter caps, mittens, scarves and blankets made by the Creative Hands of Valley Presbyterian Church to the Clinic, a total of 154 separate items were much appreciated by the St. Andrews' Clinic Children.

Laura, her staff and the volunteers feel that the name of this clinic needs to be changed. They are no longer located at St. Andrews' Episcopal Church but have a home of their own adjacent to Pima County Community College at 2021 N. Grand in Nogales, Arizona. Whatever the new name, it will be announced and installed at the front of the building for all to see.

There is still much work to do to get the new building remodeled for the operation of a more efficient clinic. Progress is slow but is coming along. Laura is very grateful to the Valley Presbyterian Church for our prayers and support through the years.



Submitted by: Reed Olson, Mission Committee

On February 11, VPC Mission Committee sponsored a breakfast to host Casa Vida Nueva para Niños, (The Home for Children) from Nogales, Sonora, MX. It started at 8:30 am with a warm welcome from Doug Clark. Then, the Valley Galley served up a very delicious breakfast and fed 130 people within 12 minutes. Everyone was commenting about the breakfast. The Valley Galley deserves a big THANK YOU. Next, Reed Olson acknowledged the attendance of special groups: New Life Church of God in Tucson with Senior Pastor Francisco Jimenez and his wife; Desert Hills Lutheran Church with Senior Pastor Mike Sager; DHLC Sewing Bee women; DHLC Foundation; Valle Verde Rotary Club of Green Valley; Spinning Web Design; and all other individual supporters of this mission. The morning turned out to be a celebration of "thanks." Reed presented the Home's successes and challenges including two special announcements: 1. There are now 4 children attending college and 2. The new Donna Wright "English as a Second Language" program. All children will now be home schooled in English twice per week. Thank you all for your love and support of these wonderful children. For more detailed information go to: www.risesa.org

Photos by Dick Horn:



Welcoming to guest



Valley Galley serving 130 people.



Ellis & Myrna Herrera, Directors of Cas Vida Nueva para Ninos' with children, Reed Olson, Mission Committee liaison, Senior Pastor Francisco Jimenez, Julio Durazo of New Life Church of God.

Recipe for FRUIT SLUSH that was served at the Mission Breakfast, February 11, 2023

Fruit Slush

Lois Macfarlane

Servings: 16

Use 5-ounce cups to get 24 servings.

2 1/1 cups water

1 cup sugar

6 oz frozen lemonade concentrate

6 oz frozen orange juice concentrate

3 bananas-mashed

20 oz crushed pineapple & juice

1 can mandarin oranges-drained

6 oz strawberries, frozen

1 jar Maraschino cherries

Boil water and sugar until dissolved, cool slightly, add concentrate, and set aside. Mash bananas, add pineapple, oranges, and strawberries. (I usually put everything in my mixer) For more color you can add Maraschino cherries. Add liquid and mix. You can freeze it in the bowl and scrape it out into dishes when ready to serve OR put into individual cups or dishes and freeze. You should take it out of freezer for about 1 hour before you serve.

Per Serving (excluding unknown items): 92 Calories; trace Fat (0.6% calories from fat); trace Protein; 23g Carbohydrate; trace Dietary fiber, 0mg Cholesterol; 9mg Sodium. Exchanges; ½ Fruit; 1 Other Carb.

PRESBYTERIAN MISSION

Dave & Pam Lovett

Operation Mobilization

Submitted by: Doug Clark

PERSECUTED CHURCH IN IRAN

We are still working with the underground churches in Iran to help them stand in the midst of persecution and political turmoil. Many believers are still sharing the Gospel even as they pray for peace and freedom in their country.

We continue to translate and print key books for discipleship and leadership training for the underground churches. We have put them into PDF and audio format on the web, social media, and now flash drives and SD cards. We recently produced 20,000 SD cards that have audio teaching messages, books, scriptures, Jesus's film, and other resources.

Please pray as we work to have these taken in slowly into Iran to help local believers.

Blessings, Pam, and Dave

PRESBYTERIAN MISSION

More Bloggers wanted.

A blogger 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 blogging the real-life story of Bob and Kristi Rice who share on a weekly basis the story of God working in their life. Consider these excerpts from this week.

Submitted by: Doug Clark

Our “Reality Check”

Twice per week Susan comes to clean our apartment. Susan does not speak English, so we are wonderfully obliged to practice and speak the local Juba Arabic with her – Susan has become one of our many, patient, and gracious language teachers. Susan is from the Torit area of Eastern Equatoria, and she often walks a long distance to cultivate her fields. In many ways, Susan represents the simplicity of rural life and thinking, yet finds herself transplanted into the urban metropolis of Juba.



Susan in the middle, with Kristi and another woman also named Susan who used to work in our building.

We sometimes refer to Susan as our “Reality Check” here in South Sudan. Her life belies and represents the suffering of so many, yet “Susan mashi hal,” Susan pushes along. Having given birth to ten children, only a few remain, most having died because of disease or due to the violence and trauma which continues to inflict this land. Last year Susan's sixteen-year-old son was shot and killed in broad daylight at a birthday party. Susan's grief was immeasurable, and her willingness to forgive divine.

Within our first few months of being here, I was targeted and overtaken by “Toronto,” thieves who travel by motorcycle and swipe possessions from unsuspecting pedestrians. I came home feeling victimized. Susan, while not discounting my trauma, said to me, “Bob, do not condemn them for what they have done...have compassion, they are acting out of their own desperation.” On another occasion, Kristi and I bemoaned the fact that rats continued to invade our apartment at night, eating into our bananas and causing general havoc. When we informed Susan about our “rat problem,” she sympathized, but responded with this rejoinder – “Ah, you have rats, that means you have food. You are blessed to have food!” She later told us that in many homes, rats come and nibble at people’s toes at night because there is no food.

Most recently, since we arrived back in Juba almost three weeks ago, we rejoiced to see Susan glowing! After months of melancholy since the death of her son, Susan seemed to have regained a sense of hope and joy. Yet again, the challenges of this country would land themselves square on her shoulders. One day last week Susan confided to Kristi that in the afternoon she would go across town to Jebel to pick up the three children of her late brother and sister-in-law, taking them home to care for, to feed and send to school. The following week Susan would report to me that previously she had taken in another three children from the same brother and that of his first wife after the first wife had died and her brother and his second wife were unwilling to care for them. It seems that HIV/AIDS had wiped out at least two of the parents, leaving behind a retinue of orphans. Susan said when she thinks about the needs of her household, it is too much, she is overwhelmed. “But I put God first,” she says smiling, “and have faith that He will provide.”

What can one say when confronted with the life of Susan? What words of comfort or encouragement can one provide? I am left speechless and dumbfounded by Susan’s witness of resilience and faith. Could I endure what Susan has endured and keep going? I do not know. What Kristi and I do know, however, is that Susan is our “Reality Check.” She is our inspiration.

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 .



Submitted by: Doug Clark for Ellen March, Director, Community Center

A dementia-friendly community for everyone Is Green Valley ready?

You've heard the jokes about memory loss and aging. Some are really humorous because forgetfulness can happen to everybody at one time or another, but memory loss tied to dementia is no laughing matter.

As older adults move toward the age of retirement, more and more people find themselves facing Alzheimer's and other forms of dementia. In 2022, the Alzheimer's Association reported that approximately 6.5 million people were living with Alzheimer's, the main cause of dementia.

A dementia-friendly community is a city, town, or neighborhood where people with dementia are understood, respected and supported. Too many people affected by dementia feel society fails to understand the condition they live with, its impact, or how to interact with them. People with dementia sometimes feel they need to withdraw from their community as the condition progresses. If appropriately supported, they can continue to play an active and valuable role even years after diagnosis.

In 2020, Pima Council on Aging was selected as one of the 12 organizations in the nation to receive funding for a three-year program to improve dementia-specialized support for people living with Alzheimer's Disease and related dementias and their caregivers, with a special focus on those living alone and underserved populations.

PCOA's three-year, one-million-dollar award has been funding various community initiatives to increase an understanding of Alzheimer's and related dementias.

PCOA joined forces with the United Way of Tucson and Southern Arizona to partner with the following organizations to meet the goals of the project:

- University of Arizona Center of Aging
- La Posada Community Services
- Elder Alliance
- The End-of-Life Care Partnership
- Banner Alzheimer's Institute
- Intermountain Centers
- Casa de la Luz Hospice
- Alzheimer's Association
- Tucson Collaborative Community Care (TC3)
- Interfaith Community Services

La Posada Community Services, with help from Dementia Capable Southern Arizona through PCOA, started its own Memory Café held one Saturday each month at the La Posada Community Center.

PCOA describes a Memory Café as "a welcoming place for those experiencing memory loss, their friends, family and caregivers." Anyone is invited to come and socialize with others in a supportive and entertaining environment at no cost. The next Memory Café was Saturday, Feb. 18, from 1-2 p.m. at the La Posada Community Center, 780 S. Park Center Ave., Green Valley. Call Ellen at 520-393-6840 or email: emarch@casagv.org to reserve a place at the café or find out the date of the next one.



Submitted by: Les Walters, Mission Committee Liaison

Hams for Crossroads!

Update: The goal was to collect 20 Hams for Nogales, Crossroads Mission Easter (Dia de Resurrección) dinner on April 1st. Thank you for your generosity, we have met our goal for hams. We are still collecting items for their Easter meal (potatoes, green beans and rolls) and items for children's Easter baskets.

if you would like to donate for their Easter meal or volunteer to help serve and clean up, please visit the Crossroads table in the Fellowship Hall on Sundays after the Worship service. The last collection date will be March 26.

For more information about the Easter Dinner and how you can help, contact Les Walter at (520) 870-3284 or you can visit Nogales Crossroads Mission website :<https://crossroadsmissionnogales.org/>.

Sunday, March 12, is Crossroads Mission Sunday. You can donate items after worship at the Crossroads table to anytime by leaving items in the bin in the Charter Hall, outside the Spiritual Life Center. You may also drop off funds at the VPS office Monday – Friday 8:00 a.m. – 4:00 p.m., please designate funds to “Crossroads Mission”.



Mission Breakfast

Saturday, March 25th at 8:30 a.m. in the Fellowship Hall

The March Mission Breakfast will feature Nogales Crossroads Mission. The Director of the Mission, Alejandra Martinez, will be our guest speaker and she will be sharing plans for the future of the mission what they do to help the community.

Breakfast will be prepared by the Valley Galley. Tickets are \$5 and will be available in the Fellowship Hall after worship service on March 12 and 19.

Needed items for the Women's Shelter, toothpaste, shampoo, conditioner, deodorant, soaps etc.

Any questions, contact Les Walter, walterl@ix.netcom.com.



Stop Domestic Abuse

Submitted by: Kara Fitzpatrick, Mission Committee Liaison

Hands of a Friend is a religious-based non-profit shelter for women in Green Valley. Alexa Delgado, Hands of a Friend Executive Director, notes that Arizona has the fifth-highest domestic violence rates in the United States, with about 42.6% of women and 33.4% of men experiencing intimate partner physical violence, sexual violence, or stalking. The need for shelters in the Green Valley area is real. Several agencies refer women to Hands of a Friend, keeping the shelter full.

Currently, Hands of a Friend is facing a few big challenges. While replacing the security system at the Genesis Shelter, it was discovered that the main gate also needs to be replaced. In addition, both sets of washers and dryers need replacing. The Mission Committee was able to offer some assistance with the gate, however, additional funding is still needed for the gate and laundry facilities.

Dazee's - A High-End Resale Clothing Boutique in Green Valley opened 15+ years ago is operated by Hands of a Friend. The store is run entirely volunteers. Our church continues to be so supportive, and they are so grateful for the donations, sales and volunteers. All proceeds from the store go to the Hands of a Friend to help fund the shelter.

At present, sales continue to grow. So much so, that the store is currently in need of donations of men's and women's clothing and accessories.

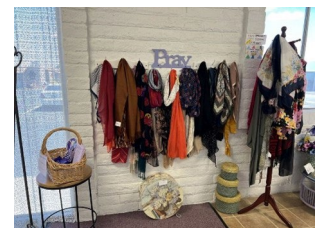
If you would like to donate to Hands of a Friend, there are four ways to contribute:

1. **Stop by the church office with a check.** Write Hands of a Friend on the memo section of your check or on the donation envelope.
Hands of a Friend is a 501(c)3 Non-Profit that receives no governmental financial support and an Arizona Charitable Tax Credit Organization.
2. **Donate gently used or new clothing to Dazee's**
3. **Volunteer at DaZee's**
4. **Shop Dazee's** for great buys and meet the friendly, helpful staff.

DaZee's is located at 231 West Dual Road, Suite D, Green Valley

Hands of a Friend truly appreciates all that Valley Presbyterian does for Hands of a Friend, DaZee's and the Genesis House Shelter.

You can also visit the Hands of a Friend website for information at <https://handsofafriend.org/> and <https://dazees.org/>.





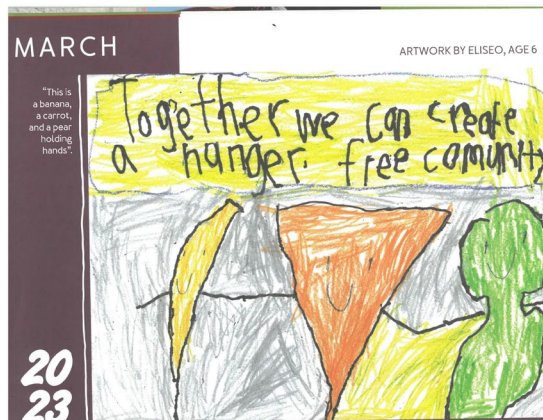
Submitted by Kylene Joplin & Carol Stephens

Food Bank Sunday is March 5, and the Food Bank needs you.

The need in Green Valley and Amado area is ongoing. Non-perishable food items and toiletries can be placed the Food Bank bin any time in the Charter Hall, outside the Spiritual life Center.

Our monthly poundage in 2022 averaged 65 pounds and out monetary contributions averaged \$1,067.00. with your help we can exceed these amounts in 2023.

VPC has always been exceedingly generous, and we thank everyone for this.



Snack Bags to become SNACK SACKS!!!



Our Mission Committee is asking for your support of the Salvation Army's "Operation Chill Out"

This year we will again collect snack items for the homeless in February and March. Our March dates for collection will be Sunday, March 5, and Sunday, March 12. We are supporting the Salvation Army's project to supply needed items to the local homeless in the summer heat. We hope to fill the sacks with:

- Beef Jerky
- Small packets of peanuts, cashews or almonds
- Individual packets of powdered Gatorade
- Granola Bars/Cereal Bars
- Fruit Cups and Applesauce
- Peanut Butter or cheese cracker packets
- Rice Krispie treats or cookies.
- Individually packaged Wet Wipes, small Kleenex packets

We will be buying bulk quantities of white tee shirts and ball caps to include in the sacks. Last year we assembled 210 bags. LET'S BEAT OUR RECORD!!!

PLEASE join the Mission Committee as we assemble the bags on Tuesday, March 14th in Classroom 1 (approximately 10:30) following our Mission Meeting. Last year 19 people worked together on the bags! It made the job go quickly!!

We will have the bags on display on Sunday, March 19th for folks to take for distribution to the homeless. Remaining bags will be delivered to the Hospitality House of the Salvation Army, 1002 N. Main Avenue, Tucson.

We Thank YOU for your GENEROUS support of this Outreach by the Mission Committee!! If you have questions, please talk to Ann Ball, Ed Storey, or Mary Horn.



March

****** *Turning 90* ***** *Over 90*

First Name	Last Name	Birthday
Pam	Coggins	March 01
Linda	Kucera	March 01
Pat	Sellars	March 01 **
Nicole	Raymond	March 02
Lillian	Deyerberg	March 03 *
Marcia	Koshollek	March 04
Don	Groendyk	March 05
Jim	Mills	March 05
Audrey	Wolter	March 05
Bill	Streng	March 06
Liane	Graessle	March 08
Bob	Donald	March 10
Dale	Pryor	March 10 **
George	Boysen	March 11
Marilyn K.	Kidd	March 11
Marge	Hawkins	March 12
John	McPherson	March 12
Sue	Wilson	March 12
Cheryl	Cooper	March 13
Sharon	Smith	March 13
Sue	Stuempfig	March 13
Julie	Ginader	March 15
Sue	Neuman	March 15
Dom	Nicholson	March 15
John	Wood	March 15

March

****** *Turning 90* * *Over 90*

First Name	Last Name	Birthdate
David	Bowen	March 17
Sandy	Green	March 17
Steve	Kepler	March 17
Nancy	Storey	March 17
Larry	Briggs	March 18
Dot	Hofman	March 19 *
Dianne	Steinacker	March 19
Lon	Main	March 20
Richard	Bushong	March 21 *
Dick	Davison	March 21 *
Jean	Stewart	March 21
Robert M.	Williams	March 21
Sheila	Frahm	March 22
Katie	Sayre	March 22
Nelda	Lobb	March 23
Caryl	Thomas	March 23
Joseph	Harnish	March 24
Margaret	Hammel	March 25 *
Ken	Frahm	March 26
Jamie	Reed	March 26
Anne	Moore	March 27 *
Karen	Brooks	March 28
Katy	Danhof	March 28
Ed	Farver	March 29
Karen	Bahnick	March 30
Jack	Claton	March 30
Lynn	Szabo	March 30
Chris	Fleischmann	March 31
Sherry	Thompson	March 31

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Valley Presbyterian Church March 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 12:30pm Worship Committee 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal 5:00pm Lenten Taizé 5:30pm Lenten Soup & Bread	2 8:00am Patio Sale Pack & Sort 10:00am Seven Words 1:00pm The Book: Story of God 3:00pm Beginning Line Dance	3 8:00am Patio Sale Delivery of Fixtures, Tables, Boxes, Tents	4 7:00am Communion Prep 8:00am Patio Sale Delivery of Fixtures, Tables, Boxes, Tents
5 Food Bank Sunday 9:30am Worship Service 9:45am Children's Sunday School 11:00am Pale Sale Prep for the Sale	6 8:00am Patio Sale Delivery of Fixtures, Tables, Boxes, Tents 8:00am Speaker Removal	7 8:00am Patio Sale Delivery of Fixtures, Tables, Boxes, Tents 8:00am Wiring & New Speakers	8 8:00am Patio Sale Delivery of Fixtures, Tables, Boxes, Tents 8:00am Hanging New Speakers 3:15pm Choir Rehearsal 5:00pm Lenten Taizé-No Soup/Bread Meal	9 8:00am – 2:00pm Patio Sale	10 8:00am- 2:00pm Patio Sale	11 8:00am – 12:00pm Patio Sale
12 Nogales Crossroads Mission Sunday 9:30am Worship Service 9:45am Children's Sunday School	13 9:00am Fellowship Committee 9:00am Parkinson Chair Exercises 10:00am Patio Sale Coordinating Team Planning 1:00pm Bible Reflections 1:15pm GVCC Rehearsal	14 7:30am Snack Sacks for Homeless 8:45am Mission Committee 9:00am Cardio Drumming 9:30am Prayer Ministry 10:00am YOGA 11:00am Jesus' Last Days 2:00pm Joyful Spirit Ensemble Rehearsal	15 9:00am Deacon Meeting 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal 5:00pm Lenten Taizé 5:30pm Lenten Soup & Bread	16 10:00am Seven Words 12:00pm Patio Sale Volunteers Appreciation Luncheon 1:00pm The Book: Story of God 3:00pm Beginning Line Dance	17 St. Patrick's Day 9:00am Parkinson's Chair Exercises 9:00amStephen Ministry CE, Peer Group, Stephen Leaders 9:00am Stephen Ministry Training 1:15pm GVCC Rehearsal	18 10:00am Memorial for Arleen Boyuls
19 YOTO Sunday 9:30am Worship Service 9:45am Children's Sunday School 5:00pm Kettle Dinner	20 9:00am Parkinson Chair Exercises 9:00am GVCC Rehearsal 9:30am Mission Quilters 1:00pm Bible Reflections 1:00pm Women's Ministries Lunch Prep 4:00pm Ruth Circle 7:00pm GVCC Concert	21 9:00am Cardio Drumming 9:30am Prayer Ministry 10:00am YOGA 11:00am Jesus' Last Days 11:30am Women's Ministries Luncheon 2:00pm GVCC Concert	22 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 1:00pm YOTO Card Making 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal 5:00pm Lenten Taizé 5:30pm Lenten Soup & Bread	23 8:30am Session Meeting 10:00am Seven Words 10:00am Creative Hands 1:00pm The Book: Story of God 3:00pm Beginning Line Dance	24 9:00am Parkinson's Chair Exercises 9:00am Stephen Ministry Training	25 8:30am Mission Breakfast 11:30am Memorial for Juanita Anderson
26 9:30am Worship Service 9:45am Children's Sunday School 2:00pm Organ Concert	27 9:00am Parkinson Chair Exercises 1:00pm Bible Reflections 2:00pm Valley Readers	28 9:00am Cardio Drumming 9:30am Prayer Ministry 10:00am YOGA 11:00am Jesus' Last Days 2:00pm Joyful Spirit Ensemble Rehearsal	29 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal 5:00pm Lenten Taizé 5:30pm Lenten Soup & Bread	30 10:00am Seven Words 10:00am Creative Hands 11:00am ALS Presentation 1:00pm The Book: Story of God 3:00pm Beginning Line Dance	31 9:30am United Community Health Center Staff Training 9:00am Parkinson's Chair Exercises 9:00 Stephen Ministry CE, Peer Group, Stephen Leaders 9:00am Stephen Ministry Training	