

THE VALLEY VOICE

VALLEY PRESBYTERIAN CHURCH MAY 2022



Quilts for Ukraine!

Story shared by Patti Bright

A story of a man's love for his mother and country.

During the gathering of our March Mission Quilters, one of our Quilter Volunteer, Karen Mitchell, shared with the group that her husband, Mike Mitchell, having a full-blooded Polish mother, had all he could bear without helping out the fleeing Ukrainian mothers and children from the destruction of their homes and towns.

Mike and his military buddies left for Ukraine March 25th to rent large vans, to drive refugees to a safe place. He informed his wife that he was willing to pack some quilts in his suitcase, even take another suitcase if the VPC quilters wanted to donate quilts.

Of course, when the group was asked if they wanted to donate quilts, there was a loud YES. We took all the darker colored quilts and bundled them up for Karen to take home to Mike.

Our quilters, being the generous souls they are, handed Karen money to use when she and Mike went shopping for the needed items listed to buy for the refugees. Mike had two full suitcases to lug along on his mission of love and concern for the war battered Ukrainians arriving in Poland. Mike and his friends were able to be in Poland for one week.

cont. on page 8

Picture to the right is of some of the quilts that went to Ukraine



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

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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

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OUR VALLEY PRESBYTERIAN STAFF

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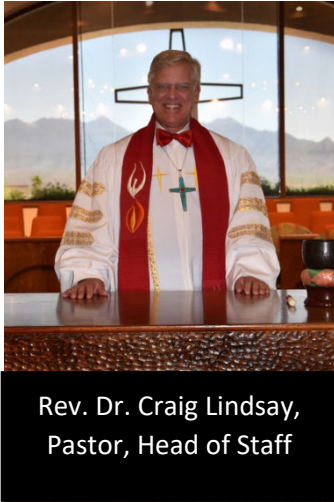
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SUNDAY WORSHIP SERVICE SCHEDULE

May 1	John 21: 1-19, "Do You Love Me?" The Sacrament of Communion	Pastor Craig
May 8	Revelation 7: 9-17, "Silent Partners"	Pastor Diane
May 15	Acts 11: 1-18 Saying "No" (or "Yes") to God"	Pastor Diane
May 22	Revelation 21: 10, 22-25:5 "The City of God"	Pastor Craig
May 29	2 Kings 2:1-15 & Acts 16: 16-34 "the Power of God"	Pastor Craig
June 5	Genesis 11: 1-9 & Acts 2: 1-21 "Babel"	Pastor Craig



Please Take God (and VPC) With You This Summer

By Pastor Craig

After Patio Sale, after Holy Week and Easter, a bulk of folk began singing the old Frankie Valli' song: "I'll See You In September" as they begin their summer migration to cooler pastures until next autumn. Please remember, while distant from this home, that Live Streaming of the Worship Services is available both at 9:30am Arizona-time and archived thereafter. Simply go to the Church Website [www./Valleypres.net](http://www.Valleypres.net) and click on the Worship Services section. We created this and trained staff in response to being isolated for COVID19 but continue to broadcast for friends who cannot come to this Sanctuary on Sunday mornings. Even more, when life circumstances happen to you in South Dakota, Iowa, Minnesota, Michigan, etc. please let us know, so we can hold you before God in prayer. God does not take a vacation from us during the summer, so please remember to listen in on your church while traveling. Last summer, Katie, Ray and Pastor Diane were even able to participate in worship while in Greece, so no matter where you travel, God is there.

A Wonderful Gift

By Pastor Craig

Just before Easter, someone came to Pastor Lindsey, saying that they wanted to make a special gift. They had recently come into an estate, and they wanted to provide for the needs of their church, at which they presented the church with a check for the outstanding balance on the Solar Array Carport! This added to the funds generously contributed in 2020 and 2021 amount to the full amount due in June 2023, NEXT YEAR! We are extremely thankful!

The Solar Panels installed in 2018 generate the majority of electric power needed for the church property. Special thanks to Don Brooks who shepherded this project through approvals by the congregation, HOA and Presbytery. Thanks to the generous donor who paid off the balance.

A Change in Plans

By Pastor Craig

In our last newsletter, I shared having been invited by the Presbyterian Church to a program called CREDO where pastors reflect on their years in ministry. Thinking this through, it occurred to me that I really do not need that so much as vacation. Last summer we were smoked out of Lake Tahoe, and the two years prior we could not go anywhere for vacation. So, Judy and I are going to take a trip to Mexico in early May to swim in the waters and recess. The CREDO leadership responded: "You are following the Spirit of what we hoped for."

After a two-year absence, Extended Communion will be resurrected on May 1.



Extended communion is a ministry of the Deacons where communion is brought to the homebound and those in care facilities on Communion Sundays (first Sunday of the month). If you would like to receive communion in your home, or if you know of someone, contact Pastor Diane (pastordiane@valleypres.net; 520-625-5023).

Sabbath

By Pastor Diane

As I write this, it is the week following Holy Week and Easter. The season of Lent and Easter was wonderful, moving, precious, and exhausting. I am looking forward to the weekend where I can have a few days at home to recover.

The women's circle Bible study next year is on Sabbath. I have been asked to speak at the Presbyterian Women's Spring Retreat this month to introduce the topic of Sabbath.

Sabbath has many meanings and layers, but right now to me Sabbath means rest. Rest started with God who rested on the seventh day of creation. I think of Elijah, who was exhausted after serving God in an intense battle with false idols and hid in a cave to sleep. God's angel gently attended him with food and water.

After leading the people out of Egypt, God says to a tired Moses, "My Presence will be with you, and I will give you rest."

Everybody's favorite Psalm (Psalm 23) advocates rest: "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."

Jesus calls all who are weary and burdened to come to him, and they will "find rest for their souls."

And of course, Jesus took many opportunities to get away from the crowds to rest and pray. "Very early in the morning while it was still dark, [Jesus] went out....and prayed." Jesus even took naps in storms.

At times, he would take the disciples with him to withdraw and rest from the crowds. After the resurrection, the disciples took their own emotional rest by going fishing.



Pastor Diane Christopher-Pastor of Discipleship

Even the Apostle Paul, known for his intensity and exciting life as a follower of Jesus, took a rest between his 2nd and 3rd missionary trips. (We are not sure how long he rested, but guesses range from 6 to 36 months.)

There is great value in an unhurried heart and body.

Your pastors are taking Sabbath time this month. Pastor Craig is taking vacation time for 10 days the first part of May. I am taking two weeks off at the end of the month to "play" with some friends and visit my mom in Minneapolis who will turn 100 on June 2. Help your pastors take their much-needed Sabbath time of rest with your prayers (and no work emails).

Sometimes it is hard to stop and rest, but Vaneetha Rendall Risner writes, "Yet God is calling all of us to fully rest in Him. To enjoy spiritual, physical and mental rest. When we do, we will recover our lives. And then we will learn the unforced rhythms of grace" (from an online article *Learning the Unforced Rhythms of Grace*).



Patio Sale News

Submitted by Carmen Nylund

Hopefully, everyone has recovered from our very successful March Patio Sale. It was a lot of work, but well worth the effort and now maybe we can relax for a few months. However, the Coordinating Team is already busy planning a Holiday Sale in November. And, of course, we can't forget the Pack & Sorts each month. The donations just keep coming.

We really appreciate all our volunteers, not only at Sale time, but all year round. Our Patio Sales would not be possible without you. This is the time of year when many of our volunteers return to their other homes, and we hope you enjoy spending time with friends and family wherever you go. We will look for you again in the Fall.

That means we could use some additional help during the summer. It would be a great time to volunteer for Pack & Sorts when things aren't so hectic, and we would definitely like to have some additional help picking up donations most every Friday. In a perfect world, it would be great to have 16 people on the Trucking Team. That would make it possible to rotate teams of four each month. That perfect world may not be possible at this time, but, if you can man-handle boxes and furniture and are available on Friday mornings, please contact **Don Nicholson, Trucking Coordinator/Scheduler at 507-696-3873.**

If Pack and Sort and Trucking are not your "cup of tea", perhaps you have some extra space in your garage that we could use. We are looking for space to store some of our medium sized boxes of fragile items from now until our next Patio Sale in March 2023. If you have space or know someone who has storage space in their garage, please contact **Carmen Nylund, Patio Sale Coordinating Team Leader at 520-269-7732.**

Wanted: A well-maintained, used Pick-Up Truck in good working order that will be available for both Patio Sale and Church use. If you have a truck for sale or would like to donate a truck, please contact Steve Hart, Lead Custodian, at the church office, 520-625-5023.

Watch for additional news each month in the Valley Voice and in the E-Blasts as needs and opportunities arise. Especially watch for what's coming up in November.



A Note of Thanks....

submitted by Jamie Reed

We have officially completed our 2021-2022 Music in the Valley Concert Series. Between November and April, we were able to provide 6 concerts! This was a big monthly project, and we are so thankful to everyone that attended, assisted, and supported us throughout this endeavor. We are already in the process of setting up next season's concerts and look forward to sharing the news with you in the coming months.

Jamie



Join Wes Moulton and VPC Church on the Fifth Sunday for a Gospel Hymn Sing Celebration on May 29th to worship and praise our Lord Jesus Christ. We will gather in the Spiritual Life Center at 4:00 pm.



Caring for those in our congregation

Faith & Health/Parish Nurse News May 2022

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 a once a week; a 30-minute exercise program for health, stress, and balance. Please email parishnurse@valleypres.net for more information and/or for registration.



Keeping active helps to stay positive and healthy.

Blood pressure screening will be by individual appointment.



**New Office Hours: Parish Nurse's office hours are
Tuesday mornings 8 – Noon & Thursday afternoons Noon – 3 pm.**

Medical Minute: Warmer weather is now here.



Make sure you are watching where you walk. Do not reach into shrubs. Call 911 immediately for any snake bites and remain calm, immobilize the bite area, and remove any tight objects like rings or tight-fitting clothing from site.

Just Sit and Take It All In

By Chris Erickson

Do you ever just sit and absorb the moment? Do you ever watch the leaves just blow in the wind? Or flowers start to bloom?

In April, my daughter was married outside, on a ranch just outside of Prescott. Pastor Diane made this special day even more special by officiating the ceremony. Just before the wedding ceremony started, there was a brief quiet time before walking down the hill to our seats. There was a breeze, but not too strong. The air seemed refreshing and clean. Past the yard where the ceremony was to be held, were long horn bulls watching the people gather. Two doves flew overhead. It was incredible to just take it all in, and just stop for a moment to watch all that was going on and just breathe. The day was beautiful and happy for all, and all seemed perfect.

What happens when it is not? Do we still stop and just take a breath? The world is surely different after COVID, emotions are not the same. We see much more anxiety and depression. So, what is different? Why are we different?

The informal meaning of the word decompress is to calm down and relax. This would be similar to an adult time-out, in a way. Did we forget to breathe? A goal to decompress is to take one day, if you can, a week and just sit for one hour, maybe outside or by a warm sunny window, and do nothing but sit. Take it all in, from your breathing, to how you feel sitting, to the weather and temperature, to what is around you. Not only does this decompress us, physically we can change our blood pressure, our pulse, and our muscles. Just sit and take it all in.



Philippians 4:6 -7 Do not worry about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made know to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



Quilts for Ukraine

continued from front cover

A Volunteer's Text to His Family from Poland!

Karen Mitchell shared a text from her husband Mike Mitchell had written to his family.

“The refugees are in need food and water, as well as gloves, socks and raincoats. All of the men are required to stay back in the Ukraine and fight. It is the women and children only passing through the border.

We hand out water, food, etc. to 2-3000 people a day as they pass by.

Unusual food supplies are streaming in from all over Europe. Truckloads of food arrive each day from England, Belgium and Germany. The trucks come and dump food off, then take off again. We try to move the cases/boxes off the street and into the tents as it comes in.

The trucks are full of different items each day. Sometimes they have potato chips and soda or uncooked noodles, even candy.

Luckily, there are organizations that serve pizza, soup and sandwiches. There are always bottles of water available to hand out.

Sometimes it takes several days for the refugees to travel short distances on the Ukrainian side of the border. Once they get to the border, the lines can be over a mile long. Many people are in need of healthcare.

It is very sad to know that over 4 million people are displaced. We watch thousands of people pass before us every day trying to

escape the war.

The volunteers work up to 20 hours a day to support the refugee movement. Due to curfew on the Ukrainian side, people stop coming around midnight and don't start flowing again until 4 A.M.

Heavy rain is predicted for the next 14 days. This makes it very difficult for the refugees. It is also difficult for the volunteers to support the refugees in heavy rain, wind and snow. Today the tents were blowing down hindering the protection for refugees, volunteers and supplies.

Karen's quilting group sent several quilts to help warm the refugees. Today we provided a quilt to a man that was near death in the woods on the Ukrainian side. The nurses were hoping to warm him up with the quilt and get him medics. Many simple items are in short supply in this region. “



Nurses in Poland holding one of the quilts provided by the VPS quilting group.



Each day of volunteering brought a different experience to Mike. A moment of pleasure for Mike was when the man next to him was serving Kielbasa, just like his Polish mother prepared for their family.

Most Emotional Part of Mike Mitchell's Poland trip

Mike met up with a Ukrainian translator, and she took him to a mall with thousands of refugees sleeping on cots. It was high security, so he had to get a pass to enter and was not allowed to take pictures. Unfortunately, Mike said this was the most emotional part of his whole trip.

The translator walked with him around the facility and asked if people needed a quilt, only if they saw families in need. The women literally cried as they received the quilts. Mike's wife had only seen Mike cry a few times in his life, and he said this event brought tears to his eyes.

Karen, Mike's wife, thinks these families appreciated the love that went into these quilts and the practicality of needing the warmth. There were many babies in this area, so the small quilts came in handy, Thank you, ladies for all your hard work.

Delivering the quilts to the refugees was an amazing experience for Mike.

Mike Mitchell, back from Poland!

What a surprise we had at quilting today. Karen brought Mike in to meet our quilting group. We were thrilled to see them. Mike thanked the quilting women for giving him the privilege to deliver quilts to those who so desperately needed them. Delivering the quilts was the most memorable part of his trip and the most memorable of our giving, so far. None of us know what God has in store for our quilts in the future.

Mike said our quilts only weighed 20 pounds. He couldn't have taken more quilts though, because he had one suitcase that weighed 100 pounds. He also took 10 bullet proof vests that went to Kiev. The medical supplies that the couple bought with funds donated to them went to Kiev as well. They were well supplied with medical supplies at both train stations in Poland where many of the refugees first arrive. However, medical supplies were really needed in Kiev, so they were sent to Kiev.

We're glad to see Mike safe back home with his happy wife.



Mike and Karen Mitchell

Your Ukraine Dollars

Submitted by Pastor Diane

As of April 20, our congregation has donated \$23,333.25 for Ukraine relief.

How is your money being used?

The full amount you have given is going to Presbyterian Disaster Assistance (PDA) designated for Ukraine. In situations such as Ukraine, PDA's role is finding organizations on the ground in the communities that need help.

PDA has five ecumenical partners in Eastern and Central Europe addressing the humanitarian crisis. Recipients include Friends of Community of Sant' Egidio (In Ukraine), Hungarian Reformed Church Aid (the PDA of the Hungarian Reformed Church), and Lutheran World Federation.

PDA has extensive experience responding to refugees in the United States and abroad. A quickly growing issue in the countries taking in Ukrainian refugees is the need for housing, as it becomes obvious many will not be able to go home anytime soon, if at all. PDA's specialty is long-term response, and its partner ministries in the Presbyterian Mission Agency and the Office of the General Assembly will be part of a broad, sustained response, as well as advocacy offices in Washington and at the United Nations.

Operation Mobilization in Ukraine

Submitted by Doug Clark

After months of tension of Ukraine's border, Russia's military attack has led to hundreds of thousands in search of safety. The conflict in Ukraine has evolved over several years and through multiple stages, and this humanitarian crisis is now critical. Many people were not prepared for war and have found themselves and their families shell-shocked- not just by rockets and gunfire, but by the pain of separation from loved ones and the uncertainty of abandoning their homes and livelihoods.

OM is on the ground to respond immediately, responding to the unfolding situation in Ukraine and surrounding countries. As more and more people flee, our team members in Ukraine, Poland, Moldova, Hungary and Romania are mobilizing local churches, coordination relief efforts and administering aid to those in need.



OM responds, please pray for Ukraine, Pam and Dave L.



Casa Vida Nueva para Niños
Submitted by Reed Olson
VPC Mission Committee

Trip to the Casa Vida Nueva para Niños

On March 12, Reed Olson escorted 10 people from the Green Valley area to Casa Vida Nueva para Niños (Orphanage) in Nogales, Sonora MX. This was the first coordinated visit since October 2019. The group spent the day with the children, listened to a presentation of their story, watched two singing performances by the children, toured their home, and ate a wonderful lunch. Support from VPC and RISE Scholastic Achievements was acknowledged for help in paying for all high school costs, laptops, and college / trade school expenses for these orphaned children. Currently there are three students in high school and two students in college. Next year there will be eight in high school and four in college. Traveling back home took only 10 minutes to cross the border. RISE thanks everyone for their kindness and love in making a huge difference in supporting the operations of the facility and educational lives of these wonderful children. To learn more about this mission go to: www.risesa.org



Group Photo-Orphanage Visit March 12, 2022



Photo of Caroline and Edgar-Two students attending college



Reed Olson and Tony Laguna from RISE Scholastic Achievement awards Rise t-shirts to the children who are attending high school and collage

Submitted by Kay Brouwer

On April 7, 2022, seven Mexican families brought children for treatment at St. Andrew's Children's Clinic in Nogales, Arizona. This was the first Clinic since the start of COVID in 2020. Laura Romero, the Executive Director, said the Clinic is up and running with enthusiastic, efficient staff and volunteers. The families are thrilled to have the medical help for their children.

The children came for Orthopedic help. All went very well. The next clinic on May 5, will serve 20 children with orthopedic, pediatric and/or speech problems. The Customs Border Protection personnel were able to process the families across the border efficiently and will continue to do so every first Thursday when children come from Mexico for help at St. Andrew's Clinic.

The St. Andrew's Episcopal Church in Nogales has limited the space available to the Clinic. Therefore, it is too small for Clinic services. In April and May, Laura will spend time and effort searching Nogales, Arizona, for a bigger space in which to provide their clinic services. She hopes to finalize her search by this fall so the clinic can help up to 50 children. The Clinic staff and volunteers supports the efforts to expand their services which, in the future, might reach 250. Growth must come slowly and safely, but the Customs Border Protection agency is encouraging the Clinic help more families.

Laura is extremely grateful to Valley Presbyterian Church for our prayers, support and donations. This will be a stressful era of transition during which many Mexican Children will continue to get medical help at St. Andrew's Children's Clinic.

Submitted by Doug Clark

Everyday life has changed significantly since the first of your Presbyterian Church (U.S.A.) theological seminaries were founded in 1794 and 1812. Over the years, additional theological institutions were established, carrying on the Presbyterian tradition of providing educated leadership for congregations from the Atlantic Ocean to the Pacific Rim. Each institution is represented on the [Committee On Theological Education \(COTE\)](#) where institutional representatives meet with General Assembly-elected members.



Today, your 12 seminaries have been entrusted to provide the educational foundation pastors need to be able to preach, teach, pray and lead.

Together they:

- Prepare men and women to be pastors, educators and musicians for congregations
- Provide continuing education and advanced degree programs for ministers of the Word and Sacrament and for lay church leaders.
- Serve as centers for theological discourse, reflection and research for the benefit of the wider church during changing times.

As we continue into the 21st century, each of your theological institutions will continue to provide a Presbyterian ethos for learning and spiritual formation — theological education in the Reformed tradition.

PRESBYTERIAN MISSION

Bob and Kristi Rice are our supported missionaries to South Sudan. Their communication tool to our congregation is through their blog- bobandkristi.blogspot.com- which they write twice per month. Only a portion of their inspiring story can be shared in the Valley Voice. Join the 17 VPC members who promise to pray and follow the blogs.

At long last -- SSPEC General Assembly

Last week the South Sudan Presbyterian Evangelical Church (SSPEC) held their General Assembly (GA). That sounds like it would be a rather dry and officious meeting, but the long days were filled with lots of worship, prayer, animated discussion, laughter, and of course reports. One thing I enjoyed most was watching people from different parts of the country rejoice in seeing one another again. The repeated handshaking and expressions of delight and surprise as people from remote regions reconnected showed the deep level of connection that people had when they were all displaced or studying together in Khartoum.



Members greeting each other

Since Presbyterian structure includes governing by elders and by group decisions and not by a single authority, the General Assembly is a significant governing body and where a lot of the decisions are made, and reports are given. Representatives from all SSPEC congregations in South Sudan and also of South Sudanese in neighboring countries are expected to attend. For SSPEC, it was the first time since 2013 that they have been able to hold a General Assembly, due mostly to insecurity in South Sudan. They had hoped to hold the meeting in October, but it was postponed because many people were not able to attend.



Delegates in the meeting

PRESBYTERIAN MISSION

I was told by a number of people that discussions would get heated, and it might feel like people were about to start fighting, but then everyone would cool down and the matter would get resolved. “That is just the way it is in GA”, they said. And sure enough, I watched discussions play out like that. People were given an opportunity to ask questions or to share their opinions, and after a period of discussion there would be a conclusion, or they would move on. I appreciated that even those who disagreed about a certain topic could laugh together later.

On the last day of the GA was the election for new leadership. The executive committee is now completely new, and the previous leadership showed humble grace in stepping aside and supporting the new leadership. Everyone I talked to seemed pleased with the election and to support the leadership, whether their choice of candidate had been selected or not. The day after GA ended, the old and new leaders met together to hand over the responsibilities and to share information. At the end of the week, the entire old and new executive committees came together to pray and to express their hopes for the church going forward.

Thank you to those of you who prayed for this meeting, and please continue to pray for wisdom and vision for the new leadership as they seek to encourage and enable the spiritual mission of the church. We pray that God’s people here will grow in unity as they focus together on Jesus Christ, our source of true life and peace.

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.



Let's do Lunch!

Studies show eating with others keeps you healthier

An abundance of research links social interactions with senior wellbeing. Eating is an area where the impact of isolation can be particularly destructive to senior health.

Not only does nutrition play a critical role in fostering healthy aging in older adults, but lack of proper nutrition and social engagement can have serious consequences. One study reveals that single adults over the age 50 ate fewer vegetables every day than peers who were in partnerships. These same people were also at increased risk for developing diabetes.

To look at the larger picture, the more isolated seniors are, the less likely they are to eat healthy, nutritious, and varied diets. Unfortunately, the implications of eating for one can be huge, and may include everything from weight loss to decreased immune function.

Even eating alone in the company of others can help stave off feelings of isolation. It's more than the meatloaf and cookies that draws senior citizens to congregate meals at community centers across the nation. It's something that doesn't show up on the daily menu. And it's something that many seniors can't get their daily dosage of at home.

Encouraging Social Eating

There are some things caregivers can do to help their aging loved ones simultaneously improve their nutrition while deriving the benefits of socialization, including the following techniques:

- **If your aging loved one lives in a senior living community, encourage him or her to take meals in the dining room as opposed to eating alone in their room or apartment.**
- **If your loved one lives independently, look into congregate meals offered by senior centers, churches, and other organizations, and encourage your loved one to participate. Many adult day care centers also offer healthy meals for adults with a side dish of companionship. Almost as important as the nutrition served up at senior centers is the conversation shared around the dinner tables.**

The Senior Lunch Program at the Posada Life Community Center is designed especially for individuals age 60 and over. The weekday meals are hearty and monthly menus are available on the website at: posadalife.org/community-services/ or can be picked up at the Posada Life Community Center, 780 S. Park Centre Ave., Green Valley. The Community Center is open to everyone and is also the place for socializing. People often come early or stay late for games or entertainment. Advance reservations are required and a \$3 donation for meals is suggested. There is ample free parking. If you wish to make a reservation, call 520-393-6814, or email Carla at CCastaneda@casagv.org.



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
**FEEDING
AMERICA**

Submitted by Kylen Joplin & Carol Stephens

According to “Webster” to be “Generous”
is to be bountiful, liberal, lavish,
bounteous, prodigal, magnanimous,
humane, beneficent benevolent.

In other words,

“Valley Presbyterian Church”

In March VPC gave the Green Valley and
Amado Food Banks 221 pounds of food
and \$986.00



Artwork by John Robert, Age 7

“The broccoli is also a cloud. I want to tell people they can
stay healthy by eating healthy foods”

REMINDER, SUNDAY MAY 1ST



HOW MARTIN LUTHER CHANGED HISTORY



Presented by Deacon Bud Landry

Thursdays May 5, 12, and 19 at 4:00 PM via
Zoom.

- Week One – *Die Anfechtungen* (Luther’s unrelenting fear of hell)
- Week Two – The 95 Theses and the Diet of Worms (*a meeting, not a meal plan*)
- Week Three – The Council of Trent

In this three-week Zoom course, we will explore
the life and times of Martin Luther and how he
changed history and the course of Western
Civilization.

Join Bud Landry at his Personal Meeting Room

<https://my-gcu-edu.zoom.us/j/5904813442>

Passcode: Tucson

At the Food Bank, we are gearing up for our **largest, city-wide food drive** of the year, Stamp Out Hunger on **Saturday, May 14th**! Every year (except during the past two years), we partner with the National Association of Letter Carriers to host this food drive. We **need 375 volunteers** to help collect and sort food at different postal offices, but we only have about 100 volunteers signed up.

We would really appreciate it if you could help us promote Stamp Out Hunger to your faith communities, as it's fantastic for individuals, for groups, and for families (ages 12 and up are welcome!). Faith in action is a very powerful force for good!

Fill a bag. Feed families.
Saturday, May 14th



**NATIONAL ASSOCIATION
OF LETTER CARRIERS**

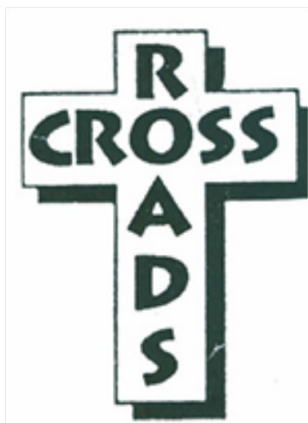
**Stamp
Out
Hunger**

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CROSSROADS EASTER DINNER!

Submitted by Les Walter

On Saturday April 16, volunteers assisted in serving approximately 150 guests at the Crossroads Mission.

The dinner included ham, potatoes with gravy, green beans and for dessert there was watermelon and cupcakes.

The dinner was preceded by a chapel service with a local pastor and his wife leading the service. Following the dinner, tables outside had bags of groceries and clothing items available. There were easter baskets also for the children that included coloring books and stuffed animals.

The ham was provided by the many contributors from Valley Presbyterian Church. Total ham weight was about 175 pounds. along with instant mashed potatoes. Eight members of our congregation did food serving, assisted on setting up for distribution outside as well as cleanup afterwards.

Donations by dozens of church members made this a success!



Ken Peterson presenting the plaque to
the Ben and Bert Wenke's
Retirement Celebration

After 25 years of ministering at Crossroads Mission, Ben and Bert were acknowledged for efforts in starting the Mission and watching it grow all these years. About 40 guests and workers attended. The search for a replacement director continues. Ken Peterson, a representative of Citygate Network who works with 300 similar missions, also attended and presented a plaque to the Wenke's.



Photo of VPC volunteers on April 16



March 1, 2022

Hands of a Friend (Manos Amigas), Inc.

Dear Friends, Donors and Community Partners,

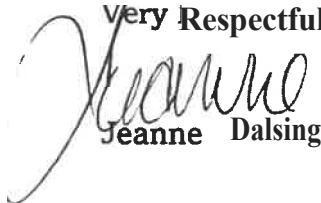
We would like to inform you of a few changes that are taking place here at Hands of a Friend Foundation and Genesis House. Hands of a Friend and DaZee's new websites are handsofafriend.or & dazees.or and are both fully up and running. Our websites will keep you updated with what is going on with Hands of a Friend, our DaZee's store, and the Genesis house. So please, feel free to go check them out there is also a direct link where you can make donations on both websites, you can also contact our email Jli@bandsofafriend or directly through both websites.

As stated in our previous letter our former Executive Director, Colleen Hansen has made the decision to fully retire; however, she will continue with us and be a part of our Board of Directors. At this time, I would like to introduce myself my name is Alexa Delgado, and I will be taking over as the Executive Director here at Hands of a Friend. I joined the foundation in October of 2021 and have been learning so much as I go, with the help of our Chairman of the Board, Jeanne Dalsing, and former Executive Director Colleen Hansen. I want to assure all our friends, donors, and community that the foundation is in great hands and is thriving and will continue to do as such.

We continue to look for new grants, as we still rely solely on grants, donations, and proceeds from our DaZee's store. Hands of a Friend does not accept any federal/state funding. DaZee's continues to receive a lot of great donations, and Gayle along with her team of volunteers have the store looking great and making a profit. Please keep an eye on our DaZee's website for any upcoming sales, and/or any news about the store.

There are some new projects are going on at the Genesis house such as, new tile in the kitchen and dining rooms, we will also be replacing some posts and the porch awning that goes along the front and back of the Genesis house. These changes are being made to ensure the safety of the residents that live within our home-based shelter. We would like to thank all of you for the continued support and appreciate all the love this community has shown us over all these years.

Very Respectfully

A handwritten signature in black ink, appearing to read "Jeanne Dalsing".

Jeanne Dalsing



“Taking care is one way to show your love. Another way is letting people take good care of you when you need it.”

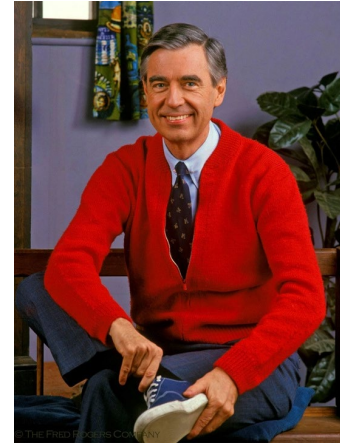
We recently remembered Mister Rogers on his birthday as a Presbyterian minister as well as a TV personality. It inspired me to reread some of his writings. Mister Rogers would have also made a great Stephen Minister!

Sometimes we have a hard time learning to receive. “We’d all like to feel self-reliant and capable of coping with whatever adversity comes our way, but that’s not how most human beings are made. The capacity to accept help is inseparable from the capacity to give help when our turn comes to be strong. It can sometimes be difficult to ask for support when we need it but having someone, we can count on to stick with us through the tough times can make those times much more bearable.”

We may just need someone who can sit with us in our distress or sorrow. “Caring comes from the Gothic word KARA, which means “to lament.” So caring is not what a powerful person gives to a weaker one. Caring is a matter of being there...lamenting right along with the one who laments.”

VPC has many caring Stephen Ministers ready to walk or sit with you. If you are uncomfortable having someone whom you feel knows you too well, we can also refer you to another Stephen Ministry program here in Green Valley. The various churches with Stephen Ministry often work together to meet the needs of the community.

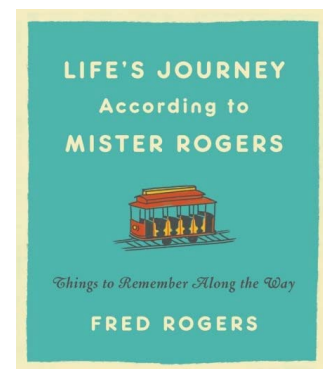
For a Stephen Minister, please call the church office or Carolyn Hill, referrals coordinator at carolynehill@gmail.com or (209) 581-1998).



Meghan:

You’ll be the one to decide your next steps...and the next steps won’t all be easy—not by any means—but if they’re honest, they’ll be worth the try. Any real work has its tough times (you know that), and any real love has its trials. I wish you the kind of life’s work in which you can use the greatest part of who you are; and I wish you the kind of life’s love that will enhance all that you do, as well as all that you are.

Life’s Journeys According to Mister Rogers





Women's Gathering Luncheon!
May 17th, 2022, at 11:30 a.m.

Submitted by Liz Haynes

Our May Gathering Luncheon will feature Rev. John Cheek, who works with Presbyterian Disaster Assistance.

Rev. Cheek is a dynamic speaker will have a lot to say about the current crises for which our denomination is providing funds and assistance. Save the date of May 17th at 11:30 am.

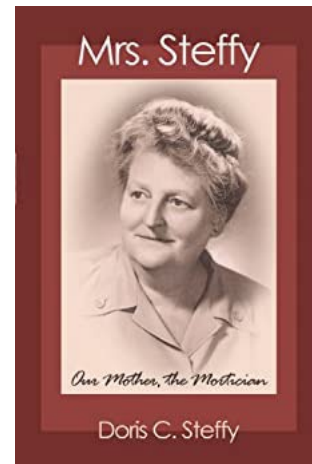


The Presby gift will go to Presbyterian Disaster Assistance.

(After the May luncheon we'll go on hiatus until our Gathering in September.)

Valley Readers
2:00 PM- May 23, 2022
Classroom 1

Submitted by Liz Haynes



May is the month of Mother's Day and this month we celebrate a memorable mother of one of our own members, Doris Steffy.

After her husband died, and with four children to support, Florence Steffy took the unusual step (for a woman of that time) of going to embalming school so that she could carry on the family funeral home business. The memoir by her daughter Doris tells the story of a remarkable woman who possessed determination and courage.

Please join us for a discussion led by Doris Steffy. Contact Anne Morrison for additional information at 520-399-0762.



Presbyterian, Presbytery de Cristo, Spring Gathering

The Presbytery Women's Spring Gathering will be held in person at our church on **Saturday, May 14th from 9:00 till 1:00.**

Rev. Diane Christopher will do the keynote address, entitled "Sabbath: A Gift and An Imitation" which will introduce next season's Circle Bible Study. Lunch will be served. Cost is \$12 and registrations are due by May 6th. Pastor Diane and Wes Moulton will lead us in a Taizé worship with communion focused on Sabbath.

A registration flyer is included in this Valley Voice and can also be picked up at the Women's Ministries table on Sunday mornings.

OFFERING TO PRESBYTERIAN DISASTER ASSISTANCE

Registration and lunch \$12.00
Send check written to PW Presbytery de Cristo to Kay Davison
2426 E Desert Pueblo Pass
Green Valley, AZ 85614
Registration deadline: May 6, 2022

NAME _____ CHURCH _____

ADDRESS _____

EMAIL _____ PHONE _____

If you have dietary restrictions, please indicate here: _____

Do you need childcare? Yes _____ Number of children _____

Wanted: women volunteers to help out at the Sat May 14th Presbytery wide gathering 9:00 pm – 1:00 pm. This gathering includes registration breakfast followed by annual business meeting. Specific needs are Greeters (8:30-9:30am), Ushers for Taizé service (10:15-11:30) and Communion servers (11:15-11:45).



PRESBYTERIAN
WOMEN

Synod Triennial Gathering-October 2022

The Synod Triennial Gathering will be held in Phoenix the last weekend in October. More information will be forthcoming but save the date. This is a Friday through Sunday event.

The Southwest Gathering, October 28-30, 2022, at the Franciscan Renewal Center in Scottsdale, AZ. On behalf of the Coordinating Team of PWSSW, I want to invite you to this special time where we will “retreat” together, led by Carol Bechtel, author of the 2022-23 Horizons Bible Study on Sabbath. We will learn what is current with PW from Board of Directors Vice Moderator Kathleen Keefer as well. We will worship together led by the Rev. Judy Wellington who is currently serving La Mesa Presbyterian Church in Albuquerque, NM. There will also be a unique opportunity for cancer survivors to gather with the Rev. Linda Loving who has written a workbook entitled, “A New Song to Sing” to be used by survivors particularly in faith-based group settings.

Our intention is to include all persons who are interested in coming together to renew our community, and we would like to reach out to Native American women, younger women and those who are survivors and/or on the journey of living with cancer.

We have reduced the registration cost for this year and will offer financial assistance if requested to attend this gathering. The space at the Renewal Center is limited, so I would encourage you to return the registration form as soon as possible and respond to Carol Marr with any requests for assistance.

We are looking forward to this special time together and hope that you are as well. Please pass this information along to all those who might be interested.

Praying for peace with hope, love and grace, Susan

Keil Smith, PWSSW Moderator

Please see registration form on next page.

PW SYNOD OF THE SOUTHWEST GATHERING – October 28 – 30, 2022
FRANCISCAN RENEWAL CENTER
5802 E. Lincoln Drive, Scottsdale AZ 85253
REGISTRATION

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____
Church _____ Presbytery _____

FULL REGISTRATION: Includes program fees, 2 nights lodging and 6 meals

Lodging Friday October 28 and October 29, 2022

Friday dinner, Saturday breakfast, lunch, and dinner, Sunday breakfast and lunch

Single occupancy room \$ 300.00 \$ _____

Double occupancy room \$ 200.00 \$ _____

ONE NIGHT ONLY: Includes program fees, 1 night lodging and 3 meals

Double occupancy room \$150.00 \$ _____

COMMUTER: No lodging. Includes program fees and selected meals.

Please specify meals you are requesting, day and meal. We must reserve them with the Center.

One meal \$60.00 Date and Meal: _____ \$ _____

Two meals \$80.00 Date and Meals: _____ \$ _____

TOTAL ENCLOSED: Check # _____ \$ _____

REGISTRATION MUST BE RECEIVED BY JULY 15, 2022

CANCELLATIONS: Full refund if received on or before July 15. No refunds are available after July 15.

ROOM PREFERENCE Explain special request:

Availability of accessible rooms is limited.

ROOMMATE CHOICE: (specify name or accept assignment) _____

SPECIAL DIETARY NEEDS

The Center serves buffet meals. The menu includes selections that will satisfy most special diets.

Send registration form and payment in full to:

PW Synod of the Southwest
Carol S. Marr
443 W. Meadowlark Lane
Corrales NM 87048
505-710-4616

DO YOU NEED TRANSPORTATION FROM SKY HARBOR AIRPORT TO THE MEETING SITE?

Airline _____ Flight # _____

Date _____ Arrival time _____

Airline _____ Flight # _____

Date _____ Departure time _____



May Birthday s

*** Turning 90 * over 90*

First Name	Last Name	Birthdate Month/Day
Barbara	Dittmer	May 01
Martha	Jump	May 01 *
Ruth	Morris	May 01 *
Sandra	Howerter	May 02
William	McGrath	May 03
James	Bruner	May 05
Peggi	Briggs	May 06
Pamela	Karbowsky	May 06
Rodney	Lichtenberger	May 06
Catherine C.	Williams	May 06
Geri Gritzen	Berry	May 08
Janet	Fitch	May 08 **
William	Wheeler	May 09
Paul	Stuempfig	May 11
Ann	Stockdale	May 12
Annamae	Buchholtz	May 13 *
Rev. Barbara	Streng	May 13
Margot	Elsner	May 14
Sharyl	Mennenga	May 17
Norman	TenBrink	May 17
Su	Van Valen	May 17
Don	Younker	May 17
Ted	Smith	May 18



May Birthday s

***** Turning 90 * over 90***

First Name	Last Name	Birthdate Month/Day
Richard	Christensen	May 19
Kristin	McGrath	May 19
Ginny	Donald	May 20
Etta	Stratton	May 20 *
Kenneth	Taft	May 20
Patricia	Bright	May 21
Judy	Stevenson	May 21
Janice	Agner	May 22
Anna	McCarty	May 22
Barbara	Case	May 23
Josephine	Gibson	May 23
George	Higginson	May 23
Jay	Messerschmidt	May 23
Janet	Wagner	May 24 **
Linda	Walter	May 26
Jan	Panhuis	May 27
Lois	Blacker	May 28 *
Sandra	Clark	May 28
Wanita	Marshall	May 28 *
Charles	McCarty	May 28
Phyllis	Nutting	May 28 *
Bill	Koshollek	May 29
Parkie	Copeland	May 30 *
Eleanore	Higginson	May 30
Katherina	Harder	May 31 *

Valley Presbyterian Church May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00am Children's Sunday School 9:30am Worship Service	2 9:00am Parkinson Chair Exercises Mission Quilters	3 9:00am Cardio Drumming 9:30am Prayer Ministry 11:00am Network of Caring Meeting 2:00pm Joyful Spirit Ensemble Rehearsal	4 Parkinson's Chair Exercises 10:00am Chair Exercise With Mia 12:30pm Worship Committee 1:30 Bob Szabo Colombarium Service 2:00pm Bell Rehearsal 3:15pm Choir Practice	5 4:00pm How Martin Luther Changed History-Zoom	6 9:00am Parkinson's Chair Exercises PEO Charter DA	7
8 Mother's Day 9:00am Children's Sunday School 9:30am Worship Service	9 9:00am Parkinson Chair Exercises 10:00am Fellowship Committee Patto Sale Team Meeting	10 8:45am Mission Committee Monthly Meeting 9:30am Cardio Drumming 9:30am Prayer Ministry 2:00pm Joyful Spirit Ensemble Rehearsal	11 Parkinson's Chair Exercises 10:00am Chair Exercise with Mia 1:00pm Miriam Circle 1:30pm Building & Grounds Committee 2:00 pm Bell Rehearsal 3:15pm Choir Rehearsal	12 8:00am Patto Sale Sort 9:00am Faith & Health Committee 1:00pm Personnel Committee-Zoom 4:00pm How Martin Luther Changed History - Zoom	13 9:00am Parkinson's Chair Exercises Stephen Ministry CE, Peer Group, Stephen Leaders	14 8:00am Presbyterian Women Spring Gathering Presbyterian-Zoom 2:00pm Marilyn Jameson Memorial
15 9:00am Children's Sunday School 9:30am Worship Service	16 9:00am Parkinson Chair Exercises Mission Quilters 10:00am Fellowship Committee	17 9:00am Cardio Drumming 9:30am Prayer Ministry 11:30am Women's Ministries Gathering Lunch and Meeting 2:00 pm Joyful Spirit Ensemble Rehearsal	18 9:00am Deacon's Meeting Parkinson's Chair Exercises 10:00am Chair Exercise With Mia Finance Committee 2:00pm Bell Rehearsal 3:15pm Choir Practice	19 1:00pm Southern Arizona Genealogical Society 4:00pm How Martin Luther Changed History-Zoom	20 9:00am Parkinson's Chair Exercises	21
22 9:00am Children's Sunday School 9:30am Worship Service	23 9:00am Parkinson Chair Exercises 2:00pm Valley Readers	24 9:00am Cardio Drumming 9:30am Prayer Ministry 2:00pm Joyful Spirit Ensemble Rehearsal	25 Parkinson's Chair Exercises 10:00 am Chair Exercise with Mia 2:00 pm Bell Rehearsal 3:15 pm Choir Practice	26 Ascension 8:00 am Parking lot paving and Striping 8:30am Session Meeting	27 8:00am Parking lot paving and striping 9:00am Parkinson's Chair Exercises	28 Parking lot paving and striping
29 9:00am Children's Sunday School 9:30am Worship Service Noisy Offering- Hands of a Friend 4:00 pm Fifth Sunday Gospel Hymn Sing	30 Memorial Day 9:00am Parkinson's Chair Exercises Memorial Day Celebration	31 9:00am Cardio Drumming 9:30am Prayer Ministry 2:00pm Joyful Spirit Ensemble Rehearsal	1 Parkinson's Chair Exercise 10:00am Chair Exercise With Mia 12:30am Worship Committee 2:00pm Bell Rehearsal Choir Rehearsal	2	3 9:00am Parkinson's Chair Exercises	4