

THE VALLEY VOICE

VALLEY PRESBYTERIAN CHURCH May 2023



A Trip to The Holy Land April 8 – April 16, 2024

Submitted by: Pastor Craig Lindsey

Pastor Craig is putting together a trip for us to go to Israel, and we need to begin making reservations.

Israel: Galilee, Bethlehem, Jerusalem, the Dead Sea for less than \$4000.00.

Monday-Tuesday, April 8-9, 2024, fly Tucson to Tel Aviv, Israel. Drive to the seaside city of Netanya for dinner.

Wednesday, April 10, breakfast then tour Joppa, home of Jonah, and where Simon Peter dreamed of the Great Sheet being let down from heaven leading to Baptism of Gentiles. Drive along the coastal road to Caesarea, built by Herod the Great, where Peter was imprisoned. Visit the Crusaders' Fortress and Roman ruins, then on to Mt. Carmel where Elijah fought the Prophets of Baal. Lunch in a Druze Village, before heading to Megiddo in the Valley of Armageddon an ancient city inhabited continuously from 6,000 to 500 BC.

Visit the Archeological site, continue to Nazareth where Jesus preached, continuing to Cana, continuing to Tiberius, where we will check in for dinner and hotel.

Thursday, April 11, Breakfast then board a fishing boat on the Sea of Galilee to Ginosar the site of the Igal Alon Museum which houses a fishing boat found in the Sea of Galilee, carbon dated to the time of Jesus. Next a stop at Capernaum, center of Jesus' ministry in Galilee, followed by a St. Peter Fish lunch on the shore of the lake. Head north to Caesarea Philippi where Peter identified Jesus as being the Messiah, drive through the Golan Heights where the guide will tell the story of the 6 Day War & Yom Kippur War. We will drive on to Yardenit, the Baptismal site for pilgrims on the Jordan River, returning to hotel for dinner.

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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

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

SUNDAY Worship Schedule and Other Celebrations

April 30	John 10: 1-10 “Do You Love Me” Noisy Offering Sunday	Pastor Craig
May 7	“In My Father’s House are Many Rooms...” Communion Sunday, Food Bank Sunday	Pastor Craig
May 14	John 14: 15-21 “Who is the Holy Spirit?” Nogales Crossroads Mission Sunday	Pastor Diane
May 21	“Daniel’s Vision of Future Days” YOTO Sunday	Pastor Craig
May 28	“The Day of Pentecost had Come”	Pastor Craig
May 29	Memorial Day Celebration with VFW Post 131 at 9:00am in the Spiritual Life Center	
June 4	“Creation in Genesis 1” Communion Sunday	Pastor Craig

From Pastor Craig



Rev. Dr. Craig Lindsey,

Years ago, the “Hi & Lois” cartoon-strip portrayed Dad & Mom waving goodbye to one set of visitors, while the kids facing the opposite direction greeted the next arrivals. There is an old adage, that “Humans plan and God laughs!” In the season of Lent when non-year-round residents are here, we refloored the Chancel and retiled the roof; removed the old, installed and dedicated a new Organ; held our 42nd Patio Sale; Holy Week and Easter! At the same time, we mourned the passing of 9 leaders who carried our church during difficult times; the departure of Wes Moulton for a full-time position; the death of my wife’s mom; and I had a cold so severe as to miss the Sunday worship which is Easter (sort of like missing the Superbowl).

What this calls attention to is the Nursery finger-play of “Here is the church and here is the Steeple, open the doors and see all the people...” It is not “open the doors and see the preachers!” Pastor Diane and I do a great job and enjoy working together, but the truth of the matter is that we pray, and we provide pastoral leadership, but the work accomplished in the above paragraph could not have been possible without the volunteers and our administrative and custodial staff who get the job done. In Bible Study, we regularly mention Gideon and Moses, Jesus and the 12, with only passing reference to the six hundred-thousand-Hebrews in the Wilderness who carried the Tabernacle and fought the battles, to the crowds who listened to Jesus as being four to five thousand believers fed with 5 loaves and 2 fish, or to the three thousand who were sent out in pairs to work miracles in the world. Thank you for all you do as the Church!

On the front page and continued on page 3 of the Valley Voice, I have included the itinerary for Valley Presbyterian Church to travel to the Holy Lands in April 8-16, 2024! This will be a once in a lifetime experience that I hope you will take advantage of. At the conclusion of the Passover Seder meal there is a promise for the future: “Next year in Jerusalem!” And next year, right after Easter, we will be in Jerusalem!

PEACE IS IN SIGHT

Thank you to those who attended the showing of the film **Peace Is in Sight** about the work at the Clinic in South Sudan, which Pastor Craig helped to found. This was a simple idea, that while offering Western Medicine for Restoration of Sight to the Blind, to provide the opportunity for peace. The agony of peacemaking work is that the people involved must decide to stop hating the other, that the burden of anger and resentment is too heavy to continue to carry. Then, and only then, will the gestures of people to create peace become real.

A Trip to The Holy Land in 2024 Continued from front page:

Friday, April 12, breakfast, then drive to Jerusalem. Our first stop will be Gideon's Spring where Gideon chose his army of 300 by observing how they drank from the spring. Then on to Beit-She'an, where King Saul and Jonathan died, and a recently excavated amphitheater and Roman Scythopolis. Stop for lunch, then atop Mt. Scopus for a view of the Golden City, before checking into our hotel in Jerusalem for dinner.

Saturday, April 13, breakfast, drive to the Dead Sea. Explore the Fortress at Masada, then to Ein Gedi: "Spring of the Goat" an oasis where David hid from Saul's Army, and God defeated the enemies of King Jehosaphat by praise and worship. Continue to the Qumran Caves where the Dead Sea Scrolls were discovered. Stop for lunch and "floating" in the Dead Sea. Return to Jerusalem for Shabbat Dinner.

Sunday, April 14, visit Temple Mount with explanation of the two Temples and the Muslim Mosque. Visit to the Wailing Wall, then tour of the Rabbinic Tunnels leading through the Second Temple era. Travel the journey of Jesus past the stone rejected by the builders, move on to the Judgement Hall of Pilate. Visit the Pool of Bethesda, Stephen's Gate, St. Ann's Church. Visit Southern Wall Excavations which were the main entrance for common folk, whereas Priests and Levites had their own entrance from the higher eastern side. From here Jesus drove out the Money Changers, which is also the place of Peter's sermon on Pentecost, we spend the remainder of the day surrounding the birth of Christ with a visit to Bethlehem.

Monday, April 15, after breakfast, a panoramic view of the city, visiting Mount Moriah, Dome of the Rock. Mount of Olives, Garden at Gethsemane, visit The Upper Room, while we walk the Via Delarosa and visit the Church of the Holy Sepulcher. The climax of the day is a trip to Golgotha and to the Garden Tomb, where we share Communion, before dinner at the City View Restaurant on Mount Scopus and travel to the airport.

Tuesday, April 16, Arrive back in the USA.

Anticipated cost not to exceed \$4,000.00/person for ALL round-trip air travel from Tucson, travel in the Holy Lands, meals, double hotel accommodations.

This does not cover tips to Tour Guides & Driver, non-tour extras, or purchases.

Please contact the church office to learn how to make reservations.

CHANCEL STEPS

To prevent people missing the steps we have replaced the tile on the lower step. Our thanks to Rockies Tile who donated the tile and their profit for this project.

From Pastor Diane

Over the past year, I have been talking about retiring. It is time to make it official: I will be retiring at the end of this year. My last day as your pastor will be Sunday, December 31. And yes, I will be preaching on that day.

As people hear about my retirement, I've been asked two questions:

Will you stay in the area? As of right now, I have no plans to leave Green Valley. I love the desert in all its uniqueness and warmth. And why not stay in a retirement community that has all kinds of built-in activities and opportunities to meet people.

What will you do? I will do all those things I do not have time for while working full time. A great passion of mine is the environment, and I hope to do something to help it. I don't know what that will be, but I look forward to what God has in store. Meanwhile, I hope to do other things that involve the great outdoors, such as joining the hiking club, and birding. Maybe I will finally have time to learn how to garden in Arizona. I hope to travel and visit the natural wonders of the world.



Pastor Diane Christopher-Pastor of
Discipleship

I will not leave the pastorate entirely. I will place my name on the pulpit supply list at the Presbytery level and be available for churches who need a guest preacher. I may consider volunteering as a chaplain, perhaps at a hospital or hospice.

During these next seven months, you will hear more details of what it means for this church as I prepare to take my leave. I have been speaking with Pastor Craig over the past several years about my retirement, so he is making plans for the future of Valley.

We will speak more as the time comes closer, and I will share with you my journey in making this decision. For now, know that I love you with all my heart. This parting will be as difficult for me as it will be for you as you have become my family.

All my love,

Pastor Diane

PLANNING COMMITTEE BEGINS

Pastor Craig Lindsey

Session has approved the creation of a new committee to dream new dreams and investigate new visions!

You folks do not need to be told that in 2015 Valley Presbyterian Church ran into a wall. The ways in which things had been working, no longer worked well. An Administrative Commission began working alongside our Session and fairly severe cuts were made to all spending, staffing and program. We went through a variety of leaders and staff, then Interim Pastor Mark led his own process called “The Journey Ahead Group” (JAG), which in management circles would be called a SWOT Analysis of “Strengths, Weakness, Other Threats.” Enough thanks and recognition cannot be given to Pastor Diane and the leadership who carried us through and prayed for us during this time.

The “low-hanging fruit” of ripe concerns have been picked, worked through, and processed!

- The Sound System now allows worshippers to hear more clearly.
- Burned out light fixtures were upgraded to LED Lighting.
- The Chancel Choir has regrown, providing complex fun music with up to 60 voices.
- The Tiled Chancel allows music to resonate.
- Upgraded Internet gave us Zoom for meetings and Bible Studies, Live Stream Worship, etc.
- The Faith & Health Committee, Parish Nurse and Pastors ministered to us throughout COVID19.
- The Carillon was updated with new software and rings out to our community.
- The Exterior of the building was painted top to bottom.
- A computerized sign marquee was installed on Camino del Sol.
- The Columbarium cleaned up and records organized.
- Balancing increased costs, the Patio Sale has continually increased gross sales.
- The Parking lots were resurfaced, and lanes repainted.
- Monthly, we celebrate the Sacrament with our home-bound and in assisted care facilities.
- Visitors describe our church as loving, caring, with warmth and excitement.
- The tile roofing, which threatened to fall, was replaced, and upgraded for the next 50 years.
- Half of the Air Conditioners on the roof were replaced with new ones.
- Outdoor lighting was rewired and provides safety for those staying late.
- The worn-out 2000 Organ has been replaced with a 2023 state of the art Digital Organ.
- Multiple Bible Studies and other classes are providing faith formation and education.
- Prayer Ministry and Stephen Ministry meet regularly to hold our church in faith.
- NOCs have been reorganized and are alerting the pastors to their concerns.
- Musical concerts and celebrations are being provided through Valley Presbyterian to our community.
- New Photo Directories have been produced and integrated with the Church Database.
- New Members are continually joining the church.
- Congregational Care Committees have direct access to the Pastors, Session, and Deacons.
- Cost for purchase of the Solar Array System has been collected for July 2023 full repayment.

Over the 45-year history of our church, transitions and changes have often come at the suggestion of the pastors or the forcing of circumstances. Instead, the Planning Committee will try to proactively envision issues and alternatives for how we might proceed. Part of this work is traditional Long-Range Strategic Planning for what developments need to take place, before what others, who need to grant permission and costs. Another significant part is Systemic Planning, to discuss how else things could be done.

Bible Study Opportunities at VPC

With the Pastors

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

THE BOOK - THE GRAND STORY OF GOD

Only two more classes to go!

**With your teachers: Pastor Diane and
Chuck Ramsay**

Thursdays May 4 and 11

1:00 p.m. In classroom 5

It's amazing to think about: we started this class way back in the Fall on September 8. Twenty-six classes later and we are almost finished with the Old Testament. Even if you missed the first 26 classes, you can still attend and not feel behind. The last two classes will cover the Minor Prophets - you know, those little books at the end of the Old Testament.

Looking ahead: get ready for the New Testament in the Fall!

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

John and Sandy Green's Trip to the Holy Land

Submitted by John and Sandy Green

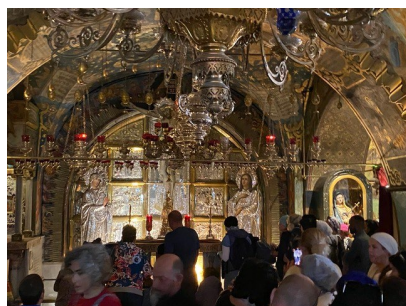


Picture of John and Sandy Green, Via Dolorosa walk in the spot where Jesus leaned on the house wall after falling while carrying the cross.

When I heard that John and Sandy Green had taken a trip to the Holy land, I reached out to them and asked them if they would be willing to share some pictures and a message about their trip, and of course they came through. I hope you enjoy them as much as I do. Thank you, Cindy Johnson

In March John and Sandy Green made a trip to Jerusalem and Bethlehem. It was a spiritual journey they have wanted to do for a long time. They found the experience of walking on “Holy Ground” and visually seeing places that have been read about through scripture and study groups to be emotional at times.

“Visiting the cities of Jesus’ birth, death and resurrection was a blessing. It was a trip of a lifetime and an experience they will never forget.”



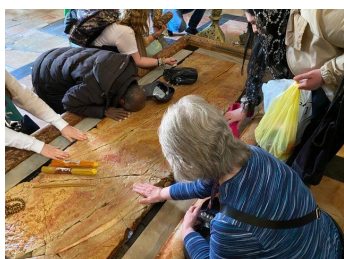
Church of the Holy Sepulcher located in the Christian Quarter of the Old City of Jerusalem.



Church of the Holy Sepulcher - View where the foot of the crucifixion cross rested in the rock.



Church of the Holy Sepulcher - Light shining over the Tomb.



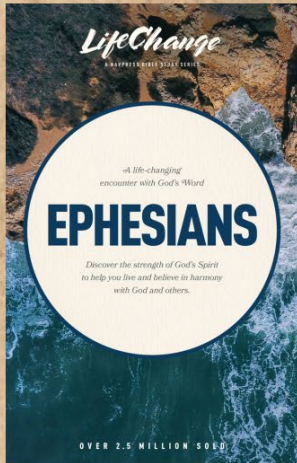
Church of the Holy Sepulcher - Stone where Jesus laid prior to burial.



Wailing Wall



Garden of Gethsemane



MEN'S BIBLE STUDY

Ephesians 2:11 "Therefore, remember that formerly you who are Gentiles by birth and called "uncircumcised" by those who call themselves "the circumcision" (which is done in the body by human hands.)

Wednesday May 3rd at 9:00 a.m. in Classroom 1
No Men's Bible Study May 10, 17 & 24

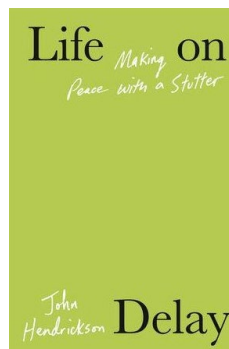
Come join the group anytime to participate in the discussion or come to listen. In either case, your presence will be welcome.

We use the NavPres Life Change Series Study Guide, studying Paul's letter to the Ephesians. This verse-by-verse study of Ephesians looks at a fuller need for Christ. It examines the truths about a believer's new identity of Christ, also focusing on unity, holiness, submission, and steadfastness. In this Bible study participants will be encouraged to apply God's Word to one's life. It includes historical insights, word definitions, discussion questions, assignments, and leader's guide. Books are available from Amazon or Christianbook.com.

The group is facilitated by Larry Phillips, 520-777-8027.



Monday, May 22, 2023
2:00 P.M. in Classroom 1



Journalist John Hendrickson has written a memoir which is part personal narrative and part information about stuttering and related issues. After writing an article about President Biden's journey with stuttering as well as his own experiences, Hendrickson was forced to confront the huge issue in his life that has caused him so much pain and shame. Described as candid, moving, inspirational, and intimate, this account of an often-debilitating condition will be our May read, with discussion led by Carol Wilking and Carol Faust. Contact Anne Morrison for additional information at 520-399-0762.



Meghan Erickson (Daughter of Chris Erickson-VPC Nurse) is graduating from UHS (University High School, college prep school) in Tucson on May 24th at 7 PM at Kino Veterans Memorial Stadium 2500 E. Ajo Way in Tucson, with a weighted GPA of 4.3. All are welcome.

Meghan has been a member of VPC since age 3 and was confirmed at VPC.

She will be attending ASU (Arizona State University) in August and pursuing a degree in Digital Culture.

On Sunday May 28, there will be a graduation open house for Meghan at Chris Erickson's house, 1440 S Camino del Sol in Green Valley, AZ. 1:00 p.m. - 4:00 p.m. to RSVP or for more information contact, Chris Erickson 520-401-2307.

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 will begin planning the Holiday-Plus Sale for November very soon. And, of course, we can't forget the Pack & Sorts each month. The donations just keep coming.

We really appreciate all of our volunteers, not only at Sale time, but all year round. Our Patio Sale and Holiday-Plus Sale would not be possible without you. This is the time of year when many of our volunteers return to their other homes for the summer and we hope you enjoy spending time with friends and family wherever you go. We will look forward to seeing 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 definitely need some additional help picking up donations every Friday. If you can man-handle boxes and furniture and are available on Friday mornings, please contact Nelda Lobb, Donation Pick-Up Scheduler at 505-328-7223 or Les Walter, Trucking Scheduler at 520-870-3284.

On a very windy March 30th morning, we held a very successful "Tool Sale" in the church parking lot. Both large and small tools had been donated by someone moving from Green Valley and we sold everything in just two hours. It was just another way of conducting Patio Sale business. We are always open to new ideas or suggestions.

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.



VPC trucking team getting ready to head out on Friday, April 21 to do pick-ups. From left to right Dave Luck, Les Walters, Phil Pitts, Patrick O'Leary, Tommy Thompson, taking the picture Steve Hart VPC custodian who also helps the VPC trucking team.



Tommy Thompson, during April's pack-n-sort. Taking a breather on one of the boxes. Picture by Anne Morrison.



Women's Ministries Gathering Luncheon

Tuesday, May 16, 2023
at 11:30 a.m.



The May Presby Gift will go to the
Genesis House/Hands of a Friend

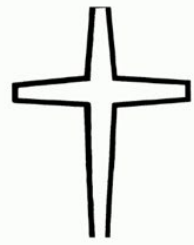
The Little Girl in the Red Dress By Martha Ashton



How appropriate to learn about Martha Ashton's story two days after Mother's Day! Martha has devoted a great deal of her Arizona life to genealogy study and creative writing. Martha has also served the Presbyterian Church as Moderator of Valley Presbyterian's Women's Ministries and as Moderator of the Presbyterian Women of the Presbytery de Cristo. She is currently writing a novel! Come learn about "the red dress" and Martha's journey in creative writing.

And please bring along a memento/photo/story of your grandmother, mother, or other female relative to share during our salad meal.

It will be a salad potluck. You may register your attendance on Sundays, May 7 and 14 during Fellowship. The May Presby Gift will go to The Genesis House/Hands of a Friend.



VPC Library

SABBATH

Submitted by Anne Morrison, Church Librarian

For the past year, the VPC Women's Ministries Bible Study Circles have had the amazing experience of studying *Celebrating Sabbath* by Rev. Dr. Carol Bechtel. Our church library has the following books which will support and extend the valuable lessons learned this year.

For Sabbath's sake: embracing your need for rest, worship, and community.

J. Dana Trent. (263 TRE)

Living the Sabbath: discovering the rhythms of rest and delight.

Norman Wirzba. (263 WIR)

Mudhouse Sabbath: invitation to a life of spiritual discipline.

Lauren F. Winner. (248.4 W73)

Sabbath: find rest, renewal, and delight in our busy lives.

Wayne Muller. (291.36 M91)

Sabbath as resistance: saying NO to the culture of now.

Walter Brueggemann. (263 B83)

Sabbath keeping: finding freedom in the rhythms of rest.

Lynne M. Baab. (263 BAA)

Subversive Sabbath: the surprising power of rest in a nonstop world.

A.J. Swoboda. (263 SWO)

This day: collected and new Sabbath poems 1979-2013.

Wendell Berry. (811 BER)

VPC 2023 MOVIE MINISTRY Schedule

JUNE - OCTOBER

June 7 - *God's Outlaw* - Linda Freeman, Facilitator

July 5 - *Cocoon* - Marie Valade, Facilitator

August 2 - *Molokai* - Pam Karbowsky, Facilitator

Sept. 6 - *Amazing Grace* - Pastor Craig, facilitator

Oct. 4 - *To Kill a Mockingbird* - Eloise Fredrickson, facilitator



SAVE THIS DATE and TIME

Wednesday, June 7 at 1:00 in the Spiritual Life Center

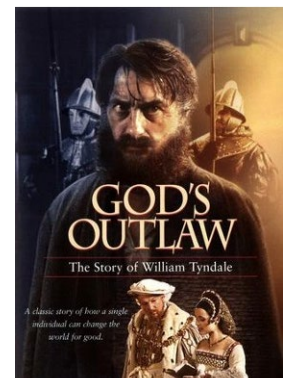
We will begin our Summer Movie Ministry with the historical drama:

God's Outlaw: The Story of William Tyndale

The setting: England during the 1520's.

The three most powerful men of the land

- King Henry VIII, King of England for 10 years and entitled by the Pope as *Defender of the Faith*
- Cardinal Wolsey, the Pope's legate in England and 2nd most powerful man in the realm
- Thomas Moore, personal advisor to the King and respected Theologian and church man



All these men are afraid of one man, William Tyndale. Why? Who was he? William Tyndale was a smuggler. He smuggled copies of the Bible in English into his native England during a time when the Bible, and even prayers in English were outlawed.

We invite you to join us as we review this important part of our Christian heritage. The film will be shown with English subtitles and will last about 90 minutes. Linda Freeman will host a very short introduction before the showing and ask a few questions following it.

All are welcome!

Caring for those in our congregation

Faith & Health/Parish Nurse May 2023

Submitted by Parish Nurse, Chris Erickson

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

Keeping active helps to stay positive and healthy.

Drink plenty of water when you are exercising or are outside doing activities. This is needed all year.

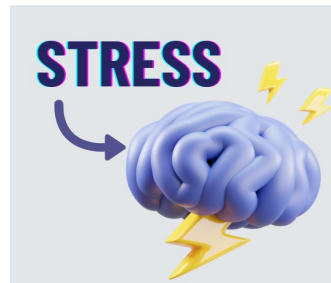


Blood pressure screening will be by individual appointment.

Medical Minute: 2/3 of the human body is water. Stay hydrated as the weather becomes warm.

Stress, What Stress?

Submitted by Chris Erickson



Stress can be defined as the brain's response to any demand. Many things can trigger this, including change, which can be positive or negative, real or perceived. Changes can be mild as in performing in a contest or winning a game, to major changes such as marriage or divorce, serious illness/terminal illness, or an accident. We are now seeing these changes with inflation and the world's economy. Changes can be short or long term. Other changes are extreme, such as exposure to violence, and can lead to traumatic stress reactions.

There are at least three different types of stress, all of which carry physical and mental health risks:

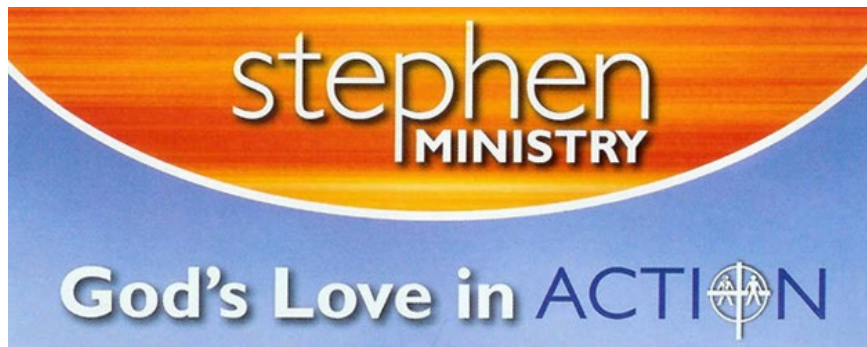
Routine stress related to the pressures of work, family, and other daily responsibilities.

Stress brought on by a sudden negative change, such as losing a job, divorce, or illness. Traumatic stress, experienced in an event like a major accident, war, assault, or a natural disaster where one may be seriously hurt or threatened.

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

Of all the types of stress, changes in health from routine stress may be hardest to notice at first. Because the source of routine stress tends to be more constant, the body gets no clear signal to return to normal functioning. Over time, constant or continued strain on your body from routine stress may lead to serious health problems, such as heart disease, high blood pressure, depression, anxiety disorder, gastrointestinal problems, and other illnesses. Please be observant of stress and the changes that it may cause to your overall well-being. The effects of stress build up over time. What are your stressors and what can you do to reduce them?

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



by Jana Honermann, Stephen Leader Team Coordinator

The Stephen Ministers met at La Posada for a Graduation and Retreat on April 7. The theme of the retreat was Compassion based upon the book *Compassion: A Reflection on the Christian Life* by Henri J.M. Nouwen, Donald P. McNeill, and Douglas A Morrison. They reflected on and discussed the compassionate God, the compassionate life, and the compassionate way. The new Stephen Ministers were introduced, and the retreat closed with communion served by Pastor Craig and the honoring of Donaldina Joung who is retiring as an active Stephen Minister after serving faithfully since 2009.

On Sunday, April 16, we were pleased to commission the newly trained Stephen Ministers, Kathryn Duncan and Debbie VanHyfte, as well as Deb Jones, who was previously trained at another church. In addition, Linda Piotrowski was commissioned as a Stephen Leader.

Stephen Ministers are called to be compassionate as Jesus Christ was compassionate. If you are going through a difficult time or transition in your life and would like to have a compassionate and confidential Christian companion to talk to about your concerns, laments, and fears, please contact the church office and ask to speak to a Stephen Leader about being matched up with a Stephen Minister to walk beside you.

Jana Honermann,
Stephen Leader Team Coordinator



Newly commissioned Stephen Leader Linda Piotrowski, newly trained Stephen Ministers Deb Jones, Kathryn Duncan and Debbie VanHyfte.

POCKET PRAYER CLOTH MINISTRY

Submitted by Maureen Ramsay

The Prayer Ministry team, along with the Creative Hands group, is starting a new mission at Valley Presbyterian Church called the *Pocket Prayer Cloth Ministry*. What is a pocket prayer cloth? It is a small (3x4 inch) knitted, crocheted, or quilted square with a symbol or message attached. It can be kept in a pocket or purse, by a bedside or chair, or even in the car. It is used to promote prayer and to help remind every person who receives one that there is hope and peace in every situation. The cloths are blessed and prayed over before they are given out. The Prayer Ministry team also prays for everyone who receives a prayer square. A prayer poem is included that states:

This is a pocket prayer cloth, made especially for you.

To feel God's Love and Grace, in everything you do.

Lift your cares and sorrows and lay them at God's Feet.

For His divine comfort is so precious and sweet.

May this little prayer square help calm all your fears,

And don't be afraid to use it to wipe away your tears.

There is also a guide that uses the sides of the cloth to encourage you to pray for HOPE, THANKSGIVING, PEACE, and ENDURANCE.

Our goal is to make these squares available to anyone who is going through a tough time or who needs a little encouragement and love. We would like to give them to any visitor who comes through our doors. We want members to take them to give to friends, neighbors, family, or just someone you meet. What a great message that we can send to the community about Valley Presbyterian Church: We are a loving, caring congregation that believes in prayer and the message of God's Healing Power.

How do I get involved in this new ministry? First, we need lots of help making the squares. If you are a knitter, crocheter, or quilter, please consider adding prayer squares to your project list. They are easy to make and take a very short time. We have patterns available for all. Come and join Creative Hands. Second, take a couple squares and give them to anyone who may need one. Third, pray for everyone who receives one or needs one. Together we can make the world a better place.

If you have any questions or want to help, please contact me at msramsay@hotmail.com or at 214-542-6173





Mary Horn, Mission Committee Liaison to YOTO



The pictures above show the generous contributions to YOTO's Mini Mall for the month of March.

THANK YOU for your generous contributions to the YOUTH ON THEIR OWN MINI-MALL! Our bin overflows!!

We will suspend Mini-Mall Collections until the 3rd Sunday in August, August 20. YOTO will be in the process of moving into their "new home" over the summer. We look forward to doing a tour when they are settled!!

Inspirational Card Makers will make cards at home over the summer months. We will resume our card making meetings on Wednesday, August 23 from 1 – 3:30 in Classroom 5 at church.

Submitted by Mary Horn, Mission Committee Liaison to YOTO

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

Laura Romero, St. Andrews' Children's Clinic Executive director, reports that there were many families who showed up to attend the April 6 clinic. It was necessary to limit the number, again, to 50 children because of limited space and congestion. She knows the clinic needs more rooms to accommodate the numbers of children who need services. Remodeling and building rooms are on the top of her list. However, she is waiting to be sure the building will continue to be available beyond the one-year commitment.

Re-naming the clinic is also a priority. This issue is on the agenda for the June Board Meeting.

A new service will be provided by Dr. Michael Fritz, who travels from Cleveland to Hermosillo, Sonora, Mexico. He will donate his time the second weekend of November, to provide reconstructive surgery for teenagers who need the bridge bone in their nose built up. These children had Cleft palate surgery as babies but need the rebuilding process completed. Although his time is donated, the use of the Hermosillo Hospital must be funded by the Clinic. For this surgery, the children need a hotel room in which to stay after the day's surgery. Again, the clinic covers the cost.

Another doctor, Jordan Jenesa, travels from Hermosillo to Nogales to serve children who need orthopedic services. Her specialty is that of caring for children who have had Cleft Palate and Cleft Lip surgery. She needs water to do her work. That is something the current clinic lacks.

In cooperation with Shriners' groups, two or three children each month are taken from Hermosillo to Spokane, Washington or Sacramento, California for orthopedic examination, diagnosis and treatment.

When Laura was asked about the possibility of having more than one Clinic per month, she clearly explained the complications. First, the Customs Border Protection must supervise the safe crossing of the border by the families. Laura cannot ask more of them. Second, the volunteer doctors, nurses and staff can often only commit one day per month away from their professional and personal lives.

Third, the families of the children usually make stressful, long trips on the day they come to the clinic. Many would not be able to make more than one trip a month. Fourth, the process of coordinating every clinic is extensive. There are three office personnel to handle the monthly schedule and to make arrangements necessary for every appointment. Laura, herself, has found it impossible to do presentations, informing the public of the value of this clinic. She would like to have more staff to help her with publicity and setting up times for her to give talks. There is huge work involved to have the once-a-month clinics. Volunteers who show up on the day of Clinic do not realize what has gone on to make the Clinic run smoothly.

On April 11, the Mission Committee discussed ways our church might help this Clinic and its problems. The Mission Committee has some contingency funds available which might be used when we learn of specific needs. There is also a possibility of joining with other Green Valley churches to have an Ecumenical Church Fund Raiser. On April 20, Kay Brouwer will meet with Laura Romero and Diana Ward to discuss specific needs and ways we might help. We'll keep the congregation up dated of future plans.

As of now, St. Andrews' Children's Clinic is doing all it can to help needy children of Mexico. Prayers, donations and support are needed and greatly appreciated.



New Pastor Assigned to Sol de Justicia Presbyterian Church

Dear sisters and brothers,

Our most exciting news for you this month is that we have a new pastor assigned to Sol de Justicia Presbyterian Church. Pastor Alberto Mendoza Cruz is from Obregon, Sonora. We look forward to his leadership as we approach Easter and beyond.



We have also elected a new Board of Directors for the church. The officers are Ivonne Pazos, president; Soledad Luna, secretary; Zoar Paredes, treasurer; and Benjamin Valenzuela, vocal (member at large).

Thank you for your continued support during these times. Our food ministry for the migrants and our teaching ministry for the young people is so important to the community, and you help make it possible. We thank God for your support.

Sincerely,

Jeny Pazos

PRESBYTERIAN MISSION

Dave & Pam Lovett Operation Mobilization

Submitted by: Doug Clark

Dear Praying Friends,

GEORGE VERWER: 1938-2023

It is with sad hearts that we pass on the news of our close friend, mentor and founder of OM passing on April 14. I first met George in 1977, when attending Bethany Global University and from the first time we met, I was deeply inspired to surrender my whole life, be a true disciple of Christ, and serve sacrificially to reach the most unreached peoples of the world for the last 46 years.

George was a great encouragement to Pam and me and always there to encourage us on. The last time we were with George was at Urbana this last Dec. We could tell George was not well, but we did not know he only had a few months to live. He inspired us again by simply wanting to meet people, encourage them, sign copies of his books and gave away about 3500 books in a few days.

PAKISTAN CALLING

I am in route to Pakistan as I write this and request prayer for myself and a team of four church leaders coming with me and two videographers (one is our son Justin). We will be traveling visiting ministry projects and then spend 3-4 days meeting with about 40 of our local leaders for fellowship, prayer and teaching.

Please remember Pam as she holds the fort while I am gone!

FAMILY PRAYER REQUESTS

Please pray for my mom's situation as she is 90 years old and suffering from increasing dementia. We also continue to request prayer for our extended family for God's intervention, wisdom and help.

Thank you for your prayers, partnership and standing with us!

With every blessing,

Dave and Pam



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 VPC members who promise to pray and follow the blogs. *Submitted by: Doug Clark*

Honoring the President, Seeking Real Peace

Evangelist John Odhong Mayik, my friend and research collaborator, arrived at our home around 6:30am. I had been waiting all week for this day. John helped me put on a lawo, the traditional dress of the Chollo people. John also brought for me a staff, a cultural instrument assigned to older Chollo men, used for walking but also carrying the symbolic value of dignity and status.



John Odhong, Dylan and I

Today's event was billed as an opportunity to promote unity, peace, and cooperation amongst the Chollo people of Upper Nile, South Sudan, and by extension, to promote peace and unity among all peoples of South Sudan. The event was also promoted as a day for the king of the Chollo to honor His Excellency, the President of the Republic. The king of the Chollo had been recently rescued by the President as a marauding militia from a neighboring state who had "called for the head of the king" as they invaded the heartland of Chollo land and killed innocent civilians by the thousands. The king was evacuated and brought to Juba until it is safe for him to return home.

His Excellency, the President, General Salva Kiir Mayardit, did not arrive until almost 11am, so we had plenty of time to soak in the atmosphere. Two things were clear as we waited. The Chollo people are a well-organized people, and they are serious about their culture. Different Chollo clans and groups from different regions were matching lawo as they marched in preparation. The energy and excitement of the day were palpable. Then, the organizer and instigator of today's event arrived, Reth Kwongo Dak Padiet, king of the Chollo kingdom. Songs were sung about Padiet, the grandfather of the current king, and how people were happy during that time as there was peace and people were able to cultivate, having "food in hand."



Reth Kwongo Dak Padiet (King of the Chollo) and His Excellency, President Salva Kiir
Photo credit: Office of the Presidency

For the next hour we watched a colorful parade of troupes from different parts of the Chollo kingdom march before the king, sit in reverence before him, and then continue marching. It was not only the Chollo who paraded before the king. They were followed by the other tribal groups of Upper Nile and then by several different tribes from different parts of South Sudan. The marching and dancing was a marvel, a demonstration of the unique strength of the peoples of South Sudan. When the marching ended, prayers for the day were offered by a Christian pastor and a leader from the Islamic community.



Speeches then commenced, starting with a member of the organizing community, and then from the representative of the king of the Azande people, the king of the Anyuaak people, the Governor of Upper Nile State, and the Governor of Central Equatoria State (the host).” Finally, we heard directly from Reth Kwongo Dak Padiet of the Chollo kingdom, and then from the President of the Republic of South Sudan, General Salva Kiir Mayardit. Both speeches echoed the great themes of the day, peace, unity, reconciliation, and the development of the peoples of this great land. My friends and colleagues encouraged me to attend this event for the purpose of observing traditional dress, music, and dancing of the Chollo people, and how these cultural components have been introduced into the church, an important component for my doctoral research. As important as this reason was for me to attend, what other significance does such an event signal?

What comes to mind is the story of Esther from the Hebrew Scriptures. When the Hebrew peoples were slated for death by King Ahasuerus who ruled a diverse kingdom of more than one hundred twenty-seven provinces spanning from India to Cush (Esther 1: 1), Queen Esther organized two banquets to honor King Ahasuerus. It was during the second banquet that Queen Esther revealed to the King the truth of the situation concerning the decree to exterminate the Hebrew people, which included Esther. The King listened to Esther and redacted the decree to kill the Hebrew people. Thus, Esther successfully intervened on behalf of her people. We remain in hope that such an honorific event for the president of South Sudan, intended, it seems, as a humble and magnanimous plea, will help move the country towards real actionable peace, a peace not intended only for the Chollo people of Upper Nile, but for all peoples in South Sudan.

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



Nogales, Crossroads Mission

Submitted by: Les Walter, Crossroads Liaison

On Saturday April 1, Nogales Crossroads had their 2023 Easter celebration, a home cooked ham meal and Easter baskets for the kids.

A big "Thank You" for those that contributed to the "Dia De Resurreccion" Easter dinner at Crossroads. With monies collected for hams, of which we purchased about 190 pounds, we also purchased 13 dozen dinner rolls. Assisting us in the event were members of the Episcopal Church and Desert Hills Lutheran Church. Easter baskets were also available for the children.



Pictures of all the volunteers at Crossroads Mission on April 1.

Left to right : Linda Kucera, Linda Walters, Carol Foust, Carol Wilking and Steve Hart

Lives touched this month: 362 night lodging, 200 + meals provided, 744 families received food baskets.

For more information of ways, you can help.

Contact Les Walter at 520-870-3284 or

visit Crossroads website at

crossroadmissionloglales.org



Invites You to The Memory Café!

What is a Memory Café?

La Posada's Memory Café, in partnership with Pima Council on Aging, is a warm, welcoming environment for individuals with memory challenges, Alzheimer's disease, related dementias or any form of mild cognitive impairment. Memory Cafés are designed to include family caregivers as well, for a shared experience.

Each Memory Café is unique. They focus on different aspects to create a distinctive experience for the individual with cognitive decline and their loved ones. Some Memory Cafés invite guest artists or musicians to attend. Some offer education about memory changes, while others are just for relaxing and chatting. Memory Cafés can be offered both in person and virtually. Plus, they are free and welcome to everyone.

You are invited to Posada Life Memory Café

WHEN: Third Saturday of each month:

DATES: May 20, June 17, 2023.

TIME: 1 p.m. to 2 p.m.

WHERE: Posada Life Community Center

780 S. Park Centre Ave.

Green Valley, AZ 85614

Call Ellen March at 520-393-6840 or email: emarch@casagv.org for information



Stop Domestic Abuse

Submitted by: Kara Fitzpatrick, Mission Committee Liaison

Hands of a Friend is a 501(c) Non-Profit that receives no governmental financial support. It is an Arizona Charitable Tax Credit Organization and is included in our Valley Presbyterian Missions. Its purpose is to support women and children who are involved in abusive situations by providing a home at Genesis House. Owned by Hands of a Friend, Genesis House is a residential house in Sahuarita with living quarters for women and children. Staff coordinates with outside resources to provide job skills, counseling and other necessary resources to help women become independent. Genesis house is a safe place for these women and children who often have been terrified in their previous home situations. Residents may stay at Genesis house for up to two years. There are separate quarters for women 55+ with no children. The re-sale shop, DaZee's, supports the 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

Every dollar multiplies to help local seniors. More than 159,000 people in Southern Arizona face hunger every day, many of which are seniors.

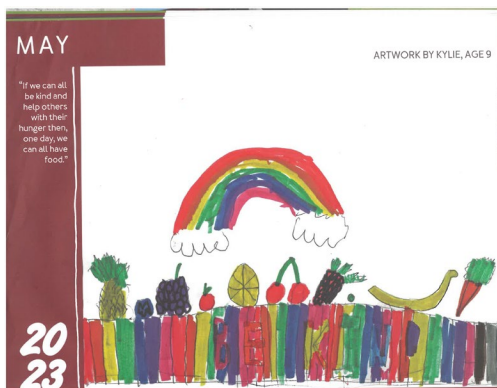
Our community is no exception. For many seniors making their fixed income stretch for a month is just impossible. Many even have to choose between food and other life essentials like prescription medications, rent or utilities. It's unthinkable!

But there's good news. When you give to the Community Food Bank of Southern Arizona Senior Meals Campaign, every \$1 you give helps provide \$7.30 worth of food.

Give \$50 you help provide \$365 worth of food.

Give \$100 you help provide \$730 worth of food.

Your generosity will be put to work right away to help provide nutritious meals to seniors and other neighbors in need.



SNACK SACK REPORT FOR SPRING 2023



**Our Mission Committee and volunteers from the Congregation assembled
SNACK SACKS on Tuesday, April 11th.**

for the Salvation Army's "Operation Chill Out" Summer Program.

We were a busy group as we put together **240 SNACK SACKS** for the Hospitality House of the Salvation Army! We will deliver these sacks on Wednesday, May 3. In addition to the SNACK SACKS, a check for \$154.86 will be sent to the organization to help with the purchase of Tee-shirts and ball caps.

THANK YOU for all your support of this Mission Project!

Ann Ball, Ed Storey, Mary Horn

May

**** Turning 90 * Over 90**

Birthdays

First Name	Last Name	Birthdate Month/Day
Barbara	Dittmer	May 01
Ruth	Morris	May 01 *
Martha	Jump	May 01 *
Bill	McGrath	May 03
Cheryl	Conner	May 04
Jim	Bruner	May 05
Catherine C.	Williams	May 06
Peggi	Briggs	May 06
Rod	Lichtenberger	May 06
Pam	Karbowsky	May 06
Geri	Berry	May 08
Bill	Wheeler	May 09
Paul	Stuempfig	May 11
Ann	Stockdale	May 12
Rev. Barb	Streng	May 13
Annamae	Buchholtz	May 13 *
Margot	Elsner	May 14
Jan	Farrington	May 14
Su	Van Valen	May 17
Sharyl	Mennenga	May 17
Don	Yunker	May 17
Roger	Hicks	May 17
Ted	Smith	May 18
Kris	McGrath	May 19
Dick	Christensen	May 19

May

**** Turning 90 * Over 90**

Birthdays

First Name	Last Name	Birthdate Month/Day
Ginny	Donald	May 20
Janet	Harnish	May 20
Kenneth	Taft	May 20
Etta	Stratton	May 20 *
Judy	Stevenson	May 21
Patti	Bright	May 21
Jan	Agner	May 22
Anna	McCarty	May 22
Jay	Messerschmidt	May 23
George	Higginson	May 23
Jo	Gibson	May 23
Barb	Case	May 23
Janet	Wagner	May 24 *
Linda	Walter	May 26
Jan	Panhuis	May 27
Charles	McCarty	May 28
Sandy	Clark	May 28
Phyllis	Nutting	May 28 *
Lois	Blacker	May 28 *
Wanita	Marshall	May 28 *
Bill	Koshollek	May 29
Ellie	Higginson	May 30
Parkie	Copeland	May 30 *
Katherina	Harder	May 31 *



Valley Presbyterian Church May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>7</div><div>Food Bank Sunday 9:30am Worship Service with Communion 9:45am Children's Sunday School</div></div>	<div><div>8</div><div>9:00am Parkinson's Chair Exercises 9:30am Overcoming Depression 9:30am Journey Through Grief 9:30am Mission Quilters 10:00am Fellowship Committee 10:00am Patio Sale Coordinating Team Planning Meeting 1:00pm Bible Reflections</div></div>	<div><div>9</div><div>8:45am Mission Committee 9:00am Cardio Drumming 9:30am Faith Formation Committee 9:30am Prayer Ministry 11:00am Parkinson's Support Group Gathering</div></div>	<div><div>10</div><div>9:00am Deacon Meeting 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise Class 10:00am Personnel Committee 1:00pm Miriam Circle 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal</div></div>	<div><div>11</div><div>8:00am Patio Sale Sort 9:00am Faith & Health Committee 1:00pm The Book: The Story of God</div></div>	<div><div>12</div><div>9:00am Parkinson's Chair Exercises 10:00am Stephen Ministry Zoom 11:30am Lorraine Heimstaedt Memorial</div></div>	<div><div>13</div></div>
<div><div>14</div><div>Happy Mother's Day Nogales Crossroads Mission Sunday 9:30am Worship Service 9:45am Children's Sunday School</div></div>	<div><div>15</div><div>9:00am Parkinson Chair Exercises 1:00pm Bible Reflections 1:00pm Women's Ministries Monthly Luncheon prep 4:00om Ruth Circle</div></div>	<div><div>16</div><div>9:00am Cardio Drumming 9:30am Prayer Ministry 11:30am Women's Ministries Gathering Luncheon</div></div>	<div><div>17</div><div>9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal</div></div>	<div><div>18</div><div>1:00pm Planning Committee</div></div>	<div><div>19</div><div>9:00am Parkinson's Chair Exercises</div></div>	<div><div>20</div></div>
<div><div>21</div><div>9:30am Worship Service 9:45am Children's Sunday School</div></div>	<div><div>22</div><div>9:00am Parkinson Chair Exercises 1:00pm Bible Reflections 2:00pm Valley Readers</div></div>	<div><div>23</div><div>9:00am Cardio Drumming 9:30am Prayer Ministry</div></div>	<div><div>24</div><div>9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal</div></div>	<div><div>25</div><div>8:30am Session Meeting 10:00am Creative Hands</div></div>	<div><div>26</div><div>9:00am Parkinson's Chair Exercises</div></div>	<div><div>27</div></div>
<div><div>28</div><div>9:30am Worship Service 9:45am Children's Sunday School</div></div>	<div><div>29</div><div>Memorial Day 9:00am Parkinson Chair Exercises 1:00pm Bible Reflections</div></div>	<div><div>30</div><div>9:00am Cardio Drumming 9:30am Prayer Ministry</div></div>	<div><div>31</div><div>9:00am Men's Bible Study 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal</div></div>			