THE VALLEY VOICE

VALLEY PRESBYTERIAN CHURCH November 2023



All Saints Day

Submitted by: Pastor Craig

Typically, as we enter November this is harvest season, temperatures are no longer in triple digits. Holiday Sale, friends with summer houses are returning to their Arizona homes, and we come to a full celebration of Thanksgiving. We begin the month with All Saints Day, when we honor all of those who led this church throughout the last many years and are now in the bosom of Abraham. This is especially true this year.

Those who witnessed the resurrection starting November of 2022 to November 2023:

Susie Sweisfurth
Judith Pember
Phyllis Dear
Sheron Vollsteadt
Barbara Eidson
Don Cadora
Sonya Larsen
Neva Segman
Bette Stevenson
Dorothy Foucher

Mary Lee Haas Arleen Boyuls Rev. Mark Horton Dave Tompkins Margaret Moore Doris Steffy Norm TenBrink David Rude Carol Marshall Donna Allen
Carol Tahse-Roeming
Virginia Watson
Mary Lou Browne
Gini Downs
Phyllis Moore
Kay Davison
Esther Grimsley
Dorretta
Van Nimwegen

Jim Mills
Fred Roeming
Barbara Jeane West
Dave Appleton
Don DuDeVoire
Beth Phillips
Annamae Buchholtz
Gini Baird
Katherina Harder

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2800 S Camino del Sol Green Valley, AZ 85622 Telephone: (520) 625-5023 vpc-offfice@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.n

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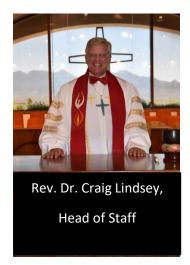
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SUNDAY Worship Schedule and Other Celebrations

October 29	Deuteronomy 34:5-12 "Called and Called Up"	Pastor Craig
	Matthew 22: 34-40 "The Greatest Commandment"	
	All Saints Remembrance & Noisy Offering	
November 5	Micah 3: 5-12	Pastor Craig
	Communion Sunday Food Bank Sunday	
November 12	Isaiah 55: 1-9 "Dive-in Discipleship"	Pastor Diane
	Nogales Mission Crossroads Sunday	
November 19	Matthew 25: 14-30	Pastor Craig
	Annual Congregational Meeting to Elect Officers	
	Youth on Their Own Sunday	
November 26	Matthew 25: 31-46 Chris the King Sunday	Pastor Craig



From Pastor Craig

This November feels less celebratory... For two years, the people of Ukraine have been fighting Russian armies who are trying to destroy the people of Ukraine. On October 7th, Hamas terrorists brutally attacked Israel and predictably Israel retaliated, now with missiles coming from Hezbollah, and US Fleet ships in the Gulf. SO in this season we pray for peace, not armistice, but an acceptance of one another as human beings with dignity, rights and freedoms.

Because the turmoil in the Middle East is anticipated to last until at least March or April, with the end of March being Christian Holy Week, Jewish Passover and Muslim Ramadan which could incite renewed violence, with great sorrow we have cancelled plans to go to the Holy Lands this year. What cannot be taken from us are plans that on Maundy Thursday we are going to share the Passover Seder. The Passover Seder always ends with traditional words that "In future years in Jerusalem!" which in peacetime is our prayer.

The Financial Health and Vitality of Our Church

Our bookkeeper shared very good information with the Finance Committee. It is part of our history that the church came through difficult financial times in 2016-2018. However, we have come back strong!

End of year Surplus + versus Deficit - for VPC was:

2016	-\$86,268		2020	+40,284
2017	-\$202,346		2021	+52,083
2018	-\$98,095		2022	+37,114
2019	+\$42,429	By October in	2023	+72,720

From Pastor Diane

This is my second to last Valley Voice Article. Up to this point, I have written 168 Valley Voice articles. Why not go waaay back and share with you my very first Valley Voice article, written January 2010. The story I share in this article is one I've repeated often at Valley because it was and still is my heart. So here goes (again)....

As I write this, it is mid-December, and I am in the midst of packing and getting ready to move to my new state, church and home. A week ago, Larry asked if I would write an article for the January newsletter. So, I have been thinking about it: What should I say for my very first article? Talk about me as a way of introduction? Be more pastoral and talk about God? Or, perhaps how these two intersect? Because isn't that what God does – intersect with our lives?

Let me tell you about a time when God intersected my life. I grew up with a faith that was quite legalistic. I believed I had to earn God's love with perfect obedience, and it was a great burden to carry.

I remember the day my faith took a paradigm shift. I was at seminary (of all places) in a systematic theology class, and the professor was reviewing different kinds of theology. On this particular day, he was teaching Reformed Theology, and he said 3 words that changed my life: "God chose you."

The words hit me like a thunder bolt. GOD chose me? You mean it didn't have anything to do with me? God loves me not based on anything I have done, but simply because God loves me? I held tightly onto the chair I was sitting in, trying to keep myself from bolting out of it. Tears came to my eyes. It was at that moment I began the journey of understanding and experiencing the grace of God. I walked out of that classroom with a great burden lifted off my shoulders.



Pastor Diane Christopher-Pastor of Discipleship

There was a conference in Britain on comparative religions. Experts from around the world came together and debated what belief was unique to the Christian faith. Someone suggested incarnation. Well, there were some religions that had different versions of gods appearing in human form. How about resurrection? Again, other religions had accounts of return from death.

The debate went on for some time until C.S. Lewis walked into the room. He asked, "What's the rumpus about?" His colleagues told him they were trying to discover what was unique about Christianity compared to other religions. "Oh, that's easy," Lewis said. "It's grace."

I like the words of Philip Yancey in his book What's So Amazing About Grace?: "Grace means there is nothing we can do to make God love us more...And grace means there is nothing we can do to make God love us less."

I grew up with a God, I guess you could say, in my own making. This God was strict, expecting perfect obedience in order to love me. I was found by the real God, the One of grace and mercy and love, the One who comes to us first. I now obey God not because I have to but because I want to. I am thankful this day for God's grace. It is the theme of my life.

The Book: The Grand Story of God

Thursdays, 1 p.m. in Classroom 5 Your teachers: Pastor Diane and Chuck Ramsay

Come and join this class as Pastor Diane and Chuck Ramsay take you through the grand story of the Bible, book by book. You will discover how God continues to call us back, again and again, into relationship.

Our schedule for November:

November 2 Philippians

November 9 Colossians

November 15 1 and 2 Thessalonians

We break for Advent and Christmas, and resume Thursday, January 4.

Bible Study with Pastor Craig at VPC

BIBLE REFLECTIONS

With Pastor Craig Lindsey
Mondays from 1:00 p.m. to 2:00 p.m.
in classroom 5 (zoom available)

This is a different kind of Bible study, that spends as much time as we need with each chapter and book. We will try to give background that is helpful and offers ideas about interpretations (even pronunciation of names), but what is most important is what you hear in the text.

You don't have to attend every class and you may join at any time.

To join by zoom, go to https://zoom.us/join

Meeting ID: 294 281 2414

Password: Heaven

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

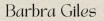




Welcome our New Church Members









Gary Heintz



Sandy Heintz





Valley Presbyterian Church will be offering a Journey Through Grief program held to provide those who are grieving a loss an opportunity for discussion to understand grief, support on the grief journey, and suggestions for a healthy way to grieve.

This unique program is eight $1\frac{1}{2}$ to 2-hour sessions, meeting twice a week. Although based in faith, the program is open to anyone in the community. The program is free of charge and all materials are provided at no cost to participants.

It is being facilitated by Carolyn Eubank Hill, member of Valley Presbyterian Church and a Stephen Minister.

The next session will start on November 3 and will be held on Tuesdays and Fridays through December 3rd. Contact Pastor Diane Christopher at the church to register 520-625-5023 or pastordiane@valleypres.net

Stephen Ministry Three Essentials for an Empathy Mindset Jana Honermann, Stephen Leader Team Coordinator



In the past year, Stephen Ministries in St. Louis published a book called *The Gift of Empathy. C*opies of this book have been distributed to our Stephen Ministers and we will be digging deep into the book at our retreat in April.

I believe that in community, we all must develop an empathy mindset. To provide you with highlights on how to do that per the book, excerpts from a recent "Caring Tip from Stephen Ministries" will be shared with you now.

Empathy is a powerful way to better understand others, forge stronger relationships, and care for those who are hurting. But empathy often doesn't just happen on its own. To see its benefits in our lives and the lives of others, we need to be intentional about putting this skill into action. That means developing and maintaining an empathy mindset.

Here are three essentials for doing that:

1. Be Open to the Other Person's Experiences

Empathizing with someone isn't complicated and doesn't mean putting a great deal of pressure on yourself to say or do the right thing. In fact, the starting point is simply being open to listening to and learning about the other person's experiences and feelings.

2. Be Willing to Make a Personal Connection

Empathy isn't something you can do at a distance without actually interacting with the other person. True empathy only occurs when we make a personal connection— when we directly interact with someone by listening, asking questions to encourage more sharing, and being present as they tell their story.

3. Be Focused on the Other Person

One of the many blessings of offering empathy is that it puts the focus on the other person for a time, letting them know that their feelings are valid, their experiences are important, and someone cares about them.

When you want to empathize with someone, come with an empathy mindset—stay open to people's experiences, committed to making a personal connection, and ready to make the other person the priority. Using these principles will put you on the right track to empathy that demonstrates compassion, brings comfort, and enriches relationships.

If you would like to learn more about Stephen Ministry and how we learn listening and empathy skills, please reach out to a Stephen Minister who will be happy to answer your questions. If you are interested in becoming a Stephen Minister, now is the time to let us know of your interest. We are planning a class that will be starting in January. We would love to have you join us. Please contact Patti Bright if interested and she will be happy to provide you with an application. Oh, and if you go through the training next winter, you will receive your very own copy of the book, The *Gift of Empathy*!

THE END TIMES ACCORDING TO JESUS CONTIUES— SELECTED TOPICS



Bud Landry October 3-November 14 Tuesdays at 11:00 a.m.

As I prepared the recently concluded course, "The Life and Times of Jesus the Messiah: His Final Week", I was struck by the significance of Jesus giving up His Spirit at 3 PM on Nisan 14 or April 3, 33. (Mark 15:33). This was late afternoon on the Day of Preparation and the exact time required in Exodus 12:6 (and elsewhere) for the temple priests to slaughter literally thousands of lambs within the two hours before darkness fell, and the Passover Sabbath began. It is no mere coincidence that *Agnus Dei*, our Lamb, the ultimate Lamb, greater than an infinite number of animal prototypes, died exactly when He did. And, within less than a generation the Temple would be no more, putting a forever end to animal sacrifices. There simply would be no more need. (Hebrews 9:12)

The doctrine of the Second Coming of Jesus is also firmly established, and this is our Blessed Hope (Titus 2:13). However, the events surrounding the Second Advent are so confused by writers of sensationalism that Christians avoid the subject altogether. In this eight-week course we will explore what we do understand (as best as possible) while standing on firm Reformed theological ground. This course will be videotaped and made available on YouTube as well as presented live in Classroom 5 on the following **Tuesdays at 11 AM**.

November 7 Nero, the Antichrist, 666, "The

Beast", Babylon and more

November 14 Exploring the Parousia, The

Rapture, and the Millennium—

Several Views

Each week we share the link to the previous weeks YouTube recoded class in the Tuesday, Eblast.

Men's Bible Study



1 THESSALONIANS

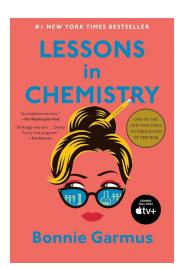
WEDNESDAYS AT 9:00 A.M.
IN CLASSROOM 1



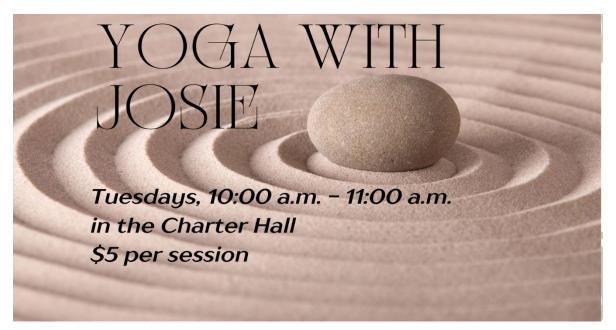
This group meets every Wednesday morning at 9 a.m. They meet at the church for one hour in classroom 1. The group is facilitated by Larry Phillips (777-8027) but focuses on group discussion. They use the NavPress Life Change Series study guide. They are studying Paul's letter to the 1 Thessalonians. Join the group any time to participate in the discussion or come to just listen. In either case, your presence will be welcomed. Lessons are self-contained so feel free to join the group when able. Larry has a limited number of the study guide for \$8.00. The Navigators Life Change study guide is also available from Amazon or Christianbook.com.



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



Lessons in Chemistry, the debut novel by Bonnie Garmus, has been a publishing phenomenon. A runaway best seller and an Apple TV production, the book spent 68 weeks on the NY Times Bestseller List and still has lengthy hold lists in libraries a year and a half after publication. Elizabeth Zott is a chemist in the 1960s and fighting the dismissive valuation of women in the science lab where she works. Losing her job after a personal tragedy, Elizabeth unexpectedly becomes the star of a leading cooking show on tv where she is soon not only teaching women better cooking through chemistry but also challenging them to change the 1960s patriarchal status quo. Please join us for a discussion led by Carol Willie of this satirical yet heartwarming novel. Contact Anne Morrison for additional information at 520-399-0762.



Josie Trobec, a certified yoga instructor, will be leading a yoga practice that focuses on centering ourselves in the Presence of God... to learn how to incorporate one's Christian faith with a yoga practice. The idea of melding BODY, MIND and SPIRIT.

The class opens with scripture that speaks to a practice of faith during the breath work. The body of the class is a combination of standing poses, balance poses and floor poses. The classes close with restorative yoga, a practice of calm alertness allowing a time of reflection and thanksgiving for God's Presence in our lives. This class is for all levels, modifications are offered for all poses, including practicing from a chair rather than the mat.

Please bring your own mat. Props are also welcome, such as blocks, straps, and blanket.



Network of Caring



Connecting with our People

It is the goal of Network of Caring (NOC) to connect with each church member and regular attender on a regular basis. That connection can be made by phone calls, text messages, email, cards, or a greeting at church.

Why do we do this? We are a Family of God, and families check in with one another. We have seen much fruit as the NOC Contactors continue to make their connections.

In order to make this a success, we are looking for a few more NOC contactors. If you enjoy connecting with people and want to hear more about this wonderful ministry, contact Pastor Diane (520-625-5023; pastordiane@valleypres.net).









Music in the Valley

Submitted by: Jamie Reed

In December, we kick off our Music in the Valley Concert Series with the Tucson Jazz Institute's Ellington Band! They will perform big band jazz music from bands such as Duke Ellington, Count Basie, and Buddy Rich.



Established in 2008, the Tucson Jazz Institute (TJI) was created to support Tucson area band directors and their well as provide programs as opportunities to middle and high school students across Southern Arizona to develop skills in instrumental jazz performance. TJI is inclusive of all Tucson districts and attracts students from as far away as Nogales and Sierra TJI's numerous ensemble classes work to develop young musicians in various styles and approaches to America's unique and living art form, jazz.

Tickets will go on sale starting in November.

Ticket prices are \$20 each or \$70 for season tickets, for four concerts.

Please join us **Sunday, Dec. 3 @ 2:00 pm** to experience this amazing talent of Arizona's youth!

Hope for Overcoming Depression Continues

November 6, 13 9:30 – 10:30 a.m. in Classroom 5 Your teacher: Tom Lobb

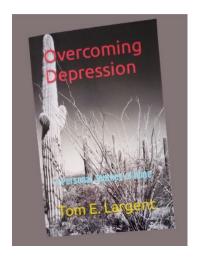
Do you know of someone who always seems to be "blue"? Do you have a friend who thinks negatively most of the time? Do you tend to be "down in the dumps" much of the time, or are you unhappy with the life that you have been dealt with? If so, your friend might have depression, or you might be struggling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

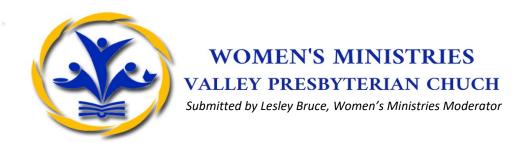
Do not worry! Help is available in many forms. Mental health counselors are available to share concerns with. Taking medications is also an important possibility. Medical treatments are also available to treat any depression that might exist in a person's life.

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

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

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





I'd like to welcome back our Winter Family! It is nice to see you again, we missed your smiling faces and you missed an incredibly hot summer. But we made it through and are ready for these cooler temperatures.

Our October Gathering Luncheon was fun with Marcia MacDonald presenting the program on a Daily Survival Kit. A photo of the Daily Survival Kit and handout are below. Our Homework assignment was to look up the bible verses. Thank you, Marcia, for making us smile and think of our daily lives and how

we can make each day better.



The **November Gathering Luncheon will be held November 14th at 11:30 a.m.**– a week early so we don't interfere with Thanksgiving travels or visitors! The Hostesses will be the Miriam and La Posada Circles. The Program will be presented by the VPC quilters, "Blessed Are The Piecemakers". The Women's Ministries table will be set up to accept reservations for lunch on Sunday November 5th, and Sunday November 12th. The Presby Gift will be the Thank Offering and Anne Morrison will explain what it is used for during the luncheon. Hope to see you there!

We have received almost \$1,400 in Memorial Funds for the Women's Ministries, which was one of Kay Davison's many passions. The money will be set aside to provide scholarships for women to attend the Churchwide Gathering next August in St. Louis MO and/or the Presbyterian Women's Triennal.

If you're interested in being a Bell Ringer for the Salvation Army this year you can register online at registertoring.com You can Ring as an individual, with a group or be a virtual Ringer. Ringing starts the Monday after Thanksgiving.

As a reminder, we DO still collect the pull tabs from drink cans for the Ronald McDonald House in Tucson. We do NOT collect plastic tops from bottles.

Caring for those in our congregation

Faith & Health/Parish Nurse September 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 and strengthens ankles and quads which can prevent falls.

Drink plenty of water when you are exercising or are outside doing activities. Be careful of dehydration especially in these hot summer months.





Blood pressure screening will be by individual appointment.



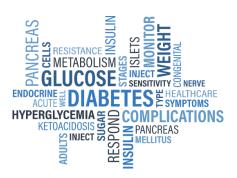
<u>Save the Date</u>: American Red Cross blood drive here at VPC. Thursdays in 2024, February 29th, May 16th, July 25th, and November 21st from 9 am – 2 pm. Watch for more information on future eblasts and bulletins.

Medical Minute: National Diabetes Month is November: are you at risk for pre-diabetes or diabetes? Do you know what your fasting glucose is and what an HgA1C is?

November is National Diabetes Month

Submitted by: Parish Nurse, Chris Erickson

More than 133 million people have diabetes or prediabetes. Since 2019, more than 1 in 4 people over the age of 65 have diabetes, and nearly 1 in 4 adults with diabetes did not know that had this disease. Over 90 percent of diabetes cases are Type 2 diabetes.



People with prediabetes have blood glucose levels that are higher than normal but not high enough to be diagnosed with diabetes type 2. If you have prediabetes, you have a higher risk of developing type 2 diabetes in the future, and a higher risk for heart disease.

With type 2 diabetes, the cells in your body do not use insulin properly. The pancreas may be making insulin but is not making enough insulin to keep your blood glucose level in the normal range. This is the most common type of diabetes. You are more likely to develop this type of diabetes if you have risk factors such as obesity or overweight, and a family history of the disease. Type 2 diabetes can develop at any age. Over time high blood glucose can damage your heart, kidneys, feet, and eyes. Proper follow up, exercise/physical activity, and management of blood glucose helps to prevent complications. Type 2 diabetes is caused by several factors including lifestyle factors and genes.

Symptoms of diabetes may include increased thirst and urination, increased hunger, fatigue, blurred vision, numbness or tingling in the feet or hands, sores that do not heal, unexplained weight loss, and more infections than usual.

Do you know your fasting glucose level? Do you know your HgbA1C?

For more information on diabetes, the websites of the National Institute of Diabetes and Digestive and Kidney Disease and/or CDC can be helpful.

Prevention and education are key to prevention of disease and complications.



JANUARY 21, 2024

PARTY FOR PASTOR DIANE

WATCH THE E-BLAST AND THE VALLEY VOICE FOR MORE INFORMATION.



"SUPPER CLUSTERS"!

By Carmen Nylund, Organizer

Sign-ups for Supper Clusters will continue each Sunday through November. VPC members, regular attendees, couples, and singles are invited to be part of a Cluster. We hope you will consider being included in this program which will give you the opportunity to meet new friends and renew old friendships in a small group setting.

We invite you to stop by the "Supper Cluster" table after worship to find out more about this program, sign up or just chat and enjoy your cup of coffee or lemonade.

Questions? Contact organizer, Carmen Nylund at clnylund1968@outlook.com.



CLERK'S CORNER

MAUREEN RAMSAY, CLERK OF SESSION

I want to start this article with a story called The Silent Sermon. Its author is unknown.

A member of a certain church, who previously had been attending services regularly, stopped going. After a few weeks, the pastor decided to visit him. It was a chilly evening. The pastor found the man at home alone, sitting before a blazing fire.

Guessing the reason for his pastor's visit, the man welcomed him, led him to a comfortable chair near the fireplace and waited. The pastor made himself at home but said nothing. In the grave silence, he contemplated the dance of the flames around the burning logs.

After some minutes, the pastor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then he sat back in his chair, still silent. The host watched all this in quiet contemplation. As the one lone ember's flame flickered and diminished, there was a momentary glow and then its fire was no more.

Soon it was cold and dead. Not a word had been spoken since the initial greeting. The Pastor glanced at his watch and realized it was time to leave, he slowly stood up, picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it.

As the pastor reached the door to leave, his host said with a tear running down his cheek, "Thank you so much for your visit and especially for the fiery sermon. I shall be back in church next Sunday."

I know I am preaching to the choir(literally) here, but why do we join a church? What are the benefits that we receive from being a part of a group of people who proclaim that Jesus Christ is our Lord and Savior? The church offers so many things to its members that I imagine I would get different answers from everyone. Some would say the beautiful music or the spectacular view of the mountains in the sanctuary. Others would comment on the wonderful sermons and opportunities for Bible study. Still more would talk about the fellowship and ways to serve others. The list goes on and on. As the above story illustrates, being part of a congregation can save your life. In a recent Opinion column in the Arizona Republic, Paul Wesslund writes that there is an epidemic of loneliness and isolation in this country.

The Surgeon General has issued a report this year comparing the health effects of loneliness to smoking 15 cigarettes a day. People are searching for friends and ways to connect with something larger than themselves, all the things that are gained by joining a congregation.

Here in Green Valley, a congregation serves to create family, since many of us are separated from our family and friends. My mother lived alone here in Green Valley for 29 years after my father's death and I would always ask her what keeps her from moving closer to her family. She would tell me that her friends and her church here were her family. I now understand how important that is to all of us as we age. It is easy to feel isolated and invisible in our fractured society, but membership of a body of believers offers a way for everyone to fit in and to feel valued. A church offers ways to serve others and to give back all the blessings we have received.

So, in conclusion, don't let your ember fade. Coming to church and experiencing corporate worship is our right and our obligation. In the words of the late Rev. Fred Morrison, "Church membership is not a spectator sport. Belonging to the church is not a matter of coming to receive what we need. It is a matter of sharing what we have as Christ has given everything for us, and each of us is equally responsible."

The Congregation Part Two will discuss the Presbyterian views on church membership.



HOLIDAY-PLUS SALE November 9, 10 & 11 8:00 a.m. - 1:00 p.m.

Holiday Decor – Everything you need to decorate for the holidays – Trees, Lights, Ornaments & much more.

Plus - Books, CDs, Games & Puzzles

A wide selection of books to choose from. Something for everyone on your gift list.

Plus – Much More – Back by popular demand our Holiday Bake Sale, the Specialty Shop and the Arts & Crafts Sale. New this year – A selection of beautiful, gently used Clothing, Purses, Shoes, and Cowboy Boots & Hats.

WANTED!

HOLIDAY BAKE SALE! By popular demand, the Holiday Bake Sale is back! If you love to bake, now is your chance to share your favorite goodies. Based on previous sales, the items that are in high demand are: Sweet Breads – Banana, Pumpkin, Zucchini

Anything Chocolate - Brownies, Fudge, Candies, Sweets of any kind

Christmas Cookies, Muffins, Breakfast Rolls and Pies

Please bring your baked goods to church Wednesday, November 8 or Thursday, morning November 9.

SNACKS WANTED! Our Holiday Plus Sale is coming up on November 9, 10 & 11 with set-up happening November 6-8. Our volunteers enjoy both sweet and savory snacks as well as more healthy items to munch on when they take time for a break. This is a great way for you to be involved with the Sale. Beginning Monday, November 6, you can bring those snacks to the church and leave them in the "Kids Room" (Break Room). We suggest snacks that can be poured out of a container or individually picked up using a napkin. Snack suggestions include cookies, donut holes, pretzels, nuts, oranges, celery or carrot sticks. Thank you for supporting our hard-working volunteers.

TRUCKERS NEEDED!!! This seems to be an on-going plea, but we need as many willing hands as we can find on a year-round basis. Our trucking crew is essential to making our monthly Pack & Sort, Holiday-Plus Sale and the Patio Sale successful. We are looking for able-bodied men and women to help pick up donations, load and unload the truck after Pack & Sort and before and after our Sales. Because of where we live and the age of our residents, our volunteer base is somewhat limited. So, if you want to give our Trucking Crew a try or have a friend or neighbor who would like to be involved in our Patio Sale activities (VPC membership not required), please contact Les Walter at 520-870-3234 or send him an email at walterl@ix.netcom.com.



Submitted By Ed Storey, YAV Liaison

Our Synod has organized a program for young adults to spend a year of service in our part of Arizona. They receive an allowance of ten thousand dollars per year to help with some of their expenses. For the current program, Valley Pres is providing the support for one of the five people in our area. Two are working with low-income homeowners in Tucson. The other three work in Agua Prieta, across the border from Douglas.

They help provide a safe environment for asylum seekers waiting for their appointment to have their case reviewed. Another assists with school support for displaced children who are not getting a regular education in school.

Of the five YAVs currently in the program, one is from El Salvador, one from Tennessee and three from Mexico. The program manager is James Martin, from Washington State and a part-time pastor at the Douglas Presbyterian Church.

We will have an opportunity to learn more about the **Borderlands YAV at the Mission Breakfast on November 18, at 8:30 a.m.** Tickets will be available for purchase for \$5.





St. Andrew's Children's Clinic - November 2023

In September, Laura Romero, the Executive Director of St. Andrew's Children's Clinic, took 50 children with parents to Hermosillo for cleft lip/cleft palate surgeries. Her office manager, Diana Ward, accompanied and helped the families at the hotel where they stayed for three days. Surgery was done in the Hermosillo hospital.

Upon her return, Laura was ready to tackle the local Clinic business. Laura, the staff and workers are in the process of remodeling the new location, adding five examination rooms and a dental office.

On October 2, Kay Brouwer and Jean Hicks visited the Clinic. They took crayons, colored pencils and markers with paper on which to draw. The children enjoyed this activity along with cookies and other fun things while they patiently waited for their appointments.





Regina using the crayons, colored pencils and markers.

On this first Thursday of October, the clinic work began slowly because families where slow to cross the Mexican border. We were told that many Border Patrol workers had been sent to the border in Texas where immigrants were coming across in large numbers.

The first Thursday of November is expected to be slow. That will be November 2, The Day of the Dead. It is a very special holiday for Mexican families.

The St. Andrew's Board of Directors and the Shriners with whom the Clinic works, have insisted that children over the age of 18 not continue with clinic services. This was the ruling when the clinic began, but Laura finds it difficult to refuse those children who have often been receiving care since infancy. She is now required to send them away.

As reported in previous articles, St. Andrew's Children's Clinic began 50 years ago. The Board of Directors wants to plan a 50th Anniversary to celebrate the wonderful help this clinic has given to so many families.

Laura is looking forward to a special Christmas Party for the children and families in December. COVID and loss of a clinic building has been a struggle for the Clinic and for the families they serve. The services have started again and it's time for a celebration.



Casa Vida Nueva Para Ninos, A.C. "Home for Children" (Orphanage)

November is "Support an orphan for Christmas" month

Deadline is Sunday, November 26th

Also sign up for the next Christmas visit – December 9th

Article by Reed Olson, Mission Committee

Reed Olson of the VPC Mission Committee, is coordinating a trip to visit the "Home for Children" in Nogales, Sonora, MX, providing gifts to 35 abused/abandon children and 5 adults who live in the "Home." To participate, see Reed Olson in Fellowship Hall November 12, 19, or 26 and select your child / adult to support. Each child can receive more than one supporter. Recommended donations of up to \$40 per child allows us to purchase gifts to hand out during our December 9th visit. Christmas cards for each child / adult will be ready for you to sign as their "supporter."

During the same dates, sign-up for the trip to the Home on Dec 9th to witness the children opening their Christmas gifts. This is the biggest trip of the year – make sure you sign-up early to secure your seat. Help "make a difference" with these children – support a child for Christmas and sign-up for the trip. If you cannot make the sign-up dates, contact Reed Olson at: reedolson5623@gmail.com

How To Provide Your Support

- See Reed Olson in Fellowship Hall after church to select a child and/or adult to support.
- Sign their Christmas card. Pick-up a photo of the child / adult you supported and place it on your refrigerator to pray.
- On your check write "<u>Valley Presbyterian Church</u>" then in the memo section write "<u>Orphanage</u> <u>Christmas Supporter</u>." Place your donation in a filled out VPC envelope. On the envelope check "X" the <u>Special Gift box</u>, then write: "<u>Orphanage</u> <u>Christmas Supporter</u>." See example to the right.
- You can support more than one child children can have more than one supporter.
- See Reed in Fellowship Hall on Nov 12, 19, 26 for details and to sign up for the trip.



Bryan Beltran is overwhelmed with his Christmas gift

Offerings & Gifts
Pew Envelope
rew Envelope
Valley Presbyterian Church
Dusts a Grace
Name
Address
la ola
15121
Regular Offering
X Special Gift: Orphanage
Christmas Supporter
Amount S
Date





The La Posada Community Center and its ongoing Senior Lunch program is one of the many ways La Posada Community Services continues to help the Greater Green Valley community.

Carla and Diana, the Community Center staff members handling the Senior Lunch, admit that one of their greatest joys is the ability to have a positive impact on people's lives each and every day. Diana greets the Senior Lunch participants by name and enjoys chatting and learning about their grandchildren or other family members.

Carla frequently calls to check on participants after medical issues have prevented them from attending lunch at the Community Center. Carla and Diana play special surprises like games and word puzzles, as well as providing birthday and holiday cards with the meals.

The Community Center hosts a variety of groups for meetings, entertainment and educational activities. Groups like La Frontera Western History Group, TOPS (Take Pounds Off), the Desert Ukes (a local ukulele group), the Green Valley Meditation Group, the Arizona Scrapbookers, and the La Posada Readers Theater meet regularly and the number of groups utilizing this spacious facility is growing. The Community Center is offering socialization, education, volunteer opportunities, health and wellness support and a chance to make friends, thus enhancing the well-being of those we serve.

Exciting day trips are available too.

The Senior Lunch program and day trips require advance registration. Call Carla or Diana at 520-393-6814. rford@casagv.org

Valley Assistance Service Submitted by: Steve Larson, Mission Liaison to Valley Assistance Services



A Different World

A letter from Christine Erickson, RN, BA, Executive Director to Valley Assistance Services

There are many people stating that it is so different after the COVID Pandemic. Is this true or is the world changing?

Valley Assistance Services has seen a large increase in needs across the board in our programs since COVID and it remains high through today. The needs are at a much different level than they were before. There are a number of emotional and behavioral disturbances that are shown on a daily basis, along with many more chronic illnesses and diseases throughout our communities. One need in particular has surfaced in our area and continues to grow into crisis levels.

Rental assistance and utility assistance remain at very high demands. These high demands have steered our programs into needing more case managers to assist with these needs. It also demands much more program funding than ever before. This need has led to increased homelessness in our communities. It doesn't seem to matter what your age or lifestyle was like before, more and more are homeless, living in a car, van, at a friend's house, or on the street. As you may know, this is a need across the country, now growing in our community. Not all cases are the same. It might be due to lack of jobs/income, lack of resources to access, and some to behavioral health/health related issues. All are different. VAS has now been assisting about one household a week in these related crises, without a home. Imagine not knowing where you might live next.

Some are able to get back on their feet with housing and with finding a job. VAS has developed a workforce training program and computer lab, a few years ago. This has helped those look for jobs, write an updated resume, develop interview skills, and what to know about an interview. VAS has had a 90 percent success level when following up on households about working and retaining a job. The financial literacy classes VAS offers assists many with knowing their expenses and budgeting even on a very restricted income. These free classes are also open to the public.

Homelessness affects all those related to that household, including children and even pets. Stability is the goal we have and set at VAS, including financial wellness, financial stability, and housing stabilization. Without a home, many cannot live healthy, eat/cook appropriately, sleep adequately, and meet other basic needs.

Homelessness will remain a challenge likely into the future. With your support, we can help many more households obtain and stabilize their housing, while keeping the family/household together and healthy.

Please help increase the awareness of VAS in the community. This not only helps to raise financial support to assist those we visit with in crisis but the awareness may also assist many more in the community that need a little assistance with their basic needs. We are asking for you to help spread the word about VAS to your circle of family and friends: neighborhoods, House of Worship, HOA's, clubs, committees, and organizations. We are available to present information about VAS and our programs to those in the community or groups.

Thank you for all your support. Without the monetary donations that you and others have given, and continue to give to VAS, we would be unable to provide assistance to those who live in crisis in our community. The world and its needs have changed greatly, yet the community remains one of caring. Your gifts will make a difference.

Thank you for all that you do and for your continued support.



Operation Christmas Child Shoebox Collection



Submitted by: Ann Ball, Mission Liaison

Operation Christmas Child Shoebox Project began October 22

If you have collecting and purchasing items all fall or are now ready to shop, it is the time to pick up special Christmas shoeboxes to put these items into and lovingly pack them up to return for processing and shipping. The tables for picking up empty boxes and then returning them packed will continue to be available November 5, and FINAL day November 12 in Fellowship Hall. You may prepare one or more boxes. All instructions are available in the boxes and at the tables. Come see us and we hope to answer any questions you might have.

If you cannot get box on Sunday mornings, there will be some in the church office. See the office staff to pick up or drop off a box there.

Phone Ann Ball @ 269-491-0815 pr email @ quiltingsaball@sbcglobal.net for any questions, problems, or confusion at all.

We in conjunction with Samaritan Purse Organization have options for those of you who do not like to shop or have the time but wish to contribute to the project that reaches "to the end of the earth".

- Contribute a monetary gift by submitting your gift in a Special Offering envelope marked
 Operation Christmas Box or mark your check in the memo section so that our bookkeeper
 Suzanne can attribute it to the right mission project. Monies will be used for miscellaneous cost
 of shipping and purchasing Bible stories to be included in the boxes.
- 2. Go online to samaritanspurse.org/operation-christmas-child/buildonline/. There you will find a very easy way to build your own box by choosing the items you would like packed in the box, and the box will be packed for you for \$25.00 including the shipping charges. Valley Presbyterian Church will get a credit for our contribution if you list us as your church affiliation. You can even personalize the box with inclusion of a personal note and/or picture. The note will be translated into the entry country's language for you.
- 3. You can also do the above but have them pack the box totally for you and they will make all the selections which will be used to fill in any gaps of gender/age groups. The cost is also \$25.00 on the option.
- 4. Pray and pray and pray some more. This project has been fueled through the years by prayers and are needed for all aspects of the project for those who buy and pack boxes, to all volunteers that deliver the processing centers, work to process and inspect the boxes so they will not be rejected at entry points, and transporting the boxes all the way once shipped to local villages and towns that are often not reachable by usual means of transportation.

Those of us at Valley Presbyterian working on this project thank you for all your prayers and contributions, consideration, and prayers as we work to make the gospel known truly to all.

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. In early August, Bob's strength and energy had returned enough that we could resume our travels in the U.S. We were very grateful for prayers and encouragement from many people and for God's grace in healing Bob's body. We headed to the West Coast for six weeks of reconnecting with family, friends, and several churches. Since Bob was still recovering his energy, we scaled back in how much we did, and we lament that there are people we missed seeing.

First stop was Whidbey Island, Washington, where Bob's family converged for some precious days together. We enjoyed walks in the woods and along the beach, making meals together, and celebrating some significant birthdays. Then off to Olympic National Park for a few days on our own to explore in a camper van! We road-tripped with Bob's parents down from Washington to the San Francisco Bay Area, with a joyful stop to see Aunt Judy and family along the way. In California we enjoyed some encouraging visits with several churches and good friends. Bob visited some old haunts, like the halls of his high school and the park where he played baseball. In Carmel-by-the-Sea, we were in awe again at the power of the waves and the steep cliffs that plunge into the ocean. We drove the windy road down the coast near Big Sur for a short but sweet personal retreat at the New Camaldoli Hermitage. The monastery is perched on a mountainside looking down on the ocean and is a great place to disconnect from the world – no Wi-Fi, no phone coverage! We were grateful for the hours to sit in awe of our Creator, soak in God's love, and be still.

Our last stop was Arizona – from the ocean to the desert! The church, Valley Presbyterian Church, where we spent the weekend, encouraged us with their great interest in South Sudan and what God is doing there. Doug and Judy brought us to their church for the Saturday morning Missions Breakfast. Tables were neatly decorated, and food was prepared and served by a group of dedicated volunteers called "Valley Galley." Sixty church members came out on a beautiful fall morning, joining us for a time of sharing and learning about South Sudan. The following morning, we shared from God's Word in worship, and in the afternoon the pastor warmly welcomed us to an "Open House," a time of informal connection and fellowship with church members in his home. This visit with Valley Presbyterian Church in Green Valley, Arizona, is one of many visits over the last several weeks which have taken us to central Montana, central and coastal California, and the San Francisco Bay Area.

Earlier this year we were able to visit churches in the Chicago area, western Pennsylvania, and three churches in Ohio. It has been encouraging and invigorating to be with churches again, especially after we had to cancel several church visits in the summer due to health challenges. During our visit with a couple of different churches, members mentioned how they had not met in this way since the end of the COVID-19 pandemic, so it was a good opportunity for them to gather in-person as they hosted us.



Nogales Crossroads Mission

Submitted by: Les Walter, Crossroads Liaison

Valley Presbyterian church has resumed helping at the Mission to prepare lunch. We have chosen the second and third Wednesday of every month to spend approximately 2 1/2 hours doing whatever is needed to serve about 50 attendees. Historically, the lunch program was more than twice that size but with the border closing now reopened, the numbers are slowly building back up. The lunch is prepared for the chapel attendees as well as those that live at the mission short term as residents.

Volunteers leave the church about 8:15 am and meet at the fountain area in the front of the church and return around 1pm after having lunch at the mission. The mission is about 1/2-mile North of the border on Morley Ave. Transit time to Nogales is about 45 minutes. Presently, the number of helpers needed is two or three including the driver. Those that help in the kitchen will also be an essential help when we assist in Thanksgiving dinner for more than 150. A crew of 4 - 6 would be ideal at that time. Other congregations in the Green Valley area are also assisting in the food programs as well as maintenance and repair.

We are collecting funds for the Nogales Crossroads Mission Thanksgiving dinner, on the 18th of November. There will be a table set up on Sunday November 5th to collect funds to purchase the items needed for their Thanksgiving dinner.

For more information of ways, you can help. Contact Les Walter at 520-870-3284 or visit Crossroads website at crossroadmissionnogales.org





Submitted by: Kylene Joplin & Carol Stephens

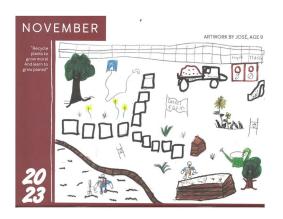
With the annual Hunger Walk behind us- and a huge success it was, our thoughts are on the upcoming holidays.

As we count our many blessings let us keep in mind that many seniors in the Green Valley and Amado areas experience "Food Insecurity".

Your generous food and monetary gifts are greatly appreciated, and we thank you for your continued participation.

Rest assured that the monies from all the checks made for the Food Bank made for the Food Bank and given to VPC will be for the Green Valley and Amado Food Banks.

Food Bank Sunday is November 5, 2023. Canned goods of all kinds and non-perishable items can be left in the cart in the Fellowship Hall near the Spiritual Life Center.







Submitted by Mary Horn, Mission Committee Liaison to YOTO



CONGRATULATIONS to YOUTH ON THEIR OWN

as they officially open their FOREVER HOME located at 2525 N Country Club Road on Monday, November 6, 2023.
Plan to JOIN US for a tour of the new facility in February/March 2024!

YOTO is partnering with Ben's Bells to do a special YOTO Bell that will be available during tours. Folks who make a donation of \$100 or more will have the option of receiving a bell, which they can either take home or hang (with a message) in the trees in the courtyard for a YOTO Youth.







Crafters of Inspirational Cards for Youth On Their Own will be working at home during November and December. Supplies are available in Cindy's office at church.

Folks can find the most needed items for the Mini Mall or make a financial contribution by going to the website: https://yoto.org/backtoschool/. At this site, we can order directly from Amazon and the supplies will be delivered directly to YOTO.

November Birthdays

First Name Last Name Birthday

Sandy	Lichtenberger	November 01
Reed	Olson	November 01
Geneva	Halliday	November 03
Karen	Woodrow	November 03
Mike	Corso	November 04
Jim	Fitzpatrick	November 04
Gerry	Pearson	November 04
Janis 4 4 4	Troop	November 04
Frank	Williams	November 04
Evelyn	Mosher	November 06 - 100 years!!!
Sandi	Olsen	November 06
Anita	Row	November 06
Mary Ruth	Jaggard	November 07 Over 90
Betty	Chadwick	November 08
Frank	Coggins	November 08
Bob	Krantz	November 09
Sally	Smith	November 09 Over 90
Joan	Dakin	November 12
Wally	Watson	November 12
Lily	Johnson	November 13 Over 90
Donaldina	Joung	November 13



November Birthdays

First Name Last Name Birthday

Barbara E	Brubaker	November 14
Debbie	Myers	November 14
Hazel	Kern	November 15
Bill	Bond	November 16 Over 90
Travis	Sayre	November 16
Jana	Honermann	November 17
Pat # ##	McFarland	November 17
Mary	Horn = -/	November 18
Lawrence Edward	Craft	November 19
Judy	Lindsey	November 19
Peggy	Schloff	November 19
Chris	Ballaris	November 20
Mark	Erickson	November 22
William	Bodle	November 23 Over 90
Roxy	Blair	November 25
Joan	Defendorf	November 26
Lillian	Richardson	November 27
Rev. Diane	Christopher	November 28
Joan	DuDeVoire	November 28
Constance	Conklin	November 29
Linda	Romstad	November 30
Leilani	Young	November 30



5 Food Bank Sunday 9:30am Worship Service 9:45am Childrens Sunday School 12:00pm Holiday Plus Sale Setup 9:30am Worship Service 9:45am Childrens Sunday School 1:00pm Phil Green Memorial 9:30am V 1:00pm Phil Green Meday School 9:00am 9:45am Children's Sunday School 3:00pm 3:00pm	6 8:00am Holiday Plus Sale Setup 9:00am Parkinson's Chair Exercise 9:30am Overcoming Depression 1:00pm Bible Reflections 1:00pm Bible Reflections 9:30am Valley Fiber Arts Guild 1:00pm Bible Reflections 1:00pm Women's Luncheon Prep 9:00am Mission Quilters 1:00pm Bible Reflections 3:00pm Ruth Circle	8:00am Holiday Plus Sale Setup 9:00am Women's Ministry Meeting 9:30am Prayer Ministry 1:00am YOGA with Josie 1:00pm Journey Through Grief 1:30pm Buildings and Grounds 2:30pm Joyful Spirit Ensemble 1:00am Faith Formation 9:30am Prayer Ministry 10:00am YOGA with Josie 11:00pm Journey Through Grief 2:30pm Joyful Spirit Ensemble Rehearsal 1:00pm Journey Through Grief 2:30pm Joyful Spirit Ensemble 1:00pm Journey Through Grief 2:30pm Joyful Spirit Ensemble Rehearsal		Obem Patio Sake Sort and Pack Obem Faith of a Mockingbird Opm The Book-The Story of God Obem Faith and Health Obem The Book-The Story of God God God Aspending Committee Thanksgiving God God Open Planning Committee Thanksgiving God God Open Planning Committee	9:00am Parkinson's Chair Exercise 1:00pm Journey Through Observed 8:00am Holiday Plus Sale 9:00am Stephen Ministry 1:00pm Journey Through Grief 12:00 pm True Concord Setup 3:00pm True Concord Concert Concert Chair Exercise Chair Exercise	8:00am Communion Prep 8:00am Holiday Plus Sale 8:30am Mission Breakfast – YAV Program 25
9:30am Worship Service 9:00am 9:45am Children's Sunday School 1:00pm 1:15pm 2:00pm	9:00am Parkinson Chair Exercises 1:00pm Bible Reflections 1:15pm GVCC Rehearsal 2:00pm Valley Readers	28 9:00am Cardio Drumming 9:30am Prayer Ministry 10:00am YOGA with Josie 1:00pm Journey Through Grief 2:30pm Joyful Spirit Ensemble Rehearsal	9:00am Men's Bible Study 9:00am Parkinson's Chair Exercise 10:00am Chair Exercise 2:00pm Bells Rehearsal 3:00pm Choir Rehearsal	30 10:00am The Heart That Grew Three Sizes 1:30pm Planning Committee		