

Valley Voice

Thoughts for the Journey

Dear Friends,

The apostle Paul wrote to the Christians at Corinth about taking on a new reality in their lives. He wrote in 2 Corinthians 5:17 (NRSV) "So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!" Sometimes we need to be restored, renewed or recreated for a purpose.

Charles R. Swindoll wrote about restoration in his book *The Quest for Character: Inspirational Thought for Becoming More like Christ* (page 49).

"By His sovereign grace, God can bring good out of our failures, and even out of our sins." J. Stuart Holden tells of an old Scottish mansion close to where he had his little summer home. The walls of one room were filled with sketches made by distinguished artists. The practice began after a pitcher of soda water was accidentally spilled on a freshly decorated wall and left an unsightly stain. At the time, a noted artist, Lord Landseer, was a guest in the house. One day when the family went out to the moors, he stayed behind. With a few masterful strokes of a piece of charcoal, that ugly spot became the outline of a beautiful waterfall, bordered by trees and wildlife. He turned that disfigured wall into one of his most successful depictions of Highland life.

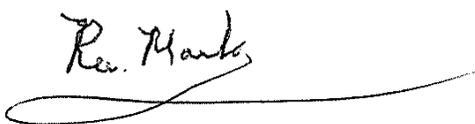
May we seek to be more like Christ in all that we do and say. Let us reorient our thinking and believing to be more on God through Christ rather than ourselves. There is only one God and one Lord. We must remove ourselves from the throne of Self and let God rule in our lives. Christ came to give us new life and abundant life. Praise be to God!

A few items for the journey.

- ✦ **World Communion Sunday** is October 1.
- ✦ **Transitional** ministry: An Interim Pastor and a Transitional Pastor have different functions in working with a church. An **Interim Pastor** provides a presence in a congregation while a church seeks a new pastor and is mainly a maintainer of what is, whereas a **Transitional Pastor** provides systematic change, refocuses ministry and mission along with the leadership, deals with conflict and works to resolve conflicts, reviews practices within the church, and seeks to get the congregation ready in a positive and healthy way for a new pastor. I am the latter of the two and I am committed to honoring my call to serve in this congregation.
- ✦ **Per Capita:** It has been said that per capita apportionment is like a utility bill. Just as we pay for heat, light, water, and telephone in order to remain connected to the utility systems and benefit from the services provided, we also pay per capita so that the Presbyterian system can function on behalf of all of us. One of our responsibilities as members of the Presbyterian Church (U.S.A.) is to support the ongoing functioning of our denomination by way of the Per Capita apportionment. The amount for each confirmed member for 2017 is \$37.00. I encourage you to pay your per capita soon. Thank you.
- ✦ **The Presbytery de Cristo** will meet at Valley on Saturday, October 21.

✦ **See you in church.**

Yours in Christ,



Rev. Mark A. Medina, Transitional Pastor

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A Time Away

During the summer, I took four weeks off: a combination of two weeks study leave and two weeks vacation. The first week was a study leave to prepare for my "Turning the Gem" class. As I spent time with God in the mornings in prayer, reading scripture and journaling, I began to realize (with surprise) that I still needed to deal with some grief from Pastor Larry's death.

I decided to live into these emotions by reading several books about grief and suicide. I shared these books at The Source, and now I've been asked to share these books with you. These books are now in our library:

Grieving a Suicide by Albert Y. Hsu. The author's father died by suicide. Hsu writes, "Traumatic grief is not a linear process, a straight path mapped out from one starting point to a final destination. Rather, it is a journey filled with twists and turns, unexpected detours and dead ends that force us back over ground we thought we had already covered." This was helpful as I found myself revisiting stages of grief over and over again, and at times, getting stuck in a stage. I recommend this book because of the Christian perspective towards suicide. **(248.8 HSU)**

Companion Through the Darkness by Stephanie Ericsson. The author's husband died suddenly of heart attack while she was pregnant. This book deals with grief in such an honest way that she holds nothing back. "I fired God that day," she wrote. I, too, was dealing with anger towards God. How refreshing to read something that does not give all the answers, but just expresses what you feel. **(155.9 ERI)**

A Grief Observed by C.S. Lewis. Lewis wrote this book after his wife died. He struggled with the character of God: "Not that I am (I think) in much danger of ceasing to believe in God...The conclusion I dread is not, 'So there's no God after all,' but 'So this is what God's really like. Deceive yourself no longer.'" This, coming from a great theologian, famous for his faith. If he could struggle, it was okay that I did, too. **(242 L58)**

Jesus Calling by Sarah Young. How many times God spoke to me through this book! The final reading as I headed back to work said: "I am a God who heals. I heal broken bodies, broken minds, broken hearts, broken lives, and broken relationships. My very Presence has immense healing powers. You cannot live close to Me without experiencing some degree of healing." **(242 Y8)**

And before you get too worried about me (!), I experienced a healing in my time away because I brought it to God. Take the time with God, my friends. God will meet you wherever you are. God will speak to you in your joys, but also in your pain. God will heal and restore.

In process,



Rev. Diane Christopher, Pastor of Discipleship



News of Note

By Joel Pierce



The Taizé service at Valley Presbyterian is a unique worship experience that I invite you to consider attending. Every first Wednesday of the month at 5:00 p.m., instrumentalists, and members of the choir, gather in the Spiritual Life Center to lead a beautiful candlelight service inspired by the Taizé tradition. At Taizé, you will have the opportunity to sing simple chants, hear God's word, and reflect on that word in meditative silence. The songs of Taizé are very simple and can usually be memorized after singing one a few times. This allows us to internalize the message of the song, rather than focus on the musical aspect of the song. That's not to say the music isn't beautiful or without a tune, but the words are of great importance. At Valley Presbyterian, we have made Taizé unique in that we do things a little differently than most standard Taizé services. We have made it our own! In keeping with that idea, I ask that you consider submitting a short prayer, or spiritual mantra, to my email address. It is my goal to set these prayers to music and use them at our Taizé services. In this way, the content of some of the chants we sing will be coming from you, the members of Valley Presbyterian. Here are a few examples of text that work:

"Bless the Lord, my soul, and bless God's holy name. Bless the Lord my soul, who leads me into life."

"Lord God, you love us, source of compassion."

"Jesus remember me, when you come into your kingdom."

If you have a favorite short prayer (or two) like this, I'd love to hear it!

Music in the Valley - First Concert

Friday, October 27, 6:00 p.m.

The first concert of the Music in the Valley series will be at 6:00 p.m. on October 27! The talented Radtke Sisters from the University of Arizona will present a program of well-known classical piano repertoire, as well as some exciting music for four-hand piano. Tickets for the event may be purchased in Fellowship Hall after worship, from the front office during regular business hours, and at the Chamber of Commerce.

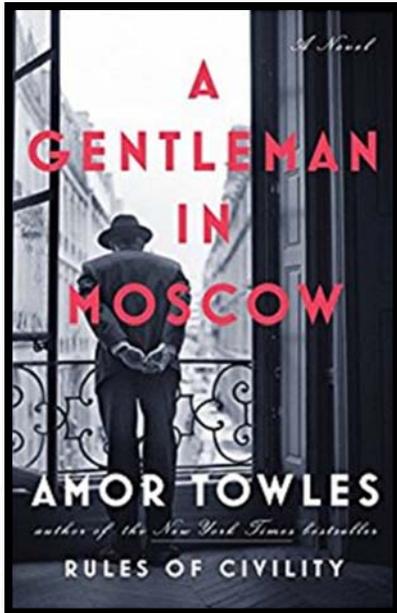
Thank You from Rev. Paul Phillips

Dear Valley Presbyterian Church family, thank you once again for a wonderful lunch reception and send off. Thank you to all who gave a monetary love gift and to many of you who sent me cards and notes.

Your words mean everything. God's blessings to you and to the church. And yes, it's very humid here. Paul Phillips

Valley Readers

Monday, October 23
2:00 p.m. in Classroom 5



Note time change

A Gentleman in Moscow, by Amor Towles, will be the October selection for Valley Readers. Count Alexander Rostov moves into a small attic room of the grand Metropol Hotel following his sentence to house arrest for life by the Communist authorities after the Russian Revolution. The question of how a man builds a meaningful life under such confining conditions is addressed in this wonderfully readable historical novel. Acclaimed by critics and readers alike, this *New York Times* best seller has been described as charming, irresistible, empathetic, stylish, and utterly entertaining.

Please join us for a discussion of *A Gentleman in Moscow* led by Eloise Fredrickson. Contact Anne Morrison, 520-399-0762, for additional information.

Friendship Kettle Dinner

Sunday, November 12
5 p.m. in Fellowship Hall

Dinner: A delicious Thanksgiving meal of turkey with all the trimmings and dessert will be served promptly at 5:00 p.m.

Program: At 6:00 p.m. join us in the sanctuary to enjoy **Klass Act Productions**, featuring the singing duo of Annie and Frank Kievitt.

The Kievitt's will be performing their "Yesterday Once More, Great Pretenders Show" impersonating famous male and female singers featuring many of the songs we all know and love. Don't miss this one!

Tickets: (\$11) will be on sale in the Fellowship Hall prior to, and following, the services on Sunday, October 29 and November 5.

Volunteers: The Kettle Dinner group is in need of volunteers to help with serving, so if you are interested and can help, please sign up when you purchase your tickets.

A Baby Shower at VPC?!

Sunday, October 8 after Worship



The congregation is invited to a baby shower for Meagan and Joshua Jorgensen (and Lilly) after Worship Service on Sunday, October 8 in Fellowship Hall.

Please RSVP at the sign-up table in Fellowship Hall or by email to parishnurse@valleypres.net.

They are registered at Walmart.

Hors d'oeuvres or finger food snacks are needed. Please sign up at the table on Sunday if you can bring one.



It's Time to Sign Up for Supper Clusters

By Carmen Nylund, Organizer

I hope you read about Supper Clusters in the September issue of the Valley Voice and are planning to sign up. To recap – Supper Clusters are a small group of people (usually eight) who attend worship at VPC. “Clusters” may include VPC Members, Snowbirds, Regular Attendees, Couples, and Singles. The group gets together once a month to share a meal, spend time with new friends and/or renew old friendships, and just spend time getting to know each other better.

And now it is time to sign up – you can sign up at the “Supper Cluster” table in Fellowship Hall beginning Sunday, October 1 or you can complete the form below and bring it or send it to the church office. If you have questions, stop by the Supper Cluster and I will be happy to chat with you.



SUPPER CLUSTER SIGN UP FORM **(Please Print)**

NAME(S) _____

STREET ADDRESS _____

CITY & ZIP _____

PHONE _____ EMAIL _____

Full time resident? _____ Part time resident? (Please indicate months you are in GV)

Comments: _____

Please return the completed form to the Church Office or drop it by the Supper Cluster Table in Fellowship Hall beginning Sunday, October 1.



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

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

Next Trip to Casa Vida Nueva para Niños

Saturday, October 14

Submitted by Reed Olson



RISE Scholastic Achievements, Inc

"With RISE, the children have HOPE"

Our next visit to the orphanage "Home for Children" is Saturday, October 14. It will be a life-changing event for the children because RISE Scholastic Achievements will be announced. RISE is a new, 501(c)(3) organization that was formed to provide financial assistance to each child for their higher education passions and a much better life. You don't want to miss this visit. For details on what to bring, and to sign up, contact Reed Olson (P# 269-7829; email: olsonr1@cox.net) or see him in Fellowship Hall on October 1 or October 8.

Holiday Patio Sale Coming in November

Friday, November 10, from 8:00 a.m. to 1:00 p.m.

Saturday, November 11, from 8:00 a.m. to 1:00 p.m.

Now is the time to look over your holiday decorations and bring in those things that are still in good shape, but not used anymore. Bring items to the church for our annual Holiday Patio Sale that will be held November 10th and 11th. We accept holiday-decorated dishes and glassware, holiday linens, wreathes, trees, tree decorations and lights, outdoor decorations, wrapping papers and ribbons – most anything associated with the holidays.

Volunteer Bakers Needed!

We are also looking for people to contribute cookies, bars, candy, and breads to sell at the sale. The sale of these items has been very popular, so please look over your recipes – particularly for candy – and get ready to make your favorites. Next month's Valley Voice will give more information about when goodies can be delivered to the church. Anne Morrison and Lois Macfarlane will be overseeing this part of the sale.

Holiday Sale Volunteers Needed!

Volunteers are also needed to help set up the sale on Wednesday, November 8 and Thursday, November 9, and to staff the tables and cashier positions during the sale. Put the dates on your calendar now, and then either leave your name at the office or contact Sam Eidson (393-7694), Eloise Fredrickson (648-7317), or Chris Schorr (591-6088).

Women's Ministries

Gathering Luncheon: October 17, 11:30 a.m.

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

We're off and running. We have completed the first chapter of our new Bible study, *Cloud of Witness*. Starting in October, each Circle will work on the Bible study together. Don't ever be intimidated to lead the study. Pastor Diane Christopher offers a study review on the first Tuesday of each month (October 3 this month) at 10 a.m. If you are not in a Circle, there are sign-up forms on Women's Ministries table in Charter Hall. The Ruth, Miriam, Lois, and Lydia Circles meet at the church. Call the leaders of the other Circles to find out where they are meeting. (Names and phone numbers are on the sign-up form.)

The October Luncheon will be on October 17 at 11:30 a.m. Our guest speakers will be Bonnie Thompson & Kimberly Metcalf from the Presbyterian Disaster Assistance program. While they will give us a brief update on their work in the wake of the hurricanes and fires this fall, their primary purpose is to describe the program they run to help each church develop its own Disaster Plan. We are opening this luncheon to anyone, female or male, who is interested in learning more about developing our own plan.

Presbyterian Disaster Assistance

- Focuses on the long term recovery of disaster-impacted communities.
- Provides training and disaster preparedness for presbyteries and synods.
- Works collaboratively with church partners and members of the ACT Alliance (Action by Churches Together) internationally, and nationally with other faith based responders.
- Connects partners locally and internationally with key organizations active in the response - United Nations, NVOAD (National Voluntary Agencies Active in Disaster), World Food Program, Red Cross, FEMA and others.

Our Presby Gift this month will be donations to The Presbyterian Disaster Assistance Program. Checks may be made out to Valley Presbyterian Church with PDA in the memo section. Cash donations will also be accepted. We hope to see many people at this program.

We now have a volunteer to coordinate the Women's Ministries table, so we will set up the table every Sunday to better serve the women of VPC. If you are willing to be on a rotating list of volunteers at the table, please let your Circle leader know. Ruth Ann Pelmeur will set up a rotating schedule for the table, and show you what needs to be done each week.

This year we are also making online reservations available for those who find it difficult to get to the Women's Ministries table after church the two Sundays before our luncheons. There is a \$.50 charge, when making reservations online; \$11.50 instead of \$11.00, the cost of convenience. Go to the VPC Web site, click on News & Events in the heading. Click on News & Events in the drop-down menu, and scroll down the page until you see the Women's Ministries Luncheon Reservations. The option will be available every month beginning on the Monday after the previous month's luncheon, through the Friday before the next luncheon (September 25 - October 13, for the October 17 Luncheon).

And finally, since our luncheons are being catered this year, we cannot accommodate drop in attendees. **YOU MUST HAVE A PAID RESERVATION IN ORDER TO ATTEND EACH LUNCHEON.** Please understand our inability to accommodate extra meals.

Thank you!

FINANCIAL UPDATE

(Based on Data through August 2017)

Submitted by Don Brooks, Chair of the Finance Committee

GENERAL OPERATIONS FINANCIAL STATUS - Through August 2017, actual income from collections and donations are under what was budgeted by \$16,027 and actual expenses are under what was budgeted by \$21,413. So, through the end of August 2017, we are below the expected income by 2.73% and below the expected expenses by 3.35%.

FINANCE COMMITTEE - The next meeting is scheduled for 1:30 p.m. on Monday, October 16 in Classroom 5. The main agenda item will be the review of the 2018 budget recommendations submitted by VPC Committees.

EXTERNAL FINANCIAL AUDIT - The external audit has been completed by Scott Meyer, a Tucson based CPA. The audit results were delivered to the church during the last week of July. Results reflect that Valley Presbyterian Church is complying with the General Accepted Accounting Principles (GAAP), thanks to the competence of the church's accountant, Annie Stitt. By request, the audit results will be made available to the Congregation once they have been accepted by Session on September 28th.

SOLAR POWER PROJECT:

STATUS - The Technicians For Sustainability (TFS) Rep and myself conducted a Congregational Q&A session on August 22 at VPC. Recordings of that Q&A session are available upon request. Contact Wendy if you would like to listen to it. The VPC Solar Plan was presented to the Presbytery de Cristo Administration Committee (AC) on September 14. Our solar project was approved by the AC, contingent upon approval of VPC Session (scheduled for September 28), and a legal review and approval (currently searching for a legal firm). The AC will present the plan to the de Cristo Presbytery Leadership Commission (LC) for their approval on September 27, 2017. I am told this LC approval is just a matter of formality. Christ Presbyterian has previously installed a solar system, and Northminster Presbyterian is planning a solar power installation. Both of these Tucson churches have selected the same installer and solar services company as we have here at VPC. In an effort to save legal fees we are hoping to parley the legal review with Northminster Presbyterian.

THE PLAN - Once Session, Legal, and the LC have approved the agreements, a Site Plan will be submitted to TEP. TFS will submit drawings to the Green Valley Planning and Architectural Committee and PIMA County. The signing of a Letter of Intent to TFS is pending Session approval and the Solar Services Agreement signature is pending Presbyterian Church USA final approval.

Presbyterian Disaster Assistance

Valley Presbyterian Church collected \$6,960.00 for the hurricane and flood disasters. Please continue to support PDA for their continuing efforts to give aide to all the hurricane, flood, earthquake and fire victims. The need is urgent!

OPERATION CHRISTMAS CHILD

Submitted by Janice Potter, Mission Committee Member



My how time flies, for Christmas will soon be here. Now is the time to start shopping for those small gifts to fill a shoebox for needy children around the world.

This year will be the 14th year VPC has participated in Operation Christmas Child. The Mission Committee brings you this opportunity to bring a smile to the face of a child when they open their shoebox and sees the gifts you have chosen for them.

Many of the children have never received a gift from anyone, so we understand why their smiles are so wide. School supplies are very much appreciated among your gifts because many children do not attend school, simply because their family cannot buy the needed supplies.

A booklet entitled *The Greatest Journey* is added to the shoebox before it is shipped to the final destination. This booklet introduces children to Jesus Christ and invites them to return for a 12-week Bible Study taught in their language by teachers trained by Samaritan's Purse.

THREE IMPORTANT DATES COMING SOON!

Sunday, October 29: pick up your shoebox

Sunday, November 5: pick up your shoebox or return the one you picked up October 29

Sunday, November 12: return shoeboxes

ALL SHOEBOXES MUST BE RETURNED BY SUNDAY, NOVEMBER 12. If you should forget to bring it on November 12, speak with Janice Potter at the table where you picked the shoebox up or call her at (520) 505-9944 to let her know when you can bring it to the church.

The Joyful Spirit Ensemble and the Valley Ringers of Valley Presbyterian Church present a Free Concert of Melodic Percussion Music

December 5, 2 p.m., at Valley Presbyterian Church

Begin the Christmas Season with a joyful concert of music and caroling!

Contact Joan Bell Dakin, 520-625-9374

or the church at 520-625-5023 for more information.

Followed by cookies and punch!



WOMEN OF THE REFORMATON TRAVEL STUDY TOUR

October 28-November 5, 2017

Submitted by Martha Ashton

If you were raised in the Reformed church tradition as I was, you probably grew up hearing all about Martin Luther and his Ninety-five Theses that supported the biblical teaching of grace, faith, and justification. Intending to improve the Roman Catholic Church, Luther upended it – which resulted in the Protestant Reformation. His outspoken concerns in 1517 were accepted by other theologians throughout Europe over the next few decades. Now, five hundred years later, protestants around the globe prepare to commemorate a movement that includes some 900 million Christians world-wide.

My personal interest in this celebration began back in the spring when I learned about a tour for Presbyterian women to Geneva, Switzerland and Sommieres, France, two sites that were prominent in the early reformation movement. Geneva was considered to be the capital of the Protestant Reformation. In 1533 John Calvin converted to the teachings of Martin Luther and by 1541 had settled in Geneva, where he established the form of Church government known as Reformed or Presbyterian. Geneva became known throughout Europe as a city of refuge for persecuted Protestants. On Reformation Sunday, October 29, our group of a dozen Presbyterian women will be worshipping in Geneva at St. Peter's Cathedral (Swiss Protestant) and later at the Auditoire, where John Calvin taught.

Later that week we will travel into southeast France to visit some of the sites of religious persecution of Huguenots (Protestants). In 1598, the official state religion of France was Roman Catholic, but a royal decree called the *Edict of Nantes* established a tolerance of the Huguenots and allowed them freedom of worship and legal equality. This ended the Wars of Religion...at least for a time.

Here is where my Bucket List comes into play! Because my paternal grandmother's family members were French Huguenots, I look forward to visiting some of the locations of Protestant religious persecution so I can better understand my family history. My seven-times Great Grandfather, Jean Ranc, was a Protestant pastor in Paris! In 1685 when King Louis XIV revoked the Edict of Nantes, Grandfather Ranc and all Protestant clergymen were ordered to leave France within 14 days! With his wife and young son, they fled Paris and settled in Mannheim, Germany, which had become a refuge for Protestant exiles.

Upon our return, I would welcome the opportunity to share photos and experiences of our study tour commemorating the 500th anniversary of the Protestant Reformation.

HAVE YOU NOTICED OUR KITCHEN IS UNDERGOING SOME CHANGES?!

Submitted by Jean Hein and Steve Rodine

Each year, usually during the summer, funds from the VPC Foundation are used for capital improvements around the church. Our main projects this year were replacing two air conditioners, remodeling the two large restrooms, and replacing the carpet in the Spiritual Life Center, robe room and the Sweet Family Room. Only the interest gained from the principal amount is used each year. The kitchen was to be a major project for 2018. However, some changes here at VPC have caused us to move that schedule up just a bit.

Every year, for many years, we have been required by the Pima County Health Department to apply, and pay for, a temporary license for our kitchen so we could operate for Empty Bowls and the Patio Sale. Patio sale funds make it possible for us to finance our Missions Programs. The Macfarlanes, and others, have been very involved in that process. This year, with the acquisition of the Valley Galley, and the goals for Outreach to our community, it became apparent that the time was now to start the process of getting our kitchen upgraded and fully licensed. Only a licensed kitchen can prepare food for public consumption, such as those outside the VPC family. After having a pre-inspection and being advised of the mandatory changes, the many people working on this project got together to see what we could get done this year. We are grateful that some people gave a special "above and beyond" gift toward the costs that would have to be paid. In addition, there was a small balance left from the 2017 Foundation Funds that could be used because the majority of the costs were capital expenditures. Therefore, the project was started. We hope to meet the minimum requirements from Pima County this month and apply for a full time license. The balance of the kitchen remodeling will wait until next summer.

Everyone who has expressed their concerns, and has prayed for the project, is very much appreciated because it takes all of us to help our church do God's work here, and in our community.

Three Blog Readers Wanted

Submitted by Doug Clark

A "blog reader" is anyone with access to a computer who can type "bobandkristi.blogspot.com" into the address bar of a browser. Have you ever wanted to read a missionary's diary? Consider reading the blog about the real life story of Bob and Kristi Rice as two members of VPC who now share, on a weekly basis, the story of God working in their lives. Consider these excerpts from this week:

"Living in places like Congo and now South Sudan, we are challenged often by the reality of our privilege while living in countries where poverty is pervasive and extreme. I never had to stay home from school because my parents could not pay the school fees, nor was forced to flee my home alone when it was attacked. I grew up speaking a language with a wealth of educational materials and came to know early the incredible love and grace of God. Sometimes the disparity is overwhelming as we recognize we do not deserve anything more than anyone else of any nationality. We are humbled and grateful for many brothers and sisters in Christ who are materially poor but who inspire us, teach us, and welcome us to join them in seeking to make the Kingdom of God known."

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

Sun	Mon	Tue	Wed
<p>1</p> <p>Communion 9:00 Worship & Communion at LaJoya 9:15 Childcare 9:30 Service of Worship 10:45 Adult Bible Study 4:00 Youth Group</p>	<p>2</p> <p>9:00 Parkinson's Exercise 9:00 Mission Quilts 9:00 Presbyterian 101 10:00 Chair Exercise Class 10:00 AAUW Meeting 1:00 Turning the Gem 2:30 Tai Chi Arthritis & Fall Prevention 3:00 JAG and Personnel</p> <p> Barbara Bentley, Joby Donalson, Charlene Brandt-Nielsen</p>	<p>3</p> <p>8:00 Men's Bible Study (Silver Springs) 8:30 WM Coordinating Team 9:00 Parish Nurse In Office 9:30 Prayer Ministry 10:00 WM Bible Study Leaders 11:00 NOC Meeting 1:00 New Members Class 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Friendship Kettle Dinner Committee 6:00 New Members Class</p> <p> Barbara Eidson, Muriel Wagner</p>	<p>4</p> <p>9:00 Men's Bible 9:00 Parkinson's 10:00 Chair Exercise 1:00 Grief Support 5:00 The Source</p> <p> Vera Anderson, Esther Grimley, Carol Rude</p>
<p>8</p> <p>Just Coffee 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:45 Adult Bible Study 11:00 Baby Shower for The Jorgensons 4:00 Youth Group</p> <p> Carmen Nylund, Tommy Thompson</p>	<p>9</p> <p>COLUMBUS DAY 9:00 Parkinson's Exercise 9:00 Presbyterian 101 10:00 Chair Exercise Class 1:00 Turning the Gem</p> <p> Florence Johnson, Dee Mechem</p>	<p>10</p> <p>8:00 Men's Bible Study (Silver Springs) 8:45 Mission Committee 9:00 Parish Nurse In Office 9:30 Prayer Ministry 1:00 New Members Class 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Personnel Committee 6:00 New Members Class</p> <p> MaryAnn Campbell, Jim Eckels</p>	<p>11</p> <p>8:15 Crossroads 8:30 Deacons 9:00 Men's Bible 9:00 Parkinson's 9:30 Lois Circle 10:00 Chair Exercise 1:00 Grief Support 1:00 Miriam Circle 5:00 The Source -</p> <p> Judd Briggs, Sandra Glazener,</p>
<p>15</p> <p>9:00 Worship at La Joya 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:45 Adult Bible Study 4:00 Youth Group</p> <p> Ruth Dunham, LaRue Haff, Betty Weide, Van Williams</p>	<p>16</p> <p>9:00 Parkinson's Exercise 9:00 Mission Quilts 9:00 Presbyterian 101 10:00 Chair Exercise Class 1:00 Turning the Gem 1:30 Finance Committee 2:30 Tai Chi Arthritis & Fall Prevention 5:00 Ruth Circle</p> <p> Roger Ermili, Kathy Gullen, Ray Esparza</p>	<p>17</p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:30 Prayer Ministry 11:30 Women's Gathering 1:00 New Members Class 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 6:00 New Members Class</p> <p> Jim Egly</p>	<p>18</p> <p>8:15 Crossroads 9:00 Men's Bible 9:00 Parkinson's 10:00 Chair Exercise 1:00 Grief Support 5:00 The Source -</p> <p> Ed Duthaler, Judy Pember,</p>
<p>22</p> <p>Just Coffee 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:45 Adult Bible Study 4:00 Youth Group</p> <p> Janice Potter</p>	<p>23</p> <p>9:00 Parkinson's Exercise 9:00 Presbyterian 101 10:00 Chair Exercise Class 1:00 Turning the Gem 2:00 Valley Readers 2:30 Tai Chi Arthritis & Fall Prevention</p> <p> Pam Peake</p>	<p>24</p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Flu Clinic (Walgreens) 9:00 Parish Nurse In Office 9:00 Creative Hands 9:30 Prayer Ministry 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble</p> <p> Ray Sayre, Jan Woerner</p>	<p>25</p> <p>9:00 Men's Bible 9:00 Parkinson's 10:00 Chair Exercise 1:00 Grief Support 5:00 The Source -</p> <p> Del Harsh, Jeannie Longnecker</p>
<p>29</p> <p>9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School 10:30 Blood Pressure Screening 10:45 Adult Bible Study 4:00 Youth Group</p> <p> Bill Coe, Virginia Crook, Russ Hartley, Jennet Parker, Jenny VanTrees</p>	<p>30</p> <p>9:00 Parkinson's Exercise 9:00 Mission Quilts 9:00 Presbyterian 101 10:00 Chair Exercise Class 1:00 Turning the Gem 2:30 Tai Chi Arthritis & Fall Prevention</p> <p> Herb Andrews, Gail Barker, Herman Klap, Gail Seibert, Nancy Tompkins, Kathy Woodard</p>	<p>31</p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:30 Prayer Ministry 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble</p> <p> Phyllis Camp, Dick Chvala, Doug Clark</p>	

Thu

Fri

Sat

<p>Study Group Exercise Class Workshop Taize</p>	<p>5 9:00 Parish Nurse In Office 10:00 A Guided Discussion- Being Mortal 1:00 Alzheimer's Caregivers 1:30 Cardio-Drumming 2:15 Lydia Circle 2:15 Bells Practice 3:00 Communion at Silver Springs 3:45 Choir Rehearsal</p> <p> Georgie Eberhardt, Darwin Guinn, Marti Long, Mike Peake</p>	<p>6 CHURCH OFFICE CLOSED 8:00 Ministry Of Presence 9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:30 Inquisitors Class (Introduction to Judaism)</p> <p> Jean Hein</p>	<p>7 7:00 Communion Prep</p>
<p>Mission Lunch Prep Meeting Study Group Exercise Class Workshop AWAKEN! Meghan Erickson, Lyle Hutchison</p>	<p>12 9:00 Amigo Meeting 9:00 Faith & Health Committee 9:00 Parish Nurse In Office 9:00 Community Shredding Event (Parking Lot) 10:00 A Guided Discussion- Being Mortal 1:30 Cardio-Drumming 3:45 Choir Rehearsal</p> <p> Jeanne Carroll-Hoffman</p>	<p>13 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 SM Continuing Education 10:00 Chair Exercise Class 10:00 SM Peer Groups 11:00 SM Leaders Meeting 1:30 Inquisitors Class (Introduction to Judaism)</p> <p> Don Bont, Jim Callahan</p>	<p>14</p>
<p>Mission Lunch Prep Study Group Exercise Class Workshop Healing & Hope Diane Hartley, Ron Vacek</p>	<p>19 9:00 Parish Nurse In Office 10:00 A Guided Discussion- Being Mortal 1:00 Alzheimer's Caregivers 1:00 GV Genealogical Society 2:15 Bells Practice 3:45 Choir Rehearsal</p> <p> Pat Bruner</p>	<p>20 CHURCH OFFICE CLOSED 9:00 Presbytery Quarterly Meeting 10:00 Parkinson's Support Board 1:30 Inquisitors Class (Introduction to Judaism)</p> <p> Char Anzalone, Barbara McDaniel</p>	<p>21 8:00 Presbytery Quarterly Mtg.</p>
<p>Study Group Exercise Class Workshop Old Time Hymn Sing</p>	<p>26 8:00 Session Meeting 8:00 Patio Sale Sorting & Marking 9:00 Parish Nurse In Office 10:00 A Guided Discussion- Being Mortal 1:30 Cardio-Drumming 2:15 Bells Practice 3:45 Choir Rehearsal</p> <p> Mack Chesnover, Kitty Gnau, Nancy Lammers</p>	<p>27 CHURCH OFFICE CLOSED 9:00 Parkinson's Exercise 9:00 SM Continuing Education 10:00 Chair Exercise Class 10:00 SM Peer Groups 11:00 SM Leaders Meeting 1:00 JAG with Congregation 1:30 Inquisitors Class (Introduction to Judaism) 6:00 Music in the Valley: The Radkte Twins</p> <p> Dave Appleton</p>	<p>28</p> <p> Tom Allen, Donna Denton, Sherry Harsh</p>



Stephen Ministry Sunday

October 22, 2017

By Gayle Tompkins

On Stephen Ministry Sunday, Valley Presbyterian Stephen Ministers will participate in the service of worship and provide ushers, greeters, and fellowship hosts. There will also be a table set up in Fellowship Hall for you to get more information about our Stephen Minister program.

Have you ever considered being a Stephen Minister? This is an opportunity to talk to our Stephen Ministers and ask questions you have about the program. **We are excited about finding out who God will bring to our next training class which begins in January!** We ask that you prayerfully consider this opportunity to serve our church. If you will not be in Worship that Sunday, you can contact the church office (625-5023) and they will put you in contact with a Stephen Minister.

Here's what Stephen Ministers frequently say that about their 50 hours of training:

- Stephen Minister training teaches principles and skills that equip you to provide high-quality, Christ-centered emotional and spiritual care to others.
- You gain insight into the thoughts, feelings, and actions of people who are hurting.
- You develop relational and caring skills you can apply to all aspects of your life.
- You deepen your faith as the Holy Spirit fashions you into a Christ-centered caregiver.
- You feel a special bond with those in your class - experiencing real Christian community.
- Stephen Minister training is a lot of fun.

1 Corinthians 3:6-9

I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God gives the growth. The one who plants and the one who waters have a common purpose and each will receive wages according to the labor of each. For we are God's servants, working together; you are God's field, God's building.

Noisy Offering

Submitted by Charlie Ashton



The next Noisy Offering will be on October 29, 2017 at our Sunday morning worship service. Funds collected will go to Compañeros en Misión - our neighbor in Nogales, Sonora Mexico, which supports three Presbyterian congregations in Nogales, Hermosillo, and Guaymas. Last year's budget for Compañeros was approximately \$44,000 - a modest sum for them. Our church donated \$3,000. All funds provided supported programs and property. Pastors worked without salary. Whatever we can raise will be gratefully received for spreading the Gospel and being servants of the Lord!

Stephen Ministry Book Review

***Cancer: Now What?* By Ken Haugk**

By Gee-Gee Smith, Stephen Leader

This is a reference book for those dealing with cancer. It is incredibly comprehensive and filled with useful information. Some folks may want to read it from cover to cover. Others may peruse the chapters and only read those areas of interest right now.

Ken Haugk started the book based on his experience when his wife was diagnosed with cancer. However, he brought in many resources along the way: doctors, nurses, survivors, and families of cancer patients. And then, the chapters were read and evaluated by Stephen Ministers in the Leadership Training programs. Several of us here at VPC were part of these review groups.

There is also a Giver's Guide to help you decide how to best give the book to someone- to whom, when, and how. I think this is a very useful guide for us as Stephen Ministers. We may be the person with whom the cancer patient can share their deepest feelings, or we may become their spiritual guide during this difficult time.

If we walk with someone with a long-term, terminal illness, or someone going through difficult treatment for any disease, there are helpful suggestions in this book that will help us be more effective in our support.

Our own fears and spiritual questions will be stirred as we walk with someone who has a life-threatening illness. We also need to care for ourselves, have a safe place to express our feelings, and allow others to pray for, and support, us! This is true for any intimate caregiver.

Your world is turned upside down when you receive, or a loved one receives, a cancer diagnosis. But it is also important to understand that statistics about the illness provide an AVERAGE and not necessarily information about this illness's progression.

It is important to take control of your information. Who will you tell and how? How much do you want to share? There are wonderful suggestions about talking with family and friends, children and acquaintances. Read before you share. There are great suggestions.

There is an emotional shock after you hear a diagnosis of cancer. All your feelings are valid, but may not be based on fact. Gathering factual information often helps us feel more in control. If we have some idea of what to expect, our fears usually compress into a manageable entity.

This is all described in the first few chapters. Reading further, there is info on seeking a second opinion, organizing all your medical info, and advice about bringing someone with you to appointments to help you accurately remember all the information shared. There are also suggestions on managing/sharing your feelings, how to care for yourself, and the importance of accepting help!

There is information about relating to family, friends and the outside world. There are suggestions for getting further information, and for encouraging your spiritual development.

The best way to evaluate this book is to read through the table of contents. There is a copy available in our church library, and it is available to purchase at online bookstores.

Men's Weekday Bible Studies

Tuesdays at 7:45 a.m. and Wednesdays at 9:00 a.m.
***Two church-sponsored men's groups meeting during the week
would be glad to have you join them!***

The first group meets on Tuesday mornings at 7:45 a.m. They are now discussing Warren Wiersbe's commentary on the first twelve chapters of the Book of John. A group of six to twelve men meet in the Media Room of the Silver Springs Retirement Community. The group meets for fellowship and study and an all-around lively discussion. Dave Tompkins is the leader (399-3500).

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

The Inquisitors

Fridays at 1:30 p.m. in Classroom 1

The title of the class is "Introduction to Judaism." This course will provide valuable insights into our Judaic roots as well as give us an understanding of Judaism's history. It is important that we understand the faith of our Jewish sisters and brothers in order to be better able to communicate and relate to them. Hope to see you there. For information call Grant Stitt at 396-3549.

Turning the Gem

Your teacher: Pastor Diane Christopher
Mondays at 1 p.m. in the Spiritual Life Center

We continue to turn the Gem – the Bible – to discover its edges, layers and depths.

In the month of October, we will discuss if God is a God of love, does hell really exist? We will look at the women in Jesus' life; wait until you find out who supported him financially. We will look at one of the most violent books in the Bible and discover why it is so important for us today. We are going to look at a story in one of the Gospels and discover the multiple layers of scripture. We are going to learn why covenant is so crucial to God's relationship with us.

I have a passion and love for scripture. I want to show you why. You will be amazed and delighted and surprised. Will you come dance with me?

Being Mortal Preparing for the End of Life

Six sessions beginning Thursday, October 5 at 10:00 a.m. in Classroom 1

How do you want to live out the last years or months of your life? Are you willing to move to a facility where you will receive care, or are you determined to stay at home until they carry you out feet first? Do you want to live as long as you possibly can, or are there conditions under which you would want the doctors to stop trying to save you?

In a book titled *Being Mortal*, Dr. Atul Gawande writes about what he learned about the last stages of life from his experiences with patients and, especially, with his father. Contrary to what would make good sense, he says doctors are not required to take a single course in geriatrics or in death and dying, but rather they are trained to find cures and look for solutions to any health situation.

In six sessions, that will meet for 90 minutes each beginning at 10:00 a.m. on October 5, we will discuss the issues raised by Dr. Gawande. Participants will be required to have access to the book and read chapters as they are assigned. You can buy your own book or sign up for one at the Faith Formation kiosk on Sundays during September. Both large and small group discussions will be facilitated by Eloise Fredrickson, an experienced teacher, Chris Erickson, our Parish Nurse, and one of the pastors of Valley Presbyterian Church.

Sample discussion questions include:

- What are your feelings about nursing homes? What would be ideal? What would be unacceptable?
- What experience do you have with talking to doctors about end-of-life preferences? Have you had that same conversation with your spouse or children?
- What part of the aging and dying process will take the most courage for you to face?

Exploring Membership Class

Tuesdays: October 3, 10, 17

Choose a day or evening class:

Tuesday Afternoons: 1:00 - 3:00 p.m.

Tuesday Evenings: 6:00 - 8:00 p.m.

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

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

Contact Diane Christopher for more information and to register (625-5023).

Presbyterian 101

Your teacher: Rev. Mark A. Medina
Mondays at 9 a.m. in the Spiritual Life Center

Have you wondered how the Presbyterian Church (U.S.A.) goes about its life, worship, mission and work. A class is offered to all those interested in learning about the church on Mondays at 9:00 a.m. with Rev. Medina and others leading our time together in the Spiritual Life Center.

- October 2: The Body of Christ in a faith community, the marks of the Church and the Great Ends of the Church.
- October 9: The Job Descriptions for the Members of the Church – What is our calling to serve the church.
- October 16: The Principles of Governance in the Church – Role of Ruling Elder and Teaching Elder.
- October 23: The Statements of Belief in the Confessions of the Church and symbols of the Confessions.
- October 30: What gives us the basis for Worship and who is responsible for the development for the worship experiences; Lectionary work.

Scripture and Music

Sunday, October 22 Following Worship
Led by Linda Freeman

Music can release prisoners from darkness and bring them out into the light.

*And whenever the spirit from God troubled Saul, David took the harp and played;
then Saul grew calm, and recovered, and the evil spirit left him.*

1 Samuel 16:23

How would you define the word hymn? Does it have to have words? Why is it spelled that way?

On Sunday, October 22, Linda Freeman will lead the first in a series of classes on how the scriptures have been supported by music. We will begin the study by looking at the derivation of the word “hymn” and zero-in on how music was mentioned in the Old Testament. Oh – and learn about that mysterious “Selah!”

The class will begin about 15 minutes following worship and will last about 1 hour. All are welcome.

The next class will be on Sunday, November 26. Read more about this series on the following page.

Forming Your Faith A NEW Series of Sunday Classes

Begins in October after Sunday Worship

We are trying something *NEW*. Beginning in October the Faith Formation Committee will be offering adult classes each Sunday morning (except for the first Sunday of each month) following worship. The subject of each weekly class will change throughout the month. The focus of each week will support one or more aspects of developing discipleship. These Forming Your Faith classes will begin about 15 minutes after the worship service and will take place in the Classroom 5.

Here's how it will work:

1st Sunday of the month: October 1, November 5, December 3

No Class

2nd Sunday of the month: October 8, November 12, December 10

The "Wired Word" - Each lesson includes biblical commentary and discussion questions related to a topic in the news that week. Various instructors will be leading the class over the coming months.

3rd Sunday of the month: October 15, November 19, December 17

Forming Your Faith Through Books - Hear about new and old books, usually in our church library, that speak to the elements of developing and deepening your individual faith. This will be led by Eloise Fredrickson and others.

4th Sunday of the month: October 22, November 26, No class on Christmas Eve Sunday, December 24.

Scripture and Music - A lesson showing the close connection between scripture and music from ancient time through the present. It will be led by Linda Freeman.

5th Sunday of the month (when it happens!) October 29, December 31

Enjoy God! - a fun time of laughter and lightness. It will be led by Marcia MacDonald.

Consider joining with others in the congregation by exploring one or more of these weekly opportunities to **Form Your Faith**.



Wendy's Web



For those of you who haven't yet "liked" the church's Facebook page, I'd like to give you some incentive. Our Facebook page is more active than ever, and now has all of our public, upcoming events listed on it. Classes, concerts, outside events (like the upcoming Presbyterian Campus Ministry fundraiser at the Gaslight Theater), as well as other announcements, are being posted on our Facebook page regularly. This is in addition to what we've always done before, like posting photos from big events (VBS, Patio Sale, etc.) and posting a short message from the pastors about our upcoming sermons. The really cool thing about Facebook, in addition to being kept "in the know," is that you can leave comments on any post and see what others are saying about it, or who is "liking" the posts. It's a nice way to stay in community with the church when you aren't physically in the building, or while you are out of town.

You can "like" our page a couple of ways. One, go to our website, www.valleypres.net, and look in the very upper right corner for a white box with a small letter "f" in it. Click on that box, and it will take you to our Facebook page. At that point, look right under the big photo of our window at the top of the page. On the left it should say "Like" or "Liked." If it says "Like" then you need to click on that box. If it says "Liked" then you have already liked the page (which may automatically have happened when you clicked the link on our website page).

The second way to like the page is to log into Facebook and search for Valley Presbyterian Church by typing our name into the white box near the top of the page, to the right of the white box with an "f" in it. The search results should include a list of churches with our same name under a heading called "places," and we should be listed near or at the top of the list. Click on our name, and then look right under the big photo of our window at the top of the page. On the left it should say "Like" or "Liked." If it says "Like" then you need to click on that box. If it says "Liked" then you have already liked the page.

That's it, you're all set! Going forward, whenever you log into Facebook you will see the things posted on our page in your newsfeed, and you can always visit the VPC Facebook page to see just our posts and events. Please feel free to comment on our posts and engage with each other.

If you aren't already a member of Facebook, it's free, and you can keep your profile as private as you want it to be. You can even put in "fake" information while creating your profile if you want to stay totally off the grid. That would allow you to see the things you want without others finding you. Just remember, if you ever do want to add friends (like family members) they probably won't know who you are if you use fake information on your profile. However, you can "follow" a person without becoming their "friend," which allows you to see their posts without them seeing yours. You do not need (and in fact, it's not possible) to become friends with the church to follow our posts because we have a different kind of page than individual people have. If you "like" our page, you will see our posts. We will never see yours unless you specifically post on the church page.

For our many volunteers - if you serve on a committee, work with a mission, lead a class, or take pictures at a church event we would love to share your photos/information on the Valley Presbyterian Facebook page. It's free advertising, and we have over 200 followers who will see what you share. We will not post "internal" events/meetings, but we would be happy to share a story or event that would help the public know more about who we are.



Thank You!

submitted by Mary Horn, Mission Committee liaison to YOTO.

On behalf of YOUTH ON THEIR OWN, THANK YOU!! THANK YOU!! to our congregation for the very generous response you made to YOTO's Back To School Appeal. Contributions included many gift cards, colored pencils, file folders, composition notebooks, mechanical pencils, lead pencils, sharpies, glue sticks, colored ink pens, college-ruled paper, flash drives, a scientific calculator, file cards, ballpoint pens, brite liners, 3-ring binders, backpacks, pillow cases and fleece leggings. Thank you, also, to our Women's Ministries for designating YOTO as the September recipient of the Presby Gift of the Month. Your thoughtful caring for YOTO's 1,600+ students is GREATLY APPRECIATED!

Have You Noticed...

We are getting more children!

Ever since I have been here at Valley, I have heard over and over again your desire for this church to have more children running through its halls.

Well, folks, it is happening. God is bringing children to our doors. And not only children, but we are starting a youth group for the first time in the history of this church. God is doing a new thing!

But we seek help. We want to meet the needs of these children, but we are short on adult volunteers. Will you consider:

- Helping in the nursery? We have a full-time person in the nursery, but we require two adults when children are present. I am looking for a group of adults who are on stand-by when we need help in the nursery.
- Teaching Children's Sunday School? Will you consider teaching once a month? We provide the curriculum and support from the other teachers. We are also looking for substitutes.

If you are one of those people who long for and enjoy the presence of children in this church, will you help meet the needs of the children God is bringing to our doors? Or, if you taught children in your past, will you consider using your expertise once again? Or, if you simply love children, will you help us love our children?

Contact Pastor Diane (625-5023) when the Holy Spirit nudges your heart.

What Matters Makes a Big Difference

By Parish Nurse, Chris Erickson, RN, BA, CFCN

Would your decisions change your treatments, your conversations, the way you face aging and dying? Several years ago, I worked with such a situation. Treatments, tubes...everything was sustaining this individual, and then a call came in. This was not in their wishes. Now what?

Do we have these conversations now? If not, why not? Some people have a great conversation with their healthcare provider, while others may not have even begun, or do not think they should. Does our conversation with a spouse or children affect the end decision?

There are many questions that people have in our community. Here are just some of them:

What about the aging process and health decisions? Can I make some decisions now instead of later? When will I know that I can no longer live in my own home? Are there choices? If so, what are they? Do I have to make the decisions alone? Are there choices that just will not work; that are unacceptable to me? What about my faith? Will this affect my decisions? How do I want to live out my life? Would I want to live as long as I possibly can, or are there conditions under which this might not be the case? Is my decision the same or different from what I expected?

Is there a good death? Is there a bad death?

Beginning Thursday, October 5, at 10 a.m., six guided discussions, in both large and small groups, will begin on these topics. Please join us to discuss these issues raised by Dr. Gawande in his book, *Being Mortal*. You may buy your own book or sign up at the Faith Formation kiosk for this book. Facilitators: Eloise Fredrickson, an experienced teacher, Chris Erickson, RN Parish Nurse, and Pastor Diane.

There are always questions. Don't let "Now What?" happen. It takes courage to confront issues, but also takes courage to act on the information and choices we find. See you on Thursdays.

October Medical Minute

Make your wishes known while you can:
Finish and file your Advanced Healthcare Directives



Caring for those in our congregation: Faith & Health and Parish Nurse News Announcements

Flu Clinic at VPC Tuesday, October 24th 9 – 11 a.m.: Please sign up prior to the clinic with church office or email parishnurse@valleypres.net. Please bring your insurance/Medicare card with you to Flu Clinic. This Clinic is by Walgreen's, and each vaccine given helps provide vaccines for children in need.

Your Whole Life: The 3D Plan. Eat Right * Live Well * Love God. This class, led by Chris Erickson, Parish Nurse, and Lynne Szabo, will start in November. This is a 12-week journey to Wholeness. Please sign up at the Faith and Health table on Sundays in Fellowship Hall.



Neighbors AIM –Memory Café: Beginning in December, a new support group for those with memory loss, Neighbors AIM (Awareness in Memory Loss), will start at Valley Presbyterian Church. Watch for more details in the November Valley Voice.

Cardio Drumming at VPC, Tuesdays at 2:30 p.m.: Do you have the beat? We've got the beat! What a fun and healthy way to work off the stress, improve your balance, and get in some cardio with exercise. Cardio Drumming is a fun exercise class twice a week at church on Tuesday afternoons at 2:30 p.m. and Thursday afternoons at 1:30 p.m. Please register with the parish nurse, parishnurse@valleypres.net.



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

Movement & Exercise:

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



Alzheimer's Support & Education at VPC: The Alzheimer's support group continues to meet on the first and third Thursdays of each month, from 1:00-2:30 p.m. in the Sweet Family Room. The early stage Alzheimer's support group meets at the same time in Classroom 1. These support groups help us to share our feelings and concerns, and receive information. For more information, or to register, contact the Alzheimer's Association at (520) 322-6601.

Healing Soup Meal: Please contact the church office or Chris Erickson, Parish Nurse, if you know of someone who may need this meal.





Valley Presbyterian Church

2800 S Camino Del Sol
Green Valley, AZ 85622
(520) 625-5023

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

Pastors

Rev. Mark A. Medina,
Transitional Pastor
Rev. Diane Christopher,
Pastor of Discipleship
Rev. Joe Hawkins,
Pastor Emeritus

Staff

Joel Pierce,
Director of Music
Steve Rodine,
Church Administrator
Chris Erickson,
Parish Nurse

Mission Statement

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

Sunday Worship

Traditional Service of Worship

9:30 a.m. in the VPC Sanctuary

Communion served on first Sunday of each month

- October 1 When the People Gather Rev. Mark A. Medina
- October 8 God-Breathed Rev. Diane Christopher
- October 15 Christ Centered Rev. Mark A. Medina
- October 22 You Are a Gift Stephen Minister Helen Phillips
- October 29 The Church Reformed and Always Reforming
Rev. Mark A. Medina

La Joya at La Posada

9:00 a.m. at La Joya

Communion served on first Sunday of each month

- October 1 Helen Phillips and Rev. Diane Christopher
- October 15 Rudy Sweisfurth
- October 29 Eloise Fredrickson

Wednesday Worship

The Source

5:00 p.m. in the Spiritual Life Center

- October 4 **Taizé:** A candlelight service with silence, scripture, meditation, and simple music.
- October 11 **AWAKEN!:** An uplifting service with a focus on God's Word; incorporating pastor reflections, prayer, and music.
- October 18 **Healing & Hope:** A supporting service with hymns of hope and encouragement, scripture, a short message, healing prayers, and anointing of oil for those who choose it.
- October 25 **Old-time Hymn Sing:** A fun service of singing old hymns, reading scripture, listening to a short message, and sharing in a few prayers.

Patio Sale Dates

Patio Sale Sorting: Thursdays at 8:00 a.m., October 26 & December 14

Holiday Sale Set-Up: November 8-9

Holiday Sale! November 10-11