

Valley Voice

Thoughts for the Journey

Dear Friends,

My Dad was a Presbyterian minister for 40 years. He honored his Call to ministry in a congregation by his love and devotion to Christ. The example he set for the members of the church, as well as our family, was to love people as did the Lord.

Later on in his ministry, Dad became an Associate Presbytery Executive and Synod Associate Executive. Once in awhile, I would go with him on some of his many meetings with churches and Sessions. Each church had their own characteristics of joy and problems. He worked with the Ruling Elders to help them see how Christ was the One who gave the church life and the leadership provided the necessary guidance the church needed.

We would talk about the good things within a church as well as those things that were negative. I asked him once, "How would Christ minister in a congregation that exhibited those elements of goodness as well as destructive behaviors?" I remember his faithful words: "The Lord would embrace the good ways and show love to those who tend to hurt others. Most of all, Christ would rise above the malicious ways and love them even more. Mark, always love others as He taught us to do." To this day I have tried to live like Christ even when it has been trying while others thought differently.

I invite you to reflect on your relationship with Christ to see where you are in treating and loving others as well as where your journey is taking you in life. Jesus said in John 15:4-5a (NRSV): Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. May it be so for us all.

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Here are a few items for the journey we are upon as a way to conclude my article.

- **Transitions** in ministry: Rev. Paul Phillips' last Sunday was August 20, which was Deacon Sunday. After worship, a special reception and remembrance-fest was held in his honor. The time was full of love, laughter, tears and sadness at the ending of his ministry. Thank you, Pastor Paul, and may you go with God. You are missed.
- **Ongoing financial stewardship** is what helps this church continue in its mission and ministry. Please remember your church as it needs your ongoing prayers and financial support. Here is the link to the church's web page for giving. <http://www.valleypresbyterian.net/gifts--giving.html>.
- **The Journey Ahead Group (JAG)** is beginning its information gathering times with group, boards, and congregational members. You are invited to the first of many congregational gatherings on Friday, September 8 from 12:30 p.m. - 2:30 p.m. in Fellowship Hall. There are to be no digital recordings of any of the gatherings as the JAG members will be writing down the issues. This is not a voting or official meeting, so no actions will be taken. If you are unable to be there, you will have other opportunities at future congregational gatherings.

Continued next page

In this Issue

Activities:	Page
Calling All Cooks	9
Campus Ministry Fundraiser	6
Patio Sale Dates for 2017	20
Mission Quilters	6
Music in the Valley Concerts	7
Services of Worship	20
Supper Clusters	4
Valley Readers	4
Women's Ministries	5
Classes:	
Being Mortal	13
Exploring Membership	13
The Inquisitors	12
Men's Weekday Bible Studies	12
Turning the Gem	12
Pastor Messages:	
Diane Christopher	3
Mark Medina	1
Paul Phillips	3
Other Articles and Info:	
72nd Anniversary	17
Calendar and Birthdays	10
Falls and Prevention	18
Congratulations Eloise	17
Church Information	20
Describing VPC	14
Faith & Health/Parish Nurse	19
JAG	15
Medical Minute	19
Milestones	17
New Sermon Series	2
News of Note (Music)	6
Nominating Committee News	15
Noisy Offering Thanks	8
Promoted to Glory	18
Rice Mission	8
Sermons for September	20
Wendy's Web	16

Continued from previous page

- **The format and ground rules** for the JAG Gathering are as follows:
 - a. One person at a time speaks from a single chair in front of the room.
 - b. A person is asked to only speak for themselves and with firsthand knowledge and not for others.
 - c. JAG members are to only listen and write down the praises and the issues that have been raised.
 - d. I will be the only one asking for clarification and/or reframing the issues.
 - e. When one person is finished, someone else may come forward and follow the same process above.
- **Sunday, September 17 is Ruling Elder Sunday.** Many of the present Ruling Elders will be participating in the service and Ruling Elder Marie Valade is preaching that Sunday. Please join us.

Rev. Mark

Rev. Mark A. Medina, Transitional Pastor

New Sermon Series

Sermon Series on "What We Believe as Presbyterians" begins on Sunday, September 3, and goes for several Sundays into October. Please join us for Worship as we reflect on the essential aspects of what makes us unique and what we believe. See you in church.

The Valley Voice is published each month. Please submit articles for consideration to wendyk@valleypres.net by the 15th of the prior month. Articles may be edited for style, length and content.

Turning the Gem

As I write this, I am on the last week of a four-week leave: two weeks of study leave and two weeks of vacation. Part of my study leave was used to prepare for my upcoming class "Turning the Gem" (article on page 12). We are going to look at the Bible from different levels. Sometimes we will look at the Bible as a whole. Sometimes we will zoom in on one verse, perhaps one word.

To give you a sneak preview of this class, here is an example of looking at the Bible as a whole: In the beginning of the Bible, God creates the heavens and the earth. On this earth, God plants a very special tree in the middle of the garden, the tree of life. And it is good, a beginning.

At the end of the Bible, God creates a new heaven and a new earth, in other words God makes all things new. And on this renewed earth is a very special tree planted in a city, the tree of life. And it is good, a new beginning.

Even though the Bible was written over a span of 1500 years by forty or so authors on three continents, it is still unifying and breathtaking. It tells us about a creative God who is the author of this world and the new world to come. It tells of a sovereign God who has a plan and it will come to pass. It tells of a God of grace who heals and restores and reconciles and renews.

And, the Bible tells how to live between the trees.

Will you join me on this adventure? Mondays, 1 p.m. in the Spiritual Life Center beginning September 11.

Dancing with scripture together,



Rev. Diane Christopher, Pastor of Discipleship

Parting Words

With my heart full of love I say THANK YOU to each and every one of you. You have taught me and guided my journey at VPC. You have surrounded me with your prayers, your love and encouragement. You have prepared me for my new calling. I am truly grateful and feel blessed to have served alongside Valley's congregation and especially the VPC Staff. Thank you for everything you have done for me, but more importantly, everything you have done in God's name.

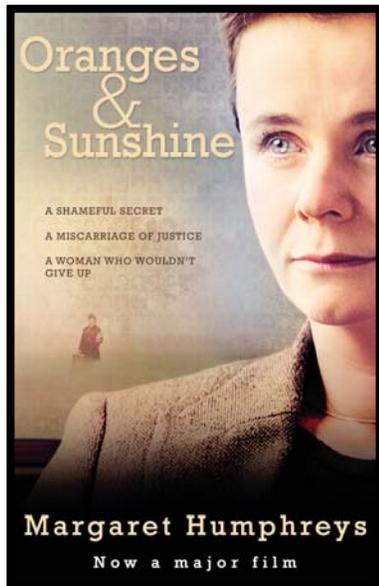
The peace of Christ be with you now and always,



Rev. Paul Phillips, Pastor of Care

Valley Readers

Monday, September 25
1:30 p.m. in Classroom 5



In September, Carol Wilking will lead a discussion of *Oranges and Sunshine* by Margaret Humphreys. In 1986, Margaret, a British social worker, investigated a woman's claim that at the age of four she had been put on a boat to Australia by the British government. At first thinking it incredulous, Margaret discovered that this was just the tip of an enormous iceberg. Up to 150,000 children, some as young as three years old, had been deported from children's homes in Britain and shipped off to a "new life" in distant parts of the British Empire, right up until 1970. Many were told that their parents were dead, and parents often believed that their children had been adopted in Britain. In fact, for many children it was to be a life of horrendous physical and sexual abuse far away from everything they knew. Here, Margaret reveals how she unraveled this shocking secret and how it became her mission to reunite these innocent and unwilling exiles with their families in Britain. Originally published as *Empty Cradles*.

Presbyterian Campus Ministry Fundraiser "Phantom of the Opera or A Pain in the Mask"

Sunday, November 5 at 6:00 p.m. at Gas Light

Watch for details and tell your friends.

Supper Clusters are Coming to VPC in January

By Carmen Nylund, Organizer

Are you looking for a great way to:

- Meet and get to know people who attend VPC?
- Make new friends or renew old friendships?
- Have a good time enjoying great food?

Then Supper Clusters are for you! VPC Members, Snowbirds, Regular Attendees, Couples, Singles – all are invited.

How it works:

- October - December, sign up to join a supper cluster.
- In December, the Supper Cluster organizers will draw names and form groups of eight to become a Cluster.
- Each participant will receive a letter with the names of the group they will be part of.
- Supper Clusters generally begin meeting in January through the end of the year.
- Each Supper Cluster is encouraged to get together once a month to share a meal together.
- In the fall, sign-ups will be held again, and Clusters will be reshuffled for the next year.

Questions? Contact organizer Carmen Nylund at carmen.nylund4@comcast.net or at 520-269-7732 after October 1.

Women's Ministries

Grand Gathering Luncheon: September 19, 11:30 a.m.

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

Luncheon



We are beginning a new season of the Women's Ministries. Mark your calendars now for our opening Grand Gathering on Tuesday, Sept 19 at 11:30 a.m. Please note that we are changing our opening Gathering to a luncheon. Rev. Diane Christopher will be our September Gathering speaker, introducing us to our new study, *Cloud of Witness*, and leading us in the first chapter study.

On September 10 & 17, the new Yearbook and Kitchen Calendar, and the *Cloud of Witness* Bible study books, will be available at the Women's Ministries Table in Charter Hall. Bible Study books are \$11, and large Print study books are \$16. You may also make reservations for the September luncheon (\$12). All interested women are welcome.

If you have not participated in a Circle in the past, please pick up a sign-up form at the Women's Ministries table. Most Circles are traditional Bible studies and fellowship, but there is a new service support Circle: Lydia Mission Support Circle. If any of you are interested, please contact Martha Ashton for further information.

If you have not yet signed up for a Circle, meeting times are as follows.

First Thursday Afternoon	2:30 p.m.	LYDIA MISSION
Second Tuesday Morning	9:15 a.m.	JULIA
Second Tuesday Afternoon	1:30 p.m.	LA POSADA
Second Wednesday Morning	9:30 a.m.	LOIS
Second Wednesday Afternoon	1:00 p.m.	MIRIAM
Third Monday Afternoon	4:00 p.m.	RUTH
Fourth Wednesday Afternoon	1:00 p.m.	SARAH

This will be a year of active participation in mission, with group mission projects in December and May, hosting the Presbytery Women's Gathering in April, and focusing on our Thanksgiving Offering in November. We have our traditional Patio Sale Style Show in February. The rest of the programs will be speakers introducing us to local mission projects with whom we collaborate.

And, we continue our usual array of mission projects. If you have not participated in the past, please be assured that new participants are always welcome.

Creative Hands Sewing & Knit and Chatter Mission Projects -
fourth Tuesdays of the month

Mission Quilts - first and third Mondays of the month

We hope you will join us for another uplifting year of journeying in the Lord with the women of Valley Presbyterian Church.



New Quilting Season Starting for Mission Quilters

1st, 3rd, 5th Monday of each month
Starting September 18, 2017 through the first Monday in May, 2018
(Except January 1 and parts of March due to Patio Sale)
9:00 a.m. - 2:00 p.m. each session
All interested persons are welcome to join us.
Any questions, call Patti Bright 305-3275

Once again, God has richly blessed the mission quilting ministry with donations of fabric, donations of warm thick batting for bunk bed quilts, donations of soft, light batting for baby blankets and a hopeful budget to buy thread, etc. and machine repairs. God is counting on you to be the hands to put it all together to bless another human being. No matter how down in life people may get, Jesus' love can shine through a stitched gift from a stranger.



News of Note

By Joel Pierce



As a music minister, it is very difficult to take a vacation during the fall. Things are just getting started and musical ensembles are gearing up for the coming year. However, I spent part of my childhood in New England and I love going back to visit when I can, but I never seem to make it in the fall to see the leaves change. This year, I'm extremely grateful for, and want to thank, the team of music leaders at Valley Presbyterian who have stepped up to lead music so I can take that New England vacation in the fall. I will be gone from September 18 through October 18. Bruce Nylund will again lead the sanctuary choir, Jim Bruner will lead the Valley Ringers, Eloise Fredrickson will lead the Source, and two very talented pianists from the university will play on Sunday mornings.

I always blog my adventures when I travel, and I will do the same for this trip. If you are interested, you can follow my blog/trip on my website: www.joelpiercepianist.com. Just go to the "Blog" tab and you'll be able to read about my trip and know exactly where I am and what I'm doing. Some highlights of the trip will be visiting Wendy's old dog rescue in Michigan, seeing friends in Maine, attending a New England Patriots home game, and traveling between Maine, New Hampshire, and Vermont to (hopefully!) see some of the colors and participate in New England fall festivities.

In October, the Music in the Valley series will begin. You can find detailed information about the series on the Valley Presbyterian website. Go to www.valleypresbyterian.net and hover over the "News and Events" tab. From the drop down menu, select "Music in the Valley." Excerpts from the website can be found on the following page of this newsletter.

Music in the Valley Concerts

Performance location: Valley Presbyterian Church

Tickets: Available at the Valley Presbyterian Church front office, starting mid-September. Pricing below.

Ticket price, if purchased in advance: \$10, At the door: \$15, Season tickets: \$55



Rachael and Melissa Radtke, October 27, 6:00 p.m.

Winners of the President's Concerto Competition, sisters Rachael and Melissa Radtke are pursuing degrees in piano performance at the University of Arizona. Both have been top-prize winners in various local Competitions, the Tucson Music Teachers Association's Merit Scholarship Auditions among them.

The Redruth String Quartet, November 17, 6:00 p.m.

The talented string players of the Redruth String Quartet will play a program of beautiful and exciting music. The Redruth String Quartet is made up of exceptional graduate students in violin, viola, and cello at the University of Arizona School of Music.



HarpFusion, December 1, 6:00 p.m.

HarpFusion is one of the most creative and exciting ensembles on the international concert scene. This highly innovative harp ensemble was named by members of the group because of its unique fusion of many different styles and cultures. It is the largest touring concert harp ensemble in the world, and has attained international respect for its innovative and inspiring performances.

Russell Ronnebaum, January 12, 6:00 p.m.

Russell Ronnebaum earned a Bachelor of Music degree in piano performance from the University of Kansas. He then attended the University of Arizona where he received a Masters Degree in collaborative piano under the guidance of Dr. Paula Fan. Russell made his Carnegie Hall debut in March 2016 performing at the piano with composer Dan Forrest on a concert of Dan's music for choir and piano 4-hands. In 2015, Mr. Ronnebaum recorded and released his first album of arrangements for piano titled "Winter Scenes."



The Sanctuary Choir: Anthems of Love

February 26, 7:00 p.m. and February 27, 2:00 p.m.

The Sanctuary Choir at Valley Presbyterian Church will sing a program of both sacred and secular love songs.

NOTE: Performance times for these concerts are different, as noted above.



Joel Pierce, March 23, 6:00 p.m.

Joel Pierce is pianist and organist from Vail, Arizona. He is currently the director of music and organist at Valley Presbyterian Church and plays at the Lutheran Church of the Risen Savior. He has appeared multiple times with the Tucson Symphony Orchestra as a harpsichordist. Joel will play an uplifting program of piano and organ music.



The Graduate Wind Quintet, April 20, 6:00 p.m.

The Graduate Wind Quintet at the University of Arizona is group of extremely talented students. This ensemble will close out the first season of Music in the Valley with an exciting program of music written for flute, oboe, clarinet, horn, and bassoon.

Please Lend Your Support to the Rice's

Submitted by Doug Clark

Have you ever wanted to read a missionary's diary? Bob and Kristi Rice are serving in South Sudan, and they are one of the missions we support here at VPC. Every week, they post a "blog" article at bobandkristi.blogspot.com, where they tell the real-life story of how God is working in their lives. Here are some excerpts from one week in August:

"Seven weeks ago I was diagnosed with the Epstein-Barr Virus (EBV). Commonly associated with, and commonly the cause of, Mononucleosis (Mono), this virus is very common but only manifests itself in a small percentage of the population. Essentially it renders one weak, tired and achy, and it can take weeks and even months (and in some cases even longer) for the body to fully recover."

"So, how does one deal with a health challenge while adjusting to a new culture and language, while also still grieving the loss of ministry and identity in another place? Well, I am no expert and please do not look to me as a guide. On many days I feel that God has dealt us an unfair hand. It often feels like life has become unfair and the scales of the Universe have tipped against us. 'Why?' is a regular refrain on our lips. We have prayed for healing as have countless others, but it feels like the heavens are silent."

"If you are a person who prays, I welcome your prayer for me to learn all that God wants to teach me through this illness. Of course, I also welcome prayers for healing and full recovery. Whatever happens, my hope is that my life will be surrendered to God and bring Him all the glory. Thank you for reading. "

The past blogs read like a real life novel, chronicling God in action through the blogs of Bob and Kristi Rice. Can you imagine how encouraging it is for them to know that people care, how meaningful it is to have some small contact with us here, or how comforting it is to know they are not alone on their journey? Please join me in following our missionaries. You can sign up on the blog page to follow them by email, and if you feel moved to do so, please leave them a comment with your support or your prayers every now and then. Our goal for this month is to get just five people to read the blog and keep them in your prayers. Please let me know if you have joined the blog brigade by emailing me at douglasclark68@me.com. Thank you for your support!

Thank You!

From the Mission Committee

Thank you for your generous support of Hands of a Friend in the July noisy offering! A total of \$578.79 was received.

Calling All Cooks!!

Submitted by Mary Horn

In 2018 Valley Presbyterian Church will celebrate its 40th Anniversary. To commemorate this milestone, the Women's Ministries are creating a custom cookbook featuring favorite recipes from our congregation.



Please submit your favorite recipes (up to 5) so you can be represented in our cookbook. Many recipes from all members will ensure that our cookbook is a success. We are using Morris Press Cookbook's website to easily submit recipes online. **If you do not have Internet access, our committee can enter them for you.** Submit hardcopies of your recipes **to the Recipe Collection box in the church office.** Blank Recipe Collection Sheets are available for your use at the Visitor Centers at either side of the Church Narthex.

Please submit your recipes online by **September 15**
so we can meet our deadline.

Thank you!

Cookbook Committee: Joan Larson, Cheryl Stepp (Co-Chairs)
Mary Horn, Lois Macfarlane, Anne Morrison



To Submit Recipes Online:

- Go to www.typensave.com and click 'Login.'
- Enter the **User Name: AZvalleycooks**
- Enter the **password: garlic818**
- Click 'Submit.'
- Enter your name and click 'Continue.'
- Click 'Add Recipes' to begin adding your recipes.
- **Please note that the committee will be editing all recipes for uniformity.**

Additional Questions, please contact Cheryl Stepp at 805-551-3512 or cherglady1@aol.com.

Sun

Mon

Tue

Wed

September 2017

<p>3</p> <p>Communion Food Bank Collection</p> <p>7:45 Choir Rehearsal 8:30 Adult Bible Study 9:00 Worship at LaJoya 9:15 Childcare 9:30 Service of Worship</p> <p> Peggy Kuhn, Sally Ruschmeier</p>	<p>4</p> <p>LABOR DAY - Office Closed</p>	<p>5</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 11:00 NOC Meeting 2:30 Cardio-Drumming 3:30 JAG Meeting 3:30 Joyful Spirit Ensemble</p> <p> Edie Allan, Jane Groendyk</p>	<p>6</p> <p>9:00 Parkinson's 10:00 Amigo Meeting 10:00 Chair Exercise 5:00 The Source -</p> <p> Charlie Ashton, Bill Lemman,</p>
<p>10</p> <p>Just Coffee 8:30 Adult Bible Study 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School</p> <p> Beverly Guinn</p>	<p>11</p> <p>9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 AAUW Meeting 1:00 Turning the Gem 2:30 Tai Chi Arthritis & Fall Prevention</p> <p> Don Du De Voire</p>	<p>12</p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:30 Prayer Ministry 2:00 Foundation Meeting 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble 4:00 Personnel Committee</p> <p> Nina Coe, Sonya Larsen, Jim Nelson, Myrleen McNeil, Candy Nelson</p>	<p>13</p> <p>8:15 Crossroads 8:30 Deacons Meeting 9:00 Men's Bible Study 9:00 Parkinson's 10:00 Chair Exercise 5:00 The Source -</p> <p> John Busman, Rudy Sweisfurth, Jr</p>
<p>17</p> <p>8:30 Adult Bible Study 9:00 Worship at La Joya 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School</p>	<p>18</p> <p>9:00 Parkinson's Exercise 9:00 Mission Quilts 10:00 Chair Exercise Class 1:00 Turning the Gem 1:30 Finance Committee</p> <p> Alicia Wood</p>	<p>19</p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:30 Prayer Ministry 11:30 Women's Ministries Luncheon 2:00 Transition Team Meeting 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble</p> <p> Mabel Acri, Carla Goings</p>	<p>20</p> <p>8:15 Crossroads 9:00 Men's Bible Study 9:00 Parkinson's 10:00 Chair Exercise 5:00 The Source -</p>
<p>24</p> <p>Just Coffee 8:30 Adult Bible Study 9:15 Childcare 9:30 Service of Worship 9:45 Children's Sunday School</p>	<p>25</p> <p>9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:00 Turning the Gem 1:30 Valley Readers 2:30 Tai Chi Arthritis & Fall Prevention</p> <p> Joan Larson</p>	<p>26</p> <p>8:00 Men's Bible Study (Silver Springs) 9:00 Parish Nurse In Office 9:00 Creative Hands Sewing & Knit and Chatter 9:30 Prayer Ministry 2:30 Cardio-Drumming 3:30 Joyful Spirit Ensemble</p> <p> Jane Bond</p>	<p>27</p> <p>9:00 Men's Bible Study 9:00 Parkinson's 10:00 Chair Exercise 11:00 Peace & Justice 5:00 The Source -</p> <p> Mary Lillie, Carolyn Stevens</p>

Thu

Fri

Sat

		<p>1 CHURCH OFFICE CLOSED</p> <p>8:00 Ministry Of Presence 9:00 Parkinson's Exercise 10:00 Chair Exercise Class</p> <p> Dorothy Foucher, Nancy Langsdale</p>	<p>2 7:00 Communion Prep</p> <p> Vivian Sargent</p>
<p>Exercise Class Taize</p> <p>Jan Kimes, Dale Parker</p>	<p>7 8:30 Pastoral Care 9:00 Parish Nurse In Office 10:00 Pray Like Jesus 1:00 Alzheimer's Caregivers 1:30 Cardio-Drumming 2:15 Lydia Circle 2:30 Bells Practice 3:00 Communion at Silver Springs 3:45 Choir Rehearsal</p>	<p>8 CHURCH OFFICE CLOSED</p> <p>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 12:30 JAG & Congregation Meeting</p> <p> Jim Chervenka, Jane Lee, Chuck Moore</p>	<p>9</p> <p> Dick Bolin, Sara Hennigar</p>
<p>Mission Lunch Prep</p> <p>Group Exercise Class AWAKEN!</p> <p>Jane Selbie,</p>	<p>14 9:00 Faith & Health Committee 9:00 Parish Nurse In Office 1:30 Cardio-Drumming 2:30 Bells Practice 3:45 Choir Rehearsal</p> <p> Jim Collins, Lois Dierken, Harriet Molloy</p>	<p>15 CHURCH OFFICE CLOSED</p> <p>9:00 Parkinson's Exercise 10:00 Chair Exercise Class 10:00 Parkinson's Support Board</p> <p> Rene FitzSimons, Donna Frisch</p>	<p>16</p> <p> Linda Jorn, Bob Puttock Jr</p>
<p>Mission Lunch Prep Group Exercise Class Healing & Hope</p>	<p>21 8:00 Patio Sale Sorting & Marking 9:00 Parish Nurse In Office 1:00 Alzheimer's Caregivers 1:30 Cardio-Drumming 2:30 Bells Practice 3:45 Choir Rehearsal</p> <p> Wendell Bowers, David Elsner, Bonnie Fleming, Fred Folberth</p>	<p>22 CHURCH OFFICE CLOSED</p> <p>9:00 Parkinson's Exercise 9:00 SM Continuing Education 10:00 Chair Exercise Class 10:00 SM Peer Groups 10:00 Fall Awareness & Health Screenings 11:00 SM Leaders Meeting 1:30 Inquisitors Class (Introduction to Judaism)</p> <p> Gini Baird</p>	<p>23</p> <p> Nancy Lamphere, Marguerite Nelson, Dan Schroeder</p>
<p>Group Exercise Class Committee Old Time Hymn Sing</p> <p>Gene Rosenkranz,</p>	<p>28 8:00 Session Meeting 9:00 Parish Nurse In Office 1:30 Cardio-Drumming 2:30 Bells Practice 3:45 Choir Rehearsal</p> <p> Harold Jenkins</p>	<p>29 CHURCH OFFICE CLOSED</p> <p>9:00 Parkinson's Exercise 10:00 Chair Exercise Class 1:30 Inquisitors Class (Introduction to Judaism)</p> <p> Margie McBride</p>	<p>30</p> <p> La Vicie Runkle</p>

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. **NOTE: The Wednesday Men's Bible Study will resume meeting starting September 13.** 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

The Inquisitors are taking the summer off and will start up on Friday, September 22. The title of the class will be "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 in this class in the fall. For information call Grant Stitt at 396-3459.

Turning the Gem (or, These are a Few of My Favorite Things)

Your teacher: Pastor Diane Christopher
 Mondays at 1 p.m. in the SLC
 Beginning September 11

In the Jewish tradition, Rabbis talk about scripture having seventy faces. Just like a gem, when you turn it, or allow the sun to shine through it, you will see something new and unexpected.

In this class, we are going to turn the gem.

We will look at the Bible as one big beautiful story. We will zoom in on the smallest detail. We will look deeper at new levels found in the passage. We will turn it and see it from another perspective. We will do this with all my favorite passages and stories in the Bible...which covers a lot of the Bible!

I like the way Rob Bell says it in his book *What is the Bible?:* "We dance with the Bible...We read it, and we let it read us, and then we turn the gem, again, and again, and again, seeing something new over and over and over again."

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).

Describing Valley Presbyterian Church

Linda Freeman

I recently attended the Big Event – a day of worship and workshops co-sponsored by Presbytery de Cristo. In one of the workshops we were each asked to describe our congregation to the young couple leading the session. They gave us 30 seconds. I bumbled something about adoring their children – they have 4. But then I got to thinking; how DO I describe VPC? These are just some of my thoughts.

- At the beginning of every worship service, we strive to set aside our focus on the little things and embrace the greatness of God.
- Our wall hangings in the narthex remind us to love each other, and the first word in Paul's descriptors of love from II Corinthians is to be patient.
- My congregation is filled with older people who continue to make that effort to come to worship, even when circumstances would make it easy to stay away.
- We participate in Bible studies and classes because, although we may be older and wiser, we still have a lot to learn.
- We hosted Vacation Bible School, although we claim only a handful of kids in our Sunday School, because sharing the message of love is part of being disciples.
- We continuously donate time to various mission trips and projects throughout the year (see picture).
- We worry and complain, and we constantly remind each other that we are not in charge; that God has a vision for us.

I share this with you because I think it is a good little exercise for each of us to try. What things come to your mind?



Linda Freeman and Friends at Crossroads Mission

Journey Ahead Group (JAG)

Submitted by Rev. Mark A. Medina

As a reminder, the Journey Ahead Group (JAG) was formed to serve following the purpose: To review, study, and process the work of all committees and groups in the church, and to recommend to Session the possible actions that need to take place in the sustainability and effectiveness of Valley Presbyterian Church.

The Journey Ahead Group (JAG) is a group appointed by the Session and reports directly to the Session. The JAG can only make recommendations to Session for possible actions.

The composition for JAG consists of seven members: Peggi Briggs, Sandy Clark, Liz Haynes, Dick Horn, Steve Larson, Marcia MacDonald, and John Wood. Rev. Medina will serve as primary staff member and ex-officio.

The main responsibilities of JAG are:

- To review and examine every aspect of the work of every committee and group who seek to fulfill the mission and ministry of the congregation.
- To assist committees and groups in their process to make sustainable goals for the future.
- To recommend to Session the possible actions for the realignment of committee and group work.
- To recommend to Session possible actions for the sustainability and effectiveness of Valley Presbyterian Church.

Search Committee News Regarding the Interim Associate Pastor for Pastoral Care

Submitted by Helen Phillips

Your search committee for an Interim Associate Pastor for Pastoral Care has begun working. We have reviewed the Pastor of Care job description and set some goals for the interim pastor. The Presbytery has forwarded us some resumes that we will review to see if they meet our criteria. We will also be creating a Ministry Information Form (MIF) that we can submit for a national search. This will take longer. We are looking for someone to bring fresh eyes to the pastoral care ministry position and help us transition to the "new" VPC of the future! Please keep us in your prayers, and we will keep you up to date as things progress.

Katie Sayre (Chair), Sara Hennigar, Linda Jorn, Hazel Kern, Betty Kiesle-Yoder, Helen Phillips, and Reverend Mark Medina.



"Cutting the cord" is a term you might have heard, and it refers to letting go of traditional cable TV. Did you know there are a lot of alternatives to cable TV available, many of which are quite inexpensive? I've tried a number of them myself so I thought I would share my experience.

The simplest and cheapest way to watch local programming is with an HD antenna. Much like the rabbit ears of old, an HD antenna picks up a signal through the air. You can mount them inside the home, but outside and up high tends to get more stations. I have an HD antenna and it works reasonably well. I get ABC, CBS, and NBC reliably, as well as a Fox channel and a whole lot of stations that tend to broadcast reruns of shows from the past 40 years. I also get some Spanish stations. The antenna doesn't cost too much and there is no service fee, so it's about as inexpensive as you can get, but with limited stations.

Another option is to use a streaming service, such as Netflix, Hulu, or Amazon Prime. These methods require a device or app capable of receiving them, which includes smart phones, tablets, a streaming device like Roku, and most TV's made in the past couple of years (smart TV's). However, you also have to pay a subscription for the service. They are great for watching movies and even for TV series - but not so good for watching live TV. Hulu has recently added that ability to some devices, but it costs extra and it's not yet available on TV's so you'd be watching live TV on your phone or tablet - unless you also get a "casting device" (like Chromecast) which allows you to wirelessly cast the screen of your phone or tablet onto your TV.

Cable replacement streaming services include Sling TV, DirecTV Now, and Playstation Vue. These services offer many of the same channels you would receive with cable, but may be just as expensive once you put together a package of the channels you want. And, you still may have issues receiving local programming, so you want to look into that carefully before making a commitment.

A big pitfall to many of these options comes if you enjoy NFL football. Select games are broadcast on local channels depending on where you live, so you either need an option with live, local TV (and hope your team is being broadcast in your area) or you have to purchase the NFL Live Ticket or Gamepass. Joel happens to be a hard-core Patriots fan, so we have Gamepass. We open Gamepass on a computer and cast it to the TV. However, Gamepass only lets you watch after the live game has ended, so when the Patriots are being broadcast locally we will watch it on the TV using the antenna, or if they are being broadcast on a Hulu channel, we will cast it to the TV.

I don't watch a lot of local, live TV, so when I moved into my current home I opted to cut the cord. Instead, I purchased an HD antenna (~\$30-\$150 one time), and I already had a subscription to Netflix (~\$10/month) so I could watch a movie or TV series if I had some time to kill. That served me well for a couple of years, but recently I decided I missed watching some of my favorite cable news channels, so I purchased the live TV plan with Hulu (~\$40/month), even though the live channels are only available on small devices. I don't enjoy watching them on my phone, so I also purchased a Chromecast Ultra device (~\$70 one time) so I can watch them on my big screen TV in full 4k resolution. The Chromecast also allows me to cast pictures and videos residing on my phone or computer (or on any phone or computer in my home), or any browser window on my computer, onto the TV. I don't really need both Hulu and Netflix, so I could easily do well with just Hulu (\$40/month), along with my antenna and Chromecast hardware (\$200 one time). For comparison, Cox's least expensive cable package is about \$35/month, but that is a one-year introductory rate and after that first year it's twice as much. More channels cost even more per month. Keep in mind the setup I described does not include a recording device, however the Hulu Live TV plan comes with 50 hours of cloud storage so you can record the live shows to watch later that way. And, technology is always improving so I'm confident I will be able to enjoy live TV with Hulu on my big screen without the need for the Chromecast device in the very near future.

Celebrations

Happy Anniversary to Alan and Jane Lee, members of VPC and residents of La Posada, who celebrated their 72nd anniversary in August.



Congratulations!

Congratulations to Ruling Elder Eloise Fredrickson for being elected to serve as a Commissioner to represent the Presbytery de Cristo at the 2018 General Assembly of the Presbyterian Church (U.S.A.) in St. Louis, Missouri next June.



SPECIAL SEPTEMBER MILESTONES!

Special birthday greetings to Dorothy Foucher and Nancy Lamphere as they celebrate their **90th birthdays** this month!



Falls and Prevention

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

Remember the commercial where the lady falls and says, "I've fallen and I can't get up!" This commercial played over again. Maybe the commercial should have said, "I'm about to fall, now what will happen?"

Every second of every day an older adult falls in the US, making falls the number one cause of injuries, and deaths from injury, among older adults. Every 11 seconds, an older adult is seen in the emergency room for an injury that is fall-related (about 2.8 million people per year). Just in our area of Green Valley there are 120 – 150 falls each month that are reported. If all falls were reported, there would be about four times as many.

According to the CDC, one in four older adults (age 65 and older) fall each year, but less than half of the people falling talk to their healthcare providers about it.

Most of these falls happen in the home, and may change our quality of life. Mobility issues, socialization, and emotional challenges may occur with any fall and its injury. There are also factors such as medical costs/bills, time in a hospital, and then rehab if an injury is sustained from a fall.

Most falls are preventable.

A local fall prevention program called SHiM®, Safety and Health in Motion, has been working to increase the awareness of falls and promote fall prevention and risks for falls in our community since 2011.

On Friday, September 22 (The National Fall Awareness Day) join us in the Spiritual Life Center for a fall prevention awareness program, called Stay Vertical, from 10 a.m. until 1 p.m. This interactive presentation will talk about falls and how to prevent them. Local healthcare providers will present information on fall prevention and health. Prevention programs in our area, and Green Valley Fire Department, will present fall risk and awareness tips. Demonstrations on exercise, health and balance screenings, and information on fall prevention resources will take place in Fellowship Hall. Enjoy a lunch from the Valley Galley chefs while learning something new.

Stay Vertical.



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

Get ready for a busy, fun filled season. Mark your calendars:



Fall prevention interactive presentation, Stay Vertical: Join us on September 22, from 10 a.m. until 1 p.m. in the Spiritual Life Center and Fellowship Hall for a few hours of new and exciting ways to prevent falls and Stay Vertical. Enjoy a lunch from the Valley Galley chefs too!

Your Whole Life starting in November. Eat Right, Live Well, Love God. A 12 week journey to Wholeness.

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.



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 will begin again on October 29.



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.



September Medical Minute

When was the last time you had your eyes and hearing checked? Your eyes and ears are key to keeping you on your feet and Staying Vertical.



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

- September 3 And He Will Do It, Part 2 Rev. Diane Christopher
- September 10 Called by God Rev. Mark A. Medina
- September 17 Servant Leadership in the Church
Elder Marie Valade
- September 24 God's Gift of Being a Steward Rev. Mark A. Medina

La Joya at La Posada

9:00 a.m. at La Joya

Communion served on first Sunday of each month

- September 6 Carol Wilking (no communion)
- September 20 Gee-Gee Smith

Wednesday Worship

The Source

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

- September 6 **Taizé:** A candlelight service with silence, scripture, meditation, and simple music.
- September 13 **AWAKEN!:** An uplifting service with a focus on God's Word; incorporating pastor reflections, prayer, and music.
- September 20 **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.
- September 27 **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., September 21, October 26, December 14

Holiday Sale Set-Up: November 8-9

Holiday Sale! November 10-11