

THE VALLEY VOICE

VALLEY PRESBYTERIAN CHURCH September 2023



Ministering in the Moment, Leading into the Future

Submitted by: Pastor Craig

When I came to Valley Presbyterian Church in 2019, there was great anxiety about the future, some questioning if there would even be a future for our Church. One of the Pastor Nominating Committee candidly named that “What is needed is for our Church to be loved!” I accepted this, and do; in my heart and faith, love involves “commitment.” My being your Pastor is a commitment both to minister to your needs and faith today and each week, as well as to lead our Church in planning for the future. In March of 2020 there were new anxieties as we cared for and ministered during COVID19 with an unknown future, learning to be attentive to the most-fragile among us.

Looking ahead, our Church is going to experience another major transition/Transfiguration/Change. In 2024 I will be our only installed pastor, as our congregation listens to where we are being led by GOD into the future. Please hear that reassurance:

1. I will be with you.
2. Our congregation will determine where we are going (this is not handed down to us from the denomination).
3. We are being led by GOD into the future! GOD does have a Plan for us, possibly

coordinating the many churches of Green Valley to work in mission partnership; possibly planning for additional tours to Scotland, etc.; possibly helping our many separate missions in Nogales to partner with one another; possibly expanding on our Kirk’n of Tartans and Stephen Ministry and Patio Sale and Bible Studies and Music celebrations, to develop these in yet new ways.

4. We are and have been well financed, with a growing membership, so we can consider anything GOD’s Plan may reveal!

There is a solid exciting future for our Church, and I will be here with you for several years to come. (In Green Valley most of us do not make plans for another 50 years, but the next several years for us are assured!)

In this next 1/3 of 2023, I am hopeful we as this Body of Christ can celebrate with Pastor Diane, the incredible ministry she has continued to provide us. She came not as our 3rd Pastor; Pastor Diane came as our “Minister of Faith Formation,” over time she has offered more and more of her gifts in Preaching and Pastoral Care, and as an artist she has molded and taught us in exciting ways.

In This Issue

Sunday Worship
Schedule

Women’s Ministries
Updates

Mission Committee
Updates

Bible Study
Opportunities

Upcoming Classes

Supper Cluster

Clerks Corner

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

OUR MISSION

To make Christ known through reconciliation while communicating respect and love to all people.

The principles we will follow to accomplish this are:

- Worship that glorifies God.
- Growing our faith in love, hope and the peace of Christ.
- Caring for the children of God.
- Reaching out to the community and the world.
- Seeking an attitude of servanthood.

Valley Presbyterian Church

2800 S Camino Del Sol

Green Valley, AZ 85622

(520) 625-5023

vpc-office@valleypres.net

www.valleypresbyterian.net

Member of Presbytery de Cristo in The Synod of the Southwest,
Presbyterian Church (U.S.A.)

Pastors

Rev. Dr. Craig Lindsey,
Pastor/Head of Staff

Rev. Diane Christopher,
Pastor of Discipleship

Rev. Joe Hawkins,
Pastor Emeritus



Sunday Worship
Traditional Service of Worship
9:30 a.m.
Online and in Person

www.valleypresbyterian.net

In This Issue

Table of Contents

| | |
|--|-------------|
| Ministering in the Moment, Leading into the Future | Front Cover |
| Our Valley Presbyterian Staff | 1 |
| Sunday Worship Schedule..... | 1 |
| Message From Pastor Craig..... | 2 |
| Message From Pastor Diane..... | 3 |
| The Book: Grand Story of God | 4 |
| Bible Study with Pastor Craig..... | 5 |
| Exploring Membership Class..... | 5 |
| The End Times According to Jesus..... | 6 |
| Valley Readers | 7 |
| Men's Bible Study..... | 8 |
| A Study- <i>The Faith of a Mockingbird</i> | 9 |
| Hope for Overcoming Depression..... | 10 |
| Women's Ministries | 11 - 13 |
| Good Times (Line Dance Celebration) | 14 |
| September Ministry Movie..... | 15 |
| Parish Nurse..... | 16-17 |
| Music In the Valley..... | 18 |
| Supper Clusters..... | 19 |
| Clerks Corner | 20 & 21 |
| Mission Quilters..... | 22 |
| Patio Sales News..... | 23 |
| Mission Committee Updates | 24-38 |
| September Birthdays | 38 & 39 |
| September Calendar | Back Cover |

OUR VALLEY PRESBYTERIAN STAFF

Pastor Craig Lindsey-Pastor/Head of Staff.....pastorcraig@valleypres.net

Pastor Diane Christopher-Pastor of Discipleship..... dianechristopher@valleypres.net

Jamie Reed-Director of Music.....jamie@valleypres.net

Janet Brachel-Organist/Accompanistorganist@valleypres.net

Chris Erickson-Parish Nurse.....parishnurse@valleypres.net

Suzanne Mandeville-Bookkeeper.....suzanne@valleypres.net

Cindy Johnson-Administrative Specialist.....cjohnson@valleypres.net

Linda Hester-Administrative Specialist.....lhester@valleypres.net

Steve Hart-Custodian.....steve@valleypres.net

Randy VanHyfte-Custodian.....randy@valleypres.net

Chuck Dunlap – Audio Technician.....vpc-office@valleypres.net

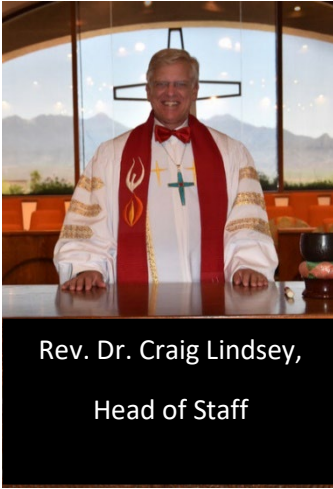
Rev. Joe Hawkins.....Pastor Emeritus.....

Dick Horn Web Designer.....rrhorn@mac.com

Alice Sanchez- Nursery Attendant.....vpc-office@valleypres.net

SUNDAY Worship Schedule & Other Events

| | | |
|---------------------|---|---|
| September 3 | Romans 12: 9-21 “How to Fight Evil” Communion Sunday Food Bank Sunday | Pastor Diane |
| September 10 | Matthew 10: 12-20 Nogales Crossroads Mission Sunday | Pastor Craig |
| September 16 | Mission Breakfast for Missionaries Bob & Kristi Rice. | 8:30 a.m. |
| September 17 | PCUSA missionaries Bob & Kristi Rice “The God Who Heals” Kings 2: 1-14 Luke 17: 11-19 Open House for Missionaries Bob & Kristi Rice at Pastor Craig & Judys Home | Missionary Bob Rice Open House @ 3:00 p.m. |
| September 24 | Genesis 50: 15-21-Jonah 3: 10-4:11 Youth On Their Own Sunday | Pastor Craig |
| October 1 | Exodus 17: 1-7 Worldwide Communion | Pastor Craig |



From Pastor Craig
Open House for Missionaries Bob and Kristie Rice

There will be an Open House at 3pm on Sunday, September 17th at the Home of Craig & Judy Lindsey to meet and talk informally with Presbyterian Missionaries Bob and Kristi Rice. Please join us!

The Lindsey's Home is in the San Ignacio Heights subdivision (behind the Coyote Grill and Big Bull) located at 4151 S. Westcotta Drive, Green Valley.

We are looking for about 6 people to each bring a couple of dozen cookies to share.

2024 Holy Lands Tour: April 8-16, 2024

Enrollments are still OPEN, and we already have 35 people from our Church registered to travel!

Hopefully we can answer several recurrent questions and allay any fears.

1. You will need a valid U.S.A. Passport
2. There are no Vaccinations required for travel to Israel and Palestine.
3. We do not need to get VISAs ahead of time, these are issued at Customs when arriving in Tel Aviv. Their Tourist VISA is a slip of paper that is inserted into your passport and returned when departing.
4. We have a 50 passenger tour bus with our own driver, who will accompany us throughout.
5. Two bottles of water will be provided for each person every day.
6. The trip is all-inclusive, so the only need to bring money is for any purchases you wish to make. Visa and Mastercard are accepted at most shops.
7. Guide1 Travel will provide an exceptionally trained tour guide throughout the trip, while Pastor Craig will do what he does best of "pastoring" us in all our needs.
8. Please plan to wear walking shoes. While we are being driven to every site, you will need to walk from the bus parking lots to the sites and throughout each site. The longest walk is the Via Delarosa (the Stations of the Cross) in Jerusalem.
9. Temperatures are much like our Autumn, so a light jacket or sweater will be needed and a hat as the sun is like it is here in SW Arizona. You will also want a bathing suit for floating in the Dead Sea or wading into the Jordan River.
10. We are visiting both the countries of Israel and Palestine (location of Bethlehem and the Muslim Dome of the Rock). For both of these countries, Tourism is their primary National Industry, so we will be well protected and safe. That said, for over 2,000 years, there have been political conflicts between these two. At the airports, on street corners and at many sites, you will see Police and Military in full military uniform for our safety and protection.

Beginning in September, a weekly E Blast will describe each of the places we will witness and why. Beginning in January, Pastor Craig is also planning to gather us to teach about where we are going and answer any questions. Possibilities are even being discussed of our Maundy Thursday March 28th Worship of God being celebrated as a Passover Seder Meal!

From Pastor Diane

As my time with you becomes shorter, I am considering what I want to impart to you. In this Valley Voice article, I share with you some of my favorite scripture passages, especially ones I have used in ministry for many years. They kept me going as I relive them over and over again.

1 Corinthians 15:18 “Therefore, my beloved brothers and sisters, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil in the Lord is never in vain.”

So many times, in ministry, we do not see the fruits of our labor. We serve God wondering if what we are doing is making any difference in people’s lives. So, I count on the promise in this verse: no matter what we do for God, it is never in vain. As you serve God in this church or out in the world, know that what you do for God bears much fruit, even though you may never see it. This promise will keep you going.

Zachariah 4:10 (KJV) “Do not despise the day of small things.”

I first heard about this verse from a woman named A. Wetherall Johnson. Miss Johnson (as she liked to be called) was becoming a very popular and in-demand Bible teacher in the 1950s. One day, four women approached her and asked her to lead them in the study of the scriptures. Miss Johnson wanted to say no because she didn’t have time for just four women. Eventually believing this was something God wanted her to do, she accepted. Bible Study Fellowship was born, becoming one of the largest Bible studies in the world.

Most of us will not have this experience of having something we start to become a world-wide phenomenon. Most of the time, we are called to something small and it stays small. A spouse becoming a care giver for his/her partner. Do not despise the day of small things.

You want to teach a class or Bible study or start a program of some kind, and only four people show up. Do not despise the day of small things.



Pastor Diane Christopher-Pastor of Discipleship

In the Bible, God usually started with something small – 5 loaves and 2 fish, 5 smooth stones and a shepherd boy, a trumpet, a baby in a manger. Do not despise the day of small things.

Nehemiah 8: 10 – The joy of the Lord is your strength. Nehemiah 8 is one of my favorite chapters in all the Bible because it demonstrates my love for scripture. God’s people have been in exile for many years, but now they are allowed to return to their beloved city, Jerusalem. In the ruins of the city and the Temple, they find the Book of the Law. The people ask their priest, Ezra, to read it to them.

It is the response of the people to the reading of the scriptures that gets me every time. They listen attentively. They stand. They lift their hands and respond, “Amen! Amen!” They bow down and worship. They weep.

Do not weep, Ezra says. Go home and celebrate for the joy of the Lord is your strength.

What would happen if we responded to the public reading of the scriptures in such a way?

There are so many more Bible passages I could share with you. The ones I read at the bedside of someone dying, the ones I read at memorials, the ones I quote when I talk about one of my subjects: grace. The list is long, but the passages I mentioned here are ones that I have returned to over and over again for over 50 years.

The Book: The Grand Story of God

Thursdays, 1 p.m. in Classroom 5

Begins September 7

Your teachers: Pastor Diane and Chuck Ramsay

The Book is back!

The Bible is one big grand story of God. This class tells you that story by studying each book of the Bible and how they are all connected. Last year, we covered the Old Testament. This Fall, we begin the New Testament.

Why read the Bible? We say that the Bible is living because God speaks to us through it. We believe it contains the word of God. We believe it is the Good News of Jesus Christ. We believe it is practical for everyday living. Pastor Adam Hamilton says the Bible “contains every truth we need to know about God and God’s will for human race.” That is why we spend much of a worship service on the words of the Bible. That is why we encourage people to read the Scriptures.

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

Our schedule for September:

| | |
|---------|---------------------|
| Sept 7 | Matthew, Mark, Luke |
| Sept 14 | John |
| Sept 21 | Acts |
| Sept 28 | Romans |

This class is recorded and can be viewed on the church’s website:

valleypres.net

Bible Study with Pastor Craig at VPC

BIBLE REFLECTIONS

With Pastor Craig Lindsey

Mondays from 1:00 p.m. to 2:00 p.m.

In classroom 5 (zoom available)

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

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

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

Meeting ID: 294 281 2414

Password: Heaven

This class is recorded and can be viewed on the church's website: valleypres.net

Exploring Membership Class

Saturdays, October 7, 14, 21 - 9:30 a.m. – 11:00 a.m.

&

Thursday, October 26 - 8:00 a.m. – 9:00 a.m.

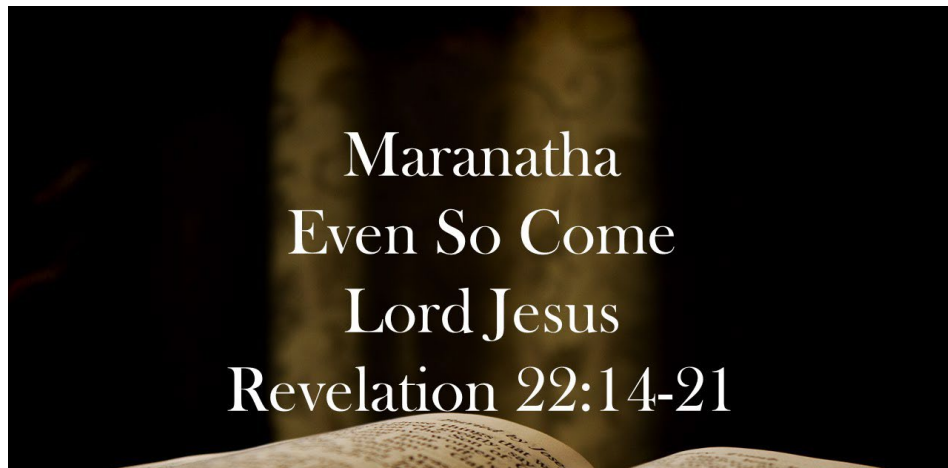
Do you want to learn more about Valley Pres? Are you wondering how you can be more involved? Perhaps, you are thinking about becoming a member. The Exploring Membership Class is designed to answer your questions and take you through the steps toward membership.

In this multi-week 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.

You can become an affiliate member (whereby you keep your main membership with your church back "home") or an active member (full membership here at Valley).

Contact Pastor Diane Christopher to register (520-625-5023; pastordiane@valleypres.net).

THE END TIMES ACCORDING TO JESUS – SELECTED TOPICS



Bud Landry

Begins September 26, Tuesdays at 11:00 a.m.

Classroom 5 and YouTube

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

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

September 26 Crisis in Eschatology—Two World Views

October 3 Time and Eternity—Exploring the Events of the First Century

October 10 The Olivet Discourse--Literal or Figurative?

October 17 What Did Jesus Mean by 'This Generation' and 'The End of the Age'?

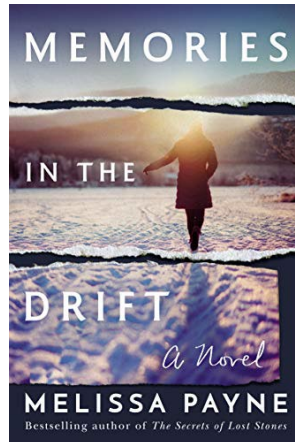
October 24 The Destruction of Jerusalem and the Jewish Diaspora

October 31 Exegetical Approach for Understanding End Times

November 7 Nero, the Antichrist, 666, "The Beast", Babylon and more

November 14 Exploring the Parousia, The Rapture, and the Millennium—Several Views

Valley Readers
2:00 P.M. - Monday, September 25, 2023
Classroom 1



Book editor Chris Werner describes *Memories in the Drift*, a novel by Melissa Payne, as follows. “I’m lucky I don’t have to think twice about many aspects of day-to-day life: what I’m making for breakfast, which meetings I have, whom I need to call and when. Claire Hines’s world looks much different. Sticky notes cover her refrigerator. She always has a notebook and pen at the ready. Her phone constantly dings with calendar reminders. A repeating loop of instructions plays when she’s driving. Every day—every moment—is like starting over for Claire. She’s the ‘woman with no short-term memory from the fourteenth floor,’ as she’s known in her apartment building. Years ago, a tragic accident took Claire’s memory, along with her unborn child. With the help of friends and her reminders and notebooks, she devises a system that allows her to live a life that almost feels normal. But while Claire can’t form new memories, she’s not freed of old ones. When those pieces of the past become impossible for Claire to ignore, she has no choice but to forge a new life for herself.” Come join us for a discussion led by Pastor Diane Christopher of this thoughtful novel. Contact Anne Morrison for additional information at 520-399-0762. (This novel is available in Kindle Unlimited if you subscribe to that plan.)

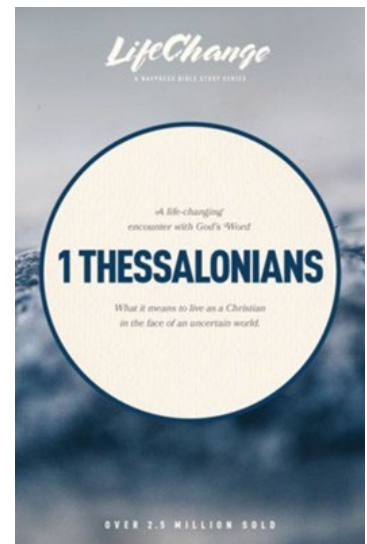
Men's Bible Study



WEDNESDAYS AT 9:00 A.M.
BEGINNING SEPTEMBER 20
IN CLASSROOM 1



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



The Newest Addition to the Church!

For those of you who haven't noticed, we have a new addition to the Church family - a 2008 Chevy Silverado Pickup truck. This truck is parked in the back lot next to its big brother Patio Sale Truck. It will be used for Missions, Patio Sale, and Church related needs.



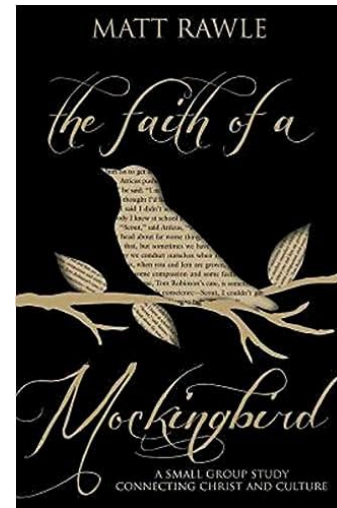
A Study - *The Faith of a Mockingbird*

Thursdays October 5, 12, 19 & 26

In the Spiritual Life Center at 10:00 a.m.

Submitted by: Eloise Fredrickson

Is it possible to examine issues of Christian faith by studying secular novels? Last January we did just that as we looked at *Les Miserables*, one of the literature's classic novels. In October we will embark on a four-week study of one of the greatest of American novels, *To Kill a Mockingbird*, to see what spiritual truths it reveals to us. This study, again authored by Matt Rawle, explores our place in the world through the eyes of Harper Lee's beloved and unforgettable characters – Atticus Finch, his daughter Scout, Tom Robinson, and Boo Radley.



The class will meet at 10:00 a.m. on four consecutive Thursdays – October 5, 12, 19, and 26 in the Spiritual Life Center and will be facilitated by Eloise Fredrickson. A study guide will be available for purchase two Sundays before the study. Although participants don't necessarily need to have read the book, it would be helpful to have at least viewed the movie recently, which will give you an opportunity to see Gregory Peck in his finest role. VPC's Movie Ministry makes that easy for you by presenting the movie on Wednesday, October 4, at 1:00 in the Spiritual Life Center.

Please join us in October for these interesting discussions.

Hope for Overcoming Depression
Mondays October 23, 30 , November 6, 13
9:30 – 10:30 a.m. in Classroom 5
Your Teacher: Tom Lobb

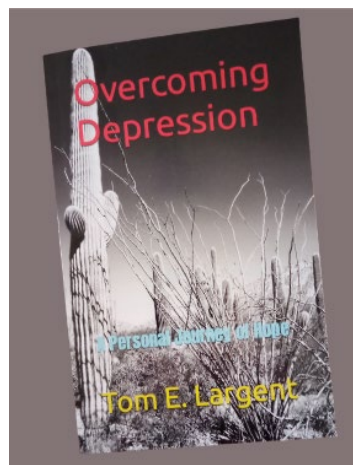
Do you know of someone who always seems to be "blue"? Do you have a friend who thinks negatively most of the time? Do you tend to be "down in the dumps" much of the time, or are you unhappy with the life that you have been dealt? If so, your friend might have depression, or you might be struggling with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

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

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

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

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





WOMEN'S MINISTRIES VALLEY PRESBYTERIAN CHURCH

Submitted by Lesley Bruce Women's Ministries Moderator

Can it really be September already?? The Coordinating Team has been getting ready to welcome everyone back for the start of the Bible Study Circles and Gathering Luncheons.

Our first Gathering will take place on Tuesday, September 19th at 11:30 at La Posada, in their Recreation Building. Cost will be \$12.00, payable when you register at the Women's Ministries table in Fellowship Hall beginning Sunday, September 10th. Pastor Diane will present the first lesson in the study guide, *Sacred Encounters; The Power and Presence of Jesus Christ in Luke-Acts*. Our Presby gift will be school supplies for YOTO. List of requested items will be available at the Women's Ministries table.

At that time you may pick up a yearbook for this year, along with sign-up forms for a Study Circle, if you do not belong to one. The yearbook has information on the dates of the luncheons and the programs, the monthly listing of activities we are doing and a directory of the circles, where and when they meet and the members' information.

We are pleased to announce that Chuck Ramsay will be providing us with a monthly reinforcement of the bible study lesson and his video will be available on our webpage to anyone interested.

On August 12th, after the Memorial Service for our longtime friend, Kay Davison, Women's Ministries hosted a reception. We made all the foods that were Kay's favorites and had a wonderful time reminiscing about how we knew Kay and all the great things she was involved with at Valley Presbyterian. She is definitely going to be missed by all of us.

We have decided to do away with the pin-on name tags. Those pesky tags that would sometimes snag your top or put holes where you didn't want any in your clothing. We suggest you wear your church name tag, but if you forget we will have some stick-on tags available at the table where you check in when you come for lunch.

We are still looking for someone to lead the Mission Project for making kits to make walker bags. Please contact me, at the information below, if you are interested in learning more.

Please check out our NEW updated Bulletin Board. It's on the back wall of the Hall, outside the kitchen door! Many thanks to Debbie VanHyfte for taking on this task.

We are still collecting pop tabs from the tops of aluminum cans; however, we are no longer collecting can labels nor bottle caps.

If you have any concerns or questions regarding the upcoming Women's Ministries year, please don't hesitate to contact me at 610-468-5072 or use my email at lesleybruce17@gmail.com

See you soon!



Presbytery de Cristo

Submitted by Judy Lindsey, Moderator, Presbyterian Women of Presbytery de Cristo

**PRESBYTERIAN
WOMEN**

Our Fall Gathering will be held **Saturday, September 30th from 9-2 at Northminster Presbyterian Church in Tucson.**

The keynote speaker will be Christine Casanova, PW Moderator of the Synod of the Southwest who will speak on the 2023-24 Horizons Bible Study *Sacred Encounter: The Power and Presence of Jesus Christ in Luke and Acts*. Leadership training for Moderators, Vice Moderators, and Treasurers will take place in afternoon workshops running parallel to a presentation by Youth on Their Own (YOTO) about teen homelessness. Please complete the registration form on the next page and return by September 15th.

If you have questions, you can reach me at 315-430-6538 or email me at judy.lindsey1@gmail.com

I look forward to seeing you at the Fall Gathering

Peace to you all.

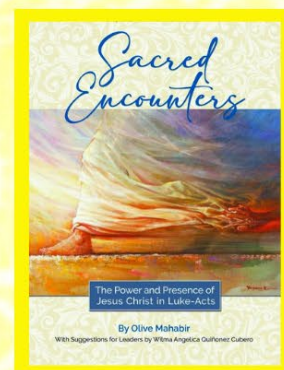
Judy Lindsey, Moderator, Presbyterian Women of Presbytery de Cristo

The registration form is on the next page. Page 13, or you can pick one up at the office or in the Fellowship Hall at the Women's Ministries Table after Sunday worship.

**Presbyterian Women, Presbytery de Cristo,
Fall Gathering
Saturday, September 30, 2023, 9:00 AM-2:00PM**

Northminster Presbyterian Church
(Park in the NE lot at corner of Tucson Blvd. & Ft Lowell.
Watch for balloons to Fellowship Hall)
2450 E. Fort Lowell Rd.
Tucson, Arizona 85719

**2023-2024 PW/Horizons Bible Study
*Sacred Encounters: the Power and
Presence of Jesus Christ in Luke and Acts*
By Olivia Mahabir**



**“[Jesus] said to her, ‘Daughter your faith has healed you
go in peace.’” Luke 8:48**



**Keynote Presenter: Christine Casanova, Moderator of
Presbyterian Women of the Synod of the Southwest**

*After lunch Leadership Workshops included for Moderators, Vice Moderators
and Treasurers along with a presentation on Youth On Their Own (YOTO)
focusing on teen homelessness.*

Registration and lunch \$15.00

(Choice of Chicken Salad or Ham Sandwiches, Circle Your Selection)

Send Check written to PW Presbytery de Cristo to Sue Anderson

3260 Kristina Park Loop

Tucson AZ 85730

Registration deadline: September 15, 2023

NAME _____ **CHURCH** _____

ADDRESS _____

EMAIL _____ **PHONE** _____

If you have dietary restrictions, please indicate here _____

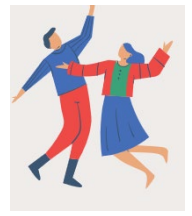
Do you need childcare? Yes _____ **Number of children** _____



Good Times! An All-Church Event

Friday, October 13, 2023, from 5:00 p.m. – 8:00 p.m.
Green Valley Rec West Center (1111 S. GVR Dr.)

Submitted by: Steve Hart



The third session of Line Dance Lessons are completed...14 dances learned...A huge THANK YOU to all who attended this last session of Line Dance Lessons. We not only reviewed the 9 dances we previously learned but learned 5 new dances! Now it's PARTY TIME!!!!

We are doing something a little different to celebrate the end of the third session. Instead of going to The Longhorn Bar and Grill, we are renting the GVR West Center. AND...we have Katie Sayre's Band, Hardscrabble Road Band to dance to.

Also new, thanks to Pastor Diane and the Fellowship Committee, the entire Church is invited. This event is brought to you by the Fellowship Committee. There will be no admission charge, but there will be a bucket on each table for donations to help defray the cost of the band and the room rental.



Hardscrabble Road Band

SO...with that all said, the dance is going to be Friday, October 13, 2023, from 5:00 p.m. until 8:00 p.m. If everyone attending brings an hors d'oeuvre – finger food – to share, there should be plenty to snack on...also, bring whatever beverage you would like to drink.

Put on your dancing shoes or boots, and get ready to enjoy an evening of fun, fellowship, and GOOD TIMES. Can't line dance? No problem – 2 step – slow dance – twist – fox trot – ballroom dance – stroll – any dance will do – BRING IT ON!!!!

For those who like to dance, there is a huge dance floor. For those of you who just want to watch and enjoy the music, and those that need to rest, there will be tables and chairs set up in the back of the room where it will be a little more conducive to conversation.

There will be a sign-up sheet in the Fellowship Hall starting September 17. This is only to give us an idea of how many tables and chairs to set up.

Let's Dance the night away!!!!

**Don't miss the Line Dance refreshers on Thursdays,
September 14, 28 and October 5 at 3:00 p.m. in the
Fellowship Hall at Valley Presbyterian Church.**



September Ministry Movie

Amazing Grace

September 6 at 1:00 p.m.

In the Spiritual Life Center



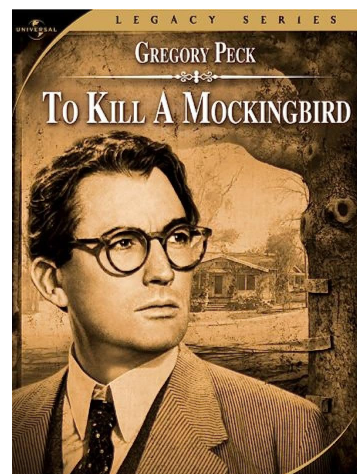
Amazing Grace, in 18th-century England, House of Commons member William Wilberforce (Ioan Gruffudd) and his close friend and a future prime minister, William Pitt (Benedict Cumberbatch), begin a lengthy battle to abolish Great Britain's slave trade. Though Wilberforce's legislation is soundly defeated in 1791, his growing affection for Barbara Spooner (Romola Garai) inspires him to take up the fight once more.

The film also recounts the experiences of John Newton as a crewman on a slave ship and subsequent religious conversion, which inspired his writing of the poem later used in the hymn *Amazing Grace*. Newton is portrayed as a major influence on Wilberforce and the abolition movement.



Next month's Movie Ministry is a classic, *To Kill a Mockingbird* with Gregory Peck.

Wednesday
October 4



Caring for those in our congregation

Faith & Health/Parish Nurse September 2023

Submitted by Parish Nurse, Chris Erickson

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

Keeping active helps to stay positive and healthy.

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



Blood pressure screening will be by individual appointment.

Medical Minute: Stay vertical – National Falls Prevention Day is September 22nd. Watch where you walk and how you walk, especially on uneven/wet surfaces. Pay attention to where you put your feet. Use one pharmacy, update your healthcare provider on all the medications you take, even the over-the-counter medications.

Is Oral Care Linked to Overall Health?

Submitted by: Parish Nurse, Chris Erickson

Poor oral hygiene is not only linked to gum diseases, and tooth decay, it is also linked to other health conditions such as heart disease, diabetes, and premature birth. Taking care of your teeth is more important than ever.

Tooth decay is not just kid stuff. It can happen at any age. Dental plaque, a sticky film of bacteria, can build up on teeth. Plaque produces acid that, over time, will eat away or destroy the tooth's hard outer surface and create a cavity. The teeth that have fillings are also at risk. This plaque can build up underneath a chipped filling and cause new decay. Gums that have pulled away from the teeth, gum recession, exposes tooth roots are now also vulnerable to decay. Using toothpaste with fluoride, brushing twice a day, flossing regularly, and seeing a dentist routinely can help protect from developing or prevent further tooth decay, and prevent complications that can be related to heart disease.

You can prevent gum disease, an infection of the gums and surrounding tissues that hold teeth in place. Gum disease develops when plaque hardens and builds up along and under the gum line. This hardened plaque, tartar, cannot be removed by brushing and flossing – a dental professional can remove it.

Gingivitis is a mild form of gum disease that is reversible with good oral hygiene. In gingivitis, the gums become red and swollen, and can bleed easily.

Periodontitis, a more severe form of gum disease, can damage the soft tissues and bone that support teeth. In this form, the gums pull away from the teeth and form spaces (pockets) that become infected. The body's immune system fights the bacteria as the tartar continues to build up below the gum line, breaking down the bone and connective tissue that holds teeth in place. If not treated, the bones, gums, and tissue that supports the teeth are destroyed. The teeth may eventually become loose and have to be removed.

Regular check-ups and regular dental care can prevent complications, especially those that may lead to other chronic illnesses, such as endocarditis.

When was your last visit? Are you brushing twice a day?

Information from National Institute of Health





Submitted by: Jamie Reed, Music Director

Happy September!

I have some exciting upcoming dates that I'd like to share!

- Chancel Choir is back to Wednesday Practices starting Sept. 6. We will meet from 3:15-4:45. If you are interested in joining us, please reach out to me at jamie@valleypres.net and we will get you started!
- Saturday, September 9 from 9am – 1pm we will be having an in-house choir retreat and lunch potluck! It's never too early to start preparing for a Christmas Cantata and February Concert!

And now for our 2023-2024 Music in the Valley Concert Series

Sunday, December 3 @ 2:00

The Tucson Jazz Institute will bring us the music of Duke Ellington, Benny Goodman, and Buddy Rich!

Saturday, January 13 @ 2:00

“Let's Go to the Movies”

Come and enjoy the movie soundtracks of John Williams, Henry Mancini, Mozart, to name a few.

Saturday, February 10 @ 2:00

Our Chancel Choir will present a Concert of Spirituals, Gospels, and our Favorites. We are also blessed with Darnell Rouhlac as our special guest vocalist!

Saturday, March 23 @ 2:00

We welcome a fabulous Classical Guitar Duo:
Jose Luis Puerta & Alfredo Vazquez

More Details to Come! Have an amazing, musical month!

Handbell Performers, Jamie Reed, Music Director, will contact you directly regarding the rehearsal schedule for Handbells.



Submitted by: Carmen Nylund, Organizer

We hope that your Supper Cluster has had time to get together this summer, and if not, that you will begin meeting again this fall and continue through the end of the year.

Some of you may be asking – “What are Supper Clusters?”

Supper Clusters are small groups of people who attend worship at VPC and get together once a month to share a meal, spend time with new friends and/or renew old friendships. All VPC Members, Winter Visitors, Regular Attendees, Couples and Singles are invited to be part of a Cluster.

How it Works:

- October – November, sign up to join a Supper Cluster
- In December, the Supper Cluster organizers will review names and form groups of eight to form a Cluster.
- In December, each participant will receive a letter with the names and contact information for their Supper Cluster group.
- 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 clnylund1968@outlook.com
Or at 520-269-7732



CLERK'S CORNER

MAUREEN RAMSAY, CLERK OF SESSION

This month, I want to add some humor to the column and talk about a subject that I think is a common problem in all churches, not just Valley Pres. It is how to stay awake in church!! In the hot days of summer, this becomes a problem, since most of the year is summer in Southern Arizona. Now if you are like me, you don't have much trouble falling asleep in lots of places or at various times during the day, but obviously, falling asleep in church is frowned upon. In the early days of our nation, Puritan churches hired a tithingman to keep the congregation from nodding off. The Tithingman carried a big stick, with one end a heavy knob and the other a foxtail or rabbit's foot. The knobbed end was for men and young boys who fell asleep or became restless during the hours-long service, and the furry end was used for women who dozed off. Now I don't believe we need to go back to these practices, but there are other ways that can be utilized with hopefully, some success!

Below, the tithingstick being carried by the Tithingwomen (Pastor Diane) demonstrating what happens when you fall asleep in church. Picture on the right is Steve Hart and Jean Hein sleeping during Pastor Diane's sermon.

Picture on the left is Steve Hart being awoken, but oh so gently.



One source I found mentioned that it is harder to stay awake when the pastor is a boring speaker. Of course, we don't have to worry about that here, since both of our pastors are dynamic preachers!! (Shameless plug for Pastor Craig and Pastor Diane)

These tips are from *The Presbyterian Handbook*, found in our church library. (The parts in parentheses are my comments.) Please note that the following is meant to be humorous, even though some of the suggestions are really quite helpful!

Continued on page 21

HOW TO STAY ALERT IN CHURCH

If you struggle with this problem, just follow these eight easy steps:

1. Get adequate sleep.
Late Saturday nights are Sunday morning's worst enemy. Resolve to turn in earlier (like before 9:00 pm). A good night's sleep on Friday (and Thursday and Wednesday) night is equally important to waking rested on Sunday, as sleep debt builds over time.
2. Drink plenty of water, though not too much.
It is easier to remain alert when you are well hydrated. Consider keeping a small bottle of water with you during worship. One quick bathroom break is considered permissible. (Two or more are likely at Valley Pres!)
3. Eat a high protein breakfast.
Foods high in carbohydrates force your body to metabolize them into sugars, which can make you drowsy. If your diet allows, eat foods high in protein instead, such as scrambled eggs with bacon. (as long as your cardiologist approves)
4. Arrive early and find the coffee pot.
If you don't drink coffee, consider caffeinated soda (or tea, or energy drinks).
5. Focus on your posture.
Sit up straight with your feet planted firmly on the floor (assuming your legs are long enough to reach the floor). Avoid slouching, as this encourages sleepiness. Good posture will promote an alert bearing and assist in paying attention, so you'll get more out of worship.
6. If you have difficulty focusing on the service, divert your attention. Occupy your mind, not your hands.
Look around the worship space for visual stimuli (the mountains are a good choice). Keep your mind active in this way while continuing to listen.
7. Stay alert by flexing muscle groups in a pattern.
Clench toes and feet; calf muscles, thighs, glutei, abdomen, hands, arms, chest, and shoulders. Repeat. Avoid shaking, rocking, or other movements that attract undue attention.
8. If all else fails, consider pinching yourself. Dig your nails into the fleshy part of your arm or leg, pinch yourself, bite down on your tongue with moderate pressure. Try not to cry out (unless you can do it in tune to the music!).

Here are some other tips I found:

1. Take notes during the sermon. There is even a section in the bulletin for this!
2. Pray for the pastor (don't just pray that he/she will hurry up and finish either). Pray that God will speak through them to you and others who listen.
3. Avoid taking sedative medications (this goes without saying, although some medications naturally make one sleepy, so use your discretion).
4. Pray that God will keep you awake.
5. Chew gum.
6. Make sure your hearing aids are turned up (this was my husband's tip).

There are a lot of articles online if you want more information on this subject, but these will provide you with a great start if you suffer from staying awake in church!

Mission Quilters 2023-2024 Quilting Sessions

Submitted by Patti Bright

We are so looking forward to another fun season of quilting with the girls. If you haven't had a chance to join the quilting group, just show up in Fellowship Hall at 9:30 am on the scheduled quilting days. This is a great group to join if you are interested in learning how to quilt or you just want to do a certain part of quilting. There is a lot of sharing of ideas, talking, laughing, ironing, sewing, layering, tying, snacking, and working on quilts that goes on.

An important note to newcomers to our church, the exercise class meets in Charter Hall, so don't enter that area. If you are bringing your own sewing machine, park in the back parking lot, so you don't have to carry your sewing machine so far.

Following are the quilting sessions to mark on your calendar for 2023-24:

Mission Quilters meet the 1st, 3rd, 5th Mondays of each month.
From 9:30 a.m. – 2:00 p.m. in the Valley Presbyterian Fellowship Hall
Monday, October 2nd through Monday, May 20, 2024

(Except October 30th – Holiday Plus Sale Set up, January 1st– church closed,
March 4 due to the Patio Sale)

Snacks are furnished by a participant. If you have any questions,
Please call Patti Bright 520-305-3275
We welcome anyone who would like to join our group.



Sitting left to right: Eileen Owen, Susan Rand, Jan Sullivan, Nickie Goss, Pattie Bright, Jean Hein, Joan Bolin, Linda Kebbe. **Standing left to right:** Sue Neuman, Mary Macloskey, Debbie VanHyfte, Janice McCoy, Martha Rice, Karen Rainford, Ardell Hodges, Judy Fenlason, Karen Mitchen, Josie Trobec, Martha Jump, Laurie Brown.

Patio Sale News

Submitted by Carmen Nylund

Our Patio Sale Trucking Crew and Volunteers have had a little bit of a break this summer. We reduced our pick-ups to just twice a month and donations in the bin slowed down a bit as well. We also decided not to pack up any houses during the summer months due to lack of volunteers and the hot weather. We did have a Pack & Sort in July but skipped August. We do want to say thank you to everyone who helped out this summer. Now that September has arrived, it is back to “business as usual”.

The Patio Sale Coordinating Team has begun planning our **Holiday-Plus Sale**. You may be asking - what does “Plus” mean? This year, it means in addition to the Fall & Christmas decorations of all types, Books will be on sale, we will have a larger selection of specialty items in our Specialty Shop, we are adding a selection of Clothing, Shoes & Purses and our Holiday Bake Sale is always a welcome bonus. In addition, Artisans will be displaying and selling their Arts & Crafts again this year. Watch for detailed information about the Holiday-Plus Sale in the October Valley Voice.

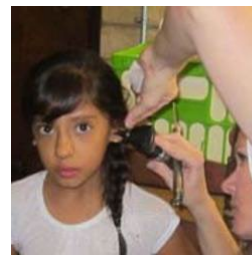
Mark your calendars now for **November 9, 10 & 11** so that you can get a head start on your Christmas Shopping. Set-up will begin November 6 if you would like to volunteer and get in on the fun.

ARTS & CRAFTS SALE

The Holiday-Plus Sale in November will have an Arts & Crafts Sale again this year, where Artisans will be displaying and selling their handcrafted items. Sixteen tables will be set up in the Spiritual Life Center and will be available to “rent” for a reasonable fee. We will begin taking applications Sunday, October 1st at the “Patio Sale” table in Fellowship Hall following worship. Please stop by to get your questions answered and pick up a copy of the Arts & Crafts Policies and Procedures and an Application. You may also contact Carmen Nylund at 520-269-7732 for more information.



Submitted by Kay Brouwer, St. Andrews' Clinic liaison.



St. Andrew's Children's Clinic – September 2023

Laura Romero, the Executive Director, reported that about 80 children & their families attended the Clinic on August 3rd, after their July break. That's the largest number since they changed locations. The St. Andrews' Children's Clinic Board of Directors recognizes an urgent need to find a facility which can handle the larger number of children. Until a new place is acquired, the current building on Grand Avenue in Nogales must be restructured to allow the volunteer physicians to adequately diagnose and treat the children.

A personal visit is the best way to fully understand how much St. Andrew's Clinic helps handicapped children. Kay wants to take 3 or 4 people to visit the clinic the first Thursday of each month. Contact her (573-552-2313) if you'd like to see the Clinic on September 7th or October 5th. Some of you may want to volunteer to work at the Thursday Clinic. Laura is planning a way to involve interested individuals.

In October, Laura will be taking more than 60 children for Cleft Lip/Cleft Palate surgeries in Hermosillo, Sonora, Mexico. Twenty of those are babies scheduled for their first surgery. All children and their accompanying families must stay in hotel rooms before and after surgeries. St. Andrews' Clinic pays for the rooms and for meals. Financial support is needed for these and many other expenses.

Every month, the Clinic flies 2 or 3 children with a parent to Sacramento or Spokane for orthopedic surgery. Again, expenses are handled by the Clinic.

A new surgery has been added to the clinic services for children with Cleft Lips/Cleft Palates. This is Rhinoplasty by which the nasal area is surgically reconstructed for older children who have had the initial Cleft Palate surgeries. In November, Laura Romero will be taking 16 teenaged children to Hermosillo for this special, advanced surgery. Again, expenses will be provided by St. Andrew's Clinic. At the August 8th meeting the Mission Committee of Valley Presbyterian Church voted to give the Clinic \$1,000 from the Emergency Continuance Fund to help pay for this new program.

Pastor Craig contacted other pastors in the Green Valley area who might want their congregations to join ours in an ecumenical fundraiser to help the clinic. A meeting with Pastor Craig, Father Warren of St. Francis in the Valley Episcopal Church, Pastor Mike of the Desert Hills Lutheran and Kay was held on May 24. At that time, Laura talked with us via telephone. Many ideas were generated and will be considered. We were able to set up a trip on June 29 to visit the clinic and talk with Laura about needs for more space. Laura and the St. Andrew's Board members have talked with the owner of the current building (occupied by the Clinic and two Community Colleges). Pastor Craig further explained the use of the current building and how a joint effort of several area churches would be an excellent possibility, not only with St. Andrew's Clinic, but with other missions we have in common.

The clinic is fulfilling a God given endeavor to which Laura, the volunteers, the Board of Directors and the staff are fully committed. Laura Romero feels very thankful and blessed for our prayers, concerns and donations.



Submitted by: Reed Olson, VPC Mission Committee Liaison

The Home just accepted 3 new girls which brings the total of children to 39.

English as a Second Language (ESL) is going very well.

The photo shows the children thanking Valley Presbyterian Church and RISE for all our support.



Thank you all for your generous support - it really makes a difference in the lives of these children. To find out more about RISE, go to: www.risesa.org or scan the QR code below.





It's Like Leaving the Kids with Their Grandparents

La Posada Community services identified a critical need in the community more than 30 years ago. The need was for a convenient, stimulating, safe, state-licensed preschool/childcare program.

Los Niños del Valle was created to fill that void for children ages 12 months to five years of age. Children's access to high quality childcare supports their social and emotional, cognitive, and physical development. A high quality, child-centered environment at Los Niños promotes their creativity and learning, providing children many opportunities to develop important skills and tools that they will use to succeed in school and life.

Kids light up when they recognize the familiar faces of one of the participants in La Posada Adult Day Services, much like they would when they recognize a grandparent. Our Intergenerational program brings Los Niños children and seniors together for activities geared to learn and laugh. Qualified teachers and community volunteers help facilitate the school's self-directed learning curriculum giving back and knowing they're adding texture and invaluable exposure to young lives. Los Niños del Valle is an Arizona Department of Economic Security-approved program that offers fee assistance programs, limited scholarships and sliding-scale considerations.

Due to the popularity of Los Niños del Valle, drop-in daycare service is not available. The weekly full-day session (6:30 a.m. to 6:00 p.m.) rate for toddlers (starting at 12 months of age) is \$200 with a \$200 deposit. Full-day sessions (6:30 am – 6 p.m.) for kids aged 3 to 5 cost \$189 per week.

Los Niños del Valle Preschool earned a 4-star quality rating from First Things First and is endorsed by Eco-Healthy Child Care for efforts to make and keep kids' childcare environment as 'green' as possible. Find out more about how our pint-sized attendees become confident, inquisitive, independent learners, surrounded by loving staff and volunteers that make the environment at Los Niños truly unique. For preschool and childcare enrollment, contact Los Niños Director Susie Simmons at 520-393-6823 or email her at: ssimmons@casagv.org.

July 30th Noisy Offering for Posada Life Community Service collected \$1,310.26.
Thank you for your generosity.

PosadaLife™ *It's A Matter of Balance*

Community Services

A Matter of Balance

Many older adults become concerned about their balance and falling as they age.

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-15 participants led by a trained facilitator.



Who should attend?

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

What do participants learn?

The program enables participants to achieve significant goals. They gain confidence by learning to:

- Overcome the fear of falling and learn to view falls as controllable
- Set goals for increasing activity
- Recognize fall hazards
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance



Contribution: \$30 (covers your book & supplies)



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

TheKatie

KATIE DUSENBERRY
Healthy Aging Center
by PCOA

"The activities and workshop material were just what I needed to stay active and independent - thank you!"

— Mark

Location: Posada Life Community Services, 780 S. Park Centre Ave.
Green Valley, AZ

Date: September 20, 22, 27, 29, October 4, 6, 11, 13

Days: Wednesdays & Fridays

Time: 1:30 – 3:30 pm

Register: <https://balanceposadasep23.eventbrite.com>

For more information and to register, contact Jennie, (520) 305-3410.



Submitted by Ed Storey, YAV Mission Liaison

Valley Pres has started funding a YAV, working in Agua Prieta. The YAV program provides an opportunity for young people to spend a year volunteering in a church-oriented program. It gives them an opportunity to learn and grow in a way they might not otherwise. We will provide a \$10k stipend for one volunteer.

The current US asylum program requires registration online, followed with waiting for an appointment in Mexico. These are often families who are fleeing from their own country, often not Mexico. Since Agua Prieta is largely run by cartels, the YAV will assist at a safe shelter where they can stay until their appointment. It is often women and children who are at risk and need a safe place to stay.

The new group of YAVs start early in September. We might have an opportunity to assist with English lessons and there will be likely a trip to Agua Prieta later in the fall. James Martin, the overall YAV leader, and a couple of YAVs will be at the November Mission Breakfast.

It is hard for us to understand the economic hardship that drives asylum seekers in many countries. Venezuela used to have the highest per capita income in South America, but their elected government has driven it to be at the bottom. Poverty often results in increased violence, especially for women.

Here is a picture of three of the five new volunteers, starting this fall. We may have an opportunity to meet them at the November breakfast.



Lesly Gonzalez, Zeyla Sanchez and Yadamy Acero. Not pictured are Nidia Linardes and Ben Nodler



Operation Christmas Child Shoebbox

Submitted by: Ann Ball, Mission Liaison

Last year we had a very successful Shoebbox Operation, and we pray to do so again this year.

I know it is early to be thinking about Christmas, but not really too early for this project as it is truly serving “the great commission” of reaching unsaved countries in far away lands with the Gospel news. Last year almost 1500 churches were planted as a result of Operation Christmas Child. 2.5 million children all the world gave their lives to Christ as a result. The primary goal isn’t just gifts for impoverished or war/storm torn countries...it is that the Gospel will be preached to all the nations. The shipping of the boxes is a huge project and takes much time and organization so planning needs to begin now.

For those wishing to participate, we will be passing out the shoeboxes this year around October 22, for you to pack, with final collection date November 12. But it is not too early for you to begin to watch for sales or that special WOW item for the box. Decide on the age of child and gender you wish to gift a box and watch out for the post Labor Day Sales that would be appropriate.

Much more information will be forthcoming in October, but save the dates, think about your box, and get in on the clearance sales. And most importantly pray that again this project will establish the Gospel where it has not been known.

PRESBYTERIAN MISSION

Operation Mobilization

Submitted by: Doug Clark, Mission Committee Liason

After 17 years Dave and Pam Lovett finally went back to Kabul, Afghanistan

This was so we could visit and encourage our team members who are working under the Taliban government, and better understand what the situation is like now inside the country. On the one hand, it was encouraging to see Kabul now rebuilt, modern and functioning. On the other hand, it was sobering as the country is suffering from four years of drought, with about 23 million people depending on food aid. Our agency is providing food for mothers and children who are suffering from malnutrition and helping people in other projects like water and sanitation. We were encouraged to see how Kabul Afghanistan has improved since we were there last 17 years ago. We were so glad that buildings have been constructed, and they look very nice. Plus, we learned that the Taliban has been encouraging Women to start small businesses from their home. We learned that info from some other workers. It is very encouraging. Of course, suffering continues in the villages, and in the slums in a deep way. Women are oppressed by wearing all kinds of attire when they're outside and in other ways.

Good news is that there are people that are coming to Christ through some locals. We were impressed with the open doors there are in Afghanistan for God's people to serve and show the love of Christ at this critical time in history. Please pray for more workers to join us there!



PRESBYTERIAN MISSION

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

Dear Friends,

Warm greetings to you! We want to share some of the joys and challenges of the few months and also ask for your prayers.

April and May were busy months for both of us in Juba. Bob had a great celebration at the end of his class at NTC as students presented in groups something of the religious heritage of each of the nice people groups represented in his class. If you read our previous newsletter, you know that his class had a rich discussion about how discern which parts of their religious heritage to keep when they choose to follow Jesus, and how to think about culture in light of the gospel message. Bob also had some meaningful interviews related to research he is doing about context theology in South Sudan. If you want to hear more about Bob's research, he also created a short video that introduces his research – Just let us know and we will send you the link.

Kristi and her colleagues received a few invitations to conduct the Healing Hearts Transforming Nations Workshop in Juba from different groups in April and May. This was a great opportunity for some of the new facilitators who were trained in March to gain experience and join the teaching. There were some painful personal stories of atrocities committed that people shared during some of those workshops, and we praise God for enabling people to share a release that deep pain and bring it to the cross. Several participants in those workshops confessed the wrongs of their people in a way that opened the door for others to forgive and find freedom from prejudice and hate. These new facilitators were grateful and humbled to see the Holy Spirit at work in people hearts, despite how inexperienced they felt.

We landed in the U.S. in early June with plans for spending the new few months visiting churches, attending conferences, and being with family. Bob was not feeling well when we arrived, and the sickness has now dragged on for several weeks. Medical test and doctors visit seem to indicate a resurgence of Epstein Barr Virus that Bob experienced in 2017 and explain why Bob continues to feel unusually tired and weak. We were sad to have cancel a few weeks of visit with churches and friends as we returned to Illinois in late June for Bob to recover. We are grateful that Bob's energy is improving, although it appears that it is a rather slow process. Bob's motto these days is "Walk slowly and carry a grateful heart".

Finally, you have probably all seen the news about the devastating civil war in Sudan that is causing upheaval in our region. More than 100,000 people have fled from Khartoum into South Sudan, in addition to other refugees who have fled to other neighboring countries. South Sudan was already stretched thin with severe food insecurity and economic crisis, so accommodating these refugees has been a slow process with many suffering without food or water. The families and relatives of any of our colleagues in Juba live in Khartoum, and they have struggled to find safe passage out of the country, our church partners in South Sudan are providing some food and supplies to these people fleeing the war, and we ask for your prayers that the violence would end, and the God would protect and provide for civilians.

We are grateful to the Good Shepherd for walking with us on this journey, particularly in the uncertainty and discouragement of not feeling well. We welcome your prayers for healing Bob and for God to continue to give discernment and wisdom. We celebrate that people the ways the God has worked this year in South Sudan, but we also recognize significant suffering and ongoing challenges that people face. Your prayers and partnership with us and our partners in South Sudan are important! You can always reach us if you have questions or thoughts to share at bob.rice@pcusa.org or Kristi.rice@pcusa.org.

Gratefully,

Bob & Krisit Rice

Why Attend Mission Breakfast?

Mission Breakfasts are meant to inform, to inspire, to motivate, and to enjoy a great breakfast.

Unfortunately, what you receive when you attend Mission Breakfasts partially misses a major point of this program. Activities at Valley Presbyterian Church are not only to receive but to give. What do I mean by giving? Giving for me is not monetary, although appreciated for these worthy missions, but is an opportunity for fellowship. Christianity involves in part worship, prayer, growth through study, service, evangelism, and most importantly fellowship. Programs this summer at church such as coffee after church service, Friday game afternoon, movie ministry, line dancing, and Mission Breakfast are examples where you interact with other Christians and share fellowship. Why fellowship? When you give yourself to other Christians in fellowship you not only edify them but receive their and God's love. This will happen in heaven, why not now?

Why attend this Mission Breakfast? We are blessed by having Bob and Kristi Rice, our own PCUSA missionaries serving in South Sudan, who you already know from their frequent blogs, excerpts of which are in the Valley Voice, and previous visits to Valley Presbyterian Church. Bob and Kristi are gifted witnesses to God's grace, and they will inform, inspire, motivate, and you will have a great ticketed breakfast. Opportunities to experience the Rice's include-

Saturday, 9/16, Mission Breakfast at 8:30am. (\$5.00 cost for breakfast.) Tickets will be available September 3 and 10 in the Charter Hall during fellowship after Sunday Worship.

Sunday, 9/17, worship at 9:30am and an Open House at the home of the Rev. Dr. Craig Lindsey and Judy Lindsey at 2-4 p.m.

4151 S. Westcotta Dr
Green Valley, AZ 85622-5606



Nogales, Crossroads Mission

Submitted by: Les Walter, Crossroads Liaison

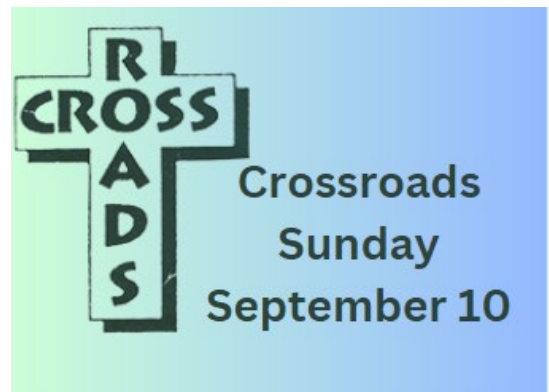
Thank you for the generosity on Sunday, August 13, Nogales Crossroads Mission Sunday.

The missions' needs have stayed the same throughout the summer with the increase in migrants.

- Twin size bedding
- Non-perishable food for emergency food bags.
- Shoes, socks, hygiene items for men, women and children are needed.

To see the results of your support and some of the lives you have touched.
Visit Crossroads Mission Nogales Facebook page.

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





Valley Assistance Services

Your Helping Hand Forward

Valley Assistance Services (VAS) guides seniors, individuals and families to live healthy, resilient and vibrant lives, while remaining safe and independent. For over 50 years, our professional staff and cutting-edge programs have addressed life's challenges by embracing prevention and education, and by enriching the lives of over 7,000 individuals, youth, and seniors throughout our 2,700 square-mile service area, along the I-19 corridor. Our programs and services are now expanding from Sahuarita into Rio Rico.

The times are continuing to be stressful and troublesome for so many. Over the last year. We have seen a growth in our emergency monetary assistance program (rental/utility assistance, workforce training, and benefit advocacy) of over 400%. Our Transportation program has seen an increase of 300% with rides in both Pima and Santa Cruz County to medical appointments and other necessary appointments. The continued occurrence of social isolation and chronic health issues affecting many in our communities has doubled. Inflation, increasing rent, losing a job, stress, health changes, and a changed world after the COVID pandemic are seen daily. Yes, there is a need in our communities, and it continues to grow.

VAS is also in need of volunteer drivers, office/phone help, friendly visitor program, fundraising and special events. Flexible schedules, training provided. Contact Linda B. 520-625-5969, lburns@valleyassistanceservices.org



Compañeros en Misión

Submitted by Judy Aguayo, Compañeros en Misión Mission Liaison

Even in The Heat

Dear sisters and brothers,

Your sister and brothers at Compañeros en Misión keep on keeping on, in spite of the tremendous heat wave that we've been experiencing across the country. Here on the border, our daytime temperatures have consistently been over 100 degrees for many weeks.

Yet even in the heat, the Food Ministry continues. Several members of Compañeros en Misión bring meals three times a week- burritos or a sandwich, and a bottle of water – to the downtown area where migrants wait. They feed about 70 people each time, and clothing and shoes continue to be provided.

At the church, Compañeros en Misión continues to provide health checkups to people in their community. Local doctors provide medicines for the nurses to distribute. They continue to help their neighbors monitor glucose levels, blood pressure, and weight control. And they provide rides to church on Sundays. They care deeply about their community, and they are grateful for your continued support.

Sincerely,

Friends of Compañeros en Misión



Emerson delivers food boxes to families waiting at the border. The smile on Milton's face says it all.

You may want to subscribe to companerosenmision@gmail.com to receive their newsletter with information about their needs and heartwarming stories from the streets of Nogales.



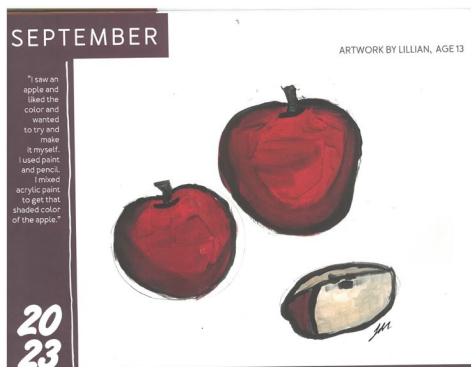
Submitted by: Kylene Joplin & Carol Stephens

Saturday September 9th at 8:00 a.m. at Quail Creek Veterans Municipal Park is the Annual Hunger Walk for the Community Food Bank of Southern Arizona.

Signup through Valley Presbyterian Church, online or at the park on event day.

Come join us for a fun day of walking, talking and camaraderie.

See you there and thank you for your continued support.





Submitted by Mary Horn, Mission Committee Liaison to YOTO



Work continues on YOTO's new FOREVER HOME located at 2525 N Country Club Road. They are projecting November 2023 for "move-in" date for students. We will look forward to doing a tour of the new facility in February/March 2024! Plan to join us!!

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



YOTO's Back to School Challenge has now started and will run through the end of September. Folks can find the most needed items for the Mini Mall or make a financial contribution by going to the website: <https://yoto.org/backtoschool/>. At this site, we can order directly from Amazon and the supplies will be delivered directly to YOTO.

Continued on page 38



THANK YOU for the generous donations you brought in August for the Mini-Mall. These were delivered to YOTO on Tuesday, August 29 along with our cards of inspiration for the students. We will be collecting items for the YOTO MINI MALL on the 3rd Sunday of September 9, 2023. Please find a bin in Charter Hall near the entrance to the Spiritual Life Center. We will again be collecting Spiral notebooks (College Ruled), Composition Notebooks (College Ruled), and Peter Pan Original Creamy Peanut Butter.

YOTO CARD MAKING will meet on the 4th Wednesday in September. We'll meet at the church in classroom 5 on September 27 from 1:00-3:30. All are welcome to come and create cards of inspiration for the students!! Hope to see you there!!





The Tucson Walk to Defeat ALS

October 21, 2023

The check-in time is 8:00 a.m.

The Walk starts at 9:00 a.m.

At Reid Park Tucson AZ

Submitted by: Cindy Johnson

This year Cindy Johnson will be participating in the ALS walk in Tucson Arizona at Reid Park in honor of Pat Nau. You may join the VPC Walks for Pat team by going to ALS Association Arizona Chapter web page or come by the VPC office and Cindy Johnson will be happy to help with your sign-up or to donate.

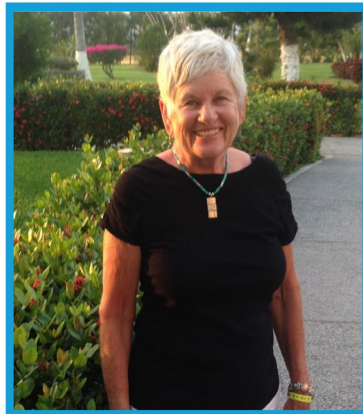
Why ALS Needs Your Help

Every 90 minutes a person in this country is diagnosed with ALS and every 90 minutes another person will lose their battle against the disease. ALS occurs throughout the world with no racial, ethnic or socioeconomic boundaries.

When you participate in the Walk to Defeat ALS it brings hope, it raises awareness. It provides resources and services to families free of charge. To help unlock the mystery of ALS and find the key to treatments, to help find a cure, please join me in the Walk to Defeat ALS.

Why We Walk

for PAT NAU



ALS
ASSOCIATION
Arizona Chapter



September Birthdays

First Name Last Name Birthday

| | | |
|---------|-----------------|----------------------|
| Dorothy | Foucher | September 01 Over 90 |
| Kurt | Hargleroad | September 01 |
| Sally | Ruschmeier | September 03 |
| Sylvia | Landry | September 04 |
| Nancy | Crosby | September 05 |
| Jane | Groendyk | September 05 |
| Charles | Ashton | September 06 |
| Bill | Lemman | September 06 Over 90 |
| Dale | Parker | September 06 |
| Jim | Chervenka | September 08 |
| Wally | Mullaly | September 08 |
| Laura | Penton-Williams | September 08 |
| Richard | Bolin | September 09 |
| Sara | Hennigar | September 09 |
| Sherry | Darrah | September 11 |
| Don | DuDeVoire | September 11 |
| Candy | Nelson | September 12 |
| Jim | Nelson | September 12 |
| Eugene | Friesen | September 13 Over 90 |
| Rudy | Sweisfurth, Jr | September 13 |
| Jim | Collins | September 14 |

September Birthdays

First Name Last Name Birthday

| | | |
|------------|------------|----------------------|
| Lois | Dierken | September 14 |
| Ellen | Entwistle | September 14 |
| Dudley | Williams | September 15 |
| Linda | Jorn | September 16 |
| Bob | Puttock Jr | September 16 |
| Walt | Stevenson | September 16 |
| Alicia | Wood | September 18 |
| Mabel | Acri | September 19 Over 90 |
| Nelson | Hahn | September 20 |
| Craig | McFall | September 20 |
| David | Elsner | September 21 |
| Gini | Baird | September 22 Over 90 |
| Abby | Jackson | September 23 |
| Nancy | Lamphere | September 23 Over 90 |
| Marguerite | Nelson | September 23 Over 90 |
| Jane | Bond | September 26 Over 90 |
| John | Holland | September 26 |
| Mary | Lillie | September 27 |
| Carolyn | Stevens | September 27 |
| Debbie | VanHyfte | September 29 |
| Chuck | Willie | September 30 |

| Valley Presbyterian Church September 2023 | | | | | | |
|--|--|---|--|---|---|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 9:00am Parkinson's Chair Exercises | 2 8:00am Communion Prep |
| 3 Food Bank Sunday 9:30am Worship Service (Communion Sunday) 9:45am Children's Sunday School | 4 Labor Day – Office Closed | 5 9:00am Women's Ministries Meeting 9:30am Prayer Ministry 1:30pm Buildings & Grounds 2:00pm Joyful Spirit Ensemble | 6 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise Class 12:30pm Worship Committee 1:00pm Movie Ministry 3:15pm Choir Rehearsal | 7 1:00pm The Book-The Story of God | 8 9:00am Parkinson's Chair Exercises 9:00am Stephen Ministry | 9 9:00am Choir Retreat |
| 10 Nogales Crossroads Mission Sunday 9:30am Worship Service 9:45am Childrens Sunday School 1:00pm Jim Mills Memorial | 11 9:00am Parkinson Chair Exercises 9:30am Mission Quilters 10:00am Fellowship Committee 10:00am Patio Sale Coordinating Team Planning 1:00pm Bible Reflections | 12 8:45am Mission Committee 9:00am Cardio Drumming 9:30am Faith Formation Meeting 9:30am Prayer Ministry 1:30pm Buildings and Grounds 2:00pm Joyful Spirit Ensemble Rehearsal | 13 9:00am Deacon Meeting 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 10:00am Personnel Committee 2:00pm Worship Committee 3:15pm Choir Rehearsal | 14 8:00am Patio Sale Sort 1:00pm The Book: Story of God 3:00pm Line Dance Review | 15 9:00am Parkinson's Chair Exercises | 16 8:30am Mission Breakfast – Bob and Kristi Rice Missionaries 1:00pm Delores Lindgren Memorial |
| 17 YOTO Sunday 9:30am Worship Service – Missionary Bob Rice 9:45am Children's Sunday School 2:00pm Open House for Missionaries Bob & Kristi Rice at the Lindsey Home | 18 9:00am Parkinson Chair Exercises 9:30am Valley Fiber Arts Guild 1:00pm Bible Reflections | 19 9:00am Cardio Drumming 9:30am Prayer Ministry 11:30am Women's Ministries Luncheon 2:00pm Joyful Spirit Ensemble Rehearsal | 20 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 10:00am Finance Committee 01:00pm Membership and Outreach 3:15pm Choir Rehearsal | 21 1:00pm The Book: Story of God 1:00pm Planning Committee | 22 9:00am Parkinson's Chair Exercises 9:00an Stephen Ministry | 23 |
| 24 9:30am Worship Service 9:45am Children's Sunday School | 25 9:00am Parkinson Chair Exercises 1:00pm Bible Reflections 2:00pm Valley Readers | 26 9:00am Cardio Drumming 9:30am Prayer Ministry 11:00am The End Times 2:00pm Joyful Spirit Ensemble Rehearsal | 27 9:00am Men's Bible Study 9:00am Parkinson's Chair Exercises 10:00am Chair Exercise 1:00pm YOTO Card Making 2:00pm Bell Rehearsal 3:15pm Choir Rehearsal | 28 8:30am Session Meeting 1:00pm The Book: Story of God 3:00pm Line Dance Review | 29 9:00am Parkinson's Chair Exercises | 30 8:00am Communion Prep |