

The Vision

Volume 16, Issue 5

“For the VISION is for the days yet to come.” *Daniel 10:14*

May 2023

Food for the Body and Soul: Recognizing People in Need By Pastor Ann

As we approach Mother’s Day, I can’t help but think about my mother and that it was a year ago that my siblings and I were so worried because Mom had fallen and then suffered a cascade of medical problems. Thoughts of Mother’s Day were overwhelmed by thoughts of whether my mother would be alive on Mother’s Day. Thankfully, this year we are all in a better place on that score.

But it does make me think about caring for our mothers and how to provide support and care for people, especially older people, who live alone. As a community of faith, we are to care for each other. Scripture says we are to care for the “widows and orphans.” As early as the book of Exodus, scripture teaches that God takes particular notice of widows, and that God will denounce anyone who mistreats them. Scripture calls for Jews to allow widows to reap in their fields and to share in the tithes and meals at public festivals (Deuteronomy 14:28-29), and mandated support for widows, as well as for the fatherless and the immigrant, by giving food and clothing (Deuteronomy 10:18).

In the earliest years of the Christian church, even before believers were called Christians, the community shared their resources so that none, including the widows, would go without. (Acts 2:44-45; 4:32) But what may be the earliest record of church conflict arose when Hellenists complained that their widows were not being treated as well as Jewish widows. (Acts 6:1) Balancing caring for others and preserving limited resources has always been a struggle. We can also see the care for widows in Paul’s letter to Timothy when he addresses the church in Ephesus about the need to care for those in the community who are most in need. (1 Timothy 5:3-16) More importantly, Jesus calls on us to care for each other in the new commandment that he gave at the last supper: “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have

love for one another.” (John 13:34-35)

I am touched by the many people at Velda Rose UMC who are stepping up to help others in the congregation and the community. This month I want to highlight and thank a few of our members who are helping our congregation. Rhonda Montgomery who has offered her expertise on being a caregiver to help others who are in the position of caregiver. Rev. Gary McDonough who has offered his expertise in the field of grieving and offered a grief class. Connie

**“...JUST AS I HAVE LOVED YOU,
YOU ALSO ARE TO LOVE
ONE ANOTHER.”**

Zimmerman who is learning about visitation ministry and bringing caring to church members. All three of these ministries are especially helpful to seniors who often live alone or who end up living alone. Caring for this population is particularly important.

Here are some questions we can all ponder: How can we better care for each other? Is there something you need? Is there something you have to offer that could help others? As the Planning Team works on defining and discerning ministries that help Velda Rose UMC fulfill its mission and purpose, your suggestions are welcome and helpful. And if you would like to help with visitation, please contact the church office.

One of the things I did to help care for my mother was to make up a freezer full of meals that she could easily heat up. This reduced the burden of planning and shopping and cooking every night. My recipe this month is one that she found particularly tasty. I made it up and placed it in single-serving microwavable freezer containers available through Amazon (and probably Walmart). Enjoy! (Recipe on page 2)



Chicken Broccoli Rice Casserole



20 servings



40 minutes

INGREDIENTS

10 cups of cooked rice

4 cups of cooked chicken, chopped or shredded (rotisserie chicken is a time saver)

4 cups broccoli, lightly steamed and chopped (frozen broccoli makes this really fast)

4 cups of shredded cheddar cheese (save time by buying shredded cheese, if you prefer a different kind of cheese, you can substitute it)

4 cans cream of soup (14 oz. size) (you will get the best flavor if you mix varieties. Suggestions include mushroom, chicken, celery, or mushroom with roasted garlic. Use your favorite kinds. You can also lower the sodium by using low sodium varieties)

1 tsp salt

½ tsp pepper

DIRECTIONS

Preparation:

In a large bowl, combine all the ingredients and mix well.

Divide mixture into desired serving sizes in freezer bags or containers. Label, seal and freeze.

Cooking Instructions:

For family serving sizes (1/4 of the recipe): Thaw the mixture overnight. Place in a 9 X 13" casserole dish. You can add additional cheese on top, if desired. Bake at 350 for 25-30 minutes or until bubbly.

For individual servings using microwavable containers: There is no need to thaw. Simply remove the top and microwave for 5 minutes on full power. Stir. Microwave for an additional 3-5 minutes, depending on the power of your microwave, or until the desired temperature is reached and the mixture is bubbly.

Note: You can use this same method with shredded pork and hash browns and peppers with cheese soup and cream of bacon for a completely different meal. Or try cooked ground or shredded beef with mixed vegetables and cream of potato and cream of mushroom for a casserole version of pot roast.

Many churches use candles in worship. Some churches today are adopting an ancient usage of a very large candle that symbolizes both the pillar of fire that led Israel by night and the risen Lord who stands among us at Easter. This large candle sits in a tall (usually 48 inches) stand, and it bears a light high for all the people to see as they sing, "Alleluia! Christ is risen!" This candle is called the paschal candle. "Pasch" comes from the Hebrew word "pesah," meaning deliverance or Passover -- thus connecting the Resurrection to the Exodus.

Some churches practice lighting the paschal candle outside and then will process into the church. The candle remains lighted for all services during the Great Fifty Days — Easter through Pentecost. It serves as a reminder of our Lord's Resurrection victory over the darkness of sin, death and the grave. Sometimes, the paschal candle is lighted at baptisms, as a strong reminder of our connection to Christ's death and resurrection.

In our baptism, we are connected with Christ's death. Not only is our sinful guilt washed away in Jesus' Blood, but also the Old Adam, the sinful nature we were conceived and born with, is drowned, killed, and buried with Christ along with its mastery over us. However, in that Blessed Sacrament, God has acted to make the dead, alive. Pastor Klemet Preus in his book *"The Fire and the Staff"* shares an experience he had as he was preparing a family to baptize their child. The young couple had three children, the youngest about a month old. A month earlier, he had visited them in their home to review what the church teaches about Baptism. Little Johnny, about 4 years old, had listened with focused attention as the pastor was speaking.

When the big day arrived, everyone was excited and joyful. The baby was dressed in a gorgeous and intricate gown, the same worn by her mother and

grandmother. Just before the service began, Pastor Klemet was asked, "Would it be okay if Johnny comes up to the font as well? He probably won't behave in the pew."

"Of course," replied the Pastor, "that way he can see exactly what is happening."

The family beamed their pleasure. "Oh, that would be so nice."

Dad held Lil' Johnny, who did appear to be interested in the baptism, and seemed to squirm slightly less

than usual. When the family returned to their pew, Pastor Klemet was pleased—both at the Baptism, and at Johnny's uncharacteristically good behavior. Perhaps, he thought, witnessing his sister's Holy Baptism is a positive thing for Johnny.



Then it happened. Halfway back to their pew, Dad let Johnny walk. The agile little elf quickly seized his opportunity and escaped. Johnny was standing in front of the altar, facing the congregation. Pastor Klemet gasped. Mom and Dad gasped. The congregation smiled, knowing that something was about to happen. Then Johnny spoke.

In his book, Pastor Klemet said the following: *It was one of those short, brilliant, and completely orthodox statements that indicates a life in the ministry. "All clean!" he shouted and summarily returned to his pew. The congregation smiled again. ...I realized that Johnny had captured the purpose and meaning of Baptism perfectly and precisely. He had preached a better sermon that day than I had. I think his sermon was just as clear and to the point, "All clean!"*

In Baptism God said, "All clean." In the face of satan's attacks and accusations, gaze upon the lit candles before you this Easter season and be reminded that you have been connected to Christ's death and resurrection, that you are "all clean"!

Easter Sunrise Service at the Park



IT WAS A BEAUTIFUL sunrise and only slightly chilly as members and clergy from four Mesa United Methodist churches gathered for Easter Sunrise services. Velda Rose UMC, First Mesa UMC, Grace UMC, and Tongan UMF, joined together before the sun rose to set up for worship in Countryside Park. Over 125 people gathered to face the east, watch the sun rise, sing praises to the Risen Christ and hear the message of good news from Bishop Carlo Rapanut. Greeting the rising sun and each other with shouts of, "He is risen!" "He is risen indeed," we raised our voices to unlock the Alleluia, singing, "Christ the Lord is risen today, Alleluia!"

United Women in Faith Prayer Chain

Prayer

NEED PRAYER? Call Karen Taylor or the church office at 480-832-2111.

VRUMC Trip to the Butterfly Conservatory



Explore the rainforest in the largest butterfly conservatory

in the country right here in Arizona!

LET'S GATHER FOR FELLOWSHIP and learn more about our symbol of resurrection—butterflies! Butterfly Wonderland transports guests of all ages to the rainforest by immersing them in the world of butterflies and other rainforest animals. Learn about Monarch migration in a captivating 3D movie, observe live chrysalis as they emerge naturally into beautiful butterflies, spend ample time strolling through the conservatory with the butterflies, get up

close to unique reptiles that inhabit rainforests across the world, and even indulge in edible insects!

Date: Tuesday, May 23

Time: Gather at the church by 9:45 am (we will leave by bus at 10 am). We should return to the church by 1:30 pm.

Price: \$25.95/person (provided we have at least 10) and \$15.99 for lunch

Sign up in the Library after worship or contact the church office by Monday, 5/8.

May Sunday and Wednesday Morning Services



May 7

Unfold: Claiming New Possibilities
Mt 16:13-20
Pastor Ann

May 14: MOTHER'S DAY

Let Go: Leaving Behind What We Don't Need
Exodus 16
Pastor Ann

May 21

Fly: Daring New Heights
Mark 2:1-5
Pastor Daniel

May 28: Day of Pentecost

Journey: The Places We Will Go
Acts 2:1-4; 10:34-36
Pastor Ann

10:00 AM WEDNESDAY ONLINE BIBLE STUDY & MEDITATION

5/3 Matthew 16:13-20

5/10 Exodus 16

5/17 Mark 2:1-12

5/24 Acts 2:1-21

5/31 Acts 10

EMERGE Worship Series Continues in May

OUR EMERGE WORSHIP SERIES CONTINUES through May. We are living in a time of great change, one might even say, of metamorphosis. We're all human, after all, and transformation is inevitable. The seemingly tried and true practices we have known don't work anymore. The familiar is often being covered with the silk threads of a cocoon in which we will inevitably transform. It is an experience of liminality, which comes with a certain amount of pain as we let go of our illusions of permanence. We can see this moment as the iconic symbol of death and resurrection that butterfly metaphors tend toward, but we can also marvel at the proof that life is simply progressing especially because we are living this great change.



Butterflies are a long-standing symbol of resurrection and our theme image for this series. This series started with the caterpillar and chrysalis — the beginning of the journey of transformation — and affirmed the

darkness as good for birthing new things. Already within a caterpillar are amazing groupings of dormant cells that have all the information needed to move ahead and form and perform as a beautiful butterfly. The DNA for change and for whatever-is-next is already within us, gifted by

our Creator. This is the good news we will proclaim this season.

United Women in Faith



United Women in Faith

Legacy Fund
ON MARCH 23, 2023, Velda Rose UWF made a monetary contribution to

the UWF Legacy Endowment Fund. This date was chosen as the “Day of Giving” because our foremothers began their work on March 23, 1869, when eight women gathered in a Methodist church in Boston and learned that women in India could not be served by male educators or physicians. Determined to do something about that, they organized women across the country to raise funds to send a woman teacher and a woman doctor to India to serve women and girls—and sparked more than a century of service and advocacy that has improved life for women, children and youth around the world. Dawn Armstrong, chair of the Legacy Steering Committee of the Board of Directors, says on page 17 of the March/April 2023 issue of Response Magazine, “When you make a gift to the Legacy Fund, you pool your resources together with hundreds of other women to create a powerful investment. This investment will continue to pay dividends in perpetuity, ensuring that there is a permanent source of income available to accomplish the vital work of United Women in Faith for many years to come.”



In his letter to the Ephesians, Paul writes, “With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth.” --Ephesians 1:8b-10. Bringing our resources together helps us accomplish the excellent work none of us can do alone.

Social Justice Racial Justice



Emily Jones

There are many good articles to be found by accessing the United Women in Faith website at www.uwfaith.org. One such article was written by Emily Jones, the executive for racial justice at United



Women in Faith. She leads UWF’s campaign to interrupt the school-to-prison

pipeline. In an article entitled “What Black History Means to Me as a White Woman,” Emily writes that most of our schools didn’t teach us much, if anything, about women’s stories. “We know little to nothing about Fannie Lou Hamer and Ella Baker, about Mary McLeod Bethune and Ida B. Wells, about Sojourner Truth and Harriet Tubman. We were not taught about the many lasting fruits of African American struggles which have benefitted us all, including free public schools in the South instituted by Black state legislators of the Reconstruction Period, and birthright citizenship and “equal protection under the law” secured in the 14th Amendment to the U.S. Constitution, another fruit of the Reconstruction Era after the Civil War. The stories of these women, when we learn them, offer crucial inspiration and clarifying instruction for our living today.” Emily reminds us that when we know where we’ve come from, we are better able to act faithfully in the present and reach toward a more just future, together. I recommend you take a moment to browse the UWF website to find other thought-provoking articles.

Climate Justice

In the March/April 2023 issue of Response Magazine on page 14, women (continued on page 7)

United Women in Faith, continued

are being asked to mobilize on the issue of climate justice. Women are leading many climate action efforts, but there is still a gap in formal representation in climate-related positions in government. Women made up less than 34% of country negotiators at the United Nations 27th Climate Change Conference in Egypt in November 2022. But it is often the women and children around the world that are disproportionately impacted by the climate crisis. Let us start locally to develop women leaders and to learn how climate change is impacting our communities. We can learn more about how local communities and congregations are leading the just and renewable energy transition by subscribing to the UWF climate justice newsletter.

Mission u

Billie Larime, Dean of Mission u, is inviting all women to join her at Mission u this year as it explores the good news and what it means for our lives! Dates/times of 2023 Mission u:

- In-person Mission u (Adult Study) at Prescott UMC on July 21 & 22, 2023
 - Registration link: <https://dscumc.org/secure/2023-mission-in-person-registration/>
- Virtual Mission u (Adult Study) on June 23rd 5-8 pm and June 24th 9-11:30 Break 12:00-2:00 pm
 - Registration link: <https://dscumc.org/secure/2023-mission-u-virtual-adults/>
- Virtual Mission u (Youth Study & Youth Leaders) on August 24 & 31, September 7 & 14, 2023 - 2 hours each session from 6pm to 8pm.
 - Registration link: <https://dscumc.org/secure/2023-mission-u-virtual-youth/>

We believe love in action can change the world!

Mary Killgrove, President of Velda Rose United Women in Faith

Worship Planning: You Can Help!



You can help Pastor Ann plan worship.

First, in the

Month of May, Pastor Ann is asking you to share your questions about the Bible, about faith, about church, or about living as a Christian. What troubles you? What puzzles you? Your questions might give rise to a sermon series, or even a Bible study. Look for the “Topic Suggestion” box in the sanctuary or send an email with the subject line, “Topic Suggestion” to pastorann@veldarose.org. Your suggestions will help Pastor Ann discern what topics are important for this faith community.

Worship Planning: You Can Help!

Second, Pastor Ann is looking for an online “host” who will interact with our online congregation and help include them in the full worship experience,

even from home. If you would be interested or even THINK you might have the right skills, please contact Pastor Ann.

This series will take time to prepare and hopefully involve



many in our congregation and even our community. Not unlike a movie that is just starting production, the exact dates for this series are unknown (in fact, “soon” is relative). Reach out to Pastor Ann to discuss how you might be involved.

United Methodist Men: Men. Ministry. Mission.



WELCOME OUR NEWEST members, VIRGIL SCHATZ and TED GAGNE into our Ministry!

are held on the 1st Tuesday of every month at 11:30 A.M. in Martin Hall on the Church Campus. A light lunch is served.

CANS CANS CANS

The UMMM are now collecting aluminum drinking cans to be recycled. This is good for our environment and also will help us with income for our missions and projects. You can drop your cans off at the pods on the east end of the mission building. There are slots there to place them in. All cans are appreciated.



Our email is veldaroseummm@veldarose.org if you wish to contact us.

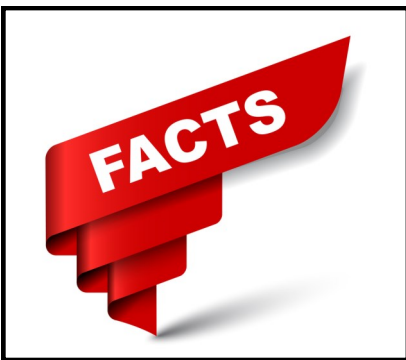
Bruce D. Williams President UMMM

On April 15, 2023 we started a new program that we call “Free Fresh Vegetables” which we offered to everyone that came to our food pantry through handouts in their food bags and Posters around the church.

On that day we gave away approximately 180 pounds of fresh vegetables to needy families in the Mesa community. Our plans are to do this again in May and then continue beginning in the month of November.

Our United Methodist Men in Ministry and Mission invite all men to our meetings. Come and enjoy some fellowship and get acquainted. Hear of some of the things we are planning. Most of our endeavors support our local missions. Our meetings

Velda Rose United Methodist Foundation



DO YOU KNOW?

real estate, homes, and vehicles to the Foundation.

1. The Velda Rose Foundation’s purpose is to receive, invest, and manage all kinds of property given to our Foundation.

4. You can even donate money to the Foundation and still receive an income from that money for as long as you live.

For more information, see a Velda Rose Foundation board member—Tim Most, Arlene Oisten, Ron Roberts, Alan Bergman, or Grace Van Brunt.

2. Only a portion of the interest income is available for distribution to church projects. This allows your contributions to grow each year, forever.

3. You can donate stocks, bonds, insurance policies,

2023 Mission Project News — Desert Southwest Conference

Ukraine UMC Support—By Billie Fidlin

“WAR-TORN” DESCRIBED Ukraine. While heartbreaking for all concerned, I think about the children involved. I have two adult sons of my own, and two granddaughters. To imagine – though I know in my heart I truly can’t imagine because war is foreign to our shores – children having to live through this – if they live at all – my heart breaks. But we, here in the United States, here in our Conference – we do need to imagine. We do need to take all of this to heart because as people of faith we are called to care for our sisters and brothers, both near and far. But... the children.

UNICEF has been looking into the matter of missing Ukrainian children with great intention. “So far, 465 Ukrainian children have been killed during the war and approximately 14,000 more have been kidnapped and deported to Russia” – this according to Ukrainian officials. Of that 14,000, only 125 (approximate estimate) have been sent back to Ukraine. I take those numbers in. What if it was my granddaughter? Or yours. (<https://www.ebu.ch/news/2023/02/where-are-the-missing-children-of-ukraine>)

United Methodist funding will move through UMCOR – the United Methodist Committee on Relief – to be used for food, clothing, shelter and later economic rebuild. May we give from the heart. “Surely one does not turn against the needy, when in disaster they cry for help.” Job 30:24

RIP Medical Debt

On April 16th, CBS Sunday Morning ran an excellent piece on RIP Medical Debt. As their intro narrative states:

“At any time, one in five American households bears medical debt, the cause in a majority of U.S. bankruptcies. Since 2014, the charity RIP Medical Debt has abolished more than \$8.5 billion worth of medical bills for five million Americans, by buying up delinquent medical debt at pennies on the dollar, just as debt collectors do, and abolishing it. Correspondent Martha Teichner

talks with the co-founder and president of RIP Medical Debt, and with a Georgia preschool teacher whose \$1,500 medical debt, that had dogged her for years, was suddenly erased.”

This four-minute video on the CBS website (<https://www.cbsnews.com/video/rip-medical-debt-abolishing-crippling-health-care-debts/>) gives an excellent overview of how the program works.

Turkey & Syria Earthquake Relief (as edited and updated by Pastor Ann)

Since February 6th, the day of the first earthquake to strike Turkey and neighboring Syria, national and international news organizations have carried stories of the total devastation and overwhelming numbers of lives lost. Complete cities were leveled, with nothing left. A second series of earthquakes hit on February 20th and as of March 1, there were more than 11,000 aftershocks. The earthquakes and underlying vulnerabilities resulted in the confirmed deaths of at least 56,000 people in Turkey and Syria, including aid workers, and many more likely still buried. Over 230,000 buildings were damaged or destroyed in Turkey, with thousands more damaged in Syria. The International Organization for Migration reports that 3 million people have been displaced by the earthquakes in Turkey. As of April 20, 1.6 million people in Turkey continued to live in informal settlements. UMCOR has provided financial assistance since day one; volunteers from all over the world have traveled to help dig through the rubble, stone by stone. Miracles have occurred finding some people alive, more than 200 hours after that first quake.

How You Can Support the DSW Annual Conference Mission Projects

You can give through Velda Rose UMC, simply by designating in the memo which project you want your donation to go to, or mark “AC Mission” to split the money among the three projects. You can also give at <https://dscumc.org/mission-project-donation/>. All donations should be received in the church BY June 4th so it can be reported in time for Annual Conference reports.

Orpheus Male Chorus on May 2



THE ORPHEUS MALE CHORUS of Phoenix presents its spring concert series, Songs from Home, Tuesday, May 2 at 7:30 p.m. at Velda Rose United

Methodist Church. The concert features a selection of spirituals, folk music and additional songs that celebrate the joys of coming home! The performances include audience favorites such as "Battle Hymn of the Republic," "Will the Circle Be Unbroken," "Rocky Top" and "Shenandoah."

Admission to Songs from Home is \$25 for adults, \$20 for seniors and students. Children 12 and under are admitted free (\$0 ticket required). Tickets purchased



in advance are being sold online only at www.orpheus.org. Tickets purchased at the door receive a \$5 surcharge. For more information, contact the Orpheus Box Office at (602) 698-7890.

May Music Events at Velda Rose UMC



Tuesday, May 2 at 7:30 PM: ORPHEUS MALE CHORUS

Thursday, May 4 at 7 PM: IMAGINE PREP SUPERSTITION SPRING CHORAL CONCERT

Monday, May 8 at 7 PM: RESONANCE VOCAL ENSEMBLE'S AMERICANA CONCERT

Imagine Prep Superstition Spring Choral Concert

THE VRUMC CONGREGATION IS INVITED to attend the Imagine Prep Superstition Spring Choral Concert. The concert will be held in the Sanctuary on Thursday Evening, May 4th, 2023 at 7 PM. Seating begins at 6:30 PM, and the concert should conclude by 8:15 PM. Admission is free for Velda Rose UMC congregants.

This concert will be directed by Rachelle Starr with Mary Ellen Loose accompanying, and will feature the

IPS Advanced Vocal Ensemble, Chorale, and MS Choir. This concert will also feature a short Recognition and Awards Ceremony, and a "Year In Review" Slide Show.

Rachelle is very grateful to be able to bring her choir students to present a concert at Velda Rose, and hopes if you are able, you can attend. Thank you in advance for your consideration and support.



OUR WONDERFUL MUSICIANS

YOU SEE THEM EVERY WEEK at the organ and leading the music. You know they are musicians but have you ever wondered about the things they've done in their lives and some of their other interests?

Read on to find a little more about these special people who serve us faithfully every week.

Robert Richter - Organist

Growing up in Michigan, Robert started playing the organ and piano for church services when he was 12 years old. He actually played for the children's services when he was even younger. He grew up in the Assembly of God Church but has played for many other denominations throughout his life.

Four years ago, I needed a substitute organist. A friend of mind gave me his number....and the rest is history! Many of you may not know that he



donates all of his time as our organist to Velda Rose. It's not unusual to find him practicing the organ during the week as well as very early on Sunday mornings. He is an accomplished organist and pianist. It makes him happy to know that his music affects people's lives.

For 44 years he has been self-employed. His business, Robert's Catering, is well known throughout Arizona. He has catered events for politicians, civic leaders, corporations, airlines, businesses, families... people from all walks of life. How we have enjoyed

the many events he has catered here at Velda Rose. If you've eaten his food you know how delicious it is!

Rachelle Starr - Song Leader/Choir Director

Rachelle grew up in Washington which afforded her a rich backdrop of experiencing God in nature, worship and within a Christ centered community. She graduated from Central Washington University with a BA in Music Education and a Master of Fine Arts in Vocal Performance and Pedagogy.

Being naturally empathic and sensitive to healing energies, she felt the calling to bring Christ's love and light to the world by being a healing presence and to facilitate healing at a young age. In 2020, she began her journey as a Wellness Practitioner at Southwest Institute of Healing Arts. She has become certified as a Holy Reiki Master Teacher, and in addition earned her Life Coaching Certification as well.



She started "Healing Grace Wellness Studio" this past year and offers various healing workshops. She plans to study more about the healing arts and use them in her studio. Rachelle teaches Choral Arts at Imagine Prep Superstition Charter School. She has been teaching Secondary Choral Music and Private Voice Instruction for over 35 years.

She has two sons, Benjamin David Starr and Blake Daniel Starr. Her oldest son, Ben, is married and has Fraternal Twin Boys. Her hobby and greatest joy is being a Grandma to these little boys (age 2) who are a delight and pure love in action!

Lenten Worship Season Notebook Entries

Throughout Lent, we invited worshippers to share their prayers, thoughts, feelings, insights, and even their drawings with each other in small notebooks scattered throughout the sanctuary. We have collected the notebooks and here are some of your entries. We are sharing them with you so we can reflect on the shared wonder, passion, and insights of our Lenten worship season.

Dear Heavenly Father,
Only you know my heart,
Only you know my need,
Only you know my sins,
Forgive me, dear Lord
and Let me begin again!

HELP ME TO LISTEN--REALLY LISTEN SO
I MAY HEAR GOD SINGING.

The journey to know yourself and
the journey to know God are one in
the same.

Thanks be to God!

*May I continue to trust You infinitely with ALL things. (heart)
I love You because You first loved me. Thank You for loving me.*

Never give up! Talk to God!

Dear Lord,
Thank you for this beautiful and reverent house of
worship...

Be still and listen
and I felt him
and calmed.

Be still my soul does not have an on/off switch. I have to
work at it.

...Grant us MATURITY.

**GOD HEARS MY GROANS
THE SPIRIT PROVIDES THE WORDS**

Lord, teach us how to lament the lost loved ones.

Reminders to remain & reflect at God's presence in my life. May my
mouth, my mind, and my heart; be mindful that is always present.

The Green Team

HELLO EVERYONE,

By the time you read this article we will have had (hopefully), a very successful “Earth Day Celebration” and we thank everyone who attended.

Earth Day has been around for 53 years (founded on my son’s 4th birthday) April 22nd, 1970. We thank everyone who helped us along the way and for the vendors who supplied information to help us get the word out.

It is so nice to be “back in business” after a few years of cancellations due to the pandemic, illness, etc. We are anticipating revving up again after the summer with more events and celebrations. We invite and welcome anyone who wishes to join us. There is so

much information available out there it is mind boggling. We are also open to any new ideas or information you might want to share.



Hope to see you all in the fall. We will keep you informed when our first official meeting for the new season will start, Have a wonderful summer everyone!

Oh... and we are not done with these monthly articles. We hope to bring you even more informative news so we can all help to “Save God’s beautiful Earth”.

Lenten Worship Season Notebook Entries, continued

Thank you Lord for this time of Listening for you and for the presence (gift) of your Spirit! Help me to take all of this into my community. Thank you Lord for your Love for each of us. Amen.

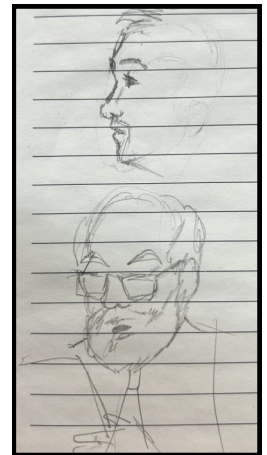
**Thank you God for having a safe trip to your house
Amen**

Be still...

And know...

You are BLESSED!

**O Lord, hear our prayer.
Peace - Peace only you can give.**



Thank You Lord for this time of listening and healing. I pray for the many families I know who have lost loved ones this week. Be with them and I pray they will feel your love & presence. Bless them Lord in their loss--may they know your Love.

Amen.

Peace be with you.

From the United Methodist General Commission on Race & Religion

WEBINAR - WHITE ALLYSHIP: WHAT IT MEANS TO BE AN ANTIRACIST ALLY

Becoming a white antiracist ally requires more than being a nice Christian who believes that racism is “wrong.” It requires critical thinking, a heart change, and an expansion of discipleship. Join us Wednesday, May 17, at 3 pm Eastern (Noon Arizona time) for this important virtual conversation on white allyship.

Our panelists will be:



Rev. Hannah Bonner - antiracism activist and director of the Wesley Foundation campus ministry at the University of Arizona in Tucson



Rev. Dr. Drew Dyson - chief executive officer of the Princeton (N.J.) Senior Resource Center



Rev. Dr. Jennifer Harvey - an educator and author of essays and books, including, *Dear White Christians: For Those Still Longing for Racial Reconciliation*



Rev. J.P. Hong - senior pastor of the multicultural Christ Crossman United Methodist Church, Falls Church, Virginia

To register for this Webinar, use this QR code or go to <https://tinyurl.com/yrby7jtv>



If enough people are interested, we could gather together at the church for lunch and to learn about this important topic. If you would like to do that, contact the church office.

Monthly Prayer for Churches



- Wesley & Golden Gates Community Centers, Phoenix
- Wesley Foundation at ASU, Tempe
- UMOM New Day Center, Phoenix
- Justa Center, Phoenix

In Loving Memory



Jim Taylor 4/1/2023
Jackie Reed 4/9/2023

June Osborne 4/24/2023
James Knight 4/26/2023



Joan Most	5/1	Dick Gissel	5/20
Marcus Bentley	5/6	Marie Pettegrew	5/22
Barbara Squier	5/7	Alan Bergman	5/23
Jan Leith	5/8	Becky Blodgett-Knight	5/24
Arlene Oisten	5/9	Cal Waters	5/24
Moki Liku	5/10	Steve Schmuki	5/25
Donna Collins	5/12	Carol Allen	5/26
Betty Sayers	5/13	Barbara Bomgaars	5/27
Debra Norris	5/14	Arlene Rhoades	5/27
Marj Troute	5/15	Terry Manley	5/28
William Hunt	5/16	John Inglebright	5/29
Karen Oakes	5/16	Paula Kaipelea	5/30



Howard & Cori Orr	5/3
Richard & Ellen Stanart	5/6
Paul & Cynthia Borneman	5/29



VELDA ROSE

United Methodist Church

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Rev. Carlo A. Rapanut, Bishop
Rev. Melissa Rynders, East District Superintendent
Rev. Ann Lyter, Senior Pastor
Rev. Daniel Gómez, Associate Pastor
Ministers, Every Member of the Congregation

WORSHIP SCHEDULE

Wednesday Morning Devotions

10:00 AM

online at facebook.com/veldaroseumc
& in-person in the Sanctuary

Sunday Morning Services

9:30 AM

online at facebook.com/veldaroseumc
& in-person in the Sanctuary



Our EMERGE sermon series continues! Join VRUMC for fellowship and to learn more about our symbol of resurrection at Butterfly Wonderland, Tuesday May 23! See page 4 for more details.

NEXT ISSUE

Items considered for the June Vision must be submitted to Jessica at officeadmin@veldarose.org by **Tuesday, May 9, 2023.**