

The Vision

Volume 15, Issue 11

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

November 2022

Food for the Body & Soul: Thanksgiving

By Pastor Ann

IT IS COMMON TO FOCUS on thankfulness as we come into November and look toward the Thanksgiving holiday. I often see people undertake the spiritual discipline of naming something they are thankful for and posting it to Facebook on a daily basis, often with the notation #thankful. So this is a good time to ask, what are you thankful for?

Turn it around pastor, you say? What am I thankful for? I am thankful for family, for my husband and my daughters who support me and love me and accept me for who I am. I am thankful for my parents who raised us in love and stability and for my mom who is still with us. I am thankful for being healthy and healthier than I used to be. I'm thankful for my calling and purpose in life and for this community to serve. Truly, my blessings overflow.

So often, we say things like, “I am blessed,” or “I am thankful,” to mean that we are happy and that life is going well. But, scripture calls on us to be thankful in all circumstances. 1 Thessalonians 5:18. And Jesus told us that blessings come in circumstances that are not always happy and easy. “Blessed are the poor in spirit,...Blessed are those who mourn,...Blessed are the meek,... Blessed are those who are persecuted because of righteousness.” (Matthew 5:3, 4, 5, 10) So gratitude is not just about knowing or acknowledging when life is good.



Thankfulness is more than just a good spiritual practice or something to do every November. I find it remarkable how often something that scripture asks us to do as a spiritual practice has physical and mental benefits beyond religion—like the health benefits we see if we honor the Sabbath and have a day of rest. Gratitude is more

than spiritual—it actually helps us. As reported by Harvard Med School, “gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.” Psychology

Today reports seven distinct benefits from practicing gratitude: 1. opens the door to better relationships; 2. improves physical health; 3. improves psychological health; 4. enhances empathy and reduces aggression; 5. improves sleep, if you take time before bed to keep a gratitude journal or otherwise focus on what you are grateful for; 6. improves self-esteem; and 7. improves mental strength, including an improvement in overcoming trauma.

With this in mind, I am thankful for challenge and hardship, because out of those things come possibility and growth. It is after pruning that plants often have their greatest growth, and out of trials that we learn to be strong. One of the things I am thankful for is the tradition of gathering as (continued on page 2)

Food for the Body and Soul, continued

family to share traditional foods, family favorites, and sharing time, stories and memories. In that spirit, I am sharing with you a recipe that dates back, a traditional Pennsylvania Dutch potato stuffing. In my family, we had both bread and potato stuffing and this was my favorite. I am very thankful for this family tradition. I hope you enjoy.

So how are you thankful this year? I invite you to share what you are thankful for on our Facebook page at www.facebook.com/veldaroseumc.

Potato Stuffing

Ingredients

- $\frac{3}{4}$ C finely chopped celery
- $\frac{1}{2}$ C boiling water
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 Tbsp chopped parsley
- 2 C boiled potatoes, mashed (see note)
- 2 eggs
- 2 C dried breadcrumbs
- Broth to moisten

Directions

- Combine all ingredients except broth. Add broth until stuffing is desired texture. If baking in a casserole, consistency should be approximately that of mashed potatoes. If stuffing in the bird, leave the stuffing a little stiffer because it will gain moisture during cooking. Bake a covered casserole in a 350-degree oven for 35 minutes or until fully heated through.

NOTE: THE POTATOES ARE PLAIN, WITHOUT ADDED BUTTER, MILK, OR CREAM. IF YOU ARE USING LEFT-OVER MASHED POTATO, YOU MAY NEED TO ADD LESS BROTH OR MORE BREADCRUMBS TO AVOID THE STUFFING BEING TOO SOFT.

Mission Project—Reverse Advent Calendar



THIS YEAR, OUR ADVENT MISSION PROJECT, the Reverse Advent Calendar, will support two missions, the Velda Rose Food Bank, and Save the Family. A

traditional Advent calendar involves opening a box or envelope every day in Advent and finding a gift as a countdown to Christmas. A Reverse Advent

Calendar also counts down to Christmas, but instead of getting a gift each day, you give a gift, collecting them all until Christmas and then bringing the collection to the church. We will distribute everything you collect to either our Food Pantry, or to Save the Family. Every item on the calendar is a requested item from one of those two charities. You can find a copy of the calendar on page 13.

**SUNDAY
SERVICES**
9:30 AM
IN-PERSON & ONLINE

November 6

In-person & Online at 9:30 AM

Music As Comfort

1 Samuel 16:14-23; Psalm 23

Pastor Daniel

November 13

In-person & Online at 9:30 AM

*Musical Laments to God: Crying Out
Our Pain*

Psalm 130; Jeremiah 20:14-18;

Psalm 77

Pastor Ann

November 20

In-person & Online at 9:30 AM

*Music as Celebration and
Inspiration*

Exodus 15:1-19; Psalm 81;

Matthew 26:26-30

Pastor Ann

November 27

In-person & Online at 9:30 AM

Make Ready a People: #morehope

Luke 1:5-25, 57-80

Pastor Ann

**WEDNESDAY
MORNING
DEVOTIONS**

Wednesday Mornings Online or in the Sanctuary at 10:00 AM

NOVEMBER CONTINUES our Music IS Worship series. Then, on November 27, we will begin preparing for Christmas and the coming of the Christ Child as we focus on Angels Among Us. You are welcome to attend the recording of the online study, and be our "live studio audience." We will continue with Coffee, Tea and Conversation in the Library following the 10:00 AM Online Meditation to discuss the study and the sermon from the Sunday before. We anticipate gathering at around 10:45.

November 2
at 10:00 AM

Psalm 23

November 16
at 10:00 AM

Psalm 81

November 30
at 10:00 AM

Gabriel &
Zechariah
Isaiah 2:1-5

November 9
at 10:00 AM

Psalm 77 / 130

November 23
at 10:00 AM

Psalm 111



WE ALL HAVE A CHOICE TO MAKE with regards to our work of discipleship. At times, we allow our lives to become comfortable and we may find ourselves content with that. That is, until the Holy Spirit gradually nudges us to reflect and examine ourselves. To rekindle our beacon of hope for one another. The following is a short vesper or devotional on keeping your light burning for Christ. It uses the lighthouse as an example. I hope and pray that we find ourselves lighting and saving the path of others both in our words and deeds.

Many years ago there was a little village on a rocky seacoast, where storms often battered and seas were ever treacherous. Many ships were driven onto the rocks by the storms, and the lives of many sailors were lost because of the raging seas. One day the people decided among themselves that they should establish a lighthouse and life saving station on a little peninsula on the coast, to warn ships away from the rocks and to save the lives of those who were cast into the icy waters. They approached the government and began to secure the necessary funds for their project. Soon they set forth and built a tower, and set a beacon in it; they organized a lookout system; and they bought boats and learned how to man them; and soon they were in business. The business of saving lives! Soon the effects of what they were doing became known far and wide. Fewer ships went on the rocks; and when such a tragedy did occur, and the alarm was sounded, the people risked their own lives to rescue those who had been cast into the raging, icy waters. Within a

few short years, people came from great distance to study their lighthouse, and to use it as a model.

One day someone suggested that, since they spent so much time at the lighthouse that they should gather there occasionally and enjoy good fellowship. Soon they began to get together (at first infrequently, and then more often) at the lighthouse. In fact, many people began to build their homes near the lighthouse. Then when the lookout sounded the alarm, they were ready to go out. Next, it was decided that if they were going to spend so much time there, they'll make the place more comfortable. So arrangements were made to heat the lighthouse. The gray walls were painted a brilliant white. Some of the walls were paneled; rugs were put on the floors to disguise the bare concrete; a fine kitchen was installed with a handsome stove; and generally speaking the lighthouse became a nice place to spend your time waiting for the alarm to be sounded. The lighthouse soon became the center of life in the little town that grew up around it. One night, a fierce storm blew in and many ships were tossed on the jagged rocks, and the men at the lighthouse spent long hours picking sailors from the bitter cold icy waters and taking them to the lighthouse, where they were fed and provided with dry clothing. After the storm subsided and the sailors had all left the lighthouse, there were some men who were angry. It seems the storm had made them leave the comfort of the lighthouse, and go out into the wet, dangerous seas; and they got cold; very cold. The sailors, when they were delivered to the lighthouse, soiled the carpets. The kitchen was a mess, not to mention the stove. After a brief meeting it was first decided that sailors, when they were brought to the lighthouse, should be taken to the basement, not to the nice upper areas.

Sometime later, another storm blew in; and about one half of the men went out in the boats, and again picked sailors from the frigid waters. This time the ship, which had broken apart on the rocks, was from another nation; and the men (continued on page 9)

Worship in November: Music IS Worship & Angels Among Us

Music IS Worship

Beginning
October 16



Angels Among Us



NOVEMBER CONTINUES OUR EXPLORATION of the importance of music in worship. We will look at the many moods and purposes of music in worship, from music as comfort, lament and celebration. We will continue to build our hymn *Precious Lord* until we are all singing together in four-part harmony.

THEN, IN ADVENT, we will prepare for Christmas and the coming of the Christ Child as we focus on *Angels Among Us*. The angels that appear in the

story of Jesus' birth would have been very comfortable in our world of tweets and hashtags. Their messages were often short and to the point — their favorite line being **#DoNotBeAfraid**. As we look at the stories of these winged messengers to Zechariah, Mary, Joseph, and the Shepherds and their reactions to them, we will contemplate what messages we can offer that will counteract a culture of fear and bring **#morehope**, **#morepeace**, **#morejoy**, and **#morelove** to the world.

Wednesday Dinners & Studies

Sing!

STARTING
NOVEMBER 2

WEDNESDAY
AFTERNOONS IN
NOVEMBER AND
DECEMBER will
be a time for
fellowship,
good food and
learning.

We will gather
at 4 pm,
beginning on

11/2 with the study **Sing**. Written by Keith and Kristyn Getty, *Sing: how Worship Transforms Your Life, Family and Church*, will help us discover what music has meant to us and how it can have an even greater impact on our lives. The class is \$25 for the book and the dinners and scholarships are available.

The Angels of Christmas

HEARING GOD'S VOICE IN ADVENT

THEN IN ADVENT, beginning on 11/30, we will turn our attention to angels and their messages of hope throughout the Christmas story as presented in *The Angels of Christmas: Hearing God's Voice in Advent* by Susan Robb. The book can be purchased from the church for \$14. A good will offering will be collected to offset the cost of the dinners.

There will be no class on 11/23.

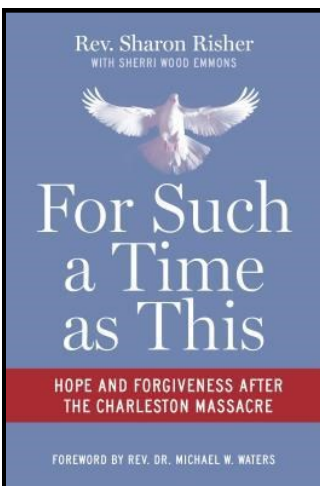
United Women in Faith



United Women in Faith **RESPONSE (the magazine of women in mission) September/October 2022 by Mary Killgrove**

An article on page 38 of the Response Magazine reports on a town hall meeting held at the United Women in Faith Assembly 2022. Panelists discussed how climate justice is needed when public policies are adopted to mitigate the effects of climate change. Panelist Adrienne Rice said that “Climate justice addresses who will be able to recover and rebuild.” Often policy decisions put unequal stresses on marginalized communities. Grace Musuka, a Zimbabwe missionary, said the issues of climate change fall heaviest on women and girls as extreme heat waves, flooding in some areas and droughts in others affect the food supply and women’s ability to feed their families. Climate change affects everyone. Climate justice ensures that all people, no matter where they live, have a voice when decisions are made to address climate change.

UNITED WOMEN IN FAITH READING PROGRAM by Billie Larime



***FOR SUCH A TIME AS THIS: HOPE AND FORGIVENESS AFTER THE CHARLESTON MASSACRE* by Sharon Risher, with Sherri Wood Emmons**

This is a true story of a minister Sharon Risher plunged into the depths of mourning. She lost her mother and two

cousins during the Emanuel African Methodist Episcopal Church massacre. She had to choose between wallowing in the pain of losing family

and friends to the white supremacist or choosing the path of forgiveness and hope—forgiving the convicted killer for his crime. This book is from the Social Action Category first suggested for the UWF Reading Program in 2019.

By the end of November, those readers completing 5 books in five different categories must submit on the reporting form those books read to Mary Killgrove, our elected Program Resources Chair or to their Circle Chairs. Those readers submitting paperwork will receive a certificate in January 2023 and be recognized in the February Vision.

CHANGES TO THE TIME FOR UNIT MEETINGS IN NOVEMBER & DECEMBER 2022

By special request of the Mission Warehouse Workers, we are scheduling a time change from 12:00 p.m. to 11:30 a.m. for the next two Unit Meetings. The Executive Board of United Women in Faith are inviting all Rummage Workers from the October 27th, 28th, 29th Rummage Sale 2022 to attend a free lunch on November 3rd, Thursday at 11:30 am. This lunch is free to all workers. It will be prepared by the Executive Board in honor of all the volunteers that worked to raise money for the 27 Mission projects listed in our United Women in Faith Budget for 2022. Following the lunch, we will hear from the CEO of UMOM (one of our Methodist Mission Projects located in the Phoenix area).

CELEBRATION HELD ON OCTOBER 8, 2022 AT GRACE UNITED METHODIST CHURCH

The meeting at Grace UMC was the first in-person meeting for the East District UWF since Covid. Mary Killgrove and Billie Larime (both on the Executive Board Velda Rose United Women in Faith) attended and voted on the East District officers for 2023. Billie Larime also presented on a panel explaining the (continued on page 7)

United Women in Faith, continued

Assembly Goals for United Women in Faith as presented on May 20, 21 & 22nd in Orlando Florida. Three members of Velda Rose UWF were given scholarships to attend the Assembly virtually: (Billie Larime, Mary Killgrove, and Tish Roberts).

Remarks from Assembly 2022 p. 44 Response Magazine Sept./Oct. 2022

We are taking bold steps into our future to be even more welcoming and build even more community as we work together to make real God's vision for a world in which all thrive.

Mission Highlight: The Inn Project of Southern Arizona



VELDA ROSE UMC'S UNITED WOMEN OF FAITH support many local Methodist-related organizations. One such organization is The Inn of Southern Arizona.

THE STORY OF THE INN: Ordinary people responded to an extraordinary need in December 2016. Thousands of asylum seekers at the AZ border had no safe place after release from detention by Immigration Customs Enforcement (I.C.E.). The Desert Southwest Conference of the United Methodist Church pledged to help. A courageous church opened its doors, volunteers pitched in, and The Inn began. Unlike the experience of Mary and Joseph who had been turned away at an inn, those needing rest and understanding would be welcome here.

We receive families who have gone through U.S. Customs and Border Protection (C.B.P.), or I.C.E., and are released to continue the immigration process.

Our volunteers provide temporary shelter, hospitality, food, clothing, showers, and compassion for these vulnerable families, giving them a safe place to stay while they transition to the next part of their journey. Since its beginnings in December of 2016, The Inn has served more than 14,081 people. In 2019, on average we sheltered 234 people, served 1,1423 meals, and prepared 581 meals to-go every month.

In the fall 2022 newsletter, Director Gretchen Lopez shared: "...The Inn of Southern Arizona is now officially a sub-awardee of Pima County and has moved to a new hotel location, operating 40 rooms. This has afforded more opportunities for support and better access to FEMA funding. When families and guests arrive, they are provided hygiene kits, snack bags, and room assignments. Guests can come to our office for other needed items such and clothing and items for their children. This is a wonderful time for volunteers to provide support and have time with the guests. Meals are delivered to guests' rooms three times daily."

To learn how you can donate, volunteer, or to find out more information about The Inn Project, go to theinnofsa.org.



Velda Rose UMC's Annual Church Conference

**with
Potluck & Hymn Sing**

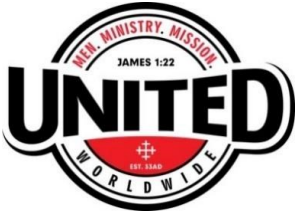
**Saturday, November 19
11 AM
Moore Hall**

AT OUR ANNUAL CHURCH CONFERENCE we will set our plans for the year to come, vote on matters of business, fellowship together and celebrate being the Body of Christ at Velda Rose UMC. All members of the congregation can vote, and everyone is welcome to attend.

AT THE POTLUCK & HYMN SING after our meeting, we will continue in fellowship with a Thanksgiving-themed potluck and hymn sing. Turkey, gravy and drinks will be provided. Everyone is invited to bring a side dish or dessert to share.

SIGN-UP FOR THE POTLUCK in the Library on Sunday mornings, through the church office during office hours, or email Jessica at officeadmin@veldarose.org. Please sign-up with your side dish or dessert so we don't end up with all vegetables and no pie!

United Methodist Men & Youth Ministry 2023



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 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 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 veldaroseumm@veldarose.org if you wish to contact us.

Bruce D. Williams, President UMMM



DO YOU SUPPORT YOUTH MINISTRY? The UMC has an amazing youth event every 4 years, the summer before General Conference. The next one is Youth 2023 in Daytona, FL. United Methodist Youth from all over gather for worship, fellowship and service. Estimated cost to attend is \$1400, beyond the budget of many families. Even though Velda Rose UMC has very few youth, we can still support youth ministry by giving toward scholarships so the youth of our Conference can attend. Will you help a young person by giving toward a scholarship?

If you can help, mark your donation, "Youth 2023." You can learn more about Youth 2023 at dscumc.org/blog/2022/09/20/youth-2023-what-you-need-to-know/.

An Inspirational Lighthouse Story, continued



who manned her spoke another language, and even worse were of a different color. After this storm, a few

more men joined those who refused to enter the sea. They decided that men like these did not belong in the lighthouse at all; some said they felt that the lighthouses' job was not supposed to be saving sailors from other lands, because they were so much

different. Finally, it was decided that the beacon would be kept lit, but the rescue work would be discontinued. However, a small group disagreed and went down the coast, a short distance, and started a new lighthouse. This small group decided that they should establish the biggest life saving station on the little peninsula, and so they did. Every day they warned ships and sometimes attempted to save lives from the icy water. Fame of the new lighthouse grew and the old lighthouse eventually turned out its beacon. Some people say the beacon can still be seen today in you and I. Oh yes, they also say the small groups running the new lighthouse were those once rescued from the raging seas.

December Music Events



SUNDAY, 12/11 AT 6:00 PM: EAST VALLEY CHORALE has been together for 23 years singing songs of worship and praise. On December 11th we will be singing beautiful songs of the holiday season with a full orchestra at Velda Rose UMC! We hope you will join us in celebrating the birth of Jesus! The event is free, but if you enjoy the program, a free will offering would be gratefully accepted. (Please make checks out to East Valley Chorale.)

FRIDAY, 12/16 AT 7:00 PM: DESERT WINDS CONCERT BAND will be performing both religious and secular Christmas selections, including Yuletide Trilogy, Hallelujah Chorus, A Cowboy Christmas, Breath of Heaven, and several other arrangements. All Concerts performed by the Desert Winds Concert Band are free of charge. At the end of each concert we do ask for a volunteered donation to help the band with expenses. (Please make checks out to Towerpoint Concert Band.)

TUESDAY, 12/6 AT 7:30 PM: ORPHEUS MALE CHORUS presents our annual "Holidays with Orpheus: Celebrate the Season" concert series. We will premiere three pieces and feature traditional and contemporary holiday songs, including "O Come, All Ye Faithful," "Jingle Bells," "Santa Claus is Coming to Town" and "Light One Candle," a song popularized by Peter, Paul and Mary. We will also have our audience sing-a-long featuring everyone's favorite Christmas carols.

Tickets are on sale now at Orpheus.org.

SATURDAY, 12/10 AT 7:00 PM: RESONANCE VOCAL ENSEMBLE presents "Ring Out! A Christmas Celebration". Songs include Carol of the Wind, Ding-a Ding-a Ding, Have a Holly Jolly Christmas, Here's My Christmas Wish, Home for the Holidays, My Favorite Things, The Little Drummer Boy, and more!

General Admission is \$7 and may be purchased at resonanceve.com.

Hanging of the Greens



JOIN US FOR A TIME OF FELLOWSHIP AND SERVICE at 10 am on 11/26 as we decorate the sanctuary for

Advent and Christmas. One of the ways you can help make worship meaningful for our community is by helping to care for our sanctuary, and to prepare it to reflect God's light and the message that God loved us so much that Jesus came to earth. We have an important message to share, a message from the angels, #DoNotBeAfraid. In a world that is increasingly controlled by fear, help us bring God's message of #morehope, #morepeace, #morejoy, #morelove to a world desperately in need of all of those things. Help us prepare our sanctuary for the Angels Among Us, this holiday season.



"I LOVE TO HEAR A CHOIR. I LOVE THE HUMANITY... TO SEE THE FACES OF REAL PEOPLE DEVOTING THEMSELVES TO A PIECE OF MUSIC. I LIKE THE TEAMWORK. IT MAKES ME FEEL OPTIMISTIC ABOUT THE HUMAN RACE WHEN I SEE THEM COOPERATING LIKE THAT."

PAUL MCCARTNEY

"My mother was truly my saving grace, because she would take me to church with her. I would see my

Of all the choir settings I've been in, my most cherished memories have come from church choirs. Singing praises to God, feeling the Holy Spirit testify to me of eternal truths, being comforted, feeling strength beyond my own, drawing closer to other choir members....choirs are a precious gift from God.

mother smiling in the choir, and I wanted to know this God that made her so happy. If I had not had that life, I don't know where I would be right now. "
- Tyler Perry

I hope you enjoy these choir quotes by famous people. And a humorous quote!

BEFORE MY TEENS, I sang in a church choir. My father was the director, my mother was the pianist.

"IF I CANNOT FLY, LET ME SING."
STEPHEN SONDHEIM

I have very fond memories of singing in or playing for choirs. Through junior high, high school, college, married years, single years....choir has been a centerpiece in my life.

I have loved playing for Velda Rose's choir for many years. I'm looking to the day when we will meet again.

Desert Winds Concert Band at Velda Rose UMC

DESERT WINDS CONCERT BAND IS EXCITED about beginning rehearsals on Wednesdays at Velda Rose United Methodist Church this November. The band consists of mostly seniors and winter visitors of a variety of skill levels, but ALL are welcome. (Our band, formerly, the Towerpoint Concert Band, has been enjoying making great music for twenty-eight years.) If you have ever played in a band, please consider joining us. There are NO auditions; just come and try us out.

encouragement for all band members.

We have a lot of fun and totally enjoy working at being the best we can be. Our band director is Bob Myers, a retired band teacher who is always full of

Rehearsals are every Wednesday from 9:30-11:30 am in Moore Hall. Music and music stands are provided. (You need to provide your own band instrument and a willing heart!)

We have four concerts scheduled at this time and one of them is on Friday, December 16 at 7:00 PM at Velda Rose United Methodist Church. Please come and visit us at any Wednesday rehearsal and remember your band instrument.

If you have any questions or concerns, please call our director, Bob Myers.

United Women in Faith Christmas Stocking Project



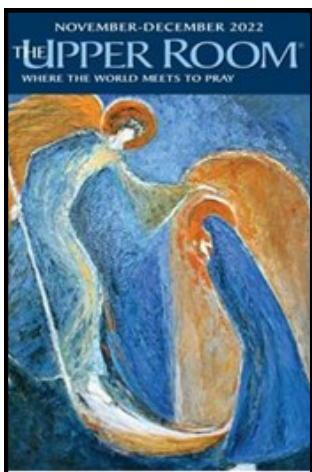
CHRISTMAS IS COMING SOONER than we think. Again, we are accumulating items to fill 500 Christmas stockings for children at 4 local elementary schools. The UWF is again supporting this project. As you travel, please save those unused lotions, shampoos, conditioners and soaps. When you go to the dentist, please ask for extra toothpaste and tooth brushes. McDonald happy meal toys are great for stocking stuffers. We appreciate your support to make less fortunate children have a merrier Christmas.

Our total list of items needed are as follows:

- Toothpaste and toothbrushes
- Cereal bars
- Unused travel-sized lotions
- Unused travel-sized shampoos and conditioners
- Unused travel-sized soaps
- Individually-wrapped candies (*no chocolate—hint: November 1st Halloween candies will be half-price*)
- Small toys for stockings
- Crayons
- Coloring books
- Small story books
- Stuffed animals (Beanie Babies size)
- Cash to purchase what we need

If you have questions, please contact Arlene Oisten. Items can be left at the Mission Warehouse from 8 to 11 am weekdays or the church office during office hours.

Nov. to Dec. Upper Room



THE NOVEMBER-DECEMBER 2022 UPPER ROOMS are available in the Sanctuary on Sunday mornings, or in the office during office hours.

If you are homebound and would like to receive the Upper Room by mail, please contact the office to be put on the mailing list.

VRUMC Food Pantry



VELDA ROSE UMC'S FOOD PANTRY is currently in need of travel-sized:

- Shampoo
- Conditioner
- Lotion
- Soap

Donations can be brought to the church office, or put in the Food Pantry Baskets in front of the Sanctuary.



VRUMC 2022

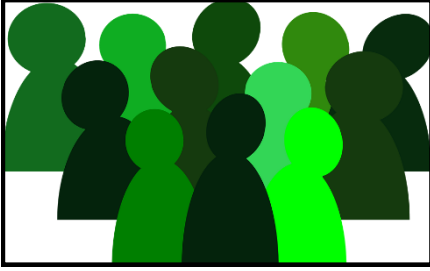
Reverse Advent Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/27 Baby diapers size 3	11/28 Canned Vegetables	11/29 Spaghetti Sauce	11/30 Baby Lotion	12/1 Canned Chicken	12/2 Sample Size Shampoo	12/3 Baby Toys (safe under 3)
12/4 Baby Diapers size 4	12/5 Canned Soup	12/6 Boxed pasta/rice	12/7 Baby Shampoo	12/8 Canned Tuna	12/9 Sample Size Body Wash	12/10 Board Book (for toddler)
12/11 Baby Diapers size 5	12/12 Canned Fruit	12/13 Mac & Cheese (boxed)	12/14 Baby Body Wash	12/15 Spam	12/16 Sample Size Lotion	12/17 Stacking Cups or Blocks
12/18 Baby Wipes	12/19 Canned Beans	12/20 Instant Mashed Potatoes	12/21 Diaper Rash Ointment	12/22 Vienna Sausages	12/23 Sample Size Toothpaste	12/24 Stuffed Animal

Put this calendar someplace convenient, like a refrigerator. Collect the items listed throughout Advent, either from things you already have or as you go shopping. Bring your Advent collections to the church at 5540 E. Main Street, Mesa AZ beginning on Christmas Eve, the last day of Advent, and up to January 8, 2023, and we will make sure everything gets to the food pantry and to Save the Family. Even if you don't collect everything, whatever you collect will be a help.

The Green Team: Caring For God's Earth



THE GREEN TEAM IS BACK in business.

Just to let you know that as of October 1st there are only 205 days until our

“EARTH DAY CELEBRATION”.

In the year 2023 we hope that there is nothing that can hold us back from celebrating Earth Day and helping to save God's beautiful Earth.

Let's start by eliminating our use of plastics as much as we can. Trying to eliminate plastics from our everyday use is probably one of the hardest tasks on our journey of living a plastic free lifestyle. However, it is not impossible.

First on the list are Plastic zip lock bags. It is not always the idea of getting rid of them altogether...

It's just a matter of making the ones you have last longer. Even though they are classified as being disposable they are pretty sturdy items. So, consider this...Wash them out and reuse them several times. (Make sure to wash any food residue out). You can also use them in the freezer.

Store cosmetics in them or socks or stockings to help keep your drawers neat and clean. There are many more uses for them if you think hard. When they finally wear out then you can dispose of them but please do it wisely.

VRUMC Prayer Chain

Prayer

IN NEED OF PRAYER? Call head of the UWF Prayer Chain Ruth Mogen or contact the church office.

The heartfelt and persistent prayer of a righteous man (believer) can accomplish much [when put into action and made effective by God—it is dynamic and can have tremendous power]. James 5:16 AMP

Monthly Prayer for Churches



- Gold Canyon UMC
- Grace UMC, Mesa
- Journey UMC, Maricopa
- Paradise Valley UMC

In Loving Memory

Gordon Pecha 10/18/2022



Jackie Gissel	11/3	Henry Diedrich	11/18
Marian Lorenz	11/3	Boyd Arnold	11/21
Ray Haymaker	11/5	Mary Schatz	11/22
Benita Clabaugh	11/6	Nancy Schubring	11/22
Betty Drake	11/7	Nadine Burley	11/23
Myrna Bowman	11/8	Eze Gómez	11/23
Ellen Hossler	11/8	Rhoda Baker	11/24
Richard Stanearth	11/8	Pat Hohnbaum	11/24
Daniel Gómez	11/13	Gwen Feick	11/25
Semisi Ika	11/14	Rosie Zentner	11/25
Carol Zamora	11/14	Delores Denny	11/29
Louis Cavaleri	11/15	Ana Liku	11/29
Pat Nixon	11/16	Joan Whitehead	11/29
Pat Ackerson	11/18	Roger Christiansen	11/30



Fifty + Years

Dale and Ruth Smith	11/2	Jim and Susan Kenyon	11/12
Cliff and Judy Lowum	11/14	Tim and Joan Most	11/21



VELDA ROSE

United Methodist Church

5540 East Main Street
Mesa, Arizona 85205-8720
(480) 832-2111
Office Hours: Monday – Friday 9:00 AM to 2:00 PM

Stay connected at veldarose.org
or on Facebook at facebook.com/veldaroseumc

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Staff Leadership

Rev. Grant J. Hagiya, Resident Bishop
Rev. Melissa Rynders, East District Superintendent
Rev. Ann Lyter, Senior Pastor
Rev. Daniel Gómez, Associate Pastor
Ministers, Every Member of the Congregation

VRUMC's Food Pantry

HOLIDAY FOOD DRIVE BAGS

We would love your help in providing Thanksgiving meals to families in need

We Are Collecting The Following Items:

12 oz. Cans of Ham	Boxed Stuffing
Canned Cranberry	Canned Fruit
Small Canned	Cocktail
Sweet Potatoes	Pie Shells & Fillings
Instant Potatoes	12 oz. Canned Jam
	Corn Muffin Mix

Drop Off Location
Velda Rose UMC Food Pantry
9:30 AM to 11:30 AM
Mondays & Thursdays

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



NEXT ISSUE

Items considered for the November Vision must be submitted to Jessica at officeadmin@veldarose.org by **Tuesday, November 8, 2022.**