

# The Vision

Volume 15, Issue 9

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

September 2022

## Food for the Body & Soul

By Pastor Ann

A number of years ago I had the experience of having Christ walk into my house. At first, I didn't recognize Christ, after all I didn't expect Christ to look like that—wearing khakis and a casual shirt, while carrying stew and dessert. Then, a few days later, Christ came wearing a business skirt suit and carrying Chinese take-out. I still didn't understand.

Maybe it was the Black Bean Soup that finally broke through my obliviousness. Soup, after all, is good for the body and soul. But I did recognize, finally, that the Divine, that God incarnate, the Second Person of the Trinity, Christ was in my house, visiting me—in the guise of my church family bringing me food and company and comfort and *agape love*.

It was almost 18 years ago now. Hard to believe how much time has gone by. But it was a powerful lesson about the Body of Christ. You see, I was pregnant with Paige, my youngest daughter, and she was eager to join the world—too eager. I went into labor at 26 weeks, far short of the 38 weeks that is considered full term. And the doctor put me on strict bedrest along with medical intervention to keep her where she belonged. But I had two small children at home, and a husband working full time. Our church took care of us. A steady stream of church members came several times a week and brought food. The food was a blessing because it

took one thing off our plate, one thing we didn't have to figure out while I spent my days on bedrest.

Some folk came from a day spent cooking, bringing delicious homemade delights. Some came from their own work--one, a CEO, was still in her

business suit, having stopped to pick up take-out. The food was wonderful but even better were the few minutes we would get to visit when I could talk to another human being, hear about their day, do something, anything other than watch TV or read. It was in those minutes that I met Christ. No, we didn't talk about theology or God.

They did what Jesus did, with Zacchaeus, and with Mary and Martha, and so many others, and what Jesus told us to do for others. They came to my house. They cared. They saw me in need and met that need.

In Matthew 25, Jesus speaks of judgment and those who will be honored because, “I was sick and you took care of me.” And the people respond, “when did we see you sick?” And Jesus answers, “Truly I tell you, just as you did it to one of the least of these brothers and sisters of mine, you did it to me.” We often speak about seeing Jesus in those we help, and it's true we can. But that fall/winter so long ago, I learned another truth. We can also meet Jesus in those who (continued on page 2)

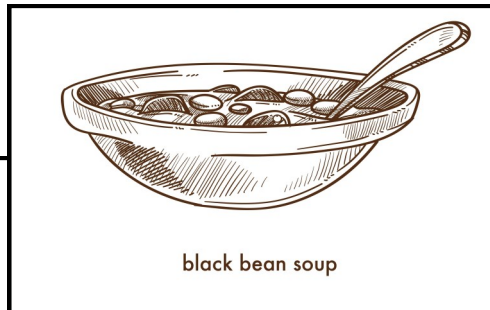


## Food for the Body and Soul, continued

help us. When we help others, we are being the body of Christ. Others will meet Christ in us when we serve them and we, in turn, see Christ in them.

Christ walked into my house in the form of many different people—a church full of people—and brought food and love and companionship. May we be Christ for each other.

Here is a recipe for a soulful soup. It can be vegan and gluten-free with just a few minor changes. It is good for the body and soul--Black Bean Soup.



black bean soup

### Ingredients

- 1 Tablespoon extra-virgin olive oil
- 1 small onion diced
- 1 Tablespoon minced garlic
- 1 Tablespoon cumin
- 2 (15 ounce) cans black beans
- 2 Cups vegetable or chicken stock
- 1 bay leaf
- 1 ½ Tablespoon tamari (wheat-free soy sauce)
- 1 Tablespoon lemon juice
- Fresh chopped cilantro for garnish

### Directions

Heat the olive oil over medium heat in a soup pot. Add the onion and cook until translucent. Add the garlic and cumin and cook a few minutes until they release their aromas. Add the canned beans, including their liquid, plus the stock and bay leaf. Bring to a boil and simmer for 10-15 minutes. Add the tamari and lemon juice and simmer for 1 minute more. Serve. Garnish with the cilantro.

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

**September 4**

**In-person & Online at 9:30 AM**

*The Wisdom of God for True*

*Community*

James 3:13-4:3, 7-8a

Pastor Ann

**September 11**

**In-person & Online at 9:30 AM**

*The World's Wisdom and Strife*

James 4:11-5:11

Pastor Ann

**September 18**

**In-person & Online at 9:30 AM**

*The Power of Prayer & Community*

James 5:13-20

Pastor Ann

**September 25**

**In-person & Online at 9:30 AM**

*The First One Ever, Mary Magdalene*

John 20:1, 11-18

Pastor Ann

**WEDNESDAY  
ONLINE  
SERVICES**

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

Velda Rose UMC will continue with our study of James in worship into the month of September. Join us as we continue to learn what it means to live a Christian life and be faithful followers of Jesus. The series will conclude with the Sunday worship on September 18<sup>th</sup> and the Wednesday meditation on the 21<sup>st</sup>.

Beginning September 25, 2022, we will start a new worship series, Women in Scripture.

**September 7 at 10:00 AM**

Study of James

**September 14 at 10:00 AM**

Study of James

**September 21 at 10:00 AM**

Study of James

**September 28 at 10:00 AM**

Women in Scripture



In June of 2020, I wrote an article for the Vision newsletter which was titled: *When Doors Are Closed, Our Hearts Are Open*. The following paragraph is the conclusion of that article...

*We are living in an environment that is restricting the pastoral care approach to our congregations, making it very difficult (if not prohibited) to do hospital visits and in-person crisis counseling. The sacraments of baptism and communion are postponed, as are funerals and weddings. The rituals of worship, of gathering as a church, of connecting with one another; look very different these days. Whether we are using new tools and resources to do online worship, using social media to stay engaged, or relying on the telephone to stay connected – the message remains the same. Even though the methods have adapted, the mission remains*

*unchanged. We still continue to bring the hope and healing of Jesus Christ to a world in need. Not being able to gather at church does not keep us from being the church.*

The words that stand out for me are ***“Whether we are using new tools and resources to do online worship, using social media to stay engaged, or relying on the telephone to stay connected – the message remains the same.”*** I think it’s obvious that technology has helped churches worldwide reach a greater audience than ever before. Among other benefits of live church broadcasts, people can follow their church and attend Sunday services even if they are physically unable to go. Members can worship from anywhere on the globe. Did you notice I said members? This was the prevalent concern at the beginning of the pandemic in June of 2020. We were looking for new and creative ways to continue to stay connected and engaged with the immediate church members.

However, something has changed. Now that we are able to gather for worship, not everyone is coming back in person. Many churches are experiencing this new phenomenon of an online audience who is seeking to have a worship experience – online. So, we continue to offer these new tools and resources to do online worship. We have learned that besides church members, many other people from different parts of the county, the state or the nation, are seeking to tune in to an online worship experience.

For some, the online worship experience can become the front door to our church. The reality is that the average church guest today does watch online first. Remember the days of John Wesley and “field preaching”? Could we use this as a metaphor for online engagement? The craft of field preaching was designed to reach people with the message of the gospel who may otherwise never enter the doors of a church building. Then, shall we continue thinking about ministry online as marketplace evangelism? Online venues are indeed places where we can interact with the lost and offer the hope of Christ to people who will not wander into our churches.

June 2020’s title caption was *When Doors Are Closed, Our Hearts are Open*. In September 2022, “the doors and hearts are opened” for in-person worship. Shall we press on with “Open Minds” as we continue to share the gospel of Jesus Christ, as we continue to do “field preaching” online? I say YES!

## Worship in September: James Continues and Women in Scripture



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Beginning September 25, 2022, we will start a new worship series, Women in Scripture.



You are invited to participate in the Wednesday study and to join Pastor Ann and Pastor Daniel after the online study for Coffee, Tea and Conversation.

We will discuss the book, the study AND the sermon from the Sunday before. You can even come and attend the recording of the online study, if you want and be our “live studio audience.” We anticipate gathering after the online study at around 10:45 am in the Library.

## Is Velda Rose UMC Your Spiritual Home?



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

If the answer to that question is, “yes,” then you might want to consider becoming a member. We will be receiving new members on Sunday, September 25. The membership class will be on Thursday, September 22 at 4 pm in Moore Hall. During that class, we will share a light meal as we discuss what it means to be a member, what it means to be United Methodist, and the call to live out our Christian lives as members of Velda Rose UMC. It’s also a wonderful way to get to know others who are interested in membership as we talk and break bread together. Please let the office know of your interest in attending the class so we will have sufficient materials and food.

If you would like to be a member but cannot make that class, please reach out to Pastor Ann or Pastor Daniel and they will meet with you to discuss membership, answer your questions and prepare you for the responsibilities that come with membership.



## Church Offers Closure to Grieving Families

By Kudzai Chingwe  
July 21, 2022 | HARARE,  
Zimbabwe (UM News)

United Methodist churches in Zimbabwe held services where people who lost loved ones during COVID-19 could gather to console one another and celebrate life — things they were unable to do during pandemic restrictions. Each grieving family was encouraged to arrange for a memorial service to allow adequate time for relatives who had not made it to the funeral to attend. Two sisters who died helped plant St. James Hwedza United Methodist Church. A somber and emotional atmosphere engulfed St. James Hwedza United Methodist Church as the Muti and Marikasi families and friends gathered for a memorial service and tombstone unveiling of two sisters deemed heroes of faith.

During the height of the pandemic, Alice Marikasi, 87, and Ellah Muti, 90, succumbed to COVID-19 two days apart. When the women died, only a handful managed to attend the funerals. However, no body viewing, sendoff celebrations, sanctuary services or gatherings were allowed. Burial was done by strangers in hazmat suits, while family and church members stood nearby. The tragic experience failed to bring closure for bereaved families.

Toendepi Samson Marikasi, Alice's husband said "Alice died while I was holding her," he recalled. "I never moved out of our bedroom. I was with her throughout, despite the danger of contracting the disease. I announced the sad news to her big sister, Ellah, who was in the house and also not feeling well. Two days later, Ellah passed on." The sisters planted St. James Hwedza United Methodist Church, helped build the sanctuary in 1962 and contributed immensely toward the establishment of a parsonage, Marikasi said. Due to COVID-19, their coffins were not allowed in the church that they helped to construct. He told the congregants, "My life circle is toward completion. Do not let this church die."

Recognizing the women's contributions, members of St. Peters Seke North United Methodist Church, where Ellah worshipped, traveled to Wedza, their home area, for the tombstone unveiling and the memorial service. People celebrated, danced, testified, cried, prayed, consoled one another and ate together — all of which they could not do during pandemic restrictions. (Continued on page 10)

## Donation Letters—Increasing Our Efficiency

In an effort to improve the efficiency of the office, and to reduce unnecessary paperwork for both the office and for our members, we will not be sending out letters for every separate donation over \$250. Upon request, we can provide a separate letter documenting a donation to the church. We will continue to provide regular giving statements, including the annual statements provided for tax purposes. If you have any questions about this change, please contact the office.

## Coming Soon To Your Inboxes...



If you are currently subscribed to receiving the Vision newsletter via "snail mail", you will soon notice the e-newsletter coming to your email, instead. Over the next month or so, we will be transferring all Vision newsletter subscribers whose email addresses are in the church database over to the e-newsletter. If you would prefer to receive a hard copy of the newsletter only, or are not on the e-newsletter list but would like to be, please contact the church office.

## Our New East District Superintendent



*Introducing...*

Rev. Melissa Rynders was born in Provo, Utah and grew up in various parts of Utah, Arizona, and Southern California. The daughter of two United Methodist Pastors, Melissa spent most of her life in the Desert Southwest Conference. After participating in several conference Boards, including the Conference Council on Youth Ministries; The Strategic Planning Committee; Covenant Council; and The Young Adult Conference Committee; Melissa felt a call into ordained ministry.

Upon completion of her Bachelor of Arts in Education at The University of Arizona, Melissa moved to Claremont, CA to pursue her Masters of Divinity at Claremont School of Theology. One of the reasons Melissa chose to attend Claremont was so that she could be closer to her soon-to-be husband, Rob Rynders. Rob and Melissa met while working as staff members for Sierra Service Project, a service organization for youth and young adults, and both decided to go to Claremont to pursue their calls into ministry.

After graduating from Claremont in 2005, Melissa worked at Desert Skies United Methodist Church (Tucson) as their Ministerial Intern and Director of Youth Ministries. Melissa then spent the next six years at her first appointment at North Scottsdale United Methodist Church, followed by one year as the Lead Pastor of what came to be known as The Bridge. After that she spent three years as the associate at First UMC Phoenix before moving to be the pastor of Sanctuary UMC in Tucson for 5 years. She recently completed one year as the senior pastor of Catalina UMC before moving into this role of East District Superintendent. Her husband Rob served as the United Methodist Campus Minister for Arizona State University, started City Square UMC, in downtown Phoenix, and now works as a Financial Planning Associate. They are blessed to have two sons, Colby, 14 and Zachary, almost 11.



Outside of serving the church, Melissa enjoys dancing, musicals, making things on her Cricut and hanging out with her family and friends. Melissa is also an avid coffee lover, so make sure to take the time to get to know her over a good cup of coffee at your local coffee shop. Melissa and her family look forward to getting to know the people, pastors and churches of the East District, and being in ministry together.

## Monthly Prayer for Churches



- Arizona Korean UMC, Phoenix
- Chandler UMC
- Cross in the Desert UMC, Phoenix
- Dayspring UMC, Tempe

# United Women in Faith



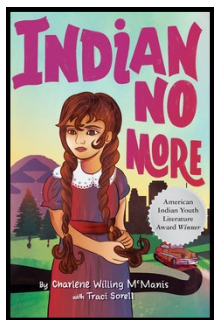
United  
Women  
in Faith

**RESPONSE** (the  
magazine of  
women in mission)  
July/August 2022  
by Mary Killgrove

United Women in Faith has a new national President. Her name is 'Anise 'Isama'u. She was born in Tonga, grew up first in Hawaii, and later moved to the mainland where her mother was a United Methodist pastor in Texas and California. 'Isama'u says she long felt called to offer spiritual guidance to people seeking it. She eventually attended Claremont School of Theology. In the July/August 2022 issue of the Response Magazine starting on page 26, you can read more about her spiritual journey from at first declining an invitation to attend a United Methodist Women event (it was tea much like the English tea that the Velda Rose UMW unit held a few years ago), to becoming United Women in Faith's new President for 2022. It was the tea event that first opened her eyes to the delights and good that United Women in Faith provide. She came to learn that this organization does so much for the community and the world and she wanted to help share in making good works happen.

## UNITED WOMEN IN FAITH READING PROGRAM by Billie Larime

**INDIAN NO MORE** by Charlene Willing McManis with Traci Sorell



fictional story based on a real person and real events. It certainly touched my emotions.

Category: Nurturing for Community. This is the story of a Native American girl living on a reservation in Oregon when the federal government enacts a law that says Regina's tribe no longer exists. For the first time Regina faces racism when the family is relocated to Los Angeles. Who is Regina now? Is she Indian, American, or both? A touching

## MISSION WAREHOUSE MONEY AT WORK

Five local Elementary Schools received supplies and emergency gift cards from United Women in Faith in August at the beginning of this school year 2022.

The schools receiving this yearly help are

Taft, Stevenson, Jefferson, Sousa, and Salk. As in the



Karen Taylor with a cart full of supplies!

past, we bought such supplies as recommended by the Nurses from each school: specific items such as band aids, bottled water, underwear, shorts, snacks and gift cards. In December each year we also provide 500 Holiday Christmas Stockings for the Kindergarten students. Each stocking is hand painted and provides



Additional emergency items

nutrition bars, personal hygiene items, candy canes, small toys, and coloring books.

## UNITED WOMEN IN FAITH STARTS FALL PROGRAMS

The Executive Board of UWF will hold its first meeting on September 27<sup>th</sup> in Martin Hall at 9:00 a.m. on a Tuesday morning. Our first Unit meeting will be held on October 6<sup>th</sup> in Moore Hall at 1:00 p.m. All women of the church are encouraged to join us for a Social Action Event: **Women 4 Women**. This project will be to stuff paper bags full of feminine hygiene items that will be distributed to schools and homeless shelters locally.

## OUR MISSION IS TO CONNECT AND NURTURE WOMEN THROUGH LEADERSHIP DEVELOPMENT

As part of our mission work for United Women in Faith we budget for scholarships to provide training not only for our Executive (continued on page 9)



## United Women in Faith, continued

Board Members but for any child, youth or woman of the church. In our current budget we did provide camping scholarships to local youth this year and will continue to help our own Velda Rose Food Pantry and the Velda Rose Samaritan Fund. This past summer we provided Educational Leadership Development Scholarships to the following officers of Velda Rose UWF: Tish Roberts, Mary Killgrove, and Billie Larime to attend the UWF National Assembly virtually. In June and July, the following members were helped to attend Mission university (Bible Study) held virtually and in-person: Mary Killgrove, Grace Van Brunt, Tish Roberts, and Billie Larime.

**CLOSING THOUGHTS by Faye Wilson p. 46 of Response Magazine July/August 2022.** “Lord, I want to be a Christian in my heart. Lord, I want to be like Jesus in my heart. Lord, I want to be your eyes, hands, and feet. Transform the world through me.”

## Fall Fundraiser for United Women in Faith



Our big event of the fall will be our semi-annual Mission Warehouse Rummage Sale October 27, 28, and 29<sup>th</sup>. This sale is only held three days each February and October. It is our primary fundraiser so that we can give to local, national and international missions. See Joan Most at the

Mission Warehouse located on our property to volunteer to work in the warehouse or during the October Sale.



Jeanie Siedschlag at the donation sorting station.

Our Mission Warehouse, built and supported by United Women in Faith, is open for rummage drop-off five days a week. Our summer hours are 7:00 a.m. to 10:00 a.m.



A partial view as you enter the Mission Warehouse.

## Red Hats Ladies To Get Together For Lunch

Happy Fall! (I hope it isn't too far away).

Some of Red Hats ladies would like to start getting back together. No Red hat, no Red dress, just get together for lunch. Please let me know if you are interested by calling the church office, and we will get something scheduled. This is open to all women.

Thanks,  
Marj Trouté

## Mission Highlight



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*At Velda Rose UMC, one of the great ministries of outreach is our United Women of Faith. These women, often joined by their husbands and other men, along with other community volunteers, run the rummage sale out of the mission building on the northwest corner of our property. As required by their bylaws, all of the money raised by the UWF goes to mission and outreach. As a new feature of our newsletter, we will be highlighting one of the ministries the UWF supports through its fundraising efforts.*

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COVID, increased rents, summer heat waves have all added to the burden on the poor in Phoenix, leaving some with no place to turn but the streets. Sadly, these stressors are adding up to what may be a record loss of life among the homeless in Phoenix this summer. Into this difficult situation, various charitable organizations seek to provide comfort and aid to those in distress. One such organization is Circle the City.

Circle the City is a 501(c)(3) nonprofit that provides health care and assistance to those who are experiencing homelessness. This month, Circle the City is celebrating its 10<sup>th</sup> anniversary serving the people of Phoenix. Their mission is to create and deliver innovative healthcare solutions that compassionately address the needs of men, women, and children facing homelessness.

The vision of Sister Adele O’Sullivan, CSJ, MD, Circle the City grew out of Sister Adele’s recognition of a lack of sanitary conditions for wound care, challenges with medication management, and the lack of a place for people to rest and recover from a serious illness or injury. That inspired Sister Adele’s vision for a medical respite center for people facing homelessness. The first donations were kept in a shoebox. As donations and community support grew, Circle the City opened Arizona’s first respite center for people experiencing homelessness in 2012. Today Circle the City operates two medical respite centers, two outpatient healthcare clinics, and four mobile medical units that provide care to shelters, transitional living centers, and hard to reach areas.

The work of the United Women of Faith of Velda Rose UMC supports this worthwhile ministry. In 2021, UWF gave a substantial gift to Circle the City and hope to repeat that donation again this year. You can support this important work when you volunteer at, donate to or buy from the rummage sale.

## Church Offers Closure to Grieving Families, continued

The Rev. Osah Matengambiri, Innercity associate pastor, recounted the challenges of coping with COVID-19 deaths: “Bodies were buried without conducting proper burial rituals,” she said. “Pastors were asked to fast-track procedures in order to shorten the time of gathering. Very few close relatives were allowed... Important procedures to bring closure such as body viewing were not done. This left many nursing wounds that the church felt indebted to heal.

We had the feeling that our loss was shared and that we were not alone, but in the company of the church as a whole.”

## Benefits of Chair Yoga by Billie Larime

Approximately five years ago I was introduced to Chair Yoga by the Certified Teacher, Pam Bolio. My medical doctor had suggested I take a class in Yoga for my medical issues and relaxation benefits. Pam Bolio was teaching a Chair Yoga class at St. Matthew United Methodist Church. She was invited to start a class for senior ladies at Velda Rose, sponsored by UMW (United Women in Faith). She was selected to also give Chair Yoga Classes at the last UMW Jurisdictional meeting that we had in Tempe. Just this year, Pam Bolio retired from her association with Ironwood Cancer Treatment Centers in Mesa. She had been employed to help recovering cancer patients by using Chair Yoga.



Jill Prather, Billie Larime, Susan Kenyon, Betty Mock, and Beatrice Weaver follow Pam Bolio's direction during a recent Chair Yoga class in Martin Hall.

The following information has come to me through Pam Bolio and her association with the medical profession. Her major concern is always safety for the seniors attending her classes for a charge of \$3.00 per session. Except during our Covid shutdown, we have met on Mondays from 9:30-10:30 a.m., except for Holidays when the church office is closed. Currently we are meeting in Martin Hall. Dress is casual and usually we are barefoot or wearing yoga socks. As we are gently exercising, we each bring our own refillable water bottle for each session. This is a Christian Yoga class with scripture meditations for each class and Christian music softly playing during the hour session. We do not get down on the floor. Mats are not used for this senior adult class.

Yoga is an excellent anti-aging tool. There are many health benefits of yoga for aging adults. Yoga can help with Osteoporosis/Osteopenia, Arthritis, Spinal Stenosis and Disc Issues. Those of us with Asthma, COPD, Chronic Bronchitis and Emphysema find this provides low impact exercising and promotes breath practices focusing on inhaling and exhaling. Call the church office if you need further information. We welcome all ladies to this exercise class regardless of church membership.

## Summer Fun For Women Only (United Women in Faith)

by Billie Larime, co-president of UWF



United  
Women  
in Faith

United Women in Faith offered two lunch events this summer on July 20<sup>th</sup> for the Chair Yoga group and on July 27<sup>th</sup> for the United Women in Faith Circles. Both were well attended at a local restaurant and all attendees had a wonderful time catching up. We look forward to planning more events as our winter visitors come back. All women of the church are invited to attend any function or program of United Women in Faith that is publicized by word of mouth or on the Worship Screen on Sunday Mornings. Our first Unit Meeting is October 6<sup>th</sup> at 1:00 p.m. in Moore Hall (Women 4 Women Social Action). Our first combined Circle Meeting is October 20<sup>th</sup> at 1:00 p.m. in Moore Hall (speaker on Ukrainian Refugees in Valley). If you have questions, call the church office and request a return call from one of our UWF officers.

# VRUMC Grief Recovery Class Begins September 6

Almost everyone you know is grieving—chances are YOU are grieving. Grief is the normal reaction to loss, any kind of loss. Losses come in various shapes and sizes: the death of spouse, or family member, or friend, or pet; the loss of a job, even through retirement; the loss of a home or a lifestyle; the loss of a pastor or church home; and the list can go on. There are more than 40 life experiences that can result in loss. Over the past two years that we have dealing with COVID-19, we have lost our sense of security and our normal patterns of activities, in addition to the family, friends or possibly our own health that COVID-19 has taken from us.

Loss is cumulative, and so is unresolved grief. That grief looks different for different people and even different at different times. A person who is grieving may have trouble focusing, memory problems, problems sleeping, over-eating or loss of appetite, be short tempered, and so on. People who are grieving are also more likely to have health problems and reduced immune responses. While grief is normal, unresolved grief can linger and will continue to

## GRIEF RECOVERY GROUP

STARTING SEPTEMBER 6  
TUESDAYS AT 10:30 AM  
IN MADSEN PARLOR

LED BY: REV. GARY MCDONOUGH,  
RETIRED MINISTER &  
CERTIFIED GRIEF RECOVERY SPECIALIST

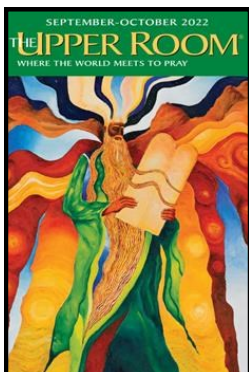
COST: \$50 FOR 8 SESSIONS & THE BOOK

interfere with engaging in life and experiencing joy again until it is resolved.

We can recover from grief. While we never “get over” the loss of a loved one, we will always remember and miss them, we can recover from grief, so the emotional pain lessens and we are not prevented from living and enjoying life. But we are rarely taught how to grieve and even less likely to know how to recover.

That is why Velda Rose UMC will offer a Grief Recovery Group at 10:30 a.m. on Tuesdays in Madsen Parlor beginning with September 6th. Rev. Gary McDonough, retired minister and Certified Grief Recovery Specialist will be leading the group. The cost to attend this group is \$50, which includes all 8 sessions and the book. Scholarships are available, up to the full cost of the class. To sign up, please contact the church office by Thursday, September 1st. If you would be interested but would need an evening meeting, let us know. If there is sufficient interest, we will also offer the Grief Recovery Group in the evening.

## Sept. to Oct. Upper Room



The September-October 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

VRUMC's Food Pantry provides non-perishable food to those seeking assistance. The current items we are in need of are:



- \* Peanut Butter
- \* Pasta Roni
- \* Canned Chicken
- \* Canned Vegetables
- \* Spaghetti Sauce
- \* Mac-n-Cheese

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



# Engage—Connect

## Help with Worship

We would like to build a worship team who will help plan and expand worship, including:

- decorate the sanctuary;
- develop images, banners, and altar decorations to support our worship themes;
- add dramatic readings or even dramas to bring the biblical characters alive.



All kinds of talents could enhance worship: drawing or painting, fabric arts, dramatic reading/acting, tablescapes, lighting, graphic design, dance, music, and so much more. Since God gave us all unique gifts, we are all uniquely gifted to be part of worship.

As we approach the holidays, we are looking to plan special worship services that reflect the message of God's love. If you feel God has gifted you with talents that could enhance worship, and you are feeling called to respond, we would love for you to join the worship team. Simply reach out to Pastor Ann or Pastor Daniel.

## Online Ministry Help



In this not-quite-post-COVID world, online ministry is growing in importance. We need volunteers who would like to work with our online ministry in the following ways:

- ◆ Online host(s)—to be present online Sunday morning and interact with our online congregation so they share the same connection to community people can find on campus.
- ◆ Social media—help keep VRUMC social media presence up to date, with postings on Facebook, Instagram, and other social media.
- ◆ Ways we haven't even thought of yet—but maybe you have an idea!

## Would You Like to Be a Liturgist?

- \* Are you a good reader and speak clearly?
- \* Does speaking in front of a group feel comfortable to you?
- \* Do you love God and your neighbor?
- \* Are you passionate about worship?

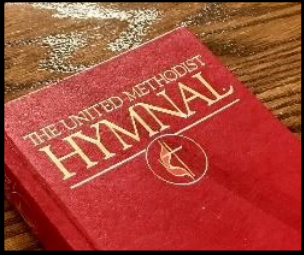


If you answered yes to all of these questions, you should consider being a liturgist at Velda Rose UMC. We will provide the training and the words, if you provide the presence and the spirit. If you would like to be a liturgist, even if you have never been a liturgist before, please reach out to the office or to Pastor Ann or Pastor Daniel. If you already contacted the office to be a liturgist, we will be contacting you shortly.

We are hoping to have a brief training for all potential liturgists in the near future.



## Favorite Hymns—Please?



I need your help. An anonymous request was received asking if we could sing one “old familiar hymn” every Sunday. Here’s the problem. I thought we were. I even went back and pulled up the hymns from every worship I have planned at Velda Rose UMC and in every week was at least one, “old familiar hymn,” or at least one old familiar hymn *to me*. For example, the same week we received this request, we sang, “Joyful, Joyful, We Adore Thee.” To me, it doesn’t get much older or more familiar than that.

Curiously, I have also received requests that we sing more contemporary music, with a gentle reminder that many in the congregation grew up listening to rock n roll. After all, the Beatles first tour of the US was 58 years ago which means most folks in their 80s or younger probably listened to them (and anyone older likely listened to Elvis and Chuck Berry). What is often referred to as “contemporary praise music” is not so contemporary and, in fact, is “old familiar” church music to many.

The reality is, there is no one hymn that will satisfy everyone—there isn’t even one hymnal that will satisfy everyone.

Here is what I propose to do: Everyone can submit 3 favorite hymns or worship songs. We will compile the suggestions and make a list of the hymns/songs that are confirmed favorites. Then, I will take that list and work the favorites into worship when they are appropriate. I will make every effort to include one each week. For those who attend worship in person, you can pick up a slip, fill it out and drop it in the suggestion/prayer box. For those who worship online or if you prefer, please send me an email at [pastorann@veldarose.org](mailto:pastorann@veldarose.org) and title it “Favorite hymns/songs.”

## VRUMC Prayer Chain

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*

*in loving  
memory*

Florence Lawhead 7/7/2022

Sheila Foreman 7/22/2022

Harry Huffman 7/7/2022

Roberta Burns 7/29/2022

Aleta Macaluso 7/22/2022



# Birthdays



Micky Clark	9/1	Beverly Wilhelm	9/18
James Rothermel	9/1	Anna Bentley	9/19
Ron Boysen	9/4	Brenda Monks	9/20
Betty Boren	9/6	Margaret Cohea	9/22
Jim Kenyon	9/6	Palei Ika	9/22
Lois Carson-Klassen	9/9	Sunia Kafovalu	9/23
Herb Parker	9/10	Bill Miller	9/23
Beatrice Weaver	9/15	Virginia Klager	9/24
Curtis Eyre	9/16	Bernice Lagro	9/25
Paul Gómez	9/16	Dan White	9/25
Jerry Pierce	9/16	Bob Mayhall	9/29
		Joyce Walters	9/30



# Anniversaries

## Fifty + Years



Gary and Rusty Barnes	9/2	Jerry & Helen Pierce	9/1
Marvin and Ann Gamertsfelder	9/4	Duane and Marian Clark	9/7
Ben and Sally Clover	9/14	Tom and Doris McMahan	9/7
Cal and Joyce Walters	9/18	Daniel and Delia Gómez	9/8
Jim and Karen Taylor	9/27	Carol and Milton Zamora	9/27
Steve & Marty Oldham	9/29		



# VELDA ROSE

*United Methodist Church*

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Stay connected via the church website at [veldarose.org](http://veldarose.org)  
Or on Facebook: @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

## NEXT ISSUE

Items considered for the October Vision must be submitted to Jessica at [officeadmin@veldarose.org](mailto:officeadmin@veldarose.org) by **Tuesday, September 13, 2022.**

