

# The Vision

Volume 16, Issue 9

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

September 2023

## Food for the Body and Soul: The Antidote—Velda Rose UMC By Pastor Ann

RECENTLY THE US SURGEON GENERAL Dr. Vivek Murthy issued a public health advisory about the dangers of loneliness and isolation. (The full advisory is available at <https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>) The press release for that advisory says: “Even before the onset of the COVID-19 pandemic, approximately half of U.S. adults reported experiencing measurable levels of loneliness. Disconnection fundamentally affects our mental, physical, and societal health. In fact, loneliness and isolation increase the risk for individuals to develop mental health challenges in their lives, and lacking connection can increase the risk for premature death to levels **comparable to smoking daily.**” (emphasis added) Isolation and loneliness increases the risk of premature death by more than 60%! I find that shocking and more than a little disturbing.

But we know this, don't we? We feel it. We felt it during the lock-down with COVID. When the strict isolation of the lock-down was lifted, I vowed to make connecting



with friends and family a priority. It is all too easy to allow the business of life to get in the way of building relationships.

Pastors, with our 24/7 jobs, and the reality of being set apart and periodically moved from the congregations we serve and grow to love, find it all too easy to slip into unintended isolation. COVID only served to intensify this unhealthy pattern, with meetings taking place on Zoom and worship streamed instead of in person. When the lockdown was lifted, I vowed to have more dinner parties. I even pulled out the good dishes, crystal and silver to reflect just how important these gatherings are, and how special the people are who are

gathered around the table.

During the lockdown, we saw the impact of isolation on our friends and family, and we felt it in our souls. It's why so many people objected to churches going online and the cessation of meeting together. As dangerous as COVID was, and it was dangerous, the negative impact of isolation and loneliness was real too.

Moreover, I have long suspected that the increase in mental health issues we see among younger people is due to their growing lack of connection with church. This is supported by research from the Barna Group which found that anxiety is higher in people who no longer attend church. (<https://www.barna.com/research/new-sunday-morning-part-2/>) Moreover, the health advisory supports my suspicion when it states: “Loneliness and social isolation in childhood increase the risk of depression and anxiety both immediately and well into the future.” Previous generations found connection in church, reducing social isolation. But we know churches are no longer the places of connection they once were. Churches have been seen by many as hypocritical or judgmental, and certainly the isolation felt by those who were ostracized or judged unworthy by churches, not to mention the people who were abused by churches or church leaders, played a significant role in the decline in church attendance and membership.

Another growing trend is for people in a church to be intolerant of those who believe or understand scripture differently. It only serves to add to isolation when people withdraw from connection because of theological disagreements, splintering into ever smaller groups. Sadly, this is not a new problem. Even John Wesley faced this issue, to which he responded: “Though we cannot think alike, may we not love alike? May we not be of one heart, though we are not of one opinion? Without all doubt, we may. Herein all the children of God may unite, notwithstanding these smaller differences.” (Continued on page 2)

## The Antidote—Velda Rose UMC, continued

But there is good news. We are people of good news. We are people of the gospel of Jesus Christ and gospel literally means, “good news.” When we gather together, for worship or for fellowship or for mission work, we are living out the gospel of Jesus and working to overcome isolation and loneliness. We are literally the antidote to what is ailing us and our society. There is, indeed, a balm in Gilead and at Velda Rose UMC.

The Surgeon General identifies six “foundational pillars” that we, as a nation, need to implement to fight the growing public health crisis of isolation and loneliness. Two of them are directly applicable to us. Among other steps, the report says we need to “strengthen social infrastructure...and invest in institutions that bring people together.” Velda Rose UMC is just such an institution. Through our worship, Bible studies, fellowship events, and mission outreach, including our Food Pantry and the Mission Warehouse/Rummage Sale, we create a social structure and community that reduces isolation and loneliness. To this end, we have been holding group activities like the trip to the Butterfly Wonderland, the Mesa Historical Museum, and most recently Feed My Starving Children. When we invest in Velda Rose UMC, and participate in the ministries here, we are helping to overcome isolation.

The Surgeon General report also says that we need to cultivate a culture of connection. We do this as a church when people become members, committing to be a part of the community and to support each other with our prayers and our presence. (The other vows of membership include supporting the church with our gifts, service and witness, all of which also strengthen the community.) We create community when we keep those vows. From the earliest days of the Christian church, it is gathering that is our strength and our witness. “Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.” (Acts 2:46-47)

What Velda Rose UMC has to offer is the remedy to

isolation and loneliness. When we gather together, share table fellowship, support each other, praise God, and love each other, we are doing what Jesus told us to do: “I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.” (John 13:34-35) When we do this, we are the antidote to loneliness and isolation. So let us love one another well, as we gather around a common table, as we gather for worship, and as we gather to serve our neighbors.

As has been my habit since I first came to Velda Rose UMC, I am attaching a recipe that in some way relates to this article. This month’s recipe is for Spiced Poached Pears, the dessert I served at the dinner party pictured on page 1.

### Spiced Poached Pears



**Ingredients:**

- 4-6 ripe (but not soft) pears with stems
- 1 Tablespoon lemon juice
- Water
- 1 C champagne or white wine
- 5 C water (may need more)
- 1 C sugar
- ¼ tsp salt
- 2 inch piece of vanilla bean, split lengthwise
- 1 cinnamon stick
- Peel of one orange, cut into 4-6 pieces
- 2 whole cloves
- Mint leaves for garnish (optional)

Directions:

1. In a large bowl, combine lemon juice and enough water to cover the pears. Peel pears, leaving stem. Cut a (continued on page 3) small slice from the bottom of each pear so it

# Spiced Poached Pears

- will sit level. Keep the pears in the lemon water until you are ready to cook them.
2. In a large saucepan (large enough to hold all the pears without crowding), add champagne/wine, water and sugar and bring to a boil. Add salt, vanilla, cinnamon stick, orange peel, and cloves.
  3. Remove pears from lemon water and place in the poaching liquid. Add additional water if necessary to cover pears. Keep pears submerged under the liquid using a lid, pie plate, or similar object. Reduce heat to low and simmer, turning pears occasionally until pears are tender. Test by probing with a thin knife, there should be very little resistance.
  4. Remove pears from poaching liquid with a slotted spoon and place upright in serving dishes. Cool. Cover with plastic wrap and refrigerate.
  5. Strain vanilla bean, cinnamon stick, cloves, and orange peel from poaching liquid. Reserve orange peel.
  6. Increase heat and boil poaching liquid until it is reduced to  $\frac{3}{4}$ -1 cup and syrupy. Remove from heat and refrigerate until ready to use.
  7. To serve pears, spoon syrup over the pears and garnish with candied orange peel and mint leaf, if desired.

NOTES: Can use red wine, which will result in pink pears.

Avoid anything with a sharp edge when keeping the pears submerged. Anything that presses into the pears could leave marks.

The orange peel can be cut into thin strips for an attractive garnish.

Watch the syrup carefully when reducing it. The temperature can rise rapidly, turning the syrup into a hard caramel or even burning.

## United Methodist Classes Wednesdays in September



WE WILL HOLD classes in September using the #BeUMC curriculum, which explores what it means to be United Methodist. This will be for new members, but also anyone in the congregation who would like to learn more about the denomination and why people choose to be, and to remain, United Methodist. We will also have the opportunity to talk about what is happening with the denomination at the international, jurisdictional, and conference levels.

There will be 4 sessions all together, Wednesdays in September at 4 pm, beginning September 6. These would be in person or, for those who prefer, they can attend online through a ZOOM link. We will also record the sessions for those who are not available in September.

**The in-person meeting would be followed by a time of fellowship with an optional dinner. Even if you don't attend the class, you are welcome to come to dinner.** One of those dinners, on September 27, will focus on Velda Rose specifically with an emphasis on those seeking membership.

There will be materials that will go with each class and so we will need you to sign up so we can get you a copy of the materials before the class starts.

FRENCH PHILOSOPHER JEAN-PAUL SARTRE once said, "Life is the C(Choice) between B(Birth) and D (Death)." In other words, life is about choices. Our lives are made up of important and decisive choices, as well as small and everyday decisions that accumulate and shape us over time. Therefore, it's important to make good choices and give our best without regrets once we've made a choice. Being alive means having things to choose from and the ability to make choices.



In a certain town, a store opened its doors for women to choose their ideal men. The building had five floors, and each floor displayed men who fit the women's preferences. Uniquely, this store had a rule that once a floor was visited, there was no turning back. Two women visited the store to find their ideal men. When they opened the door to the first floor, they found a sign in front of them that read, "This floor features men with stable jobs who love children." While they found a man who caught their interest on this floor, their curiosity about the next floor led them to go up one more level.

The second floor entrance also had a sign. It stated, "This floor features men who earn well, love children, and are handsome." The two women were satisfied, but their curiosity about the next floor

made them naturally proceed to the third floor. The entrance to the third floor had a sign that read, "Men who earn well, love children, are very handsome, and help with household chores."

"Wow! It seems like it's getting better as we go up!" they exclaimed as they went directly to the fourth floor. The sign in front of the fourth-floor door read, "This floor features men who earn well, love children, are very handsome, help with household chores, and are

not only romantic but also very caring." The women thought, "If the fourth floor is like this, we can't even imagine the men waiting for us on the upper floors!" As a result, without even stopping on the fourth floor, the two women hurriedly went up to the fifth floor. There was also a sign on the fifth floor. It read, "The fifth floor is under internal repair. We apologize, but you cannot go back. Please use the left staircase to go outside."

When the opportunity for choice arises, do not miss it. Make wise decisions without regret, and give your best to what you have chosen. That is the life we live. Life is the choice(C) between B and D, birth and death. We have lived day by day through a series of choices. There have been good decisions and regrettable ones. Life is not about picking ripe fruits, but about choosing good seeds and nurturing them.

## Monthly Prayer for Churches



- St. Matthew UMC, Mesa
- Tongan UMC, Mesa
- Velda Rose UMC, Mesa
- UMC of Casa Grande
- Wesley UMC, Phoenix



## September Worship Series: Come to the Table

THIS SEPTEMBER, we hear the call to dine with Jesus in our worship series, "Come to the Table,"—an invitation that means much more than a simple eating experience. The table was the place where Jesus fed people but also, challenged them to acts of hospitality that reflect God's way.

When we say "yes"

to a place at Christ's table, we accept a way of life that embraces God's definition of love, peace, grace, and joy.

The lockdown of recent years created for many an urgency to spend more time around tables with old and new friends being fed in body, mind, and spirit. It



*"...when two or three of you are together because of me, you can be sure that I'll be there."*

— Matthew 18:20 (MSG)

is at the table where, as one person said, we, "speak about the deepest things we know right away." This is my hope for Velda Rose UMC as we embark on this series that highlights the table of grace that is laid for us.

It is my hope that we will gather around the table of Jesus and gather at tables in our

homes and on our campus to share deeply. It is my hope that you will invite those who feel isolated and who may be feeling a lag in hopefulness to tables of love and joy. And it is my hope that our habits of gathering will also bring more peace in turbulent times. This September, let us celebrate the depth of communion to which we are called.

## September Sunday and Wednesday Morning Services

### **SEPTEMBER 3RD**

*The Table of Hospitality*  
Romans 12:9-21,  
Matt. 16:21-28  
Pastor Ann

### **SEPTEMBER 10TH**

*The Table of Love*  
Romans 13:8-14  
Matthew 18:15-20  
Pastor Ann

### **SEPTEMBER 17TH**

*The Table of Peace*  
Romans 14:1-12  
Matthew 18:21-35  
Pastor Ann

### **SEPTEMBER 24TH**

*The Table of Grace*  
Philippians 1:21-30  
Matthew 20:1-16  
Pastor Ann

### **10:00 AM WEDNESDAY ONLINE BIBLE STUDY & MEDITATION**

9/6 - Matthew 16:21-28  
9/13 - Matthew 18:15-20  
9/20 - Matthew 18:21-35  
9/27 - Matthew 20:1-16

# United Women in Faith



United Women in Faith

## Mission u

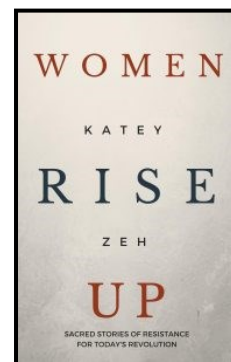
LED BY Billie Larime, Dean of Mission u, forty-seven women listened,

words, symbols, and shapes culminating in a pictorial representation of Living the Kin-dom.

In the Desert Southwest Conference UWF, Mission u takes place each year during the summer months. Consider attending Mission u in 2024 for an uplifting spiritual and educational experience.

## UWF Reading Program – Book Report

Sarah and Hagar are caught in the crossfire of human trafficking. Ruth and Naomi are migrant farm workers who labor across lines of difference. These may sound like headlines ripped from our round-the-clock news, but in fact they are a timely take on the tenacious women of the bible from



gender justice advocate and ordained Baptist pastor, Rev. Katey Zeh in **Women Rise Up: Sacred Stories of Resistance for Today's Revolution**. Zeh calls out the stories of mostly well-known biblical women and shows us how these stories relate to gender discrimination and social injustice in our world today. At the same time, the character strengths of these women are highlighted as models for how modern women can stand up for themselves and each other. Each chapter starts with a personal story from Zeh that relates to her point about the scripture and makes the book fun, relatable, and easy to read. These personal reflections are followed by biblical interpretation and application to justice issues in our world today. Category: Social Action.



Billie Larime, Dean The Mission u Committee



The Mission u Committee

learned and participated in Mission u held in Prescott, Arizona at Prescott UMC on July 21-22.



Rev. Amanda Corella, co-instructor

Our instructors were a retired pastor, Rev. Suzi Jacobson, and a newly ordained pastor, Rev. Amanda Corella. Themes explored through the 8 module exercises included: God as our holy parent, heaven as we know it and how it should be, anxiety in our faith journey, the role of forgiveness in the kin-

dom, trials and temptations, and God's kin-dom in our present time. Each module contained a creative exercise through which we explored the lines of the Lord's Prayer. The end result was a beautiful and colorful tree made of sticky notes, ribbons and construction paper that told the story of the Lord's Prayer through our



Rev. Amanda Corella, Nellie Amedee, Rev. Suzi Jacobson

## United Women In Faith Starts Fall Programs

**September 26** at 9:00 a.m. in Martin Hall: UWF Executive Board Meeting

**October 5** at 11: 30 a.m. in Moore Hall: First UWF Unit meeting of the Fall. All women are invited to join us. Our speaker will be from Hope Women's Center. Please bring your own bagged lunch.

## United Women in Faith, continued

### *Other Important Dates:*

**September 21** at 1:00 p.m.: Grace UWF invitation to attend program about immigration and the Eloy Detention Christmas card project at Grace UMC

**October 14:** East District Annual Celebration at Cross in the Desert UMC

### **Closing Prayer:**

Lord of all  
Giver of all things  
Guide us, lead us, forgive us  
Draw us closer to your ways  
Every day!

--Nellie Amedee, participant at the  
2023 Mission u in Prescott, Arizona

*We believe love in action can change the world!*

*Mary Killgrove, President of Velda Rose United Women in Faith*

## United Women in Faith Prayer Chain

*Prayer*

NEED PRAYER? Call Karen Taylor at 605-929-8342, or call the church office.

## Out to Lunch Bunch

Velda Rose United Women in Faith  
"OUT TO LUNCH BUNCH"

When: Friday, September 8th

Time: 11:30 am-1:00 pm

Where: Wild Berry Diner,  
4805 E. Main St.  
Mesa, AZ 85205

ALL WOMEN WELCOME  
RESERVATIONS REQUIRED

Contact Billie Larime or church office to leave name & phone number.



United  
Women  
in Faith



## Mission Focus for September: Velda Rose Food Pantry



WITH OUR WORSHIP FOCUS of "Come to the Table," it is only natural that we will focus on making sure people have food on their table.

Accordingly, our mission focus in September is

our Food Pantry. In the heart of our united community, the love and care we share can make a profound difference. As we stand together, we recognize the common ground that unites us: the call

to compassion and service. Our food pantry stands as a beacon of hope, reaching out to those facing food insecurity in our midst. Each donation, no matter how small, has the power to uplift a neighbor's spirit and nourish their body. I invite you to consider the impact your generosity can have—by contributing to the food pantry, you extend a hand of friendship to those in need.

Moreover, the gift of your time through volunteering enriches not only their lives but also our own souls. It's a chance to bridge divides, strengthen our bonds, and make a lasting impact on the unity of our beloved community. Let's show the world that compassion knows no boundaries. Together, we can inspire change and cultivate a spirit of togetherness that resonates far beyond our walls.



## Current Velda Rose UMC Food Pantry Needs

THE VRUMC FOOD PANTRY provides non-perishable food items to those who come seeking assistance.

Donations are received in the church office Monday through Friday from 9:00am to 2:00pm. On Sundays, drop off your donated food items in the shopping carts located in front of the Sanctuary.

Our current Food Pantry needs are:

- ⇒ Peanut Butter
- ⇒ Spaghetti & Canned Spaghetti Sauce

- ⇒ Canned meats
- ⇒ Canned vegetables (all kinds)
- ⇒ Granola bars
- ⇒ Canned fruit
- ⇒ Canned beans (all kinds)
- ⇒ Pudding cups
- ⇒ Jelly / Jam
- ⇒ Canned soups (vegetable beef, chicken noodle & tomato)
- ⇒ Saltines





# Building Community: Mesa Historical Museum and FMSC

ON JULY 27TH, a group from Velda Rose UMC visited the Mesa Historical Museum. This trip helped us get to know our community and each other. The museum focuses on the history of Mesa, its first families, the Cactus League and the artwork of Karen Kuykendall. We learned, among other things, that the "C"s of Arizona: Climate, Copper, Cotton, Citrus and Canyons.

Located in the old Lehi School, the museum is an interesting trip for an afternoon or morning. Many of us also found nice gifts at the Mesa Historical Museum gift shop.



ON AUGUST 23RD, a dozen folks from Velda Rose UMC went to Feed My Starving Children where we helped pack meals. The meals consisted of vitamins, vegetables, rice and soy to provide a child with a balanced, nutritious diet. After donning lovely and stylish hair nets, we work diligently to pack 37 boxes of 216 meals each! When combined with the other volunteers working that day, we packed 15,552 meals, enough to feed 42 children for a year!



# United Methodist Men



OUR FINAL ICE CREAM SOCIAL for the summer was held on 13 August and was well attended. We are open to suggestions for social events during the Fall season and would love

to hear thoughts on this.



The Velda Rose UMMM team collects aluminum beverage containers for recycling. This effort supports our environmental awareness mission

and generates a small amount of revenue that we invest in other local projects. You can place your cans in the identified chutes in the pod on the east end of the UWF mission building. Help us make a difference in our community by recycling your cans.

The next UMMM meeting will be held on 2 October, 11:30-1:00, in Martin Hall. Stop by for some fellowship, enjoy a light lunch, and learn about some of the missions we participate in.

Lee Nixon, Acting President, UMMM

## Implicit Bias Training—Coming this fall

IF YOU ARE OUT WALKING and you happen upon a bear, or a mountain lion, how would you react? When you see a traffic light turn red, what do you do? Do you think about it first? Did you know that roughly a third of America's CEOs are taller than 6'2" even though a very small percentage of the population is that height or more? The same phenomenon with U.S. Presidential Candidates – statistically, throughout history, the taller candidate has a better chance of winning. These are all

examples of implicit bias.



The fact is, we can all see things differently. In this famous illusion, some see an old woman, and some a young one. It depends on our bias, and sometimes our perspective.

Back in the '90s, a couple of psychologists named Mahzarin Banaji and Anthony Greenwald coined the term implicit bias when they theorized that social behavior is largely influenced by unconscious associations and judgments. Implicit bias (aka unconscious bias) is the automatic associations and

assumptions we make about other people without even thinking about it.

The trouble with implicit bias is that our automatic assumptions influence the way we treat people, often in unfair ways. Becoming aware of our implicit bias is an important step in growing to love our neighbors the way Jesus loves.

You are invited to learn about the unconscious associations and judgments you make about other people and the world in the upcoming workshop, "Counteracting Bias: Seeing People as They Are," sponsored by Velda Rose United Women in Faith. The four-hour Implicit Bias Training will be broken into two 2-hour sessions, the first on October 19, and the second on November 16, both from 1-3 pm.

Please contact Mary Killgrove or the Velda Rose UMC office at 480-832-2111 if you would like to register for this workshop. Sign-up sheets will also be available on Sundays in the Library and Sanctuary before and after Sunday worship and in the Velda Rose UMC office Monday - Friday from 9:00 am - 2:00 pm. Everyone is encouraged and welcome to attend!

# VRUMC Blood Drive September 20 from 8 AM to 1 PM



**American  
Red Cross**

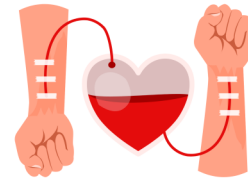
BLOOD  
DONATIONS SAVE  
lives. Eligible  
donors with

types O, B negative or A negative blood are encouraged to make a Power Red donation at this blood drive. Power Red donors give a concentrated dose of red blood cells during a single donation, allowing them to maximize their impact.



Race in to donate at our Red Cross blood drive September 20 from 8 am to 1 pm. *All who come to give will get a free haircut coupon from Sport Clips via email!* Sign up at: [rcblood.org/racetogive](http://rcblood.org/racetogive)

## WHY DONATE BLOOD?



Every two seconds, someone in the United States needs blood, which means more than 38,000 blood donations are needed per day.



Each unit of donated whole blood can help save three lives.

### Here are three ways to sign up:

- ◆ Use this QR code via your mobile phone camera
- ◆ Go to [redcrossblood.org/give.html/drive-results?zipSponsor=veldarose](http://redcrossblood.org/give.html/drive-results?zipSponsor=veldarose)
- ◆ Contact the church office



Save time with RapidPass®. Complete your pre-donation reading and health history at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or with the Blood Donor App before your appointment.

Eligibility questions? Call 1-800-RED CROSS

## Worship Planning Team—Thursdays

THE WORSHIP PLANNING TEAM will begin meeting in September with our first priority to learn the process and what it means to be a worship planning team. Our subsequent sessions will move to planning by season, beginning with Advent and Christmas. New volunteers are always welcome. Meeting will be hybrid, so you can attend in person or online. We will meet in the Conference room at 11 am and bring a brown bag lunch. There will be materials for each volunteer so please let us know you are interested.

Our Schedule is:

Sept. 14 Topic: Opening Session (How to plan worship and be a team)

Sept. 28 Topic: Advent/Christmas

If you will need the Zoom link, please contact the office.



# Call to Giving for Lahaina

**By Rev. Dr. Denyse Barnes, Director of Justice & Compassion EMT from the California-Pacific Conference of The United Methodist Church**



IN RESPONSE TO THE devastating fires which have ripped through **Hawai`i** in the last few days, a special giving link has been set up at the Conference center. As United Methodists, we want to bring our resources to the table in the most effective way possible; as such, 100% of all you give will go towards helping the people of Hawai`i.

We are committed to supporting the community of **Lahaina** as they navigate the challenges before them. All of the money collected through the links below will go towards helping this community in their time of need.

The first responders in Hawai`i have asked us not to

send goods or people at this time as they work out what their specific needs will be over time.

Our [Disaster Response Task Force](#) has mobilized and is working at assisting as plans develop. We will let you know more as

the recovery plan is implemented.

Matthew 25:40 – “Then the lord will reply to them, ‘I assure you that when you have done it for one of the least of these brothers and sisters of mine, you have done it for me.’”

**Online Giving:** Individuals can give to the **Lahaina Relief Fund** at [calpacumc.org/donate](http://calpacumc.org/donate).

**Giving by Check:** Gifts for the Lahaina Relief Fund can be made payable to the **California-Pacific Conference** and sent to California-Pacific Conference, Lahaina Relief Fund, PO Box 6006, Pasadena, CA 91102-6006.

## The Green Team

PLASTIC, PLASTIC, PLASTIC!!! What can we do? Where can we start? Will it ever end? Enquiring minds want to know. It seems that the more information you gather, the more confused you become.

First on the list is; plastic is polluting our world. Yes, yes, yes. But why and how have we allowed this to happen? Well for starters we all love the convenience. Great for storage and when we are done with them we can just toss them into the trash and purchase new ones. Which by the way are all made in China. Ok, so not a good scene. Soooo let's ...

Recycle them. Many new companies are popping up every day with new ideas on how to recycle plastics.

Many have created lots of ways to remake the same product it started as. They can also create new products from them. Such as clothing, shoes, furniture and yes, even houses. Amazing isn't it? Earthday.org has announced their theme for 2024.



[This Photo](#) by Un-

Planet vs. plastics! To quote them “For Earth Day 2024, Earthday.org is unwavering in our commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of ALL plastics by 2040.” This is an awesome website if you want to learn a lot about our earth.



# Women's RESToration Retreat October 9-12 at Mingus Mountain



## RESToration

Monday, October 9th-Thursday, October 12th

Join us for this retreat--be filled with rest, and gain strength and perspective for the future.

Sue Conklin, licensed clinical social worker, and Sheila & Bekah Segien from Connect with Horses will lead us in equine experiences to engage with exploratory inner work. Assisted by Cat Holbert, Trained Coach and experienced facilitator, we'll offer guided meditations, conversations, art therapy tools, and opportunities for self-care.

The cost for this event is \$525  
Broken down, that's \$225 for food and lodging (3 nights/ 8 meals)  
and \$300 for program fees  
Financial assistance is available through Mingus Mountain; email  
Cat Holbert at [cholbert@dscumc.org](mailto:cholbert@dscumc.org) to inquire for scholarships

Registration is now OPEN! Space is limited.

Rest. Learn. Grow. For Women by Women.

Register at <https://mmadultevents.campbrainregistration.com>

*in loving  
memory*

Joseph Adams 7/2/2023

WOULD YOU LIKE TO IMPROVE YOUR COMPUTER SKILLS? Justa Center is offering free classes on Wednesday mornings at 9 am, 1001 W. Jefferson, virtual options are available. To learn more, contact Justa Center at (602) 254-6524. Classes are sponsored by AARP through their Senior Planet Oats Program. Current flyer is available in the office. New classes coming this fall.



# Wrap Up! Mission Project Totals

Per **Billie K. Fidlin**,  
Director of  
Outreach and  
Justice for the  
Desert Southwest  
Conference:



## RIP MEDICAL DEBT

“Every day 1 in 2  
Americans choose between paying medical bills and  
covering basic needs.”

[RIP Medical Debt](#)

This statistic, from the RIP Medical Debt website,  
shares with us the dire circumstance that so many  
Americans are facing today.

Our Conference chose to make a difference.  
Counties throughout the states that make up our  
geographic area will receive help. You’ll remember,  
every \$100 donated relieves \$10,000 in medical  
debt. Other statistics that we should keep in mind:

Nearly 50% of U.S. adults delayed or skipped seeking  
medical care. Why? The high costs of that same  
medical care. 50% of U.S. adults would not be able  
to afford an unexpected bill of \$500. They are not  
prepared financially to do so. Most startling – some  
2/3 of bankruptcies cite medical debt as the leading  
cause of why they filed for same.

It is likely you know someone impacted by medical  
debt. It is likely that debt is on the increase, and  
families are faced with the pressure that those calls  
for payment and monthly statements demand. All  
the while trying to make ends meet. Ends such as  
housing and food security, clothes for their children,  
medicines, and so on. You get the idea.

First suggested by Rev. Jen Lambert of Red Mountain  
United Methodist Church, the Sessions committee  
agreed to have RIP Medical Debt be one of three  
mission focus projects for the 2023 Annual  
Conference session. Our churches did well – raising

\$11,332.82 which  
was submitted to  
RIP last week.  
This morning we  
were informed  
that your  
generous  
contribution will  
allow  
approximately

\$1,133,282.00 of medical debt to be alleviated.

With heartfelt gratitude, many are looking forward  
to a brighter future today, due to your giving spirits.  
Thank you Desert Southwest Conference!

## UKRAINE RELIEF, RIP MEDICAL DEBT, AND DISASTER RELIEF FOR TURKEY/SYRIA

We have the final accounting of donations turned in  
to our Conference Treasurer, Matt Kuss, for the 2023  
Mission Projects. You’ll remember we had three  
areas of focus this year: Ukraine Relief, RIP Medical  
Debt, and Disaster Relief for Turkey/Syria.

*Our grand totals are as follows:*

- Ukraine: \$14,180.32
- RIP Medical Debt: \$11,332.82
- Turkey/Syria: \$10,822.86
- **Grand total of \$36, 336!**

These totals do NOT reflect donations that were sent  
directly to UMCOR or RIP Medical Debt – I don’t  
have much data on those (you can send them if you  
like!). Well done good and faithful Annual  
Conference. Your giving hearts continue to be a  
blessing! Thank you!



Micky Clark	9/1	Margaret Cohea	9/22
Jim Rothermel	9/1	Palei Ika	9/22
Bob Koch	9/3	Sunia Kafovalu	9/23
Ronald Boysen	9/4	Bill Miller	9/23
Betty Boren	9/6	Lilian Kafovalu	9/23
Jim Kenyon	9/6	Virginia Klager	9/24
Herb Parker	9/10	Bernice Lagro	9/25
Beatrice Weaver	9/15	Ellis Vancil	9/25
Jerry Pierce	9/16	Dan White	9/25
Anna Bentley	9/19	Bob Mayhall	9/29
Brenda Monks	9/20	Joyce Walters	9/30
Rhiannon Protuck-Ross	9/20		



Jerry & Helen Pierce	9/1	Tom & Doris McMahon	9/7
Gary & Rusty Barnes	9/2	Cal & Joyce Walters	9/18
Marvin & Ann Gamertsfelder	9/4	Carol & Milton Zamora	9/27
Duane & Micky Clark	9/7	Steve & Marty Oldham	9/29





# 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](http://veldarose.org)  
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### Staff Leadership

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

OFFICE CLOSURE: The church office will be closed Monday, 9/4/23 in observance of Labor Day.

## WORSHIP SCHEDULE

### Wednesday Morning Devotions

10:00 AM

Online at [facebook.com/veldaroseumc](https://facebook.com/veldaroseumc)

### Sunday Morning Services

9:30 AM

Online at [facebook.com/veldaroseumc](https://facebook.com/veldaroseumc)  
& in-person in the Sanctuary

# #BeUMC

## What does it mean to be Methodist?

**IN PERSON CLASSES\***  
**SEPTEMBER 6, 13, 20 & 27**  
**@ 4:00 PM**  
**in MARTIN HALL**

\*also available online via Zoom

Items considered for the October Vision must be submitted to  
[officeadmin@veldarose.org](mailto:officeadmin@veldarose.org) by **Tuesday, September 12, 2023.**