

The Vision

Volume 16, Issue 4

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

April 2023

Food for Thought By Pastor Ann

WHAT IS THE GOOD NEWS of Jesus Christ? We are called as Christians to share the good news, but what is it? Is the good news that we will leave the troubles of this world for an eternal life after death? Or is it something much more immediate, more urgent? Is the good news that God will shower you with blessings and riches? Or is it something much more ephemeral than that? What is the good news that calls us together as a congregation and binds us together as the Body of Christ?

Preachers for hundreds of years spent a great deal of time convincing people that they deserved to burn in hell and that the burning was imminent (why you could practically smell the smoke). They felt this was the proper way to motivate people to accept Jesus and become better people. Shame was the coin of the realm of God, at least in their minds. John Calvin would famously describe the human condition as one of “total depravity.” Any good you saw in anyone was always the work of God because people were not capable of anything good, or so Calvin’s view went. Only those chosen few who were among the called and who answered that call would be saved a fate of eternal hellfire. Fire and brimstone, those kinds of sermons are called. Why do so many of Jesus’ followers feel it was necessary to preach this way? Significantly, fewer and fewer people are buying into this “life is scary and death is scarier” approach to “good news.”

But did Jesus ever preach that way? No. Rather than moan about how the approaches of the past aren’t

working any more, let’s look at the original approach. What did Jesus offer people? How did Jesus preach to people that not only kept people coming back for more, but changed their lives and convinced a significant number to follow him?



Jesus offered living water. Jesus offered the bread of life. Jesus offered fellowship and healing and blessings. You are mourning or poor or beaten down? Blessed are those who mourn for they will be comforted. Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are the meek, for they will inherit the earth. The outcasts like Zacchaeus were offered fellowship. Martha

and Mary were welcomed to learn and be discipled just like the men were. The sick were offered healing, the dying were offered new life.

Which of us do not want those things? Fellowship, acceptance, healing, instruction, comfort. The good news that Jesus offers isn’t a raincheck for blessings in the next life, it’s the start of that new life right now! And that is the good news we have to share. Because Jesus, often called the Lamb of God, offers us the bread of life, living water, and life in the kingdom of God, starting right now. Jesus isn’t just offering life after death, but life now, full life, resurrected life, a new life that can begin today. Because which of us does not need, or at some time in the past did not need, resurrection and new life.

In honor of the Lamb of God, a recipe worthy of an Easter Celebration, Rack of Lamb. This surprisingly simple recipe is delicious enough for company and yet so each and quick to make. Enjoy.



Herb & Mustard Crusted Rack of Lamb

SERVINGS: 3-4

PREHEAT OVEN TO 350°F (180°C)

COOKING TIME: 15+ MIN

Ingredients

- 1 rack of lamb, frenched (which means the cleaned so the ends are bare)
- 1 Tbsp extra virgin olive oil or fat of choice, such as butter, ghee, avocado oil, etc.
- 2 Tbsps Dijon mustard (Option: can use stone ground mustard if you prefer)
- 2 cloves of garlic, crushed
- 2 cups fresh herbs of choice, such as rosemary, parsley, basil, thyme, sage, oregano, or mint
- salt & pepper to taste

Directions

1. Prepare herbs. Wash, dry, and chop fresh herbs. Add to a plate or wide-bottomed dish and set aside.
2. Prepare mustard rub. Smash and finely chop, or crush, garlic and mix with Dijon mustard in a small bowl. Set aside.
3. Prepare the lamb. If cooking one rack, slice rack of lamb in half, as evenly as possible. Dry each half-rack of lamb of surface moisture with paper towel and season all over with salt and pepper, to taste. Go easy on the salt, the mustard will add some additional salt and flavor to the recipe.
4. Sear the lamb. Heat a cast iron skillet over high heat. As the skillet is starting to reach its intended temperature, add your fat of choice. Getting the pan hot first and then adding the oil will help keep food from sticking. Add your half-racks, and sear on all sides, except the edges. Once racks are a beautiful brown, turn off and remove pan from heat, and remove half-racks from pan.
5. Crusting the lamb. Use a pastry brush to brush garlic Dijon mustard onto the lamb. Roll the lamb in the fresh herbs, pressing them to stick and for more even distribution.
6. Roasting the lamb. Once half-racks are coated with herbs, place them back in the cast iron skillet, bones up, and interlock the bones so they stay upright. Place on the rack just below center in the oven, until desired doneness. Rare: 115-120°F, Medium-Rare: 125°F, Medium: 130°F, Medium-Well: 145°F. Rare usually takes around 15 minutes. Use a meat thermometer if you'd like to be precise.
7. Resting and serving: Remove lamb from the oven and take out of the hot pan (use a cutting board with the well for juices. Cover with foil for at least 5 minutes to rest. To serve, slice between bones and serve individual chops. 1-3 chops per person is usually adequate, depending on the size of the chop, the size of the person, and the size of the meal.

Whether it is called Easter or Resurrection Sunday is not as important as the event and purpose of the resurrection. We celebrate Resurrection Sunday because not only did our Lord conquer death, but also without the Resurrection, we have no foundation for our faith. So, what is Easter? According to Wikipedia, Easter is also called Pascha or Resurrection Sunday. It is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary c. 30



Image by [Günther Schneider](#) from [Pixabay](#)

In the liturgical life of the church, the last week of Jesus' life is known as Holy week. It begins with a triumphal entrance on Palm Sunday, continues with the tension of the last Supper on Maundy Thursday and Jesus is arrested in the garden of Gethsemane. During Holy Week, the faithful remember the time when after six hours of hanging on a cross on Friday, Jesus simply died. It appeared that he lost.

The resurrection of Jesus Christ from the dead is the core of the Christian gospel. The Apostle Paul says that if Christ is not raised from the dead, our preaching and hope are in vain – *If no one is ever raised from the dead, then Christ has not been raised. And if Christ has not been raised, then our preaching is worth nothing, and your faith is worth nothing. And also, we are guilty of lying about God, because we testified of him that he raised Christ from the dead. But if people are not raised from the dead, then God never raised Christ. (1 Cor 15:13-15)*

In other words, Christianity has no point if the Resurrection did not happen. Many Christians would have lost their lives (as martyrs) for nothing and placed their faith in false hope. However, Jesus broke the rules. He destroyed the system of sin and death. He made all things new, and found a way around the unwinnable scenario. If He had not risen from the dead or simply died and not been resurrected, He would have been just another teacher or prophet. His resurrection rebuked all that and provided final and undeniable proof that He was the Son of God and that He had overcome death—once and for all.

For Christians worldwide, the

importance of Resurrection Sunday is acknowledging His resurrection from the dead, and His glorious assurances of eternal life for all who believe in Him. While there are plenty of non-religious traditions, such as the Easter bunny, baskets of candy, and Easter egg hunts, there are also meaningful traditions for Christians today. Some include Sunrise services - many churches meet at a special sunrise service time to celebrate the risen savior. Resurrection rolls are a cute way to teach children about the empty tomb of Jesus. Resurrection rolls are baked with a large marshmallow inside that disappears while baking, symbolizing the empty tomb of Jesus. Easter Lilies can be found decorating churches and homes as a reminder of the purity of Jesus' sacrifice and the new life we have through his resurrection. Thankfully, the Resurrection did occur, and for those reasons, we have immense hope and assurance.

How Volunteering Benefits Your Mental Health and Self-Esteem



What can a person do to combat a growing sense of defeat and hopelessness as the

clock speeds round? New research seems to point to a possible solution: Volunteer. Volunteering in service of others elevates mental health and raises self-esteem like no New Year's resolution sought, tried, or (dare we say it?) failed.

A recent national survey commissioned by UnitedHealth Group of 4,582 adults found that the overwhelming majority of participants reported feeling mentally and physically healthier after a volunteer experience. Findings also reported include:

- 76 percent of people who volunteered in the last twelve months said that volunteering has made them feel healthier.
- 94 percent of people who volunteered in the last twelve months said that volunteering improved their

mood.

- 78 percent of them said that volunteering lowered their stress levels.
- 96 percent reported that volunteering enriched their sense of purpose in life.
- 80 percent of them feel like they have control over their health.

One study found that people who volunteer over 100 hours a year are some of the healthiest people in the United States. Volunteering can also minimize chronic pain symptoms and reduce the risk of heart disease.

For those interested in volunteering for Duet, we have many ways to serve. From rides to medical appointments, grocery shopping, and paperwork assistance, to minor handyman services, friendly visiting and phoning, we have a need you can fill. Go to duetaz.org and select the *Volunteer* tab to learn more.

Holy Week & Easter Sunday Schedule



Palm Sunday—9:30 am Celebrate the triumphant entry into Jerusalem with special music from our Chancel Choir even as we look forward to the events of the week to come and the Crucifixion. Features Holy Communion.

Healing Service—4:30 pm From the beginning of biblical times, trees have been used as metaphors and parables of wisdom to describe the journey of life. You are invited to participate in a Holy Week Healing Ceremony on Wednesday, April 5th from 4:30 pm - 6:00 pm where we will examine the parts of a tree as they parallel the process of releasing grief, bitterness, heartbreak and pain and receiving hope, peace and compassion in their place. Come be in community during Holy Week. Share this special night, as special guests from Holy Reiki (a global prayer movement), including founder Mary Ritter, create a kinesthetic and visual experience of healing for your mind, body and spirit, and guest artist

Araceli Gibson. (See page 9 for more information.)

Maundy Thursday—7:00 pm We remember the events of the night when Jesus gave himself up for us and when he also gave us a new commandment, that we love each other as he loves us.



Good Friday—11 am-1 pm Our sanctuary will be open for private meditation and stations of the cross.



Easter Sunday—Sunrise in the Park—6 am Mesa Methodists from First Mesa UMC, Grace UMC and Velda Rose UMC will gather in Countryside

Park as the sun rises to celebrate the resurrection of Jesus, and his grace for us. Bishop Carlo Rapanut is preaching. Includes community Egg Hunt.

Easter Sunday—9:30 am Celebrate the resurrection with song, praise, and joyous worship! Hallelujah!

April Sunday and Wednesday Morning Services

April 2: PALM SUNDAY

Finding Your Purpose: Listening to Your Heart

Matt. 21:1-11; Matt. 26:36-46

Pastor Ann

April 9: EASTER SUNDAY

- 6 AM: SUNRISE IN THE PARK WITH BISHOP CARLO RAPANUT

- 9:30 AM: TRADITIONAL SERVICE IN-PERSON & ONLINE

Tombs and Cocoons: Trusting the Dark

Luke 1:26-38; John 20:1-18

Pastor Ann

April 16: GOOD HUMOR

SUNDAY

Coming Out—Leaving Comfortable Places

Hebrews 11:1-3

Pastor Ann

April 23: NATIVE AMERICAN

MINISTRIES SUNDAY

Open: Into the Light

Luke 24:28-49

Pastor Daniel

April 30

Unwrap: Waking Up

John 11:1-44

Pastor Ann

10:00 AM WEDNESDAY ONLINE BIBLE STUDY & MEDITATION

4/5 The Ninth

Commandment: Exodus 20:16

4/12 The Tenth

Commandment: Exodus 20:17

4/19 Luke 24:28-49

4/26 John 11:1-44

April Worship Series

WE'RE USING THE WORD "EMERGING" a lot these days. We feel that we are slowly emerging from the pandemic and we are cautiously finding our way "back to normal." But wait! Not so fast. Do we really want to just go back to the way things were?

Or do we want to be transformed by our experience and find new ways to appreciate the blessedness of life?

We are living in a time of great change, one might even say, of metamorphosis. We're all human, after all, and transformation is inevitable. The seemingly tried and true practices we have known don't work anymore. The familiar is often being covered with the silk threads of a cocoon in which we will inevitably transform. It is an experience of liminality, which comes with a certain amount of pain as we let go of our illusions of permanence. We can see this



moment as the iconic symbol of death and resurrection that butterfly metaphors tend toward, but we can also marvel at the proof that life is simply progressing especially because we are living this great change.

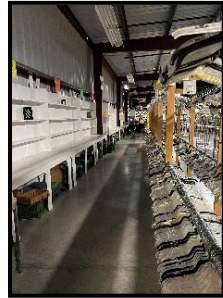
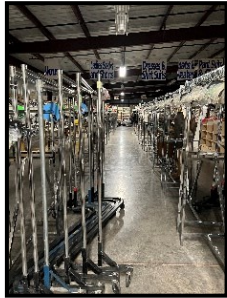
Butterflies are a long-standing symbol of resurrection and our theme image for this series. This series starts with the caterpillar and chrysalis — the beginning of the journey of transformation — and affirms the darkness as good for birthing new things. Already within a caterpillar are amazing groupings of dormant cells that have all the information needed to move ahead and form and perform as a beautiful butterfly. The DNA for change and for whatever-is-next is already within us, gifted by our Creator. This is the good news we will proclaim this season.

United Women in Faith



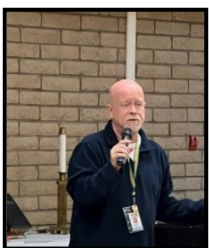
United Women in Faith

AND IT STARTS ALL OVER AGAIN...



Most of us see the rummage building when it is full of donations at the beginning of a 3-day sale. But not many of us see the empty shelves following the February sale. At that time, various charities are invited to come into the building and take any items that are left unsold. Once the building is cleared out, it is readied for the next two sales, one in October and the other in February 2024. Between now and the next sale, which is on October 26, 27 and 28, the building will fill up with a variety of goods. The Velda Rose UWF is very thankful for the generous donations from members of the community throughout the year!

Great presentation by UMOM!



At our March unit meeting, UWF members were treated to a delightful and informative presentation by Gordon Sims, Major Gifts Officer, with UMOM. United Methodist Outreach Ministries (UMOM) restores

hope and rebuilds lives by providing shelter, services and affordable housing for people experiencing homelessness. Through our 2022 donation, UWF was able to provide funding to help over 200 families.

During his presentation, Gordon talked about the Helpings Café, which is run by UMOM and staffed by



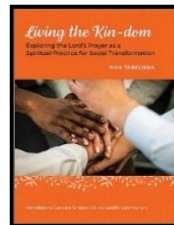
students in UMOM's jobs training program. The 120-hour program trains and exposes students to real-life, hands-on experiences at the café. They learn to take orders, use a point-of-sale system, make specialized coffee drinks, make delicious, handcrafted food, and serve customers. Helpings Café is located on the UMOM campus at 3333 East Van Buren Street Phoenix, Arizona 85008.



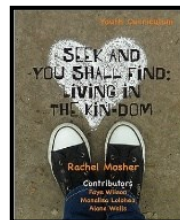
Mission u

Billie Larime, Dean of Mission u, is inviting

all women to join her at Mission u this year as it explores the good news and what it means for our lives! Jesus' teachings in the Gospels proclaim the good news of the kin-dom or reign (basileia) of God. In fact, Jesus mentions the kin-dom 90 times in the Synoptic Gospels. What does the Bible tell us about God's basileia and why do we call it the kin-dom? For Jesus, the kin-dom was not simply something to talk about but something we could live and experience. From the Lord's Prayer to the beatitudes to the parables, this good news is at the heart of Jesus' preaching, teaching and ministry.



2023 Mission u will offer the following adult curriculum available on their e-store: *Living the Kin-dom: Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation* by Riva Tabelisma



You are also encouraged to invite a grandchild to attend a virtual youth study with you entitled [Seek and You Shall Find: Living in the Kin-dom by Rachel Mosher](#). It is an appropriate study for adults with a slightly different emphasis on the parables rather than the Lord's prayer.

Dates/times of 2023 Mission u:

- In-person Mission u (Adult Study) at Prescott UMC on July 21 & 22, 2023 (cont. on page 7)

United Women in Faith, continued

⇒ Registration link: <https://dscumc.org/secure/2023-mission-in-person-registration/>

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

Upcoming Events: *Due to circumstances beyond our control, the April 13 United Women in Faith unit meeting is cancelled.*

The two Circles will meet separately on April 20 for their end of the season parties. Naomi Circle will be gathering at 10:45 a.m. at Joe's Farm Grill, 3000 E. Ray Rd, Gilbert, AZ 85296. K Roemmich will be contacting her Circle members with the location of their party. Hope Women's Center is being re-scheduled to speak at our October 6 unit meeting.

We believe love in action can change the world!

Mary Killgrove, President of Velda Rose United Women in Faith

Velda Rose UMC Scholarship

BEGINNING IN APRIL 2023, students who are attending college, trade school, or a university can apply for a tuition scholarship from Velda Rose UMC. Students who are members of the church and/or related to members



of the church may apply.

Applications will be available at the church office starting April 17th. All applications must be completed and submitted by May 1, 2023.

April 23 is Native American Ministries Sunday

NATIVE AMERICAN MINISTRIES SUNDAY serves to remind United Methodists of the gifts and contributions made by Native Americans to our society. A gap in knowledge exists in The United Methodist Church, in congregations and other United Methodist entities, relative to comprehending concepts of Native American life, cultures, languages, spirit, values, contemporary issues, and such. We affirm the sacredness of American Indian people, their languages, cultures, and gifts to the church and the world.

An offering is taken on this Special Sunday to support vital ministries and churches in the Native American communities and allow The United Methodist Church to partner with existing native ministries to develop new programs on behalf of Native Americans.

Churches are encouraged to donate through their local churches or give online. To give by mail, send checks to GCFA, P.O. Box 340029, Nashville, TN. 37203

VRUMC Prayer Chain

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

United Methodist Men: Men. Ministry. Mission.



OUR SALE OF DONUTS AND SLOPPY JOES during the February Rummage sale was a success for the UMMM, thanks to all who supported this.

Our efforts to bring these programs to the public is one of the ways that we can be of SERVICE and bring HOPE to many of the organizations we support.



Our plan for the next service to our community will be on April 15, 2023. We have developed a program to give 10 pound bags of fresh vegetables to the needy area

families. The Food Pantry will distribute flyers to advertise this program. We plan to give away around 400 pounds of fresh vegetables that day. Help us spread the word!

All men are welcome to join our fellowship and camaraderie in our mission of SERVING OTHERS. We meet on the first Tuesday of the month at 11:30 A.M. in Martin Hall on the church campus. A light lunch is served at each meeting.

Bruce D. Williams; President

CANS CANS CANS



The UMMM are now collecting aluminum drinking cans to be recycled. This is good for our environment and also will help us with income for our missions

and projects. You can drop your cans off at the pods on the east end of the mission building. There are slots there to place them in. All cans are appreciated.

New VRUMC Staff



Please welcome our two newest additions to the Church Office staff:

Receptionist, Bree: SPRC would like to welcome and introduced to the church Bree Imperiale. Bree has accepted the position of receptionist in our church office. Please stop by to see her and introduce yourself. I think you will enjoy her bubbly and outgoing personality.



Facilities Manager, Russ B: SPRC would like to welcome and introduce Russ Burkhammer as our new facilities manager. Russ comes to us with many years of experience as a facilities manager.

He has taken over the responsibility of all maintenance on the campus. Russ is in charge of scheduling our two maintenance workers and keeping the campus in good clean and working order. Please welcome him when you see him on campus and if you have any maintenance concerns you can contact Russ through the church office.

Velda Rose UMC Food Pantry



WITH 42 MILLION AMERICANS facing hunger every day, food banks are always in need of unopened, nonperishable items and dry canned goods.

The Food Pantry at Velda Rose UMC has seen an increase in distribution of food boxes. For Easter/April, we need the following items:

Pie Shells
Pie Filling
Jiffy Corn Muffin Mix
Pancake Mix
Pancake Syrup
Fruit Cocktail
Spaghetti Noodles

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

Healing Service Wednesday, April 5 at 4:30 PM

FROM THE BEGINNING of biblical times, trees have been used as metaphors and parables of wisdom to describe the journey of life. You are invited to participate in a Holy Week Healing Ceremony on Wednesday, April 5th from 4:30 pm - 6:00 pm in the Sanctuary where we will examine the parts of a tree as they parallel the process of releasing grief, bitterness, heartbreak and pain and receiving hope, peace and compassion in their place. Come be in community during Holy Week. Share this special night, as special guests from Holy Reiki (a global prayer movement), including founder Mary Ritter, create a kinesthetic and visual experience of healing for your mind, body and spirit, and guest artist Araceli Gibson.

Mary Ritter: Mary is a spiritual seeker, teacher, holistic practitioner, and founder of Holy Reiki International, a Christ-centered movement. She has served in heart-centered leadership roles in the higher education sector for over 25 years. Mary's passion is to inspire and equip learners with the tools to transform their lives through hands-on prayer in motion. Holy Reiki is grounded and developed from Biblical principles which are as applicable to today's generation as they were thousands of years ago. With a passion for inclusion, Mary sees every soul as a divine being with a God-given desire for connection, community, and communion with the Great I Am. Seekers drawn to Holy Reiki have a natural mystical

curiosity and sense of connection with Spirit. Mary is honored to hold sacred space and come alongside seekers in order for them to experience revealed ancient principles to live a more empowered, whole, and connected life.

Araceli Gibson: Araceli is a compassionate healer, reiki master, and intuitive light artist who comes from a rich heritage of mystic artists in Veracruz, Mexico where the mysteries of Spirit-breathed miracles were commonplace and effortlessly practiced throughout her family. As a deeply loved and cherished child, Araceli distinctly remembers asking God to trust her with the gift to heal people in order to make the world a happier place. She received an answer to that prayer at a young age and has been practicing energy work since the age of seventeen. Araceli has a natural connection to people with has a special love for children and their childlike simplicity. During the COVID-19 pandemic, Araceli was drawn to painting. She began expressing her heart through paint. It was like the brush was an extension of her inner being. She has been expressing herself through the medium of paint ever since. As the future unfolds, Araceli's calling is to be an instrument of the Light. Her deepest desire is to become one with her higher self. She sees herself sharing her gifts through energy work, sound and vibration by allowing Source to speak through her in order to serve her world.

Love is the Way of Lent at Central UMC

Silver Spring Break

TUESDAY, APRIL 4TH

10AM-3PM

at
Central UMC

1875 N Central Ave, Phoenix, AZ 85004

*"Love is the Way
of Lent"*

This "day camp" experience is designed for older retired or semi-retired adults.

We'll share in various activities, fellowship, food, and worship time.

Our theme is "Love is the Way of Lent," where we'll explore how God calls us to love and be present to our emotions and the emotions of others.

What's the Schedule?

- 10am Arrive/Check In
- 10:30 Welcome & Invitation for Presence
- 10:45 Bible Study with Rev. Tang
- 11:30 Lent/Easter Crafting Pt. 1
- Noon Easter Escapades
- 12:15 Lunch
- 1:15 Stations of the Cross
- 2:00 Lent/Easter Crafting Pt. 2
- 2:20 Easter Escapades
- 2:40 Lent/Easter Crafting Final Touches
- 3:00 Closing Fun & Prayer



Guest
Speaker



REV. ANTHONY TANG,
DESERT MISSION UMC

Pastor Anthony Tang has a BA in Sociology from the University of Arizona, a Master of Divinity degree from Garrett-Evangelical Theological Seminary, and an Executive MBA from the W. P. Carey School of Business at Arizona State University. As a strategist for organizational effectiveness, Pastor Anthony is passionately committed to democracy and the emancipation of lay ministry and leadership for the unfolding of God's kin-dom. He formerly worked as the Desert Southwest Conference Director of Connectional Ministries and is currently the pastor of Desert Mission UMC where the mission is "to improve people's lives by becoming the best of who God created us to be."



WE INVITE ALL THOSE WHO ARE YOUNG AT HEART to join us at Central UMC for this "spring break" day camp experience! We'll share in a variety of activities, fellowship, food, and worship time. Our theme is *Love is the Way of Lent*, where we'll explore how God calls us to love and be present to our emotions and the emotions of others.

Love is the Way of Lent at Central UMC:

Silver Spring Break

April 4, 2023 from 10am – 3pm

Cost:

\$30 per person includes lunch, snacks, and all activity supplies and equipment.

Registration Deadline:

March 31st at midnight

<https://mingusmountaincamp.org/events/ssb/>

For questions about registration, contact the Office Admin, Patricia Pegram, at [ppegram@dscumc.org](mailto:ppeggram@dscumc.org) or 928-719-6162 (call/text).



WE HAVE A CHOIR!

This picture was taken on February 19, the first time our newly formed Chancel Choir performed during our 9:30 service. It filled my heart with joy as I watched our members sing their hearts out!

We have added Soprano, Alto and Bass Section Leaders to strengthen each section.

Every member of the congregation is invited to join our Choir Family. You don't have to know how to sing or have any experience....your desire to sing is your only "prerequisite".

The choir will sing for Palm Sunday and Easter Sunday.

Join us on Wednesday nights from 6:30 - 8:00 in our choir room.

Rachelle Starr, our Choir Director, is an expert at teaching people how to sing. She devotes the first part of each rehearsal to warming up everyone's voice.

Rachelle and I are grateful for every member of the choir. ❤️



"Music washes away from the soul the dust of everyday life." ~Berthold Auerback

CANCELLED: Due to unforeseen circumstances, the APRIL 27 Chandler-Gilbert Community Choirs event has been cancelled. The concert series will resume in the fall.

Imagine Prep Superstition Spring Choral Concert

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

This concert will be directed by Rachelle Starr with Mary Ellen Loose accompanying, and will feature the IPS Advanced Vocal Ensemble, Chorale, and MS Choir. This concert will also feature a short Recognition and Awards Ceremony, and a "Year In Review" Slide Show.

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

Annual Conference Mission Projects 2023



ON FEBRUARY 24TH, THE SESSIONS COMMITTEE, our planning body for Annual Conference, confirmed the three mission projects for this year. The projects are as follows. Donations for all three can be received at <https://dscumc.org/mission-project-donation/>.

UKRAINE UMC SUPPORT

February 24th, 2023, marked the 1-year mark for the war in Ukraine with Russia. In the past year, thousands have died, been injured, and lost loved ones. Millions have lost their homes; cities have been completely destroyed. The Methodist clergy continue their ministry with all people of Ukraine, offering food, clothing, shelter, schooling, migration to the western part of Ukraine, and so much more. Our support and prayer are critical.

RIP MEDICAL DEBT

As medical costs continue to escalate, more and more people are struggling with medical debt. Through this initiative, debt can be relieved by helping families return to financial health. From the RIP website, they share: nearly 50% of U.S. adults delayed or skipped medical care due to the high costs of treatment; 50% of U.S. adults wouldn't be able to afford an unexpected \$500.00 bill; and – 2/3 of bankruptcies cite medical debt as a leading cause. Let's help! Rev. Jen Lambert of Red Mountain UMC has already been involved with RIP Medical Debt relief and can attest to the miracles when \$10.00 donated purchases \$1,000 in economic relief for those experiencing

bankruptcy due to their medical bills.

TURKEY & SYRIA EARTHQUAKE RELIEF

Since February 6th, the day of the first earthquake to strike Turkey and neighboring Syria, national and international news organizations have carried stories of the total devastation and overwhelming numbers of lives lost. Complete cities were leveled, with nothing left. There is a belief that literally hundreds of thousands more lives are buried underneath the rubble. UMCOR has provided financial assistance since day one; volunteers from all over the world have traveled to help dig through the rubble, stone by stone. Miracles have occurred finding some people alive, more than 200 hours after that first quake. A second series of earthquakes hit on February 20th. The official death toll has exceeded 50,000 as of February 24th.

WHAT IS NOTABLE ABOUT ALL THREE PROJECTS IS THE ONGOING NATURE OF NEEDED SUPPORT AND PRAYER.

Turkey, Syria, and Ukraine will need support for families to rebuild entire lives – shelter, clothing, food, schools, even businesses – the very economics to make life whole again. Yet in each of those countries, there is one constant – Hope. People “of” hope, living into Hope. All three countries need yes, our financial support, but also our prayers – our continuous prayers as we are taught to do by the God who loves us without ceasing.

In our own country and, in this case (cont. on pg 13)

The Green Team

I HOPE BY NOW THAT you are all aware of our plans for our 2023 Earth Day Celebration. “The Good Lord willing and the Creek don’t rise”. We have some new subjects to tell you about as well as reminders of some of our previous event displays. One of the newest additions also covers Arbor Day which according to tradition falls on the last Friday in April. This year it is on April 28th right in sync with our Earth Day Celebration.

God made this Earth and filled it with beautiful trees in beautiful forests. And what have we done to them??? Well, for starters there is this terrible air pollution. Then comes all of the forest fires (some of



them even caused on purpose). And of course there are always the insects that we have allowed to devastate our trees and forests. God must be so sad that we are destroying his beautiful Earth.

We can all help, even if it is in a small way. I have found several sites where you can order trees to be planted in the forest of your choice in memory of a friend or loved ones passing. But you can also honor someone for a birthday celebration or an anniversary or wedding. Or just to say Happy Arbor/Earth Day. We will have information for you at our event on the 23rd. We hope to see you there.

Annual Conference Mission Projects 2023, continued



our own states – we know the deafening effects of inflation and how crushing medical debt can be – both for those who have insurance and for the many who do not or who’s coverage simply does not address the escalating cost burden. The weight of debt so great families must declare bankruptcy and determine a way to survive.

Our Conference is a generous Conference. Year after year, we have witnessed the power of Desert Southwest United Methodists making a difference in the lives of so many. I can already feel the blessings to come. Here we go!!! Annual Conference Mission Projects 2023 are here!



Author: Billie K. Fidlin

Billie K. Fidlin is the Director of Outreach & Justice for the Desert Southwest Conference. She is a graduate of Western Michigan University and attended Claremont School of Theology for religious studies. Ms. Fidlin currently serves as the President of the Arizona Faith Network in her second term. She is President & Founder of Whisper n Thunder Inc., and sits on various boards including the Justa Center and the Phoenix Police Department's Faith Advisory Council. Her awards include the UM Foundation for Evangelism 2004 Distinguished Evangelist; 2016 Church Women United / United Nations Human Rights Award; 2018 Servant Leader Award AZ Faith Network; 2022 Southern Poverty Law Center Certificate of Recognition; and 2022-23 Class of Who's Who in America.

Mission u

Mission u 2023



LIVING THE GOOD NEWS

Reflecting God's Love

JOIN US AT MISSION U as we explore the good news and what it means for our lives!

Jesus' teachings in the Gospels proclaim the good news of the kin-dom or reign (*basileia*) of God. In fact, Jesus mentions the kin-dom 90 times in the Synoptic Gospels! What does the Bible tell us about God's *basileia* and why do we call it the kin-dom? For Jesus, the kin-dom was not simply something to talk about but something we could live and experience. From the Lord's Prayer to the beatitudes to the parables, this good news is at the heart of Jesus' preaching, teaching and ministry.

Come! Let's explore together the heart of Jesus' good news and what fresh vision it offers us as we seek to be in mission today.

Our 2023 Mission u will offer the following curriculum available on our e-store now:

Living the Kin-dom: Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation by Riva Tabelisma (Adult)

Seek and You Shall Find: Living in the Kin-dom by Rachel Mosher (Youth)

Join us dates/times:

In-person Mission u at the Prescott UMC on July 21 & 22, 2023 (Adult Study).

Registration link: <https://dscumc.org/secure/2023-mission-in-person-registration/>

Virtual Mission u (Adult Study) on June 23rd 5-8 pm and June 24th 9-11:30 Break 12:00-2:00 pm

Registration link: <https://dscumc.org/secure/2023-mission-u-virtual-adults/>

Virtual Mission u (Youth Study & Youth Leaders) on August 24 & 31, September 7 & 14, 2023 - 2 hours each session from 6pm to 8pm.

Registration link: <https://dscumc.org/secure/2023-mission-u-virtual-youth/>

Billie Larime, Mission u Dean -- Lorraine Shaw, Mission u Assistant Dean

Monthly Prayer for Churches



- UMC of Casa Grande
- Wesley UMC, Phoenix
- White Mountain UMC, Show Low

In Loving Memory



Jean DiCosimo 3/6/2023

David Macaluso

Trillis Perrin 3/18/2023

Rita McDaniel 3/29/2023



Birthdays

Dorothy Kuspis	4/1	Daniel Jeter	4/18
Karen Butler	4/5	Sherrie Bludorn	4/19
Maggie Foster	4/6	Eli Gómez	4/20
Frank Yoder	4/6	Bev Gibbons	4/22
Jo Lynn White	4/7	Alan Burke	4/24
Barbara Irving	4/9	Maurice Meschke	4/24
Tamara Mulligan	4/9	Maryoris Walsh	4/24
Jim Oisten	4/10	Steve Oldham	4/25
Donn Larson	4/11	Barbara Clayburn	4/26
Jeanne Siedschlag	4/12	Roy Knight	4/28
Sheila Arnold	4/16	Billie Larime	4/28
Doris McMahan	4/16	Bill Coble	4/30
Richard Poyer	4/16		



Anniversaries

Tom & Angie Daggy	4/1
Scott & Maggie Foster	4/21
Tom & Dana Chaney	4/30



VELDA ROSE

United Methodist Church

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(480) 832-2111
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Rev. Melissa Rynders, East District Superintendent
Rev. Ann Lyter, Senior Pastor
Rev. Daniel Gómez, Associate Pastor
Ministers, Every Member of the Congregation

WORSHIP

SCHEDULE

Wednesday Morning Devotions

10:00 AM

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

Sunday Morning Services

9:30 AM

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



EMERGE

A METAMORPHOSIS MOMENT

April Sermon Series

NEXT ISSUE

Items considered for the May Vision
must be submitted to Jessica at
officeadmin@veldarose.org by
Tuesday, April 11, 2023.