

# The Vision

Volume 16, Issue 2

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

February 2023

## Food for the Body & Soul: Valuing One Another By Pastor Ann

DO YOU REMEMBER THE SCENE from *When Harry Met Sally* where they are ordering food? Harry orders a #3. Sally orders, “a chef salad, oil and vinegar on the side, and apply pie, ala mode.” Then she goes on:

“But I’d like the pie heated and I don’t want the ice cream on top, I want it on the side, and I’d like strawberry instead of vanilla if you have it, if not then no ice cream just whipped cream but only if it’s real; if it’s out of the can then nothing.”

Waitress: “Not even the pie?”

Sally Albright: “No, I want the pie, but then not heated.”

We all looked at her as incredulously as Harry did. Movies and sitcoms love to poke fun at picky eaters. And some of us take those lessons to heart—too much to heart. The first time my husband cooked for me—it was our fourth date—he made a vegan meal that used a meat substitute made primarily of gluten, the protein in wheat. It was delicious. A few weeks later, he was at my house and I made a dessert, and was proud of the fact that it was gluten-free. Fyn casually asked, “Oh? Who’s gluten intolerant?” “Uh oh!” I thought. Because I am the one who is gluten intolerant. Why didn’t I say anything when he served me gluten? The best I could come up with was, “I didn’t want to be THAT person.” I didn’t want to be the fussy one that causes problems and is ungrateful. I didn’t want to be Sally.

“But you ARE that person! I poisoned you!” he exclaimed. That’s a bit of an exaggeration. I’m intolerant, but I don’t have celiac. It won’t literally

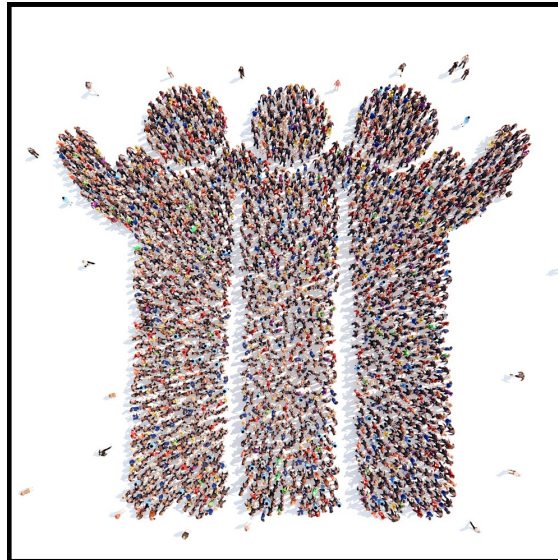
kill me, but it does make me uncomfortable. I was reminded of this recently when I made dinner for Wednesday night and one of the attendees mentioned that she had eaten before coming because she had dietary restrictions and did not expect the food to meet her needs.

There are many of us who need special care, whether it is a special diet, assistance getting around, or meetings and worship that come to you (via Zoom or livestream). God made us all unique, with different interests, different abilities, and different needs. We should value each other enough to honor how God made us

different, even our special needs. We should not have to worry that people will judge us, or be unwilling to help us, if we let people know what we need.

As the Body of Christ, we are to treat others the way we would want to be treated. We all want our needs met. We want food that doesn’t make us sick. Meetings or classes that include us, not ones with barriers to our participation. There are simple things we can do to help others. When bringing food to share, we can label the food with the ingredients so people with diet restrictions can determine whether it is safe for them to eat. When planning meetings, we should consider driving and mobility limitations. If driving is a problem, we can help arrange rides. Is it possible for the meeting to be on Zoom, so people can attend from home?

This is a two way street. We can best meet someone’s needs when they share those needs with us. This is all part of caring for (continued on page 2)



each other and being a community. Help us help you. If there is something you need that would help you participate in the ministry of Velda Rose, let us know. I can't promise that we can fix everything. We will try to fix what we can. But, we can't fix what we don't know about. Attached is the recipe I made that is gluten and dairy free (my food limitations), and that many people thought was delicious. May this recipe meet your needs, whatever they may be.



## *Slow Cooker* **GREEK CHICKEN**

### INGREDIENTS

- 2 tbsp olive oil or avocado oil
- 3 cloves garlic
- 2 lbs chicken thighs boneless, skinless
- 1/2 tsp salt
- 1/4 tsp pepper (can use lemon pepper)
- 1 12 oz jar marinated roasted red peppers drained and diced
- 1 8 oz jar marinated artichoke hearts drained
- 1 cup kalamata olives
- 1/2 medium red onion sliced
- 3/4 cup chicken broth
- 1/4 cup red wine vinegar
- 1/2 lemon juiced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1-2 tbsp arrowroot starch (optional)
- 1/2 cup crumbled feta (optional)

### DIRECTIONS

1. Begin by heating a skillet to medium high heat. While skillet is heating, salt and pepper each side of your chicken thighs. Sear chicken on each side for about 2 minutes (no need to cook all the way through). Place chicken on the bottom of your slow cooker. Now arrange the artichoke hearts, peppers, and olives around the chicken filling in the gaps on the bottom of your slow cooker.
2. Cook the onions in the same skillet until softened. Add 1/4 C of the broth to deglaze the pan. When the onions are about done, add the garlic and cook just until the garlic is fragrant. Pour the onions and garlic, along with any broth, over the chicken and other vegetables.
3. In a bowl, mix together 1/2 cup of chicken broth, vinegar, lemon, dried oregano, and dried thyme. Pour on top of the chicken/vegetable mixture. Cover and cook for 4 hours on low or 2-3 hours on high. Remove lid.
4. (Optional) Spoon out some of the liquid into a small bowl once cooking is complete. Add 1 tbsp of arrowroot starch to the liquid, whisk, and pour back into the slow cooker. Allow the sauce to thicken for another 15-20 minutes before serving.
5. Serve over potatoes, rice, or cauliflower rice. Top with optional feta.

SUNDAY  
SERVICES  
9:30 AM  
IN-PERSON & ONLINE

**February 5**

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

*A Commitment to Self & My  
Relationship with God*  
Matthew 6:1, 5-6, 16-18  
Pastor Daniel

**February 12**

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

*A Commitment to Community, to love  
my neighbor as myself & to love  
others as Jesus loves me*  
1 Timothy 4:6-16  
Pastor Ann

**February 19: Commitment  
Celebration Sunday**

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

*A Commitment to God, to Ministry, &  
to the Body of Christ*  
2 Corinthians 9:6-15  
Pastor Ann

**February 26**

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

*Finding Your Cave: Listening Spaces*  
1 Kings 19:11-12

WEDNESDAY  
MORNING  
DEVOTIONS

**WEDNESDAY MORNINGS ONLINE OR IN THE SANCTUARY AT 10:00 AM**

**February 1**

*A Law of Love*

**February 8**

*What Does God Look Like?*

**February 15**

*From Foul Language to Praise*

**February 22**

*Ash Wednesday Guided Meditation:  
The Seven Symbols of Ash*

ASH  
WEDNESDAY

**2/22 at 10 AM**

*Livestreamed / Sanctuary*

**Guided Meditation:  
The Seven Symbols of Ash**

**2/22 at 4 PM**

*Sanctuary*

**Guided Meditation:  
The Seven Symbols of Ash**

**2/22 at 6 PM**

*Sanctuary*

**Finding Your Life:  
Listening Deeply**

THE STORY I AM ABOUT TO SHARE may be controversial, as some believe it is a fictional story constructed around one of Albrecht's masterpieces. Yet, others believe the story is true. Whether the legend is true or is just a fable, it does not matter. We can learn many life lessons from this story.

The story begins with a fully-aged father who works as a goldsmith 16-18 hours a day to ensure that his family of eighteen will have one meal for the day. The family lives in a small village near Nuremberg, Germany. They are known as the Dürer family. The two older children have similar dreams; they both aspire to one day become artists. However, their financial condition is very low. As a family, they are always struggling every week to make ends meet. In these days, learning the art skill is so expensive that it is only affordable for rich folks. This reality saddens them. Their financial condition disheartens the Duren brothers even more. They know that their father will never agree to send them to Nuremberg to study at the art academy. So, they don't ask.

One person's suffering can transform another and even have an extraordinary effect on the world. According to the story, Albrecht Dürer (1471-1528) and his younger brother Albert make an arrangement so one of them can go to the art academy: they will toss a coin. The loser of the coin toss will work in the coalmines to support the winning brother during his years of study. Four years later, they will reverse roles: the brother who went to school will now work and make money to support the other brother as he studies and pursues his dreams of becoming an artist.

One Sunday morning, after the prayer at the Church, they toss the coin. Albrecht Durer wins the toss and goes to Nuremberg's art Academy. While Albert goes down into the harmful and dangerous mines to earn money for his brother's fees, Albrecht spends four years learning and applying his trade, proving to be something of a prodigy at drawing, painting, and woodcutting—even surpassing his teachers in artistic

ability.

Four years pass. Albrecht becomes a famous German Renaissance artist. His artwork is far better than any of his contemporaries. Albrecht's family offers a festive dinner celebration for him and afterwards, he offers a toast for his beloved brother Albert. He exclaims, "I have lived my dream. I have fulfilled my lifelong passion. I am grateful to Albert for making this day a reality. So now, as promised, it is your turn, Albert. Go to Nuremberg to pursue your dream, and I will take care of the expenses."

Albert breaks down sobbing. He shows his brother his working hands and says, "Look what life has done to me. Look what those mines have done to my hands. They are no more the hands of an artist; they are hard and stiff. The bones in my hands can hardly hold anything, as I have been suffering from arthritis. These hands are not delicate and soft for a paintbrush and a canvas. However, you, my brother, have fulfilled the dream for both of us."

Albrecht does not know how to respond. He hugs his brother, and says nothing.

Then, one day, to honor his brother, Albrecht painstakingly draws something that changes the definition of painting. He draws Albert's bruised hands with palms held together and fragile fingers stretched upwards naming this emotionally expressive painting "Hands." (Continued on page 5.)



Albrecht Dürer - Praying Hands, 1508

## New Worship Series in Lent

### NEW WORSHIP SERIES IN LENT:

#### LISTEN: HEARING THAT STILL SMALL VOICE AND FINDING YOUR OWN

HAVE YOU EVER MISPLACED YOUR PHONE—which is on vibrate of course—and then asked someone to call it? We get really still and really quiet. Our ears perk up in all directions in order to be ready to hear that little buzz. It is a quieting down and high alert all at the same time. This Lent we will quiet things down and heighten our attention to the “still, small voice” of God and our own True Self.

Listening through prayer as well as meditation on holy texts is an ancient Lenten practice. This Lenten Season, we invite you to come and rest, come and listen. Lent begins on Ash Wednesday, February 22, 2023.

2/22/23 Ash Wednesday: 10 am and 4 pm--Guided meditation: The Seven Symbols of Ash. The 10 am

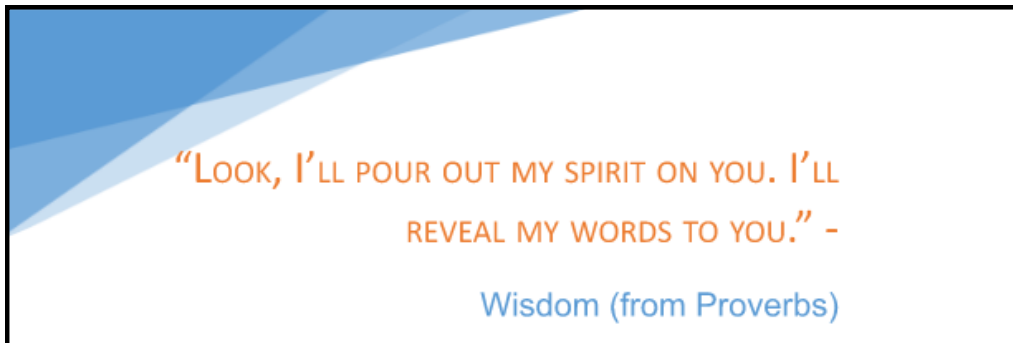
meditation will be available online. The sanctuary will be open at 10 and 4. For those joining online, to get your kit to follow along at home, please contact the church office. Kits will be ready for pick up the week of February 12.

Ash Wednesday: 6 pm--Finding Your Life: Listening Deeply “...repent and believe in the Good News.” –

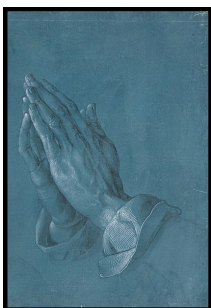
(Mark 1: 9-15) As we prepare for our 40-day journey of Lent, we “turn around” (the root meaning of the word “repent”) from the distractions

of daily noise and focus our attention on listening in a deeper way. Writer Parker Palmer suggests we must listen “to what our life is telling us”—in other words, to listen to the deep wisdom God gave to us as a birthright, connecting to God’s purpose once again.

2/26/23: Finding Your Cave: Listening Spaces. Our scripture focus will be 1 Kings 19:11-12, and our prayer focus will be on quiet space, in our minds, in our environment, and in our lives.



## Hands... An Emotional Expression, Continued



The world, however, ends up renaming this masterpiece “The Praying Hands”. The simple drawing, which contains in itself the silent story of brotherly love, sacrifice, and generosity, has become a favorite of Christians for generations. It is still seen hanging

on the walls of many homes as a reminder of our need to pray today. “The Praying Hands” is also a reminder that the greatest sacrifices are often the most hidden – and the most pleasing in the eyes of God. Prayer is a sacrifice of our time, and requires our presence. This is pleasing before God.

# United Women in Faith



## United Women in Faith

### Wrap-up of December Events

IN DECEMBER 2022, guided by Arlene Oisten,

who has headed this project for several years,

volunteers from our

United Women in Faith unit and other friends were busy stuffing Christmas stockings for 500

students at four elementary schools in

the Mesa area. All of the stockings were hand-painted, stitched and donated to our unit by a group chaired by Carol Taddon. We all had lots of fun stuffing toys, candy, stuffed animals, coloring books and crayons into the stockings.

At our December unit meeting, we enjoyed

“signing” to Christmas Carols by the Hands of Joy Signing Choir. They performed several songs as a group as well as soloist presentations. We even were invited to participate in signing!



We also were captivated by Pastor Ann Lyter as she read some poems from a book of poetry entitled “Kneeling in Bethlehem” by Ann Weems. Some of Pastor Ann’s favorite poems included “Wouldn’t It Be Grand To Be An Angel,” “We Are Sometimes the Angels in Advent,” and “This Year Will Be Different.”

### Unit Meeting with Installation of Officers

The installation of 2023 UWF Officers at the January 5, 2023 unit meeting was conducted by Dian Capen, East District Mission Coordinator for Spiritual Growth. It was a touching ceremony!



2023 UWF Officers pictured from left to right: Grace Van Brunt–Spiritual Growth Coordinator, Mary Killgrove–President, Jeanne Siedschlag–Treasurer, Kathy Kolbo–Nominations Committee Chair, Billie Larime–Secretary and Membership Coordinator,

Dian Capen–East District UWF Officer, K Roemmich–Education for Mission Coordinator, Pat Nixon–Vice President (not pictured: Tish Roberts, Social Action Coordinator).

On January 21, 2023, most of the newly elected Officers attended the UWF annual Leadership Training at Gold Canyon UMC. At the training session, UWF Reading Certificates were awarded to Carla Burman (Plan 1), Billie Larime (Plan 3) and Pat Nixon (Plan 4). January was also the time when UWF members donated to Pledge to Mission. This is a time when we as members of United Women in Faith focus on individual financial giving. We reflect on why we give each year through our Pledge to Mission by recalling the pathways that God has given through United Women in Faith to address inequities and injustice, to heal brokenhearted and abandoned people, to love people like Jesus said to love them, and to work to improve the lives of women, children and youth.

### Next Unit/Circle Meetings

Our next unit meeting will be held on Thursday, February 2, at 11:30 a.m. in Moore Hall. Food will be provided by the Esther Circle. There will be no business meeting; however, we will be painting quilt squares (no art skill is needed) to benefit “Quilts for Needy.” The combined Esther and Naomi Circle meeting will be held Thursday, February 16, at 1:00 p.m. in Moore Hall. **ALL WOMEN ARE CORDIALLY INVITED TO ATTEND BOTH MEETINGS!**

## Mission Highlight: Lura Turner Homes



VELDA ROSE UNITED WOMEN IN FAITH SUPPORT LURA TURNER HOMES for Adults with Developmental Disabilities.

The mission at Lura Turner Homes is to provide **adults** with disabilities a safe, enriching, loving family environment with the purpose of ensuring their health, happiness, security, and the fulfillment of their highest potential. Additionally, it is their mission to reach out to the unserved and

underserved by seeking creative means to provide a progression of health care and support to as many people who need them.

**BACK BY POPULAR DEMAND:**

**All Aboard the *LTH Limited* Tea Train!**

Join Lura Turner Homes for their 25th Annual Joyce Ridge Memorial High Tea March 4th at 12:00 PM at Cross Roads UMC, 7901 N Central, Phoenix.



Tickets are \$50 for adults and \$25 for children. Tickets are by reservation only, so call 602-943-4789 or go to [luraturnerhomes.org](http://luraturnerhomes.org).

## New Fitch Library Day & Hours



**\*\*\*\*CHANGE IN LIBRARY DAY AND HOURS\*\*\*\***

THE VELDA ROSE UMC LIBRARY is changing the day it is open from Wednesdays to Thursdays.

Beginning Thursday, January 19, the Library

will be open every Thursday between the hours of 9:00 a.m. – 12:00 p.m. New books have been added to the shelves. Please stop by and take a look!

***"Books are a uniquely portable magic."  
(Stephen King)***

## "Save the Family" Reverse Advent Donations Update

THANK YOU FOR ALL THE DONATIONS for "Save the Family" done using the Christmas Reverse Advent Calendar. We collected and delivered to the "Save the Family" Warehouse the following: 2,444 Baby Diapers, 66 packages of Baby Wipes, 36 Toys and 18 Baby Books, 32 Onesies, and 66 ( Baby Washes, Lotions, or Shampoos). Wow!! We all did a great job of supporting the homeless babies. You broke the record of 1,500 Baby Diapers donated in 2020 by Velda Rose UMC. You are a giving congregation.

**thank you**

- Billie Larime, Diaper Drive Coordinator for UWF with support from UMMM.

## Commitment Sunday is Coming—February 19, 2023

FINANCIAL STEWARDSHIP IS FAR MORE than a way to pay church bills. Stewardship is really about God's calling on us and our faithfulness with the gifts God has given. We see financial contributions as a way to help people grow spiritually in their relationship with God by supporting their church's mission and ministry with a percentage of their incomes.

Our pastors will be focusing on the biblical and spiritual principles of commitment, covenant and generous giving in our new worship series—A Covenant of Love: Commit to Self, to Community and to God.

A Covenant of Love is based on the biblical philosophy that true stewardship is based on a commitment to three relationships: A Commitment to Self and My Relationship with God; A Commitment to Community (to love my neighbor as myself and to love others as Jesus loves me); and A Commitment to God, to Ministry, and to the Body of Christ. These commitments focus on giving as part of our own spiritual development, rather than on the need of the church to receive. Instead of treating people like members of a social club who should pay dues, we will treat people like followers of Jesus Christ who want to give unselfishly as an act of discipleship. We will be encouraging people toward proportionate and systematic giving in response to the questions, "How is God calling me to be faithful?" and "What percentage of my income is God calling me to give?"

During morning worship on Commitment Celebration Sunday, we are asking our attendees and members to make their financial commitments to our church's missionary, benevolent, and educational ministries in this community and around the world.

Every attendee and member who completes an *Estimate of Giving Card* does so voluntarily by attending morning worship on Commitment Celebration Sunday. We urge people to attend who

feel strongly opposed to completing a card. The procedure is done in such a way that no one feels personal embarrassment if he or she chooses not to fill out a card.

We will do no home solicitation to ask people to complete cards. During morning worship we will have a brief period of instruction and inspiration, climaxed by members making their commitments as a confidential act of worship.

We will encourage participation in Commitment Celebration Sunday events through our volunteers and governing board members. Since we will make no follow-up visits to ask people to complete their cards, we will make every effort to inform, inspire, and commit everyone to attend Commitment Celebration Sunday worship, and the catered luncheon that follows.

Thanks in advance for your enthusiastic participation in Commitment Celebration Sunday events.



# Early Response Team Training February 11

WHEN YOU SEE THE AFTERMATH of a flood or hurricane and the devastating impact they bring to communities, you may wish that there was something you could do to help. Early Response Teams are the second group of workers allowed into a disaster zone after first responders. Their mission is multi-focused.

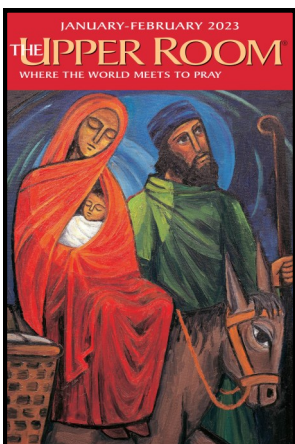


ERT's are tasked with curtailing any more harm from the disaster. This can range from tarping roofs, so rain does not further damage a home, to cleaning up or neutralizing waste products so they do not contaminate the environment around them. Yet, as

a church ministry, maybe the most important aspect of an ERT's mission is to provide spiritual and emotional support for those whose lives have been shattered by the disaster. Sometimes the most important thing we can do is to stop and listen to a person's story.

If this sounds like something you would be interested in doing, register for the February 11 ERT training at Dove of the Desert UMC at [dscumc.org/blog/2023/01/27/early-response-team-training-feb-11](https://dscumc.org/blog/2023/01/27/early-response-team-training-feb-11).

## January-February Upper Room



THE JANUARY-FEBRUARY 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.*

## Velda Rose Food Pantry

THE FOOD PANTRY AT VELDA ROSE UMC provides non-perishable food to those who come seeking assistance.

**For February 2023, we are in need of the following items:**

Peanut butter, canned tuna, canned chicken, 1 pound bags of rice or beans, canned chicken noodle soup, and canned beef soup. (If possible, pop-up lids are preferred for those who don't have a can opener.)



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

# February Rummage Sale



## Please, Please, Please...The Rummage sale is coming on February 23-25!

THE RUMMAGE SALE IS ONLY a few weeks away. It takes a lot of people to pull this sale off. If you have worked in a department in the past, please contact the department chair and let them know that you can help. We are going to need people to work in the holding area, people to work at the doors, and people to work at the wrapping stations. Volunteers can be men or women, either Velda Rose members or just friends who might want to help. One of the perks of working is that you get to come in all during the year and shop.

## Here is how the calendar looks for February 2023

**February 1 (Wednesday)** last day for getting a large item picked up. Call David, and leave a message, being sure to include name and phone number.

**February 1** Workers need to be sure to wear their badge when coming into the building

**February 6-10** (8 a.m. to 11 a.m.) is the last week for worker-family and friend shopping. Family and friends (no more than 2 at a time) must be accompanied by the worker.

**February 13 (Monday)** Last day to drop off items.

**February 14 (Tuesday) Pre-Sale Meeting for all workers, 10 a.m. in Moore Hall.**

**February 13-17** is for workers only and workers can buy.

**February 21 (Tuesday)** Help is needed getting the tents up. Once the tents are up, we need many people to help empty the pods, arrange items, clean, and price items for the sale.

**February 20, 21, and 22** are workers only (no friends and/or family) and **there are no sales**. This gives the departments time to put finishing touches to their shelves and/or racks prior to the sale opening. Help is needed on Wednesday the 22nd with cleaning and arranging and pricing items coming out of the pods.

**February 25 (Saturday) after the Sale.** Help is needed in getting everything taken down and put back into the building.

**March 7 After-Action Meeting at 10 a.m. in Moore Hall**

We need people to help now in some departments. Hardware needs a couple of people who are knowledgeable about small items. Packaging and sorting small items like screws, nails, nuts and bolts, etc. This is work that can be done sitting down.

## Furniture Reduction Sale

The rummage sale has a lot of nice furniture. If you are looking for furniture, please check out the rummage sale from 8 a.m. to 11 a.m. on Monday through Friday. Last day to shop for furniture before the sale is Friday, February 17. If you are coming to shop for furniture, be sure to enter through the sorting room, not through the large garage door. You will need to pick up a "Visitor" badge in the sorting room and turn it back in when you leave the building.

## Rummage Pre-Sale Meeting

Mark your calendar. The pre-sale meeting for rummage sale workers is scheduled for **Tuesday, February 14, 10 a.m.** in Moore Hall. This meeting should last about an hour or less. Workers, **please** try to attend.

**Department Chairpersons Needed** (preferably someone here year round)

## February Rummage Sale... Continued

**Volunteer Guards**—The chairperson needs to contact people to get them signed up for different shifts so that the 3 doors of the building are covered during the hours of the sale. You would need to be sure your people are in place each shift.

**Hardware Department**—A chairperson needed to work in the area on a regular basis and be able to work with other volunteers who want to help in the area. Some knowledge of hardware would be helpful.

**Women's Hats, Scarves, and Belts**—This involves pricing, arranging, displaying, and getting merchandise ready for sale.

Please prayerfully consider trying to help cover some of these areas. Perhaps you know a person or persons who would be a good worker; they do not need to be members of Velda Rose. The sale chairperson cannot cover all these areas. We can use workers during the sale in many departments. Contact Joan/Tim Most if you can help or know some people who would be willing to help.

### **Tent Set-Up Help Needed and Help to Unload the Pods**

Tuesday, February 21, **9:00 a.m.**, help is needed to get the tents set up for the sale. Many hands make light work. Please show up on Tuesday, February

21. Once the tents are set up then the pods need to be unloaded of the stuff that will sell outside. We can also use people to help clean and price the items that come out of the pods.



### **Saturday After the Sale**

We need help on Saturday, February 25 after the sale. The sale ends at 3 p.m.; however, we start about 2 p.m. trying to move some things back into the building and to take down some of the tents should we be able to empty the areas.

### **After-Action Meeting**

We always need to discuss how the sale went, where improvements can be made, suggestions for changes, etc. That meeting will be held on **Tuesday, March 7**, at 10 a.m. in Moore Hall.

## American Red Cross Blood Drive Thursday, February 23



EVERY TWO SECONDS SOMEONE IN THE U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. Whether a

patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation.

On Thursday, February 23, the Red Cross will be on the VRUMC campus from 8 AM to 1 PM in Moore Hall.

For more information go to [www.redcross.org/give-blood.html](http://www.redcross.org/give-blood.html). Sign up to be a donor by going to [www.redcrossblood.org/give.html](http://www.redcrossblood.org/give.html).

## “Wit & Wonder”, Featuring Nota Bene

### *Velda Rose* *Infinity in Music Series*

JOIN US ON  
SUNDAY,  
MARCH 5  
AT 2PM for  
a free

Infinity in Music Series concert full of “Wit and Wonder” in the Sanctuary of Velda Rose United Methodist Church, featuring *Nota Bene*. This Tucson-based trio has been performing together for more than ten years, and will also provide that morning’s service music.

Nota Bene is comprised of soprano Elena Galbraith, flutist Sandy Schwoebel, and pianist Marie Sierra.

This special concert will feature some rare French compositions, songs based on the writings of Dorothy Parker (written by Arizona composers William Bradley Roberts and Jay Vosk), and humorous works by New York composer Seymour Barab.

Donations will be accepted for the Concert Series.

**Soprano Elena Galbraith** received her BA from Cornell University and MM in Vocal Performance from The Peabody Conservatory of Music. Elena has performed in opera, oratorio and musical theater from Philadelphia to Miami and then throughout the Southwest. She is a two-time finalist of the Pavarotti International Voice Competition and a winner of the Eastern Region of the Metropolitan Opera Competition. Tucson audiences may know her from her performances with the Arizona Symphonic Winds, Tucson Pops, Catalina Chamber Orchestra, Civic Orchestra of Tucson, Tucson Masterworks Chorale, Bach Marathon and Southern Arizona Light Opera. Elena appears in recitals frequently throughout Southern Arizona, as a soloist but most frequently with her trio, Nota Bene.

**Flutist Sandy Schwoebel** holds BM, MM and DMA degrees in performance. She has been Editor of The Flutist Quarterly, served as a Consulting Editor and writer for Flute Talk magazine, was a regular columnist for Flute Focus, and is a two-time winner of the National Flute Association’s Professional Flute Choir Competition. Currently, she maintains a large

private flute studio and freelances as a soloist and section player with Tucson Pops, Tucson Symphony, and others. You can also see her

locally performing on chamber music concerts (especially with Nota Bene) and for Broadway shows.

**Pianist Marie Sierra** performs collaboratively in over 40 concerts annually, most notably with the trio Nota Bene. Marie has performed and recorded with Artists Michael Becker (trombone, Tucson Symphony Orchestra) and Viviana Cumplido (Flute, Phoenix Symphony Orchestra). She has worked with AZ Onstage on their performances of Sweeney Todd, Les Mis, and Stars of David. More recently, Marie performed in SAPAC’s production of Plaid Tidings. She has served on the faculties of Belmont University in Nashville and the Blair School of Music at Vanderbilt University. Marie earned her Bachelor’s degree and Master’s degree in Piano Performance at the University of Miami.

This Infinity Series Concert is underwritten by the Velma M. Richter and Robert E. Richter Trust.



## Desert Winds Concert Band Spring Concert Invite

We would like to invite all Velda Rose United Methodist Church members to our Spring Band Concert to be held in your beautiful sanctuary on March 10<sup>th</sup>, at 7:00 P.M. The band will be playing a variety of music including: Marches, Broadway Tunes, Hymns, Classical, and Big Band Swing music. The concert will be free of charge and will be approximately 1 hour in length. The Band is made up of folks from the community who love to play music. Please come join us for the Concert and bring some friends.

# Desert Southwest United Methodist Foundation



WE START A NEW YEAR WITH NEW LEGISLATION that opens the door for a different way to give. Last week President Biden signed legislation that adds a new opportunity for giving from your IRA.

For those who are at least 70.5 or older and have a Required Minimum Distribution (RMD), there is now an opportunity to make a one-time Qualified Charitable Distribution of \$50,000 and use it to set up a charitable gift annuity through DSUMF. A charitable gift annuity pays income to a single donor or a donor and spouse for their lifetimes.

The Qualified Charitable Distribution lets you take the \$50,000 out of your IRA without paying income tax on it. As the payments come back to you over your lifetime, the income is taxable. For many folks, being able to spread out the income over their lifetimes will prove to be an advantage.

Whatever is left when you are gone can go to your church or other favorite nonprofit. Many people appreciate knowing the exact amount that will be coming to them quarterly or annually and the fact that it is guaranteed for life.

The amount we pay is based on your age. For example, the rates below reflect the percentage of the initial amount:

Single Life Annuity		Two Life Annuity	
Age	Rate	Ages	Rate
65	5.4	65 & 65	4.7
70	5.9	70 & 70	5.2
75	6.6	75 & 75	5.8
80	7.6	80 & 80	6.5
85	8.7	85 & 85	7.7
90+	9.7	90 & 90	9.4
		95+ & 95+	9.5

A single person age 75 who uses an IRA to fund a \$50,000 gift annuity would receive \$3,300 a year -- payable quarterly, annually, or semi-annually. That annual amount may well be less than you would have to take out as an RMD.

We are always happy to answer your questions about charitable giving and how you can be wise about your philanthropy and your taxes. Please let us know how we can help,

Happy New Year!

Anne Green, *Executive Director*  
602-798-8202  
[agreen@dsumf.org](mailto:agreen@dsumf.org)

To sign up for an newsletter or estate planning guide, go to [dsumf.giftlegacy.com/?pageID=19](https://dsumf.giftlegacy.com/?pageID=19).

## The Green Team: Caring For God's Earth



HELP! HELP! HELP!

There are only 82 days left until our

2023 Earth Day Celebration...

We sure could use your help.

Please call Tish Roberts or Helen Pierce.

The Green team is going to be a little light-hearted this month...

Let's keep on trying to get rid of those nasty plastics. I'm sure many of you remember the good old days when plastic was basically unheard of. Oh, for those days again... Glass milk bottles; always recyclable; even glass coke bottles, again recyclable (and there was only one kind of coke back then) eggs

in a basket that you could take back and refill again and again. You could even visit a farm and gather your own eggs yourself. (No extra charge for the fun.)

A trip to the market and you come home with a paper bag full of groceries. Fold it up to use the next trip or wrap the evening garbage in it. You could even use it to wrap packages for mailing. No such thing as a plastic bag in sight anywhere.

Let's start a movement to go back to those days, and yes, I am reminiscing but hey... it doesn't hurt to try and if we can accomplish one little thing, we will be doing our part to help eliminate plastic and save "God's Beautiful Earth".

## 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*

## Monthly Prayer for Churches



- Desert Mission UMC, Scottsdale
- Dayspring UMC, Tempe
- Desert Foothills UMC, Phoenix

## In Loving Memory



Patricia Ackerson 12/22/22

Danford Zentner 1/28/23

Nora Leesley 1/13/23



Patty Ott 2/1

Judy DuBois 2/2

Dale Smith 2/2

Ardis Bengtson 2/5

Ann Adams 2/8

Tom Daggy 2/9

Kay Cooke 2/11

Rita Holec 2/12

Pat Mayhall 2/12

Helen Taylor 2/14

Claris Olson 2/15

Judie Thompson 2/18

Jim Taylor 2/21

Richard Williams 2/23

Elaine Wertz 2/24

Jan Arnold 2/25

Sheila Waterbury 2/25

Seini Latu 2/26

Bob Macha 2/27

Mary Rothermel 2/27

Deonna Larson 2/29

Karl Wilhelm 2/29



Tobby & Bonnie Baca 2/18

Sione & Sulia Kaipelea 2/28



# 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)  
or on Facebook at [facebook.com/veldaroseumc](https://facebook.com/veldaroseumc)

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### Staff Leadership

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

## WORSHIP SCHEDULE

### Wednesday Morning Devotions

**10:00 AM**

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

### Sunday Morning Services

**9:30 AM**

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



### NEXT ISSUE

Items considered for the March Vision  
must be submitted to Jessica at  
[officeadmin@veldarose.org](mailto:officeadmin@veldarose.org) by  
**Tuesday, February 14, 2023.**