

The Vision

Volume 17, Issue 7

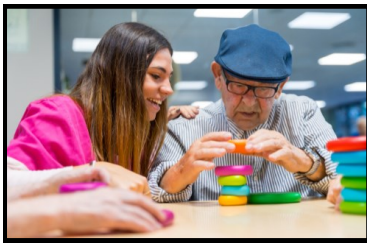
“For the VISION is for the days yet to come.” *Daniel 10:14*

July 2024

The Power of Companionship

By Rev. Chan Kim

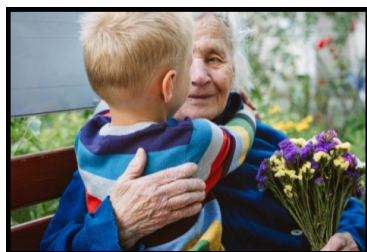
Elementary school children were grappling with pressing issues in the world. Questions like, “How can we solve the problem of global warming?” or “How can we aid efforts to quit smoking?” were on their minds. However, the most daunting challenge they identified was the pervasive issue of loneliness.



Here are some of the solutions the children proposed: “Find lonely people and ask for their names and addresses. Then ask non-lonely

people for their names and addresses. Publish them in the newspaper when the numbers on both lists are equal.” (Kalani, age 8) “Prepare a dish that prompts people to ask, ‘How are you?’ or ‘How was your day?’ when eaten.” (Max, age 9) Perhaps the most heart-wrenching solution for loneliness came from Brian, age 8, who suggested: “Sing. Dance. Read a book. (Whenever I feel like nobody loves me, I do this.)” His perspective reflects the profound difficulty in addressing loneliness, implying a sense of hopelessness in finding a solution.

Mother Teresa once likened loneliness to the “leprosy of the modern world,” acknowledging its stigma and the reluctance of



many to admit to experiencing it. Similarly, Jean Vanier observed, “Everyone carries the deep wound of loneliness. We resort to various methods, such as excessive activity or watching

television, to escape this overwhelming loneliness.” Nobel Peace Prize winner Albert Schweitzer echoed this sentiment, stating, “We are always together but dying from loneliness.” Loneliness is indeed a pervasive affliction of our time, despite the apparent connectivity facilitated by technology.



In Genesis chapters 1 and 2, during the creation of the universe and humanity, God repeatedly affirmed the goodness of His creation. However, there was one aspect that He deemed not good: Adam's aloneness. In Genesis 2:18, God remarked, “It is not good for the man to be alone,” indicating His concern for Adam's solitude. Eden was abundant with various fruit trees and filled with gold and precious stones, yet God was troubled by Adam's loneliness. This was before the fall, within an intimate relationship where no barriers existed between God and man. Despite this closeness, there remained a palpable void, an emptiness that even God could not fill—a space that could only be completed by the presence of another person.



This narrative suggests that even in a state of spiritual and material fulfillment, human connection remains essential for true fulfillment. It reflects a void within us that cannot be filled by wealth, success, busy activities and events, or even spiritual practices alone. This emptiness, termed ‘loneliness,’ can only be assuaged through meaningful relationships with others.

Joy and Laughter Summer Worship Series



OUR FAITH IS GOOD NEWS!
Can I hear an “AMEN?”

As Linus recited so beautifully, “for behold, I bring unto you good tidings of great joy,

which shall be to all people.” Our God loves! Our God created and said, “it is very good!” Our news is good news indeed.

Join us for a season of good news with our summer worship series: “Joy and Laughter” beginning on July 21. We will start with two rules of improv: July 21, “I’ve Got Your Back,” and on July 28, “Yes, and...”

To add to our series, we will have a field trip to “Drop In Improv Workshop” Saturday, July 27 at 5:00 PM. Doors open at 4:45 PM.

Address:

Neighborhood Comedy Theatre
214 West Main Street, Mesa, AZ 85201

Tickets are limited so if you are interested, sign up in the church office. Tickets are \$12 each.

July Sunday Services

JULY 7

Guest Preacher:
Rev. Albert Bolden
9:30 AM

JULY 14

Guest Preacher:
Rev. Dr. Rula Colvin
9:30 AM

JULY 21

Pastor Ann
9:30 AM

JULY 28

Pastor Ann
9:30 AM

10:00 AM WEDNESDAY

ONLINE DEVOTIONS:

We will rerun previous devotions during this time slot while Pastor Ann is on leave.

Wednesday Afternoon Study—on hiatus until late summer

WITH PASTOR ANN ON LEAVE, and so many of our winter residents, and even the year-round residents, heading for cooler climates, our Wednesday afternoon study will be on break until late summer/early fall. The next study topic and dates will be announced in late July/August, to start in mid-August at the earliest, or possibly in September.



40th Annual Desert Southwest Conference Report



FIVE OF US REPRESENTED VELDA ROSE UMC at Annual Conference in Tucson: Ron R., Nisi K. Pat G., Pastor Chan and Pastor Ann. Starting on June 13, the AC lasted through noon on June 16, Father's Day. Over the course of the four days, we worshipped, considered and voted on



Pastor Chan, Pastor Ann, Nisi K., Pat G., and Ron R.

legislation, heard reports from the delegation to General Conference 2020 (held in 2024), from the cabinet, from nominations, from the Board of Ordained Ministry, had a day of learning, and much more.

LEGISLATION: There were several pieces of legislation that sought to clarify and update the conference rules, especially as they relate to various committees. All of these pieces of legislation passed, without amendment, and are available on the Conference website. There was also legislation seeking to have the Conference and the churches in our Annual Conference divest from fossil fuels. After discussion, that legislation did not pass. Another piece of legislation that was rejected was the question of whether the Annual Conference would nominate a candidate for episcopal election. While the decision was initially to authorize the nomination, upon reconsideration, and the explanation that based on the decisions from the General Conference, there will only be 32 episcopal positions in the US and after

retirements, the US will have 32 active bishops, the AC voted not to nominate an episcopal candidate.

Some of the legislation is in response to the General Conference. One piece that was passed provides that our annual conference, both clergy and lay, will have a chance to engage in consultation on the General Book of Discipline. The process for this consultation is still being developed so watch for more information in the coming weeks and months. Other legislation included the conference budget, equitable compensation, salary levels for conference staff, and nominations for conference committees. There are, by the way, over 30 total openings on various committees, if you would like to serve beyond our local church. You can learn more on the conference website, or talk to one of the pastors.

WORSHIP: Annual Conference began and ended with worship, and was spiced with worship moments throughout. The diversity of our conference was on display with several different ethnic ministries provided music and



Pastor Chan ordained as a United Methodist Elder at the ordination service on June 15

other elements for worship. We received the blessing of music in many languages including Spanish and Tongan. We celebrated a memorial service for clergy and their spouses who passed in the last year and as a community we shared in Holy Communion (continued on page 4).

40th Annual Desert Southwest Conference Report, continued

Saturday night was the very special Ordination Service, again with Holy Communion and a message of fire and spirit from Bishop Oliveto.



Pastor Chan and Pastor Ann

worship that including the setting of appointments, with Pastor Ann and Pastor Chan both returning to Velda Rose UMC, and a baptism—a celebration of new starts for all of us.

LEARNINGS: Along the way we heard the bishop say, “I’ve got your back!” and that we are the people who make a way. Our work was rooted in scripture, and in particular Jeremiah 29:4-7, 10-14, and Isaiah 43:18-19. We were challenged to be more vile in the spirit of John Wesley, who would do whatever was necessary to share the love of God, even something as vile as preaching outside the church, preaching to those not welcome in church, licensing women to preach, and caring for those society looked to throw away. We learned about how the General Boards and Conference Committees can empower us in our work of ministry, and provide resources and training. We learned about the problems with immigration and the toll our broken immigration policy takes in human lives.



Nisi K. and Ron R.

As a Conference we raised over \$24,000 dollars to help support immigrant ministries, but there is so much more work to do.

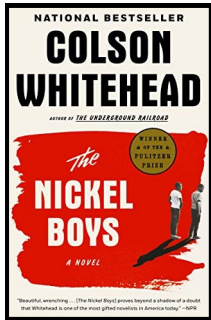


Pat G. and Pastor Chan

GENERAL CONFERENCE: The biggest changes flow from General Conference. We heard from every member of our delegation to General Conference. They spoke of what a different spirit was present at GC, a spirit of cooperation and love and faithfulness. They spoke of how in previous years General Conference had been painful and hurtful, and how there was a new spirit of peace, cooperation, and love. General Conference, as you may have heard, voted to remove the restrictive language regarding LGBTQIA siblings that for 52 years have done harm to so many people and families. This returned us to our United Methodist tradition. While Boards of Ordained Ministry could always say, “no,” if someone did not demonstrate the call of God on their life and the gifts and graces for ministry, Boards are no longer prevented from saying “yes,” to candidates they would otherwise approve. Likewise, pastors have always been able to say “no” to couples they were not willing to marry (because the pastor felt the marriage was abusive, nonconsensual, or fraudulent, for example). Now pastors can say “yes,” without fear of charges. We were witnesses to the restoration of Rev. Susan Morgan’s orders after years of pain and harm. Other changes from General Conference require time to prepare and educate our members, so we can vote knowledgably and in good conscience. Those changes may come to Annual Conference as early as next year, in Las Vegas on June 12-15, 2025, when the lay and clergy members to annual conference will meet again to do the work of the church. — Pastor Ann

United Women in Faith

VELDA ROSE READING PROGRAM:



The Nickel Boys by Colson Whitehead.

I highly recommend this book for all the ladies of the United Methodist Women. Based on the real story of a reform school that operated for 111 years and warped the lives of thousands of children. *The*

Nickel Boys is a devastating driven narrative that showcases a great American novelist writing at the height of his powers. There is a twist at the ending that makes this a very exciting read. This book reminds us of our racial past that need not be the future of America. Review written by Billie L., an avid reader.



Spring 2024 UWF Events



Spring 2024 UWF Event



United
Women
in Faith

**TOP TEN REASONS TO
BE A UNITED WOMEN
IN FAITH MEMBER:**

#10 POTLUCKS: United Women in Faith has some of the best potlucks with great cooks and a great place to get tried and true recipes.

#9 SINGING: Of course, United Methodists can lift their voices and sing with the best of them. What a feeling when the song soars.

#8 READING: There is a terrific reading program that has books from many disciplines. It is a great way to grow in your faith and knowledge. Being a lifelong learner is important to United Women in Faith.

#7 SPIRITUAL GROWTH: United Women in Faith offer many opportunities to grow spiritually. Besides unit and circle programs, a retreat is a wonderful opportunity to focus on your spiritual self. The Conference offers spiritual retreats each year.

#6 FELLOWSHIP: Part of the purpose of United Women in Faith is creative fellowship. Our relationship with Christ is not only just with our God but with others. It is a horizontal relationship with others. We grow spiritually by being in relation with other women in a sisterhood of Christ.

“OUT TO LUNCH BUNCH”:

Out to Lunch Bunch is open to all women.

When: Friday July 12, 2024
Time: 11:30 a.m.-1:00 p.m.
Where: Milano’s Pizzeria
4545 #103 E. McKellips Rd.
Mesa, AZ 85215

RESERVATIONS REQUIRED: Contact Laura B. or contact the church office

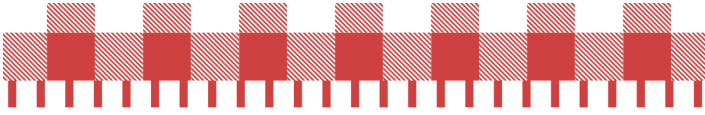
Sponsored by Billie L., Membership Chair for United Women in Faith

TUNE IN NEXT MONTH FOR THE TOP FIVE REASONS TO BE A UNITED WOMEN IN FAITH MEMBER. Written by Billie L., Chair of Membership

United Methodist Men



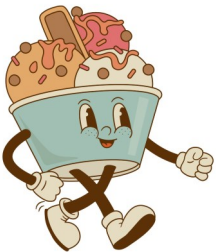
MONTHLY MEETING: The next UMMM monthly meeting will be 1 July, 1130-1300, in the Library.



4th OF JULY CELEBRATION: At 5 PM we will have a cook-out under the covered walkway that leads to the main entrance of the sanctuary (with seating in the Library). The menu selections include grilled hot dogs with buns and condiments, sides of baked beans and coleslaw, 'smares and watermelon for dessert, and iced tea and lemonade for \$5.



We will also have a short rededication ceremony for the renovated Memorial Fountain patio that evening.



ICE CREAM SOCIAL: Our next social will be on 14 August, 6-8 PM, in the Library.

PRODUCE GIVEAWAY UPDATE: This summer we will be having produce giveaways on the following dates – Sat.

July 6 and Sat. August 3. We are usually ready to start before 8:00 AM and customers are encouraged to come early to beat the heat.

THE UNITED METHODIST MEN TAKE YOUR ALUMINUM CANS, recycle and turn them into cash, and use that cash for ministry, like fresh produce boxes for families struggling to have enough food. The collection center is on the north side of campus, near the Rummage building.



Members of VRUMC's United Methodist Men (Virgil S., Joe G., Tim M., and Jim P.) leading May 28th's Sunday morning service.

Neighborhood Meeting July 15 @ VRUMC



On July 15, 2024 at 6:00 PM, Pew & Lake, PLC is excited to host a

neighborhood meeting in VRUMC's Sanctuary regarding the proposed development of a Skilled Nursing Facility that is currently in the entitlement process with the City of Mesa.

The subject site is the vacant area south of the Velda Rose Rummage Mission Warehouse. The intent of the neighborhood meeting is to provide the neighbors and interested parties with specific details of the development and answer any questions.

In addition, this is an opportunity for the neighbors to provide feedback on the proposed development which will be submitted to the City of Mesa as part of Case No. ZON24-00405.

The Green Team



Willow tree donated by SRP following VRUMC's Earth Day Celebration on April 14, 2024

WAHOO!!! Our tree has been planted in the Memorial Rose Garden. It is a willow tree.

Willow trees are scientifically classified in the genus *Salix*, of the larger family Salicaceae, which also encompasses poplar and aspen. There are more than 400 species of willow trees, with most of

these found in the Northern Hemisphere. According to Wikipedia, willows produce a modest amount of nectar from which bees can make honey, and are especially valued as a source of early pollen for bees. Various animals browse the foliage or shelter amongst the plants. Beavers use willows to build dams. The trees are used as food by the larvae of some species of Lepidoptera, such as the [mourning cloak butterfly](#).

Will the willow tree survive? Will it grow fast? Will it give lots of shade? Inquiring minds want to know. Thank you to SRP!

Now all we have to do is keep it alive and well through these very hot, dry temperatures during the next few months.

Speaking of... here are a few facts about how to care for our trees during the hot summer months.

HOW DO TREES PROTECT THEMSELVES FROM TOO MUCH HEAT?

Just like humans, trees operate more efficiently at certain temperatures – too cold or too hot, no matter what climate or growing zone they are in,

there are always thresholds where trees begin to decrease their functionality with the heat extremes that we are seeing right now... and during the duration of these extremes it is important to look at the effects in the trees canopy.

HOW DO TREES PROTECT THEMSELVES FROM TOO MUCH HEAT?

Trees are not very complicated. They handle the heat in their own environment just like us humans do. We call it sweating... and trees call it transpiration. The process is pretty much the same though. They simply replace skin and pores with leaves and openings called stomata. The trees move water throughout their branches and allow it to escape onto the outside of their leaves and are cooled by the evaporation process. Trees like ours in the higher temperature climates have adapted over time by growing smaller leaves with less surface area to transpire from.

WHAT CAN YOU DO TO PROTECT YOUR OWN TREES FROM THIS HEAT?

WATER, WATER, WATER... Water deep and water wide. Also, apply a 2 to 4 inch thick mulch layer around the drip line of the tree. This helps reduce evaporation from the soil while preventing the soil from absorbing and radiating excess heat. If possible, place some wind blocks in certain areas to help stop the hot dry air from sweeping through your trees and drying out the leaves.



Golden weeping willow *Salix x sepulcralis*
Copyright Bruce Marlin, Golden

Velda Rose UMC's Food Pantry

ACCORDING TO THE UNITED STATES BUREAU OF LABOR STATISTICS, shoppers in the Metro Phoenix area have seen an increase of 25% in grocery prices since 2020. The current average cost in January 2024, which was \$184.20, was 31% higher than the oldest data for January that the bureau had in 2018 when the average grocery bill was \$140.44. And now, here we are in July, and grocery prices continue to rise.



Velda Rose UMC's Food Pantry strives to help our local Mesa community by addressing food insecurity. The following excerpt is from Arizona Food Bank Network's *Anti-Hunger Playbook*, published in January 2024:

What is food insecurity? Food insecurity is the inability to reliably access sufficient nutritious food to support an active, healthy lifestyle, due to a lack of physical, social, or financial resources.¹ Solving food insecurity requires both immediate relief, such as emergency food assistance from food banks, and long-term solutions, such as policy that supports every person's ability to meet their basic needs.

Who is food insecure in Arizona? Feeding America's most recent Map the Meal Gap² estimates that approximately 751,690 Arizonans (10.3%) are food insecure and 226,080 children (14%) are food insecure.

Who goes to food banks? AzFBN and its member food banks served nearly 570,000 people per month in 2023, which is 14 percent more than in 2022 and 20 percent more than before the pandemic.³

As shared in the January 2024 Vision, The VRUMC Food Pantry dispersed 902 food boxes and reached 2,038 individuals in our community in 2023. (Not included in that total

are bags given to the unhoused in 2023.)

Food banks see a wide range of neighbors in need, including seniors, people living with disabilities, families with children, employed and unemployed individuals, college students, seasonal workers, veterans and active military members, and more.

So far this year (1/4/24-6/24/24) VRUMC's Food Pantry has distributed

approximately 519 food boxes, and reached 1,202 individuals.



Help us address food insecurity in our community by donating these items to the VRUMC Food Pantry:

- ◆ Can openers
- ◆ Spaghetti noodles & sauce
- ◆ Spam or Vienna sausages
- ◆ Canned chicken or tuna
- ◆ Mac-n-cheese
- ◆ Canned meals
- ◆ Jelly or jam
- ◆ Peanut butter
- ◆ Pancake mix & syrup
- ◆ Fruit or applesauce
- ◆ Pudding cups
- ◆ Canned peas, corn, green beans, or diced tomatoes
- ◆ Canned fruit cocktail, pears, or peaches
- ◆ Canned pinto, black, or pork & beans
- ◆ Canned soup (tomato, chicken noodle, or beef vegetable)
- ◆ Granola bars

Donations are received in the Sanctuary on Sunday mornings and at the Food Pantry Mondays and Thursdays from 9:30 to 11:30 am. Cash donations may be placed with the Sunday offerings, brought or mailed to the church office, or made online at <https://pushpay.com/g/veldarose?src=hpp>.

Celebration of Life for Rev. "Bob" Deits Saturday, July 6



Rev. Robert Deits, affectionately known as Bob, was born in Omaha, Nebraska. He had 2 siblings and graduated from Wilson High School in Long Beach at which time he married his "high school sweetheart" the late June Meeks. Bob and June were married for 64 years.

Rev. Deits was admitted on trial as an ordained deacon in the Southern California, Arizona Conference of the Methodist Church in 1965. He worked at several churches including Montebello Methodist Church in 1965 (student pastor); Grace Methodist Church in Long Beach, CA from 1966-1968 (student pastor and associate pastor); and St. Mark's United Methodist Church in Anaheim in 1969. He was admitted as an elder in full connection in 1969. He continued serving at First UMC in Corona in 1974; St. Paul's UMC in Tucson in 1978; and Velda Rose UMC in Mesa in 1989. Rev. Deits retired in 2002 and while in retirement, he served at Gold Canyon UMC in Gold Canyon and Velda Rose UMC in Mesa (both as the associate pastor of visitation) from 2004-2019.

In the 1970's, he became aware that the typical response to loss and grief by most churches was not helpful and even hurtful to people who lost

loved ones to death. Thanks to Rabbi Earl Grollman and Rev. Glen Davidson, he learned a new way to respond to the grief of others that was comforting and helpful. In 1988, his book, *Life After Loss* was printed for the first time. During the ensuing thirty-three years, five more revisions would be printed, plus seven foreign language editions.

In 2018 Bob was blessed beyond words when he and Nancy Anne Meise were married. Together they partnered in ministry, leading the Country Western services at Gold Canyon UMC, led grief support groups and became personal counselors for many people. The Deits family welcomed Nancy into their lives and feel as blessed as Bob did about this wonderful and loving family member addition.

Bob is survived by his wife Nancy Anne Meise-Deits, 3 children and their spouses, 12 grandchildren, 23 great grandchildren and countless number of people that he touched throughout his wonderful life.

A celebration of life will take place Saturday, July 6th at 11 am at Gold Canyon United Methodist Church, 6640 Kings Ranch Road, Gold Canyon, AZ 85118

Due to space constraints, this announcement from Bishop Carlo A. Rapanut has been edited for brevity.

Our LOVE prayer focus: North Scottsdale United Methodist



- * AZ Korean Fellowship, Mesa
- * Chandler UMC
- * Cross in the Desert UMC, Phoenix
- * Desert Chapel UMC, Apache Junction

Velda Rose UMC's Food Pantry Article Footnotes

1. USDA-ERS (United States Department of Agriculture, Economic Research Service). Measurement: What Is Food Security? www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/measurement. 2. Feeding America. Map the Meal Gap Study. <https://map.feedingamerica.org/county/2021/overall/arizona>. 3. Monthly data collected from AzFBN member food banks, Jan.–Oct. 2023.

From the Archives: The Fitch Library

IN CELEBRATION OF VELDA ROSE UMC'S 60TH ANNIVERSARY, we are sharing history from the archives in *The Vision* newsletters. Since we are currently "renovating" the Library to enhance its versatility for future church events, this month's article is an excerpt taken from a 1983 interview of Ruth Fitch, widow of Dr. Ernest Fitch.

Dr. Fitch and Ruth moved to Mesa in 1963 for his health. They came from Aldersgate UMC in St. Louis Park, MN. They became Charter Members of Velda Rose.

Ruth Autumn Shanklin met Dr. Fitch (a veterinarian) because she had a sick puppy that needed veterinarian services. Friends referred her to him. She said Dr. Fitch was an "outside" person dealing with his gardening and so on. He spent a great deal of his time helping at the church. He was the caretaker of the Rose Garden at Velda Rose until he was no longer able to do it.

Today, you know the Fitch name because of the Fitch Library. It was the Fitch Mall prior to that. The Mall was originally enclosed to provide a place for people to wait in line for the next service on Sunday mornings. It opened directly into the Narthex (the breezeway today). In those days, there were only 15 minutes between services, so



people would line up for the next service before the previous service was concluded. That led to parking problems, too, with people arriving early. As soon as one service was over, the waiting throngs came pouring into the Sanctuary through every doorway and opening available (not just from Fitch Mall) in order to get a seat and not be turned away because all seats were filled. This occurred even though folding chairs were set up down the aisles, in the Narthex, and out into Fitch Mall.

Dr. Fitch is remembered as a very vital, active leader at Velda Rose, including the Methodist Men. He passed away at the age of 88.

Coming next month in August's *From the Archives*: Fitch Library, VRUMC's "lead" librarian, Esther Ayers, and the Church and Synagogue Library Association's Outstanding Congregational Library Award.

- Special thanks to Donn Larson, whose 2014 50th Jubilee Vision articles make these reflections possible.

Blood Drive July 10



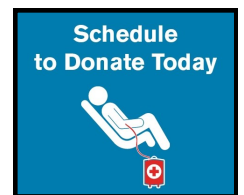
WHOLE BLOOD contains red cells, white cells, and platelets suspended in plasma. RED BLOOD CELLS carry hemoglobin

and are essential for oxygen exchange in the lungs. PLATELETS are small cell fragments whose main function is to interact with clotting proteins to stop or prevent bleeding. PLASMA is a fluid, composed of ~92% water and 8% proteins,

mineral salts, sugars, fats, hormones and vitamins.

Donate blood, save lives!
Our next blood drive is
Wednesday, July 10 from 8
AM to 1 PM in Moore Hall.

To sign up, go to
www.redcrossblood.org/give.html/find-drive-advanced or use the QR code.





Birthdays

Dan Griffiths	July 01
Howard Orr	July 03
Fran McCollough	July 11
Marshall McVeigh	July 15
Pat Goss	July 16
Lois Jackson	July 20
Betty Ghormley	July 23
Gene Osborne	July 24
Jill Prather	July 24
Eunese Roberg	July 25
Anita Miller	July 28
Norma Newman	July 31



Anniversaries

Lester & Helen Taylor	July 03
Moki & Ana Liku	July 08
Steve Schmuki & Billie Larime	July 08
Jim & Arlene Oisten	July 24



In Loving Memory

Walt Gustin October 2023
 Rev. Robert "Bob" Deits May 30, 2024



VELDA ROSE

United Methodist Church

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Mesa, Arizona 85205-8720
(480) 832-2111
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Rev. Melissa Rynders, East District Superintendent
Rev. Ann Lyter, Senior Pastor
Rev. Chan Kim, Associate Pastor
Ministers, Every Member of the Congregation



WORSHIP

SCHEDULE

Wednesday Morning Devotions
10:00 AM
Online at facebook.com/veldaroseumc

Sunday Morning Services
9:30 AM
Online at facebook.com/veldaroseumc
& in-person in the Sanctuary

UNITED METHODIST MEN'S
**4TH OF JULY
WEENIE ROAST**
Thursday, July 4 at 5 PM
on the Sanctuary patio
(seating available in the Library)

Check out page 6 of the July *Vision* for details!