

The Vision

Volume 16, Issue 3

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

March 2023

Food for the Body & Soul: Lenten Practices, Fasting, Prayer and Spiritual Disciplines

By Pastor Ann

LENT IS A SEASON OF repentance and penitence. This can take the form of fasting or giving up something for Lent. Many people will choose to give up certain indulgences, like sugar and other sweets, or things that are considered “bad habits” like drinking alcohol, watching television or eating junk food. My grandfather used to give up watermelon for Lent. Of course, you couldn’t get watermelon in Lent in those days—this was long before fruits were being shipped from all over the world. Moreover, my grandfather hated watermelon—but I’ll come back to this in a minute.

Catholics of a certain age are still expected to fast on Ash Wednesday and Good Friday and to fast from meat on Fridays during Lent, giving rise to the famous Friday fish fries that are still a staple in many parts of the country. The Lenten fast has even made its way into pop culture and movies like *Chocolat*.

The Lenten fast has also given rise to other practices like Mardi Gras, or Fat Tuesday, or (for we Pennsylvania Dutch) Faschnacht Day. (A faschnacht is a kind of doughnut.) These traditions arose as people tried to rid their houses of the sugar and fat and other things that would be forbidden during the Lenten fast. It was also a way of getting everything out of their system before the more sedate days and practices of Lent would begin on Ash Wednesday.

But, why do we recognize Lent? What is its purpose? Lent began as a time of preparation for new converts to the faith so they would be ready to be baptized on Easter Sunday. In these early centuries of the Church, only baptized members could receive Holy Communion so this period of preparation was timed to conclude on Easter so new members could receive Holy Communion with the rest of the community. Backsliders, however, were excluded from the community. It became apparent that a way

for backsliders to rejoin the community was also needed. This time of preparation before Easter became a time of penitence, with those who were seeking to return to the church marked by wearing sackcloth and ashes. They would then be welcomed back into the community on Easter with the new members.

Over the centuries, the realization that we all need to repent and we all need redemption grew into the practice of the entire community honoring Lent, receiving ashes on Ash Wednesday, and preparing for Easter with the Lenten fast or other spiritual disciplines. While not all Protestants recognize Lent or follow the practice of receiving ashes, The United Methodist Church does. We do not, however, require fasting or other Lenten practices. How you wish to honor Lent is entirely up to the individual. And that brings me back to my beloved grandfather. I hope that should you want to take on a Lenten practice, it will be one of meaning to you. It might be fasting from something. I have fasted from sugar, or from fast food, and even tried to “fast” from using plastic one year (trash bags were my downfall—I couldn’t find an adequate substitute).

For those who do not wish to fast FROM something, you can adopt a new spiritual practice, like reading scripture each morning, visiting the sick, helping in the food pantry, spending more time in prayer, and so on. Indeed, our entire congregation will be invited to spend more time in prayer as we make prayer the focus of our worship in Lent with our series “Listen: Hearing that Still Small Voice and Finding Your Own.” Whatever you decide to do, I hope you have a profound and meaningful Lent. My recipe this month is Green Coconut Curry Salmon, a truly delicious way to fast from meat (and still feel like you are indulging). You will find it on page 2.

THAI COCONUT

Green Curry Salmon

Ingredients

- 2 6–8oz. Portions of Salmon, skin on, bones removed
- 4 tbsp. of avocado oil
- Kosher salt
- Black pepper
- 8 oz Sugar Peas, strings removed if necessary
- 1 med. Yellow onion, sliced
- 5 Baby Bella Mushrooms, stem removed and sliced (about 2 cups)
- 1/2 red bell pepper, core and seeds removed and cut into 1/2 inch cubes
- 2 baby bok choy, bulbs cut into fourths, leaves cut off and reserved
- 1 inch piece of Ginger, peeled and grated
- 2–3 Thai chilies sliced thinly (you can sub 1 tsp finely diced serrano)
WARNING: Thai chilies are very hot.
- 2 cloves of garlic, thinly sliced
- 2 tbsp. Green Curry Paste, or more to taste
- 1 tbsp. Red Boat Fish Sauce
- 13.5 oz. can of Chaokoh Coconut Milk or Thai Kitchen Coconut Milk
- 2 Tbsp. Fresh Squeezed Lime Juice
- 1/4 cup freshly chopped thai basil (or regular basil)
- 3 green onions, sliced and separate the top dark green slices from the bulb (whiter part) of the onion

Directions

1. Prep everything before you begin cooking the salmon—the cooking goes quickly so everything needs to be ready. Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
2. Place salmon, skin side down, on the prepared baking sheet. Drizzle salmon with about 2 tbsp. of oil, rub across the top of the salmon so that it is coated evenly. Season generously with kosher salt and pepper.
3. Place salmon in the oven, bake until salmon is cooked through, about 12 to 15 minutes.
4. While the salmon is baking: in a large skillet or wok, heat 2 tbsp. of oil over medium–high heat. When hot, add yellow onion. When the onion has begun to soften, add the sugar peas, the red bell pepper, mushrooms, the bok choy bulbs, and the bulb (white and light green parts) of the green onion. Saute for about 4 minutes, or until veggies just begin to get tender.
5. Now add in the green curry paste, garlic, and ginger, stir in, and saute for 1–2 minutes more, just until fragrant.
6. Turn heat down to medium–low. Add in the coconut milk, the fish sauce, the lime juice, and the bok choy leaves. Cook with at a light simmer, where it is just barely bubbling (you may need to turn down to low depending on your stovetop), stirring occasionally, until the salmon is done cooking in the oven.
7. Remove Salmon from the oven, and using a sturdy spatula, gently remove the salmon from the skin. Serve over green curry vegetables, pouring some of the sauce over the salmon, and top with freshly chopped basil and green onions. Enjoy! This serves 4.

BARNA RESEARCH SAYS most practicing Christians and churchgoers agree attending church is one of the most important experiences of their week. As churches continue to examine what gatherings look like in the “new normal,” it’s worth taking note of the recent survey findings of the good, the bad and the reflective emotions U.S. adults experience in relation to church attendance.

Barna Research, a non-partisan for-profit organization conducted a survey in 2021 and learned

prompted positive feelings and they feel inspired “most of the time,” or more often, after participating in a worship service.

Over half of both practicing Christians (65%) and churchgoers (58%) say that, at least “most of the time,” they leave worship services feeling as if it was the most important experience they had all week. Similar percentages agree that “most of the time” church attendance challenges them to change something in their life (62% practicing Christians,

U.S. ADULTS ON FEELINGS PROMPTED BY CHURCH ATTENDANCE – IMPORTANT EXPERIENCE

Barna

*Thinking about the worship services you attend at your church, how often do you leave the worship services feeling it was the **most important experience you had all week?***

● Every time ● Most of the time ● About half of the time ● Sometimes, but not often ● Almost never

Practicing Christians



Churchgoers



n=794 U.S. practicing Christians; December 5-18, 2019.

n=408 U.S. churchgoers; December 5-18, 2019. | Source: Barna Group

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that when U.S. adults participate in a worship service, they can elicit a range of emotions, from inspired and encouraged, to guilty and disappointed.

Practicing Christians agree strongly that faith is very important in their lives and have attended church within the past month. Churchgoers / Churchgoers attend a church service at least once every three months, in the past year. Two-Thirds of Adults Feel “Encouraged” After Worship Services. The data also showed that among both practicing Christians and churchgoing U.S. adults, attending church

55% churchgoers).

The challenge before us is: How do we continue to incorporate the learnings from the pandemic with technology and interaction, but also continue to minister in person? This of course affects not just Sunday morning worship, but it also influences discipleship and small groups and the things that happen during the week. We have to make a decision. Is worship going to be for those in the room? Or is it going to be for (continued on page 4)

Church Stats and Trends, continued

U.S. ADULTS ON FEELINGS PROMPTED BY CHURCH ATTENDANCE – ENCOURAGED

Barna

Thinking about the worship services you attend at your church, how often do you leave the worship services feeling **encouraged**?

● Every time ● Most of the time ● About half of the time ● Sometimes, but not often ● Almost never

Practicing Christians



Churched adults



n=794 U.S. practicing Christians; December 5-18, 2019.

n=408 U.S. churched adults; December 5-18, 2019. | Source: Barna Group

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the person viewing? Or is it going to be both? In today's post pandemic "new normal", those that are considering coming to church first come across the website or also worship online to get a feel for it.

Hybrid worship, a blended approach to in-person and online ministry, has become an effective way to reach both audiences, but has also stretched church leaders beyond their pre-pandemic role. Learning

new skills and applying them while pastoring a congregation can feel like an overwhelming and endless amount of work. Hybrid ministry is the way for the future that does not have to be burdensome or limited to Sundays. The goal of the hybrid church is not just about offering two worship options, but offering engagement, discipleship, teaching, and reaching the community in ways that have never before been a possibility.

SUNDAY SERVICES

9:30 AM
IN-PERSON & ONLINE

March 5

In-person & Online at 9:30 AM

Finding Your Breath: Listening to Our Bodies

Romans 8:26-30; 38-39

Pastor Ann

March 12

In-person & Online at 9:30 AM

Finding a Word: Listening to the Texts

Proverbs 1:20-23

Pastor Ann

March 19

In-person & Online at 9:30 AM

Finding Your Power: Listening for Healing

Mark 5:24-34

Pastor Daniel

March 26

In-person & Online at 9:30 AM

Finding Your Mystic: Listening Beyond the Voices

Romans 12:2-12

Pastor Ann

Wednesdays in Lent at VRUMC

10:00 AM — Online Bible Study and Meditation

WE WILL CONTINUE our study of the 10 Commandments during our 10 am online study and meditation.



STARTING MARCH 8

4:00 PM — Lenten Study and Prayer Service

Wednesdays at 4 pm, gather with Pastor Ann in Douglass

Chapel for a study and prayer service (the service will begin around 4:30 pm). Let us build our discipleship through prayer and worship this Lent. Sign up in the Library on Sunday mornings, or at the office during office hours.

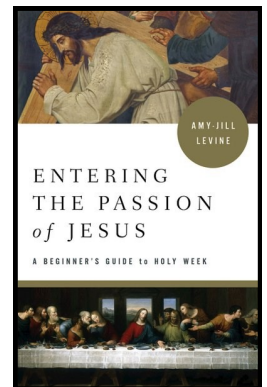
5:15 PM — Lenten Soup Supper

In honor of the Lenten fast, Wednesday night suppers in Lent will be soup in Moore Hall. If you would like to make a soup for one of the evenings, please let Pastor Ann know.

6:00 PM — Book Study: *Entering the Passion of Jesus: A Beginner's Guide to Holy Week*

Jesus risked his reputation when he entered Jerusalem in a victory parade. He risked his life when he dared to teach in the Temple. His followers risked everything when they left behind their homes, or anointed him with costly perfume. We take risks as we read and re-read these stories, finding new meanings and new challenges.

Author, professor, and biblical scholar Amy-Jill Levine explores the biblical texts surrounding the Passion story. She shows us how the text raises ethical and spiritual questions for the reader, and how we all face risk in our Christian experience.



The study will be in Moore Hall. Sign up in the Library on Sunday mornings, or at the office during office hours. Books are \$10.00 and are available in the office.

United Women in Faith



United
Women
in Faith

**Thank you Velda Rose
UMC Congregation!**

WE ARE VERY GRATEFUL to
the Velda Rose

congregation for accepting so positively our UWF Sunday worship service. It was a labor of love by our United Women in Faith members. Thank you to everyone who helped us in bringing the service to fruition, including Pastor Ann Lyter, Ron Roberts, Nisi Kaipelea, Howard Orr, Mary Ellen Loose, Rachele Starr, and Marcus Bentley.



Response Magazine:

In the January/February 2023 Response Magazine on page 17 reads the following:

“Once there was a church where the people took the offering back home with them. First it was collected and brought to the altar. After they asked God to bless it, they took it and put it back into their pockets. They mixed it up with all their other money, so that they couldn’t tell which was blessed and which was not. Then they left. All week they spent as though each piece was blessed and was to be used lovingly.” (*Concordia Publishing House, 1974*)



That’s how Velda Rose United Women in Faith endeavor to use the money received from the rummage sales. Each dollar is thoughtfully donated

to mission organizations as though each piece is “blessed and to be used lovingly.” We are so fortunate to receive the labor of hundreds of volunteers working together during the year and during the rummage sales to generate money to help thousands of women, children and youth.

Coloring Quilting Squares



At our February unit meeting, we were delighted to have Bev Secrist tell us about a United

Women in Faith project entitled “Made With Love.” Bev currently heads this project. She showed us how to color quilting squares that she then takes and sews together to make beautiful quilts for underserved children.

We were able to color enough quilt squares for Bev to make an entire quilt!



“Quilts made with love age with time but never lose their warmth”.

Upcoming Events:

- Our March 2, 2023 unit meeting be held at 11:30 a.m. in Moore Hall. Gordon Sims, from UMOM, will be our guest speaker.
- Our March 16, 2023 Circle meeting will be in Moore Hall at 1:00 p.m.

(Continued on page 7)

United Women in Faith, continued

- A Day Apart Retreat “You are Powerful” (Prayer, Others, Word of God, Equipped, and Respond) will be held on April 29 from 8:45 – 4:45 p.m. in Payson and is sponsored by the East District United Women In Faith. The retreat will be built around the acronyms such as all activities, outreach project, skits, singing, a craft, etc. Additional program hotel information, and registration form will be available in the near future.
- Mission u is coming to Prescott! Mark your calendars for the following events: In-person

Mission u at will be held at Prescott UMC on July 21 & 22, 2023 (Adult Study). Virtual Mission u on August 24, 2023. Mission u for youths will be held on September 7 & 14. Study books are available in the Fitch Library. The adult study is entitled “Living the Kin-dom: Exploring the Lord’s Prayer as a Spiritual Practice for Social Transformation.”

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

Silver Star Dinner Show April 2: Velda Rose UMC Fellowship Fun



JOIN US ON APRIL 2ND for a night of wonderful food and entertainment. We will celebrate with the Silver Star as they close another spectacular season of phenomenal music, comedy, and food. This show combines

the most popular songs of the season all in one show! We know you'll enjoy the great food, great music, and great memories in this evening of fellowship and fun.

Doors open at 4:30 with delicious buffet dinner at 5:30 and the show starts at 7. Only 40 seats are available, so don't delay! Sign up and pay for your ticket in the office during office hours by March 17. Tickets are \$45.



The Silver Star is located at 5247 E. Brown Road (corner of Higley and Brown) in Mesa.

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.

United Methodist Men: Men. Ministry. Mission.



SERVING OTHERS MINISTERS OF HOPE

OUR VELDA ROSE T-SHIRT ORDER was a success. We hope everyone got a shirt that was interested.

WE want to thank all that attended our first Clam Chowder lunch that we served on January 5, 2023. We hope you enjoyed the food. Also, a BIG THANK YOU TO ROBERT RICHTER for providing the clam chowder!!!

We are planning more activities to come in the future.

Our United Methodist Men in Ministry and Mission invite all men to our meetings. Come and enjoy some fellowship and get acquainted. Hear of some

of the things we are planning. Most of our endeavors support our local missions. Our meetings are held on the 1st Tuesday of every month at 11:30 A.M. in Martin Hall on the Church Campus. A light lunch is served.

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.

Our email is veldaroseummm@gmail.com if you wish to contact us.

Bruce D. Williams, President UMMM

Bishop Rapanut's Installation Service

You Are Invited

BISHOP'S INSTALLATION SERVICE
March 11, 2023 | 11:00 AM (MST)
St. Matthew UMC, 2540 W Baseline Road, Mesa, AZ 85202
RSVP @ dscumc.org/installation

A Celebration of the Assignment of Bishop Carlo A. Rapanut to the Desert Southwest Conference

The service will be available via live stream and Zoom with closed captioning services for those who prefer to join using those methods.

Clergy are invited to robe with red stoles and join in the processional at the beginning of the service. A room will be reserved for clergy to robe.

THE EPISCOPACY COMMITTEE OF THE DESERT SOUTHWEST CONFERENCE invites you to the Service of Installation of Bishop Carlo A. Rapanut on Saturday, March 11th at 10:00 am (pacific)/11:00 am (mountain) at St. Matthew United Methodist Church (2540 West Baseline Road, Mesa, AZ 85202) with a reception following the service.

In order to have an accurate count for translation services, the food at the reception, and childcare, we kindly request that you RSVP your participation NO LATER THAN March 1st, by clicking on the button below or by copying and pasting this web address into your browser: <https://dscumc.org/2023-bishop-installation-service-registration/>

Caregiving Class at Velda Rose UMC

Helping FAMILIES HELP Caregiving Class

HELPING FAMILIES HELP

DO YOU
HAVE A
family
member or
a friend that

you help on a regular basis? Do you help this person shop or buy groceries? Do you prepare meals for this person? Do you help with transportation to appointments? Do you help manage doctor appointments or medications? Do you manage legal matters, or banking or pay bills? If you answered “yes” to any of these questions, **YOU ARE A**

CAREGIVER. Caregiving can be hard, exhausting, and take a toll on your physical and mental health.

“**Helping Families Help**” is a series of four class sessions that will provide knowledge and information that will ease your caregiver journey and keep you healthy.

Everyone is welcome to join us for the first session on March 7 at 1:30 PM in Martin Hall when several speakers will share information about resources available in the community for family caregivers. Those who choose to learn more will be encouraged to join the class for three more weekly sessions to be led by Rhonda Montgomery, who has long and deep knowledge about family caregiving.

Velda Rose Food Pantry



IT IS NO SECRET that our communities are experiencing economic hardship. 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 and we have an urgent need for the following items:

Peanut Butter- Liked by both kids and adults, and high in protein, peanut butter is the most requested item by food banks.

Canned Chicken- is a great way to provide versatile, high-protein items to those in need. Items like:

Canned Tuna also contain vitamins, omega-3 fatty acids, and protein, which make a quick and easy meal.

Canned beans - like black beans, garbanzo beans, black-eyed peas, green beans, and pinto beans - are high in protein and fiber and provide a nutritious way to fill a hungry tummy.

Pasta & Pasta Sauce- Super easy to make and is exceptionally filling.

Canned Vegetables- Veggies are always high in demand, and for good reason. Nutrient-rich, and fiber dense, they tend to last the longest in pantries and are the perfect, easy way to provide healthy options.

The Infinity in Music Series Presents: Nota Bene

March 5, 2023
2:00 p.m.

Nota Bene

*Elena Galbraith, Soprano
Sandy Schwoebel, Flute
Marie Sierra, Piano*



WIT AND WISDOM

Music of love and laughter

Velda Rose United Methodist Church
5540 East Main Street
Mesa, AZ 85205
480-832-2111

officeadmin@veldarose.org

**"Sing praises to God, sing praises;
Sing praises to our King, sing praises."**

~ *Psalms 47:6*

THE NEW YEAR BEGAN with our Chancel Choir meeting again and singing on Sunday, January 29! My heart was filled with joy as I watched them sing from their hearts. There is something very special about a choir singing praises to the Lord.

We welcome ALL who would like to be part of our choir family. We meet every Wednesday night from 6:30pm to 8:00pm in the choir room.

I love this quote from Composer John Rutter:

"Choral music is not one of life's frills. It's something that goes to the very heart of our humanity, our sense of community and our souls. You express, when you sing, your soul in song...all of those people are pouring out their souls in perfect harmony, which is kind of an emblem for what we need in this world..."

Rachelle Starr, our Choir Director, and I look forward to our choir growing in the months ahead. Robert Richter and I appreciate that so many of you came to hear Brett Valliant perform on the organ last month. He was fantastic!

We have two more concerts this spring:

Velda Rose *Infinity in Music Series*

Sunday, March 5 at 2:00pm

We are excited to feature "Nota Bene" (see page 10), a trio of very talented women from Tucson who will present a delightful concert with piano, voice and flute.

They will also perform the special music for our 9:30 am service that day.

Thursday, April 27 at 7:00pm

The Chandler-Gilbert Community Choirs will perform for us next month. Come and enjoy a wide variety of choral music - traditional, jazz, African, etc. CGCC has long been known for having outstanding choirs!

Thank you for your support of our concert series. We look forward to our next season which will begin in the fall. We are in the process of scheduling organists, soloists and a musical production at Christmastime.



The Chandler-Gilbert Community Choirs

For a full list of Velda Rose UMC's spring music events, go to page 12.

VRUMC SPRING CONCERT LINEUP

MAR
05 **NOTA BENE**

MAR
10 **DESERT WINDS**

MAR
19 **EAST VALLEY
CHORALE**

MAR
27 **RESONANCE**

APR
27 **CHANDLER-GILBERT
COMMUNITY COLLEGE CHOIRS**

MAY
2 **ORPHEUS**

UMCOR Responds to Earthquakes in Turkey & Syria

By Susan Clark **ATLANTA (February 9, 2023)** – A 7.8 MAGNITUDE EARTHQUAKE struck southern Turkey at 4:17 a.m. on Monday, Feb. 6, 2023, the most powerful earthquake recorded since 1939. In the hours that followed, at least 78 aftershocks were reported, followed by a second earthquake of 7.5 magnitude.

The earthquake and aftershocks also impacted northwest Syria, where 4.1 million people depend on humanitarian assistance. Syrian communities, many of them women and children, are simultaneously facing an ongoing cholera outbreak and extreme winter weather, including heavy rain and snow.

Thousands have been killed in both countries... The humanitarian response is struggling to ramp up to meet the need among the devastation and winter weather.

UMCOR's longstanding humanitarian partner, International Blue Crescent (IBC), has multiple offices and project sites in Turkey. In IBC offices, people fill the halls as they seek shelter, warmth, and a hot meal. With the devastating damage to roads, transport and infrastructure, IBC has received hundreds of families in its Kilis Community Center for shelter, warm items, and hot meals since the first hours Monday morning.

Kilis is serving as a major hub for coordination and relief efforts, including for cross-border response into Syria.

UMCOR has released initial solidarity grants to IBC and

Forum for Development Culture and Dialogue (working in Syria) to help provide tents, heaters, blankets, warm clothes, ready to eat meals and first aid kits to those who have been displaced. UMCOR staff members are also in touch with other partners in the region. Additional updates will be provided as more information becomes available.

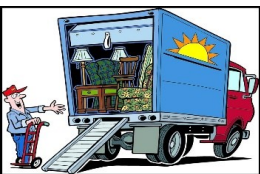
Support relief and recovery efforts for this and other international disasters by donating to [Advance #982450](#).

Susan Clark is the chief communications officer for Global Ministries and UMCOR.



A little girl is rescued in Gaziantep, Turkey after a series of earthquakes hit Turkey and Syria on Monday, Feb. 6, 2023. (Credit: International Blue Crescent)

The Green Team



SINCE THE SPRING RUMMAGE SALE WILL BE OVER by the time you read this, it won't hurt to start getting ready for the fall one.

We all need to do some deep

cleaning and get those closets and drawers in perfect order. Don't forget about the garage. Here are a few tips on doing this project from the book "101 ways to zero waste".

1. Is it necessary?
2. Where and who did it come from?
3. How much did you spend on it?
4. How often do you use it?
5. Does it add value to your life?
6. Do you use it on a weekly basis?

7. Do you love it?
8. Could someone else use it more than you?
9. If you were shopping today, would you buy it again?

Doesn't it make you feel good to think that your items may be useful for someone else? It's all about putting items that are no longer of use to you back into the world so they can be reused, loved, and cherished by someone else?

Ok, time to get busy but don't try to do it all at once. Take your time and tackle one closet at a time, one drawer at a time, etc. After all you have all summer to work on this project. And... you can stay indoors where it is nice and cool.

Lenten Easter Series

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 quiet. Our ears perk up 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. Come and rest, come and listen.

HOLY WEEK AND EASTER



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.

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!

VRUMC Prayer Chain



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

Monthly Prayer for Churches



- Sun Lakes UMC, Sun Lakes
- The Fountains, A UMC, Fountain Hills
- Tongan UMC, Mesa

In Loving Memory



Don Halverson 1/25/23

Charlene Armstrong 8/1/2022

Richard Miller 2/11/23



Birthdays



Beccie Reed	3/4
Esther Phillips	3/6
Janet Schiltz	3/7
Bill Corkill	3/8
Sulia Kaipelea	3/10
Ann Gamertsfelder	3/13
Dana Chaney	3/15
Kay Johnson	3/15

Ron Roberts	3/21
Iunisi Kaipelea	3/23
Lynda Boysen	3/24
Anne Marie Griffiths	3/24
Charles Foust	3/28
Meredith Nelson	3/29
Alyce Christenson	3/30



Anniversaries



David & Mary Killgrove	3/9
Dick & Jackie Gissel	3/19
Robert & Patricia Mayhall	3/20



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

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or on Facebook at 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
& in-person in the Sanctuary

Sunday Morning Services

9:30 AM

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



NEXT ISSUE

Items considered for the April Vision
must be submitted to Jessica at
officeadmin@veldarose.org by
Tuesday, March 14, 2023.