

The Vision

Volume 15, Issue 10

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

October 2022

Food for the Body & Soul: Sharing and Spreading Knowledge

By Pastor Ann

Have you ever read an old cookbook? I mean a really old cookbook. Or a family recipe that’s been handed down for generations? When my mom was first married, and she didn’t know much about cooking, she wanted to make her new husband his favorite cookies, sand tarts.

Sand tarts are a Pennsylvania Dutch cutout sugar cookie. The predominant feature is that they are rolled as thin as you can get, 1/8” is almost thin enough! She asked for her great aunt’s recipe and it went something like this: “butter the size of a walnut, flour as much as you think...” Needless to say, the recipe was no help whatsoever.

Then, there’s the old cookbook that told you how to make mincemeat pie. The first step was: “Make your favorite mincemeat,” as if that’s the easy part and something everyone knows. And no, the cookbook did not include a recipe for mincemeat.

Sometimes we are like this with our faith. Facing problems? Pray. Do you need to figure out what God wants for you? You need to discern that. Want to understand God better? Study scripture. Want support? Join (or worse yet form) a covenant group. And yet, for someone who is just learning about faith and seeking to know God, none of these things come naturally. These are not instinctive responses. They are all learned behavior, and that means we have to learn them.

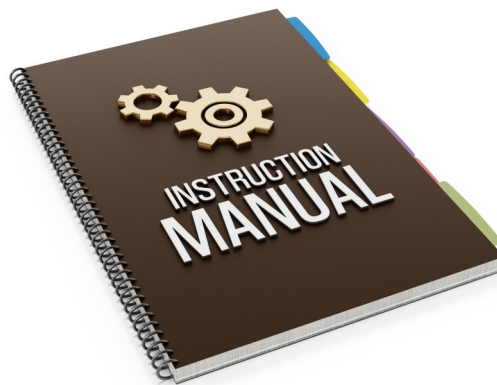
But, it also means we **CAN** learn them. Just as my mother learned to make sand tarts with the help of a much more complete recipe, we can learn how to

pray, how to discern God’s will for us, how to study scripture, and how to build a covenant group to support each other.

Indeed, this is in many ways the purpose of the church—to help each of us learn the skills and disciplines that allow us to live a Christian life, connect to God and be supportive of each other. This takes people who have the skills teaching those who do not. Just like my mother needed to know more to make sand tarts, people need to learn to pray, or study scripture, or any of the other skills that support a Christian life.

In scripture, the people who teach us these skills and share their faith are identified as the elders of the church. In James, the author refers to these wise people in the faith when he says, “Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.” (James 5:14-15) It is those who are mature in their faith who help others to grow, and that is why elders are so valued in the church.

In a world that seemingly favors the young, the church is one place where wisdom, knowledge and experience are important for the continued growth and vitality of the church. This is why Proverbs 16:31 says, “Gray hair is a crown of splendor; it is attained in the way of righteousness.” Of course, it is not enough to have the knowledge. You need to share it. If the elders with knowledge (continued on page 2)



Food for the Body and Soul, continued

of how to live a Christian life and grow spiritually do not share their knowledge, it's like a recipe that calls for "flour as much as you think."

So after talking about cookies, of course I'm including a recipe—with actual instructions.

Blessings, Pastor Ann



Ingredients

2 Cups sugar

3/4 Cup butter

3 egg yolks

3 1/2 Cups flour

1 tsp. baking soda

2 Tbsp. buttermilk

Topping:

1 egg yolk

1 tsp. water

Colored sugar, cinnamon sugar or food dye

Directions

Preheat oven to 350°. Cream together the sugar and butter until fluffy. Add the egg yolks and mix well. Sift flour and baking soda together. Gradually add the flour and baking soda to the butter/sugar mixture, alternating with the buttermilk. Roll out the dough really super thin. Chill the dough 30 minutes. Cut with cookie cutters or biscuit cutters. (You can reroll the scraps and keep cutting more cookies, but each time you do they will get tougher.)

Before baking, brush with an egg wash (the egg yolk and water whisked together) and sprinkle with colored sugar or cinnamon sugar. Bake at 350° for only a few minutes (3-6 depending on how big you cut the cookies) until crisp but not yet brown. Let cool a minute before carefully using a spatula to remove from the pan.

In my family, the lore was of a relative who was very artistic and would add food dye to the egg wash and paint the cookies with a tiny, tiny paintbrush. She used gingerbread men/women cutters and would paint on faces (with eyelashes!) and clothes (with ruffles and buttons!). They were so beautiful you hesitated to eat them, or so I was told. I never saw such cookies. Our family used the very mundane colored sugar crystals, often without the egg wash.

**SUNDAY
SERVICES**
9:30 AM
IN-PERSON & ONLINE

October 2

WORLD COMMUNION SUNDAY

In-person & Online at 9:30 AM

The Syro-Phoenician Woman

Mark 7:24-30

Pastor Ann

October 9

In-person & Online at 9:30 AM

Martha & Mary

Luke 10:38-42

Pastor Daniel

October 16

In-person & Online at 9:30 AM

Yes, You Can Sing

II Chronicles 5:11-14 ; Psalm 100;

Ephesians 5:14-20

Pastor Ann

October 23

In-person & Online at 9:30 AM

Music As Teacher & Prophet

I Chronicles 25:1-7; Psalm 147;

Colossians 3:16-17

Pastor Ann

October 30

In-person & Online at 9:30 AM

Music In Body & Soul

Psalm 150 (Response 2);

1 Samuel 6:12-15; Psalm 149

Pastor Ann

**WEDNESDAY
MORNING
DEVOTIONS**

Wednesday Mornings Online or in the Sanctuary at 10:00 AM

October begins with Women in Scripture, and ends with exploring the importance of worship. You are welcome to attend the recording of the online study, and be our "live studio audience." We will continue with Coffee, Tea and Conversation in the Library following the 10:00 AM Online Meditation to discuss the study and the sermon from the Sunday before. We anticipate gathering at around 10:45.

October 5 at 10:00 AM

Women in Scripture: Tamar

Genesis 38

October 12 at 10:00 AM

Women in Scripture: Rahab

Joshua 2

October 19 at 10:00 AM

Music IS Worship

Psalm 147

October 26 at 10:00 AM

Music IS Worship

Psalm 149/150



Which month is your favorite month of the year? For some, perhaps most of the children, December is their favorite month. For a lot of people, October is their favorite month of the year because of the changing colors and winter weather. Some people love October because they consider it “Halloween” month. As you would expect, Halloween is a bit contentious in some Christian circles. Some believers view it as a harmless and fun tradition for kids. Yet, others see the holiday as much more deceptive and are of the idea that Halloween is essentially a celebration of the occult and evil.

For me, a number of images come to mind when I think of the month of October. It’s when I begin to say goodbye to those hot and humid days of summer. The cool crispness of fall is in the air and God’s brush begins to paint those beautiful red and orange colors, and those bright yellows that prompt us to pause and think, “He sure knows how to create beautiful landscapes.” Wow! God is amazing! October is also time of the big yield... that is, the harvest. The many hours and hard work invested in preparing the ground for the seed, the planting, the spraying for weeds, the prayers for sun and rain now come to fruition. Everyone is hopeful it will be an abundant harvest but no one knows until the combines (harvester machines) are in the fields. A celebration may follow which may be called a Harvest Festival, giving thanks for the fruitfulness of the growing season and preparing for yet another season – winter.

Throughout the bible, we find many agricultural metaphors that were used to communicate with the people of Israel and the new community of faith in the New Testament known as The Way. The survival for the people of Israel depended on the soil. Israel was liberated from Egypt to enter the land God promised to Abraham. A land described as flowing with milk and honey (Exodus 3:8). To enjoy the fruit of the land was a sure indication that God had fulfilled His promises to Abraham. Agriculture was not only a way of life for Israel; it was a sign of God’s covenant blessing.

Jesus also utilized agricultural metaphors as well. In John 6:35 Jesus said He is the “bread of life”, an image that no doubt resonated with His listeners who remembered how their fathers received manna from heaven in the wilderness. “For the bread of God is he who comes down from heaven and gives life to the world” (6:33).

Farming takes time. Life takes time. The seasoned farmer knows what to look for to determine if the moment is ready. Knowing the importance of good dirt, rocks are removed from the fields and dirt has to be turned over. Checking for the proper pH balance is also a must. And, sometimes, the fields need to rest. How do we check the quality of the soil in our own lives? When Jesus told the parables of the soils, it didn’t take long for His listeners to understand all of the soils were in the same field. There are parts of our lives that need a different kind of attention. Grudges, like rocks, have to be carried out of the field. Weeds of resentment and disobedience have to be pulled out. There are fields not ready to be cultivated. Our lives, like the farmer’s fields, also need a little work before the seeds are planted. The farmer has something to do every day. The unexamined field soon becomes unusable. The unexamined life soon becomes difficult and confused for service in the kingdom.

The sun will come up in the morning, and rain or shine, like the farmer, you and I will (continued on page 5)

Worship in October: Women in Scripture and Music IS Worship



October begins with our series on Women in Scripture. Focusing on a different woman from scripture each week, this series will examine our faith through the stories of women and their relationship with God.

Then in mid-October, we will be true to our Methodist roots and explore the importance of music in worship. We will look at the many moods and purposes of music in worship, from teacher and prophet to praise and lament. Along the way we will sing favorite hymns, learn some new ones—and some very old hymns, and enjoy beautiful music to the glory of God.

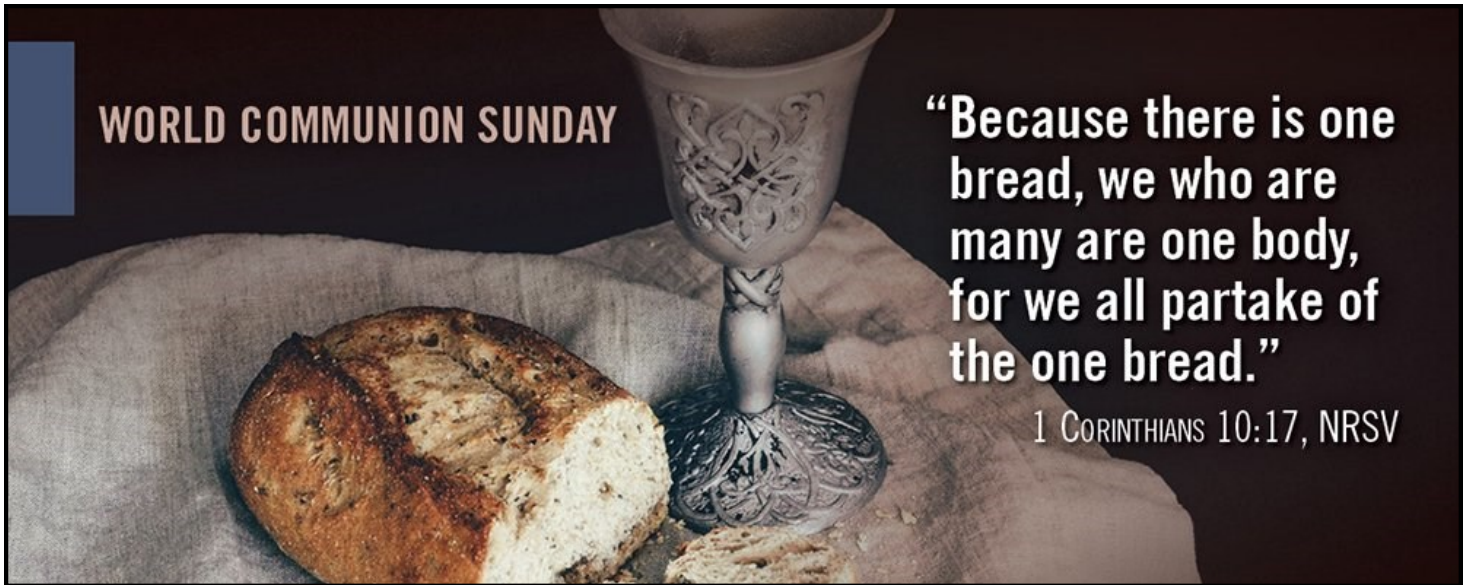
Fruitful Metaphors, continued



have to get up and go work in our fields. Winter will soon come, and because of the lack of daylight and the weather, we may not have time to work. It's one of the hard lessons Jesus, and agriculture, will keep on teaching us. No wonder Jesus talked so much about farming. The day to day chores, tasks, and the attention required to the smallest details made agriculture an unforgettably rich metaphor for Jesus and His teachings. They are a good reminder for what is required from us every day of our own lives. May we continue to be fruitful in our own lives.

Jesus also used other metaphors such as fishing. As Christians, we are not just called to be a tree that bears fruit but to also – be a fisherman, casting out our nets to receive other fish. Jesus did not just see olive and fig trees, he also saw the seaside where he called some of the first disciples. I know you desire to be like that tree planted by the streams of water bearing good fruit. We are outwardly focused, sharing our good fruit and not hiding it.

Connecting & Supporting United Methodists Globally



October 2 is World Communion Sunday

Often, United Methodist pastors are burdened with debt resulting from loans to complete seminary. Or worse, they are prevented from answering their call to ministry because they aren't equipped to face what may seem an overwhelming financial obligation. On Oct. 6, our congregation will address this concern through our World Communion Sunday special offering.

In The United Methodist Church, World Communion Sunday is one of six Special Sundays with offerings. On the first Sunday in October, our designated gifts benefit students around the world by providing scholarships, mentoring and training.

The Rev. Nickie Moreno Howard received the Journey Toward Ordained Ministry Scholarship, funded through the World Communion Sunday Offering. In addition to financial support, Moreno Howard, a Texas native of Mexican heritage, was mentored and met others experiencing similar life struggles. Following her graduation, she became a JTOM mentor, supporting a new class of scholars.

The spirit of World Communion Sunday is to come together in Christian unity around the breaking bread and sharing the cup. In our Wesleyan tradition, we extend this practice through our special offering. Please give generously on Oct. 2. Thank you.

Monthly Prayer for Churches



- Desert Chapel UMC, Apache Junction
- Desert Mission UMC, Scottsdale
- Desert Foothills UMC, Phoenix
- First UMC, Mesa

The Benefits of Singing in a Choir

DID YOU KNOW...

There is one thing that can do all the following:

- ⇒ Improve social connections
- ⇒ Natural pain reliever
- ⇒ Improve breathing
- ⇒ Strengthen posture
- ⇒ Increase muscle tone
- ⇒ Help sustain a healthy immune system
- ⇒ Effective for social bonding
- ⇒ An antidote for today's often alienating world

BUT WAIT, THERE'S MORE

- ⇒ Increases spirituality
- ⇒ Improves happiness and well being
- ⇒ Improves memory



"Singing could make you healthier... belt it out! Researchers who looked at members of a choral group (average age 80) found that they took fewer medications, were less likely to be depressed and made fewer doctor visits than a comparison group of nonsingers."

Bottom Line Publications
Author / Writer: Rebecca Shannonhouse

It's not as miracle drug. It's not the latest health spa craze. It's not magic (well, maybe it kind of is).

It's singing in a choir. That's right. Scientific studies have shown that singing in a choir creates social bonds faster than almost any other activity. It increases muscle tone, breathing, posture and releases endorphins, the body's natural pain relief. Being part of a choir reduces stress and anxiety, improves happiness and memory and has even been shown to have a positive impact on dementia!

And, a choir enhances worship, bringing the message of God to people in another way. We do not all learn or think alike and for some, hearing the message in music is more effective than words. Choirs add energy and an emotional element to worship that helps us feel the Spirit.

We know it has been a while since Velda Rose UMC was blessed with a choir but with all of these positive benefits (and how great the congregation sounds when singing hymns on Sunday), we are looking at bringing choir back to Velda Rose. Yet, we don't want to lose the beautiful music of our soloists or men's ensemble either. So, we are thinking rather than a choir singing every week, the Velda Rose choir would sing in worship on a rotating basis. We are hoping to begin choir soon so watch for more details. And if you already know you would like all of the positive benefits of being in the choir, let the office know and we will be sure to keep you updated.

United Women in Faith



United
Women
in Faith

RESPONSE (the magazine of women in mission) Sept./Oct. 2022 edition (written by Mary Killgrove)

This edition of the Response Magazine is devoted to sharing much of what occurred at Assembly 2022. Every four years, United Methodist Women meet together to participate in a celebratory event where thousands of women gather to worship, learn and connect. This year was the 20th quadrennial Assembly and the first under the organization's new name, United Women in Faith.

What inspired me most from experiencing the Assembly was a talk given by the gathering's theologian Rev. Janet Wolf. I was so inspired by what she said that, when given the opportunity to review much of the Assembly via video playback I honed in on her talk, and wrote down each word she spoke by replaying the video over and over again. Imagine my surprise and delight when that very same talk ("sermon") was reproduced in the Response Magazine for everyone to appreciate. Rev. Wolf reminds us that we, United Women of Faith, take on the yoke of Christ Jesus. She writes "We are the body of Christ not because we gather on Sunday Mornings or sing hymns or recite creeds or offer prayers, not because we have a building that says o or an altar with a cross or because we sent money to mission. We are the body of Christ when we live out the radically inclusive love of Christ Jesus." I encourage each and every one of you to read the article "Living God's Vision" on page 8-11.

EAST DISTRICT CELEBRATION AT GRACE UNITED METHODIST CHURCH

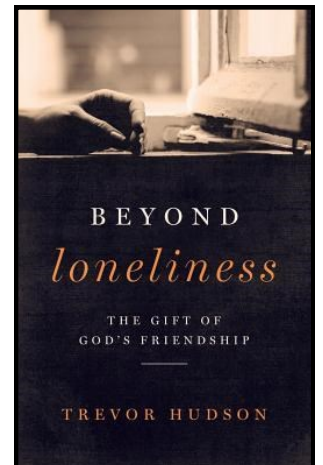
All women of Velda Rose United Women in Faith are invited to our first in-person Celebration after two years of Virtual Celebrations. Save this date (October 8th, 2022). We will have a panel of four women who attended last spring's Assembly, either in person or virtually, who will present a discussion/dialogue on what took place there. We all know

about the name change, but there was so much more *than that at assembly*. Please plan to register and find out more about all the news and excitement our new branding brings. We will install our new District Officers for 2023. A memorial service and communion will close out our celebration together. We plan to begin at 9:00 a.m., enjoy a meal together for lunch and then dismiss early to mid-afternoon. Contact Billie Larime to make reservations.

UNITED WOMEN IN FAITH READING PROGRAM by Billie Larime

***BEYOND LONELINESS: THE GIFT OF GOD'S FRIENDSHIP* by Trevor Hudson**

Loneliness touches everyone, and it can be one of the most painful experiences of life. We all long for relationships with others, but the surprising thing is that God longs to be friends with us. This book helps us through the stages of developing a relationship with God through conversation, communion and union—not unlike a romantic relationship. This book is in the Spiritual Growth Category found in the Velda Rose Fitch Library.



COME JOIN THE FUN ON THURSDAY OCTOBER 6TH "WOMEN 4 WOMEN" SOCIAL ACTION PROJECT 1:00 p.m. in Moore Hall UNIT MEETING FOR OCTOBER

United Women in Faith is once again sponsoring packing bags with feminine hygiene products for women experiencing homelessness and women who have difficulty affording these essential items. It only takes about one hour to fill hundreds of bags. Everyone can help. (Continued on page 9)

United Women in Faith, continued

Bring a friend to the meeting. We will start with short devotions and end when all the products are packed for distribution. We need your help!

MISSION U REPORT By Tish Roberts, Velda Rose UWF Social Action Chair

I was glad to get to go to Mission u in-person this year 2022. Rev. Rula Colvin led us in the study of Jesus and the parables in Chapter 13 of Luke. You always learn from hearing others discuss and debate. I have been going to School of Missions (former name of Mission u) for 30+ years and this one was a great success!

“WHO WE ARE” POSTED ON OUR UWFaith.org website

DRIVEN BY GOD’S LOVE AND UNITED IN SISTERHOOD, WE WORK TO IMPROVE THE LIVES OF WOMEN, CHILDREN, AND YOUTH.

Mission Highlight



Another charity that the United Women in Faith contribute to is UMOM. In 1964, members of the Desert Southwest Conference of the United Methodist Church (back then called the Arizona Methodist Church Extension Society) created what would come to be known as United Methodist Outreach Ministries or UMOM. The early work of this faithful group was ‘urban-centered ministries’ that included relief

for transients and backyard playgrounds for impoverished neighborhoods. Over time, day care centers, affordable housing, a wellness center, Helpings café, family housing hub, and more affordable housing, were added. By 2017, The Bruce and Diane Halle Women’s Center, Arizona’s first shelter solely for single women experiencing homelessness, opened in Phoenix. UMOM also took over and began operating Tumbleweed Center for Youth Development’s programs and shelters, renaming TCYD “Tumbleweed, a Service of UMOM.’

“UMOM New Day Centers began in the hearts of people who knew they could do more for those who had less.”

The four key elements in which UMOM helps the community are:

- Shelter
- Support Services
- Housing Programs

And the

- Helpings Café, a social enterprise and subsidiary of UMOM New Day Centers, whose mission is to strengthen the community and make a social impact through their delicious, handcrafted food. Every purchase goes right back into UMOM programs and services to help UMOM clients find jobs and an affordable place to live.

For more information about UMOM’s work, how you can get involved, or how to give, go to umom.org.

2022 Rummage Sale

Please, Please, Please...The Rummage sale is coming on October 27-29!



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. Please remember there is a new chairperson for cashiers (see September Vision for her phone number). 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 October 2022

September 30 (Friday) last day for getting a large item picked up. Call 480-815-0222. Leave a message being sure to include name and phone number.

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

October 3-7 (7 a.m. to 10 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.

October 17 (Monday) Last day to drop off items.

October 10-21 is for workers only and workers can buy.

October 24, 25, and 26 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.

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 in need of furniture, please check out the rummage sale from 7 a.m. to 10 a.m. on Monday through Friday. Last day to shop for furniture before the sale is Friday, October 7. If you are coming to shop, 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 **Wednesday, October 19**, 10 a.m. in Moore Hall. This meeting should last about an hour or less. Workers, **please** try to attend.

Department Chairpersons Needed

Volunteer Guards—The chairperson needs to contact people to get them signed up for (continued on page 11)

2022 Rummage Sale, continued

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 needs to work in the area on a regularly and be able to work with other volunteers who want to help in the area. Some knowledge of hardware would be helpful.

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

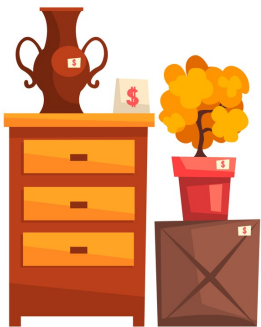
Tuesday, October 25, 8:00 a.m., help is needed to get the tents set up for the sale. Many hands make light work. Please show up on Tuesday, October 25. Once the tents are set up then the pods need to be unloaded of the stuff that will sell outside. We can also use people to help clean and price the items that come out of the pods.

Saturday After the Sale

We need help on Saturday, October 29 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 **Thursday, November 10**, at 10 a.m. in Moore Hall.



2022 Annual Church Conference, Potluck & Hymn Sing

Mark Your Calendars! Save the Date! Our Annual All Church Conference Is November 19!



On November 19, at 11 am, our entire congregation is invited to the annual Church Conference. We will set our plans for the year to come, vote on matters of business, fellowship together and celebrate being the Body of Christ at Velda Rose UMC. All members of the congregation can vote, and everyone is welcome to attend.

After our meeting, we will continue in fellowship with a Thanksgiving themed potluck and a hymn-sing. Turkey and gravy and drinks will be provided, and everyone is invited to bring a side or a dessert to share. In November, we will have sign-ups for the potluck, so we don't end up with all vegetables and no pie! (The horror!)

United Women in Faith Christmas Stocking Project

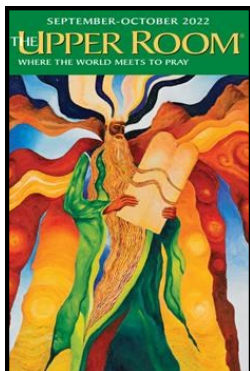


Christmas is coming sooner than we think. Again, we are accumulating items to fill 500 Christmas stockings for children at 4 local elementary schools. The UWF is again supporting this project. As you travel, please save those unused lotions, shampoos, conditioners and soaps. When you go to the dentist, please ask for extra toothpaste and tooth brushes. McDonald happy meal toys are great for stocking stuffers. We appreciate your support to make less fortunate children have a merrier Christmas. Our total list of items needed are as follows:

- Toothpaste and toothbrushes
- Cereal bars
- Unused travel-sized lotions
- Unused travel-sized shampoos and conditioners
- Unused travel-sized soaps
- Individually-wrapped candies (*no chocolate—hint: November 1st Halloween candies will be half-price*)
- Small toys for stockings
- Crayons
- Coloring books
- Small story books
- Stuffed animals (Beanie Babies size)
- Cash to purchase what we need

If you have questions, please contact Arlene Oisten. Items can be left at the Mission Warehouse from 8 to 11 am weekdays or the church office during office hours.

Sept. to Oct. Upper Room



The September-October 2022 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.

VRUMC Food Pantry

VRUMC's Food Pantry provides non-perishable food to those seeking assistance. The current items we are in need of are:



- * Peanut Butter
- * Pasta Roni
- * Canned Chicken
- * Canned Vegetables
- * Spaghetti Sauce
- * Mac-n-Cheese

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

October is Pastor Appreciation Month



No matter how humble or unassuming they may be, most people get a warm glow inside when someone says “thank you” for what they’ve done or expresses appreciation simply for who they are. Clergy and others who fill pastoral roles are no exception.

October is Pastor (or Clergy) Appreciation Month with the second Sunday designated as Pastor Appreciation Day (October 9). It is a time to say “thank you” to the people who may be most visible as preachers and teachers, but who, in reality, are on-call 24/7 standing with congregants and others to offer spiritual and other support in times of confusion and transition, times of heart-wrenching sorrow and times of overwhelming joy. They laugh, cry and pray with those whom they shepherd and serve.

Established as a worldwide recognition time in 1992, the call to honor the contributions of pastoral leaders can be traced back to Paul, who advised congregations to give “double honor” to the elders who managed the affairs of the church well, “especially those whose work is preaching and teaching” (1 Timothy 5:17, NIV). Some staff-parish relations committees or other groups in the congregation plan ways to honor or recognize their pastors during October. Whether or not the congregation does so together, individuals can say “thank you.”

Here are some ways to extend appreciation to pastors or other clergy. And, remember, these suggestions are also good for birthdays, celebrating a reappointment and other times when the congregation or individuals want to say “thank you.”

1. Send a **hand-written note or greeting card** (check for appropriate pronouns!) with a message of gratitude. (If there’s time, have people who you know will follow through commit to sending their note on a particular day so they are received throughout the month.)
2. **Pray for your pastors** – and let them know you do so (ask them what you might specifically pray for).
3. Lend your pastor a hand by **volunteering** with an organization where he or she ministers, such as a hospital or nursing home.
4. Give a **“thank you basket”** filled with his or her favorite brand of coffee, favorite snack or hard-to-find allergy-friendly food items.
5. **Provide a meal** via a gift card to the pastor’s favorite restaurant or a home-cooked or takeout meal. Make a gift card large enough to include the spouse or other friend and consider offering free babysitting if needed. Deliver meals at a time convenient to the recipient.
6. **Consider giving gift cards** that encourage self-care (massage, movie theater, a favorite local restaurant or upscale espresso spot).
7. Give a **service** that your pastors are unlikely to get for themselves but would appreciate (house cleaning, landscaping, tailoring, consulting or financial advising).
8. Give a **group gift**, from a group or to a group, such as an espresso machine.
9. Take a group photo with fellow churchgoers and present the **framed photo** as a gift.
10. Create a **photo calendar** with inspiring Bible passages or photos of church events creating happy memories for the pastor.

Parts of this article were adapted from [“7 ways to honor pastors and clergy,”](#) and [“10 Killer Ideas for Pastor Appreciation Month.”](#) [Tithe.ly ChMS.](#) **The Rev. Kathy Noble** is a deacon serving at editorial manager with the leader communications team at [United Methodist Communications](#), Nashville, Tennessee, USA. She works with the team producing [ResourceUMC.org](#), [The Source e-newsletter](#) and other content to inspire and support lay and clergy leaders throughout the church.

Welcome New Members!



On Sunday, September 25, we welcomed Carrie Carroll, Rhoda Baker, Sheila Waterbury, Ellis Vancil, Paige Thomas, Bob and Judith Koch, Virgil and Mary Schatz, Joe Guzdzoil, Gary and Patricia Ackerson, and Jeanine Taylor (not pictured) as new members of Velda Rose UMC.

VRUMC Prayer Chain

Prayer

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

*in loving
memory*

Priscilla Jones 8/28/2022

Marilyn Colby 9/3/2022



Birthdays



Ron Fagerland	10/2	Meleseini Ika	10/13
Sharon Mulligan	10/2	Louise Post	10/13
Mary McVeigh	10/3	Mary Lou Monson	10/14
Ruth Mogen	10/3	Janet Laut	10/15
Mo Roslanic	10/5	Jean Brady	10/20
David Killgrove	10/7	Carol Simons	10/21
Phyllis McNeil	10/8	Irma Heasley	10/22
Phyllis Moum	10/9	John Fleet	10/25
Bonnie Baca	10/9	Sione Kaipelea	10/25
Crystal Williams	10/10	Fay Ganzerla	10/26
Jim Knight	10/11	Grace Van Brunt	10/26
Jo Ann Malo	10/12	Pastor Ann Lyter	10/30



Anniversaries



Fifty + Years

Donn & Deonna Larson	10/8	Richard & Deirdre Poyer	10/12
John & Nadine Burley	10/12	Frank Classen & Lois Karson-Classen	10/19
Bill & Mary Lou Monson	10/12		
Dan and Jo Lynn White	10/23		



VELDA ROSE

United Methodist Church

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Mesa, Arizona 85205-8720
(480) 832-2111

Stay connected via the church website at veldarose.org
Or on Facebook: [@veldaroseumc](https://www.facebook.com/veldaroseumc)

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Staff Leadership

Rev. Grant J. Hagiya, Resident 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

Join us online for our midweek devotion
each Wednesday at 10:00 AM,
and 9:30 AM Sunday morning services in-person
and online at
facebook.com/veldaroseumc/
or on the church website:
veldarose.org/connect/watch/



NEXT ISSUE



Items considered for the November
Vision must be submitted to Jessica
at officeadmin@veldarose.org by
Tuesday, October 11, 2022.