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# The Messenger

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Valley Community Presbyterian Church February 2016

## Sundays at Valley

Adult Education Class, 9:00 a.m.  
Early Coffee in Library, 9:30 a.m.  
Worship, 10:00 a.m.  
Sunday Funday, 10:20 a.m.  
Open Nursery, 9:45 to 11:15 a.m.  
Coffee Fellowship, 11:00 a.m.

## February

**7 Communion**  
**Extend the Table, 11:30 a.m.**  
**Souper Bowl of Caring**  
**Offering**

**10 Ash Wednesday Worship,**  
**6:30 p.m.**

**14 First Sunday in Lent**  
**Session Meeting with New**  
**Members, 11:15 a.m.**

**21 Second Sunday in Lent**  
**Dining for Women Meeting,**  
**11:30 a.m.**

**28 Third Sunday in Lent**  
**Youth Sunday, 10:00 a.m.**  
**Worship**

## March

**6 Fourth Sunday in Lent**  
**Communion**  
**Extend the Table, 11:30 a.m.**

**Souper Bowl of Caring Offering**  
**February 7**



See p. 5



## Season of Lent Begins

### Ash Wednesday Service, 6:30 p.m. February 10

Lent begins February 10 with the tradition of celebrating Ash Wednesday. Please join us at 6:30 p.m. in the sanctuary for worship and to receive ashes on your forehead. The ashes are meant to remind us of our mortality. They are also meant to give us a sense of humility and repentance, and a reminder we have given ourselves to Jesus.

In the Presbyterian Church, celebrating Ash Wednesday has become a helpful way to call members to renew their sense of spiritual discipline, Christian discipleship, and recognize our own mortality. This is symbolic of the way of life to which we are called not only in Lent, but also throughout the year.

During the 40 days of Lent we remember Jesus's 40 days in the wilderness. The season of Lent is a solemn time of remembrance anticipating the death of Christ and to celebrate his resurrection on Easter, March 27.

### Lenten Adult Study begins February 14

"**Illuminating Lent - A Study of the Lord's Prayer**" is a six-week Lenten series beginning Sunday, February 14, at 9:00 a.m., in Armitage Hall. The series helps to deepen faith and enhance knowledge through the exploration of the Lord's Prayer. (See p. 3)

### One Great Hour Of Sharing (OGHS)

#### *Sharing Resources and Changing Lives*

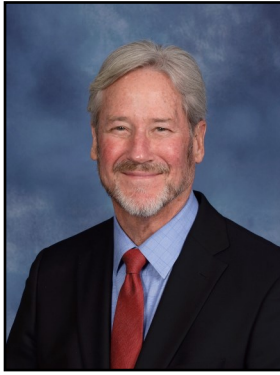
Presbyterian Churches will be receiving the OGHS special offering during the season of Lent – February 10 through March 27. A gift to One Great Hour of Sharing enables the church to share God's love with our neighbors-in-need around the world by providing relief to those affected by natural disasters, provide food to the hungry, and helping to empower the poor and oppressed. Funds are used in three special areas:

**Presbyterian Disaster Assistance (PDA):** A recent example of where these funds have been used is responding to the Flint, Michigan water crisis. In addition to providing emergency aid, PDA is looking into providing filters for showers since bathing in the water is also a concern.

**The Presbyterian Hunger** program alleviates hunger and looks for ways to eliminate its causes.

**Self-Development of People** is a ministry that affirms God's concern for humankind. We are Presbyterians and ecumenical partners dissatisfied with poverty and oppression, united in faith and action through sharing, confronting, and enabling by participating in the empowerment of economically poor, oppressed, and disadvantaged people, seeking to change the structures that perpetuate poverty, oppression and injustice.

## Pastor's Column



Pastor Ben Paroulek

This month we enter once more into the season of Lent. It is an important time for our Valley community, a chance to stop and reflect on both the fragility and preciousness of life. Yet it also is the time when we reflect on our own mortality, how we are born into this world and one day will leave it again. In considering the brevity of life, we remind ourselves not to take its daily miracles and opportunities for granted!

As we take stock of our life during the season of Lent, there are big questions we might be brave enough to ask ourselves: In the end, is it all worth it? Does my brief existence make any difference in the grand scheme of things? What exactly is the meaning of life? Those are important questions. However, they're also questions we cannot answer ourselves. If you sat alone on the top of Mt. Hood pondering those deep questions, you would not come up with any satisfying answers for two reasons.

First, we do not fully exist in isolation from others. Sure, we can do things on our own and take pleasure in solitary walks and lifestyles, but we were not created to be isolated creatures. We have been made for relationships: for friendship and conversation, for community and intimacy, for shared experiences and social interaction. We can see an image of ourselves in a mirror, but we can only truly see "ourselves" when we are reflected back from another person's pair of eyes. If you want to know whether "it's all worth it" and what your place is "in the grand scheme of things," talk it over with someone else. In that shared conversation, and others like it, you will have the best chance of coming up with an answer that rings true deep inside you.

Second, we (human beings) are not the only players in the game of life. At the very least, we are surrounded by a vibrant ecosystem of plants, animals, microscopic life forms and natural elements, all of which have to be included in our "meaning of life" calculations. Over/above/through it all, there is God, the creator of life. The story of God-in-Christ, that is at the heart of Lent, offers the best framework for grappling with the big questions of life.

Yes, there is a deep connectedness in the web of life. And that is a valuable focal point as we observe the holy season of Lent.

*Ben Paroulek*

### THE MESSENGER

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### PASTOR

BEN PAROULEK

### NEWSLETTER STAFF:

SHIRLEY HERCHER AND ANGELA GRAHAM

PLEASE SUBMIT ARTICLES VIA E-MAIL BY  
FEBRUARY 15 FOR THE MARCH ISSUE:

[messenger@valleycommunity.org](mailto:messenger@valleycommunity.org)

THE NEWSLETTER STAFF RETAINS  
PERMISSION TO MODIFY SUBMISSIONS  
FOR CLARITY, SPACE, CONTENT AND  
STYLE.

## Building Improvement Committee (BIC) Report



### 'Building in Christ'

You have heard, "When you pledge money to Valley's *Building in Christ* (BIC, Valley's Building Improvement Campaign), the money just doesn't disappear into a bank account. It's put to work." That is still true. If you are wondering why you don't see more evidence of your pledge money being utilized, be assured, you will see progress within the next several

months. Unlike our Lord, who created the heavens and the earth in seven days, we have to obtain building permits. The process is almost complete.

Present status of the campaign: Over 137 pledges have been received, totaling \$500,671 (WOW!). We still have a goal of \$600,000 and over the next 30 months we'll strive to reach that goal with fundraisers and support drives.

Thank you to everyone who has already pledged, and to everyone who is still considering what kind of pledge to make. For those of you wondering how to direct your gracious and generous pledges, make out a check payable to VCPC and place BIC on the "memo" line.

With the help of all who attend Valley, we will succeed!

## Session Highlights

January 12, 2016

### Motions approved at the meeting:

- To form a task force to consider the future needs of the Youth House.
- Approved the 2016 budget as submitted by the Finance Committee.
- Approved the Souper Bowl of Caring collection on Sunday, February 7, to benefit The CROP Hunger Walk (through Church World Service), as chosen by Valley Youth. (p. 5)
- Approved the Adult Education curriculum for Sunday 9 a.m. classes through Lent as proposed. (see below)
- Approved holding a lunch fundraiser with author Jane Kirkpatrick with proceeds to Valley's Holy Nine Patch Quilters project. (p. 5)
- Received Kent and Beth Busch as members of Valley Community Church by reaffirmation of faith.
- Approved Valley's Stated Supply Covenant with Pastor Ben Paroulek.

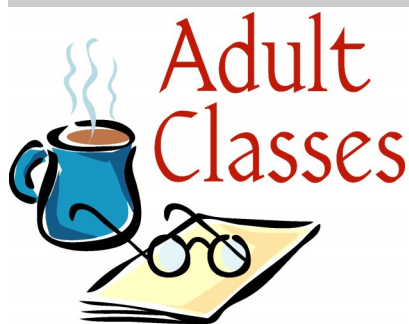
## Gamble Library News

Have you visited the church library recently? We have many books to help you on your faith journey and to read and meditate on during Lent. We also have over 1,000 books to share with children or have them read on their own. The DVD collection is growing with titles about scripture, the Holy Land, and other topics. Especially interesting reads for adults are books by Phillip Gully and Jane Kirkpatrick in the fiction section.

### Library Book Group

The Book Discussion Group will meet in the Fireside Room on Friday, February 26, at 10:00 a.m., for a discussion of *The Nightingale*, by Kristin Hannah. This story, set in France during World War II, is about Vivienne, whose husband has gone to serve in the French army. She and her sister must make many difficult decisions to survive after the Germans requisition her home. It is a heartbreakingly beautiful novel that celebrates the resilience of the human spirit. Everyone is welcome and remember to bring your own coffee.

## Adult Classes



**Sunday, February 7**, at 9:00 a.m., we will continue our journey to the Holy Land. *Israelis and Palestinians Today* DVD will take us around contemporary Palestine, where we will learn about the persistent challenges facing the region today. Join us for this timely and important discussion.

### Lenten Study

**"Illuminating Lent - A Study of the Lord's Prayer"** will be a six-week Lenten series beginning Sunday, February 14, at 9:00 a.m., in Armitage Hall. The series helps to deepen faith and enhance knowledge through the exploration of the Lord's Prayer. Each session examines a part of the prayer, its theological meanings and what it means for Christians in practical ways during Lent. Each lesson features Scripture, prayer, in-depth commentary, and questions for reflection using a participant's book available in the church office for \$5.00. Please join us for this opportunity to prepare our lives for Easter.

### Women's Bible Study

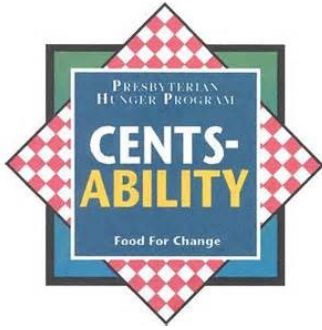
The Women's Horizon Bible Study group will meet in the Office Conference Room on Tuesday, February 2, at 11:00 a.m., for fellowship and discussion. The overall theme this year is water and the February lesson focus is about the disciples encountering stormy times in their faith, as do we. All are invited to join this group.



Thank you for sending your check for **\$30.00**  
for the **2016 Per Capita (for wider church expenses)** for each Valley member.  
For more information about what per capita is, and how it helps, go to:  
[oga.pcusa.org/percapita](http://oga.pcusa.org/percapita)



## Cents-Ability Helps Hungry, Locally and Around the World



During 2015, Valley received \$2,460.53 in our monthly Cents-Ability offerings, collected on the third Sunday of each month. Of that total, \$1,324.89 has been sent to the Presbyterian Hunger Program to help support PCUSA hunger alleviation efforts in the U.S. and around the world.

The amount retained by Valley for hunger alleviation here in our local area is \$1,135.64. Of this amount, we contribute \$1,000 per year to Care to Share, a local social service agency serving Beaverton and Aloha, to help cover some of their operating expenses. The remainder has been contributed to St. Matthew's Lutheran church for food purchases for their pantry. A number of Valley members volunteer at St. Matthew's food pantry, and the pantry also supplies the food for Project Back at Raleigh Park Elementary School.

The Cents-Ability offering suggests that individuals and families contribute 5 cents per meal per person as a way of staying aware of the hunger in our world and helping to alleviate it, and the coins (or checks) are collected monthly (on the third Sunday at Valley).

## Learn About 'Vacha' in India at DFW February 21

Dining for Women meets on Sunday, February 21 to learn about this month's featured nonprofit. Please join us for an abundant potluck lunch and an exciting program about Vacha Charitable Trust in Mumbai, India. They will receive a two-year grant for their program entitled Leadership Training for Adolescent Girls in Marginalized Communities.

'Vacha' means speech, articulation and self-expression. Vacha Charitable Trust envisions a world without exploitation, oppression, discrimination and injustice against women. Its mission is to empower girls and sensitize boys to become adults who value equality and become productive citizens.

Dining for Women loves this project because of its focus on grassroots empowerment and advocacy programs to enable girls between the ages of 10-18 rise above their circumstances.

Join us on February 21 at 11:30 a.m. in the Fireside Room to share a wonderful potluck with an equally wonderful group of women and let your dining out dollars help add up to this group's grant request.

Questions? Contact Ruthann Marquis at 503.297.8992 or go to [www.diningforwomen.org](http://www.diningforwomen.org).

## Valley Christian Preschool



It's already *that* time of year! We've begun to receive registration for classes this fall. Valley Christian Preschool is a joyful ministry of Valley Community Presbyterian Church and provides a quality, nurturing environment where children learn through a creative, play-based curriculum.

We invite you to make inquiries about Fall 2016 enrollment. If you or someone you know has a child who will be 2 to 5 years old this September, call Kristina Kurtz, VCP director at 503.292.3537 x146, or email [kristina@valleycommunity.org](mailto:kristina@valleycommunity.org). Word of mouth is our strongest marketing tool so please help spread the word about our wonderful program!

This month we'll celebrate Children's Dental Health Month, Chinese New Year and Valentine's Day, and in March, we'll ride and play during our annual Bike Days. Every day brings us an opportunity to play and explore our curiosities. Thank you for your warm thoughts and prayers as our young learners grow and bloom.

Look for these upcoming events:

- \* Open enrollment continuing for classes beginning Fall 2016
- \* No school February 15 in observance of President's Day

## Senior Luncheon Feb. 24

*Come to hear Valley's Laurel Cluthe*

Join us on Wednesday, February 24 at noon for lunch, fellowship and an exciting speaker. Laurel Cluthe, Valleys Children and Youth Minister, is a multi-talented young woman. Laurel received her Bachelor of Music degree from Berklee College of Music in Boston, MA. She interned at an international prison ministry, a music recording company and several churches.

After serving as a children's minister at the Baptist church she attended as a child, Laurel decided to pursue a Masters of Divinity degree and a Masters of Social Work from Baylor University. She completed those degrees, married her college sweetheart, Matt and moved to Portland. What will Laurel talk about? Her past, her future, mission work, music, travel or Matt? You will have to join us to find out! Friends are always welcome. Lunch is \$5.00. February 24 is Laurel's birthday - we will celebrate!

## Valley Notes

### Opportunities

Save the date - Saturday, April 30! A luncheon hosted by the Holy Nine Patch Quilters with a presentation by nationally known author **Jane Kirkpatrick** is planned. More details to come.

### Thanks

As 2016 begins, Bruce and I would like to thank the many of you who have been so supportive of me in the past months. I am sure I could not have recovered as I have done without you. Your prayers, prayer shawl, kind wishes, cards, emails, calls, visits, meals and gifts have helped both of us so much. I did not realize how important a strong network of support is when one has to go through something like this. You have all been wonderful, and we are so blessed to have you surrounding us with your love and care. Many, many thanks.

Much love,  
Bruce and Jean Armstrong

### Prayers

*We pray for those with health concerns:* Roger Berg, Richard Gold

*We pray for those who mourn:*

Janice Viestenz and family on the death of her mother, Carol Congleton Nicholls, who died December 27, 2015.

Family and friends of Gwen Burns who died December 31, 2015. A memorial service was held at Valley on January 23.

Family and friends of Ramona Mays Peterson (friend of David and Renn Sanderman), who died January 12.

Family and friends of Nancy Leisure who died January 15.

## Souper Bowl of Caring Offering Feb. 7

The Souper Bowl of Caring Offering will be collected by the Valley Youth following 10:00 a.m. worship on Super Bowl Sunday, February 7. Souper Bowl of Caring is a national movement of young people working to fight hunger and poverty in their own communities. In 2015 nearly 7,000 groups collected over \$8 million in cash and food items. The youth give 100% of your donation directly to a local hunger-relief charity of their choice. This year the charity receiving our donation is **The CROP Hunger Walk** (through Church World Service). They invite you to help tackle hunger in Beaverton by dropping dollar bills and change into soup kettles on Super Bowl Sunday!



## Mission Endowment Committee Awards Grants in Fall

The Mission Endowment Committee awarded nine grants to applicants during the Fall 2015 cycle. A total of \$10,500 was given to four local, one regional, one national, and three international recipients (Liberia, Niger, and the Himalayas.) The grants support housing, clothing, health, education and mission projects. Members of the Mission Endowment Committee are: Jan Bellis-Squires, Robert Hayes, Mary Kelly, David Marquis, Gary Nelson, and Elaine Rea. Janet Adkins in the Mission Committee liaison.

- **Valley Christian Preschool** - Grant will provide scholarship money for families in need of tuition assistance to attend Valley Christian Preschool.
- **Ecumenical Ministries of Oregon** - The Second Home program matches qualified homeless youth in Beaverton with housing placement. Grant funds will be used for staff support.
- **Assistance League of Portland** - Award to the Operation School Bell program which provides jackets, school clothes and shoes for nearly 3,000 low-income children in grades K-5 in Hillsboro and Beaverton Public Schools.
- **Healthy Beginnings** - Grant funds will be used to procure 650 protocols for use during community screening clinics in Central Oregon to identify developmental or behavioral concerns in young, low-income children.
- **Willamette West Habitat for Humanity** - Funds will be pooled from the faith community to build a Habitat Home in the Washington County Allen Estates neighborhood.
- **Interserve** - Funds awarded to the Montes family to purchase a vehicle for travel to rural areas in support of families needing economic development assistance.
- **PLAN for Children Humanitarian Aid** - Grant was awarded for the purchase of desks for a newly-built school in Liberia serving 326 children.
- **SIM Galmi Hospital** - Funds will be used to purchase medicine and supplies for patients seen by Christopher and Nancy (Beltramo) Zoolkoski in Niger.
- **Valley Youth Ministry** - The award will provide scholarships for high school youth from Valley Church attending the 2016 Presbyterian Youth Triennium in Indiana.

## Valley Scrapbook



*The Revs. Susan Pratt Wilder and Georgia Pratt Senor joined Pastor Ben serving Communion on a snowy January 3 morning. Susie and Georgia were visiting family in Portland.*



*A big thank you to all who participated in Valley's Kidz Mart 2015! To read more about this successful program, please see the January Messenger's Valley Notes.*



*The Portland area had a dusting of snow that some Valley members enjoyed playing in!*



*Left: Valley's High School Youth held a tree recycling fundraiser to help raise money for their trip to Triennium in July.*



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><b>7</b></p> <p>9:00a Adult Education Class 9:15a Sanctuary Choir Rehearsal 9:30a Early Coffee Fellowship <b>10:00a Worship-Souper Bowl of Caring Offering</b> 11:00a Coffee Fellowship 11:30a Extend the Table 4:15p Youth Handbell Choir 5:00p Youth Choir Rehearsal</p>	<p><b>8</b></p> <p>8:00a Women's Aerobics</p> <p>6:00p Girl Scout Troop 7:30p Portland Highland Games Association</p>	<p><b>9</b></p> <p>10:00a Tai Chi Class 11:00a Staff Meeting 1:00p Prayer Shawl Ministry 1:30p Mission Committee 4:00p Communication and Social Media Comm. 5:30p Membership Comm. 6:45p Christian Nurture for Youth Meeting 7:00p Facilities Committee 7:00p Prayer Shawl Ministry</p>	<p><b>10</b></p> <p><b>Ash Wednesday</b> 8:00a Men's Bible Study 8:00a Women's Aerobics 5:00p Cherub Choir 5:00p King's Kids Choir 6:00p Royal Ringers Bells <b>6:30p Ash Wednesday Worship</b> 6:30p Girl Scout Troop.</p>	<p><b>11</b></p> <p>10:00a Alanon</p> <p>6:00p Tiger Scouts 6:00p VCP Board Meeting 7:15p Sanctuary Choir</p>	<p><b>12</b></p> <p>8:00a Women's Aerobics</p>	<p><b>13</b></p> <p>4:00p Starfish Mariners</p>
<p><b>14</b></p> <p><b>First Sunday in Lent</b> 9:00a Adult Education Class 9:15a Sanctuary Choir Rehearsal 9:30a Early Coffee Fellowship <b>10:00a Worship</b> 10:20a Sunday Funday 11:00a Coffee Fellowship 11:15a Session Meeting with New Members 4:15p Youth Handbell Choir 5:00p Youth Choir Rehearsal</p>	<p><b>15</b></p> <p><b>"The Messenger"</b> <b>Newsletter Articles Due</b> <b>President's Day</b> 8:00a Women's Aerobics 10:00a Century Club Board Meeting 10:00a Meals on Wheels</p>	<p><b>16</b></p> <p>10:00a Tai Chi Class 11:00a Staff Meeting <b>7:00p Deacons Ministry</b></p>	<p><b>17</b></p> <p>8:00a Men's Bible Study 8:00a Women's Aerobics 5:00p Cherub Choir 5:00p King's Kids Choir 6:00p Royal Ringers Bells</p>	<p><b>18</b></p> <p>8:00a Soup Kitchen 10:00a Alanon 6:30p Cub Scout Den Mtg. 7:15p Sanctuary Choir</p>	<p><b>19</b></p> <p>8:00a Women's Aerobics 6:00p Camp Fire Mtg.</p>	<p><b>20</b></p>
<p><b>21</b></p> <p><b>Second Sunday in Lent</b> 9:00a Adult Education Class 9:15a Royal Ringers Bell and Sanctuary Choir Rehearsal 9:30a Early Coffee Fellowship <b>10:00a Worship</b> 10:20a Sunday Funday 11:00a Coffee Fellowship 11:30a Dining for Women Meeting 4:15p Youth Handbell Choir 5:00p Youth Choir Rehearsal</p>	<p><b>22</b></p> <p>8:00a Women's Aerobics 1:00p Century Club General Meeting 6:00p Girl Scout Troop 7:30p Girl Scout Troop</p>	<p><b>23</b></p> <p>10:00a Tai Chi Class 11:00a Staff Meeting</p>	<p><b>24</b></p> <p>8:00a Men's Bible Study 8:00a Women's Aerobics 12:00p Senior Adult Luncheon 5:00p Cherub Choir 5:00p King's Kids Choir 6:00p Royal Ringers Bells 6:30p Girl Scout Troop</p>	<p><b>25</b></p> <p>10:00a Alanon 10:00a Tai Chi Class 6:00p Cub Scout Pack 592 7:15p Sanctuary Choir</p>	<p><b>26</b></p> <p>8:00a Women's Aerobics 10:00a Gamble Library Book Club</p>	<p><b>27</b></p>
<p><b>28</b></p> <p><b>Third Sunday in Lent</b> 8:45a New Spirit Ringers Rehearsal 9:00a Youth Choir Rehearsal 9:00a Adult Education Class 9:15a Sanctuary Choir Rehearsal 9:30a Cherub and King's Kids Choir Rehearsal 9:30a Early Coffee Fellowship <b>10:00a Worship-Youth Sunday</b> 11:00a Coffee Fellowship</p>	<p><b>29</b></p> <p>8:00a Women's Aerobics 6:00p Girl Scout Troop</p>					

# February 2016

## THE MESSENGER



VALLEY COMMUNITY PRESBYTERIAN  
CHURCH  
8060 SW BRENTWOOD ST.  
PORTLAND, OR 97225-2355

RETURN SERVICE REQUESTED

TIME DATED MATERIAL

### Extend the Table

Sunday, February 7  
and  
every first Sunday of the month.



Join us for a program with lunch  
and intergenerational Bible study.



All are invited!

### Souper Bowl of Caring

Sunday, February 7 following  
10:00 a.m. worship.



Valley Youth invite you to help tackle  
hunger by dropping dollar bills and  
change into soup kettles on  
Super Bowl Sunday.

See p. 5