

# The Messenger

Valley Community Presbyterian Church

October 2019

## Sundays at Valley

Early Coffee Fellowship, 9:30 a.m.  
 Worship, 10:00 a.m.  
 Coffee Fellowship, 11:00 a.m.

## October

- 6 Communion**  
 Guest Preacher 10:00 a.m.,  
 Rev. Carmen Goetschius
- 13**
- 20 Bread for the World Bake Sale**  
 11:30 a.m.  
 Dining for Women, 11:30 a.m.
- 27 Vital Congregations Survey**  
 Distribution, 10:00 a.m.

## November

- 6 Communion**  
 All Saints Sunday  
 Daylight Savings Time Ends



## Trunk or Treat and Kids Fall Festival

Saturday, October 26, from 2:00-5:00 p.m., Valley will host its second annual Trunk or Treat and Fall Festival for children. Please bring children, grandchildren and neighbors in costumes for an afternoon of Trunk or Treating, carnival games, hot dogs and other activities. Trunk or Treat will be outside and the carnival will be in the gym.

Valley still needs \* **VOLUNTEERS** \* to sponsor trunk or treating stations (we still need six) and volunteers to work the carnival games and hand out prizes. Please contact Donna Carlson at 503.442.9551 (leave a message) or Glenys Craig at g.craig@sbcglobal.net to volunteer.



## Church Check Up



How's your blood pressure? How about your cholesterol numbers? Are you eating your veggies?

Just like you Valley Community needs regular check-ups. On Sunday, October 27, each person will have an opportunity to provide feedback about our church and share opinions on how we can best be Christ in our community. Surveys will be taken during our church service and available for a week in the church office or online. All are welcome to participate!

## What is Intentional Authentic Evangelism?



More on this topic can be found in Pastor Jeff's past sermon by [clicking here](#), or by visiting his blog: [revbinder.wordpress.com](http://revbinder.wordpress.com).

The second mark of church vitality is *Intentional Authentic Evangelism*. While many of us shutter at the mere mention of the word *evangelism*, I hope that we can begin to think differently about what this phrase would mean. For me, the idea of evangelism, or sharing the Good News of Christ with the world, all comes down to **relationships**.

Many of us have had negative previous experiences with such an idea, and it's okay to acknowledge. So here's the difference between what I would call *manipulative evangelism*, and our second mark of the "Vital Congregations Initiative": *Intentional Authentic Evangelism*. It would be manipulative and gimmicky for us to have such a day as a "Blessing of the Animals" service in order to:

- A.) condemn to Hell those who are not Christian...and their pets,
- B.) try and convert as many people as possible who we don't even know, or
- C.) create such a service as a source of entertainment, or as a way to drive up attendance numbers.

On the contrary, *Intentional Authentic Evangelism* looks like this:

- We build relationships with people who don't look like us, sound like us, or think like us for the sake of building community.
- We genuinely show and interest in our neighbors' lives, and seek to improve these lives as they improve our own.
- Within these healthy relationships, we share the gospel message through our daily living (remember *Lifelong Discipleship Formation*), and yes, through our words we speak.

So what do you think? How does our congregation do when it comes to sharing the Good News with our neighbors and friends through such relationships? What would be the benefit of sharing our faith as a church? What fears still linger even as we begin to re-think what it all means? Let's keep thinking about these things as we begin to imagine a new calling in our lives as Valley Community!

Share the Love!

Pastor Jeff

### THE MESSENGER

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### PASTOR

JEFF BINDER

### NEWSLETTER STAFF:

ANGELA GRAHAM

PLEASE SUBMIT ARTICLES VIA E-MAIL BY  
OCTOBER 20 FOR THE NOVEMBER  
ISSUE:

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

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

## October Birthdays

Claudia Askew  
Marie Bird  
Sophia Bird  
Connie Brenner  
Judy Chadwick  
Susan Derting  
Angela Graham  
Beverly Hubbard  
Gerda Krug  
Tim Kurtz  
Lindsay Kurtz

Diane Meyer  
Pat Nelson  
Lisa Rawlings  
Yvonne Rees  
Mary Kay Rodman  
Marian Romanaggi

Happy birthday to all those born in October! If we missed you, please contact the church office at 503.292.3537 or [info@valleycommunity.org](mailto:info@valleycommunity.org) and let us know.



## Join the New Mariner Ship Called Sailors

Small Groups sponsored a Hawaiian themed dinner for those interested in forming a new mariners group. We now have a new group called Sailors. If you are interested in joining, call Sandy Cundiff or Cathy Bernhard.



## My Faith Story



*By Prof. David Jimerson*

I was born seven months and three days before Pearl Harbor. That was shortly after my dad became a Christian, and I was born into a family that had two boys: Donald and Daryle. My parents wanted to continue with a “D” name and my dad wanted a biblical name, so the choice was obvious.

When I was young, my family attended the Apostolic Faith Church. At that time the congregation worshiped in a large red and white brick building on Burnside street just east of Broadway. There was a large sign on the top of the church that read “Jesus, the Light of the World.” They were founded by a lady named Florence Crawford. (The irony is that now there is no way they would allow a woman to preach.) The church’s theology was, and still is, fundamentalist and Pentecostal. The congregation now meets on a large acreage at SE 52nd and Duke street. They refer to their space there as “The Campground” and every summer people come from all over the world to attend their annual camp meeting. They have a large pipe organ, and a full orchestra every Sunday morning.

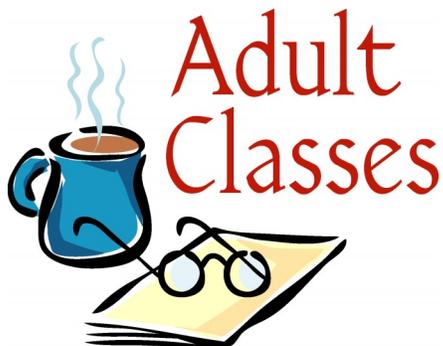
When my family moved to Scappoose, we continued driving to the Campground. After my dad passed away, I began attending the local

congregational church in Scappoose where I directed the music for a short time. Shortly thereafter, I accepted the choir director position at University Park Methodist Church in Saint John’s. While I was there, I was asked to come and sing a solo in a large choral work that 1st Presbyterian Church was doing. I did that, and then was asked to accept the baritone section leader position at that church. I became the assistant choir master as well as baritone soloist and was there for 18 years. When the minister of music went on sabbatical, I was asked to direct the music program for one year. While I did that I ask that my friend, Kathleen Ward, from Saint Helens serve as the organist and she was hired in that position. As I worked with Kathleen, I began to realize that she had something that I did not have. In talking with her about it, I discovered that it was what is known as the baptism in the Holy Spirit which manifests itself in speaking in tongues. I prayed about that, and had that experience. I enjoyed directing the program there and when James Welty came back to resume the position, I decided to look for a directorship of my own. That year the position at Valley opened up, I applied for it, and was hired in 1984.

## Adult Education

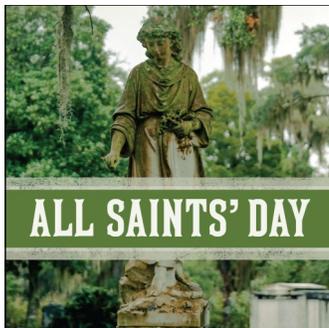
Adult Education continues its six week series based on The Story of the Bible. Each week will begin with a 30 minute video followed by a discussion period. Chuck Falconer will lead the series.

- October 6: Making TaNaK
- October 13: Forms of Jewish Scripture
- October 20: Birth of the Christian Bible
- October 27: The Protestant Reformation and the Bible
- November 3: Translating the Bible into Modern Language.



*The youth group playing a game to get to know each other better. The youth meet every Wednesday.*

## All Saints' Day November 3



On Sunday, November 3 we will celebrate All Saints Day. Members and friends who have died during this past year, since November 1, 2018, will be honored during 10:00 a.m. worship. Please provide names of family and friends you wish to commemorate to the church office, in the offering plate, or to any church officer by Sunday, October 27. Clearly write “All Saints” and the person’s name. This commemoration is based on the sanctification of all people of God you wish to honor from the “community” of your life who have died this year: family and friends.

In early Christian tradition, saints’ days began as a way to mark the anniversary of a martyr’s death — his or her “birthday” as a saint. By the middle of the church’s first millennium, All Saints’ Day was established as an opportunity to honor all the saints, known and unknown. Each year, in the reformed church, we give glory to God for the

ordinary, holy lives of all believers who have died in the past year.

This year we will also add an ofrenda. In many cultures *ofrendas* are an essential part of the Day of the Dead celebrations. The word *ofrenda* means offering in Spanish. Valley’s version of an ofrenda will be a table with pictures of those who passed away. We welcome members and friends of the congregation to provide a framed picture (maximum size 8” by 10”) of anyone deceased they would like to commemorate no matter how long ago they died. Only friends and members who passed away in the last 12 months will have their names read and a candle lit. The congregation will be asked to bring the pictures to the church office by October 31. The pictures can be picked up after the service in the sanctuary or anytime later in the church office

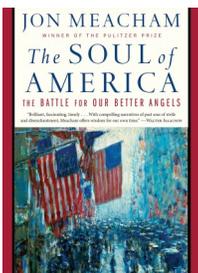
## Presbyterian Women Gather October 19



Do you find it challenging to speak with long-time friends and relatives about anything touching on politics these days? Better Angels, a bipartisan citizens’ movement is trying to unify our divided nation by bringing “red” and “blue” Americans together into a working alliance and building new ways to talk to one another, participate together in public life, and influence the direction of the nation. Join Presbyterian Women from the Cascades Presbytery at First Presbyterian Church of Woodburn for the 2019 Fall Gathering. The keynote speaker will be the Rev. Cynthia O’Brien, pastor at First Presbyterian in Woodburn: 950 N Boones Ferry Rd., OR 97071, who conducts workshops for people to talk across the political divide, speaking on “The Better Angels of our Nature.”

Registration and Hospitality start at 9:30 a.m., and the program will be 10:00 a.m. to 3:00 p.m. Cost is \$10 for registrations before October 14, and \$15 at the door. Registration includes lunch. Registration forms are available in the church office or on-line at [www.cascadespw.net](http://www.cascadespw.net). Contact Connie Brenner for more information.

## Valley Book Group to Meet October 25



The Valley Book Group will meet on Friday, October 25, 2019, in the Fireside Room at 10:00 a.m. to discuss The Soul of America: The Battle for Our Better Angels, by Jon Meacham. This #1 New York Times Bestseller by a Pulitzer Prize-winning author helps us understand the present moment in American politics and life by looking back at critical times in our history when hope overcame division and fear. One reviewer says “Meacham gives readers a long-term perspective on American history and a reason to believe the soul of America is ultimately one of kindness and caring, not rancor and paranoia.” All are welcome to bring their own coffee and to join in the discussion of this thought-provoking and hope-filled book.

## Women’s Bible Study October 1



Join us this year as we embark on the 2019-20 Horizons Bible study for Presbyterian women. This year’s study is “Love Carved in Stone; A Fresh Look at the Ten Commandments”, written by Eugenia Anne Gamble, a PC(USA) pastor who has served the church for more than 30 years. The Horizons studies are designed to be led by lay women rather than Christian educators or pastors, and are very approachable. Valley will have their daytime study at 10:00 a.m. on the first Tuesday of each month in the downstairs meeting room next to the library, with the first session this year to be held on October 1.

Copies of the study are available in the church office for \$10.

All women are invited to come, study, and discuss this look at a foundational document of our faith, and get better acquainted in a circle of women from Valley.

## 2019 Blessing of the Animals Service

Valley held its 2nd Annual Blessing of the Animals Service on Sunday, September 15. Pouring rain drove us into the gym but did not dampen our spirits. Thanks for everyone's flexibility! The Oak Street Ramblers entertained with bluegrass hymns including "I Love To Tell the Story," "Standing on the Promises" and "Leaning on the Everlasting Arms" while an assortment of pets joined us for the service.

Guide Dogs for the Blind attended with a working dog and a dog in training to explain how puppies are raised for this important task. We heard an owner explain how her guide dog is vital to her functioning in the world. Pastor Jeff preached on the 2nd Mark of a Vital Congregation - Authentic Evangelism - in his ongoing series on the 7 Marks of a Vital Congregation.

Each pet owner introduced themselves and their pet and received a blessing from pastor Jeff as did the photo board of pets who could not attend in person. Snacks were served for both humans and pets and pet tricks were demonstrated after the service in Armitage Hall.

Thank you to the Worship Committee for hosting this wonderful event and thank you to the congregation for joining us in this non-traditional but fun service.

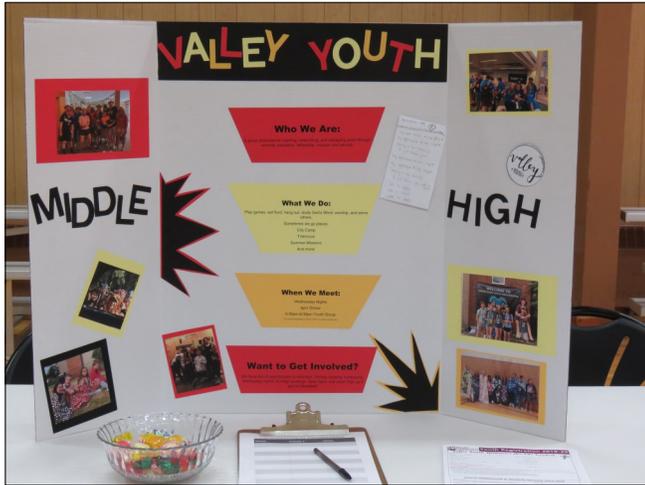


# Blessing of the Pets (cont. from p. 6)



# Valley's Ministry Fair

After worship on Kick Off Sunday, Valley held a ministry fair in the gym which featured the abundant ministries and small groups active in our church. It was an opportunity for connecting and sharing Valley's active presence in our community.



PCUSA SPECIAL OFFERINGS		MISSIONS		FEED THE HUNGRY																																				
CHRISTMAS JOY (DEC)	Supports: Presbyterian Schools and Colleges, Needy Church Workers	MISSION MARKET	NOVEMBER 28 IN 2019 BUY FENG THAT SUPPORT OUTREACH	BACKPACK PROJECT GIVE US YOUR BACKPACKS FULL AND APPROPRIATE FOODS DURING SCHOOL YEAR																																				
ONE GREAT HOUR OF SHARING (MARCH-APRIL)	Supports: Presbyterian Hunger Program, Presbyterian Disaster Assistance, Self-Development of People	HABITAT FOR HUMANITY	ONE SATURDAY, 2-3 TIMES/YEAR SEE CHIEF FALCONER	BREAD FOR THE WORLD SIGN-UP TO BAKE FOR OCT. 23, 2019																																				
PENTECOST (MAY)	Supports: Churches for Children and Youth	PRAYER SHAWL MINISTRY	AT HOME, AND MEET TOGETHER MONTHLY SEE MARILYN TUTT	SOUP KITCHEN 1 <sup>ST</sup> THURSDAYS																																				
GLOBAL WITNESS AND PEACEMAKING (JUNE)	Supports: Offices of International Ministries, Department of Global Ministries	HOLY 9-PATCH QUILTERS	QUILT FOR GRADUATING HIGH SCHOOL SENIORS SEE RUTHANN MARGOLIS	CENTS-ABILITY MONTHLY COIN OFFERING (1 <sup>ST</sup> SUNDAY)																																				
		GIVING TREES	DURING ADVENT JUST TAKE A TAG AND BRING A GIFT	CROP WALK WALK OR DONATE IN APRIL																																				
		JOINING HANDS BOLIVIA	WATCH FOR NEWSLETTERS ON GIBSON BULLETIN BOARD	PRODUCE TABLE ARE YOU GROWING? TRY TO SHARE! BRING TO 1 <sup>ST</sup> SUNDAY SERVICES																																				
		YOUTH MISSION		ST. MATTHEW'S FOOD PANTRY THURSDAYS 3-5 P.M. WEDNESDAYS																																				
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			\$1,200 to Care to Share \$500 to Presbyterian Giving Catalog \$682.75 to PCUSA Hunger Program * Thank you for your support... Your Mission Team																																					

## Kids' Night Out October 18



### *It's the Great Pumpkin, Charlie Brown!*

All children ages 3 1/2 through 6th grade are invited to Kids' Night Out (KNO) on Friday, October 18, 5:30-8:30 p.m. The featured movie is "It's the Great Pumpkin, Charlie Brown!" KNO provides a great opportunity for you to enjoy some free time while knowing your child is safe, well cared for, and having a great time with us. There will be dinner, games, crafts, and other activities built around a fun theme. The cost is \$10 per child or \$25 max for three or more siblings in the same household. There is no charge for helpers 6th grade and older who would like to join in all the fun. Dinner includes pizza, fruit, and cookies. Please let us know if a gluten free option is needed. Please RSVP to Donna Carlson, Director of Children's Ministries, at [donna@valleycommunity.org](mailto:donna@valleycommunity.org), 503.292.3537 ext. 135, or text 503.442.9551.



## 2019 Collins Summit on Justice, October 16



## LISTENING AT THE MARGINS

Ancestral Wisdom,  
Spiritual Resistance &  
Hope in Times of Trauma

The 2019 Collins Summit, presented by Ecumenical Ministries of Oregon (EMO), will be held Wednesday, October 16, at First United Methodist Church, 1838 SW Jefferson St., Portland. The annual Collins Lectures explore issues related to religion and social ethics. They have been a signature event of Ecumenical Ministries of Oregon and its predecessor organization the Portland Council of Churches since 1967. The event is funded in part by the Collins Foundation.

This year's topic is "Listening at the Margins: Ancestral Wisdom, Spiritual Resistance & Hope in Times of Trauma." The program is an opportunity to hear about

and practice methods of listening that build strength for social justice work in our local communities. The seminar begins at noon, with plenary sessions and break-out sessions on the topics of immigration justice, environmental justice, justice for the houseless, and transforming institutions for justice. Dinner will be followed by the Collins Lecture given by Dr. Carlos Mendoza-Alvarez, a Dominican priest and internationally known liberation theologian.

The cost of the Seminar, Dinner and Lecture is \$60, or \$30 for students. Tickets for the evening lecture only are \$25 (\$15 for students). Parking at First Methodist is limited, and attendees are encouraged to use public transportation. The church is located next to the Goose Hollow MAX stop. Brochures are available in the church office. Register at "[emoregon.org](http://emoregon.org)"

## Peace and Global Witness Special Offering October 6



The church of every time and place wrestles with the distance between our timeframe and expectations and God's. In God's time, even the small seeds we plant can grow into sturdy trees. In God's time, the fears we carry can be transformed into new partnership and hope. In God's time, our expectations can be expanded and surpassed by God's faithfulness. The 2019 Peace and Global Witness Offering encourages the church of our time to cast off anxiety and fear, discord and division, and embrace our reconciling God's mission to those around the corner and around the world. It is boundless peace God offers. It bursts through the shackles of time and expectation. It quiets the anxiety of each believer by joining us together, as we offer our prayer, "Now, May the Lord grant us peace in all times in all ways." (2 Thessalonians 3:16)

The Peace and Global Witness Offering is used by the PC(USA), Cascades Presbytery, and Valley Community Presbyterian Church to further the work of Christ in bringing peace to the world through foreign missions and regional and local efforts to end violence and bring about reconciliation, no matter where it occurs in the world.

## L'Arche Community in Portland



The international L'Arche organization has three homes and monthly gatherings that provide people with and without intellectual disabilities opportunities to discover and build relationships across differences. An extended community of friends, volunteers, and supporters are cultivated in Oregon, as well as in 149 communities and 20 projects in 35 countries around the world. The purpose of the communities is to transform the lives of people with and without intellectual disabilities by working together to create home, share life, and build community. People with disabilities experience disproportionately high rates of discrimination, poverty, poor mental and physical health outcomes, and marginalization. Our society does not recognize one of the most important needs of all – the need to belong. Belonging is a need felt by all people, but it is often neglected for people with intellectual disabilities.

L'Arche Portland invites anyone to participate in a monthly L'Arche@Westside potluck celebration! L'Arche@Westside is a monthly community gathering of people with and without intellectual disabilities at Holy Trinity in Beaverton. Open your hearts to friends with and without intellectual disabilities, discover a community of belonging and inclusion, and engage in activities and discussions that feed our spirit. The potlucks are held on the second Thursday of each month from 6:00-8:00 p.m. at Holy Trinity Catholic Church's Fireside Room. Dates for the remainder of the 2019-2020 year are October 10, November 14, December 12, January 9, February 13, March 12, April 9, and May 14. Holy Trinity is located at 13715 SW Walker Road, Beaverton.

## Magical Comedy Act to Perform at Valley's Senior Lunch



All are invited to our Fall Senior lunch on Thursday, October, 24, at noon. We are delighted to welcome Bob Eaton, a magical comedy performer, who has entertained audiences for over 40 years. Bob will perform his special Halloween Magic show! Audience participation and fun for all is guaranteed as well as a few spooky tricks. Bring a friend to enjoy lunch, fellowship and entertainment. Cost of lunch is \$5.00. Abracadabra boo... can't wait to see you!



## Bread Sale October 20 for Bread for the World

Bread for the World is a collective Christian voice urging our nation's decision-makers to end hunger at home and abroad. The organization's work to change the conditions and policies that allow hunger to persist is supported by all major church bodies and sustained by generous contributions from individuals, families, and congregations. Valley Community Presbyterian Church is a covenant member of Bread for the World (Bread), and we are asked to call 800.826.3688, e-mail, or write our members of Congress to urge them to co-sponsor and pass the global nutrition resolution (H.Res.189/S.Res.260), which would accelerate global nutrition.

In early June, Bread members helped pass long-delayed disaster relief legislation for Puerto Rico and several states devastated by severe weather. Disaster aid includes urgently-needed funding for Puerto Rico's Nutrition Assistance Program and for recovery efforts. Much of Africa and the Middle East face near-famine conditions. Hunger and malnutrition are fueling migration from Central America. Increased funding will provide lifesaving nutrition to mothers and children, who are the most vulnerable.

Here at Valley, we can help support the work of Bread for the World by bringing baked goods to be sold at our annual Bread sale on October 20. Bring a favorite baked bread, pastry, cookies, etc. for sale at coffee hour. There should be a sign-up sheet at coffee hours preceding October 20.



Thank you for sending your check for **\$35.50** for the  
**2019 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)



## Community Recycling/Reuse Event a Success!

Valley's first ever Community Recycling/Reuse Event on September 21 was a fabulous success! The Earth Care team staged the TriMet parking lot for the four hour event and six different canopies were spread across the lot, each designated to accept items for recycling or reuse. There were 65+ cars that came through, many filled to the brim with items!

\*Interstate All Battery Center collected over 150 pounds of used batteries.

\*Community Warehouse filled their truck and the 4 bins that they brought and needed to call in another truck to pick up what they could not fit into their vehicle.

\*Fred Meyer collected 2 huge recyclable plastic bags for their plastic bags and plastic film.

\*GemText collected 30+ bags of all kinds of items of clothing.

\*Agilyx, by far the most popular area, collected 3 Frank Power pick up truck sized loads of styrofoam.

\*Valley's Youth collected at least 15 blue bags of returnable can/bottles.

Whew! Our community organizations were thrilled with the response! Our neighbors were excited to be able to have a place to donate these items. Our Earth Care team and friends were tireless in their efforts to help in all manners for the event.

Thank you, one and all, for spreading the word, participating in the event, praying for good weather and the success of the event and helping to keep these items out of the landfills, one item at a time.



## Valley Notes

### Opportunities

**Valley's next Habitat for Humanity** build will be Saturday morning, October 19 at Denney Gardens. If you can take part in this build, contact Chuck Falconer at church, [chuckf@clankeith.com](mailto:chuckf@clankeith.com), or 503.645.3318.

**Presbyterian Disaster Assistance (PDA)** is working with partners in the Bahamas to respond to immediate needs and is monitoring the storm as it heads along the Atlantic coast in the US. Contributions to Valley with "PDA Hurricane Relief" on the memo line can direct funds to those devastated by this catastrophic storm.

### Thank You

#### Project BACK 2019/2020:

Thank you one and all for your donations. We have reached our quota, of backpacks, for the 2019/2020 school year. Food may still be brought in and placed in the bins by the Fireside Room, which is then taken to the St. Matthew's Food Pantry for distribution to the packs and other families as needed. Your Mission Committee thanks you.

### Save the Date

**Mission Market** is coming to town on November 17, 2019. If you would like to represent an organization at this year's event, please see Andrea Murdoch to make arrangements.

### Prayers

*We pray for those with health concerns:*

Charlene Stansbury, Katie Craig, Linda Sanderman, Monica Heise, Pat Bryant, Donna Carlson

*We pray for those who mourn:*  
- Friends and family of Gloria Freeborg who died September 13.

## Welcome Rev. Carmen Goetschius Oct. 6



Rev. Carmen Goetschius will be the guest preacher at 10:00 a.m. worship on Sunday, October 6. Carmen currently serves as a Parish Associate at the First Presbyterian Church of Portland. She recently returned to the Pacific Northwest after spending the last 15 years on the east coast where she served churches in New York City, Philadelphia, and Charleston, South Carolina. Carmen has a passion for global ministry and spent a year living and working in Zambia in Africa. She is married to

Rev. Clark Scalera and together they have two daughters (Clairelynn, 4 years and Junia, 18 months). Carmen is grateful to be sharing in worship at Valley Presbyterian this week!

## Dining for Women October 20

Please join us on Sunday, October 20 for Dining for Women at Valley. We will meet at 11:30 a.m. in the Fireside Room where a typically abundant potluck lunch will be enjoyed by all, an awe inspiring presentation on October's featured grantee will be given and "dining out dollars" will be collected to donate to help meet their grant request.

The organization is Street Kids US and program DFW is supporting is the **Breaking the Bonds** project. It helps adolescent girls in remote areas of Nepal achieve functional literacy and numeracy, make sustainable transitions into meaningful employment, and develop confidence and awareness of their rights to reduce prejudice and sexual violence.

Dining for Women loves this project because it focuses on providing remedial learning, business skills, leadership opportunities and pathways to sustainable employment for girls aged 15-18 in the Musahar community. The Musahar live in hard-to-reach, remote areas which, along with their caste status and linguistic segregation, leave them isolated and systematically excluded from social, political, economic, and legal structures such as education, employment, and voting.

## TOPS Chapter OR 0417, Beaverton

TOPS ( Take Off Pounds Sensibly) is a non-profit weight loss support organization that provides members with information, motivation and fellowship to help them sensibly attain their weight loss goal. Maybe you have heard about TOPS and are toying with the idea of starting a weight loss program? Or maybe you have been a TOPS member and are looking for a new chapter? Our chapter is a great place to start or restart your journey to a slimmer and healthier you. We meet every Wednesday morning here at Valley in the Fireside Room. Weigh-in starts at 9:30 a.m. with the meeting starting shortly after 10:00 a.m. and lasts one hour. Contact Bev Hubbard with any questions you might have.

## Valley's Produce Table



As the growing season is winding down, so too is Valley's Produce Table. It will still be up until the end of October or beginning of November when persimmons and pumpkins will fill the table and close the season. There have been many wonderful garden goodies covering the table since springtime.

The donations collected so far have reached \$300! Thank you! At the end of the growing season a check is written to the Oregon Food Bank to help end hunger among our local neighbors.

As you peruse what comes in each of the remaining weeks please give generously. It is not just cheap or free produce sitting there. It is an invitation to select something that will enhance your *next* meal, just as your monetary donations helps provide a *next* meal for someone in need.



THE MESSENGER



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

RETURN SERVICE REQUESTED

TIME DATED MATERIAL

**COMMUNITY EVENT**  
Kids Fall Festival 🍬 Wear Your Costume!  
Oct. 26 See page 1

**TRUNK  
OR TREAT**

2-5 pm

Carnival Games 🍬 Bouncy House  
East Parking Lot + Gym  
[www.ValleyCommunity.org](http://www.ValleyCommunity.org)