
The Messenger

Valley Community Presbyterian Church August 2020

Sundays at Valley

Online worship at 10:00 a.m.

Visit [https://www.facebook.com/](https://www.facebook.com/ValleyCommunityPresbyterian/)

[ValleyCommunityPresbyterian/](https://www.facebook.com/ValleyCommunityPresbyterian/) and

click videos on the left side.

August

2 Communion

9 Congregational Zoom Meeting

16 Dining for Women, 11:30 a.m.

23

30

September

6 Communion



New Sign to Greet Everyone

Valley Community Presbyterian Church name is finally displayed over the East parking lot entry to the church. Does any one ever remember a time when there was any church sign there? This sign, and its funding, was actually the final segment of the Property Improvement Campaign a few years ago. There has been some delay since mounting the letters on the canopy was more labor intensive than expected. When we all return to Valley, we will be greeted by our long overdue signage, and visitors will no longer have to guess if they are at the right place.



Slow and Steady by Rev. Jeff Binder



I ran what is called and “ultramarathon” this summer. For those of you wondering, a marathon is 26.2 miles long; an ultramarathon is any race longer than a marathon distance. The traditional next longest distance is fifty kilometers, or a “50k” race, usually run on trails versus running on roads or pavement. The distances increase along with the challenge; 50 miles, 100 kilometers, 100 miles, and even further; some lasting days on end, climbing mountains, fording rivers, facing brutal weather conditions, and more. I ran a 50k route this summer, using the Pacific Crest Trail just south of Mt. Hood as the course.

Running an ultramarathon is more challenging for a variety of reasons, but the biggest challenge happens far before ever stepping into the race itself. One of the greatest challenges that we as humans face is simply being able to envision what a successful outcome could look like.

Ten years ago I started running with intentionality. I had been running casually since my teenage years, usually as a way to condition my body for other team sports. But now I ran as an end unto itself. I ran my first 5k that year. A few years later I remember telling some friends that I had this crazy idea of running a half marathon distance (13.1 miles), but not

being sure if I could achieve it. I also remember scoffing at my friend for merely suggesting I train for a full marathon one day (I’m not crazy!). And now, here we are.

So what happened? To put it simply, whenever I confronted physical and mental challenges of running, I kept telling myself it’s as simple as putting one foot in front of the other—that, I can handle. “Slow and steady,” as they say. And little by little, year by year (not day by day), my body and mind transformed, strengthened, and discovered confidence that allowed for an ultramarathon to be run. I was able to envision a successful outcome.

I wonder if we could apply this same logic to each of our daily lives. Perhaps life will not change overnight for the better. But what if we took the approach of “Slow and Steady” when confronting life’s struggles? Would we be able to be patient enough to allow time and our efforts to create a vision for a successful outcome, whatever that may look like?

As we face these days of uncertainty, we have learned that even the most educated of professionals are not fortune tellers, nor can others simply wish things into existence. But maybe we don’t need others to tell us what our futures can look like? Maybe if we allow ourselves to go slow and steady, to put one foot in front of another, we can begin to envision our futures of a brighter tomorrow together.

Slow and Steady,

THE MESSENGER

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Email: mail@valleycommunity.org

PASTOR

JEFF BINDER

NEWSLETTER STAFF:

ANGELA GRAHAM

PLEASE SUBMIT ARTICLES VIA E-MAIL BY
AUGUST 20 FOR THE SEPTEMBER ISSUE:
angie@valleycommunity.org

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

August Birthdays

Karen Acker	Anthony Graham
Mary Albrecht	Judy Huddleston
Paige Bedsaul	Allison Kurtz
Diane Benz	Ruthann Marquis
Megan Bootsma	Phil Miller
Liz Boyle	Harry Reeder
Katie Craig	Roger Rees
Anne De Vries	Max Russell
Jeff Denson	Michael Smyth
Arielle Elisara	Margaret Triplett
Ashley Elisara	Gaylen Uecker
Anne Foster	Virginia Vaughan
Lynne Fowler	Janice Viestenz

Happy birthday to all those born in August! If we missed you, please contact the church office at 503.292.3537 or info@valleycommunity.org and let us know.



Presbyterian Disaster Assistance Helps in Pandemic



PRESBYTERIAN DISASTER ASSISTANCE

OUT OF CHAOS, HOPE

By the middle of April, Presbyterian Disaster Assistance (PDA) had granted 208 requests for assistance in the wake of the coronavirus pandemic for a total of \$1,119,688. The grants cover domestic, refugee and international requests in a PDA response to crisis that is unprecedented. This crisis is altogether different than most disasters – not bound by geography and taking a devastating toll on people directly and indirectly impacted by the disease.

PDA has committed to making \$2.7 million in grants available to mid-councils (synods and presbyteries), congregations, and international partners to support work in response to and impacted by COVID-19. The funds will be granted over time, as COVID-19 is an ongoing crisis and new needs will develop. The funds have been given over time by donors to PDA's general fund, meant to meet the response needs of disasters small or large that are not able to be funded by special appeals.

Most of the grants have been to address the impacts of COVID-19, such as loss of income from people losing work and the strain that is put on services such as programs designed to address basic needs like food and housing. Requests have also mostly fallen into the category of benefitting communities that are vulnerable and have historically marginalized.

Checks to help PDA fund disaster assistance now and in the future can be sent to the church office with "fund DR000148" on the memo line, or contributions can be sent directly to the Valley's website on the giving page at the PCUSA COVID-19 Relief button.

Hunger Relief Challenge

Valley's Session committee challenged the congregation to multiply a \$1,000 grant from our Presbytery for COVID-19 relief.

Valley's final total was **\$5,801.23**. Thank you for your contributions!

Here is a two part video from the Presbytery of Cascades Capture which shows how congregations, including Valley, invested in their communities:

[Click here for part one of the \\$1,000 Stimulus Challenge Grant.](#)

Or go to: <https://www.youtube.com/watch?v=-4KoDQxxxJA&feature=youtu.be>

[Click here for part two of the \\$1,000 Stimulus Challenge Grant.](#)

Or go to: <https://www.youtube.com/watch?v=QPENvoiTMXk>

Hunger Knows No Season



Valley partners with Portland's Transition Projects to provide a once-a-month meal at Bud Clark Commons for 75+ homeless people. We are looking for a group to prepare the meal for Thursday, August 20. Because of the corona virus, hosting groups are preparing the meal at home instead of the church kitchen. The meal is no longer served, but would need to be delivered to Bud Clark Commons, 665 NW Hoyt St., Portland, by 6:30 p.m.

The hosting group would need to purchase ingredients, prepare the soup at home and gather baked goods and milk. An option is to purchase ready made meals for 75 people. Soup recipe and goods guidelines are available to any group. If interested in preparing the meal for August, please contact Mary Kay Rodman at mkrodman@comcast.net.



Thank you for sending your check for **\$36.50** for the
2020 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



Presbyterian Women's Bible Study Timely



In March 2017, the Bible study committee of the board of "Horizons", the magazine for Presbyterian Women, selected a proposal for a study based on lament for 2020-21. The title of the study is "Into the Light: Finding Hope through Prayers of Lament". The study was developed from a proposal by P. Lynn Miller, D.Min., a Presbyterian pastor and artist, and was field-tested by Presbyterian Women's groups in six states. Coincidentally or not, the theme selected for the 223rd General Assembly, held this summer (virtually), is "Lament into Hope". Both the GA and the Women's Bible study come at a time of dealing with the ramifications of the COVID-19 pandemic and what seems to be a decisive reckoning with decades of racism and violence.

The study focuses on "lament" as a part of our relationship with God. The tradition is found in every part of Scripture, not just the Book of Lamentations, and is a form of prayer. Lament is more protest than mourning, and is unsymbolic. The language is direct and truthful, although illustrations can be symbolic. A person following the pattern of lament does not feel worse than when she started; the lament has been given to God. The nine lessons focus on the form and types of lament, and encourage participants to write their own.

The study books will be available in the church office for \$10. In our current condition of social distancing, it is unclear what form "meeting" for Bible study will take. Very likely Zoom.

Dining for Women August 16

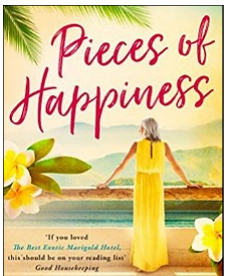


Please join our August meeting via the Zoom platform to learn about an interesting and worthy nonprofit in Lebanon that is working with refugees from Syria that are young girls. Through the DFW grant to **Refuge Protection International** they will provide Syrian refugee girls in Aarsal, Lebanon, a regulated, non-formal primary education and the opportunity to access birth registration documentation. Refugee women will be mobilized to support the education of girls, including those with disabilities, and school staff will receive training on how to support inclusive learning.

Why does Dining for Women love this program? Presently, Lebanon hosts 1.5 million Syrian refugees who are facing protracted displacement and statelessness. By helping women and girls with documentation, birth registration, schooling, and access to services, these populations will have more stability in their lives and an opportunity to work towards a better future.

Our meeting will take place on Sunday, August 16 at 11:30 a.m., following worship that day. If you would like to be included in the Zoom invitation and are not already on our invite list, please contact Ruthann Marquis.

Valley Book Group



Under normal circumstances, the Valley Book Group would be meeting on Friday, August 28, in the Fireside Room at 10:00 a.m. to discuss Pieces of Happiness, written by Anne Ostby. However, due to closures caused by the Coronavirus, we will be meeting using Zoom.

This novel tells of five lifelong friends who, in their sixties, decide to live together on a cocoa farm in Fiji, where they not only start a chocolate business but strengthen their friendships and rediscover themselves. If you have not attended in the past, but would like to join us, contact Laura Sanders to have your name added to the list. If you are already on the Book Group email list, you will receive further information about how to attend the Zoom meeting.

A Word from the Treasurer



Adult giving remained great through the first half of 2020, which I found amazing given that we've not met in our sanctuary thanks to the COVID virus for half that time. There are holes in our budget, of course. For example, our Preschool has not been in operation since mid-March, although we have continued to pay Preschool staff. Thankfully, Valley applied for and received a Paycheck Protection Program (PPP) loan from the Federal Government, a portion of which we expect to be forgiven.

One giving opportunity I personally have missed is the Centsability Offering. We still have, and use, the margarine tub Kathryn Caputo decorated for that purpose many years ago. Since we're temporarily not meeting in person, we've created a new **Centsability Offering** category in our online giving application. Please look for it by clicking the "Give Now" button on our online giving page:

<http://www.valleycommunity.org/tithes--offerings/index.html>

VALLEY YOUTH

Beach Cleanup

Various members of our congregation will be participating in the SOLVE beach cleanup. Call for details! Date TBD

Youth Group

Valley Youth is still going strong! We're just doing things digitally now. We're adapting with the times, and we're having fun doing it. We're also hosting additional game nights!

Confirmation

Confirmation is fast approaching! If you're in high school and are interested in learning about Presbyterianism, and becoming a member of the church, let me know! Date TBD.

Follow Our Blog!

Subscribe to our blog, valleyyouth.org, for regular updates on who we are and what we're doing!



School

Keep Valley Youth in your prayers as school looms closer, and uncertainty permeates the air. Pray for wisdom for our governing officials, and that they would consider safety and health above all else. Pray for teachers as districts try to figure out the best way to continue educating youth. Pray for the continued education of our students, that their learning would not be disrupted, despite the circumstances.

BottleDrop

Support Valley Youth by picking up a BottleDrop bag, filling it, and turning it in at your nearest BottleDrop location! Blue Bags available by East entrance of the church.

TO ALL OUR VALLEY KIDS' FAMILIES! **PRE-SCHOOL, GRADE SCHOOL & SURROUNDING COMMUNITY!**



OUR FAMILY FUN-TIME BAGS ARE BACK!

DATE: Friday, August 7th & Saturday, August 8th!

TIME: Anytime from 1:00 p.m. to 3:00 p.m. at...

**Valley Community Presbyterian Church – front lawn
8060 SW Brentwood St., Portland, OR. 97225**

PARENTS... NO HIDDEN AGENDA & NO COST TO YOU!

Family time is essential to help create strong bonds, love, connections & relationship among family members. Spending quality time together helps in coping with challenges, instills a feeling of security & confidence, upholds family values and so much more! This is just our way of saying “You matter to us!”

WHAT ITEMS ARE IN THE FAMILY FUN-TIME BAGS?

Fun summer themed crafts that parents and their children can relate to like Watermelon, Popsicles, Sunflowers and Ants. Yes ants! We will also be surprising your kiddo's with sidewalk chalk, bubbles, stickers and fun activity sheets including mazes, coloring pages, I-spy adventures, and so much more!
And a special message from us to you and your family.

YOUR HEALTH & SAFETY ALWAYS COMES FIRST!

In preparing our crafts and activities, every precaution is used including masks, gloves and hand sanitizing to protect your family's health. As an added measure of safety, we are allowing our finished and filled Family Fun-Time Bags to remain untouched in our locked and disinfected room for a 4-day period prior to the pickup date.

UNABLE TO MAKE IT?

Just let us know if you are unable to make it on the date shown and we can make other arrangements for you.

R.S.V.P. SOON!

E-Mail: Donna@valleycommunity.org Text: 503-442-9551

** Be sure to include the following in your e-mail or text...*

**Child(ren's) name, age & grade this fall Parent(s)/Guardian(s) name & e-mail.*

Your personal info remains strictly confidential and is never given out to any other party.



Donna Carlson - Director of Children's Ministry

Valley Notes

Opportunities

Thank you for participating in our Social Distancing non-perishable collection for St Matthew's Lutheran Church Food Pantry on SW Canyon Rd. With your help we donated 273 lbs. of food in July and 790 pounds so far this year. If you'd like to make a donation of non-perishable, not expired food, Andrea Murdoch will be at the east parking lot on August 6 and August 20 (Thursdays) from 10:00-11:30 a.m. Again THANK YOU for your support!

SOLVE Summer Beach Clean-up has been scheduled for Saturday, August 15. SOLVE is looking for small groups who are interested in doing a cleanup of their favorite beach on their own. SOLVE can provide supplies if needed and help with disposal. Contact Marshall Lauck or Connie Brenner if you would be interested in participating with other Valley families (socially distant style).

Congregational Mtg.

A Zoom congregational meeting will be held directly after 10:00 a.m. worship on Sunday, August 9 for the purpose of voting on church officers. A link to the Zoom meeting will be provided in the prior Friday e-blast.

Prayers

We pray for those with health concerns:

Daryle and Joan Jimerson

We pray for those who mourn:

- Raoul and Jan Bellis-Squires and family of Robin Squires.

We pray for new babies:

- Elizabeth Joyce Diedrick, born July 10 to Marianne and Sam Diedrick. Proud grandparents are Joyce and Tye Wood.

We pray for Valley Christian Preschool.

Earth Care Corner

Here are 10 easy low- and no-cost tips for cutting your work-at-home electric use from your Earth Care team with thanks to the Duke Energy website.

1. When your phone or other electronic device is charged, unplug it. Many chargers use energy even when they aren't connected to a device.
2. Turn off the lights when you leave the room.
3. If there's enough sunlight for the room, open the blinds and turn off lamps and lights.
4. Check your HVAC system air filters and replace them if they are dirty. Clean filters use less energy and reduce the strain on your system.
5. When your heating or cooling system is running, close the windows.
6. If you have older lightbulbs, switch to LEDs, which use a lot less energy.
7. Use a power strip and switch it off to stop power flow when you're away.
8. Unplug your printer and appliances when they're not being used.
9. Using your computer's sleep mode or power management features can save up to \$50 a year. If your computer won't be in use for more than two hours, [energy.gov](https://www.energy.gov) recommends turning it off.
10. Buy **ENERGY STAR**® certified office equipment such as computers, monitors and printers. They use less energy to perform regular tasks, and when not in use, automatically enter a low-power mode.

Stained Glass Preservation on Schedule

Remember last year when we campaigned for funding to protect and preserve our stained glass windows? That long-ago event resulted in numerous generous contributions. Regardless of the pandemic, all prefabrication has been on schedule at Bovard Studios in Iowa. On August 19, technicians expect to arrive with materials and scaffolding to begin work. And none too soon. These pictures were just taken last week showing the continued failing of all the current protective window framing. Stop by the church later this month to see the progress and perhaps the finished project. Thanks again for supporting this vital project.



THE MESSENGER



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

RETURN SERVICE REQUESTED

TIME DATED MATERIAL

WORSHIP WITH US ONLINE!

To attend our adapted live-stream 10:00 a.m. worship services,
go to the Valley Community Presbyterian Church Facebook
page: [https://www.facebook.com/
ValleyCommunityPresbyterian/](https://www.facebook.com/ValleyCommunityPresbyterian/)



You can watch the previously recorded services on our YouTube
page: [https://www.youtube.com/channel/UCWbnnbikR_
B9DL-Qw30kNnA](https://www.youtube.com/channel/UCWbnnbikR_B9DL-Qw30kNnA)

