


The Messenger

Valley Community Presbyterian Church

June 2021

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.

June

6 Communion

13 Together Women Rise,
11:30 a.m.

20 Father's Day

27

July

4 Communion



Sunday In-Person Protocol Update

Valley's Virus Task Force, along with Session, have put together an update to the Sunday in-person worship protocol which went into effect on May 20:

- **Individuals will be required to wear masks unless one chooses to show proof of being fully vaccinated with the vaccine card.**
 - ◇ In order to enter the church unmasked you will need to have your vaccine card and it must indicate you have received the full regimen of vaccine (1 shot of Johnson and Johnson, or 2 shots of Pfizer or Moderna) plus 14 days.
 - ◇ We will keep an ongoing record of fully vaccinated individuals in order to avoid the need for a weekly presentation of that card.
 - ◇ You are welcome to email a picture of that vaccine card to Angie Graham in the office (angie@valleycommunity.org), or you can simply bring it with you on Sunday when you arrive. Our intention is to avoid your need to present the card every week. If you email us the picture of your card we will not keep either a digital or printed copy of that information in our files. Our only data will be that we have provided proof of your vaccination.
- Unmasking is completely voluntary. Please feel free to unmask only when you have met the measure of full vaccination and full comfort with the practice. Remember, children are not yet approved for the vaccines and will still need to be masked.
- Worship leaders who are fully vaccinated will conduct worship without a mask.
- We continue to require that the congregation refrain from singing until we receive appropriate recommendations from the state to do so. Our song leaders are a joy to listen to!
- Beginning June 6, we will once again celebrate Communion with bread and cup. Distribution of the bread and cup will be in accordance with state recommendations.
- Seating for Sunday worship will slightly change. For those fully vaccinated, you are welcome to sit as you are comfortable in the front half of the sanctuary; every other pew row being available. For those masked and still observing distancing measures, the back half of the sanctuary will allow for appropriate spacing.
- We will no longer check temperatures at the door. Body temperature is not an adequate indication for the presence of virus.
- Fellowship hour will once again resume in Davis Hall following worship. Please allow the appropriate groups time in coordinating safe food and beverage procedures. Please also remember that masking and social distance still pertains for those not fully vaccinated, and may be the preference of others.
- Ministries previously happening on our campus throughout the week will undergo similar revisions in rules and protocols in the future—please stay tuned.

A Pastor's Life: Sabbath



Rev. Jeff Binder

One question I often get as a pastor goes something like this: “So...I know what you do on Sunday mornings; what else do you do as a pastor?”

I usually try to respond with humor if the situation allows: “Well, there are lots of committee meetings to attend.” In all honesty, the answer can be quite extensive, so rather than try and package it into a few sentences, I’ve been asked to spend the next few articles sharing different aspects of what my life as a pastor entails. And one of the first things people wanted to know is, “When are your days off?”

Everyone should have a sabbath day. Whatever your job or profession, there should be at least one day set aside for rest and renewal (in fact, the Bible says something about this!). In the United States, people generally understand the work week to span five days out of seven, and thus, a “weekend” allows for both a sabbath day, and another day for personal matters to be addressed, whether that is a much-neglected lawn to be mowed, household chores, or a trip to the grocery store. Now, one thing to know about being a pastor is that it is rarely a “9 to 5” type of profession. There are often odd hours, evening and weekend events, and a pastor is always on-call if an emergency arises. That being said, I try to stick to working around 40

hours a week, adjusting my daily hours where I can, and I try to take off Fridays and Saturdays. Practically speaking, however, there are some hours spent on Friday and/or Saturday fine-tuning and preparing for Sunday morning or with other special events, and so that sabbath day that I alluded to earlier oftentimes becomes only part of a Friday, and part of a Saturday.

When I do carve out that sabbath time, I love to be outdoors. In particular, I love to be running and hiking outdoors. If I play my cards right and find that I can have an entire day off, Julie, George (our dog), and I will head out for a day trip enjoying many of Oregon’s natural treasures. And if for some miraculous reason I actually find both Friday and Saturday unscheduled, then we may even seek out a camping trip for at least one night. Getting outdoors is an essential part of my spiritual life, while also serving as a wonderful outlet for my personal and emotional well-being.

How do you mark your sabbath day each week? What practices do you participate in to bring you rest and renewal? Are there people that are part of those experiences? I hope you find a moment this next month to reflect on those most important times in our rhythms of living as we seek to exemplify the balanced life of mind, body, and spirit that Christ calls us each to within our daily living.

Pastor Jeff

THE MESSENGER

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

503.292.3537
FAX 503.292.4272
valleycommunity.org
Email: mail@valleycommunity.org

PASTOR
JEFF BINDER

NEWSLETTER STAFF:
ANGELA GRAHAM

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

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

June Birthdays

Pat Bird	Linda Munro
William Bird	Richard Page
Dylan Bird	Janet Patterson
Ernie Bootsma	Pat Peterson
Maggie Bootsma	Hannah Pyle
Amelia Cardoza	Dan Rinella
Sam Connell	Greg Russell
Kay Gold	Fran Scearce
Elise Jenkins	David Scearce
Beth Lavey	Sophia Scearce
Susan Magnuson	Katie Simenson
David Marquis	Joyce Wood

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



Together Women Rise



TOGETHER WOMEN RISE

Collective action for global gender equality

This month the June Together Women Rise at Valley meeting will be one week earlier on June 13 (as our typical third Sunday meeting happens to fall on Father's Day.) The time is still 11:30 a.m. following worship.

The featured grantee is Creamos and the project is called: Intimate Partner Violence and Gender-based Violence Treatment

Program for 140 women in the Guatemala City garbage dump community.

Creamos addresses the structural gender inequalities that underlie the high rates of intimate partner violence and femicide (the intentional murder of women because they are women) in Guatemala. The introduction of a therapeutic and psycho-educational treatment program will provide women in abusive relationships with some of the tools, resources and support necessary to begin to address their circumstances. The financial literacy programs offer women alternative options of financial independence, confidence, and a sense of self-efficacy to support their families.

This month we will also try to meet in person at Raleigh Park and bring our own lunches with us.

If you are interested in learning more about Valley's Together Women Rise chapter, please contact Ruthann Marquis.

Mission Endowment Committee Awards Spring 2021 Grants

The Mission Endowment Committee has awarded six grants totaling \$10,150 for Spring 2021. These were approved by Valley's Session on May 11. The grants support housing, education, medical needs, and social services here in the Portland area and around the world.

Impact NW - \$2,500

Directly support Portland families by addressing their immediate need for safe, secure shelter and providing case management, including tools, resources, and referrals leading to long-term sustainable housing.

Seeds of Learning - \$2,400

Sponsor four university students in Nicaragua. Valley has been involved with Seeds of Learning for many years, both through Mission Endowment and as a High School Mission Trip partner.

Open Arms International - \$2,000

Provide sufficient personal protective equipment (PPP) for their school in Kenya to allow it to remain open through the end of the year.

Corvallis Sister Cities Association - \$1,350

Purchase benches and an electric stove for the Family Center in Uzhhorad, Ukraine. We have supported this facility, which serves a low income Roma population, for many years.

St. Matthews Lutheran Church SCAT - \$1,000

Purchase personal hygiene items for their pantry. These items are not readily available to many of their families and are not covered by SNAP funds, which are limited solely to food. Expected benefits are improved health, and increased social acceptance at school and at work.

Ignite the World Ministries - \$900

Provide emergency food to families in Myanmar, Philippines and SE India during COVID lockdown. Many are familiar with this organization because of past grants for solar powered e-Bibles.

Members of the Mission Endowment Committee are Jan Bellis-Squires, Ernie Bootsma, Robert Hayes, Pam Kessinger, and Carol Powers (Chair). Janet Adkins is the Mission Committee liaison.



Thank you for sending your check for **\$36.50** for the
2021 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 News

Presbyterian Women hold Spring Gathering

The Spring Gathering of Presbyterian Women in the Cascades Presbytery was held on April 24 via Zoom with participants from all over Oregon and Washington. The keynote speaker was Susannah Morgan, CEO of the Oregon Food Bank (OFB), who spoke about the challenges of meeting the demand for food during the pandemic. The long-term goal of the OFB is to eliminate hunger and its root causes so that no one misses a meal today or ever. The mission of the OFB is carried out by 1,400 food assistance sites, such as St. Matthew's food pantry, which get food from 5 regional food banks. When the epidemic hit, those 1,400 groups had to decide how to keep food assistance operating. All of them decided that "love matters more." As a result, Oregonians didn't see the huge lines of cars waiting for food assistance experienced in other states. In addition, the Gathering heard from Heather Crow-Martinez, Clerk of Session for the Warm Springs Presbyterian church, about the food pantry on the Warm Springs reservation. Food insecurity, along with the water emergency they've been dealing with for a couple of years, is one of their many challenges. They find that gift cards for Safeway and Fred Meyer are the most efficient way of seeing that residents' needs are met.

The Gathering included an introduction to the 2021-22 Horizons Bible Study, a short business meeting, and a worship service.

The Coordinating Team for PW in the Cascades is hoping to have a Fall Gathering in October with author Jane Kirkpatrick as the keynote speaker on the topic "Telling Our Stories/"



Churchwide Gathering of Presbyterian Women

The 2021 in-person Churchwide Gathering was scheduled to be held in St. Louis, Missouri, but has been cancelled. Instead, there will be a two-hour Online Churchwide Gathering Event on August 5. The streaming program will include two hours of worship and plenary program. Inspiring speakers and preachers, including Dr. Diane Moffett, president and executive director of the Presbyterian Mission Agency of the PC(USA), will lead a time of rejoicing and renewal. Mark your calendars and look for more information in the next couple of months in the Messenger.



Presbyterian Women's Bible Study

The Horizons magazine Bible Study for Presbyterian Women for the 2021-22 program year is "What My Grandmothers Taught Me: Learning from the Women in Matthew's Genealogy of Jesus." In addition to the 42 male progenitors of Jesus named by Matthew in his first chapter, he identifies just 5 women from Jesus' family tree. They are Tamar, Rahab, Ruth, Bathsheba, and Mary. The author of the study, Merryl Blair, says that Matthew has named these women for a reason. "Their stories will lead us into the Gospel, the Good News about Jesus Christ. My hope is, having explored their stories together, we will have a richer idea about what the good news is."

Merryl Blair is a senior lecturer at Stirling Theological College, part of the University of Divinity, Melbourne, Australia. The study has been in development for several years, including reviews and field-testing. At Valley, we will be having Bible study in person and trying to include those who'd like to participate via Zoom. Please contact Connie Brenner for more information.



Congratulations 2021 Graduates!

On May 16, we honored our graduating class of 2021 as they end one stage of life and begin their journey to the next. Six of Valley's high school graduates, Jacque Rheingans, Olivia Hoffbeck, Kate Towner, Dylan Blair, Justin Lee, and Troy Green, received a special gift from the Holy Nine Patch Quilters. Here are some more 2021 graduates of Valley friends and families:

- ◆ Kate Rodman graduated from Oregon Health Science University with a Doctorate of Medicine. She will be completing her Residence program in Fresno, California at Community Regional Medical Center in Emergency Medicine. She is the daughter of Dr. Mark and Mary Kay Rodman.
- ◆ Aidan Michael Gold will be graduating from Central Catholic High School. He is the grandson of Richard and Kay Hope Gold.
- ◆ Chloe Hubbard-Brandse will graduate from Liberty High School in Hillsboro. She plans to attend PCC this fall where she will pursue studies in journalism and theatre arts. She is the granddaughter of Bev Hubbard.



Above: Valley High School Graduates with their quilts: Troy Green, Olivia Hoffbeck, Dylan Blair, Jacque Rheingans, and Justin Lee. Not pictured, Kate Towner.



Right: Marcia Sanderman put together a compilation of each graduate's quilt which will be displayed in the narthex.

Below: Holy Nine Patch Quilters: Marcia Sanderman, Cathy Bernhard, Karen Sandberg, Ruthann Marquis, Joyce Wood, and Fran Searce.



Grief Ministry

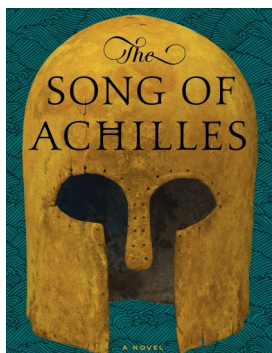


Deacons are responsible for the Grief Ministry for members of Valley Church. This program is in addition to the personal attention from Pastor Jeff. A member of the Board of Deacons distributes a series of booklets about grief and mourning. The booklets, “Journeying Through Grief”, have been obtained from Stephen Ministries and will be sent to the recipient over a period of one year. The recipient will also receive a sympathy card from the Deacons.

The first booklet “A Time to Grieve” and a cover letter are sent approximately three weeks after the death of a loved one. The second booklet, “Experiencing Grief”, is sent at three months; the third booklet, “Finding Hope and Healing”, at six months; and the fourth booklet, “Rebuilding and Remembering”, is sent at eleven months. A personalized letter is mailed with every booklet. Each of the four booklets focuses on the feelings and issues the person is likely to be experiencing at that point in his or her grief.

The Deacons will facilitate a memorial reception when requested.

Valley Book Group



As they have done since the COVID shutdown, the Valley Book Group will be meeting via Zoom on the fourth Friday of the month. On June 25, the meeting will be held at 10:00 to discuss Song of Achilles, written by Madeline Miller. This debut novel is a tale of gods, kings, immortal fame, and the human heart which brilliantly reimagines Homer’s enduring masterwork, *The Iliad*. An action-packed adventure, an epic love story, a marvelously conceived and executed page-turner, this book has already earned resounding acclaim. If you have not attended in the past but would like to join us for this discussion, 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 big thank you to Gary Moen who had some “extra” bark dust that he gifted to beautify the front area of Valley’s Youth House. He also helped spruce up the interior of the Youth House helping to prepare it for the eventual return of in-person Youth Group meetings.
Thank you Gary!*

Valley Notes

Opportunities

The Mission Committee is looking for a volunteer to coordinate St. Matthew's Food Pantry on Wednesday evening volunteer dates. No experience necessary, will be trained. Able-bodied people are already in place to do the work, you would be needed to schedule them in two Wednesday evenings a month. Contact Andrea Murdoch or Connie Brenner if you are interested.

First and Third Thursday Non-Perishable and Styrofoam Collection: Drop off your non-perishable food items along with your Styrofoam to be recycled on the first and third Thursday of each month from 10:00-11:30 a.m. Visit valleycommunity.org for more info.

Sign up for our weekly e-blasts and monthly e-Messenger! You can sign up in the green box found in the bottom right corner of the front page of our website. Once you add your email address, you will begin to receive our Tuesday and Friday e-blast updates, which includes the sign up link to our in-person worship services, as well as the e-Messenger, our monthly newsletter.

Prayers

We pray for those with health concerns:

Katie Simenson, Charlene Hegdahl, Robert Canpos, Brian Foster

We pray for those who mourn:

- Friends and family of Ralph Holt who died on May 7, 2021.

- Jamie Martchenke and family on the death of her mother, Kathy Martchenke, on May 2, 2021.


IN OUR
Thoughts and Prayers

Earth Care Corner

What does food have to do with global warming?

As it turns out, food agriculture, production, and related industries are major contributors to the growing climate changes. Experts assert that even if we stopped all fossil fuel emissions immediately, the world's food systems would still drive Earth's rising temperature.

Many factors contribute to this relentless increase, but the primary triggers are methane, which generates 28 times more warming per molecule than carbon dioxide, and nitrous oxide, which causes 263 times more warming. Combined, each year, these compounds emit more than 80 percent of all greenhouse gases generated from agriculture, forestry, and land causes.

By far, the largest contributor is animal agriculture. Livestock alone supplies 15 percent (half resulting from beef and lamb and a fifth from milk) of all human-caused greenhouse gas emissions. The reasons for this are several:

- The ruminant stomachs of these animals cause them to release methane gas.
- Their corn and soy diet requires vast acres of land be dedicated to these monocrops. These two crops account for 40 percent of all cropland in the U.S., thus reducing land available for crop rotations while depleting the soil's nutrients. (In contrast, fruits, nuts, and vegetables only use about four percent of our cropland.)
- Fossil fuels are used to fertilize the corn and soy and are also required to process and transport the feed as well as convey the animals to the abattoir.
- Cattle producers are clear-cutting rainforests to use the land for cattle grazing, which is an enormous problem because trees absorb carbon dioxide and help to cleanse our air.

What can we do?

- **Reduce food waste.** Planning meals and only buying the ingredients needed for those dishes decreases the likelihood of food spoiling before we can use it.
- **Compost.** Instead of throwing food scraps into the garbage, compost them to provide soil nourishment or, eventually, alternative fuels.
- **Lower our consumption of meat and dairy.** According to a 2018 report by the Food and Agriculture Organization, North Americans consume about 200 pounds of meat and poultry per person each year. Conversely, Europeans eat about 140 pounds annually, those from Asia and the Pacific consume 60 pounds, and people in Africa, only 30 pounds.

Researchers have calculated that reducing our daily protein intake from 90 grams to just under 70 a day—and shifting 25 of those grams to plant protein—could lead to 40 percent fewer U.S. greenhouse gas emissions from agriculture. The Culinary Institute of America is currently promoting “plant forward” restaurant dishes as part of its Menus of Change.

Increasingly, research is demonstrating that people who eat a whole foods, plant-based diet (vegetables, fruits, beans, nuts, and whole grains) have better levels of cholesterol, blood sugar, blood pressure, and inflammation indicators.

So the good news is we improve our health along with the health of our planet by making a few small changes in what we put on our plates.

Submitted by Jan Bellis-Squires, a member of the Earth Care Committee. Information for this article was drawn from these sources: How to Avoid a Climate Disaster, by Bill Gates; “Pay it Forward: Protect your health ... and the planet’s,” Nutrition Action Health Letter, May 2021; What Can I Do? by Jane Fonda.

THE MESSENGER



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

RETURN SERVICE REQUESTED

TIME DATED MATERIAL



American Red Cross

Together, we can save a life

The Red Cross Blood Drive
Wednesday, June 23 from 2:00-7:00 p.m.

Contact Jim Sandberg or Karen Miller for more information or to sign up.