


The Messenger

Valley Community Presbyterian Church July 2021

Sundays at Valley

In-person worship at 10:00 a.m. and online at <https://www.facebook.com/ValleyCommunityPresbyterian/> Click videos on the left side.

July

4 Communion
Independence Day

11

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

25

August

1 Communion

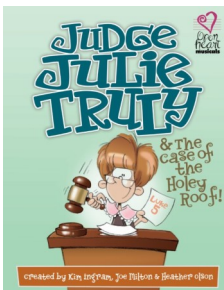


State of Oregon Reopens June 30

Oregon Governor Kate Brown has signed a recovery-focused executive order lifting all remaining COVID-19 health and safety restrictions issued under Oregon's emergency statutes. Restrictions have been lifted as of Wednesday, June 30. Here are a few changes at Valley that will be occurring now that restrictions have been lifted:

- ◆ Congregational singing will be allowed during Sunday 10:00 a.m. worship.
- ◆ Both the front and east doors will be opened for worship participants on Sundays.
- ◆ The Friendship Folders and Offering Plates will be used on Sundays during worship.
- ◆ Distancing, for those who desire it, will be in the back half of the sanctuary.
- ◆ Congregants will now be invited forward to receive Communion on Communion Sundays (still in single serving portions). Those not wishing to come forward will be served in their pew.
- ◆ Coffee will be served upstairs in the fellowship hall (gym) following worship.
- ◆ The church office is now open again Monday through Thursday, 10:00 a.m.-3:00 p.m. and Fridays, 10:00 a.m.-1:00 p.m. If you need in to the church, please ring the doorbell during those hours and someone will buzz you in.

Youth Musical



When the pandemic hit, the youth choir was in the middle of learning the play, "Judge Julie Truly". It will be 18 months since we started, but we are going to finish it! All interested 6th-12th graders are invited to join Drama Camp, even if they were not previously involved. We will meet to rehearse during the week of August 2-6 and perform the play in worship on Sunday, August 8, at 10:00 a.m. This camp will be tuition free. Donations gladly accepted.

The daily schedule for the camp will be as follows:

- 10:00 a.m.-12:00 p.m.** Scenery, props, costumes, solo work (optional)
- 12:00-3:00 p.m.** Full cast rehearsal (all participants required)

Contact Amy Rheingans at amy@valleycommunity.org or 503.351.2153 with questions or to register.

A Pastor's Life: Worship



Rev. Jeff Binder

The topic of worship is something that I go back to as a pastor time and time again throughout my work and reflection. For many, Sunday mornings are a time of sabbath (as we discussed in last month's article). For me as a pastor, Sundays are a liminal time and space; a time in-between work and worship, the beginning and end of a work week, a time and space of renewal and energies consumed. Yes, Sunday mornings are a time of worship for all involved, but they are also uniquely experienced by all as well.

Preparation for Sunday worship begins typically weeks or even months previous. I try to organize a worship planning calendar for the year; each Sunday has its own unique characteristics and details, taking into account the liturgical year, holidays and themes, sermon series ideas, and musical offerings to name a few. Planning ahead also allows for the Music & Worship Committee to coordinate events and details as well. Have you ever wondered how a particular theme or verse of Scripture seems to unify a worship experience? Well yes, the Holy Spirit is at work, as well as the preparation from your staff and committee! Each week of preparation typically involves a few hours spent organizing and writing the order of worship including prayers, Scripture, liturgy, logistics, etc. In the middle of each week, I'll spend a few hours beginning to write out a sermon outline and manuscript. This is something that I try to prioritize during my work week schedule; I find the creative writing process to be centering and life giving. The other details of worship including the creation of the bulletin, sound and video, and music are all being concurrently finalized by a myriad of staff and volunteers—it truly is a group effort! On Sunday mornings all of the final details are hopefully addressed, and what one may experience at 10AM each week is a product of many hours of preparation and thought so that we as a Valley Community can reverently worship the God of Creation!

...and come Monday morning, the process begins all over again!

So do pastors actually worship during the Sunday morning worship service? Well, yes, but it's a bit different than sitting in the pews. I'll say that most pastors LOVE the opportunity to simply worship as a participant from time to time as well. It's a reminder for many worship leaders that we need to find other opportunities either throughout the week or during our personal time to find worshipful experiences. Sometimes this is with the church community; other times this may be outside formal worship.

The amazing thing about worship is that each and every Sunday that we worship together as a collection of the saints and sinners that we are, I'm always amazed at how God shows up, time and time again, in moments of beauty. That's what makes worship so important to me as your pastor, and as a saint and sinner myself.

What do you enjoy most about worship at Valley Community? Is it the people gathering together? Is it the sanctuary space itself? Maybe it's the music, the prayers, or the sermon? Whatever draws your attention to God, let's be sure to give thanks as our act of worship!

In Christ,

Pastor Jeff

THE MESSENGER

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PASTOR
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NEWSLETTER STAFF:
ANGELA GRAHAM

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

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

July Birthdays

Claire Baker	Michael King	Anne Scearce
Eric Blair	Chase Kopetz	Don Scrivens
Barb Bootsma	Kim Kopetz	Mary Stapleton
Donna Carlson	Liz Leavitt	Tina Teed
Terry Collier	Wally Phillips	Avery Teed
Emily Collins	Frank Powers	Rye Teed
Kaitlin Collins	Carol Powers	Emma White
Roberta Hahn	Maria Rinella	Lee Ann Wichman
Mary Kelly	Marjorie Russell	

Happy birthday to all those born in July! 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 will fund eight, one-week-long Child Rape Prevention Camps for girls between the ages of five and 15, and 10 Girls Against Rape clubs in secondary schools. Interventions are focused on increasing awareness, education, healing, and confidence-building. These interventions will be extended to the larger community through media coverage to gradually bring about cultural change.

Although not a topic or situation that we commonly come across in our country, many of our sisters around the world live with this threat daily. Knowledge is power: both for the recipients of this grant funding and for us as members of Valley's Together Women Rise. Please join us for our meeting on July 18 at 11:30 a.m. following worship that day. Our chapter successfully met in person for the first time in June and will do so again in July, but the location is still to be determined.

If you are interested in joining our meeting on Sunday, July 18, and are not on the mailing list, please contact Ruthann Marquis at 503.260.9464.

Valley Produce Table

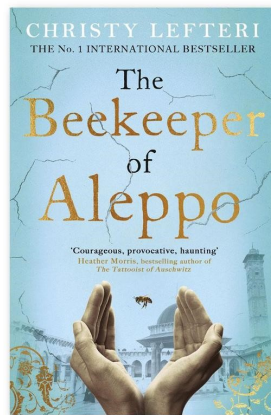
Calling all gardeners! We missed the chance to share the bounty from our gardens last year at Valley's Produce Table and the Oregon Food Bank probably also missed our end of the season donation check!

As our social world opens up and as our garden plots start to yield edibles from the soil, please consider bringing a few things that you have grown to add to Valley's Produce Table. The donation jar will be ready to accept your generous offerings which will be collected throughout the growing season and then sent to the Oregon Food Bank to ease the way of those experiencing food insecurity.

Cheers to an overflowing table and donation jar!



Book Group to Meet July 23



The Valley Book Group will at last be meeting again in the Fireside Room on the fourth Friday of the month. On July 23, the meeting will be held at 10:00 a.m. to discuss Beekeeper of Aleppo, written by Christy LeReri.

This novel's narrator is a man from Syria, who with his wife has fled from Syria due to the violence of the Syrian Civil War. After a long journey, they have managed to reach London, England, where they are living in a lodging house

with other refugees, as they wait to learn whether they will be granted asylum. The novel's main storyline focuses on their journey, which is told in a series of flashbacks about living a peaceful life in Aleppo and then fleeing through various countries to seek a safe place to live.

If you have not attended in the past but would like to join us in the discussion of this inspiring novel, 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.



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



Valley Outreach Survives Pandemic



When everything shut down in March 2020, the first obstacle we faced in continuing Valley's outreach activities was how to provide the monthly soup kitchen meal to the Bud Clark Commons in downtown Portland. And then our long-time coordinator for that effort, Jini De Vries, died suddenly; our church kitchen, site of the soup preparation for many years, was off-limits, and it was hard to know who to contact. For April and May, Carol Powers and Ruthann Marquis prepared food for the residents and delivered it. After advertising for a new coordinator, Mary Kay Rodman stepped forward and has been coordinating the preparation and delivery of the once-a-month meals ever since. The task has been made easier by the fact that the number of men to be served has decreased by about half, due to social distancing constraints at the center. It's also been complicated by the difficulty of finding groups of members who were social distancing to take on the task of preparing a meal for a large

number. But it's gotten done, and teams are scheduled through the rest of 2021. If Mary Kay calls on your group to volunteer, please consider doing so.

Supplying volunteers for St. Matthew's Lutheran Church food pantry was complicated by the advice of the Oregon Food Bank that pantries shouldn't be using volunteers who are over the age of 60. Since that meant that most of Valley's food pantry volunteers were not supposed to be working there, Janet Adkins, who has been coordinating those efforts for a number of years, had to recruit from Valley's younger members and friends. As a result, now that older (vaccinated) volunteers are again welcomed, there is a larger pool of volunteers to draw from. Janet is stepping down from this role, and it would be wonderful if someone else could step up to recruit volunteers for the two or three evenings a month that Valley supplies a team of four pantry workers.

In May 2020, after seeing the long lines of cars in other states waiting for food assistance for families that had never had such a need, and realizing that food supplies for local pantries were probably being drawn down, Andrea Murdoch initiated a twice-per-month food collection in Valley's East parking lot. On the first and third Thursdays, from 10:00-11:30 a.m., Valley members and concerned neighbors have dropped off food supplies for St. Matthew's food pantry. Over a ton of groceries were donated during 2020, and about 3,000 pounds have been received so far in 2021. Several months after the food drop-off effort started, the Earthcare Team started to collect Styrofoam to take to Agilyx for recycling after realizing how much Styrofoam was being delivered with all the home deliveries of so many things people were ordering.

So – a special thanks to all of those who have worked to make sure that Valley's witness to the community have continued during this challenging time!

Save the Date

Jane Kirkpatrick to Keynote Presbyterian Women's Fall Gathering



Jane Kirkpatrick

SAVE THE DATE!
On October 16, 2021 Presbyterian Women of the Presbytery of the Cascades is planning to hold their Fall Gathering in person at Columbia Presbyterian Church, Vancouver. Details will be provided later for this exciting opportunity.

Jane will speak on the topic "Telling Our Stories" about strength and resilience. Many of us are familiar with Jane's novels about real women in the history of the Northwest, and her account of establishing a ranch in remote central Oregon with her husband.

Valley Youth News

Summer fun hanging out with friends!
Save these dates!

Sunday, July 18 - Meet at the Youth House right after 10:00 a.m. worship for an epic water balloon fight, water baseball, and more wet and wild fun! Friends are welcome, have them join us at 11:00 a.m. or bring them to church!

Tuesday, July 20-22 - High School rafting trip. Join us on a three day, two night white water rafting adventure on the Deschutes River starting in Maupin and ending in The Dalles. Join us for the "Great Adventure" of your life!

Monday, August 9-11 - Middle School beach trip at the Rees' home in Beverly Beach. Beach B-Attitudes, surf, sand, s'mores, and lots of fun!

August youth hike - Date to be announced. Plan to spend some fellowship time outdoors with flora, fauna, and friends. Check your emails and texts for details coming in the near future.

Congratulations 2021 Graduates!

On May 16, we had the opportunity to honor our graduating class of 2021 as they ended one stage of life and began their journey to the next. Six of Valley's high school graduates received a special gift from the Holy Nine Patch Quilters (see the June 2021 Messenger for photos). Here are the biographies of five of the six graduates (not listed: Kate Towner):



Dylan Blair graduated from Lincoln High School. He is the son of Amy Henning and Craig Blair. Dylan has been a member of Valley for 18 years and most recently served as youth elder and has sat on finance committee. He will be heading to the University of Oregon this fall to join his older brother, Alex. He is hoping to study climate justice and sustainability. Dylan enjoys playing guitar, growing and splicing trees and dog sitting.



Troy Green graduated from Aloha High School. He is the son of Dan and Amy Green. Throughout his time at Aloha, Troy has been active with the school golf and swim teams, helping to manage and also compete with his schoolmates in both. His favorite class was Child Development, and even over Zoom school was a favorite of the kids. Outside of school he has been very active with Challenger Baseball Little/Senior League, Special Olympics, Lake Oswego's Young Life Capernaum group, and Night2Shine. One of the things Troy has loved since he was little was going to church and being involved somehow with events and programs. Knowing this, his family has strived to connect and involve him in programs and churches throughout the area. This also includes the friends and experiences with VBS, Kids' Night Out, Upward Basketball, coming to work with mom, and other ways Valley has made Troy feel part of their community. By community, we say everyone - young and old! Troy's favorite memories from all of these sports and groups and churches is all the friends he has made. When asked who his role models are, with a big smile he answered, "Dude Perfect!" He loves all the fun and funny things they do with no fear. In the fall, Troy is headed to Community Transitions Program to continue his education and decide what vocational field he would like to pursue.

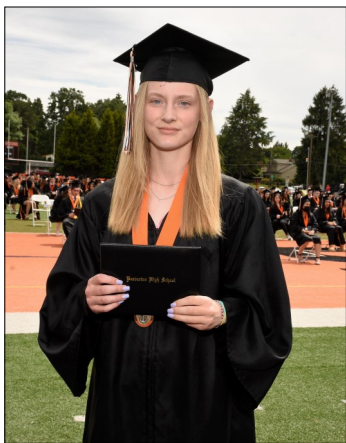


Olivia Hoffbeck graduated from Jesuit High School. She is the daughter of Bert and Cheryl Hoffbeck. At school, Olivia played many sports including soccer, basketball, softball, and swimming. She has been actively involved in the theater program, mock trial, and the Spanish National Honor Society. It is very difficult to choose a favorite memory from high school, but it was really special for her to watch a play that she wrote with her best friend. She will remember the choir performances and musicals at Valley. Olivia always looked forward to volunteering at VBS each summer and the summer picnic. She loves seeing everyone come together to share smiles, food, and faith. Next fall, Olivia will be attending Creighton University in Omaha, Nebraska.



Congratulations 2021 Graduates! (cont. from page 5)

Justin Lee graduated from Southridge High School. He is the son of Rod Lee and Corri Sanders and grandson of Ed and Laura Sanders. He intends to take a gap year and move to Phoenix with a buddy, get residency in Arizona and attend school there.



Jacque Rheingans graduated from Beaverton High School. She is the daughter of Thomas and Amy Rheingans. Her favorite high school subjects were visual arts and Mandarin Chinese. She participated in choir and played bells at Valley since preschool. Her favorite memory from Valley was the musical the Kings Kids performed when she was in the 5th grade, "The Rock Slinger and His Greatest Hit." Her biggest inspiration is her mom because of how dedicated she is to her work. Summer plans include working at rock climbing gym, going to the beach, and traveling to Illinois to see family. She will be taking a gap year and then plans to study psychology at PSU to pursue her passion of helping others.



Installation
of Officers

Above and right: Church officers were ordained and installed at a recent worship service.

NEW
OFFICERS



Valley Notes

Opportunities

The Habitat Faith Relations Committee would like to restart meeting beginning next month. Valley needs someone to be on this committee. If you would like to serve on this committee, contact Chuck Falconer at checkf@clankeith.com or 503.645.3318 and he will tell you who to contact to take part.

Helping hands needed! Please let us know what areas may be of interest to you and which Sundays would work best with your schedule:

- Nursery Attendant (adult)
- Nursery Assistant/Helper (adult/youth)
- Children's Sunday School Leader (adult)
- Children's Sunday School Assistant/Helper (adult/youth)
- Home craft preparation (adult/youth)

Contact the church office at 503.292.3537 or info@valleycommunity.org if you are interested in helping out!

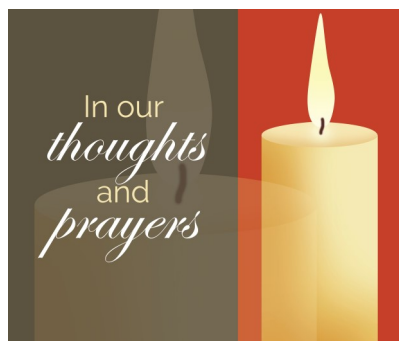
Prayers

We pray for those with health concerns:

Brian Foster, Avery Teed

We pray for those who mourn:

- Ann Miller and family on the death of her husband, Chuck, on June 5, 2021.



Earth Care Corner

Valley's Earth Care Team has been using Jane Fonda's recent book *What Can I Do? My Path from Climate Despair to Action* as article topics for the Messenger this year. So far, members of the team have written about climate change as it affects oceans, women, water, food and health. This month I would like to talk about plastics.

As noted in the book, plastics show up in our waterways, our sea life and even in our own bodies. Although so common in our lives now that we hardly see them anymore for what they are and where they came from, plastics are everywhere and are *intimately* associated with fossil fuels.

Experts in this book associated with Break Free from Plastic indicate that the plastic that we all see everyday (plastic bottles, film, straws, single use plastic containers, packaging around things that we buy) all have their beginnings in the fracking process or in an oil well. "The by-products of manufacturing plastics are toxic, and up to 77% of the plastic we use at home gives off some toxins, according to a study published in 2019. The transportation of oil to the factory where it is made into plastic is toxic, leaking chemicals into the air and water..."

In the United States we used to be able to sell many of the plastics that we "recycled" to other countries because it was found to be less expensive for us to produce new plastic products from fossil fuels than gather and process the plastic waste that we discarded. There used to be a market for this discarded plastic. But, a few years ago those countries started rejecting the plastic that was being exported because it was far more waste than could be handled by those countries. Communities there grew concerned about the volume of trash that was being dumped there and the effect it was having on their water systems.

But, has that stopped us in America from buying items with single use plastic? No, not really! Where is it ending up? The landfill and incorrectly in recycling bins. Since there is a lot of "mis-cycling" going on, many consumers think that if an item has a number on the bottom that is surrounded by those circling arrows that it is recyclable. THIS IS NOT TRUE! The numbers that are surrounded by the circling arrows indicate what type of plastic that it is—only that! Later this summer I will be offering a presentation on Recycling 101 that will be an opportunity to learn what goes where in our city's waste and recycling process. Stay tuned!

So, what can YOU DO????? Start opening your eyes to the single use plastic around you! Avoid purchasing items with excessive and unnecessary packing. Buy fruit and vegetables that you place in reusable net bags versus boxes/styrofoam and crinkly plastic. Use cloth shopping bags, reusable water bottles and your own containers when you go out to eat and have leftovers to take home. Buy in bulk and store those goods in glass or metal containers. Talk to the store managers of your grocery stores and recommend less plastic packaging on items. Keep your ears and eyes open about local and national legislation about single use plastic product reduction and let your elected officials know how you feel about this.

Two things that I want to leave you with:

1. Valley's Earth Care Team collects rigid styrofoam and #6 plastic every 1st and 3rd Thursdays in the East parking lot between 10-1130. We then take what is collected to Agilyx in Tigard, where they use a proprietary process to break down these items and make new feedstock for new polystyrene products. If you purchase meat or fish that is packaged on a styrofoam tray, wash it and bring it to these collections. If you order take out and note that the clear plastic clam shells have a #6 on the bottom, wash them and bring them to these collections. If you occasionally get take out coffee (and admittedly more of us may be doing that and needing to accept disposable cups versus our reusable ones during this current pandemic) look at the plastic lid. Many of these are #6 and can be recycled at Agilyx.

2. Sign up to take part in the challenge at Plastic Free July. IT IS NOT TOO LATE!! This is an amazing opportunity to be mindful for one month (and hopefully, for the rest of your life!) about choices we all make about single use plastic. I will take this challenge. Will you? Go to plasticfreejuly.org and sign up. Let someone on the Earth Care Team know and we will support your efforts with encouragement!

Ruthann Marquis, Earth Care Team leader

THE MESSENGER

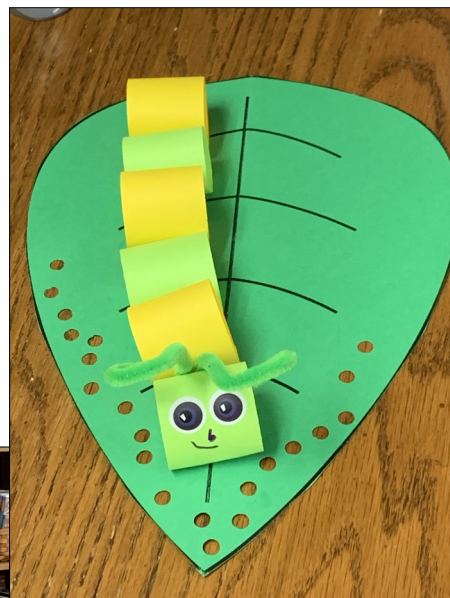


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RETURN SERVICE REQUESTED
TIME DATED MATERIAL



Left: Family Fun Bags were handed out in the East parking lot to families by Children's Ministry Director, Donna Carlson, and Children's Ministry Elder, Bev Hubbard.



Above and left: Some of the fun projects for children to do that were included in the Family Fun Bags.