

---

---



# The Messenger

---

Valley Community Presbyterian Church May 2022

---

## Sundays at Valley

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

## May

**1** Youth Musical, 10:00 a.m.

**8** Mother's Day  
Communion

**15** Graduate Sunday  
Cents-Ability Offering  
Together Women Rise,  
11:30 a.m.

**22**

**29**

## June

**5** Communion



## Valley Youth Musical May 1

On Sunday, May 1 during 10:00 a.m. worship, Valley Youth Choirs will present the musical, "Rescue In The Night," a story of Daniel in the lions' den brought to life with music, movement, and merry-making! The prophet, Daniel, faces many challenges during his journey to keep faithful to the one true God. This musical is a lighthearted but faithful rendition of the biblical story of courage and obedience. Join us in-person or via livestream on Sunday, May 1 during 10:00 a.m. worship for this wonderful presentation!



## Graduate Sunday, May 15

Join us on Sunday, May 15 as we celebrate five high school graduates in our church family. We will have an opportunity to honor our class of 2022 as they end one stage of life and begin the journey to adulthood. Come celebrate with us during Sunday worship where we will be able to give these students our blessing and a special gift for their journey!



Do you have a graduate in your family? Send the information to [angie@valleycommunity.org](mailto:angie@valleycommunity.org) in the church office to be included in upcoming Messenger issues.

## Shower of Cards: Building Enduring Faith



*The Rev. Robin Garvin*

During worship on Sunday, May 15, we will have the privilege of honoring our Valley high school graduates for 2022. We will have the opportunity to celebrate and bless Annika Carlson, Zach Graham, Sophia Bird, Maria Rinella, and Ainsley Killian as they enter the next chapter of their lives. No doubt, the people of Valley Church have been an important part of the lives of these delightful young people...several of them have grown up before your eyes.

I want to offer you an opportunity to bless these students as they reach this milestone in their life and faith journey. Many years ago, when I graduated from high school two adults from the church I attended wrote a letter of encouragement to me. In this letter they offered words of blessing and encouragement, shared favorite Scripture passages promising God's guidance in my future, and pledged to pray regularly for me while I was in college and beyond. I still have their letter. I can't tell you how important it was to know that two caring adult Christian friends were cheering for me and praying for me.

**I want to urge each of you to join me in writing a note to each of our 2022 high school graduates.** Research suggests that young people remain connected to their faith in adulthood when they have regularly experienced caring and supportive relationships with five or more adult Christians other than their parents. Vince and Earlene Lofranco were two loving adult Christians who knew me by name as a high school student. They regularly engaged me in conversation and encouraged me in my faith. They cared enough to write a final note of encouragement shortly before I graduated from high school. I know my faith is stronger today because of their investment in my life.

If you would like to participate in creating this shower of cards/letters for our high school seniors you can drop them off at the church office before May 15, or simply bring them with you to worship on May 15. Let's shower our students with Christ's love and care on May 15!

With care, in Christ,

Pastor Robin Garvin



### 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

**NEWSLETTER STAFF:**  
ANGELA GRAHAM

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

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

### May Birthdays

Selma Anderson	Lyle Chadwick	Zeph Pratt
Barry Armentrout	Amy Dee	Elaine Rea
Alex Blair	Marilyn Hartzell	Sam Rheingans
Dylan Blair	Amy Henning	Jacque Rheingans
Mollie Bootsma	Sherrie James	Katherine Rinella
Bill Bruning	David Jimerson	Donna Rueff
Phyllis Bruning	Alisha Killian	Marcia Sanderman
Daniel Buntten-Foster	Ainsley Killian	Turner Sanderman
Nels Carlson	Ann Miller	Ty Scarce
Birgitta Carlson	Karen Mitchell-Yakymi	Sonja Spencer
Brad Carlson	Stan Munro	Marilyn Tuffs

Happy birthday to all those born in May! 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 participants celebrated their 10th anniversary in April.*

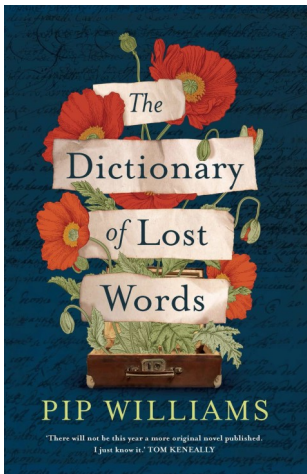
Valley's chapter of Together Women Rise will meet on May 15 to learn about this month's featured grantee called Yamba Malawi and their program called Meeting the Needs of Young Mothers and Ending Childhood Poverty in Mangochi, Malawi. Their mission is to uplift vulnerable children by empowering their communities to break the cycle of poverty through a holistic, child-focused poverty graduation program.

Together Women Rise loves their unique poverty graduation model with two levels of programming: community-wide programming and household-level support. This systems approach to intervening early to reduce family poverty and strengthen Early Childhood Development and Childhood Protection seeks to reduce low levels of schooling, child marriage, forced labor, and domestic violence for women and girls in later years.

Plan to join us at 11:30 a.m. in the Fireside Room to learn more. All who attend are asked to bring their own lunch. See you then!

## Valley Book Group

The Valley Book Group meets on the fourth Friday of the month and the May meeting will be held at 10:00 a.m. on May 27. The book being discussed is Dictionary of Lost Words, by Pip Williams. This book tells the story of the Oxford English Dictionary's compilation through the fictional Esme, daughter of one of the men working on it, and her interactions with characters based on the real men and women behind the book. It is a story of love, family and caring for one another. If you are already on the Book Group email list, you will receive a reminder of the meeting.



## Mission Corner



*New Narratives Easter baskets*

Each and everyone of you should be proud of what we accomplished in April. We collected 183 pounds of food and pounds of Styrofoam on the first and third Thursdays. We served dinner to 65 men at the Bud Clark Commons. They are now up to 75% capacity. We collected

\$126.27 in change for Cents-Ability and the Care to Share Program/ Presbyterian Disaster Relief fund. We delivered four Easter baskets to the residents of the New Narratives (Luke Dorf) housing program. There has been over \$5,000 collected and making its way to the PDA for Ukrainian aid and there will be more opportunities to help in the month to come. Our Core Team is still helping the Ahmadzai family to settle in... can you imagine traveling to a new country, a different culture, and a new language, all with seven children to care for! Rounding out the month with our CROP Walk on the 24; we had 11 walkers and raised \$955. And the One Great Hour of Sharing Offering for April is still being collected and counted by publication time. Over the years I've come to realize "the faster I give it out... the faster it comes in." God is Great! If you would like to work with the Mission Team, our May meeting is May 2 at 1:00 p.m. in the Fireside Room..... come on down! And many, many thanks again for your generosity.

~ Andrea Murdoch, Mission Elder



Thank you for sending your check for **\$39.00** for the **2022 Per Capita** 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)



## Soup Kitchen

Thank you to everyone who has provided a meal for the men at Doreen's Place in the Bud Clark Commons. Starting in April, Transition Projects has increased shelter capacity from 50% to 75%. We now need to prepare meals for 65 men. The shelter is still closed to volunteers serving meals on site. The Valley kitchen is open to prepare the meal. One group is still needed to provide the meal on Thursday, December 15. If interested, contact Mary Kay Rodman, [mkrodman@comcast.net](mailto:mkrodman@comcast.net).



*Scout Troops 797 and 799 prepared the meal for April's Soup Kitchen at the Bud Clark Commons.*

## CROP Hunger Walk 2022...



...is in the books. We were a small, but mighty group of 11 walkers, weaving our way through the Broadmoor neighborhood to Raleigh Park Elementary School. Once there, we took a small break while volunteer, Gardener Becky, explained how each of the classes gets a garden plot to grow vegetables from the May through harvest; and some of the food is sent home with the Project Backpack kids. She even shared that two of the plot boxes were Eagle Scout projects from our own Pack 592! It's amazing how "connected" our world really is. Well, as we walked, we interacted with others from the area who asked what our group was doing, and all thought this was WONDERFUL!!! So, the first Valley hosted



CROP Hunger Walk is over and I think we'll "do it again next year". Only BIGGER and better next time. Thanks to Pastor Robin for blessing us and Tim and Ruth Kramer for the route map and all those who contributed and prayed for our success.

~Team Valley  
Captain Andrea

### Ciao!!

#### Save the date:

Saturday, June 11, noon-2:00 p.m., for a day cruise in Bella Italia along the Amalfi Coast. Mariners from the Clippers, Navigators, and Starfish are gathering for fun, food and fellowship. We will be sharing mouth-watering Italian dishes prepared by current Mariner members. All Valley members and friends are invited, and we welcome your participation. Please call the church office at 503-292-3537 or email [mail@valleycommunity.org](mailto:mail@valleycommunity.org) to reserve your spot if you're not already part of a Mariners ship. Mark your calendars and plan to join us for this fun event!



## Valley Notes

### Opportunities

**Save the date:** Thomas Rheingans, Siena Hertafeld, and friends will hold a benefit concert at Valley on June 12 at 3:00 p.m. Stay tuned for more info to come!

**Graduates in your family this spring?** Send the information to [angie@valleycommunity.org](mailto:angie@valleycommunity.org) in the church office to be included in upcoming Messenger issues.

**Distance food collection** the first and third Thursday of each month, 10:00 - 11:30 a.m. in the back parking lot of Valley. All non-perishable, non-expired store bought foods are being collected. Items will be delivered to the St. Matthew's Food Pantry.

**Valley's Sanctuary** is open every Sunday, 1:00-4:00 p.m. for those who wish to drop in and pray for the people of Ukraine and for an end to the conflict between Russia and Ukraine. Participants are welcome to come and stay as long as they are able. Volunteers are needed to host, contact Andrea Murdoch to help.

**Vacation Bible School:** Save the date for VBS at Valley, August 1-5!

**An open house celebration** of the life of Jim McClean will be held at the McClean home (9285 SW Cutter Place) on Saturday, May 7 between 1:00 and 4:30 p.m. Come any time! Refreshments will be provided. Please RSVP to 503-524-6364 or [patjimcclean@aim.com](mailto:patjimcclean@aim.com).

### Prayers

*We pray for those who mourn:*

- Friends and family of Jan Conklin who died April 26, 2022.
- Carolyn Owens and family on the death of Carolyn's husband, Bill, on April 19, 2022. A memorial service will be held at Valley on Saturday, April 30 at 2:00 p.m.
- Amy Rheingans and family on the death of Amy's father, Ken Hess, on April 1, 2022.

## Earth Care Corner

By Amy Henning

Being vegetarian helps reduce pollution of our streams, rivers and oceans. Pollution from livestock largely comes from animal waste, which can runoff into our waterways and harm aquatic ecosystems, destroy topsoil, and contaminate the air - which all have harmful effects on wild animals and humans. Even reducing your meat intake by a meal or two can have a positive effect on our ecosystem. Here are two of my favorite recipes that are vegetarian.

## YUMM BOWL RECIPE



PREP TIME: 10 MINUTES  
TOTAL TIME: 10 MINUTES

SERVINGS: 8 PEOPLE  
CALORIES: 351KCAL

AUTHOR: [PLATINGS AND PAIRINGS](#)

Learn how to make Yumm Sauce - inspired by Cafe Yumm. These vegetarian Yumm Sauce Bowls are loaded up with all the toppings and drizzled with a creamy curry & cumin spiced chickpea sauce. If you don't have time to make the sauce, you can purchase Yumm Sauce at Café Yumm, Winco or New Seasons.

[Click here for the full recipe.](#)



## SLOW COOKER VEGAN BEAN & QUINOA CHILI

PREP TIME: 5 MINUTES  
COOK TIME: 120 MINUTES

SERVINGS: 5 PEOPLE

This Gluten Free & Vegan Slow Cooker Bean & Quinoa Chili is packed with both protein and flavor, but only requires 10 Ingredients!

[Click here for the full recipe.](#)

# THE MESSENGER



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

RETURN SERVICE REQUESTED

TIME DATED MATERIAL

## Valley Youth Upcoming Events

**Sunday, May 1:** Our first Youth Group meeting, 5:00-7:00 p.m. Get to know Jenn, our new Youth Director, and play some fun games! Snacks will be provided.

**Saturday, May 7:** We will be putting together some Mother's Day gifts from 1:00-3:00 p.m. and play a few games.

**Sunday, May 22:** We will be back for regular Youth Group meetings, 5:00-7:00 p.m. Hope to see you all soon!

