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# The Messenger

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Valley Community Presbyterian Church June 2022

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## Sundays at Valley

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

### June

- 5** Communion  
Day of Pentecost
- 12** Trinity Sunday  
Officer Ordination and  
Installation  
Benefit Concert, 3:00 p.m.
- 19** Father's Day  
Cents-Ability Offering  
Together Women Rise,  
11:30 a.m.
- 26** Youth Pancake Breakfast

### July

- 3** Communion



### “Summer in the Psalms” Bible Study - June 22-July 27

All are welcome to participate in a deeper group exploration of six psalms during our “Summer in the Psalms” Bible study. The study will be held Wednesdays, June 22-July 27, 10:30-11:30 a.m. in Armitage Hall, and 7:00-8:00 p.m. on Zoom. Pastor Robin will lead the study, and the content during the morning and evening sessions will be identical.

During this study, we will reflect on Old Testament scholar Walter Brueggemann’s helpful way of categorizing the psalms as Psalms of Orientation, Psalms of Disorientation, and Psalms of New Orientation. As we study psalms that reflect each of these categories, we will discover anew that the psalms are truly prayers for all of the seasons of human life.

Here is our schedule for the study:

<b>June 22</b>	<b>Psalm 8</b>	<b>Psalm of Orientation</b>
<b>June 29</b>	<b>Psalm 145</b>	<b>Psalm of Orientation</b>
<b>July 6</b>	<b>Psalm 88</b>	<b>Psalm of Disorientation</b>
<b>July 13</b>	<b>Psalm 137</b>	<b>Psalm of Disorientation</b>
<b>July 20</b>	<b>Psalm 65</b>	<b>Psalm of New Orientation</b>
<b>July 27</b>	<b>Psalm 96</b>	<b>Psalm of New Orientation</b>



## Summer in the Psalms



*The Rev. Robin Garvin*

The book of Psalms has served as the prayer book of God's people through the centuries. The late Presbyterian theologian/pastor, Eugene Peterson, once offered this wise assessment of the psalms. "The psalms train us in honest prayer." Peterson's point, of course, is that the psalms reflect the full range of human emotions from praise to lamentation. They teach us how to pray honestly during seasons of peace and tranquility as well as during seasons of stress and storm. The psalms are perfect prayers for us as we slowly emerge from these two years of pandemic stress and storm!

It has been said if you want to deepen your prayer and devotional life you should regularly immerse yourself in the psalms. That's what we are going to do as a faith community this summer. I'm inviting each member/friend of our congregation to read through the book of Psalms this summer...praying and reflecting on two psalms each day...one in the morning and one in the evening beginning June 19. A reading guide with suggestions for how to engage the psalms and

ideas for deeper study will be available June 5 in print form and on online.

Our preaching series for the summer is entitled, "Summer in the Psalms." Each Sunday, June 19 through September 4, we'll explore a psalm from our weekly readings. A schedule of the summer preaching psalms is included in this month's Messenger on page 4.

We'll also be engaging in group study of the Psalms. Please join us for our six-week summer Bible study, Wednesday, June 22 through July 27. I will host two group gatherings each Wednesday: 10:30-11:30 am in Armitage Hall and 7:00-8:00 pm via Zoom. Each gathering will engage the same psalm. This is a "drop-in" Bible study...feel free to drop in as you are able.

Bible scholar, Gordon Fee, said it best, "The psalms, like no other literature, lift us to a position where we can commune with God..." I invite you to join us in our Summer in the Psalms as we commune together with our great God and deepen in our life with God and each other!

Joyfully in Christ,

Pastor Robin Garvin



### THE MESSENGER

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#### 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	Elise Jenkins	Hannah Pyle
William Bird	Beth Lavey	Dan Rinella
Dylan Bird	Susan Magnuson	Greg Russell
Ernie Bootsma	David Marquis	Fran Scearce
Amelia Cardoza	Pepper McGranahan	David Scearce
Sam Connell	Linda Munro	Sophia Scearce
Kay Hope Gold	Janet Patterson	Katie Simenson
Troy Green	Pat Peterson	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



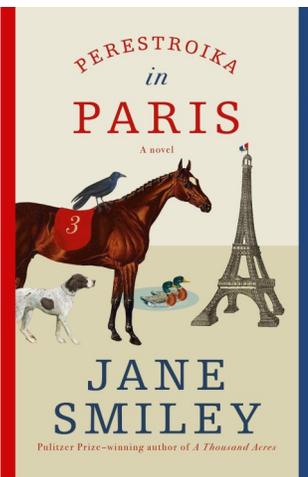
# TOGETHER WOMEN RISE

of today and tomorrow. They do this through the establishment of Girl Leader Clubs and a unique empowerment program.

The Soar solution is a holistic, rights-based approach to propel young girls to forge their own path and soar. Their unique, 25-workshop empowerment curriculum focuses on these five modules: Value, Voice, Body, Rights, and Path. Their focus on helping marginalized teen girls, some with physical and mental disabilities, to become their own change agents has been highly successful in challenging gender norms, overcoming barriers to higher education, and creating the leaders of tomorrow.

June 19 is the Sunday when Valley's chapter to Together Women Rise will meet and learn about Project Soar in Morocco. The specific program that is featured this month is called Girls Soar in Morocco (GSM): A Leadership Training Program for Marginalized Teen Girls. Their mission is to empower marginalized teen girls in under-served sites across Morocco to become the leaders

## Valley Book Group



The Valley Book Group meets on the fourth Friday of the month and the June meeting will be held at 10:00 a.m. on June 24. The book being discussed is *Perestroika in Paris*, by Jane Smiley. This fantasy is a delightful,

heartwarming tale about creatures living in the rough in Paris's Champs de Mars. The animals — her titular racehorse, who converses with an elegant shorthaired German pointer, a haughty raven, a squabbling pair of mallards, and a rat pining for a mate — share their hardships, fears, needs, and dreams. They also overcome their differences and prejudices to band together to lend a paw, claw, wing, or hoof to each other and, eventually, a lonely, orphaned 8-year-old boy. If you are already on the Book Group email list, you will receive a reminder of the meeting.

## Eco-Tip: Organic Cotton

### Why we care

Cotton is one of the most comfortable fabrics available and is widely used in everyday items. However, growing cotton uses more insecticides than any other major crop, putting workers and the environment at risk. It is also a heavy user of synthetic fertilizers, which can run off into rivers and wells, potentially harming aquatic life and reducing water quality. And most cotton grown today has been genetically modified, a practice that can lead to loss of crop diversity and to pest resistance. Fortunately, the demand for organic cotton is expanding. Organic farmers control pests and weeds naturally and promote crop diversity and healthy soil, using crop rotation and compost to replenish nutrients.

### Simple, positive steps

- **Vote** for more environmentally responsible growing practice through your purchases.
- **Choose organic cotton clothing.** Patagonia, Timberland, Hanna Andersson, Gap, Eileen Fisher, and NAU are some of the brands that offer lines with 100% organic cotton. Search for other local sources on [Yelp](#).
- **Look for other organic cotton products.** Bedding, towels, and cloth diapers are just a few items you can find that contain organic cotton. Some stores, like [Cotton Cloud Natural Beds & Furniture](#), [Plank & Coil \(mattresses and bedding\)](#), [Muji \(bedding and apparel\)](#), [Indigo Traders](#), and [Eco-Baby Gear](#) specialize in organic cotton products. You can also ask for organic products at traditional department stores.
- **Consider other environmentally preferable fabrics**, such as organic linen, wool, silk, or hemp.

*Questions or feedback? Contact Jeanne Roy at [jeanne@ecoschoolnetwork.org](mailto:jeanne@ecoschoolnetwork.org).*



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)



## “Summer in the Psalms” Preaching Series

June 19: Psalm 1  
June 26: Psalm 8  
July 3: Psalm 23  
July 10: Psalm 36  
July 17: Psalm 46  
July 24: Psalm 56  
July 31: Psalm 84  
August 7: Psalm 98  
August 14: Psalm 103  
August 21: Psalm 121  
August 28: Psalm 139  
September 4: Psalm 145

## Benefit Concert

Join Thomas, Siena, Luke, and friends for an afternoon concert on Sunday, June 12 at 3:00 p.m. in Valley’s sanctuary. The playbill will include jazz, classical, contemporary Christian music and original songs. Thomas will dazzle you at the keyboard with the 3<sup>rd</sup> movement of George Gershwin’s Concert in F, music of Scott Joplin, and Louis Moreau Gottschalk - America’s first international concert pianist from the mid-19<sup>th</sup> century. Siena will be back from her song writing competition at a folk festival in Texas and will share some of her original songs. Donations will go to support Valley’s choir program.

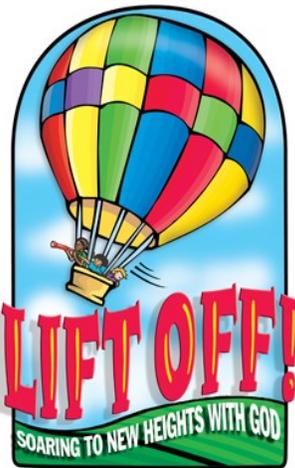


## Summer Musical for 6th-12th Graders

All students entering 6th-12th grades are invited to participate in a summer musical the week of August 1-5. Rehearsals will be from 10:00 a.m.-3:00 p.m. The musical will be co-directed by Valley’s music team: Thomas and Amy Rheingans AND Siena Hertafeld. It will be a great time of building community and performing skills. The musical will be selected based on the group size. The cost will be \$100 per participant. The performance will be Friday evening, August 5. To get involved, email Amy Rheingans at [amy@valleycommunity.org](mailto:amy@valleycommunity.org). Spread the word!



## VBS Volunteers Needed!



Vacation Bible School (VBS) is the first week in August (August 1-5). Please prayerfully consider how you may be of help this year.

Currently we need the following volunteers:

- Activity Station Leaders and Assistants for Bible Stories  
Recreation  
Crafts  
Mission
  - Shepherds and Jr. Shepherds
  - Snack Station Coordinator and Helpers
  - Technology Leader and Assistants
- Please contact Bev Hubbard at [bevmahubb@aol.com](mailto:bevmahubb@aol.com) or 503.901.9062.

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year but when you volunteer, you vote every day about the kind of community you want to live in.” - Marjorie Moore

## Valley Youth Fundraisers

This year our youth will hold two events in June to help raise money for the summer mission trip to Tsaile, Arizona in July.

**June 25 – Car Wash:** First, a car wash will be held at Valley on Saturday, June 25. Come by the church and get your car washed from 9:00 a.m. until 2:00 p.m. in exchange for a donation (minimum donation \$10) to help fund the mission trip. Tickets for the car wash can be purchased from any member of the youth mission team in advance of the event.

**June 26 - Pancake Breakfast:** Second, the annual pancake breakfast will be held in Davis Hall on June 26. Congregants will be able to enjoy a delicious breakfast before worship directly after worship from 11:00 a.m.-12:00 p.m. The cost will be \$7 for individuals and \$20 for families.

Proceeds from both of these fundraisers will go directly into the youth mission fund. If you have any questions about these events, please contact our youth director, Jenn Souders, [jenn@valleycommunity.org](mailto:jenn@valleycommunity.org).

## Congratulations 2022 Graduates!

On Sunday, May 15, Valley had the opportunity to honor our graduating class of 2022 as they ended one stage of life and began their journey to the next. Five of Valley's high school graduates received handmade quilts from the Holy Nine Patch Quilters. The quilters this year were Karen Sandberg, Michelle Blair, Joyce Wood, Sue Derting, Fran Scearce and Marcia Sanderman.



**Sophia Bird** graduated from Beaverton High School on June 11, 2022. She is the daughter of Steve and Marie Bird and the granddaughter of Pat Bird. Sophia loved her High School experience and enjoyed going to school every day. Her favorite High School memories are being at school with her friends that she has known for so many years, making new friends, and spending time with her Best Buddy. Her favorite Valley memories are going to coffee hour after worship to see her Valley family. Sophia's summer plans include a trip to the coast and enjoying the outdoors. She is looking forward to attending Community Transition Program for the next three years.



**Annika Carlson** graduated from Jesuit High School on June 5, 2022. She is the daughter of Nels and Allison Carlson. Annika's favorite High School subject was Math and she participated in activities like High School Volleyball, Club Volleyball, Beach Volleyball, Girl Scouts, and was a Royal Family Kids Camp Volunteer. Her role models are her grandparents. Her favorite High School memory was attending and leading the Junior Encounter. Her favorite Valley memories were Triennium and VBS. During the summer, Annika plans on preparing for college and hanging out with friends that she is not going to school with next year. She plan on attending Layola University Chicago in Chicago, Illinois and major in Biology and Pre-Vet. She will miss her built-in Valley family when she is away. Annika is looking forward to exploring her interests and traveling to new places by studying abroad and adventuring in Chicago in the next five year.



**Zachary Graham** graduated from Aloha High School on June 10, 2022. He is the son of Angela Graham. Zach's favorite High School subject was Weight Training and he participated in activities like Baseball, Wrestling, and Track. His role model is basketball player, Damian Lillard. His favorite High School memories are being with his friends. His favorite Valley memory is going to Triennium with other Valley youth. During the summer, Zach plans on taking a few trips, working, and enjoying his summer. He plans on going to trade school to become an electrician. In the next five years, Zach plans on working hard and finding his place in life.

## Congratulations 2022 Graduates!



**Ainsley Killian** graduated from Southridge High School on June 11, 2022. She is the daughter of Kevin and Alisha Killian. At school, her favorite subject was English and she participated in many activities including Water Polo (team captain senior year), Swimming (team captain senior year), Sports Medicine clinic volunteer, Pottery and Community Service award winner. Ainsley's role model is Simone Manuel, Olympic Swimmer. Her favorite high school memory was the senior homecoming dance which was a lot of fun. Her favorite Valley memories are all of the musicals and holiday performances. During the summer, Ainsley plans on working as a lifeguard while having fun with her friends before leaving for school. In the fall, she will attend the University of Redlands in Redlands, California and major in Psychology and Political Science. What she will miss the most at Valley is the sense of community and being able to feel at ease while at church. In the next five years, Ainsley looks forward to going to college, having new adventures, and eventually getting a cat when she has her own apartment.



**Maria Rinella** graduated from Early College High School on June 13, 2022. She is the daughter of Dan and Katherine Rinella. Maria's favorite High School subjects were Psychology and Ceramics and she participated in Volleyball and Club Hope. Her role models are her family: her parents, grandparents, and siblings. Her favorite Valley memories were the Chili Cook-Offs! During the summer, she plans on nannying and spending lots of time with her family. In the fall, Maria will attend Western Oregon University in Monmouth, Oregon. She is undecided what her major is going to be, but is primarily interested in psychology. What she will miss the most about Valley is having a warm, welcoming community close by to rely on. In the next five years, Maria is looking forward to college and new experiences.



## Mission Endowment Committee Awards Spring 2022 Grants

The Mission Endowment Committee announces six new grants totaling \$12,000. These were approved by Valley's Session in May. The grants support housing, education, medical needs, and social services here in the Portland area and around the world.

### **Seeds of Leaning - \$2,100**

This grant provides student scholarships (3+ at \$600 per student) at Nicaragua University.

### **Corvallis Sister Cities, Ukraine Relief - \$1,500**

Funding for hygiene kits for Ukrainian refugees in Uzhhorod. Youth in TOUCH Project facilities will purchase products locally and assemble the kits.

### **Valley Youth Mission Trip - \$3,000**

Provide partial funding for registration and travel expenses for our Youth service trip to Navajo Nation this summer. Participants will pay part of their expenses.

### **St. Matthew Lutheran Food Pantry - \$2,000**

Purchase personal hygiene products to be distributed by the food pantry and food for Project Back at Raleigh Park.

### **Ripple Africa - \$1,500**

Support the purchase of fruit trees and training for how to successfully grow them in Malawi. This project supplements nutrition-deficient diets and provides income.

### **Impact NW - \$1,900**

The mission of Impact NW is to keep vulnerable Portland families safely and stably housed.

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

## Special Offering for Ukrainian Refugees in Uzhhorod

Valley's session has authorized a special collection from the congregation to supplement Mission Endowment's recent \$1,500 grant to Corvallis Sister Cities. As we recently heard in worship from Nataliya Shatalova, our partner from Sister Cities, the needs there are great and will continue.

Uzhhorod is on the western border of Ukraine where it meets Slovakia, and close to the border with Hungary. Many refugees have come there from the eastern parts of the country. Total population has nearly doubled. We've been mission partners with Sister Cities for over 15 years to help serve the marginalized Roma population in Uzhhorod. The school and family center that we've supported now house refugees.

This gives us a special opportunity to help directly. To contribute please send a check with "Ukraine, Sister City" on the memo line. This Mission Committee will match all gifts up to \$1,000. We will receive this offering until the end of June. Money received after that will go to Presbyterian Disaster Assistance. For timeliness reasons we are not doing online contributions.

This offering is separate from, and in addition to our support for Ukraine through Presbyterian Disaster Assistance. Please continue to give generously in every way possible to assist with this humanitarian crisis.

## Valley's Produce Table Returns!



June marks the start of wonderful green things coming out of our gardens. Valley's Produce Table will be set up in Davis Hall starting on June 5th and will continue through Portland's growing season.

This has been a tradition at Valley for many years, started with the thought that those in our congregation that garden can share a few things from their yield and offer them on the Produce Table. Those that no longer plant a garden and even those that do can peruse the offerings each Sunday, take what they would like and make a donation to the jar. At the end of the growing season Valley writes a check to the Oregon Food Bank with the total amount donated. As the popularity of the Produce Table and the generosity of Valley members and friends has grown, so has the check amount. Regularly it is over \$300! That is a significant donation to help ease the food insecurity of our fellow Oregonians.

Things to remember!

- Valley's Produce Table opens on June 5th.
- Please donate vegetables, fruits, herbs and flowers from your garden.
- Take what you would like to enhance your next meal.

Donate generously, knowing that your monetary offering is going to the Oregon Food Bank. Thank you!

## Update from the Sanctuary Home

The Volunteer Team for the Sanctuary Home has good news to report about the Ahmadzai family! Tuesday May 17 was the first day of work at Touchmark for their father, Fawad. Jan Bellis-Squires provided guidance for the job search that led to this position in the janitorial and maintenance department.

Fawad is studying to get his Oregon driver's license. Until he can drive his own car, he is reliant upon our team for his transportation. He is working Tuesdays and Thursdays from 9:00 a.m. to 2:00 p.m. and Saturdays and Sundays from 9:00 a.m. to 4:00 p.m. Our volunteer drivers for May are Sally Rasmussen, Carol Powers, and Chelsea Redmond. Future additional drivers include Kay Phillips, Diane Meyer, Marilyn Farrier, David Marquis, and Debbie and John Purcell. Please note, we are still looking for more drivers!

We found childcare for the two youngest children, Heather's Little Darlings Daycare. It is only a five-minute drive from the Sanctuary Home, and the girls are happy there. God really blessed us with this find, since we were having a difficult time locating childcare until a few days before Fawad's first day of work.

Our team is providing a wonderful preschool experience in our church nursery three days a week for the younger two girls. Our teachers include Bev Hubbard, Connie Brenner, Marah Murphy, Donna Carlson, Beth Busch, and Anne Searce.

Fawad is studying English three days a week through PCC online, and our church provides a quiet room for him. Jim Sandberg does math tutoring for the eighth-grade boy twice a week. Wendy Archibald and Wendy Jenkins have done tutoring for one or both middle school kids, and both plan to resume this work. Carol Powers helps the elementary and middle school kids with their homework as needed.

A big step towards independence for the oldest son is that he is now riding his bike from the Sanctuary Home to the Garden Home Recreation Center three times a week. This was made possible by Tim Kramer, who taught him the route and worked hard to equip his bike with needed safety features.

The Session in May granted permission for the Ahmadzai family to stay in the Sanctuary Home through the end of December 2022. It is important for this family to have relational and physical stability because of their history of trauma. We are proud of them for the progress they have made, and we will continue to encourage and support them towards independence.

### Congratulations 2022 Graduates!

Here are some more 2022 graduates of Valley friends and families:

- Hudson Harbolt is graduating from George Fox University. Grandson of Phil and Karen Miller.
- Brady William Kopetz, graduating from Lincoln High School. Will be attending UC Boulder, playing football and studying finance. Son of Kim and Chase Kopetz. Grandson of Terry and David Collier.
- Keeli Satterfield is graduating from Valley Catholic High School. Will be attending Goucher College in Baltimore to study international relations. Granddaughter of Wally and Kay Phillips.
- Ian Luehr-Sele is graduating from the University of Idaho with a Bachelor of Science in Natural Resources & Conservation Management with a Minor in Forest Resource. Son of Trent Sele and Stacy Luehr-Sele.
- Lauren Hayes is graduating from OHSU School of Dentistry. Daughter of Bob Hayes.
- Anna Lorati will be graduating from Chapman University with a Bachelor of Arts degree. Niece of Bob Hayes.
- Megan Bootsma is graduating from the University of Portland with a BA in Psychology. She will be working as a CNA in the cardiology department at St. Vincent while applying to accelerated nursing programs. Her goal is to get her BSN and work in labor & delivery. Daughter of Ernie and Barb Bootsma.
- Elena Vaughan is graduating from the University of Kentucky with a BS in Sports Communication. Daughter of Tom and Anne Vaughan. Granddaughter of Ginny Vaughan.
- Emily Vaughan is graduating from the University of Washington with a BA in Music and a BA in Cinema & Media Studies. Daughter of David Vaughan. Granddaughter of Ginny Vaughan.
- Reed Moshofsky is graduating from Western Governors University with a BS in Consumer Science. Son of Brett and Susan Moshofsky. Grandson of Ginny Vaughan.
- Lydia Kramer will be graduating from Whitworth University with a BA in English Communications and a Minor in Theology. Daughter of Tim and Ruth Kramer.
- Birgitta Carlson is graduating from the University of Vermont with a Bachelor of Science in Neuroscience and a Minor in Art. Daughter of Nels and Allison Carlson.

## Valley Notes

### Opportunities

**Youth Pie Sale Fundraiser** pies will be available for pick up on Tuesday, June 7, 2:00-4:99 p.m. in the Youth House for those who ordered. Questions? Contact Wendy Jenkins at wendymkj@alumni.rice.edu.

**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.

**Calling all drivers!** If you are interested in being on a list to provide rides to church for Valley friends and family who are not able to drive and who may live near you, we would love to hear from you. Please email Jan at janbellissquires@gmail.com.

**All are invited** to a mouth-watering Italian luncheon on June 11, noon-2:00 p.m., presented by Valley's current Mariner groups. Please call the church office at 503.292.3537 to reserve your place if you are not already part of an existing Mariners ship. Ciao!

### Prayers

*We pray for those with health concerns:*

Cathy Bernhard, David Tuffs, Ginny Vaughan

*We pray for those who mourn:*  
- Gaylen Uecker and family on the death of Gaylen's brother, Dale Uecker, on May 2, 2022.

## Earth Care Corner

### How can we protect Earth's lungs?

Did you know that about half of the oxygen we breathe comes from forests? It's true, which is why forests are often called "the lungs of the planet." Equally important, forests are storage warehouses for carbon, and they also play an important role in weather: Water evaporating from leaves creates clouds that turn into rain.

Unfortunately, we have lost one-third of our forests, with half of that sum occurring in just the past 100 years. The effects of our growing climate change—hotter and longer seasons—increasingly are creating more wildfires, burning forests and towns, and leaving only charred remains. While we in the Northwest have been fortunate so far this year, raging fires are already scorching parts of the South.

True, more fires are reducing the number of forests, but the most significant loss of forests is the result of deforestation. Trees are felled to build houses, make paper and other products, graze livestock, heat homes, and more.

The Amazon rainforest is the largest forest globally, with 60% located in Brazil and the remaining 40% in eight other nations. By far, Brazil is the main contributor to its deforestation. How and why is this happening? This extraordinary and diverse biosystem is being clear-cut to produce meat, dairy, pulp and paper, rubber, and palm oil, an ingredient in everything from food, soap, shampoo, and other products; build roads; and mine for Earth's minerals and coal.

### There is hope, if we take action

While it may seem the situation is hopeless, there are several things we can do to protect Earth's precious canopy:

- Lobby companies to ensure they commit to a supply chain that is free of deforestation. Comment on social media platforms, letting them know your thoughts about this critically important issue.
- Buy products that support indigenous people and free trade. They have lived in the forest for generations; they depend on the trees and biodiversity for their existence.
- Reduce consumption of single-use products, especially those derived from paper, wood, and rubber.
- Avoid products that contain palm and soybean oil.
- Incorporate more meatless meals, particularly limiting beef.
- Ask restaurants and stores if their meat is sustainably raised. If it isn't, look and buy elsewhere.
- Purchase postconsumer recycled paper products and steer clear of items from virgin forests whenever possible.
- Check your investments. Some international banks and investment firms are funding sources for activities and projects that continue the destruction of our forests.
- Support local, national, and international nonprofits that are working to prevent deforestation and, indeed, plant new trees.

Saving our forests—Earth's lungs—is critical. For trees to fight climate change, they must be allowed to grow tall and old. Coastal forests, like those in the Northwest, play a pivotal role, for weather. We can help. By doing so, we contribute to our collective future.

Next time you are outside near trees, take a deep breath. And commit to helping Earth breathe deeply.

—Jan Bellis-Squires, member of Valley's Earth Care Committee

*Sources:*

"The Hidden Life of Trees" by Peter Wohlleben  
"What Can I Do?" By Jane Fonda

# THE MESSENGER



VALLEY COMMUNITY PRESBYTERIAN  
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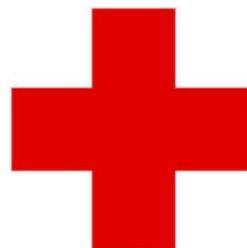
RETURN SERVICE REQUESTED  
TIME DATED MATERIAL



Marcia Sanderman with the High School Graduates' combo quilt she made. See p. 5.

## DEACONS' RED CROSS BLOOD DRIVE

The Deacons' Red Cross Blood Drive will be held at  
the Valley Youth House on  
**Wednesday, June 22, 1:30-6:30 p.m.**



**American  
Red Cross**

Contact Karen Miller or go to the Red Cross website to  
sign up and give. Up to three people may be helped  
with each pint of blood collected.  
Please help if you can!