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# The Messenger

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Valley Community Presbyterian Church July 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.

## July

**3** Communion

**10** Youth Commissioning  
New Member Class

**17** Cents-Ability Offering  
Together Women Rise,  
11:30 a.m.

**24**

**31**

## August

**7** Communion



## Vacation Bible School August 1-5



*Lift Off! Soaring to New Heights with God* is the theme for this year's Vacation Bible School (VBS) set for August 1-5, 9:00 a.m.-12:00 p.m. This high flying adventure will give children a sky view of God's power and Jesus' love. The \$55/child registration fee includes lots of fun and fellowship time through Bible stories, music, recreation time, and crafts. Your child will get to take home a t-shirt and water bottle as well! Older children and teens (going into 6th grade and older) may volunteer as assistants for the activity groups. Registration forms can be found online at [www.valleycommunity.org](http://www.valleycommunity.org).

**VBS volunteers are needed!** Please prayerfully consider how you may be of help this year. Currently, we need the following volunteers:

- Activity Station Leaders and Assistants for
  1. Bible Stories
  2. Recreation
  3. Crafts
  4. Mission
- Shepherds and Jr. Shepherds
- Snack Station Assistants
- Technology Leader and Assistants

Please contact Bev Hubbard ([bevmahubb@aol.com](mailto:bevmahubb@aol.com)) or 503.901.9062.

## Summer Musical August 1-5

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 Rheingans, Amy Rheingans, and Siena Hertafeld. It will be an awesome time of building community and refining performing skills. The musical will be selected based on the group size. The cost is \$100 per participant. The performance will be Friday evening, August 5. All are welcome, regardless of skill. Invite friends! To get involved, email Amy Rheingans at [amy@valleycommunity.org](mailto:amy@valleycommunity.org).



## Change vs. Transition



*The Rev. Robin Garvin*

Heraclitus, a Greek philosopher, once said, “Change is the only constant in life.” Who could argue that change has been our stable constant during two plus years of global pandemic? Remote work, masking, social isolation, live-stream worship...the list of changes could go on and on. In addition to all the pandemic related changes, our congregation has also experienced a significant change with the departure of Pastor Jeff last fall. Now we find ourselves in the midst of a transition.

You might wonder: What’s the difference between change and transition? Are they the same? Change and transition are not the same. Change is an event, while transition is a process. Using the image of a trapeze, transition has been described as the “time between trapezes,” when the old has gone but the new is not yet firmly established.

As people of faith, we understand that God is at work during transition. We can trust God to lead us through our pastoral transition and bring us to a fruitful future. There is certainly good and important work to be done during

a time of transition. I’m here to help lead that work, but I’m so glad that I am not doing this work alone!

Since January, Valley’s Session has been meeting regularly outside its monthly meetings to consider some of the big ideas involved in transitional times. These meetings have been Saturday morning mini-retreats with time built in for discussion, Scripture reflection, and prayer.

In addition to our pastoral transition, the Session is reflecting on the reality that the wider church is also in a transitional time when many of the traditional ways of engaging in ministry no longer seem effective. It certainly goes without saying that the years of pandemic have served to accelerate change and have caused discontinuity in ways we are only beginning to understand.

The Session’s retreat work is beginning to bear fruit. It is our intention to begin communicating the content from this work in town hall meetings starting in September. In the meantime, if you have questions, please feel free to contact me or anyone currently serving on session. Let’s all continue to lift our congregation in prayer during this pivotal time, trusting that God will faithfully guide and provide for us as we move into our next chapter of life and ministry!

Joyfully in Christ,

Pastor Robin Garvin

### THE MESSENGER

VALLEY COMMUNITY PRESBYTERIAN  
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8060 SW BRENTWOOD ST.  
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valleycommunity.org  
Email: mail@valleycommunity.org

### 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	Mary Kelly	Marjorie Russell
Eric Blair	Mike King	Anne Searce
Barb Bootsma	Chase Kopetz	Don Scrivens
Donna Carlson	Kim Kopetz	Mary Stapleton
Emily Collins	Wally Phillips	Tina Teed
Kaitlin Collins	Frank Powers	Avery Teed
Roberta Hahn	Carol Powers	Rye Teed
Lauren Hayes	Maria Rinella	Lee Ann Wichman

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 at Valley will meet on Sunday July 17 at 11:30 a.m. in the Fireside Room. This month we will learn about and be supporting the grant request for Soccer Without Borders in Nicaragua. Their mission is to use soccer as a vehicle for positive change, providing underserved youth with a toolkit to overcome obstacles to growth, inclusion, and personal success.

Other sports related non-profits have been supported in the past and isn't it intriguing to consider using sports as the avenue to promote such positive change in a community?

Soccer Without Borders uses a holistic, evidence-based approach to girls' development that emphasizes the leadership abilities of the student-athlete. Their programs are impactful as they combat the machismo culture, build trust, and help girls reduce barriers to schooling and social capital with scholarships, financial support, mentoring, and community building. Coaches provide valuable guidance encouraging teamwork and group effort in building healthy lifestyles, confidence, and competencies, with more girls completing high school and encouraged to "dream big" and imagine their future.

You are cordially welcome to join the dedicated members of Valley's chapter of Together Women Rise on the third Sunday of July at 11:30 a.m. following worship. All are encouraged to bring their own lunch. Water, dessert and place settings will be provided.

If you have any questions or would like to be added to the invitation list, please contact Ruthann Marquis at 503.260.9464.

## Valley Book Group

The Valley Book Group meets on the fourth Friday of the month and the July meeting will be held at 10:00 a.m. on July 22 in the Fireside Room. The book being discussed is *This Tender Land*, by William Kent Krueger. This is a novel about four orphans who travel the Mississippi River on a life-changing odyssey during the Great Depression. Over the course of one summer, these orphans journey into the unknown and cross paths with others who are adrift, from struggling farmers and traveling faith healers to displaced families and lost souls of all kinds. If you are already on the Book Group email list, you will receive a reminder of the meeting.



## Valley Youth "Summer Sweep"

Clean out your closets for VCP Youth Group!

Donate your gently used clothing and household textiles.

### We are collecting:

#### Clothing:

women's, men's, and children's clothes,  
coats, shoes, handbags, ties, belts, scarves,  
wallets, backpacks, etc...

#### Household Textiles:

bedding, comforters, blankets, sheets,  
towels, linens, tablecloths, curtains, pillows, etc...

Please bring all items in large plastic bags.

All items must be clean and in sellable condition.

#### Collection Days:

Sundays: July 3, July 10, July 24, July 31,  
August 7

11am-1pm

Thursdays: July 7, July 28, August 4

9am-12pm

Please bring all items to the youth house garage



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**

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

## **Save the Date!**

A picnic to celebrate VBS week  
at Valley and to generally  
**CELEBRATE!**

**Sunday, August 7  
after 10:00 a.m. worship.**



Please mark this on your  
calendars and await more  
information to come your way  
from the Fellowship Committee.

## **Summer Produce Table**

Once the sun starts shining in Portland our water-logged gardens will be starting to burst forth with great bounty! As yours does, please consider sharing part of what you grow with Valley members and friends at the Produce Table set up weekly in Davis Hall. This is an opportunity to bring veggies, herbs and flowers for someone else's enjoyment, as well as to allow for donations offered to support the Oregon Food Bank and the vital work that they do to ease the food insecurity in our state.



## **Fragrance Awareness Statement**

*Fragrance Awareness Statement approved by Session on June 14, 2022.*

The Session of Valley Community Presbyterian Church is aware that certain fragrances and chemicals, even in minute quantities, may trigger adverse reactions in some of our congregants. Valley Church desires to be a comfortable setting for all to worship, and a productive environment in which employees can work. It is not possible to eliminate all fragrances and chemicals, but there are some measures that will help reduce their impact. Valley strives to use cleaning products that are unscented, non-toxic, and do not leave aerosolized residues. To reduce exposure to paint, glue, and fiber fumes from property improvements, warning signs will be posted. In the spirit of love and understanding we ask all Valley members to be aware of the personal care products they use, such as lotions, aftershave, cologne, and fragrances, and be judicious in their application when at church.

To appreciate why this new statement is important to our congregation, it is helpful to have some understanding of fragrances in our environment and how they can affect sensitive individuals.

- Fragrances are literally everywhere and sometimes hidden, making it difficult to completely avoid them. They are in cleaning products, detergents, soaps, fabric softeners, air fresheners, hand sanitizers, shampoos, deodorants, after-shave, lotions, hairspray, perfume, cologne, and others. Manufacturers may employ masking scents to cover chemical smells of their products but still label them “unscented.”
- Ninety five percent of these fragrances are synthetic; a single fragrance contains anywhere from 50 to 300 different chemicals. These chemicals, derived from petroleum products, contain volatile organic compounds which become airborne and cause irritation to sensitive individuals. Manufacturers do not list their ingredients because fragrances are considered “trade secrets” and are therefore protected from disclosure.
- For sensitive individuals, exposure to even trace amounts of fragrance chemicals can cause headaches; eye, nose, and throat irritation; respiratory problems (including asthma attacks); skin rashes; gastrointestinal complaints, and neurological symptoms.
- There are individuals in our congregation who have various levels of sensitivity to fragrances.

The Session proudly embraces this opportunity for our congregation to take simple steps to help these people.

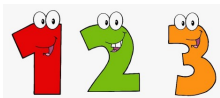


## Learning is fun!

Sadaf and Fatima are learning English ABC's, colors, and letter recognition! They enjoy singing on Mondays, Wednesdays, and Fridays with teachers Bev, Connie, Marah, and Karen.



Above: Bev Hubbard  
Clockwise: Karen Mitchell-Yakymi,  
Marah Murphy, and Connie Brenner.



Hello everyone! We have some exciting events coming up for the youth group this summer! On July 8, we will be joining Lake Grove Presbyterian's youth group for a night at Oaks Park. Cost is \$10 a piece. We will be roller skating, playing some games, possibly going on some rides, and getting ice cream after with the group. It will be so much fun!

July 15 through July 22 is our mission trip to Tsaille, AZ. Please be praying as our group prepares to travel and cares for the community of Tsaille.

Join us on July 27 for a hike in the Columbia Gorge. Please let Jenn know if you would like to join us. I will also need a few chaperones to come along with us. Hiking trail to be determined.

### July 2022

8 Oaks Park w/ Lake Grove

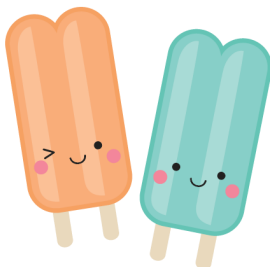
6:30pm-10pm

15-22 Mission Trip to Tsaille, AZ

27 Hike in Columbia Gorge

11am-3pm

Jenn Souders  
Youth Ministry Director  
[jenn@valleycommunity.org](mailto:jenn@valleycommunity.org)



### August 2022

1-5 Vacation Bible School

5 Celebration Lunch/Bowling  
after VBS

10 Bob Ross Paint Night

6:00pm-8:00pm

20 Fish Fest 12pm-10pm

24 Hike in Columbia Gorge

11am-3pm

27 Picnic in the Park in Estacada

September 1 Oregon State Fair

I will send more information with details for each event prior to the set dates. Looking forward to some summer fun!



## Valley Scrapbook



*The Personnel Committee put on a festive luncheon for the Valley staff and Valley Christian Preschool staff.*



*The Valley Youth Group held a successful pancake breakfast fundraiser to help raise funds for their mission trip to Tsailie, Arizona, July 15-22. Thank you to all who contributed!*





## Valley Notes

### Opportunities

**New member class:** With a welcoming heart, please reach out to anyone who may be interested in joining our church family. Pastor Robin Garvin and elders will meet in the Fireside Room at 11:30 a.m. on Sunday, July 10, to answer any questions, provide information, and set a date for those wishing to join.

**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.

**The father of the Ahmadzai family** will be getting his driver's license soon. It would be wonderful for him to attain the independence of being able to transport himself to work and his children to daycare. Please notify the church office if you know of anyone who has a car they would like to donate or sell at a low price.

**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. Volunteers are needed to host, contact Andrea Murdoch to help.

### Prayers

*We pray for those with health concerns:*

Kandice Bernhard, Robert Campos

*We pray for those who mourn:*

- Helen Webb and family on the death of Helen's husband, Jim, on May 31, 2022.

- Charlene Hegdahl and family on the death of Charlene's niece, Emily Glover Pigeon, on May 27, 2022.

- Friends and family of Mary Albrecht who died December 15, 2021.

- Janice Viestenz and family on the death of Janice's husband, Kerry, on June 28, 2022.

## Earth Care Corner

By Amy Henning

In honor of those summer days ahead, I have included two salad recipes that are good for mother earth and are vegetarian. If you prefer smaller mozzarella balls in your caprese salad like I do, include a container of ciliegine instead. I tend to cut these cute little mozzarella balls in thirds to my salad instead of large slices of mozzarella.

### GREEK SALAD



PREP TIME: 15 MINUTES  
TOTAL TIME: 15 MINUTES

SERVINGS: 4 PEOPLE  
CALORIES: 351KCAL

This easy Greek salad recipe is a flavorful, refreshing summer side dish! If you make it ahead for a gathering, save a few mint leaves to add right before serving.

<https://www.loveandlemons.com/greek-salad/#wprm-recipe-container-43127>

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

### CAPRESE SALAD



PREP TIME: 25 MINUTES  
INACTIVE: 20 MINUTES  
COOK: 15 MINUTES  
TOTAL TIME: 1 HOUR

SERVINGS: 8 PEOPLE

Caprese salad is a simple Italian salad, made of sliced fresh mozzarella, tomatoes, and sweet basil, seasoned with salt, and olive oil. It is usually arranged on a

plate in restaurant practice. Like pizza Margherita, it features the colors of the Italian flag: green, white, and red. In Italy, it is usually served as an antipasto (starter), not a contorno (side dish), and it may be eaten any time of day. The caprese salad is one form of a caprese dish; It may also be served as a caprese pizza, pasta, or sandwich.

[www.foodnetwork.com/recipes/ree-drummond/caprese-salad-recipe-3381696](http://www.foodnetwork.com/recipes/ree-drummond/caprese-salad-recipe-3381696)

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

## THE MESSENGER



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

RETURN SERVICE REQUESTED

TIME DATED MATERIAL



Pastor Robin has put together a guide inviting each member/friend of our congregation to read through the book of Psalms this summer, praying and reflecting on two Psalms each day.

[Click here for the guide book.](#)

Booklets are available on our website, [www.valleycommunity.org](http://www.valleycommunity.org) and will also be available to pick up in the front entry and in the Narthex of the church.

You will also find a schedule for our summer preaching series on page 4 of this newsletter.

Join us for our summer Bible study, Wednesdays through July 27. Pastor Robin will host two group gatherings each Wednesday: 10:30-11:30 a.m. in Armitage Hall and 7:00-8:00 p.m. via Zoom. This is a "drop-in" Bible study... feel free to drop in as you are able.