
The Messenger

Valley Community Presbyterian Church February 2023

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.

February

- 5** Communion
"A Future with Hope"
Conversation, 11:30 a.m.
- 12** Youth Sunday
- 19** Transfiguration of the Lord
Cents-Ability Offering
Gamble Library Birthday
Celebration, 11:00 a.m.
Together Women Rise,
11:30 a.m.
- 26** First Sunday in Lent
Congregational Meeting,
11:00 a.m.

March

- 5** Second Sunday in Lent
Communion



Ash Wednesday Service, Feb. 22



We begin Lent, the season of spiritual reflection and preparation for Easter, on Ash Wednesday, February 22. We will hold a special Ash Wednesday service at 7:00 p.m. in the sanctuary.

Pastor Robin will be offering the message. Special music, prayers, and the imposition of ashes will be offered. Don't miss this special time to prepare your heart for the season of Lent.

Valley Christian Preschool Prayer Partners



It's tough to be a young parent these days! In our post-pandemic environment, young families (and the rest of us!) are struggling to live into the "new normal." When asked, many have indicated they would love to know that someone was regularly remembering their family members in prayer. **Would you be willing to regularly pray for one of our Valley Christian Preschool families... and allow them the privilege of**

praying for you? We will be launching this prayer partnership during the month of February. This is a great way in the privacy of your own home to participate in Valley's mission to share the love and grace of Jesus with the next generation. If you are interested in being a VCP Prayer Partner, please email or call the church office.



The preschool dinner before the Christmas Tree Lighting was a big success! See p. 4.



Wendy Archibald painting the trim of a church doorway. See p. 6.

Lent 2023: "Meeting Jesus at the Table"



Rev. Robin Garvin

Lent is fast approaching! Lent begins this year on Ash Wednesday, February 22. Lent is traditionally a time of 40 weekdays between Ash Wednesday and Easter during which followers of Jesus focus on spiritual renewal and preparation for Easter.

In some traditions, self-denial is the focus of Lent with Christians "giving up something" for this season. I think it can be important in our culture of self-indulgence to periodically practice self-denial for the purpose of redirecting our desires toward that which is spiritually nourishing. During Lent, I have typically "given up" time I usually direct to other pursuits to "take on" a spiritually nourishing practice such as reading through a Lenten devotional book, or devoting more focused time to prayer.

I would like to invite you to consider "taking on" both an individual and a communal spiritual practice during Lent 2023. Our preaching theme for Lent 2023 will be, *Meeting Jesus at the Table*. Each week we will be considering familiar stories from the Gospels in which Jesus is sharing a meal with various groups of people. Through these stories we will learn how to love, serve, and expand the hospitality of God's grace to others. I am inviting each of us to "take on" the individual discipline of reading and reflecting on each of these Gospel passages *before* gathering for worship each week. In addition, I am inviting all of us to "take on" the communal practice of gathering "at the table" every Wednesday, March 1 through April 5, from 12:00-1:00 pm in Armitage Hall for lunch (bring your own brown bag lunch!), Communion, and a time of group reflection on the Gospel passage for the week.

Here are the Gospel passages we will consider during each week of Lent:

February 26:	Mark 6:30-44	
March 5:	Matthew 9:9-13	
March 12:	Luke 7:36-50	
March 19:	Luke 14:7-14	
March 26:	Luke 14:15-24	
April 2:	John 12:1-8	Palm Sunday
April 9:	Luke 24:13-35	Easter

I hope you'll join with your Valley brothers and sisters as we "come to the table" together that we might be nourished in faith and devotion during Lent 2023!

Joyfully in Christ,

A handwritten signature in blue ink that reads "Robin R. Garvin".

THE MESSENGER

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NEWSLETTER STAFF:
ANGELA GRAHAM

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

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

February Birthdays

Sharon Baker	Diana Domingo-Forasté	Ben Paroulek
Grace Baker	Joy Eaton	Phyllis Patterson
Richard Bryant	Marjorie Grootendorst	Debbie Purcell
Mary Collins	Norm Jacox	Bill Rea
Judy David-Hope	Jeffrey Keim	Antonio Rinella
David Derting	Barbara King	Don Sowers
Ariel Derting	Kristina Kurtz	

Happy birthday to all those born in February! 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

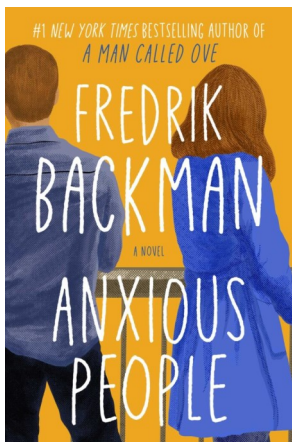
Collective action for global gender equality

maternal, and newborn healthcare services and birth education in four hard-to-reach communities in Guatemala.

Maya Midwifery is successful because they listen to local midwives and community members to address issues beyond training and service delivery. This has allowed them to tackle challenges in a holistic way that considers economic and community empowerment, cultural respect and support, and educational attainment along with health care delivery.

Together Women Rise at Valley meets on the third Sunday each month after worship at 11:30 a.m. in the Fireside Room. On February 19, our chapter will again host the Westside Rise chapter for a joint meeting, which will include a potluck lunch and an interesting program about this worthy nonprofit. Please join us for this meeting and get a taste for how your donation will impact many beneficiaries of Maya Midwifery International. If you have questions, please contact Ruthann Marquis.

Valley Book Group



The Valley Book Group meets on the fourth Friday of the month and the February meeting will be held at 10:00 a.m. on February 24, in the Fireside Room to discuss “Anxious People” by Frederik Backman. An instant number-one New York Times best seller, this novel from the author of “A Man Called Ove” is described as a “quirky,

big-hearted novel.... wry, wise and often laugh-out-loud funny, it’s a wholly original story that delivers pure pleasure” (People magazine). Looking at real estate isn’t usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The story is proof that the enduring power of friendship, forgiveness, and hope can save us - even in the most anxious of times. New members are always welcome and if you are already on the Book Group email list, you will receive a reminder of the meeting.

Raleigh Park Partnership Off to a Great Start!

During the month of January, our long-anticipated partnership with Raleigh Park School, Valley’s local elementary school, was launched! Currently, at the invitation of the new principal, Aki Mori, three Valley members are volunteering for one hour each week at Raleigh Park: Ann Johnson (3rd grade math), Carol Powers (5th grade math), and Pastor Robin (1st grade reading). Do you have an hour to spare each week to invest in the lives of young children? Consider becoming a Raleigh Park Partner! For more information, contact Ann Johnson, Kevin Killian, Carol Powers, or email Pastor Robin Garvin at (robin@valleycommunity.org).



Thank you for sending your check for **\$45.60** for the **2023 Per Capita** for each Valley member.

For more information about what per capita is and how it helps, go to:
oga.pcosa.org/percapita



Valley's Preschool Christmas Tree Lighting Dinner

Here it was mid-October, and the idea 'hit me like a lighting bolt'! We should host the preschool families to a dinner, prior to the Tree Lighting. So, I began asking around if this idea would 'go over'. The response from Kylie, the Preschool Director, was a resounding "YES". And the preparations began... you can see by the pictures how many families were in attendance and if you came to the lighting of the Christmas tree, you were in the thick of it. We figured around 140 parents and children came that evening, where the love and joy abounded. I'm hoping this is the first of many preschool inclusions into the life of Valley we have. I'd like to THANK: Sam Rheingans for setting up all the tables, Ruthann Marquis and Mary Kay Rodman for donating the pork, which was roasted and pulled by Mary Kay and her husband. A big thank you to my Saturday afternoon helpers, Janice Viestenz, Anne Johnson, Rachel Gerber, Pastor Robin, Bev Hubbard and preschool teachers. My photographer, Anne Scarce, my St. Nicholas, Hayden Bach, my song leader Amy Rheingans, teardown came from the Carlson and Scarce families and others. Last but not least, all the dishes washed by the Green Team. Thank you all for coming, sharing, and enjoying.

~ Andrea Murdoch and the Valley Mission Team.



Families gather on the front lawn of the church to sing around the Christmas tree.



There was a surprise visit from St. Nicholas who led the families to the Christmas tree on the lawn to sing carols.



Song books and flashlights were provided for caroling around the Christmas tree.



Miss Amy led the preschoolers in Christmas carols.



A wonderful turnout by the preschool families for the dinner.



Danielle, Pastor Robin, Kylie and Tiffany at the dinner.

The State of Valley's 2022 Giving

By Andrea Murdoch

Mission Committee Members: Andrea Murdoch, Elder, along with Connie Brenner, Janice Viestenz, Mary Kay Rodman, Diane Meyer, Ruthann Marquis and retired members Christine Danner and Janet Adkins, thank you for your faithful service.

Valley's Mission Committee continued to seek out and help those in the local area, the region, and around the world. Thanks to the generosity of you, the congregation, who donated money and items we were able to do this again this year. Here's what Valley did in 2022:

To the online and in-person giving, our four main yearly collections: **Joy, Peace, Pentecost** and **One Great Hour of Sharing** continued, as did **Cents-Ability**, where half of the coins collected go to the Presbyterian Hunger Program. Then, through our budgeting, we donate \$8,000 yearly to the **Presbyterian Partnership Giving** and \$500 to the **Theological Education Fund**, supporting future clergy.

Now, beginning and ending each year, we focus on the Reverse Advent Calendar and the donations go to the **Good Roots Food Pantry** in Milwaukee. Just last Sunday I took 354 pounds of food, household products and clothes to them. Other monthly projects continue to be the third Thursday Soup Kitchen at the **Transition Projects**, formerly known as Bud Clark Commons... we prepare and deliver a full dinner for 65 men. Are you interested? We're still looking for groups to cook. Here's to the knitters and crocheters of the **Prayer Shawl Ministry**, who made and delivered many items in 2022 and baby hats for the **Purple Period of Crying**. Most of these women also become the **Nine-Patch Quilters**, sewing quilts to "wrap" our High-School grads in love and prayers as they transition into adulthood. Please contact Ruthann or Angie for more details if you'd like to join this mission. **Together Women Rise** have returned for their monthly in-person lunch in the Fireside Room, now in its tenth year here; they each donate the cost of a lunch out and together with other chapters around the country, fund and empower women and children non-profits worldwide.

We've continued to collect food on the first and third Thursday and sent over 2,300 pounds of food to the **St. Matthew's Food Pantry**. They are now serving around 300 families per month. Volunteer duties in the pantry are still happening every third, fourth, and sometimes fifth Wednesday night, coordinated by Diane Meyer. We also participated with them in the September School Supply Drive for Raleigh Park and Vose schools, and again for the Christmas Toy Drive.

Also joining me in the back parking lot on those Thursday mornings were Carol, Connie, Wendy and Ruthann who collected your Styrofoam... many truckloads went to Agilyx. We brought back our Community Recycling event in October and plans are in the works for Earth Care Day April 2023. By using durables and recycling we are again an **Earth Care Congregation**.

Twice each year we distribute \$10,000 to applicants through the **Mission Endowment Grant**. In the January Messenger, you will see a list of the latest grants and as their thank you notes come in, you'll see those posted on the Mission Board, now located by the library. One of our 2021 recipients, **Sanctuary House**, is still going strong. There's still a solid group of volunteers helping Fawad and his family navigate school schedules, English, employment and many other obstacles and challenges that come from moving to a new country.

We continued our on-going support of the **Presbyterian Disaster Relief**, and donated pints of blood to the **Red Cross** several times during the year. At Easter and Halloween, we took activity baskets to **New Narratives/Luke Dorf**. Through the spring and summer months we held Prayer Vigils for Ukraine and sent funds directly to the front lines to help the refugees. In early June we also sent \$1,000 to the Presbyterian Church in Uvalde, TX for healing and support of the local families devastated in the shooting there. Our **Summer Produce Table** was again a great success, and the funds were sent to the **Oregon Food Bank**. We collected about 200 pairs of eyeglasses and some hearing aids for the **Lyons Club**. In April, Valley hosted its first **CROP Walk** here in Raleigh Hills and sent over \$1,300 to Church World Services. Stay tuned, I'll be asking you to join us again this year. We donated two carloads of household items to the "Welcome Home Project" and in September we collected over 300 lbs. of animal food during the Blessing of the Animals. October saw the delicious selections supporting our Bake Sale, with proceeds to **Bread for the World** and in November... **Mission Market**, which brought in several of the Mission Endowment Grantees from the spring grant, Uzohord and Kiev, Open Arms and Second Home. Which brings us to early December and the Pre-school dinner Mission hosted for them before the Christmas Tree Lighting. We had around 150 guests! That was an exciting evening. Next dinner you'll all be invited too. Just this past week, from our portion of the Pentecost and Peace offering we supported the Presbyterian Giving Catalog with over \$2,400 going toward various projects.

These are the things I know we did... but I know you did more. As we shake off the effects of COVID and devastating natural disasters in this ever-changing world, please remember WE continue to be the hands and feet of Christ. Our committee is always looking for new members, so if you are interested in this very satisfying work, please let me know. Or, if you have an organization we can contribute to, let me know. Look, we are a congregation re-envisioning a new normal. Your Mission Committee wishes to thank you from the bottom of my heart, for your ongoing and generous giving.

Reverse Advent Calendar 2022

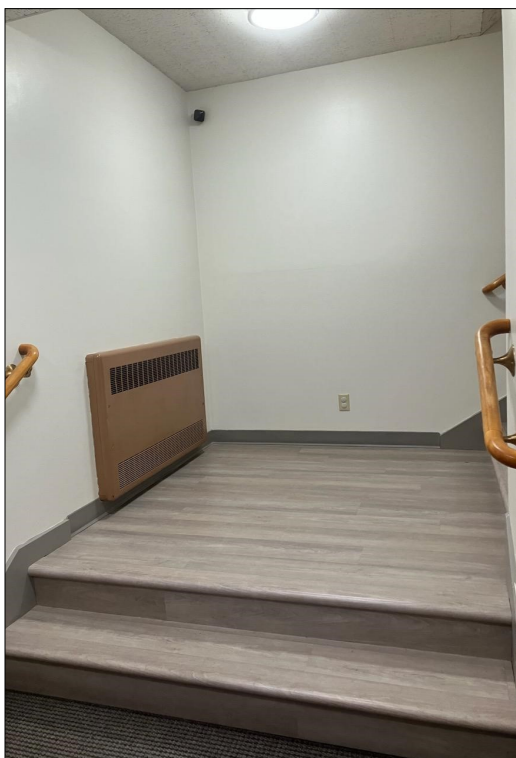
Thank you to everyone who participated in this fifth year of gifting Good Roots Food pantry with our donations. Back in 2017, Bill Kruchek asked if we'd ever consider making a donation to this program and when St Matthew's shut down for the Christmas break, I thought "Why do we need to stop our collection?" and thus began our connection. Just after Epiphany 2023 I delivered 358 lbs. of food plus supplies, animal items, clothes and \$100 in cash to the families in need in Milwaukie. It's wonderful that we can share our abundance with the greater Portland area.



Left: Peggy, the program director at Good Roots Food Pantry, accepting our donations and some of the items left at "collection central," the bins by the Fireside Room (photo on the right).



Paint and Water



New LED lights, and new flooring revealed grungy walls we have become "blind" to. Most facilities projects unearth a legacy of Valley's past. Here, remnants and shadows of former wall use, are revealed. Many ineffective and non-essential bulletin boards have been removed; there are more to come down.

Wendy Archibald has dedicated herself to washing off grime and patching endless holes left by former bulletin boards, wall décor, misguided carts and mysterious wall gashes before she takes out her brush and roller to make it bright and fresh.

Try out the new water fountain outside the kitchen. Water is now available here by either mouth-spout or bottle filler. Thanks to the Memorial and Gifts Ministry for funding this needed replacement.

We hope to introduce more updates and upgrades in 2023.



Follow Up On Sissy the Cat from Blessing of the Animals



By Dr. Lyn Bedsaul

I have had several Valley members ask me for a follow-up on the foster cat I brought to Blessing of the Animals on October 9, 2022. For those who missed that special service, I brought a patient of mine, Sissy. It was perfect timing since Sissy was living at my house as a foster patient, and she desperately needed some prayers.

Sissy came to Healing Arts Animal Care the first week of Oct '22 for hindlimb weakness/dragging her back legs. Exams from previous vets suspected a bulging disc, intervertebral disc disease (IVDD), and an MRI had been recommended. Owner declined MRI due to cost.

When I examined Sissy, she did not seem to be in pain like most IVDD patients. There was an important part of her history that could have been related to her condition. Sissy had been fed a diet of cooked chicken breast only for five years. I told the owner that Sissy could be suffering from major nutritional deficiencies, especially vitamin D, calcium, and phosphorus, and these could be directly causing her signs, which can be worse in the rear. The disease I was suspecting is called nutritional secondary hyperparathyroidism (I know, it's a mouthful). Owner declined lab testing due to cost. I told him it was imperative that Sissy be transferred to a balanced commercial diet formulated by a board-certified veterinary nutritionist, such as Purina Fancy Feast shredded chicken. I offered to foster Sissy at my house for the diet transfer which took several days. I still wasn't sure if the diet would work, or how long it would take. I also wasn't sure that Sissy's spine was normal. I warned the owner there was a chance she could worsen and need to be euthanized.

Six weeks later, on Thanksgiving, I got an amazing update from the owner. "Sissy is up and moving on all fours! Can't catch her! The Fancy chicken with vitamins has done the trick! Most of all Cat Church and prayers! Thank you so much!"

Thank you Valley for the blessing and the prayers. Sissy's success made my year! And this is a reminder for all pet owners on the importance of a balanced diet. 75% of your pet's diet must be formulated by a veterinary nutritionist: trusted manufacturers include Purina/Pro Plan, Science Diet/Hills, Royal Canin, and Iams/Eukanuba. Other smaller trusted companies: Farmer's Dog, Nom Nom, Farmina, and Ollie.

The following companies do not have a veterinary nutritionist:

Acana, Nulo, Honest Kitchen, Zignature, Taste of the Wild, Earth Born, 4 Health, Nature's Domain, First Mate, Fromm, Merrick, CA Natural, Origen, Nutro, Rachel Ray Nutrish, Open Farm.

If you feed your pet another brand, ask who formulated the diet. AAFCO certification is not enough. Even a vet is not enough. Must be a veterinary nutritionist. Also, avoid grain-free in dogs since this is linked to heart disease. If you add homemade ingredients that amount to 25% or more of the total diet, please visit balanceit.com, a nutrition service run by UC Davis vet school. You are also welcome to reach out to me for any questions. Go Sissy!

Dr. Lyn Bedsaul

Healing Arts Animal Care: physical therapy, rehabilitation, acupuncture

drlyn@healingartsanimalcare.com



WELCOME 2023!

The Prayer Shawl knitters kicked off their first meeting of the new year with a glass of sparkling apple cider! If you are interested in joining the knitters/crocheters who meet once a month, contact Ruthann Marquis.

YOUTH GROUP NEWS

Happy February everyone! This month for youth group we have a lot of activities planned. Check out our calendar of events!

February 1: Regular youth group, 6:00-8:00 p.m. We will start discussing and preparing the youth Sunday service.

February 8: Regular youth group, 6:00-8:00 p.m.

February 12: Youth Sunday! The youth will be leading the worship service. Throughout the Wednesday meetings leading to the service we will be talking about elements of the service and assigning sections for the youth to lead. We will need as many youth to participate as possible to help make the service run as smoothly as possible. Various service opportunities include leading the liturgy, handing out bulletins, collecting the offering, and sharing a few thoughts on the scripture for the day.

February 12: Also, on this day we will be having a Super Bowl Party in the youth house. The youth are invited to come eat food, play games, and cheer on the teams from 2:30 p.m. to whenever the game gets done (or whenever they're tired of it). Please bring delicious snacks to share. Parents are invited to stay to watch the game as well.

February 15: Volunteer at the Oregon Food Bank, Beaverton location, 6:00-8:00 p.m.

February 22: Lent starts with an Ash Wednesday service. Students and families are invited to attend the service and reflect on what this season means. More details to follow.

February 25: Roller Skating at Oaks Park, 2:00-4:00 p.m. Tickets will be \$12 per person for skate rental. We will meet at Oaks Park.

February 26: Chili cookoff fundraiser. More details to come

CALLING ALL COOKS: If you are interested in making a meal for Wednesday night youth group, please contact Jenn (jenn@valleycommunity.org). We have multiple slots available.

Music Makers

Music Makers (formally called Cherub Choir) is a free music class for children ages 4-6. Through joyful songs, fun games, and playful activities, children will develop in-tune singing, beat and rhythmic awareness, and skills in working as a group to make music. There are two class options: Wednesdays, 5:00-5:45 p.m. or Fridays, 2:15-3:00 p.m. Please spread the word to anyone who has a 4-6 year old child or grandchild. For more information, or to register, contact the program director, Amy Rheingans at amy@valleycommunity.org.



Save the Date:
**Gamble Library's 56th
Birthday Celebration**

**HELP US
Celebrate!**

February 19, 2023

**Join us in the library after
10:00 a.m. worship!**

A decorative graphic for a birthday celebration. It features a purple and white striped border with colorful balloons (orange, yellow, blue, purple) and confetti scattered throughout. The text is centered within the graphic.

Valley Notes

Opportunities

An Annual Congregational Meeting has been called by Session for Sunday, February 26 at 11:00 a.m. The meeting will be held in the sanctuary after 10:00 a.m. worship. During this meeting, the Session will present reports along with plans for 2023, receive the financial report for 2022, and review the budget for 2023.

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 foods are being collected. Items will be delivered to the St. Matthew's Food Pantry. Styrofoam is also being collected on those days.

Women's Bible Study will meet Thursday, February 9, at 1:00 p.m. in the Fireside Room. We will be discussing Lesson 6, "Sabbath and Hospitality". Study books are available in the church office or at class (\$10).

Do you have your name badge yet? Wear your name badge on Sundays to welcome visitors, meet new members and identify long-time members and friends. You may order yours with a strong magnet (\$9) or pin (free). Request forms are available on the church office counter or contact angie@valleycommunity.org for new or replacement name badges.

Prayers

We pray for those with health concerns:

Len Anderson, Shannon Russo, Konnor Hartley

We pray for those who mourn:

- Wendy Jenkins and family of Wendy's father, who recently passed away in Hawaii.

We pray for Ukraine: protection for the people and a swift end to the war.

Earth Care Corner

The following recipes are from the Blue Zones American Test Kitchen. The premise of the Blue Zones is that the founder, Dan Buettner, spent years uncovering the Blue Zones--the five places around the world where people consistently live to or past, 100--and sharing lifestyle tips and recipes gleaned from these places. Enjoy! ~ Amy Henning



Blue Zones White Bean Soup

Makes 2 Servings

Garlic - 2 cloves

Onion - 1/2

Tomato sauce - 3 cups

Water - 1 cup

Italian seasoning blend - 2 tsp.

Pasta - 1 cup

No-salt canned cannellini beans - 1 cup

Kale - 4 cups

Optional: Salt & pepper to taste; Balsamic vinegar to taste

Directions: Peel and mince the garlic and onion. In the microwave or on the stove, heat the tomato sauce and water with Italian seasoning and a peeled, minced garlic and onion. Add salt and pepper to the tomato soup base, if desired. Cook the pasta in a separate pot according to directions on the box. Rinse and drain the white beans. Stir in the white beans and kale, in with the tomato sauce, and heat until warm. Add in the pasta for a delicious, warm soup. As an option, you may finish it off with a drizzle of high quality balsamic vinegar and freshly cracked black pepper.



Barley Butternut Risotto

Ingredients:

2 tablespoons extra virgin olive oil

1/2 butternut squash or sweet potato, diced

1 leek, sliced

3 celery stalks, sliced

3 garlic cloves, grated or crushed

8 sage leaves or 1/2 teaspoon dried sage

1 1/4 cups (250 g) pearl barley

3 3/4 cups (900 ml) vegetable stock

1 ounce (30 g) Parmesan, grated

5 cups (150 g) mixed greens or spinach, chopped

Sea salt

Fresh ground black pepper

To Serve (optional)

Extra virgin olive oil, for frying

4 sage leaves

2 tablespoons pumpkin seeds

0.75 ounce (20 g) Parmesan, shaved

Lemon zest, to taste

Directions:

1. Heat the olive oil in a large Dutch oven or saucepan over medium heat. Add the squash, leek, and celery and cook, stirring occasionally, until the vegetables start to soften, 10 minutes.

2. Stir in the garlic and sage, and cook until fragrant, 1 minute, then add adding the barley followed by the vegetable stock. Bring up to a gentle boil and cook, stirring occasionally, until the barley is al dente, 30 minutes. Add a splash of water if it gets too dry.

[Click here for the full recipe or find it on our website \(www.valleycommunity.org\) under Resources & Links.](http://www.valleycommunity.org)

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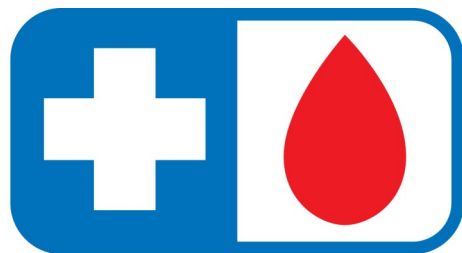
RETURN SERVICE REQUESTED

TIME DATED MATERIAL

Deacons' Red Cross Blood Drive

Wednesday, March 1, 1:30-6:30 p.m.

Up to three people may be helped with each pint of blood collected!



GIVE
Blood

Contact Karen Miller or Anne Scarce for more information or sign up on
www.redcrossblood.org.