

# The Vision

Volume 16, Issue 11

“For the VISION is for the days yet to come.” *Daniel 10:14*

November 2023

## Food for the Body and Soul: We Are Stewards By Pastor Ann

AS I WAS DRIVING with the radio tuned to NPR and I heard the most disturbing story—the cattle in Europe are dying because of global warming. The sequence of events goes like this. There is a terrible disease called Epizootic Hemorrhagic Disease, or EHD. EHD is typically found in the tropics and affects cattle, deer and other animals. It is spread by mosquitos which were largely limited in their range because the cooler temperatures of fall would arrive in Europe before the mosquitos that carry the disease could get there and spread it. But due to abnormally high temperatures in Europe, cases are now spreading quickly across Spain, Italy and France. The virus causes internal bleeding, miscarriages and sterility. It's rarely fatal, but ranchers are concerned for their animals and livelihoods.

Climate change, that is global warming, is destroying livelihoods. Which is ironic because the arguments against changing to correct climate change and to reduce the impact of human activity is almost always the impact that change will have on commerce. It's also ironic because our farming methods (and by “our” I means humanity's, not just one nation or one culture) are a big part of what is warming the planet. When I tried to pull up the story so I could be sure to be accurate in this article, what I found at first was article after article about how farming methods are creating massive amounts of methane, which leads to global warming.

Our farming is also affecting biodiversity. Did you know that only 4% of mammals on earth are non-domesticated? Lack of diversity is important because

without biodiversity diseases spread much more quickly.

God made us the stewards of this world, of God's creation. Isaiah 24:4-6 paints a grim picture of what can happen when we are not good stewards. “The earth dries up and withers...is defined by its people...a curse consumes the Earth...[its] inhabitants are burned up.” Scripture warns that his is our future if we don't take care of the earth. God has created an amazing world that has shown us over and over again that damage can be reversed. But that doesn't mean we should be complacent and test creation's resilience.

<sup>4</sup> The earth dries up and withers, the world languishes and withers, the heavens languish with the earth.

<sup>5</sup> The earth is defiled by its people; they have disobeyed the laws, violated the statutes and broken the everlasting covenant.

<sup>6</sup> Therefore a curse consumes the earth; its people must bear their guilt. Therefore earth's inhabitants are burned up, and very few are left.

**Isaiah 24:4-6**

up.” Scripture warns that his is our future if we don't take care of the earth. God has created an amazing world that has shown us over and over again that damage can be reversed. But that doesn't mean we should be complacent and test creation's resilience.

We can reduce our carbon footprint, how much our personal lifestyle is contributing to the production of gasses that result in global warming. If you go to [www.nature.org](http://www.nature.org), you can actually get a calculation of your carbon footprint and

suggestions on how to reduce it. [www.climate.gov](http://www.climate.gov) also has information on what we can do. We have a group in our church, The Green Team, who cares very deeply about these issues and if we all join them, we can help. Look for their article about microplastics in this edition of The Vision.

One thing we can do is eat less meat. I'm not saying we should all become vegetarian, although that diet has a lot to commend it. I am an omnivore—I like meat, and seafood, and turkey. But eating more vegetable-based meals will reduce our overall carbon footprint. To that end, this month's recipe is stuffed delicata squash, a dish worthy of being a holiday centerpiece.

# Stuffed Delicata Squash

## Ingredients:

2 medium delicata squash  
1/2 cup wild rice  
1/2 cup quinoa  
1 cup vegetable broth  
1/2 cup dried cranberries  
1/2 cup chopped pecans  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 teaspoon ground cumin  
1 teaspoon curry powder or garam masala  
1/4 teaspoon ground nutmeg  
Salt and black pepper to taste  
2 tablespoons olive oil  
Fresh parsley, for garnish (optional)



## Instructions:

### Prepare the Delicata Squash:

1. Preheat your oven to 375°F (190°C).
2. Cut the delicata squash in half lengthwise and scoop out the seeds and membranes using a spoon.
3. Brush the squash halves with olive oil and season with salt and black pepper.
4. Place the squash halves, cut side down, on a baking sheet and roast in the preheated oven for about 25-30 minutes, or until they are fork-tender.

### Cook the Wild Rice and Quinoa:

1. While the squash is roasting, rinse the wild rice and quinoa under cold water.
2. In a medium saucepan, combine the vegetable broth, wild rice, and quinoa.
3. Bring to a boil, then reduce the heat to low, cover, and simmer for 15-20 minutes, or until the grains are cooked and the liquid is absorbed.
4. Fluff the cooked grains with a fork and set them aside.

### Prepare the Filling:

1. In a large skillet, heat 2 tablespoons of olive oil over medium heat.
2. Add the chopped onion and sauté until it becomes translucent, about 3-4 minutes.

3. Stir in the minced garlic and cook for an additional minute.
4. Stir in the spice and allow them to warm and become aromatic (a minute or two is all it takes).

### Combine the Filling:

1. Add the cooked wild rice and quinoa to the skillet with the sautéed onion and garlic.
2. Stir in the dried cranberries, chopped pecans.
3. Mix everything together, give it a minute or two for all the flavors to combine, and season with salt and black pepper to taste.

### Stuff the Squash:

1. Carefully flip the roasted delicata squash halves so they are cut side up.
2. Fill each squash half with the prepared rice and quinoa mixture, packing it down gently.

### Bake the Stuffed Squash:

1. Return the stuffed delicata squash to the oven and bake for an additional 15-20 minutes, or until the filling is heated through and slightly crispy on top. (If your filling is hot, and you prefer it soft, you can skip this step.)

### Serve:

1. Once the stuffed squash is ready, remove it from the oven.
2. Garnish with fresh parsley, and serve hot.

Enjoy your delicious and nutritious stuffed delicata squash! This dish makes a wonderful vegetarian or vegan main course for any autumn or winter meal.

**Note:** Delicata squash is a seasonal vegetable and is not always available, so buy them when you can, fall through winter. Delicata is particularly good for this dish because, unlike many winter squash, you can eat the skins! If delicata is not available, use any winter squash, using essentially the same method, although the timing on cooking the squash may change.

I WOULD LIKE TO INTRODUCE a story that Pierre Rabhi, a farmer-philosopher, heard directly from African tribes in his book. This is a story about the values of a primitive society, and it carries a significant message for us today. A chemical company provided fertilizer to the farmers of a certain African tribe. When the farmers first used this fertilizer on their fields, they obtained an unprecedented harvest. Astonished by this tremendous success, they sought out the tribal sage known as the 'Blind Chief' and said, "We have harvested twice as much grain as last year." After a moment of reflection, the Blind Chief said to them, "My children, this is a very good thing. Next year, plow only half of your fields." These are people who know well how much they need to live. They are often called a "primitive society," but in reality, they are wise people to the extent that they cannot be called primitive. They do not crave more than what is necessary. They are wise people who understand that when one becomes fixated on more than what is necessary, it eventually leads to chaos and turmoil for the family and the entire tribe.

This is a story that took place in Colombia when Europeans began to arrive in South America. The Europeans witnessed indigenous people using rudimentary tools to cut wood and decided to send them a large axe capable of felling trees in a single stroke. The following year, the Europeans returned to the village to observe how the indigenous people were using the axe. Upon their arrival, the villagers gathered around them with smiles on their faces. The chief approached and said, "We don't know how to express our gratitude to you. Ever since you sent us this axe, we've been able to enjoy more leisure." The indigenous people could complete their work more quickly and were highly satisfied with having more free time. The Europeans had assumed that, like themselves, the indigenous people would work harder and accumulate more to acquire greater possessions, but that wasn't the case. The indigenous people didn't seek to possess more than they needed, understood what was truly important and what they needed, and lived self-sufficiently while savoring each day.

The British playwright Bernard Shaw left these words on his tombstone: "I knew if I stayed around long enough, something like this would happen." It's



a candid epitaph that honestly reflects the way we live our lives. It serves as a warning to those who fritter away their time, day by day, moment by moment. People who dilly-dally, torn between wanting to do this and that, thinking they should have done this or that, end up aging in vain, consumed by regrets and desires, with nothing properly accomplished in their fleeting existence.

This is Isaiah 26:3. **"You will keep in perfect peace those whose minds are steadfast because they trust in you."** Who are those living a life in perfect peace? They are the ones with steadfast hearts, consistently relying on God, and entrusting themselves to Him, enjoying abundance and peace. When one doesn't entrust their life to God and lacks trust in Him, they become hesitant, inconsistent, and their hearts are not steadfast, easily swayed by the slightest breeze. Ultimately, they reach the terminus of life with nothing but regret and lamentation.

Introducing a few rules from the Rule of Saint Benedict quoted by Beopjeong, a Korean Buddhist monk:

- \* Do not be swept away by the ways of the world.
- \* Do not let your anger lead to action.
- \* Examine your actions at all times.
- \* Believe firmly that God is always watching over you.
- \* Speak as little as possible.
- \* Do not engage in empty or jesting speech to amuse others.
- \* If there has been an argument, seek reconciliation before the day is over.

# VRUMC Food Pantry: Addressing Food Insecurity in Our Community

**FOOD INSECURITY IS THE LACK OF CONSISTENT ACCESS TO ADEQUATE FOOD.** IN Arizona, food insecurity is a problem 2 million Arizonans are faced with every year. Nearly 30% of our neighbors are considered working poor, living on wages that barely cover housing and other basic necessities.

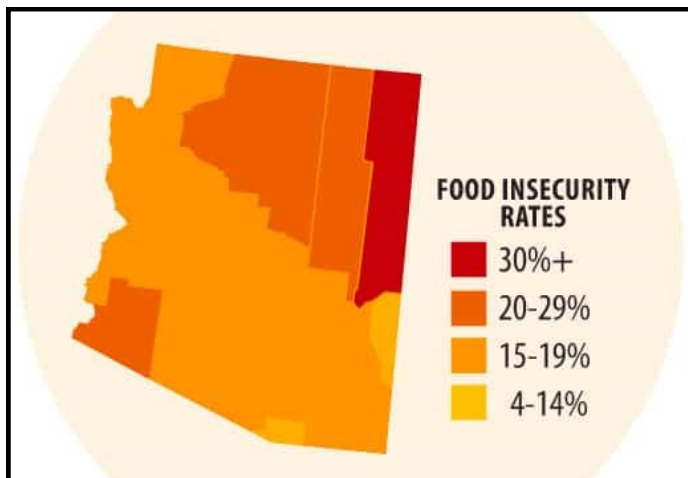


Image Source: [firstfoodbank.org/learn/](http://firstfoodbank.org/learn/)

With little money to spare for food, many in our community — friends, family, coworkers — often go without food for meals at a time and have no other choice than to purchase the cheapest, sometimes expired, groceries to feed themselves and their families.\*

A single food box currently costs about \$40 to fill. As the holidays approach, many families will seek assistance from Velda Rose UMC's Food Pantry. If you would like to be a part of addressing food security in our community, you may give directly to VRUMC (specifying that your gift goes to the food pantry), or donate food such as the items on the following two lists (see end of article for more information on when and where to bring your donations).

## Our current Food Pantry needs are:

- ◆ Peanut Butter
- ◆ Spaghetti & Canned Spaghetti Sauce

- ◆ Canned meats
- ◆ Canned vegetables (all kinds)
- ◆ Granola bars
- ◆ Canned fruit
- ◆ Canned beans (all kinds)
- ◆ Pudding cups
- ◆ Jelly / Jam
- ◆ Canned soups (vegetable beef, chicken noodle & tomato)
- ◆ Saltines

## HOLIDAY BAGS FOOD DRIVE



In addition to our regular items, we also give out a holiday bag consisting of:

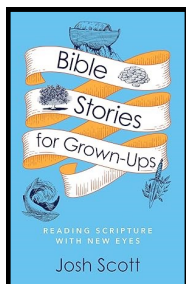
- ⇒ Canned Ham
- ⇒ Pie shells: graham or cookie crusts (not raw nor frozen)
- ⇒ Canned pie filling
- ⇒ Jiffy cornbread mix
- ⇒ Canned yams or sweet potatoes
- ⇒ Canned mixed vegetables (green beans, peas or corn)
- ⇒ Dry potato boxes or packets (scaloped, mashed potatoes—various flavors)
- ⇒ Canned cranberry sauce
- ⇒ Stuffing mix

You may donate directly to the Food Pantry Mondays and Thursdays from 9:30 AM to 11:30 AM, at the church office Mondays through Thursdays from 9 AM to Noon, or on Sundays in the shopping cart in the Sanctuary lobby.

\*Source: [www.firstfoodbank.org/learn/](http://www.firstfoodbank.org/learn/)



# Worship and Bible Studies in November and December



WE WILL CONTINUE our work with Bible Stories for Grown-Ups in November. Everyone is welcome to join us on Wednesday at 4 pm, even if you haven't attended before. We have extra books. And we share dinner after at 5:30pm!

The study schedule is:

November 1: Jesus in Unexpected Places:  
The Parable of the Talents: Matthew 25:14-20

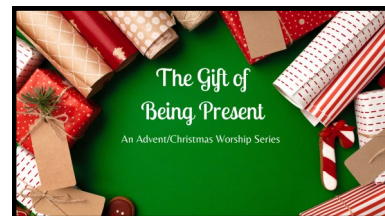
November 8: When Repentance Isn't Enough: Looking for Zacchaeus, Luke 19:1-10

November 15: Updating Our Lenses: Healing the Man Who Was Blind, Mark 8:22-26

November 21: No class—too busy cooking!

We will begin Advent early, on November 26, rather than

the first Sunday of December. This Advent and Christmas we will focus on The Gift of Being Present. You won't want to miss it. Our Advent Study will be a book study using *Right Here, Right Now*, by Amy Oden.



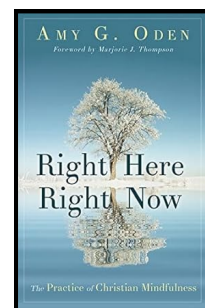
Nov. 29: Hope and Christian Mindfulness

Dec. 6: Peace and Curating Mindfulness

Dec. 13: Joy and Practices and Postures

Dec. 20: Love and Practices and Postures

Dec. 27: No class.



We are having a blood drive on Sunday, December 17, 2023.

To schedule an appointment, go to <https://tinyurl.com/VRUMCBloodDrive> or scan this code.



## November Sunday and Wednesday Morning Services

### NOVEMBER 5

*Jesus in Unexpected Places:  
The Parable of the Talents*  
Matthew 25:14-20  
Pastor Ann

### NOVEMBER 12

*When Repentance Isn't Enough:  
Looking for Zacchaeus*  
Luke 19:1-10  
Pastor Ann

### NOVEMBER 19

*Updating Our Lenses:  
Healing the Man Who Was Blind*  
Mark 8:22-26  
Pastor Ann

### NOVEMBER 26

Advent 1: Being Present with Hope  
Psalm 80:1-2; 1 Cor. 1: 4-7  
Mark 13:24-37  
Pastor Ann

### 10:00 AM WEDNESDAY ONLINE DEVOTION

11/1 - *Holy Order*  
Romans 12:4-6; Matt. 6:27-34

11/8 - *Holy Responsibility*  
Isaiah 24:4-6; Romans 8:12-19

11/15 - *Holy Connection:*  
Romans 8:19-21

11/22 - *Holy Thanksgiving*

11/29 - *Holy Harmony*  
Ecc 3:1-8, Hosea 2:18-23  
Rev 21:1-5

# United Women in Faith



United  
Women  
in Faith

UNITED WOMEN IN  
FAITH FALL PROGRAMS



UWF'S NEXT MEETING will be held on **November 2, 2023 at 11:30 a.m.** in Moore Hall. Our guest speaker will be from Wesley Community & Health Centers. Wesley began as a small community center in south central Phoenix as a mission institution of the Methodist church (which became The United Methodist Church in 1968.) Since 1950, Wesley Community and Health Centers has provided community programs, services, classes, and other activities for the primarily Hispanic families residing in south-central Phoenix. As a national mission institution, Wesley is supported by United Women in Faith through grants, training, technical support and member involvement. Part of the funds raised at our bi-yearly rummage sales are used to support this important mission.

The business meeting will include voting on a slate unit officers, a list of suggested programs and a budget for 2024. We will also be having our yearly "World Thank Offering" program. **Please bring a potluck dish to this meeting.** Come join us in fellowship!

## COUNTERACTING BIAS WORKSHOP



UWF is sponsoring the second session of the Counteracting Bias workshop on November 16 from 1-3 p.m. Please join us as we continue our journey into understanding implicit bias and how our automatic assumptions influence the way we treat people.

Becoming aware of our implicit bias is a major step in growing to love our neighbors the way Jesus loves.

## UWF READING PROGRAM FOR 2023

Please turn in your reading report paperwork for 2023 to Mary Killgrove by the end of November.

The report needs to be checked and turned in to the East District for a certificate to be issued in January 2024.

## HOPE WOMEN'S CENTER WAS AN INFORMATIVE PROGRAM!



UWF members listened as Linda Rinzel from Hope Women's Center provided an informative slide presentation at our October unit meeting. Hope Women's Center is a faith based, non-profit organization that provides vulnerable women and teen girls with education, mentoring, and support. Thousands of women, teens and their families have received free services and care through Hope Women's Center's programs. We were all amazed at the number of valuable services this mission provides to women.

## RESPONSE (the magazine of women in mission) September/October 2023 edition



What is a deaconess or home missionary? To answer this question, you need look no further than on pages 12-15 of the Response magazine September/October 2023 edition. United Methodist deaconesses are laypeople who trace their roots back to the ministry

of Phoebe found in Scripture in Paul's letter to the Romans. In his letter, Paul writes, "I commend to you our sister Phoebe, a deaconess of the church at Cenchrae, that you may receive her in the Lord as befits the saints and help her in whatever she may require from you, for she has been a helper of many

## United Women in Faith, continued

and of myself as well” (Romans 16:1-2). Methodist deaconesses in the late 19<sup>th</sup> and early 20<sup>th</sup> centuries are credited with starting schools and hospitals in communities where they did not previously exist. Deaconesses and home missionaries of the United Methodist Church are consecrated to a lifetime of Christ-like service by a United Methodist Bishop. In fact, there is only one other relationship in the United Methodist Church that is consecrated, and that is the Office of Bishop. We are fortunate to have Deaconess Pat Goss as a member of the Velda Rose United Women in Faith unit.

### OTHER IMPORTANT DATES:

**November 2 at 11:30 am:** November Velda Rose UWF unit meeting. The speaker will be from Wesley Community & Health Centers.

**November 16 at 1:00 pm:** Second session of Counteracting Bias workshop in Moore Hall

**November 28 at 9:00 am:** UWF Executive Board meeting.

*God of love, justice, and service, guide us and help us to listen to those around us. Help us see you inside each person we meet, reflecting that divine light back and letting them know they are loved.*

– Mandy Caruso-Yahne, Volunteer Manager,  
Amethyst Place, Kansas City, MO

*We believe love in action can change the world!*

*Mary Killgrove, President of Velda Rose United Women in Faith*

## United Women in Faith Stocking Project



CHRISTMAS IS COMING SOONER than we think. Again, we are accumulating items to fill 500 Christmas stockings for children at 4 local schools. As you travel, please save those unused lotions, shampoos, conditioners and soaps. When you go to the

dentist, please ask for extra toothpaste and tooth brushes. McDonald happy meal toys are great for stocking stuffers. We appreciate your support to make less fortunate children have a merrier Christmas.

### Our total list of items needed are as follows:

Toothpaste and tooth brushes  
Small toys for stockings  
Cereal bars  
Crayons  
Lotions (travel size)

Small story books  
Shampoos and conditioners (travel size)  
Stuffed animals  
Soaps (travel size)  
Cash to purchase what we need  
Combs  
Coloring Books  
Individually wrapped Candies (no chocolate)

**Right now we really need** coloring books (450), soaps (150), small stuffed animals (about 200 more), cereal bars (2000), and candy (lots).

If it seems like a lot, we are helped by the Women of Faith budget, but all you can do helps. Thank you.

If you have questions, please contact Arlene Oisten. Items can be left at the rummage building during the week, marked for the Christmas Stocking Project.



# Introducing JB Brown, VRUMC's New Music Director

A  FROM VRUMC'S NEW MUSIC DIRECTOR, JB BROWN

Dear Velda Rose UMC family—

Humbled by your gracious welcome. Each of us have our gift we bring to the table of the Lord. I thank him for giving me the gift of music and the privilege of using it to edify the Saints. Choir rehearsals begin November 15, 6:30-8:30pm in the Choir Room. All are welcome. Planning for the choir to sing 4 choral anthems on select Sundays between now and the end of the year. Individually on a corporate basis, each person in the choir is also ministering to the spiritual uplifting and needs of the church family. Trusting that many of you are called to this purpose.

Yours in Christ,  
JB

## Velda Rose Choir Schedule



<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>
Wed	Nov 15th	6:30pm	First Choir Rehearsal
Wed	Nov 22nd	6:30pm	Choir Rehearsal
Sun	Nov 26th	8:30am	Rehearsal / Performance
Wed	Nov 29th	6:30pm	Choir Rehearsal
Wed	Dec 13th	6:30pm	Choir Rehearsal
Sun	Dec 10th	8:30am	Rehearsal / Performance
Wed	Dec 13th	6:30pm	Choir Rehearsal
Wed	Dec 20th	6:30pm	Choir Rehearsal
Sun	Dec 24th	8:30am	Rehearsal / Performance
Sun	Dec 31st	8:30am	Rehearsal / Performance



Prospective Choir Members - I look forward to meeting you and getting to know you as we, together, provide this most important part of the life of the church; praising God thru song and edifying the Saints. Yours, in Christ,  
JB Music Director

# Thanksgiving Potluck Sunday, November 19

Let's gather around a Thanksgiving table to celebrate our community, our blessings, and our God. Velda Rose will provide the turkey, gravy and stuffing. You are encouraged to bring your favorite side dish or dessert. Tickets are free when you sign up in worship, or through the office. We also ask that you tell us what you plan to bring or at least the category (vegetable, salad, starch, rolls, dessert) so people can see what is still needed. If you are not a

cook, don't have access to a kitchen, etc., no worries! Just come and enjoy fellowship. Please have your dishes ready to serve and our volunteers will make sure what needs to stay hot, stays hot, and what needs to stay cold, stays cold. But we will not have people to cook your food for you. Labeling your dish is helpful for people with allergies (common allergies include: peanut, tree nuts, wheat, soy, dairy, eggs, shellfish, etc.).



# VRUMC United Women in Faith News



United  
Women  
in Faith

## VELDA ROSE UNITED WOMEN IN FAITH ANNOUNCES MEETING WITH CHURCH WOMEN UNITED OF MESA

EVENT: SPEAKER FROM "SAVE THE FAMILY" MESA CHARITABLE ORGANIZATION

DATE: November 3, 2023, Friday

TIME: 9:30 a.m. Refreshments & 10:00 a.m. Program

PLACE: MOORE HALL, Velda Rose UMC

PURPOSE: Begin collection of baby diapers needed by homeless families

SPONSORED BY: Velda Rose UWF & Velda Rose

UMMM HOSTESS: Billie Larime, VELDA ROSE UWF Representative to Church Women United of Mesa

ALL WOMEN & MEN ARE WELCOME TO ATTEND!

### CHURCH WOMEN UNITED OF MESA

CWU of Mesa is the Ecumenical group of women from the following churches:

Velda Rose UMC, First UMC of Mesa, Red Mountain UMC, Grace UMC, Christ the King Catholic, First Presbyterian of Mesa, Gilbert Presbyterian, and Amazing Grace Presbyterian.

In the past year, from September 2022 thru May 2023, the Church Women United of Mesa gave grant money to the following Mesa Charitable Organizations: New Leaf, Helen's Hope Chest, St. Mary's Food Bank, The Salvation Army of Mesa, Sunshine Acres, Save the Family, and Lura Turner Homes. Each organization received from \$200-\$400.

The ladies of Church Women United of Mesa also collected In-Kind donations: socks for the homeless, reusable eyeglasses and hearing aids, food pantry items, baby products, books & toys for foster children, and supplies for Christmas Stockings.

On November 3rd Church Women United of Mesa will

meet at Velda Rose UMC to donate baby products and diapers to help "Save the Family". During the Christmas Advent Season, The Velda Rose United Women in Faith and The United Methodist Men in Mission will continue the Baby Diaper Drive with the Advent Calendar Project. Your donations of In-Kind products change lives in the Mesa area.

*Written by Billie Larime, representative from Velda Rose UWF to Church Women United of Mesa.*



**"SAVE THE FAMILY"  
CHARITABLE MESA  
ORGANIZATION**

Supported by United  
Women in Faith &

United Methodist Men in Mission

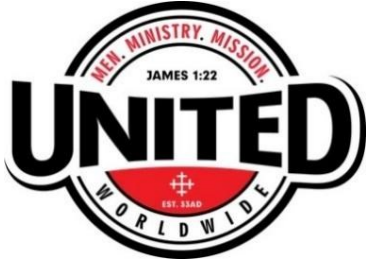
*Written by Billie Larime, UWF Membership Chair*

Since 2020, both the UWF & UMMM have been helping support the mission work of "Save The Family" by giving money and IN-KIND donations. "Save the Family" is a Mesa Organization located at 725 E. University Dr. serving Homeless Families. We are currently experiencing a Homeless Crisis in Maricopa County due to an ongoing and severe lack of affordable housing, stagnant wages, skyrocketing rents, and near-record evictions.

"Save the Family" empowers families to conquer homelessness and achieve life-long independence. In 2020 we were able to collect donations from Velda Rose UMC attendees and Church Women United of Mesa attendees in the amount of 1,500 baby diapers plus other baby products. In 2022 we collected over 2,444 baby diapers plus baby wipes, onesies, books, toys, and baby products worth over \$1,461.00.

With the help of Pastor Ann and the use of the Christmas Advent Calendar, UWF, and UMMM hope to encourage members of our congregation to surpass our donations IN-Kind to not (continued on page 10)

## United Methodist Men



THE VELDA ROSE UMMM team provided the food concession for the highly successful UWF Rummage Sale, 26-28 October.

Funds generated by the food and beverage sales will be used to support the many local charities our group is involved with, such

as scholarships for under privileged high school grads, monthly fresh produce giveaways, and the UWF donation drive for baby items.

Our next monthly meeting will be held on 6 November, 1130-1330, in Martin Hall. Stop by for some fellowship, enjoy a light lunch, and learn about some of the missions we participate in.

Lee Nixon, Acting President

## VRUMC United Women in Faith News, continued



only the Homeless Babies of Mesa, but to also help feed the hungry through our Food Pantry.

Remember this Christmas

to donate IN-Kind to “Save the Family”. End homelessness and change lives for generations to come.

**2023 Advent Calendar** is ready as we anticipate an early start of Advent on 11/26. This year’s theme: The Gift of Being Present. This year we will again be gathering diapers and baby items for Save the Family and food for our Food Pantry. The full calendar will be available in worship and on our website.



### COUNTERACTING BIAS

**“A great program!” So said one of the 21 attendees after the first session of the workshop “Counteracting Bias: Seeing People as They Are.”** Biases are automatic responses that can be positive and can protect us from danger. We see a

tiger and we immediately sense danger. We see a house cat and perceive no danger. Biases can be neutral. We like the color blue, but not the color orange. But in other cases, our biases can influence the way we react in negative ways. Such was the case in John 1:43-51, where Nathanael upon hearing from Philip that they had found the one Moses wrote about in the Law—Jesus of Nazareth, responds saying “Nazareth! Can anything good come from there?” He was reluctant to believe that Jesus was the Son of God because of his bias against the town of Nazareth. At the workshop, we learned that biases are learned behavior (influenced by our experiences, books we've read, TV programs we watch, movies we've seen) and can be favorable or unfavorable. By becoming aware of our biases, we can better examine which of our biases are helpful and which need to be unlearned.

The next workshop will be held on Thursday, November 16, from 1-3 pm. Please join us as we learn about different types of biases. Everyone is welcome to attend even though you missed the first workshop. If you have any questions, please contact Mary Killgrove.

**New Office Hours: Mondays — Thursdays 9:00 AM to 12:00 PM**

## Holidays With Orpheus December 5



ORPHEUS MALE CHORUS presents its annual "Holidays with Orpheus" concert at Velda Rose United Methodist Church on Tuesday, Dec. 5 at 7:30

p.m. The first half of our program will feature the music of Dan Forrest and Howard Helvey. Selections will include "O Come All Ye Faithful," "Ding! Dong! Merrily on High" and "Hark the Herald Angels Sing" and all of the music by these composers will be for four-hand piano. The second half will be a little lighter and will include our traditional sing-a-long, and you might...you might see some reindeer.

Ticket prices for Holidays with Orpheus are \$25 for adults, \$20 for seniors and students and \$10 for



"Silent Night" at Velda Rose United Methodist Church

children 5-11. Children under the age of 5 are admitted free but will need a ticket. Tickets purchased in advance are being sold online only at [www.orpheus.org](http://www.orpheus.org). Tickets purchased at the door receive a \$5 surcharge.

## East Valley Chorale December 10

**DECEMBER 10, 2023 AT 6:00 PM**, Velda Rose United Methodist Church will host the East Valley Chorale and Mesa Regal RV Park Choir, along with a full orchestra, in presenting our annual Christmas Concert.

We hope you and your family will join us for an evening sharing inspirational music that celebrates the birth of Christ. We know this music will touch you with God's love as well enjoying some fun stories and a sing-a-long or two.

The event is free, but if you enjoy the program, a free will offering would be gratefully accepted. (Please make checks out to East Valley Chorale.)

### **ABOUT US:**

The East Valley Chorale was formed in 1999 to share the hope and joy of the Gospel message. We currently have around 100 singers from 50 different Phoenix area churches. The Chorale performs a variety of styles that include traditional Hymns, Light Classical, and Contemporary Christian arrangements.



The East Valley Chorale has a two-part mission.

### **We Sing.**

The East Valley Chorale is a refuge for those who love choral singing. We give former church choir members a place to join their hearts and voices through richly meaningful music that expresses faith, hope, and love.

### **We Serve.**

The East Valley Chorale shares the Gospel message with diverse audiences. We enjoy connecting with believers, seekers, and music lovers at churches, community events, retirement communities, and nursing homes and care facilities. It brings us much joy to see and hear how God uses our music in the lives of our listeners.

## All Saints Sunday



**ALL SAINTS  
SUNDAY—  
November 5,  
2023**

We will recognize  
and remember all

of the members of Velda Rose UMC who have gone on to glory since last All Saints Day. We invite all the family and friends of these honored saints to join us in worship that day. If there is someone you would like to ensure is remembered, please contact the church office.

## Feed My Starving Children: Hope Filled Holiday 11/11

**FEED MY STARVING CHILDREN — HOPE FILLED HOLIDAY —  
SATURDAY, NOVEMBER 11**

**3 days, 1,000,000 meals!**



On Saturday, November 11 we will join volunteers from across Maricopa county at Arizona State University, Tempe to help FMSC reach their goal of packing 1 million meals in 3 days.

We will leave from the VRUMC campus. Sign up in the Sanctuary or Library on Sunday mornings, or contact the church office.



## Monday Luncheon Series

### **ANNOUNCING A NEW MONDAY LUNCHEON SERIES: DIFFICULT BUT IMPORTANT TOPICS**

IN MINISTERING TO a largely senior populations, we recognize that there are many important topics particularly relevant to us, but which are difficult to talk about. Things like funeral plans, estate plans, senior health, caregiving, etc. Accordingly, we will be holding a series of luncheons. The first will be in November and then we will pick up again in January, after the holidays. But the important info (kids call this the “411”) is:

**Date/Time: November 27, 11 am**

**Location: Martin Hall**

**Cost: Free (free will offering for lunch)**

**Topic: Funeral Planning**

**Presenter: Funeralwise Preneed Services by Bill Davis, Director**



# Hanging of the Greens November 21



WE WILL BE DECORATING the sanctuary for Advent and Christmas on November 21, starting at 9 am. We hope to be done by 11, but that will depend on how many hands we have to help. We will have

refreshments available as we put up wreaths, the Chrismon tree, and decorate our beautiful sanctuary with an abundance of Christmas presents, all to prepare for The Gift of Presence (Do you see what we did there?)

By decorating on Tuesday BEFORE Thanksgiving, we can have the assistance of our staff and still allow our staff to be with family and enjoy their time off for the Thanksgiving holiday.

If you are particularly good at wrapping presents, you can help us prepare for November 21 in the days and weeks leading up to our Hanging of the Green. Just contact the church office if you would like to help us prepare for Nov. 21 by wrapping gifts.

**In addition to decorating, we will be offering you the opportunity to buy live poinsettias for our sanctuary in honor or memory of a loved one. Watch for details to come!**

## What is a Chrismon tree? Is that a typo?

No, it's not a typo. Chrismons, a term derived from "Christ monograms," represent a cherished tradition in many Christian denominations, particularly in the United States. The history of Chrismons dates back to the mid-20th century when Frances Kipps Spencer, an Episcopalian, began to create white and gold ornaments featuring Christian symbols and monograms to adorn her parish's Christmas tree. The idea was to provide a visual and symbolic means of focusing on the religious significance of Christmas, emphasizing Christ's role as the central figure of the holiday. The concept gained popularity and soon spread to other Christian congregations, becoming a beloved tradition during the Advent and Christmas seasons. Chrismons typically feature symbols like the fish, the cross, the alpha and omega, the star of Bethlehem, and other meaningful representations of Christ's life and mission, serving as a reminder of the spiritual significance of Christmas. Over time, Chrismons have become an integral part of Christmas celebrations in many churches, fostering a deeper connection to the religious aspect of the holiday.

## Prayer



NEED PRAYER? To be added to the United Women in Faith prayer chain, call Karen Taylor or the church office.

First UMC, Gilbert

First UMC, Tempe

Gold Canyon UMC



Our LOVE prayer focus:  
North Scottsdale United Methodist Church



*in loving  
memory*

Geraldine Johnson  
9/12/2023

# 2023 Church Conference

ON OCTOBER 16, 2023, VRUMC held its annual church conference pursuant to the *Book of Discipline*. District Superintendent Rev. Melissa Rynders called the meeting to order. Rev. Rynders gave us a devotional based on the Conference enhancing our conference commitment to enhance our conference culture through our commitment to LOVE.

- L-isten to Each One's Stories
- O-pen to Change
- V-alue Diversity
- E-mbody Belonging



As part of her presentation, Rev. Rynders told the story of how the youth spread love, in the form of rubber ducks, at Youth 2023, and she gave us our own rubber duck! In addition to including #WeAreLOVE, the duck names North Scottsdale UMC. She asks us to pray for NSUMC in this coming year and so we have

added NSUMC to our prayer list, until the next annual church conference.

After electing the recording secretary (Thank you Mary Killgrove!), all of the required agenda items were heard or provided in writing. The new Mission statement was presented: "We are a church where all people are welcomed, loved, and accepted. We focus on serving older adults in our community." And our shortened version: Velda Rose United Methodist Church – Every Day Is Senior Day!

In addition to voting on the usual pastors' compensation packages and to continue our lay servants, we voted to rent out the nursery building for a preschool. This will provide income to the church, as well as bring young families on campus. If you were unable to attend the conference, and would like a booklet, contact the office.

## The Green Team



Ok... So I spent the greater part of an afternoon on the website of Earthday.org. Researching, in hopes of finding an interesting article for the next Vision Newsletter. WOW!!! It's

amazing the things a person can learn.

Most of my interests were centered in the field of plastics. The theme for Earthday.org 2024: Planet vs. plastic. So there was plenty to read. Believe me, I mean plenty. I read through article after article there were at least 50, 100, 200 plus articles. What caught my eye was a question. (What are microplastics)? Answer: Plastic particles which carry chemicals. Here are just a few samples of the reading material.

1. Microplastics linked to an uptick in Antibiotic resistance.
2. Plastics, clothing, and climate injustice.

3. The climate crisis speaks volumes without saying a word.

4. Is Environmentalism killing the American dream?

My Favorite and quite mind boggling... You are what you eat: Plastics in our food. Plastics are found in almost everything we eat. Plastic has infiltrated every part of our lives, leading to harmful health and environmental impacts. Almost everything you eat or drink will contain microplastics. Some foods are more contaminated than others. Here is just a small partial list of the foods with High microplastic contamination: Fish and Shellfish, Tea, Fruits and vegetables, Beer and salt. And without a doubt I'm sure there are many many more.

There is at least one thing you can do... Educate yourself on plastics and steps you can take so your next meal contains fewer microplastics. Check out the Earthday.org website. My favorite place to learn all about our Environment. Not limited to just plastics!



## Birthdays

Jackie Gissel	11/3	Boyd Arnold	11/21
Marian Lorenz	11/3	Mary Schatz	11/22
Lyria Florez	11/5	Nancy Schubring	11/22
Ray Haymaker	11/5	Nadine Burley	11/23
Benita Clabaugh	11/6	Rhoda Baker	11/24
Betty Drake	11/7	Pat Hohnbaum	11/24
Myrna Bowman	11/8	Gwen Feick	11/25
Ellen Hossler	11/8	Rosie Zentner	11/25
Richard Staneart	11/8	Gladys Hunt	11/27
Carol Zamora	11/14	Delores Denny	11/29
Louis Cavaleri	11/15	Ana Liku	11/29
Pat Nixon	11/16	Roger Christiansen	11/30
Henry Diedrich	11/18		



## Anniversaries

Dale and Sonja Smith	11/2	Cliff and Judy Lowum	11/14
Jim and Sue Kenyon	11/12	Tim and Joan Most	11/21



# VELDA ROSE

*United Methodist Church*

5540 East Main Street  
Mesa, Arizona 85205-8720  
(480) 832-2111  
Office Hours: Monday – Thursday 9:00 AM to 12:00 PM

Stay connected at [veldarose.org](http://veldarose.org)  
or on Facebook at [facebook.com/veldaroseumc](https://facebook.com/veldaroseumc)

## Staff Leadership

Rev. Carlo A. Rapanut, Bishop  
Rev. Melissa Rynders, East District Superintendent  
Rev. Ann Lyter, Senior Pastor  
Rev. Chan Kim, Associate Pastor  
Ministers, Every Member of the Congregation

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## WORSHIP SCHEDULE

### Wednesday Morning Devotions

10:00 AM

Online at [facebook.com/veldaroseumc](https://facebook.com/veldaroseumc)

### Sunday Morning Services

9:30 AM

Online at [facebook.com/veldaroseumc](https://facebook.com/veldaroseumc)  
& in-person in the Sanctuary

## Velda Rose UMC's Thanksgiving Potluck



SUNDAY, NOVEMBER 19

11 AM

MOORE HALL

Sign up on Sunday mornings,  
or at the church office

Items considered for the December Vision must be submitted to  
[officeadmin@veldarose.org](mailto:officeadmin@veldarose.org) by **Tuesday, November 14, 2023.**