

F E B R U A R Y 2 0 1 8

Vashon Presbyterian Church

Vashon Island, Washington 98070

Listening to God, embracing all, living in joy



February 2018 Newsletter



**A VASHON CONVERSATION
FOR THE LIVING ABOUT DYING**

Save the Date! Continuing the Vashon Conversation for the Living about Dying

The all-volunteer Vashon Conversation for the Living about Dying team is offering another Island-wide event. This one-day workshop is focused on “Unraveling the Mystery of Palliative Care.” It is an opportunity to learn about care focused on providing relief from the symptoms and stress of a serious illness with the goal of improving quality of life for both patient and family. We will explore multiple approaches to pain management, stress and anxiety, including complementary and alternative interventions.

Join the conversation on Saturday, February 24, 2018 from 10:00 a.m. – 6:00 p.m. at the Vashon High School.

(See the Schedule for the Day on p 9)

Trained facilitators will be available throughout the day to help you consider important end-of-life health care decisions. Leave with a completed advance care directive! There is no charge for this event and all are welcome.

For more information: Email:
vashonconversation@gmail.com

Important Dates!

February 4
“Brunch at Church”
Food Bank Sunday

February 14
Ash Wednesday
Village Green 12- 2
Joint Service @ VUMC 6:30

February 16
VPC Book Club

February 18, 25 March 11, 25
Joint Conversation on End of Life
Issues at VPC/VUMC

February 22
VPC IFCH Meal

February 24
Conversation for the Living
About Dying at VHS

Fund to Buy New Hymnals

We would like to purchase a few more hymnals. If you wish to help, you can donate \$20 per hymnal. Contact the office.

Dear Ones of Vashon,

As we begin to step into Lent this month, I want to share with you one of my favorite pieces of writing. It is by Jan Richardson and its words speak deeply about this season we soon enter and our need to be marked.

Blessing the Dust

All those days you felt like dust, like dirt,
as if all you had to do
was turn your face toward the wind
and be scattered to the four corners
or swept away by the smallest breath
as insubstantial—

**Did you not know what the Holy One
can do with dust?**

This is the day we freely say
we are scorched.

This is the hour we are marked
by what has made it
through the burning.

This is the moment we ask for the blessing
that lives within the ancient ashes,
that makes its home inside the soil of
this sacred earth.

So let us be marked not for sorrow.
And let us be marked not for shame.
Let us be marked not for false humility
or for thinking we are less than we are
but for claiming what God can do
within the dust, within the dirt,
within the stuff of which the world is made,
and the stars that blaze in our bones,
and the galaxies that spiral
inside the smudge
we bear.

Grace for your journey!
Leigh

Deacon's Report

Sharing God's Love Beyond the Church

I am sure that it is obvious to all of us how important it is to let the love of God flow through us and into the world at large. But there are so many needs out there and we have so little time. We feel overwhelmed and don't know where to start.

Short of time? Did you know that there are many easy ways to share God's love? There are many groups on the island that could use your help for as little as an hour or two a month.

Here are three small ways that you can help others in need;

(1) Volunteer at the Vashon Community Care Center to help serve a meal in the skilled nursing dining hall. I know of several people who faithfully come in once a month to do this. They help serve the meals to the tables and then sit with a resident and chat with them encouraging that resident to eat. Contact the volunteer coordinator at VCC

(2) The Vashon Resettlement Committee has been helping several Syrian refugee families from the war-torn Middle East to adjust to their new lives on Vashon Island. One of the current needs is for men willing to help the Syrian men learn and practice English here at the church through conversation in the evenings. For more information go to the Vashon Resettlement Committee web site or contact Nancy vanRoessel.

(3) At the Senior Center people are needed to read and talk to seniors or handicapped people or escort individuals to the center for meals and other activities. Contact the center for more information at 206-463-5173.

There are many other groups on the island that could use your help. In future articles I will mention some of the other ways you can let God's love flow through you into the community of Vashon Island.

We are All Called to Be Deacons to Each Other:

“Whoever does the will of God is my brother and sister and mother” Luke 3: 35

“The ministry of deacon as set forth in Scripture is one of compassion, witness and service, sharing in the redeeming love of Jesus Christ” The Book of Order, The Constitution of the Presbyterian Church (USA) Part II p26

You may not have been elected to be a deacon; but all Christians are called to be deacons to each other. The Vashon Presbyterian church is a family of members and friends. Do we not call ourselves brothers and sisters in Christ? Families and friends nurture each other. If your daughter fell and needed to be taken to the doctor, you would not hesitate to jump in the car and go with her. Or, if your Grandmother was feeling heart pains, you would take time to do what is necessary to help. If your car wouldn't start in the ferry parking lot, wouldn't you call your spouse or son or daughter if they were on the Island?

How can you help make our church family stronger? Look around you on Sunday morning. We are all individuals but we sometimes could use each others help. Listen to those who sit in the church pews around you. Ask if there is anything you can do to help. And share some care and your own concerns with each other.

Mission Resource Team News

Area of Responsibility:

Financials, Building and Grounds

Financials - Annual Report For a complete review of our accounting for last year and projected budget for 2018 you can refer to a copy of the Annual Report handed out on Sunday the 21st at the Annual Congregational Meeting. If you weren't able to attend you can get a copy in the entry area on the information table.

Bookkeeper Needed We are looking for a bookkeeper for VPC. Familiarity with QuickBooks would be an advantage but not required. You would spend an average of 2-3 hours a week that could be done at home. Please contact Jim Lilje or the office volunteer if you are interested.

Elder Jim Lilje

Building and Grounds I hope spring is just around the corner. My garden has a new river running through it!!

Last Tuesday a few of us got together to pick up trash around the parking lot. If you have any free time and would like to help out, you can always **stop by the church and pick up litter around the lot.** Recyclables and trash can be placed in the receptacles within the fenced collection area in the parking lot. Every litter bit helps.

While working in the lot, it became apparent that when it's not raining too hard, we're going to have to **fill a lot of potholes again.** Toolbelts continue meeting on Tuesday mornings at 10:00 so I'll try to coordinate gravel and a compactor for next Tuesday, Feb 6th, if the weather looks favorable. Call the church office if you're interested in helping and I'll update you about the weather and plan on Monday.

We're meeting with **Carpe Diem and Creative Preschool** to review expenses and plan for next year. Both schools are very happy with our present partnership and plan to continue renting our spaces again next year. We're also planning to have the **carpets cleaned** again during the next break in the Carpe Diem school year, mid-February.
(Continued 2nd column)

We'll certainly plan a **work party some Saturday in March** so we can all spruce up the grounds before Easter. Hopefully we'll see those daffodils Rev. Leigh spoke about last Sunday. Watch the weekly eNews for details. Meanwhile, if you would like to "adopt" a particular flower bed or area please call the church and leave me a message.

You may have noticed a new face around the office or voice answering the phone. **Thomas Abraham has started filling in as an office volunteer.** Thank you, Thomas. This is a great opportunity to become involved with all that goes on in the life of the church during the week. We'll be happy to train a few more volunteers. Call the office if you're interested.

Blessings,

Jacq Skeffington

The VPC Book Club LIST

Feb - Straight Flush by Rich Mezrich

Mar - The Bookshop at Water's End by Patti Callahan Henry

Apr - The Bad-Ass Librarians at Timbuktu by Joshua Hammer

May - The Other Alcott by Elsie Hooper

Jun - The Charm by Jude Boardman

Elder Al Ross Weston

Hospitality/Fellowship
Team News

Areas of Responsibility
Hospitality, Fellowship

Lot's of Activities on the VPC Agenda!
Hospitality and Fellowship Calendar

<u>February 4th</u>	Church Brunch
<u>February 16th</u>	VPC Book Club
<u>February 18th</u>	Conversation for the Living about Dying
<u>February 21st</u>	Carpe Diem Meet & Greet
<u>March 11th</u>	Conversation for the Living About Dying
<u>March 14th</u>	Pi(e) Day!
<u>March 16th</u>	VPC Book Club

The above listed activities are just a few of the special events co-sponsored by the Hospitality Team. We also are planning to complete the **Meet and Greets** begun last summer and of course provide the “**regular-but-special**” coffee hours after worship each Sunday. Committee members include Brownie Carver, Laura Jean Fisher, Sheryl Lehman, Nancy Johnson, Beverly Skeffington, Kate Smith, Here Thieme, and Myrtle Walls. If you would like to help, let me know. Glad to have new members and new ideas!

Elder Elizabeth Loveness

VPC Book Club The Book Club will discuss Straight Flush by Ben Mezrich. We will meet at Ross-Weston's on Feb.16th at 6"30. For the upcoming book selections, see the LIST on page 4 of the newsletter.

Elder Al Ross Weston

Invitation and Outreach
Team News

Area of Responsibility
New Members and Discipleship,
Evangelism and Invitation

Celebrate Pi Day with a Piece of Pie!

Bring a pie to share! VPC wants to celebrate Pi Day (March 14 – 3.14) by inviting all islanders to stop by for a piece of pie!

Pi Day is an annual celebration of the mathematical constant Pi, the ratio of the circumference of a circle to its diameter. The earliest known official or large-scale celebration of Pi Day was organized by Larry Shaw in 1988 at the San Francisco Exploratorium, where Shaw worked as a physicist. While it has generated a lot of interest in the study of Mathematics, it has also become an excuse for eating a lot of pie!

Please join in this informal outreach to the community by bringing a pie to share. It will be a fun time!

Elder Larry Commeree



**Worship
Team News**

Area of Responsibility

Sacraments celebration, music program, readers, bulletin, ecumenical worship, church décor.

Church Brunch On February 4th, we will have a Church Brunch in the social hall. Don't miss this worship and fellowship service!

Ash Wednesday is on February 14th. Leigh and the pastors from the Lutheran and Methodist churches will be giving out ashes at the Village Green from 12 - 2. There will be an ecumenical service at the Methodist church at 6:30 PM.

Elder Brownie Carver

**Faith Exploration
Team News**

Area of Responsibility

Bible study, Christian formation (all ages)

Return Your Survey! We put out a survey to get congregation's input on adult classes. If you didn't get one see Al Ross Weston or check in the office. We are planning to start a class for Lent.

Elder Al Ross-Weston

**Purposeful Service
Team News**

Area of Responsibility

Scholarship, Mary Magdalene weekend/partnership, IFCH dinners, mission partner relations.

Outline for Purposeful Service Team 2018

Goals

1. Maintain current projects (see list below)
2. Update mission partners? Current partners: Viet Nam Ministries; Food Bank
3. Provide mission trips
4. Acknowledge individuals in congregation
5. Ecumenical activities emphasis

Events/Activities (* indicates ecumenical effort)

1. One Great Hour of Sharing
2. IFCH* Dinners
3. Food Bank*
4. Heindsmann Scholarship
5. Mary's Place Picnic*
6. Strawberry Festival Parking Fundraiser
7. Food Composting/Recycling*
8. Mission Trips*
9. Food Bank Collection 1st Sundays

We are excited about looking into mission trips for those from VPC that would like to get involved and travel. See Pastor Leigh if you are interested.

Elder Elizabeth Loveness

Clerk's Corner February 2018

Session held its monthly meeting on January 10, with all members attending. Diana Lilje acted as clerk in my absence. Members submitted written reports for their teams' activities; some discussion followed. Session made a number of appointments for 2018, including Jacq Skeffington for Commissioner to Presbytery and Diana Lilje as Financial Secretary. Elders' areas of responsibility, which changed somewhat with the election of new members, are described in other parts of this newsletter. Session will hold a retreat on February 2, and lay leader training will be conducted on February 11. The monthly meeting date was set as the second Thursday, but this will be revisited at the February meeting.

The annual congregational meeting was held on January 21. Members approved the recommended terms of call for the pastor, and elected the 2018 Nominating Committee composed of Sue Weston, Nancy Johnson, Brownie Carver, Susan Commeree, Ben Tucker and Doug Johnson.

Bob Spangler, Clerk of Session

New Officers at VPC
New Officers were installed January 7th

Jim Lilje and Elizabeth Loveness were elected ruling Elders and Sheryl Lehman, Myrtle Walls and Sue Westin were elected Deacons.

Returning elders are Brownie Carver, Larry Commeree, Jacq Skeffington, and Al Ross Weston. Returning Deacon is Lindsay Hofman.

Many thanks to outgoing Elder Diana Lilje and Deacons Susan Commeree, Beverly Skeffington, and Nancy vanRoessel. We greatly appreciate their dedication and service during their terms as officers here at VPC.

An Officer's Retreat is planned for February. The retreat provides quiet prayerful time for our leaders to decide what area of Church activity they will lead and develop major goals for VPC in the coming year.

Jigsaw Puzzle

You need to try your patience and skill on the jigsaw puzzle in the entry room! We keep making a few steps forward even as we then take a few steps back. Help protect the puzzle from eager little hands that intentionally or inadvertently work to disassemble it!

A Lenten Offering: Joint Presbyterian-Methodist Conversation on End-of-Life Decision Making

“Remember wo(man) that thou are dust and unto dust thou shalt return.” This familiar Ash Wednesday benediction reminds us of the transience of this life and our own mortality. As a part of our Lenten journey, we are planning a four-series offering focused on living wisely and dying well. The offering has two goals:

- Support congregants in discussing faith-based values and considering their wishes around their own memorial/celebration of life. The tangible outcome will be a document that identifies specific components that they hope are included in their memorial service for use by their family and the pastor.
- Consideration of important end-of-life decisions including who would speak on your behalf if you can't speak for yourself (choosing a health care proxy) and wishes for end-of-life care. The tangible outcome will be a completed advance care directive.

We will enjoy the opportunity to embrace this rich conversation with our Methodist family. All sessions will be on Sunday afternoons from noon – 1:30 p.m. There will be a brunch on February 18 and simple snack food for the other three sessions.

Dates, Location and Content of Sessions:

- ❖ February 18 (first Sunday of Lent) at Vashon Presbyterian Church

Beginning the Conversation. Over brunch, participants will discuss what quality of life means, what matters most at the end of life and past experiences that shape those responses.

- ❖ February 25 at Vashon Methodist Church

Discussion of faith-based values around end-of-life decisions and choices. Share hopes and wishes for meaningful rituals and desired elements of one's celebration of life/memorial. How do you want your one wild, precious life to be celebrated?

- ❖ March 11 at Vashon Presbyterian Church

Important Choices. Thinking about who is the best person to speak on your behalf if you can't speak for yourself -- choosing your health care proxy. Beginning to consider critical decisions around your own end-of-life choices. Everyone leaves this session with an advance care directive to discuss with family members and loved ones.

- ❖ March 25 (Palm Sunday) at Vashon Methodist Church

Completing Your Advance Directive. Sharing decisions about health care proxy and end of life choices. Final product is a completed advance directive at the conclusion of the series. NOTE: Even if you have a completed advance directive, this is a good opportunity to revisit and even consider making new choices around your end-of-life wishes.

This series is being offered in collaboration with Honoring Choices Vashon which has a team of 18 trained volunteers who are able to support Island residents in discussing end-of-life decisions and completing advance care directives. Jacq Skeffington from Vashon Presbyterian, Carol Ellis from Vashon Methodist and Carol Spangler from Vashon Quakers will co-facilitate the sessions with Pastors Leigh and Paul.

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A Lenten Offering: Joint Presbyterian-Methodist Conversation on End-of-Life Decision Making

To prepare materials and format, we would like to know of your interest and possible attendance. Attendance at all sessions isn't required but it is encouraged. Please complete the form below to help us in our planning.

Yes, I would like to participate in the series.

NAME _____

CONGREGATION _____

I hope to attend all the sessions but will most likely not be able to participate on (identify dates):

We look forward to this rich, profound conversation about our deepest values and belief. If you have questions, contact Pastor Leigh.

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**A VASHON CONVERSATION
FOR THE LIVING ABOUT DYING**

10:00 – 10:30 Welcome and Overview of Day

10:30 – Noon Keynote: The Palliative Care Tool Kit – Benefits for Patients, Families, Staff

Carol Kummet, LICSW, MTS, University of Washington Medical Center Palliative Care Program

12:30 – 2:00 An Integrative Approach to Management of Pain and Anxiety: the Body-Mind Connection

Kathleen Sanders, FNP-BC, MPH, Integrative Nurse Practitioner, Seattle Cancer Care Alliance

2:00 – 3:30 Vashon Cannabis Conversation: Taking the Mystery Out of Marijuana

Dr. Sunil Aggarwal, M.D., Ph.D, FAAPMR, Integrative Pain, Palliative Care, Hospice and Rehabilitation Medicine

3:30 – 5:00 Comfort Care for Animals and Their Companions

Tag Gornall, DVM and Tim Kraabel, DVM

Trained facilitators will be available throughout the day to help you consider important end-of-life health care decisions. Leave with a completed advance care directive! There is no charge for this event and all are welcome.

For more information: Email: vashonconversation@gmail.com or check our website:
www.vashonconversation.com

Calendar

February 2018

(all events at VPC unless otherwise stated)



Feb

- 1 Session Meeting 3 pm**
- 3 Bible Study 10 am**
- 4 Prayer Service 9am**
- 4 Church Brunch Service 10 am (Communion Service)**
- 4 Food Bank Sunday**
- 11 Prayer Service 9am**
- 11 Sunday Worship Service 10 am**
- 14 Dispensation of Ashes at Village Green 12-2 pm**
- 14 Ash Wednesday Joint Service VUMC 6:30 pm**
- 16 VPC Book Club at 6:30 pm at Ross Weston's**
- 17 Bible Study 10 am**
- 18 Prayer Service 9am**
- 18 Sunday Worship Service 10 am**
- 18 Joint Conversation on End of Life Issues after worship**
- 22 VPC IFCH meal 5-7 pm**
- 25 Prayer Service 9 am**
- 25 Sunday Worship Service 10 am**

ONGOING ACTIVITIES

Liturgy Group meets at noon on Mondays

Fellowship Breakfast meets at Sporty's at 9:00 am on Tuesdays

Prayer Group meets Wednesdays at 1:30 pm at the Vashon Community Care Center.

Please note: Dates, times and events may change after publication. Refer to the weekly e-News or Sunday bulletin for confirmation of details.