

Valley Views

A monthly publication of Valley United Methodist Church
4201 Ashworth Road West Des Moines, IA 50265

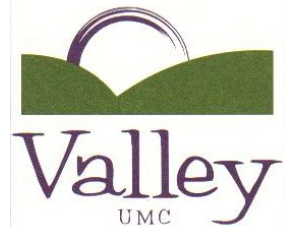
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OFFICE HOURS: Monday-Thursday 9:00 a.m. to 3:00 p.m. Friday 9:00 a.m. to noon

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Online Youtube Streaming Worship Service: Sunday 9:00 a.m.; search for ValleyUMC



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Dear Valley friends,

As we get close to returning to the building for worship, I'm thinking about *song*. Singing together is at the heart of what I miss. And it's one of the most challenging things as we return.

*I'm gonna sing when the Spirit says sing
and obey the Spirit of the Lord. (UMH 333)*

How long it has been since we've raised our voices together—as a congregation, and as a choir. Those harmonies that warm our hearts and thrill our souls have long been absent.

*I'll praise my Maker while I've breath; and when my voice
is lost in death, praise shall employ my nobler powers. (UMH 60)*

It's no wonder singing gets lifted up in so many hymns; it has always been central to our worship. When we come back inside our sanctuary, how can we keep from singing?

*Since love is Lord of heaven and earth,
how can I keep from singing? (FWS 2212)*

Yet many experts and advisors tell us, that's just what we need to do, so long as this pandemic continues. Refrain from singing at all, or at least sing quietly, to protect against the ways singing propels particles through masks and into the distance.

Someone's singing, Lord, kum ba yah. (UMH 494)

To make it more confusing, many of us have seen articles that dispute these conclusions. Very little about this feels settled, and certain. Still, our Bishop is urging us to use restraint where singing is concerned. No singing, or only a very little, and softly rather than full-throated.

*All creatures of our God and King, lift up your voice
and with us sing, O praise ye! Alleluia! (UMH 62)*

Some of my friends report that these questions of singing have guided them into new discoveries. "Follow the words," some of them say to their people, "and feel them in your spirit." Not literally singing has made room for a deeper engagement with words and melodies that had long since grown familiar and, in a way, lost their power. When we're not worrying about notes and harmonies, perhaps it's true that we will hear in a different way.

*Then sings my soul, my Savior God to thee;
how great thou art, how great thou art! (UMH 77)*

So, for now, if you decide to join worship in person, we'll all be asked to hold back. It's one more way we'll love our neighbor while loving God.

*There's within my heart a melody
Jesus whispers sweet and low. (UMH 380)*

Singing (lightly) with you,
Pastor Lee

MARCH LECTONARY

March 7

Exodus 20:1-17

Psalms 19

1 Corinthians 1:18-25

John 2:13-22

March 14

Numbers 21:4-9

Psalms 107:1-3, 17-22

Ephesians 2:1-10

John 3:14-21

March 21

Jeremiah 31:31-34

Psalms 51:1-12

Hebrews 5:5-10

John 12:20-33

March 28-Palm Sunday

Isaiah 50:4-9a

Psalms 31:9-16

Philippians 2:5-11

Mark 14:1-15:47

Next VV Deadline:
March 16, 2021

MISSION AND OUTREACH

DMARC FOOD PANTRY

You may still make donations for Food Pantry items-just leave at the lower level doors during office hours or make a monetary donation by noting "Food Pantry" on your check.

February donations

\$ 450



- Rose Donati
- Women at the Well Ministry
- The people of Texas recovering from the winter storms.
- Pastor Lee and the mission and ministry at Valley UMC.
- Prayers for the swift distribution of the Covid-19 vaccine.
- For healing for our nation.

PERSONAL CARE ITEM DRIVE

Now that donations are being accepted again at WDM Human Services, you can feel free to drop off items at the church if you wish. The needs have continued and will be great in the coming months. The focus for this month is **laundry detergent**.

Or if you are able to donate any personal care items, they are much needed and much appreciated at anytime.

Thanks for your support!

INVITATION TO ANTIRACISM

We've been meeting for months, but we've just named ourselves the "Antiracism Team." We're a group of Valley UMC folks who have been studying racism, sharing our own experiences, and figuring out how to pursue the work of antiracism. One concrete step is to include a monthly message to the church, which we'll share in this e-newsletter, Valley Views.

We believe the work of anti-racism is for all of us. We'll include each month some small and larger things you can do for learning and action. We hope you will join us as we continue to learn and work toward antiracism, which feels like critical work in our time. Every month, we invite you to pray that God will open your eyes to the racism around you, and help you to take antiracism actions as you are able, in the places you find yourself.

Learn:

-Watch this short video where YouTube blogger Franchesca Ramsey shares some basics about racism, in a very accessible way: <https://www.youtube.com/watch?v=8eTWZ80z9EE>

-Pick up a book like *Caste* by Isabel Wilkerson, and see if it doesn't resonate with your own experiences.

Act:

-Support a Black-owned business this month. A list of local Black-owned businesses across Iowa is found at: <https://www.tcdsm.org/black-business-directory> You can also try Googling a phrase like "black-owned restaurants near me." In a culture in which doors to financing and other assistance have been too often shut against persons of color, our day-to-day economic decisions can help.

Want to join the Antiracism Team? Be in touch with Pastor Lee.



Thank you to my Valley UMC family for the prayers and cards after my stroke last month. My recovery is going well and I'm so appreciative of your kindness and support.

-Diane Derryberry

Thank you to the choir, bell choir, accompanist, and members who came to worship while David was Director of Music at Valley UMC. We were able to take home the peace lily with the two red roses which you gave in memory of our son. (The Dutch name Rozendaal means Rose in the Valley).

We wish you and your Pastor God's blessing as you continue your ministry in West Des Moines.

*In Christian love,
Shirley Rozendaal*

2021 LENTEN OFFERINGS

US Disaster Response

When disasters happen, it is local churches that provide the first response to their communities. This basic understanding – that disaster response is local – forms the foundation for UMCOR’s U.S. disaster training and response efforts. **When responding to a disaster in the United States, UMCOR works with the conference disaster response ministries to provide the following:**

Financial assistance – emergency grants may be sent when a Bishop of the affected conference contacts UMCOR.

Expertise – UMCOR’s disaster-response experience and knowledge are made available to those in need.

Networking – connections with volunteers, experts, local government, and other organizations can help communities recover from disaster.

UMCOR and its partners are responding to disasters in the United States every day. Please consider giving to UMCOR U.S. Disaster Response to support these efforts.

UMCOR Sunday, March 14, 2021



Responding globally to persons in need. Your gifts ensure that UMCOR can respond quickly and in compassion to disaster and devastation. You support the daily business allowing UMCOR to keep the promise that 100% of any gift will go toward that project.

Jane Kies

International Giving to support Missionary Jane Kies who teaches English at the African University in Zimbabwe (Adv Special #10739Z).

PRAYER SHAWLS FOR HEALTHCARE WORKERS



“Thank you for the very generous gift of the shawls for our team members. Our entire team at Unity Point Health—Des Moines appreciates the generosity our community has continued to show us. Please tell everyone what made these beautiful shawls that it’s these kinds of acts that help motivate us to continue caring for our community despite the challenges COVID presents.

My thanks and appreciation. We are fortunate to be part of a wonderful and supportive community.”

-Thomas Mulroony, VP and COO Iowa Lutheran and Methodist West



CFUM MEALS AT TRINITY UMC

Since Covid-19 restrictions began last March, approximately 100 “to go” meals are handed out at Trinity UMC each weekday. Many of these meals are purchased from local restaurants for about \$5 each.

Valley UMC sent a \$500 donation to cover the February meal.

Thank you for your ongoing generosity!

VALLEY UMC 50th ANNIVERSARY!

We have a date-mark your calendars!



Fall 2021 marks the 50th Anniversary of our church! The Administrative Leadership Team has chosen the weekend of **September 18-19, 2021** for this celebration. This September date allows for the possibility of an outdoor event to safely gather with ongoing concerns of the pandemic.

This event can’t happen without your participation in planning and organizing. Please contact the church office at office@valleyumc.org if you are interested in working on this special commemoration.

IN-PERSON WORSHIP, STARTING SUNDAY, FEBRUARY 28

The pandemic numbers have subsided to the point where we're ready to welcome you to join in worship inside our building at 42nd & Ashworth! We've mentioned previously what some of the guidelines will be. Here's a handy reference to all the pieces:

- We will all enter and exit through the *east* doors, under the carport.
- Wear a mask, covering nose and mouth, at all times inside the building. If you arrive without one, you can receive one at the door.
- Maintain a distance of six feet from persons beyond your household. We will have to wait for the hugs and handshakes we all wish we could share.
- We have marked our rows to show where you may be seated, at least six feet from other persons. An usher will seat you in a space that fits the size of your party. Once seated, please remain there. Ushers will dismiss you by row at the end of the worship service.
- We will be invited to sing and speak together, for now, only at a "whisper."
- Our offering will be collected in a bowl near the exit doors.
- The bathrooms will be open for one person (or household) at a time.
- We will not share fellowship time or food in the building. On Communion Sundays, we will distribute the consecrated elements at the close of the service for you to consume outside the building.
- Our ushers will keep a list of who is present in person. Don't be surprised if someone asks your name, especially as masks make it hard to be sure!
- If you attend worship and test positive for COVID-19 within ten days, please notify the church office.

Sunday School for youth and adults will continue only on Zoom for now, starting at 10:30. We will try to keep worship to about 45 minutes in order to accommodate travel time.

Please note: In order to limit the risk of transmission through touch, we do not plan to hand out paper bulletins on Sunday mornings. A copy is always attached to our Thursday e-mails, or you can get it online (at valleyumc.org, at the "Current Events" tab), and you're welcome to print one out and bring it. If you have a Smartphone, you can scan the QR Code near the entrance and access it that way, if you wish. You can follow readings and songs through projected words. We will be asking your feedback on how this is working in a few weeks.

Finally, ***OUR LIVESTREAM CONTINUES***. You'll find us on YouTube at 9 a.m. where we've been for months, so all can participate in worship whether or not you're in the building. Each of us will be assessing our own risks and willingness to join in person, and we will honor one another's decisions. And we'll all look forward to the day when everything we've said here is part of our memories of this strange and complicated season we're living through.

Questions? Please be in touch with Pastor Lee or Sheila Madsen in the church office.



LENTEN SEASON AT VALLEY UMC

We've entered the season of Lent, the six weeks that take us from Ash Wednesday (February 17) to Easter (April 4). Our theme for Lent is "Holy Vessels: A Lenten Season of Recovery". Here are some of the things we have in store:

- A weekly **Lenten Study**, on **Wednesdays at 6:30 p.m.**, through March 31. Our time each week will be based on Scripture and other readings, and will connect to our worship theme for the prior Sunday and our overall theme of recovery.
- **Holy Week services** that include **Maundy Thursday on April 1**, **Good Friday on April 2**, and Easter morning celebrations, first at sunrise, out by the fire pit (not on livestream), and then our regular worship time at 9:00 a.m.

Watch our weekly announcements for more information on all of these opportunities, and updates on what will happen in-person.

VALLEY UMC FOUNDATION MINUTE

GIFTING TO THE VALLEY UMC FOUNDATION WITH YOUR IRA

Planned gifts to the Valley UMC Foundation are great because they are easy and sometimes profitable. The easiest and most tax-efficient way is to name the Foundation as a beneficiary of your retirement fund. It is tax-efficient because IRA proceeds are taxable to family members named as beneficiaries; whereas IRA proceeds paid to Valley UMC Foundation avoid that tax because the Foundation is a charity.

So how easy is it? Get a beneficiary designation form from your IRA provider. If you manage your fund on-line, use the on-line form. Simply put "Valley UMC Foundation" in the line for the beneficiary's name. Other information usually requested is: Address: 4201 Ashworth Road, West Des Moines, IA 50265. Tax ID number: 42-1514234.

There will be a place to indicate either a percentage or dollar amount to give to each beneficiary. To give the entire fund to the Valley UMC Foundation, fill in "100%." Otherwise, note a percentage or dollar amount for the Foundation and the remaining amount to your other beneficiaries. Maybe you want to tithe at 10%. If you worry that your loved ones will need a larger share, consider giving as little as 1% to the Foundation.

To be sure that your spouse has enough, name your spouse as primary beneficiary and the Valley UMC Foundation as a contingent beneficiary.

Sign and file or deliver it as per the instructions. It is as easy as that.

If you have any questions, ask a member of the Valley UMC Foundation Board of Directors. They are Doyle Sanders, Ginny Midkiff, Rose Donati, Jim Lewis, Mike Hommer, Charity Coates, Marty Jones, Emory Cleveland and Phyllis Pearson.

FREE 312 Hearing Aid Batteries

Contact the Templemans at jtempo@mac.com if you are interested.

VALLEY UMC WEBSITE

Join our worship services, read the Valley Views, calendars, bulletins and much more by visiting our website:

www.valleyumc.org

[Livestream Sunday morning worship at 9:00 a.m.](#)

on
[Youtube: ValleyUMC](#)



REACHING UP, REACHING OUT, REACHING IN

At Valley UMC we're **REACHING UP** to experience a bold, passionate, life-changing relationship with Jesus Christ, **REACHING OUT** to witness through nurture and service, and **REACHING IN** to challenge ourselves toward discipleship and spiritual growth.