

**SPOKANE VALLEY
UNITED METHODIST CHURCH**
115 NORTH RAYMOND ROAD
SPOKANE VALLEY WA 99206
509 924-7262

Return Service Requested

Non Profit Org.
US Postage
P A I D
Permit No. 69
Spokane, WA

Sundays

Traditional Service 9 a.m.
Contemporary Worship 11 a.m.
Youth Group 6 p.m.

Staff:

Congregation: Ministers of the Church

Mike Graef: Pastor

Tranessa Davie: Church Secretary

Ed Poblete: Custodian

Desiree Forster: Christian Education

Kyra Straub: Youth Ministry

Jessica Lunceford: Nursery

Kelsey Martin: Nursery

Betsy Pletscher: Piano & Organist

Tracey Partridge: Contemporary

Worship & Choir Director

Margie Manfred: Hospitality Director

Nate Dunigan: Technical Ministry

Volunteer Staff Position:

Shirley Porter: Lay Leader

Church Office: (509) 924-7262

Office Hours

Monday-Friday

9:00am to 3:00pm

Closed Noon to 1:00pm

Church Website:

www.spokanevalleychurch.org

Church E-mail:

secretary@spokanevalleychurch.org



OUR PURPOSE: *Spokane Valley United Methodist Church is here to invite people to: follow Jesus, love others, and transform the greater community through the grace of God.*



CONNECTIONS

September 2020

September 2020 will be better than August 2020 which was better than July 2020, and even moreso when compared to June 2020, again which was an improvement over May 2020! :-)

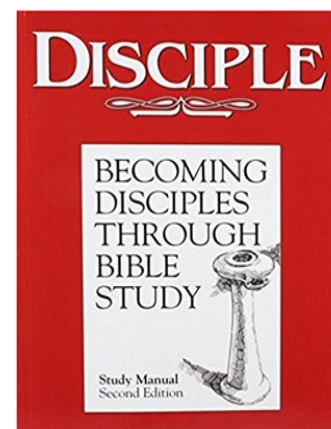
Sunday September 13th

**“Coffee Chat Drive Through Drive”
Benefiting Broadway Elementary School
1 – 3 pm**

a coffee chat
in the church parking lot – in your car!!!!

Mission and Service Masked Ministry Team will be collecting monetary donations to support Broadway Students and Families with back to School Learning Needs!

Coffee and juice will be served.



Spokane Valley UMC's DISCIPLE BIBLE STUDY resumes on Wednesday September 9 — EXCITING!
— Madelyn Bafus' Year 3 Group in two separate sessions in Room 115
— Mike Graef's Year 1 Group in the Chapel (contact these leaders for more info)



DURING THESE WEEKS WHEN WE'RE NOT ABLE TO COME TO CHURCH FOR WORSHIP Please be safe, your church is alive! “Blessed Assurance, Jesus in Mine!”

WE NOTE THAT: several churches in our neighborhood and community are open for Sunday worship, with new safe-church guidelines, masks and social distancing.

While no United Methodist Churches are allowed to move into Phase 3 just yet, if you do happen to attend worship in one of the other great churches in our area, please let us know what you experienced. How did they do? How did you feel? What can our church learn from them?

Our Readiness for Reopening Team is meeting regularly and is drafting our Phase 3 application — to be submitted to DS Gregg Sealey. As soon as Bishop Elaine Stanovsky gives us the green light, we will move into Phase 3 with confidence. Readiness for Reopening Chairperson Desiree Forster would love to hear from you.



HOME SWEET HOME NEWS

KEEP FRIENDS IN A PANDEMIC

A NEWSLETTER TO HELP SENIORS STAY IN THEIR OWN HOME LONGER

Copyright© July 24, 2020, 7:00 am

Issue 84, August 2020

Dear Valley Methodist Friends,

We happily give column space this month to the recent edition of the seniors' newsletter written and published by Larry and Anne Alexander. Many of you have enjoyed taking home a free copy of this newsletter, which in recent years we have made available at coffee chats here at church. This edition is especially timely! The Alexanders live in Liberty Lake. Enjoy! -- Pastor Mike — And now, HOME SWEET HOME NEWS:

EDITORS' NOTE

The mission of this newsletter is to help seniors live longer and more enjoyably in their own homes. Home Sweet Home News is free and goes primarily to churches, senior centers, libraries, and individuals. Please share this with other people. This issue was written by Larry and Anne Alexander, co-editors, along with tips from some of their actual readers. This issue is on the difficult task of staying in touch with family and friends during a pandemic, while following CDC guidelines for wearing a mask and practicing social distancing.

TIP 1 - ZOOM INTO A SOCIAL GROUP (Co-editor Anne in Washington).

"We haven't lived in Spokane very long and I don't know many people. That was one reason I became a Master Gardener. It was a way to meet people and indulge in my passion. But when the stay-at-home orders came, I did not have my social outlet. The Master Gardeners came to the rescue. We have weekly Zoom meetings where 10- 20 people meet up on the computer. Each person can be seen and heard on the computer screen in real time. It is keeping me in touch, I'm making new friends and it is also giving me ideas. Some of the gardeners have reported they use Zoom for shared dinners (everyone at their own home), garden tours and conferences. Zoom is like Skype, but rather than connecting with one other computer, you can connect with many at once."

Zoom is widely used by businesses and education. A personal version is free! Check it out. Zoom.us

TIP 2 - GET TOGETHER, SOCIAL DISTANCE TO DO AN ACTIVITY TOGETHER (Kay in Montana).

Kay, a former teacher in a one-room school, has always been active and social. She is somewhat

isolated now by living out of town, having many activities cancelled and dealing with some medical issues. She told Larry, "A good friend of mine came over to my home. We stayed 6 feet apart, chatted for over an hour while we both knitted on our projects." Having been to Kay's home, we imagine they were knitting on Kay's wonderful screened porch overlooking a patch of aspen trees. It feels like a tree house buffeted by breezes.

TIP 3 - USE BOTH PHONE MESSAGES AND E-MAIL, BUT DON'T BE DISSAPPOINTED IF SOME PEOPLE DON'T RESPOND (Brad in Virginia).

Brad is a retired sociology professor. He has a special interest in India and currently is researching the development of numbers. As most of us, Brad has developed skill with different communication methods, but he typically uses his phone and e-mail. But as he told Larry, "Communicating with friends and family now is complicated. I send emails and leave phone messages to some younger people, including my two children. Often, people who are busy with their own lives don't check their phone messages. Some may not respond to my emails. Younger people are moving to different ways to communicate (text messaging, Instagram, Facebook) and may not trust or use older methods such as email."

Brad has also learned to be careful about what is discussed. It seems as though that some people don't like hearing about his or his children's accomplishments. They may think its bragging.

TIP 4 - MEET FAMILY AND FRIENDS OUTSIDE WHILE ENJOYING NATURE (Dianne in Alabama).

Dianne, one of our reviewers and a retired teacher told Larry "I have met local friends in a grove of trees where I live. We get together at a pre-determined time, practice social distancing and even wear masks. We enjoy talking while standing up." We can imagine that in the heat of Alabama, a meet up in the woods would be delightful.

TIP 5 - CARRY A MASK IN YOUR CAR IN CASE YOU WANT TO SOCIALIZE WITH SOMEONE. (Dotty in Texas).

"I always leave a mask in my car. That way if I see someone I know, I can put on my mask then and talk to them from a distance. And we will both feel safe." Dotty and Wayne were our neighbors in Virginia for 33 years. Dotty and her husband were well connected in the community and neighborhood. They got to know many neighbors by walking their dogs



United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

Due to COVID-19
Spokane Valley United Methodist Women will be doing
the Harvest Dinner a little differently this year.



The dinner will not be a sit-down meal but
a takeout dinner.

Date for the Turkey dinner is
November 7th (Saturday) from 2-5 pm.

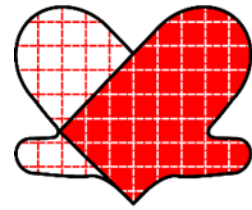
More information coming out in the October
Connections.

So, for now mark this date on your calendar.
Prices will remain the same - \$12 for adults and \$6 for children.
We will be following all the guidelines to keep all of us safe.

News from Sarah Circle



Sarah Circle has been meeting weekly via "Zoom" in July and August to discuss the Ijeoma Oluo book, "So you Want to Talk about Race." This topical book has led to a lively discussion and new insights into the perspective of the author as a black woman and advocate for racial justice. The book examines subjects ranging from prejudice to the criminalization of people of color. It offers a road map for understanding racism and impactful changes. A highly informative book recommended by the Sarah Circle Book Club.



Helping Hands
serving one another in love
GALATIANS 5:13

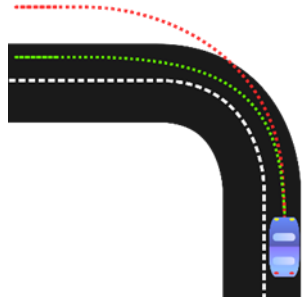
*"Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can."*
John Wesley

**Thank you all for your generosity
at our 4th Drive Thru Drive on August 8th**

The Cinnamon Roll Sale for Emany from Jamaa Letu Orphanage raised \$493.40 plus an additional \$215 making a total of \$708.40.

The drive for Spokane Valley Partners Food Bank raised \$457 that day plus an additional \$155 making \$612 for the drive.

With the additional money sent in for Valley Partners in June & July a check of \$1,762 was sent to Valley Partners. 250 pounds of food were donated.



Mission and Service 5th Drive Thru Drive

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Benefiting Broadway Elementary School
Sunday September 13th
1 – 3 pm**

Mission and Service Masked Ministry Team will be collecting monetary donations for

**Helping Broadway Students and Families
with back to School Learning Needs!**

But this is not all.

We will also be having a coffee chat
in the church parking lot – in your car!!!!

We will be serving coffee or juice and Broadway Star cookies!
You don't want to miss this.



around the neighborhood, although Dotty said that some of the neighbors knew the dog's name better than theirs. Wayne was quick to lend a hand when he could. We remember one time when he came back from their walk to our house to borrow our pole tree pruner to cut down a broken tree limb for an elderly woman. Years later, they moved to Texas to be near their son's family.

Like many other seniors, Dotty relies on help from her tech savvy son to give her new ideas. For people with iPhones, Facetime is a great way to video conference, but it is not available for non-Apple phone users (like androids). Dotty installed WHATS APP on her phone enabling her to communicate with friends at a distance in a video format.

TIP 6 - USE YOUR PHONE AND E-MAILS WHEN ITS APPROPRIATE (Bill in California).

Bill is a retired finance manager and current gardener of vegetables and fruit trees. When Larry called to ask how he stays in touch with family and friends living out of the area, he said, "I use the telephone to talk and listen to family and close friends. That way I can actually hear their voice and engage in chit chat, laugh, and share stories. For business dealings, I may use the phone or just email people who are hard to get a hold of."

TIP 7 - 'LARRY, GET AN EMAIL ACCOUNT SO I CAN COMMUNICATE WITH YOU' (Dick in Idaho).

Speaking of people hard to get a hold of... Larry got an earful from his old friend, a world class pole vaulter whose best was only 1 1/2" off the world record. "I am frustrated with you Larry that you don't have an email account. There are so many things I want to send you, but I don't because you don't have email, you don't even use a cell phone. What is wrong with you?"

When prompted in the call to Dick, Larry asked how he communicated with his daughter, a public relations staff member of a large hospital living nearby. He reported that he uses a combination of texting, emails, phone calls, and personal visits at each other's home.

Dick and his daughter have done what some people suggest and that is to include a few people into your "safe group." The choice of who these people are depends your risk tolerance and wanting people with similar behavior. The recommendations still include being careful, keeping social distance and mask wearing.

So will Larry get on email? Probably not, but that won't stop him from calling and visiting with his long time friend. People have different reasons for the communication form they use. During these trying times, it helps to be tolerant. Anne recently got in touch with a cousin she did not know. This 89 year old cousin does not use email. In her case, she has vision problems and has trouble seeing the computer screen. However, she did handwrite a lovely letter. Some seniors may have dexterity issues, hearing issues or just get confused when they try new technologies.

TIP 8 DON'T TALK POLITICS WITH A FRIEND OR FAMILY MEMBER WHO ISN'T LIKELY TO AGREE WITH YOU (Larry).

Larry's tip (co-editor) is about content. "I have been interested in, and follow politics for a long time. However, I am learning to take politics out of the conversation. I have to bite my tongue at times to resist saying something. Unfortunately, at times I fail. So I am writing this tip to myself as well as you.

What matters is how I personally feel about the other person, a friend or family member, or just a stranger. You won't make friends trying to convince someone else who doesn't think like you to change their mind about politics."

BEST WAY TO STAY IN TOUCH

Vary the form of communication you use depending on your relationship with your family or friend. Management researchers, Daft and Lengel, suggest using "rich media" like person to person, phone calls, Zoom or Skype. The opportunity to see and/or hear the person in real time allows you to interact on the spur of the moment, back and forth. Being able to see each other also helps with the nuance of the conversation, a smile that can indicate a tease or a joke. But if that is not possible, communicate in the best way that is doable. The important thing is to connect. Anne read and re-read the letter from her cousin telling her about grandparents she never knew. No pictures, no voice but still treasured.

SOMEONE HAS TO TAKE THE INITIATIVE

We lived for many years in Blacksburg, Virginia, the home of Virginia Tech. We were good friends with another family, mother, father, and their 3 boys. We all liked each other. Their youngest boy Mark, who was 8, called Larry on the phone and said "Would your family like to get together with ours today?" I agreed, he then told his parents that the Alexanders wanted to get together. Both families thought the other parents set up the get together, yet neither had initiated. Mark took control and got the ball rolling. That's all it takes, a phone call, an email or a letter to reconnect with someone. But now follow the CDC Guidelines.

[...]

We hope this way of communicating and connecting with you, our readers, has been beneficial. – Larry and Anne Alexander



BIRTHDAYS

- 9/02 Alex Harrison
Nathan Kaelin
- 9/03 Rosalee Mohney
- 9/04 Tina-Marie Schultz
- 9/05 Pat Fischer
Alyssa Gottberg
- 9/06 Jerry Bshop
Jayden Fisher
- 9/10 Joan Sheard
- 9/12 Nancy Brown
Zach Moore
Margaret Wolf
- 9/13 Jack Sharp
- 9/14 Delbert Flory
Susan Ingalls
Amber Schilling
- 9/16 Isaac Carpinteyro
Luke Hoene
Sue McGovney
- 9/17 Tanner Bassett
Rojean Flory
- 9/20 Dominic Gutierrez
John Mackin
- 9/21 Jennifer Hoene
Mike Palanuk
Doris Swehla
- 9/22 Gene Gorley
- 9/23 Alcinda Bacon
Madylin Crow
- 9/24 Marvin Anderson
Will Schilling
- 9/25 Charles Colbert
Mike Zoltak
- 9/26 Edna Walter
- 9/28 Katee Norris
Nancy Olds
- 9/29 Lowell Brocklehurst
- 9/30 Michael Oakley



Anniversaries

- 9/01 Gary & Carol Anderson
- 9/05 Brian & Betty Gieser
- 9/10 Cliff & Sharon Maxey
- 9/12 Gerald & Madelyn Bafus
Ron & Leanne Pope
- 9/15 Larry & Anne Alexander
- 9/24 Larry & Bonnie Livingston
- 9/28 John & Tina-Marie Schultz



Christian Education

While we are not able to conduct our classes in person yet, know we are exploring ideas on how we can use better and user friendly technology to allow us to resume our classes and programs such as Youth Group, Small Groups, Disciple Classes and Adult Sunday School.



Did you know we have an Adult Sunday School?

This group meets every Sunday at 10:45-11:45, September thru June. This class is to build a concrete view of the bible from a historical perspective. Books of the bible chosen for study are done by the group and discussion is lead by Mick Palanuk.

This is a wonderful opportunity to deepen your biblical knowledge and get to know others from our church! Interested in joining? Please contact me at christianeducation@spokanevalleychurch.org

Desiree Forster

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13