

Return Service Requested

SPOKANE VALLEY
UNITED METHODIST
CHURCH
115 NORTH RAYMOND RD
SPOKANE VALLEY, WA
99206

Sunday 9am
Traditional Service
Sunday School & Nursery

- Pastor**
Rev. Alissa Amestoy
- Director of Music**
Betsy Pletscher
- Director of Hospitality**
Margie Manfred
- Technical Ministry**
Co-Coordinators
Lexi Shay & Logan Tiedt
- Coordinator of**
Ministries with
Young People
Jen Price
- Assoc. Coordinator of**
Youth Ministries
Jacqueline Florian
- Nursery Caregiver**
Chris Nilles
- Church Secretary**
Mackenzie Draper
- Lay Leader**
Zack Reiber



Check out
our website!



Scan our new QR
code for easy
online giving!

Church Office: 509-924-7262
Office Hours:
Mon-Thurs 8 am - 11:30 am
Friday 8 am - 2 pm

Church website: www.spokanevalleychurch.org
Church email: 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.*



October 2025 Newsletter
"National Good Neighbor Day and New Fall Worship Series"

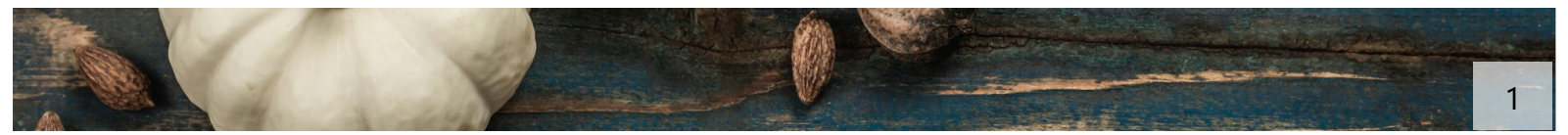
Way back in April during our post-Easter worship series, *"Meet the Goodpeople: John Wesley's Seven Ways to Share Faith,"* one of the newer members of our congregation, Dr. Shawna Beese, was prompted by the Spirit following the sermon where I addressed the loneliness epidemic in the U.S. to share with me about an upcoming national holiday called "National Good Neighbor Day." Have you ever heard of it or observed it? It was signed into law in 1978 by President Jimmy Carter and is observed annually on September 28. The goal of each National Good Neighbor Day is to engage a city or township's citizens, business owners, and organizations, including churches, in the work of repairing and building up the social fabric of communities across our nation through intentional acts of neighborliness.

Shawna, who has a Ph.D. in Public Health and serves as the Assistant Professor of Rural Health Promotion for WSU Extension, follows a calling to promote neighborliness as a means to address public health issues like the rise of loneliness and related chronic diseases. As a member of the City Council in Millwood, WA, and a current candidate for Mayor, she has been getting the word out about National Good Neighbor Day and has been working with a team of



local residents and business owners to coordinate a week-long series of neighborly events for her community. She even got the current mayor to sign a Good Neighbor Day proclamation! Having been inspired by our evangelism-based sermon series back in the post-Easter season, she thought that our congregation might want to do the same for Spokane Valley!

Our leadership and some key staff members met with her and we were compelled by her enthusiasm and the opportunity she was offering us to help (Cont. on pg 2)



(Cont. from pg. 1) build up the neighborly heart of our city. As any resident of Spokane Valley knows, there is no true geographical “heart” of our community – there’s no downtown, no “cute” part, no central area out of which the rest of the city grew. It’s simply a municipality established 21 years ago out of a previous rural area that was increasingly overtaken by Spokane-proper’s urban sprawl through the decades. That is starting to change, and our church just so happens be right at the heart of it: two blocks from City Hall, right next to the still-under-renovation Balfour Park, and kitty corner from the brand new Spokane Valley Library, which altogether are lending themselves as an anchor to a growing geographical heart of town. Given our key location and mission to love others, we’ve been spending this year exploring how we can be a part of building the growing “heart of Spokane Valley,” and National Neighbor Day is just the opportunity we had been praying to receive!

After our leadership and staff said “Yes!!” to Shawna’s offer to learn more about Good Neighbor Day, she passed on to us all kinds of resources – several books, helpful handouts, information about the Hopeful Neighborhood Project, and a copy of the City of Millwood’s Good Neighbor Day proclamation she helped get signed. Inspired by everything we received, we set about drafting our own National Good Neighbor Day proclamation for Pam Haley, Mayor of the City of Spokane Valley, to consider signing. By the time you receive this newsletter, she will have done so at the Tuesday, Sept. 23 City Council meeting!

We also determined to turn this one day observation into a whole Fall worship series so we could go deeper into our calling to be good neighbors. On Sunday, September 28, we will begin a new series called “The Heart of Neighboring” in which we will explore what scripture has to say about how people of faith are called to engage with their neighbors. Guided by a book called *“The Art of Neighboring: Building Genuine Relationships Right Outside Your Door”* by Jay Pathak and Dave Runyon, and using resources provided by the Hopeful Neighborhood Project, Shawna, Zack Reiber, and I will offer five sermons to help us learn new ways to grow a spirit of neighborliness where we live, both in terms of our individual homes and our church home. That same day at 4pm, we will continue the fun with an afternoon of events including a neighborhood scavenger hunt, a no-host dinner gathering for adults 21+ at 45 Degree Brewhouse, and a pizza party for kids and youth at the church to celebrate National Good Neighbor Day. We’re also hoping to hold a screening of the Mr. Roger’s documentary, “Won’t You Be My Neighbor?” in the Chapel (please note the film is rated PG-13). It is our hope that this year’s events will grow into a whole city-wide week of neighboring events in 2026 and a

reaffirmation of this year’s proclamation – stay tuned!

At a time where there is much that is threatening to divide us, leaving many people feeling isolated and alone, taking intentional steps to build up our neighborhoods is an antidote we as a church family can offer that promotes connection and kindness in our community. Observing National Good Neighbor Day and dedicating a month to becoming even better neighbors is a great way to do that! Please plan to join us!

Peace –
Pastor Alissa



SEPTEMBER

BIRTHDAYS

10/11 Samantha & Easton Anglin	10/16 Barbara & Jerry Bartak
10/14 Dennis & Desiree Forster	10/19 Lynn & Jeannie Salyers
10/1 Darlene Dale	10/14 Morgen Cheney
10/2 Dianne Simpson	10/16 Ayako (Rose) Tanaka
Rikki Sallstrom	10/18 Jim Picken
10/3 John Reynen	Jon Schaffer
10/10 Kay Fischer	10/25 Peggy Self
10/13 Ethan Amestoy	10/28 Chris Reiber
Linda Evans	

Special Events:

- 10/1 6:00 pm Zumba
- 10/7 10:00 am SPRC
- 10/13 6:30 pm Trustees
- 10/14 9:00 am Huddle
- 10/21 10:00 am Touched by Cancer
- 2:30 pm Finance Meeting
- 6:00 pm Coordinating Council
- 10/28 9:00 am Huddle

Weekly Events:

- Thursday 9:00 am Thursday Crew
- Saturday 10:00 am Choir Practice
- Sunday 9:00 am Traditional Service
- 9:00 am Children’s Sunday School & Nursery



NEWS & ANNOUNCEMENTS

Thank you to everyone who came to City Hall to hear the Good Neighbor Proclamation read and signed by Mayor Pam Haley!
- Hospitality Huddle

We're so grateful to everyone who shared their special musical talents with us over the summer. We look forward to hearing from even more people in the future!

The church office will be closed Monday, October 13th in observance of Indigenous People's Day.

Don't miss the full moon this month - a special Harvest Moon (or Hunter's Moon) will reach peak illumination on Monday, October 6th, and it is said to be a supermoon.

Thank you everyone who supported our two Eagle Scouts, Ethan Amestoy & Tyler Meckel! They are so excited to share their projects with the church. More to come!

OCTOBER WORD SEARCH

Pumpkin
Teacher
Music
Halloween
Candy
Moon
Chili
Corn Maze
Skeleton
Autumn
Football
Caramel
Party
Costume
Leaf
Gothic
Poetry
Cider
Jack O'Lantern
Donut
Bonfire
Diwali
Button
Ghost

E	V	Q	H	U	J	K	C	I	P	J	A	D	R	G	M	D
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L	B	P	A	N	E	E	W	O	L	L	A	H	K	B	S	F

"Bridging the Divide: Tools for Courageous Conversations"

A free workshop

Wednesday, October 8th, 5:00 to 6:30 pm
[Location: Covenant UMC, 15515 Gleneden, Spokane, WA 99208]

Some say our country has never been more divided. Differences in values, beliefs, and perspectives are straining relationships with family, friends, neighbors, and coworkers.

But what if we had practical tools to approach these conversations differently - to listen more deeply, speak more openly, and find more common ground, even when we disagree? Join us for personal stories and hands-on strategies that will help you lean into hard conversations and begin bridging divides, one dialogue at a time.

Facilitator: Rachelle Strawther, Ed.D.
Founding Director, Gonzaga Center for Lifelong Learning

What you'll learn:

- Gain tools and tips for discussing sensitive, controversial issues.
- Learn language to keep minds and hearts open (including yours).
- Understand how to set boundaries and manage stress during tense interactions.

Participants will receive a handout with Courageous Conversation tips, including recommended books and resources for continued practice.

Want to attend? Contact: Richard Woods at grantrials@gmail.com

October Worship Preview – The Heart of Neighboring Worship Series

As part of this series we will be gifting individuals and families a copy of the "I ♥ my Neighborhood" journal and encouraging homework exercises from it each week. See below for your assignments!

September 28 – 16th Sunday after Pentecost – National Good Neighbor Day
"Taking the Great Commandment Seriously"- Mark 12:28-34 - Pastor Alissa preaching
Homework: Do the "Neighborhood Scavenger Hunt" activity in your neighborhood and review the BINGO board to see what neighborly activities you can fit in this month!

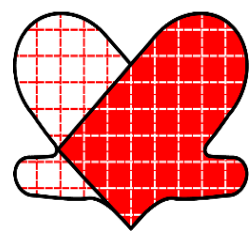
October 6 – 17th Sunday after Pentecost - "Won't You Be My Neighbor?" Deuteronomy 24:17-24 & Luke 10:25-37 - Zack Reiber preaching & Communion
Homework: Do the "Define Your Neighborhood" and "Neighborhood Names" activities.

October 13 – 18th Sunday after Pentecost – "Fear Factor"
Numbers 13 (selections) – Pastor Alissa preaching
Homework: Do the "Write or Draw the Funniest or Quirkiest Thing in Your Neighborhood" and "Neighborhood Research" activities.

October 20 – 19th Sunday after Pentecost – "The Art of Receiving"
Ecclesiastes 4:7-12 – Dr. Shawna Beese preaching and Ministry that Matters Moment: Broadway Elementary
Homework: Do the "Individual Gifts" (yours and your neighbors) and "Neighborhood Gifts" activities.

October 27 – 20th Sunday after Pentecost – "Better Together"
1 Corinthians 12:12-31a – Pastor Alissa preaching & the Baptism of Everyn Denise Vanos
Homework: Do the "Practice Hospitality" and "Value of Perspectives" activities.





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



United Women in Faith

United Women in Faith 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.

Thank you

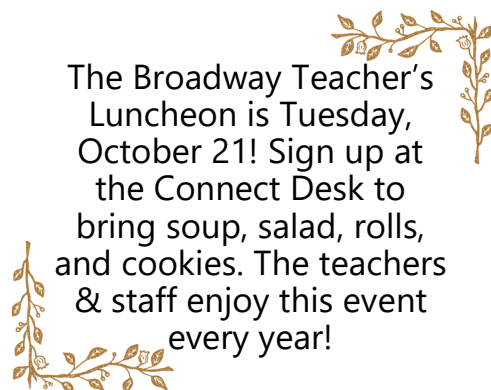


We kicked off the return of Coffee Chat in September with a Cinnamon Roll sale to benefit the Jamaa Letu Orphanage in the Democratic Republic of Congo. We're proud to report that we raised **\$634** for the children at Jamaa Letu! Thank you for your generosity, church!



Thank you for your support of Shalom Ministries in September! We'll know how much was gathered by the first Sunday in October.

The Broadway Teacher's Luncheon is Tuesday, October 21! Sign up at the Connect Desk to bring soup, salad, rolls, and cookies. The teachers & staff enjoy this event every year!



SVUMC is hosting Mission Community Outreach Center's Benefit Lunch on Tuesday, October 14 at noon. Sign up at the Connect Desk to help with this event - set up, prepare lunch, serve, and clean up!



Thank you for your support of our Covenant Relationship with Katherine Parker, missionary to Nepal. Through Cinnamon Roll sales, fundraisers, and individual giving, we were able to spend \$4,000 this year to support United Methodist missionaries around the world!

Coming up at the Connect Desk in November:

- Collecting jeans and tops for Mission Community Outreach Center's "Children's Christmas Joy"
- Collecting cookies for Broadway's Winter Celebration (formerly "Ornament Night") Dec. 4



SPOKANE VALLEY UNITED WOMEN IN FAITH DINING IN & TAKEOUT ANNUAL HARVEST DINNER

Saturday, November 1st from 4:00-5:30 PM
Dine in from 4:00-5:00 PM
Take out from 4:30-5:30 PM



Adults - \$15
Children (6-12 years) - \$7
Children 5 & younger - Free

We will not be collecting money prior to the event.

Preorder your dining in or take out meals and time by calling Madelyn at 509-869-8213 beginning Sunday, October 26th through Friday, October 31st between 9am-1pm.

For takeout meals, have your check or cash ready in a sealed envelope with your name. Takeout pick up will be at the back of the church by the double gym doors. For dining in we will collect your money at the door.



Turkey & Dressing

Mashed Potatoes & Gravy

Green Beans with Bacon

Cranberries

Rolls & butter

Pumpkin Cake

Prayer Shawl & Oct 13 & 27
Lap Blanket Ministry

Sarah Circle	Oct 6
Rachel Circle	Oct 9
Esther Circle	Oct 14

