

May 2019

Vashon Presbyterian Church

Vashon Island, Washington 98070



May 2019 Newsletter

Listening to God, embracing all, living in joy

May is Mental Health Awareness Month

According to the Surgeon General, one in every five Americans experiences a mental disorder in any given year and half of all Americans have such disorders at some time in their lives. One in ten children and youth has a serious mental illness condition. Do I have your attention here?

May is Mental Health Awareness month. As we keep the conversation about mental health going from last fall, a film called "Angst" will be screened at VPC on Saturday, May 18th. After a welcoming time at 9am with coffee and goodies, the film will be presented in the sanctuary, followed by discussion. The program will conclude at noon.

The film features children and young adults and how anxiety manifests itself in them. Perhaps you are thinking that you don't have children, so it's not something you want to see. **EVERYONE** in the community interacts with children in some way; whether you are a teacher, a checker at the grocery store, a clinic worker, a librarian, a neighbor, clergy, relative. We all need to get on board, so that we can respond with kindness and appropriate actions with children and adults experiencing anxiety and mental illness.

"Angst is the most important, eye-opening documentary you will see this year. Through first-hand accounts and expert commentary, the film leads you with great care through the many facets of teen anxiety, a massive, misunderstood and rapidly growing cultural epidemic. The teenagers in the film describe their suffering with stunning openness, grace and courage. I found myself reacting on two fronts. As a clinician, I was relieved that the filmmakers were able to capture what so many of my young clients are suffering in these complicated days: the bullying, perfectionism, panic, obsession, and too often, hopelessness. I was also surprised at the degree to which the film felt cathartic for me personally. I suffered significant anxiety as a teen, and felt myself moved by, and grateful for, every story. And thankfully, the film ends with the notes of hope we so desperately need. Whether you are a teenager, parent, educator or a mental health professional, you simply need to see this movie, and soon. And every school needs to screen this film. It's that important."

- Dr. John Duffy, Clinical psychologist, best-selling author of "The Available Parent", parenting and relationship media expert

During the month of May, I will be sharing each Sunday in worship, some information about Mental Health issues. It is hoped that as we understand more about ways to help those experiencing anxiety, depression or other mental illness, the church can be a safe place for all to come and be loved and to find help. Please encourage your friends and family to attend this screening.

Beverly Skeffington, Mental Health Coordinator

Dear Ones of VPC,

As I write this, I am aware that May 1, 2019 begins my third year as your pastor. Time goes by so quickly and gently when one finds joy in its living. I find myself continuing to find joy in serving the Vashon community alongside you and I am so very grateful for your willingness to go deep and take risks.

May is also the month set aside as Mental Health Awareness month and I am incredibly thankful that we are observing it weekly in worship and also by showing the film, *Angst*, on the 18th. Connecting the larger community of Vashon with quality resources is vital for living into the call of being church, of being the hands and feet of Jesus Christ. As the month progresses, you will learn from our Mental Health Coordinator, Beverly Skeffington, in weekly mission moments, of some of the staggering statistics facing our nation in terms of mental health. Our young people seem particularly at risk. And still today, suffering with mental health issues remains something often done in silence because of the stigma associated with it. Along with Beverly and your Session, I am committed to taking a stand to erase that stigma and finally wrap our arms around those who are marginalized because of their or their loved one's brain chemistry. I will continue to speak from my own experience as someone who continues to experience healthy benefits from work done with a therapist. There are few other human conditions as marginalizing and isolating as those related to mental health. It is time for the church to say, "no more!"

In addition to continuing to develop our newest ministry area, this summer will also see our third year of Summer Suppers (aka Meet and Greet). I'd encourage you to host one if you have the time to do so but definitely to be included in one or more of these evenings at some point during your summer. Our goal is 100% participation in at least one supper evening. This year we will have some questions in common at each event. These questions will not be meant to dominate natural discussion but will be provided to help us deepen our relationships. Primarily these events are meant to enrich us as community. We are a family and families need family time together, to break bread together and share in story. There is power in story.

We'll also continue to develop our Theology Pub ministry over the summer as well. We will begin to add an element of worship to that event starting with our May 30th evening. Part of the work of naming our own story and that of us together is looking at the overarching story God is writing with us, for us and through us. So, join us as we find our way through this new type of worship/fellowship time.

In the PNW, summer days/evenings are long and beautiful. It's a good time to spend time with family and friends. I remember once seeing a tee-shirt at Pike Place that read: "Seattle summers – we earn them." I suspect most of us feel the truth in that on some level. So, let's enjoy this coming summer together, trying new things, resurrecting old things in new ways and breaking bread together as a family.

God is faithful to God's promises and God has promised to be with us. Looking forward to what this next year holds for us as we continue to experience the Holy Spirit weaving into our shared journey.

Grace and Peace,
Leigh



Mission Resource Team News

Area of Responsibility:

Financial stewardship,
Building and Grounds.

Buildings and Grounds

Thanks to all who participated in the work party April 13th and worked during Holy Week to make the new flower bed modification by the north entrance so inviting. I'm sure the many guests and relatives who attended Easter Service were impressed. Particular thanks should go to Nancy and Jan Van Roessel, Here and George Thieme, Chris Coldeen, Sheryl Lehman, and Kate Smith. As Kathy O'Laughlin continues to recover from back surgery we can use some help weeding the bed out front beneath the Good Shepard window. We could also use some help trimming the red and white azalea's which are in full bloom in the front lawn planter. Please let me know if you're interested.

We always have an ongoing need to pick up trash around the parking lot. You can always stop by the church on your own and pick up litter around the lot and shrubbery. Or, join our "toolbelts" group any Tuesday between 10 and noon for minor repairs and maintenance.

Blessings and Grace,

Jacq Skeffington, Mission Resource Elder

Finance – The OMAX Story

Back in the late 1990's or early 2000's this congregation was getting ready to build the new addition to the church. We knew this would require a substantial mortgage and there was a fund-raising drive to help pay for this long term debt. In addition to cash, some members donated stock in various companies. Among these were John and Kathy Olsen who donated shares in the OMAX corporation of which John was a founder.

Over the years we have sold off the donated stock of all the other companies to help reduce the mortgage. The sole exception were the shares of OMAX. It was not publicly traded and would have been very hard to sell.

Continued Column 2

That changed recently when OMAX was purchased outright by Hypertherm Inc. with the shareholders, including VPC, receiving a cash payout. On April 26th we received \$123,474.13. In addition, another \$9,000 to \$10,000 is being held in escrow pending final closure of the sale. We will receive this money at a later time.

At the beginning of this month the outstanding balance on the mortgage was a bit over \$42,000. Last Monday we paid that in full. We are now debt free! In addition, we have over \$80,000 in the bank and another \$9,000 to \$10,000 on the way.

It is the responsibility of Session to decide what to do with this windfall, but we want input from the congregation. As financial Elder I'm forming an advisory committee to make recommendations to Session. We already have three members and are looking for at least a couple more. In addition, we want input from the entire congregation.

If you have any opinion on what we should do with this cash windfall please email me at James.Lilje@centurytel.net or just drop a note in my box at church. Any and all suggestions will be considered by the committee.

Jim Lilje, Financial Elder

Worship Team News

Area of Responsibility:

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

Thank you to our wonderful congregation, pastor, and musicians for helping to make the Lent and Easter seasons very special. The services, music and socials were inspiring. Working together in community creates amazing results.

Brownie Carver, Worship Elder

Hospitality/Fellowship Team News

Area of Responsibility:
Hospitality, Fellowship.

“Summer Suppers” are Just Around the Corner

Our small gatherings around the dinner, picnic or happy hour tables have become one of the hallmarks of summer. What started out as “meet and greets”, the gatherings became so popular they have now become permanent and evolved into the Summer Suppers. It a time where you can be casually dressed, relaxed and in a group small enough that closer connections with our church family are inevitably the result. Throughout May there will be sign up sheets available at coffee hour pairing hosts with guests. The first “suppers” will begin in June. Let the fun begin!

Hospitality Signups Most Sundays in May are open for coffee hour and flowers. Check your schedule and signup for one that works for you. Having a friend or spouse help makes it less work and more fun! **If these chores are not your specialty there are a couple of other jobs you might consider.** We need a “**kitchen dragon**” as soon as possible. You will conduct biweekly checks on the kitchen and keep it equipped and ready for the many groups that use it. Also we are converting the nursery to a “**family welcome area**”. **We need someone to oversee this room** and make sure things are tidy and clean and ready for use. **A third task is for someone who can maintain the bulletin board** in the entry hall. You can sign up to do these jobs at the sign up table during coffee hour. I will be there to answer any questions.

Elizabeth Loveness, Hospitality Elder

Food Bank Non Food Wish List

Toiletries shampoo/conditioner, toothpaste, toothbrushes, body wash/soap, toilet paper

Cleaning Supplies laundry detergent, dish soap, all-purpose cleaner

Diapers

Feminine Hygiene Products

Dog Cat Food

Faith Exploration Team News

Area of Responsibility:
Bible study, Christian formation (all ages)

Adult Education Faith formation class will resume this Sunday, 9 am in the library with a new series led by Bruce Baker on Ethics and Artificial Intelligence.

Invitation and Outreach

Area of Responsibility:
New Members and Discipleship,
Evangelism and Invitation.

A picture is worth a thousand words! **See the pictures of the Easter egg hunt on p 7.** We had lots of kids in church Easter morning. It was music to our ears! Lovely little voices, a lively ripple through the worship service that only little ones can provide.

Purposeful Service Team News

Area of Responsibility:
Scholarship, Mary Magdalene weekend/partnership, IFCH dinners, mission partner relations.

The Heindsman Scholarship deadline was April 25th. We have two excellent candidates who submitted applications. Each application will be reviewed and an interview will be completed in May. The recipient will be announced in June.

The Mary’s Place Worship and Picnic is scheduled for August 11th. Save the date for this uplifting ecumenical event.

Elizabeth Loveness, Purposeful Service Elder

Deacons's

I use a mended bowl for my cereal in the mornings. If I were a perfectionist I would replace it with a new unblemished bowl. But this one faithfully holds my cereal without leaking. I use it just as God uses us like bowls, as broken and imperfect as we are, to hold his love and care. If we were perfect then we would be much less useful to God. There is great value in having been mended. In ancient Japan, if a valuable bowl was broken it was mended with a gold seam rendering it more valuable than the original bowl. When American Indians in the southwest made their pottery they always created a flaw in each piece so that the spirit could move in and out of the bowl, bringing a blessing to all that used it. By being broken and mended by God we are enabled to better relate to a broken and tattered world with compassion and gratitude for our own mending. We can not feel superior to others because we ourselves are not perfect. If we remember that the mended bowl, that is us, is always filled to overflowing then as we share God's care, love and healing with the people around us God is able to nourish and mend them also.

Deacon Sue Weston

Clerk's Corner May 2019

Session held its monthly meeting on April 11, with two elders absent. Paul Blake and Kevin Carrol shared their faith journeys with the session and were received as VPC members. Jacq Skeffington was appointed to the Nominating Committee as a temporary replacement for Al Ross-Weston. Plans were firmed up for the Holy Week schedule. It was agreed to renew the Creative Preschool and Carpe Diem leases at the same rates as this past year. Talk continued on the goals for each mission area. Authorization was given to Jim Lilje, Mission Resource Elder, to pay off the mortgage on the new addition as soon as funds become available from the sale of OMAX stock. Members submitted written reports for their teams' activities.

Diana Lilje, Clerk of Session

Upcoming Book Club Selections

May	In the Sanctuary of Outcasts: A Memoir	Neil White
June	Broken for You	Stephanie Kallos
July	Ordinary Grace	William Kent Krueger
Aug	A Gentleman in Moscow	Amor Towels



Vashon Interfaith Council to Prevent Homelessness (IFCH) works hard to prevent our neighbors become homeless. Most people do not realize all that IFCH really does. We help people with their rent when they miss work because of illness or snow. We help people with their rent deposits and have a microloan program for the last months rent when people are moving. We help with the large utilities that families have during the winter. We help with medical expenses and ferry vouchers so people needing medical services off island can afford to make those appointments. We help some with their large property taxes. We run the meals program where anyone can come and have a warm dinner with the company of others. During the snow storm we payed for a total of 21 nights in a bed & breakfast so people in tents cold stay warm.

IFCH has no paid staff. Our yearly budget is about \$100,000. All this money goes to direct financial help for our neighbors. We do not get any government money. All our money comes from donations from people like you. We are the safety net for so many on this island. Last year that numbered over 250 people.

Please consider giving during Give Big week. You can give today through May 8th.

[Vashon Interfaith Council to Prevent Homelessness](#)

Easter Egg Hunt 2019



Calendar for May 2019

(all events at VPC unless otherwise stated)



May

- 5 Morning Prayer Service 8:30 AM
- 5 Faith Formation Class 9:00 AM
- 5 Sunday Worship Service 10 AM (Communion Service)
- 9 Session 4:30 PM
- 12 Morning Prayer Service 8:30 AM
- 12 Faith Formation Class 9:00 A
- 12 Sunday Worship Service 10 AM
- 18 **Mental Health Forum 9 - Noon**
- 19 Morning Prayer Service 8:30 AM
- 19 Faith Formation Class 9:00 AM
- 19 Sunday Worship Service 10 AM
- 26 Morning Prayer Service 8:30 AM
- 26 Faith Formation Class 9:00 AM
- 26 Sunday Worship Service 10 AM
- 31 Book Club at 6:30 PM

ONGOING ACTIVITIES

Text Study Group meets Mondays noon in the chapel.

Women's informal breakfast meets at Sporty's at 9:00 am on Tuesdays.

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