

The

Valley Messenger

A publication of San Ramon Valley United Methodist Church. Open Hearts. Open Minds. Open Doors.

Deepening Our Roots

In August, Steve and I biked through parts of Bourdeaux, France. A wonderful trip! As we pedaled, we also stopped at some wineries and learned about wine production. One fact about traditional practices in the area continues to come to mind: newly planted vines are not watered. That forces new plants to struggle a bit. As a result, they put down deeper roots in search of water. Then they are likely to produce a more complex grape, a unique wine.

Putting down deeper roots. I'm thinking of that as a spiritual practice as well. Deep roots of faith give us access to God's Presence-always-with-us. Here are some upcoming opportunities at San Ramon Valley UMC that allow us to grow and deepen in faith:

- *Stewardship Season, October 9 to 30*—led by co-chairs Catharine Baker and Jeff Stroin. Our theme is "We are on this journey together." As a community, with your support and engagement, we can help one another; serve the community; weather the ups and downs; and continue on the path, following the way of Jesus. Thank you for all the ways you make church happen, including your financial support. In the first week of October, expect a letter from our co-chairs with more information.
- *Trunk or Treat happens Saturday, October 29, starting at 3 p.m.*—This community outreach to our neighbors and preschool families is great fun, but it can only happen with your support. Email Laura Roy at lroy@srvumc.org if you already have your costume and can decorate a car or supply candy. (See Page 12 for the full announcement.)
- *The Harvest Festival and Boutique slated for October 29 in Wesley Center*—Support local and international ministries as well as local artists and get your shopping done early! (See Page 5 for the full announcement.)
- Looking ahead to Christmas: Giving that Makes a Difference.

October 2022

- 1 Deepening Our Roots
- 2-5 Announcements
- 6-8 Spiritual Growth
- 9-10 Out Into the World
- 11 October Communion
- 12 Preschool
- 13-14 Family Ministries

- 15 Celebrations
- 16 Among Ourselves

Next Issue: November 2022

Have something you'd like included in next month's Messenger? Please submit your articles to: Lisa Jancarik at media@srvumc.org by **October 15, 2022.**

Announcements

From Page 1

- Alternative Gift Catalog coming your way in late November 2022! When you give a gift from this catalog, the gift benefits the organization you donate to and allows you to give in honor of others. It really is two gifts in one!
- Advent Devotional (*See Page 4 for the full announcement*).

Here's to deepening our roots, as a church that serves the community.

Cheers!

Pastor Kim



Who doesn't love to see vacation photos, especially when they relate to the lead article? Left: Grape vines deepening their roots. Middle: Pastor Kim and Steve Elliot, ready for uphill and downhill! Top right: Rare moment of Steve standing still. Bottom right: Here's to deepening our own roots!

Announcements

“MANY BLESSINGS”: Anatomy of an Email Scam

Here is the text of the latest email scam. It is **not** from either Pastor Kim or Pastor Andrew, and you should ignore or delete it. If you have already opened it, simply delete. **Do not respond.**

Generic subject line. They are sending the same scam to thousands of people, not just SRVUMC.

Subject: MANY BLESSINGS

Date: 09/15/2022 05:39 PM

From: Kim Risedorph

(unfamiliaraddress123@nonsense.com)

Not krisedorph@srvumc.org in the parentheses? Delete without reply. Just seeing Pastor Kim's name next to "From" doesn't mean it's from her.

Hello How are you doing?

I need a favor from you

email me back as soon as you get this message

Many blessings and peace

Pastor Kim Risedorph

Your newsletter editor promises that both pastors use periods and commas. The writing is often awkward in scam emails.

The main text starts with a vague and impersonal message, followed by a call to action. In this case, the scammer wants you to reply because that verifies that the account is active. Sometimes, they will want gift cards or money. If you want to learn if a request is real, then call the church office instead.

Of course, there is nothing we can do about these scam emails, and they will most probably keep coming. Here is what you can do to protect yourself:

- 1) Before you open take a look at the sender address. This particular scammer generated a gmail account with the Bishop's name, but the same scam has happened using Pastor Kim's name. You will not receive direct emails from Bishop Sally, Pastor Kim (krisedorph@srvumc.org), or Pastor Andrew (adavis@srvumc.org) from any other address than their own official email addresses. Any other sender address is false.
- 2) Take a look at the subject line—"MANY BLESSINGS" is often the kind of subject that comes with these scams.
- 3) If you go so far as to open the email, which we advise against, take a look at the content. It is vague and is always asking for something in a mysterious way. Often the language is awkward, and always the request for some kind of action—in this case a return email—is what they want.

So, look at the sender email address and at the title: If it seems odd, then just delete it. If you want to check if the church leadership really is reaching out, then call the church office instead.

Announcements

Preparing for Advent!

This year, our Advent devotional will be a collection of our own memories and experiences in celebrating Christmas. Please write down a time when you glimpsed the true meaning of Christmas; or a challenging time and how you experienced Christmas that year; or a time when the joy and love of the season filled your heart; or a favorite holiday tradition that continues to enrich you. This devotional will be our Advent reading for small groups and will help shape our worship focus. Your stories will enrich our Christmas season. *Email your brief (up to 250 words) reflection to kris-edorph@srvumc.org.*

Please send in your reflections no later than November 1. We'll collect all of the stories into a devotional and add a Scripture. But why wait? Prepare for the birth of Jesus by sending in your reflection now. Thank you!



Social Media and Online Ministries Update

Our presence in social media has blossomed in the past few years, but you may not have spotted all the ways we can connect. Check out these opportunities!



- Take part in **Sermon Discussions** on Zoom immediately following worship. The link is on Facebook Live and the [church website](#).
- **Chat during worship** with us each week on [Facebook Live!](#)
- On **YouTube**, check out weekly [2 minute teachings](#) from Sunday's sermon.
- When the **Online Church Campus** launches in a few months, look out for an original, on-demand class about spiritual practices as well as an online small group.

Sermon Discussion Group Sundays at 11 a.m. Zoom

Do you ever wish you could delve deeper into the sermon and learn to apply it to your life? This online space allows us to reflect on the meaning of each Sunday's message and consider its immediate value in our own lives.



Announcements

13th Annual San Ramon Valley United Methodist Church Harvest Festival and Boutique

October 29, 9 a.m. to 2 p.m.

Wesley Center



- Shop for everyone on your list!
- Find quality handcrafts by local artists!
- Score unbeatable deals!
- Treat yourself to a fabulous lunch at the Harvest Café!

Contact Shannon Dever at shannondever62@gmail.com to enquire about reserving booth space.

Psst...

It's not too late to donate candy or small toys for Trunk-or-Treat! Candies need to be individually wrapped. Contact Laura Roy at lroy@srvumc.org for info about how to donate the goodies.



Lunch with Friends Tuesday, October 18 (Third Tuesday of the Month) Wesley Center, Noon

Guest Chefs Anita Weir Ball and Peggy Crawford will dazzle us with their Trinity Center cooking skills and make

- Homemade chicken pot pie
- Sauteed spinach with cranberries
- Green salad with apples, cranberries and almonds
- Dessert—pumpkin bars or carrot cake—something yummy!

Thank you, Anita and Peggy!

Then—mark your calendar for Tuesday, December 6, for our combined November/December Holiday Lunch! Cooking crew still a bit in the air, but we will provide a homecooked Thanksgiving/Christmas meal. More to come!



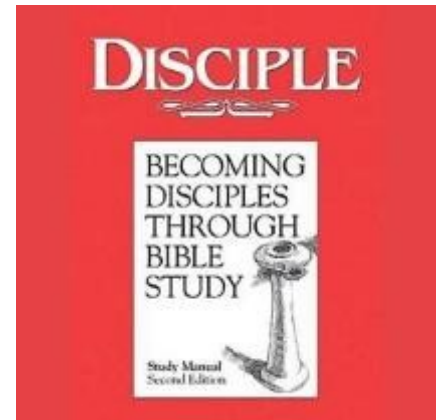
Spiritual Growth

New Disciple I Class Forming! **Sundays, October 9 Through May 28** **11:30 a.m. to 12:45 p.m.**

Disciple is a program of disciplined Bible study aimed at developing strong followers of Jesus. The Disciple study gives the Old and New Testaments equal time, emphasizing the wholeness of the Bible and its importance as the foundational document of our faith. Disciple draws upon the work of scholars as well as personal Bible reading and reflection to assist our learning. Plus, dynamic group discussion and lively activities will aid in our growing understanding.

Disciple I, “Becoming Disciples Through Bible Study”, will be a thirty-week overview of the entire Bible. Classes won’t meet over Thanksgiving weekend, the two Sundays during Christmas, or Easter Sunday.

Facilitator Phyllis Meyer is a longtime member of our congregation, a trained small group leader and has her Masters of Divinity from the Pacific School of Religion. **Sign up by clicking [here](#) or by calling the church office.**



A Special Message From Phyllis Meyer

I am excited for the opportunity to offer Disciple I again. It is such a great introductory class!

This class is for anyone barely familiar with the Bible. It assumes you can't tell an apostle from an epistle, but you'd like to know the difference. It's also for those who know a little more—some of the stories, or the Psalms, maybe—but you'd like to know how it all fits together. It's for anyone who wishes to deepen their understanding in a serious and committed way—and I promise we'll have plenty of fun, too!

You'll pick up your book at our first class, and I'll bring some suggested Bible translations, so don't buy one if you are Bible-less. I am so eager to get started and hope you are, too.

If you have any questions, call or email me!

Phyllis

925-866-0584

pcmeyer3716@yahoo.com



Spiritual Growth

Understanding Jesus in the Gospels **Six Sessions Begin October 16, After Worship**

We will examine five Gospels, including Thomas, to understand how each of the Gospel writers understood Jesus' life and how this understanding evolved with the advent of the early church. We will begin with Mark, the earliest Gospel, and explore how his narrative and themes influenced the other synoptic Gospels, Matthew and Luke. We will explore how the Gospel of John has become the most important Gospel for most Christians today. The Gospel of Thomas will reveal how Gnosticism crept into the early Jesus movement.

For Jesus, living into his vision of the Kingdom of God was the basis of his teaching. We will discuss how we can live into that vision. *For more information, please contact David Coombs at dfcas-soc@comcast.net.*

2023 SRVUMC Women's Retreat

"Extraordinary Faith in Ordinary Places" Led by Pastor Jennifer Goto

February 17 to 19, 2023

Villa Maria del Mar, Santa Cruz

Theme: A life of faith is lived out in our daily lives, right where we are in our neighborhoods. We'll explore what it means to be a good neighbor and the small acts that can build relationships. What does it look like to love our neighbors as Jesus commands? And how do we find the strength and grace to act on that love when it is difficult?

About Pastor Goto: She is an ordained elder in the United Methodist Church currently serving as the Center Director at Bread of Life in Sacramento. Bread of Life offers retreats, workshops and spiritual direction for those desiring a deeper life with the Holy. She has served as a pastor of congregations in downtown San Jose, Atwater and Walnut Creek. She has also served in campus ministry at UC-Merced and San Jose State. Currently, she is participating in the Spiritual Director Formation program through Mercy Center in Burlingame.

Come to the retreat to learn more about Pastor Goto and find out why she is highly recommended by our pastors! *Pick up event details in the Narthex or see www.srvumc.org for details and registration beginning November 6, 2022.*



Pastor Jennifer Goto

Spiritual Growth



Between the Bookends

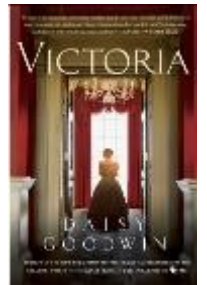


The pandemic cost the church library many popular titles as readers sheltered in place, finished enjoying a book, laid it aside, and then couldn't return it as promptly as they might otherwise have done. The Library Committee requests that readers who check out books (or have checked out books at some point as far back as 2019) please look again for the church library stamp on the top. No judgment! We're glad you read, and returns can come to the church office.

Thank you very much,
The Library Committee

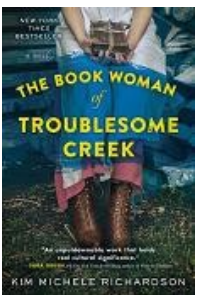
For Example...

Someone has chosen to read the book **Victoria** from the library cart but didn't leave the card with his or her name. Please return the card soon—or the book, if you are finished. This is how books are lost.



How It All Began
The Art of Racing in the Rain
The River of Doubt
Land of My Heart
The Hunger Games
Where the Crawdads Sing

The Guernsey Literary and Potato Peel Pie Society
The Etiquette of Illness: What To Say When You Can't Find the Words
10,000 Jokes, Toasts and Stories
Somebody Loves You



Richardson, Kim Michele, ***The Book Woman of Troublesome Creek***. Young Cussy Mary is a librarian for the Pack Horse Library Project in Kentucky where she and her cantankerous mule deliver books to remote areas. Cussy, or Bluet as she is sometimes called, is descended from a French family with a gene that causes the skin to be blue because of a lack of oxygen in the blood. Much of the population that Cussy serves is poor, unhealthy, and uneducated. Cussy's life is difficult because her family is poor and as a Blue, she is the target of prejudice. However, her ability to face obstacles and rise above them is laudable. This interesting novel informs the reader about a library service that did exist in the 1930s and 40s and a genetic anomaly found in a real Kentucky family.

Exciting news! The sequel to this brilliant novel will be available on the book cart soon!

Out Into the World

Dialogue for Change October Programs

11:15 to 12:30 p.m.

Fireside Room or Zoom

Both of these events are led by Usmaan Alloo, Programs Coordinator for the [Bay Area Council on American-Islamic Relations](#).

October 2—Bystander Intervention. To open a Zoom link, click [here](#).

October 9—Interrupting Microaggressions. To open a Zoom link, click [here](#).



**Usmaan Alloo of
CAIR-SFBA**

**DIALOGUE
FOR
CHANGE**

More Than a Conversation - An Opportunity to Learn & Act

Familiar Faces Makes You Smile! Take Photos!



Humans are biologically programmed to train their vision on faces, especially familiar ones. This photo and others taken by Marla Schleicher (*thanks, Marla!*) at the Food Bank of Contra Costa and Solano celebrates our volunteers and, hopefully, generates interest in future events. *If you really want to make sure your recent event or meeting gets some attention, don't forget to share a couple of photos with me-dia@srvumc.org!*

Early Response Team Training—Register Now!

Saturday, November 5 and Sunday, November 6

1 to 5 p.m. via Zoom

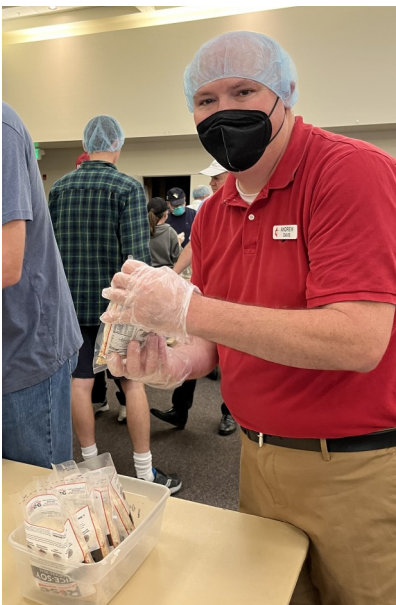
Early Response Teams (ERTs) typically provide assistance after the “first responders” and before recovery and rebuilding. ERTs join in a host of safety related tasks, mitigate further damage to property, and assist in cleanup in preparation for rebuilding. ERTs also sometimes serve in Local Assistance Centers providing comfort and items such as wildfire buckets to survivors. Always being the Caring Christian Presence! Minimum age is 18 years. Cost is \$15 plus \$41 for online background check and Safe Sanctuaries training. **Contact Leslie Carmichael at leslie@carmlee.net or [register online now](#).**

Out Into the World

Rise Against Hunger 2022 Event Packs 15,000 Meals!

The Rise Against Hunger event has been a touchpoint for our church's reach out into the world for years, so the format (and especially the gong!) are already familiar to many of us. This year's meals are most likely headed to Asia—Vietnam, Cambodia—or the Philippines.

Ted Nguyen set the mood and tempo for volunteer packing efforts with an arrangement of Vietnamese music. This fun, frenetic mission opportunity is a great time for busy families to make a difference in a matter of hours. Thanks to HollyAnn Melton for organizing this year's event.



Photos (clockwise from left): We're off to a banging start! The gong sounds every one thousand meals packed: It happens faster than you think! Teams of packers put rice, lentils, beans, dried vegetables and seasoning in each packet. Runners pick up the open packets from the filling teams for weighing and sealing at a separate station. Whew! This efficient process packed all these boxes in about two hours. (Editor's team maintains they were fastest packers.)



Communion

World Communion Sunday Is October 2

Holy Communion joins us in Christian unity. This sacrament invites us to focus on the holiness of communion with God and one another. On World Communion Sunday, United Methodists, in conjunction with other denominations and believers worldwide, participate in communion to recognize our unity in Jesus Christ, our Lord and Savior. This universal and inclusive connection is the foundation of the special offering for World Communion Sunday.



Your donations support racial and ethnic students in achieving their educational goals and transforming communities. In 2021, World Communion Sunday offerings awarded 242 scholarships and grants. Your generosity continues to provide scholarships, grants, mentoring and training for leadership development. The needs exceed what we can fund, and your gifts can further growth and success. Learn more about the racial and ethnic scholarships and grants [here](#).

Fifty percent of the offering provides scholarships for graduate students from the U.S. and other countries.

Thirty-five percent supports racial and ethnic scholarships for students pursuing ordained ministry (deacon or elder) and includes a mentoring program.

Fifteen percent funds Ethnic-In-Service Training Grant for leadership development, recruitment, training, and retention of ethnic United Methodist persons in leadership positions in every level of the church and its ministry.

The United Methodist Church, the world and our communities are in a time of transition. Now, perhaps more than ever, we are called to extend healing and hope which will guide us to becoming a new creation in Christ. Through our gifts and support, we can invest in talented, qualified students from around the globe to transform the world as witnesses for Christ!

This story appears on the [UMC.org website](#) and has been very lightly edited here for style. To read stories about individuals who have benefited from World Communion Sunday donations, click [here](#).



Preschool

Big Fall Plans for Little Ones

October is here, and we are so excited for all of the fall happenings. It always seems like this time of year flies by. It must be because there are so many exciting things going on! We start off October with the Family Picnic in the Park hosted by the always wonderful Laura Roy (**See Page 13**). This event was such a great opportunity for our families to get to know each other and Church members last year. We look forward to it being the same this year, as we work to integrate our preschool community into the Church community as much as possible.

Next, we move into Apple Pie week! This year, we are really excited to be hosting our families on campus for Apple Pie Night. As you may recall, last year we had to alter our plans a little bit to fit within best practices. Each child was able to make a mini pie at school that they took home to enjoy with their families. This year, we are bringing back our family event on Thursday, October 13. Throughout the week, parents will help teachers and children wash, prepare and hand-craft apple pies during the preschool day. It will all culminate on Thursday night, when families come together to enjoy the apple pies with their children and each other. This event is one of the many ways we get to build community among our families—something that I have always believed to be so special about our little preschool.



Finally, we wrap up October with our Halloween Parades around on the Thursday and Friday before Halloween weekend. I personally love this event because each child is so proud of their costumes and always excited to show them off. If you are available and would like to see all the fun costumes, please join us. Our two-year-olds will parade around the perimeter of the courtyard on Thursday, October 27, at about 11:45 a.m., and our three-year-olds and Pre-K students will parade around the same area on Friday, October 28 at 11:45 a.m. Luckily for families and our teachers, we have Halloween and the following day off from school. We hope this break helps us all recover from the sugar rush, rested and ready to take on November! Happy Fall!

Key October Dates for Preschool

October 2—Picnic in the Park

October 31—*No School*

October 13—Apple Pie Night

November 1—*No School*

October 27—Two-year-old Parade

October 28—Three-year-old and Pre-K Parade

Family Ministry

Calendar

Picnic in the Park! For Families of Children Birth Thru Grade 5

Sunday, October 2, 3 to 5 p.m., Hap Magee Park

Join us to kick off the new school year. Hap Magee has everything—a great play and water feature area with lots of room for fun! We have secured some picnic tables. You bring your picnic, and we will provide the shaved ice snow cones. **RSVP to lroy@srvumc.org.**



Trunk or Treat!

Saturday, October 29, 4 to 6 p.m. in the ARC parking lot. Join us in some fun. Decorate a car “trunk” in a theme of your choice and hand out some candy to our visitors and families. The theme decorations can be simple or elaborate. Buddy up with a friend or team! Let’s connect with our preschool families and the community!

Fun themes for decorating could be: island décor, a favorite sports team, a hobby, pirates, pumpkins or fall, a Bible story, a favorite children’s book... so many fun ways to go! **We will have snacks and a jump house too!**

Please let me know if you will come and party with us! **Contact Laura Roy at lroy@srvumc.org.**



Donations needed too! We need individually wrapped candy and small toys to hand out!

Unto Me, the Little Children

A Few More Ways To Get the Kids Involved at SRVUMC

Acolytes are back! Your child can serve for the first part of Sunday services once a month. **Contact Laura Roy at lroy@srvumc.org for more information about some brief training and for scheduling.**



Music Makers (Grades 2 through 5). Thursdays, 4 to 5 p.m. Learn to play hand chimes, enjoy a snack and then gather for singing, musical games, and rhythm/Orff instruments. **If you have any questions or can volunteer, reach out to Winnie Stribling at winnie_stribling@msn.com or Pastor Andrew Davis at adavis@srvumc.org.**



Family Ministry

Sunday School Your Way

Join us for in-person Sunday school! Sundays, 9 a.m. No need to register! TK through second grade will meet in small Wesley Hall. Third through fifth grades will meet in large Wesley Hall. Tot Spot will depend on staffing availability.

Online Sunday School meets at 10:15 a.m. via zoom. Email Laura at lroy@srvumc.org for Zoom meeting ID and passcode.

Cliff Hanger!

The story isn't over: Grit is refusing to give up when life gets hard.

Week One

Joseph Sold By Brothers and Joseph in Jail: Genesis 37, 39–40

Hold on because God is with you.

Week Two

Joseph Forgives His Brothers: Genesis 41–45

Hold on because there's a bigger story.

Week Three

Moses Is Born: Exodus 2:1-10

Hold on even when you don't know what to do.

Week Four

Burning Bush and the Ten Plagues: Exodus 3-6:12, 7-12:42

Hold on because God knows what you're going through.

Week Five

Israel Goes Through the Red Sea: Exodus 13:17-14:31

Hold on because God is still in control.

**“Let us not become tired of doing good.
At the right time we will gather a crop if
we don't give up.” —Galatians 6:9, NIV**



Celebrations

Birthdays

1 Jeff Doyle
2 Laurel Portman
Sam Hawk
Kim Maier
3 Jim Johnson (90)
Heather Morgan
Sarah Stroin
4 Lance Schlichter
5 Colby Milligan
Phillip Luecht
6 Wendy Cooper
Gavin Isbell
Dylan DeWalt
Sandy Gsand
Heather Jackson
Millie Sherman
7 Lisa Laird
Barbara Schneider (90)

8 Doug Domergue
9 Teresa Marohn
Darrelyn Orr
Ann Radick
10 Jim Rossini
Bob Sada
11 Robbie Barton
Debbie Byers
12 Eric Perry
Madeleine Sepull
14 Danni Sherman
16 Liz Bayat
18 Ida Dandridge
Priscilla Wolfram
19 Walt Torgersen
20 Lauren Nakaso
21 Sharleen Keen (90)
22 Nancy Campbell

Jana Vojdani
Kelly Milligan
24 Laura Roy
Karen Watson
25 Emily Doran
Bob Schleicher
26 Rochelle Hoff
27 Maggie Gest
28 Bill Foulds
29 Bob Millinich
30 Elke Torgersen

New and Returning Members

If you aren't seeing the milestone celebrations for your family here and would like to share them with the church, then please email news-letter@srvumc.org.

Anniversaries

6 Susan & Rick Doran
9 Liz & Skip George (51)
12 Cadi & Brian Stephenson
13 Devon & Buck Drake
14 Marti & Sketch Sketchley (55)
17 Margo & Ron Cefalo
Nancy & Epi Vazquez

19 Marla & Stanley Nakaso
Sherrie & Don Weis
20 Lynn & Joe Sanguedolce
21 Beth McClelland & Joseph Voelker
22 HollyAnn Melton & Ted Nguyen
23 Joan & Lyn Arscott (57)
24 Kathleen & Nader Saghafi



Among Ourselves

Health Concerns

Sharon (Susan Dowling's mother)

Bob Brown

Victor Hymes

ClaudeC Johannessen

Kay Jones

Barb McWilliams

Kate Steffy

Continued Prayers For

All those who live with long-term illness, those recovering from COVID-19, unemployment, life decisions, and sickness in their families, Joan Lee, Ann Schroeder.

Our Christian Sympathy

Bill Steele, former member of SRVUMC, passed away in Truckee on July 24 after a courageous six-year battle with cancer.

Bob Bailey passed on September 13. Please remember the Bailey family in your prayers during this time.

Continued prayers for the Benzler and DeChene families as they navigate the grief of losing a loved one.

SRVUMC

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Director of Family Ministries

Laura Roy (ext. 106)

Preschool Director

Katelyn Self (ext. 113)

Office/HR Manager

Soledad Cuenco (ext 104)

Accountant

Pritya Gupta

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Susan Madden

Office Administrator

Patsy Kyles

Music Director

Rosalind Neisinger

Organist

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Messenger Editor

Lisa Jancarik

Director of Social Media and Online Ministries

Sarah Stribling

Director of Recreational Ministry (ARC)

Matt Clawson