

THE VALLEY MESSENGER.

A publication of San Ramon Valley United Methodist Church

Pursuing a life with God and a life with each other by following Jesus, thriving in community, and healing the world.

Our Values: Inclusion, Inspiration, Impact



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JUST WALK ACROSS THE ROOM.

Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph." "Nazareth! Can anything good come from there?" Nathanael asked. "Come and see," said Philip. ~ John 1:45-46

Dear SRVUMC Family,

One of the simplest—and most powerful—things followers of Jesus can do is take a step toward someone else. Whether it's a friendly greeting or a walk across the room, God often uses small steps to start new relationships—and to begin new faith stories.

When people hear the word evangelism, they often think of something intimidating: standing on a corner with a megaphone or forcing someone into a conversation they don't want. But at its heart, evangelism is simply sharing good news. And we all do this naturally! When you discover a great new restaurant, you tell your friends. When your grandchild takes their first steps, you post the video. When your team

wins the big game, you share the excitement. We are natural evangelists for the things that bring us joy. So why not share our faith the same way?

The truth is, many Christians feel hesitant. The latest Barna research shows that while 61% of Christians in the U.S. believe they have a personal responsibility to share their faith, only 28% feel strongly about it. Even fewer actively take part in faith conversations—Barna recently found that 56% of Christian adults describe their spiritual lives as mostly private, and only 29% say they invited someone to church in the last six months. Clearly, there is room to grow.

Yet, this moment in time is filled with fresh spiritual openness. Since 2021, Americans reporting a personal commitment to Jesus have actually risen from 54% to 66%—a significant increase, especially among Millennials and Gen Z. As we move into autumn, people often become more open to questions about meaning, hope, and belonging. What better time to invite someone to "come and see" what God is doing here at San Ramon Valley UMC? (continued on next page)

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We have good things—great things!—
to share. Our worship gatherings
offer real encounters with God's
Spirit, our studies and small groups
invite honest questions and growth,
and our service ministries meet real
needs in the local and global
community. These are not just
programs; they are places where lives
are changed.

Over the next month, I'll be beginning a new sermon series called Just Walk Across the Room. In it, we'll learn practical, compassionate ways to share our faith—without pressure, without pretense, but with deep care for others. Evangelism is not about pushing people; it's about listening, noticing, and walking alongside them. It's about realizing that what we already experience here in worship, study, community, and service may be the very thing someone else is longing for.

I should also be honest with you: I'm an introvert. Meeting new people has never come easily for me. But I've learned that when I take that first step —when I move out of my comfort zone and walk across the room—God shows up. I've seen a casual hello become a conversation about grief, leading to someone finding support and healing. I've seen small introductions turn into

deep friendships, and new friendships grow into part of our church family. None of this would have happened if I hadn't pushed myself out of my comfort zone and taken the first step.

As the season changes—the air crisp, the leaves turning, creation reminding us of transformation—my prayer is that we, too, would be transformed. May our hearts be open. May our circles grow wider. May small steps lead to big testimonies of God's grace.

There's much ahead for us at SRVUMC. For now, look for the person in your life, maybe even today, and take the step: offer a smile, say hello, or issue an invitation. You never know what God will do when you just walk across the room.

Reveling in the Good News, P. Sam | syun@srvumc.org

P.S. What are your greatest hesitancies in sharing your faith with others? I would love to hear! Please send me an email and share with me your thoughts.



National Coming Out Day

OCTOBER 11

SRVUMC IS A RECONCILING CONGREGATION AND AN INCLUSIVE FAITH COMMUNITY.

JOIN AN AUTUMN CLASS.



BIBLE STUDY WITH PASTOR SAM

Start your day off right – with the Word of God. Join Pastor Sam **every Tuesday from**10:30–11:30AM in the Pastor's Office for an inspirational Bible study. The group is currently studying Paul's letter to the Philippians.



DISCIPLE FAST-TRACK

Disciple ("Becoming Disciples Through Bible Study") is a foundational, disciplined, small group Bible study. This is a shortened version that focuses on the Four Gospels.

Join us every other Wednesday evening from 4:30-6PM.

Click here to sign up!



"THE HISTORICAL JESUS" CLASS

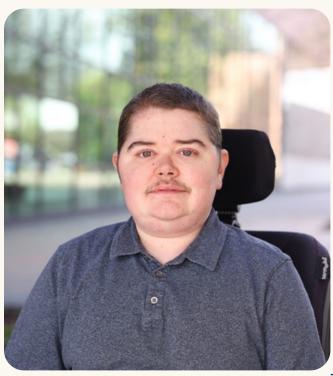
Dave Coombs facilitates a weekly video series every **Monday at 7PM via Zoom** led by noted Biblical scholar Bart Ehrman on "The Historical Jesus." Each video is about 30 minutes long and will be followed by discussion. The class runs now through April 6. Sign up here.

WELCOME ALEX MADDUX, NEW SRVUMC INTERN.

SRVUMC is thrilled to welcome Alex Maddux, as our Communications Intern!

Alex is an accomplished web designer, content producer, and played a key role on the think tank that researched and eventually chose Church Center as SRVUMC's online platform. In his spare time, he likes to DJ, listen to music and hang out with his friends.

Welcome to SRVUMC, Alex!



BLOOD DRIVE WITH LDS CHURCH ON OCTOBER 10.

You are invited to participate in the Interfaith SRVUMC and Latter-Day Saints Blood Drive on October 10th from 10AM-4PM at San Ramon Valley United Methodist Church.

The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every two to three seconds and most of us will need blood in our lifetime.

Volunteers are needed to donate blood. Click <u>here</u> to sign up to donate blood or visit <u>https://www.redcrossblood.org/give.html/drive-results?zipSponsor=srvumc.</u>



ANNUAL MINISTRY FAIR RETURNS OCTOBER 12.

On **Sunday, October 12 from 11:30AM-12:30PM** there will be a
Ministry Fair in Wesley Center. It's an opportunity to learn how you can get involved in committees and various ministries. There will be information tables so you can learn more and sign up. This is a great opportunity to learn how we thrive in community and do life with God and life with each other!

Great thanks to our Nominations
Committee for hosting this event. If
you would like to find out more on how
to serve or get involved, contact the
co-chairs: Pastor Sam Yun at
syun@srvumc.org or Debra Carter at
Hermine2@icloud.com.



JOIN A DISCOVERY DINNER THIS OCTOBER.

Are you interested in learning more about SRVUMC or becoming a member? Join one of two Discovery Dinners on October 14th or 16th from 6:30-8:30PM to learn more about the church's history, our vision, and how you can get involved. A delicious dinner will be provided alongside an inspiring presentation.

Please RSVP to <u>Pastor Sam</u>, <u>syun@srvumc.org</u> by October 10.





EARTH CARE, MEDITATION AND MOVEMENT.

THIRD FRIDAY OF EACH MONTH (10/17, 11/21, 12/19)
9:30AM
MEET IN THE NARTHEX
SAN RAMON VALLEY UNITED
METHODIST CHURCH

- Mind, body & soul contemplative practices
- Deepen our connection with the earth & our spiritual journey
- We will use sacred space in the narthex, meditation garden, & sanctuary
- No experience necessary
- All are welcome
- Interested? Add your name to Ginny's email list, ginfereira@gmail.com

ADD YOUR NAME TO THE EMAIL DISTRIBUTION LIST

THE MEN'S BREAKFAST LITE RETURNS OCTOBER 25.

SRVUMC is blessed with a vibrant, contributing and faithful senior membership. Along with that fact comes some interesting questions: Why did I just walk into this room? Where did I put my car keys? Why did I just put the ice cream in the oven? So called age-related forgetfulness is common when we reach the senior years. Cutting to the chase, the elephant in the room is dementia, or even more seriously, Alzheimer's.

Click <u>here</u> to sign up on Church Center or visit <u>https://srvumc.churchcenter.com/registrations/events/3165891.</u>

On Saturday, October 25, from 8 AM to 10 AM, the Methodist Men's Breakfast group will host a program on this important topic. Light will be shed on very recent developments that are offering hope for those who might be afflicted with the more serious forms of dementia. If you've ever been concerned about your "age-related-forgetfulness," this program is for you. It will be a 'Methodist Men's Breakfast Lite' with coffee, tea, juices, fruit salad and bagels. All church members and guests are invited.

The most recent Men's Breakfast in August examined the past, present, and future of artificial intelligence.



CALLING ALL MAKERS OF BEAUTIFUL THINGS!

By Shannon Dever

It's time to begin planning for our Harvest Festival craft fair on November 1 from 9AM-1PM featuring treasures created by our own church folk and members of the community. For the past fifteen years we have consistently shown high-quality handmade items such as quilts and guilted table linens, handmade shawls and sweaters, fused glass ornaments and jewelry, handmade caramels and preserves, wooden planters and benches, windchimes, and many other unexpected and beautiful finds. Many of our previous artisans are returning, and we always love welcoming new artists. If you have creative talents, we need you! It's time to reserve a space and get busy creating works of art or tasty treats. Invite your friends and family members to join us this year.

A space fee of \$35 and 10% of your total sales will be donated to the church for various mission projects. Let's bring out all our hidden talents and make the 16th Annual Harvest Festival Craft Fair the best yet! Contact Shannon Dever (shannondever62@gmail.com) for information or to sign up.



VOLUNTEER AT WHITE PONY EXPRESS.

Volunteer to sort food (mostly fruit and vegetables) on **November 6th from 9-11AM** at White Pony Express' in Concord.

Meet in the church parking lot at 8:30AM or at the White Pony Express facility, 2470 Bates Ave, Concord.

Please be sure to wear your new SRVUMC volunteer shirt.

Click <u>here</u> to sign up on Church Center or visit <u>https://srvumc.churchcenter.com/registrations/events/3137170.</u>

White Pony Express was started by Dr. Carol Weyland Connor in 2013 to address the terrible disconnect between food waste in the United States and hunger and poor nutrition.

She began a "food rescue" program, delivering surplus high-quality food to local organizations serving those in need. White Pony Express grew as volunteers offered time and equipment and other organizations and individuals raised money for equipment like refrigerated trucks. As of 2024, the food rescue program has

saved over four million pounds of high-quality and largely perishable food from grocers, retailers, restaurants and wholesalers and served 130,000 people in Contra Costa County. Volunteers and staff sort and deliver nutritious foodstuffs to receiving organizations in refrigerated vehicles the same day. Recipients of the deliveries are never charged a fee for these deliveries.

In August, White Pony Express volunteers made care packages for people in hospitals. Photo credit: Jerry Ricker.



SAVE THE DATE FOR THE WOMEN'S RETREAT.

2026 SRVUMC Women's Retreat January 30 – February 1, 2026 Villa Maria del Mar – Santa Cruz, CA

"Touching Hope: Healing, Wholeness, and Thriving in Troubled Times"

Retreat Leader: Rev. Debra Brady

In a world that often feels broken and unjust, how do we hold onto hope? As followers of Jesus, how do we find our center, tend our wounds, and reclaim joy—personally and communally?

Through the intertwined healing stories of two daughters in Mark 5:21-43, we'll explore the courage to reach out, the power of being seen and known, and the sacred possibility of being restored. Together we'll name our anger and grief, ground ourselves in sacred wisdom, and awaken to hope—not as wishful thinking, but as resilient, Spirit-led living.

All registration is online this year and begins November 2, 2025. Our 2026 rates: Single is \$485 and Double is \$395. Contact persons for this event will be in Wesley Center after worship on November 2 to help women register on Church Center and answer questions.

Last year's retreat saw the participation of three generations of women: Sari Zimmerman, Emma Diamond, and Shirley Stephenson pictured here.



BALANCE AND MOBILITY CLASS COMING SOON.

Balance and Mobility 55+ class coming to SRV Methodist Church Date/Time: TBD

Move with strength. Age with confidence.

Falls are one of the top reasons older adults land in the emergency department. As a former ER nurse, instructor Teri DeLaMontanya has seen firsthand how often loss of muscle, mobility, and balance are to blame—and how much of it is preventable.

After age 30, we lose up to 5% of muscle mass each decade. That decline affects strength, reaction time, and stability. But it doesn't have to. With focused movement and strength training, you can rebuild muscle, improve coordination, and protect your independence at any age.

This class is designed for adults 55+ and led by Teri—a Registered Nurse, Ironman triathlete, and lifestyle coach with deep medical knowledge and personal experience. Whether you're recovering, maintaining, or building strength for the future, Teri will meet you where you are.

Join us at San Ramon Valley Methodist Church—a welcoming space where you'll train your body to stay upright, energized, and in motion.

It's never too late to start.

This is a donation based class and is open to the public. Suggested donation is \$10 payable to San Ramon Valley Methodist Church.



Indigenous



PEOPLES' DAY



October 13

SPIRITUAL GROWTH

IN THE PEW: PEGGY CRAWFORD.

By Sarah Stribling

Originally from Morgantown, West Virginia, Peggy Crawford is the granddaughter of a Presbyterian minister. Growing up in West Virginia, she eventually decided to major in chemistry, an unusual step for women at that time. She soon married Horace, the love of her life, while he was in the army. The two married and moved to California in 1967.

Settling in Walnut Creek, Peggy and Horace were soon blessed with their first daughter. Peggy became a stayat-home mother. Peggy has now lived in this area for forty years.

When she visited SRVUMC for the first time, the then-associate pastor, Jackson Butler, made a powerful positive impression on Peggy.
Knowing that they were first-time visitors, he took the time to visit the Crawfords at their home. "It added a nice personal touch," Peggy recalls. Since then, Peggy has found SRVUMC a warm and welcoming faith community full of friends and fellowship. She especially loves the worship music. "Nadia is a wonderful musician. Jeff is very talented; we're lucky to have him." On a more somber

note, SRVUMC has been Peggy's companion during difficult times, as well. When her husband, Horace, passed away three years ago, this community supported her through her grief journey. "It was a lifesaver," Peggy shares.

Peggy is involved with several groups and committees. She supports Trinity Center, a local nonprofit that helps people experiencing homelessness, by bringing warm meals once a week during the winter season. She also serves on Church Council and is a colay leader. "Church is a stable factor in my life; a home away from home," Peggy declares.



BETWEEN THE BOOKENDS.



THESE BOOKS ARE SCARY GOOD!

October is a month full of beautiful fall colors, large bright orange pumpkins and fun times with children everywhere in Halloween costumes.

Don't allow these ghosts to scare you away from the library cart. There are many intriguing books there!

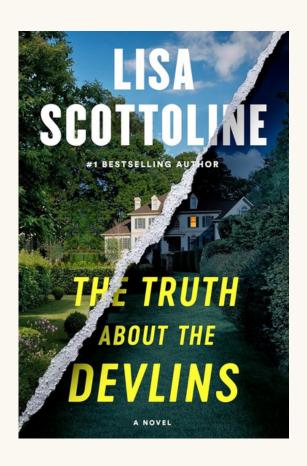
For every <u>reader</u> who loves dogs or any animal, books of that nature are on the cart. Besides <u>A</u> <u>Dog's Purpose</u> and <u>The Dog Who Wouldn't Be</u>, there is <u>Marley and Me</u>. Here is a human-animal bond story that cannot be matched! He is mischievous yet amusing. He is destructive beyond measure yet always lovable. This is a tender heartwarming story of man and his dog.

Another story that tugs at your heart is <u>Perestroika in Paris</u> where animals look out for each other showing great compassion and concern. At the same time in another part of Paris, a young boy is caring for his great-grandmother who cannot see and can barely hear.

Then there is <u>Thursday Murder Club</u> and the second in that series entitled <u>The Bullet That Missed</u>. It is Elizabeth, a former Scotland Yard agent, who solves the mysteries. Netflix has the movie, Thursday Club Mystery, on television presently. A fifth book will be available by the time this newsletter goes to press.

Enjoy the many books available to you. (continued on next page)

SPIRITUAL GROWTH



(continued from previous page)

Scottoline, Lisa. The Truth About the Devlins.

A powerful lawyer family firm in the Northeast is compromised by an accounting scandal. The older brother, John, is to blame, having skimmed money off the firm by over-charging on his hours. He and the accountant are in cahoots on this scam.

John tries to pin the crime on his youngest sibling, TJ, the black sheep of the family. TJ has spent time in jail already due to negligence but in this case refuses to become the fall guy. Using his investigative skills, TJ begins unraveling the clues that brought his brother to this terrible situation.

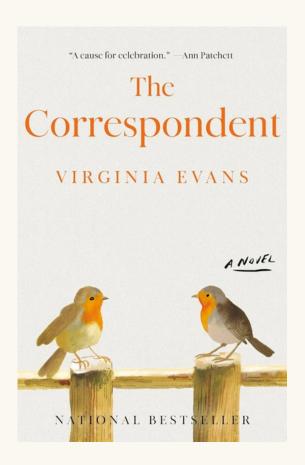
In the meantime, the buyout of a new company they hoped to acquire is in jeopardy.

Representatives of the new company send "thugs" to scare John and TJ into going through with the deal. John is ready to cave, but TJ is not. TJ decides to fight back and get to the bottom of why the deal is so important.

This fast-paced page-turner is hard to put down.

AFTERNOON BOOK GROUP.

FOURTH MONDAY OF THE MONTH AT 1 PM IN THE CHURCH LIBRARY.



NEXT BOOK SELECTION: THE CORRESPONDENT.

On **October 27th,** we will read <u>The</u>
<u>Correspondent</u> by Virginia Evans. A fast-paced book with insight into grief, aging, regret and secrets. It is told in a series of letters.

Click <u>here</u> to buy the book or go to <u>https://www.amazon.com/Correspondent-Novel-Virginia-Evans/dp/0593798430.</u>

Contact <u>Jenny Swanson</u> (<u>jenny.swanson646@gmail.com</u>) for more information.

SPIRITUAL GROWTH

UMeUs YOU/ME/US



Last month, Dr. Allyson Mayo and Teri DeLaMontanya spoke about wellness, longevity, and how to improve one's healthspan!



Get ready for a Halloween lunch featuring broccoli Mac 'n Cheese, and deviled eggs! So good, it's scary!

POTLUCK & PRESENTATION TUESDAY, OCTOBER 7TH, 11:45AM, WESLEY CENTER

Resident of San Ramon, Donna Scuvotti will be our guest speaker. She is a local author with three books published and another almost completed. She'll share her thoughts on the writing process, the challenges of being an indie author, and how having a second career in her sixties has been very rewarding. She will have books to sign and sell at our potluck. Please bring a dish to share!

LUNCH WITH FRIENDS TUESDAY, OCTOBER 21ST, NOON, WESLEY CENTER

Join us for a scary and fun Halloween lunch with broccoli Mac 'n' Cheese, Jack-O'-Lantern stuffed peppers, and spider deviled eggs! Halloween candy for dessert! Best, most fun, \$10 (suggested donation) lunch in the valley!

NOVEMBER SCHEDULE

Save the date for Tuesday, **November 4th, Potluck & Presentation**, and Tuesday, **November 18th, Lunch with Friends! PLUS a fun field trip to Filoli! Click <u>here</u> to register or visit https://srvumc.churchcenter.com/registrations/events/3072961.**



OUT INTO THE WORLD

RISE AGAINST HUNGER.

SRVUMC made a global impact last month when over 90 volunteers participated in a meal packing event. In less than two hours, volunteers achieved the goal of packing 14,000 meals that will be sent where they're most needed.

Many thanks to all the volunteers who helped this community of faith help heal the world, including HollyAnn Melton, Chair of the Missions Committee, for her great work in coordinating and leading this event!











OUT INTO THE WORLD

SRVUMC GOES TO THE SAN FRANCISCO OPERA.

On Sunday, September 21st at 2PM, sixteen members of SRVUMC ventured to San Francisco to hear our very own Dewey Reikofski sing bass in the chorus of Rigoletto. The setting was spectacular, the costumes were picturesque, the voices were out of this world! Dewey was his usual self... outstanding. He had one special upfront moment with a banner, and he handled it well. Most of the time he was with the chorus supporting the stars. Just you wait, next year Dewey will be up front as one of the stars!

The acoustics at the War Memorial Opera House are outstanding. All of us in attendance were so excited to be there for Dewey.

So excited to have been there, Jerry and Suzanne Ricker SRVUMC members enjoyed seeing (and hearing) Dewey sing in Giuseppe Verdi's famous opera, <u>Rigoletto.</u>







TRUNK OR TREAT

FRIDAY, OCTOBER 24, 7-9PM











NEXTGEN MINISTRIES

YOUTH GROUP HAVE FAITH-FILLED SCHEDULE.

By Karen Hernandez

The youth group has many things happening this autumn! From a Coat Drive for Love a Child, to volunteering at Bay Area Rescue Mission, we have a full few months coming up! Kindly see the schedule below and reach out to Karen (khernandez@srvumc.org) with any questions.

October 5 - Coat Drive Launch - In worship and afterwards (lunch will be served)

October 24 - Trunk or Treat (Youth Group help/volunteers needed; click here to register or visit https:// srvumc.churchcenter.com/ registrations/events/3130652) -6PM-9PM

November 1 - Harvest Festival Bake Sale-Youth Group Fundraiser -9AM-12PM

November 9 - Pickleball in the ARC - 3-6PM (note the time!)

Stay for pizza dinner and organize coats for Coat Drive

November 16 - Volunteer at Bay Area Rescue Mission - 11AM - 4PM **December 7** - Coat Drive - Drive to Bay Point to deliver coats -11:30AM-3PM

- Lunch with the San Ramon Valley Islamic Center's Youth Group before we drive to Bay Point
- December 7 is also Confirmation [and Advent] SUNDAY!!

December 12 - Youth Group Christmas Party - (Location TBD) -6:30PM-9PM

This year's Trunk or Treat will be on Friday, October 24 from 7-9PM! Bring a friend!



CELEBRATIONS

BIRTHDAYS

1 Jeff Doyle

2 Sam Hawk

Kim Maier

3 Heather Morgan

Sarah Stroin Philip Yun

4 Lance Schlichter

4 Lance Schilding

6 Wendy Cooper Gavin Isbell

Jack Schramm

Dylan DeWalt

Sandy Gsand

Millie Sherman

7 Lisa Laird

8 Doug Domergue

Margie Durham

Michi Duda

Dennis Greene

9 Ann Radick

10 Jim Rossini

Pam Uitti

Bob Sada

11 Robbie Barton Debbie Byers

12 Madeleine Sepull

14 Danni Sherman

17 Bill Lettis

18 Ida Dandridge

Mikala Choy

Priscilla Wolfram

19 Jeff Howe

Walt Torgersen (92)

20 Lauren Nakaso

21 Sharleen Keen (93)

23 Nancy Campbell

24 Laura Roy

25 Bob Schleicher

Bob Tharalsen

26 Rochelle Hoff

27 Alexi Lee Van Bezey

28 Bill Foulds

Dan Sturdivant

29 Bob Millinich

Dale Stevenson

ANNIVERSARIES

6 Kathy & Victor Hymes

9 Liz & Skip George (54)

17 Margo & Ron Cefalo

Nancy & Epi Vazquez

19 Marla & Stanley Nakaso

21 Beth McClelland & Joseph Voelker

22 HollyAnn Melton & Ted Nguyen

24 Susan & Jeff Rideout



AMONG OURSELVES.



HEALTH CONCERNS

Kay Jones, Jeff Lang, Mary Nelson, Jo Ann Hirsch, Melanie and Boyd Hasik, Adam Kennedy, Lonnie Bristow, Judy Slinger, Carol Fhlug, Isabel D'Elia, Andrea Bourgeois, Teri Hawk, Julie Klug's nephew Taylor, Chris Hoff, ClaudeC Johannesen, Shana Carroll, Pastor Sam's parents, Jan Anderson and Bill Sabin.



CONTINUED PRAYERS FOR

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

NEVER MISS AN ISSUE!

The Valley Messenger is delivered right to your inbox. Stay connected with all things SRVUMC, and read interviews, book reviews, and more.

Check out our website to keep up with church happenings, sign up for upcoming events and groups, and read our newsletter anytime, anywhere.



OUR TEAM

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