



Valley Community

PRESBYTERIAN CHURCH

ADULT EDUCATION

FALL 2023

Sunday mornings in the
Cornerstone Room

11:00 AM

During the school year, lively discussion groups & lectures for adults led by Valley staff, passionate & talented volunteers, & guest speakers are offered at Valley. Each session will be offered on Sunday mornings at 11:00 AM in the Cornerstone Room.

September 10, 2023
SUSTAINABILITY GROUP
Plant-Based Nutrition:

Valley members Dawn Schuldt and Carolyn Anderson will explore ideas of wellness and present simple ways to incorporate plant-based eating. Along with a brief cooking demonstration, we will provide resources to stimulate curiosity in this transformative journey.

September 17, 2023
**WHERE CHRISTIAN VALUES AND
NATIONAL INTERESTS COLLIDE**
Rev. Bill Davnie

American Christians often see our foreign policy as an extension of our values of democracy, freedom, faith and more. But our values and our national interests - security, defeat of competitors and more - don't actually always coincide, and we quickly let our interests overwhelm our values. We'll look at how Christians here and elsewhere look at Ukraine, Palestine other aspects of our international presence.

September 24, 2023
THAT'S NOT THE WAY WE'VE ALWAYS DONE IT
Sheila Sheldon

We are the reformed church, always reforming and that means things change from time to time. Sheila will present Valley's new website and give a tour of where to find commonly searched content. Finally, two of our newest Parish Associates, Nancy Phillips and Rebecca Tollefson, will join us to share a little more about themselves, what they are doing now, and what they look forward to in the future.

October 1, 2023
**LOOKING INWARD, LOOKING OUTWARD,
BEING A FRIEND, Rev. Nancy Phillips**

October is Mental Health Awareness month. In this class we'll learn how diagnosed conditions such as anxiety and depression are on a continuum with the everyday sadness and worry that appear at times in everyone's lives. Nancy Phillips is an ordained clergyperson in the Reformed Church of America and worked for the church in the areas of ecumenism & women's issues. She is also a licensed clinical social worker and served as an individual/family therapist in the Fairview clinic system.

October 8, 2023
LAND ACKNOWLEDGEMENT UPDATES,
Crystal Boyd & Jim Rock

Crystal Boyd will share an update on the 2022 oral history project and new projects that have been inspired by this important work. Then, Jim Rock will share an update on the work happening in Mountain Lake, MN with Makoce Ikikcupi. Makoce Ikikcupi, meaning Land Recovery, is a project of reparative justice on Dakota homelands in Minisota Makoce (Minnesota).

October 15, 2023
BREAD FOR THE WORLD

We have a great opportunity this fall because the US Farm Bill is up for reauthorization. Federal nutrition programs, a part of the Farm Bill, provide 10 times as much food assistance as private churches and charities combined. Bread for the World volunteers will show us how to speak up so the government will listen and help feed hungry children and families.

October 22
PROGRAMMING
SABBATH

We will take
October 22 as our
Sunday of Sabbath
from programming.

October 29 - WHITE NATIONALISM
Brandon Schorsch, JCA

Brandon Schorsch from Jewish Community Action will return to Valley to lead us in a discussion of white nationalism. This concept has been with us since the Civil War and is seeing a current and dangerous resurgence. We need to be aware and learn how to name and disrupt it.

November 5 - RECALIBRATING OUR
SPIRITUAL GPS, Rev. Anna Kendig Flores

Our Presbytery has voted to accept the recommendations of the Institutional Race & Equity Self-Assessment Team. Come to this session to learn about the five recommendations for seeing our way forward and building our antiracist assets as a Matthew 25 Congregation. The Presbytery's Anti-Racism Institutional Assessment Coordinator, Rev. Anna Kendig Flores will lead the discussion.

November 12 - MISSION SUNDAY

In the Valley we believe strongly in making a difference in our local community and beyond. We don't just talk the talk, we walk the walk with our friends and neighbors. Come hear the latest news from our local Mission Partners as they share about their work over the past year and how they are continuing to serve the community today. Learn how you can get involved with our mission partners and participate in family friendly Doing Good Together service activities.

November 19 - SUSTAINABILITY GROUP
Water Conservation

Carolyn Anderson will lead a discussion about how water conservation is more than just turning the water off to brush your teeth or changing the type of shower head you use. Learn how even the foods and products we choose impact our water system.

Do you have an idea for a future Adult
Education Forum?

The Educational Ministries team meets several times each year to plan upcoming forums that are of interest to our members on topics affecting our community and our world. If there is a topic or speaker you would be interested in hearing, let the committee know by calling or texting Carolyn Anderson at 612-209-8829.



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