

Vallejo Central Newsletter



What If???

May 2020

They have cancelled the rest of the school year, students will miss 2.5 months of education. Many people are concerned about students falling behind because of this. Yes, they may fall behind when it comes to classroom education...

But what if...

What if instead of falling "behind", this group of kids are **ADVANCED** because of this? Hear me out...

What if they have more empathy, they enjoy family connection, they can be more creative and entertain themselves, they love to read, they love to express themselves in writing.

What if they enjoy the simple things, like their own backyard and sitting near a window in the quiet.

What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?

What if this generation are the ones to learn to cook, organize their space, do their laundry, and keep a well run home?

What if they learn to stretch a dollar and to live with less?

What if they learn to plan shopping trips and meals at home.

What if they learn the value of eating together as a family and finding the good to share in the small delights of the everyday?

What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers like truck drivers, grocers, cashiers, custodians, logistics, and health care workers and their supporting staff, just to name a few of the millions taking care of us right now while we are sheltered in place?

What if among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

What if they are **AHEAD**?

This was posted on Face Book. It was too good not to share with those of you who may not have seen it.

Church Board Actions

- Motion 2020-020 2nd and Passed: Accepted the March 2020 Church Board Minutes.
- Motion 2020-021 2nd and PASSED: Acceptance of the March Financial Report.
- Motion 2020-022 2nd and PASSED: Accepted the formation of a Technology Committee to aid the church family in modern communication.
- Motion 2020-023 2nd and Passed: The Updated Church Directory to be sent to church members.

***Our Church Board continues to conduct business via Zoom calls. Contact the Pastor or Elder Larry Leach if you want to see an item placed on the agenda.

Dr. Lowe will hold the next medical workshops on May 2, and May 16 at 2:00 PM. They will be dedicated to the topic of Diabetes.



The weather is beautiful and we all need fresh air and sunshine. Here is an activity for the kids: With painters tape, mark sections in your driveway or sidewalk and let the kids use sidewalk chalk to fill in the different shapes. When you're done, simply remove the tape to reveal their art work.



Prayer List May 2020

~Pam Ditto

This month I want to invite you, if you are not participating already, to the 100 Days of Prayer which started March 27th and will end July 4, 2020. It was originally intended to bring people from around the world together in praying for the Holy Spirit to be poured out over the General Conference (GC) meetings that were scheduled the end of June and the beginning of July. Although the GC has been rescheduled, the prayer days continue. I am including the web address for you so that you can also join. www.revivalandreformation.org/100days

While you are tucked away during this quarantine I recommend reading or rereading a chapter from the E. G. White book, *Steps to Christ*, chapter 11, "The Privilege of Prayer". "Through nature and revelation, through His providence, and by the influence of His Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him." Thus begins the chapter. As you pray for our church family members listed here please call them by name:

- Joe & Danielle Amador, Stephen and Hailey
- William & Lovely Becklehimer, William Jr., Angely and Neil Dlcen
- Dennis & Geraldine Cabanez, Denise, Alexi, Zach and Jad
- Erlinda Daco
- Marquise Dominique
- Maribel Galsim-Viray, Ariana and Bryant
- Patrick Harmon
- Jason & Mary Ann Johnston, Joshua and Matthew Tenorio
- Fred and Bic Lowe
- Karen Medina
- Catalino and Nieves Patricio
- Linda Reid
- Nina Tadeo and Rowena
- Joyce Walker

What Church Members Are Doing During Shelter in Place



After trying and failing several different designs, Annaliza finally perfected a mask that has not only the best quality but also the best protection. It's one size fits all, full coverage, with pocket (for extra filter, dry wipes, essential oil, etc), colorful fabrics, adjustable/durable band, and most of all it's made and added with so much love.

With Annaliza's busy daily routine working night shift as a Hospice RN, it's challenging for her to accommodate the increasing requests and orders from her family and friends who are mostly in the front lines. But her first finished masks will go to the church Community Service. She's grateful to God for her love for sewing and hopes that she has enough supplies and time to make as many masks for the front liners and the essentials.



Angelina Gonzalez is staying busy at her new job at JFK Library in Vallejo. She writes: At work, I'm currently putting together guides for the public about online activities for kids, employment websites, & how to download items (ebooks, audiobooks, etc.) from the app Hoopla for free. But Luis & I went walking at the water front on my lunch break last week. I am also working on puzzles, & cuddling with my cats a lot too.



From Greta Henderson: Being a homebody, the shelter in place hasn't been too difficult or burdensome for me. While I miss my work travel far more than I expected, I'm adjusting. My dogs, on the other hand, are totally and completely over me being home every day. Unfortunately, the realization that a trip to Costco has become the highlight of my week, has finally sunk in. Work, as always, remains busy. However, not so busy I can't find time to cook or bake something pretty much everyday. My new favorite snack are Mac & Cheese muffins!! Sinfully delicious. Take good care and I hope everyone is staying safe, healthy and INSIDE!!!



From Glenn Ordaz: I'm a Respiratory Therapist, presently working at Alta Bates Summit Medical Center. I'm one of the many allied health care practitioners fighting Covide19 on the frontline. Usually, I'm assigned to work in ER, ICU and Cardio Pulmonary Unit.

I've been a Respiratory Therapist for almost 25 yrs now. I graduated BS Respiratory Therapist in the Philippines. I worked there for 4 years. Also, I worked in the Kingdom of Saudi Arabia, Dubai, UAE and here in California, USA.

Respiratory Therapist is a specialized healthcare practitioner trained in pulmonary medicine in order to work therapeutically with people suffering from pulmonary/ respiratory disease. One of the many great things about being RT is that the profession is dedicated to patients of all ages and circumstances (newborn, children and adults)

I work closely with a Pulmonologist (a lung specialist doctor) and RN.

Respiratory Therapist are first to be called by nurses when a patient is having trouble breathing. We know more about oxygen, breathing support and ventilators than most others in the hospital. We work with complex sophisticated machines, suction secretions from the airway, take patients on/off ventilators and most severely ill.

With this covide19 pandemic, like many other people, I'm anxious, there is this fear , but the Bible said

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." (Joshua 1:9 NIV)



Frank Gonzalez shared his favorite drink to build the immune system:

20 oz water, one raw garlic clove, half inch raw ginger, quarter lemon with skin (squeeze it, but eat it), 2-tablespoons organic apple cider vinegar, and one tablespoon Moringa powder. Moringa powder is a super food green plant . Sweeten with stevia or Monk fruit. Put all ingredients in a bottle and shake and drink and eat.



Mel Quiba: I stood in line at Costco for over an hour and a half. By the time I got inside, most of the items I needed were gone. Hope this won't be the new normal!



Nora Politano: I'm a registered nurse in Kaiser Permanent Vacaville Emergency Department. Every time I go to work is like going into a battle. We need to wear hospital scrubs, mask, hair/shoe covers, eye shield and more. The most important for me is prayer. It gives strength and courage. Thank you all for your prayers and let's all stay safe. Miss you all.



While Mom, Nora, is on the front lines working, the kids are busy with school work, spending time outside, and having fun.



Larry Leach: During this time of Shelter in Place, I have had 3 projects to keep me busy. I have been working in my garden every day planting vegetables and fruits. I also have been calling people to update the church directory along with Pam Ditto, Fredericka Black, and Dr. Lowe. You should receive your copy soon. I also have been re-organizing my garage, which is not finished yet. We are praying for the church family and hope to meet with you soon.



Pastor Henderson: I push myself to exercise more because it's so much easier to be less active in this situation. Riding bicycles with my family has been a new activity that we've added to our routine.



A Labor of Love... and Something Else.

Submitted by Carmen Velasquez



Rudolfo Raras	2
Gloria Gonzalez	3
Carmen Velasquez	3
Presmarie Tourville	5
Pearlette Dobbins	7
Julia Mae Mangrobang	7
Shayne Dixon	8
Joseph Bowlby	10
Vera Keene	11
Karen Medina	11
Celeste Wong	12
Hailey Amador	13
Bic Lowe	13
Melissa Yoest	14
Abraham Jacob	15
Joshua Duran	17
Antoni Hamilton	28
Jonathan Henderson	31

We talk about the concept of “Church Family,” but now that I’m working in Community Services on Tuesdays, I’ve gotten to know a little bit more about my Church Family. We work in harmony, we share stories, we pray before opening for service, we try to make ourselves helpful for each other, we work as a team. The first Tuesday we opened after the quarantine, lots of people showed up for food, and we ran out of fresh produce to give away. “I knew this would happen, said Uncle Dale, since people are out of work and in need.” The situation evened up the following week. Let me share with you some of the news:

Angelina and Luis changed their wedding date to September; Luis has lost at least 5 pounds now that he’s not working because he has committed himself to a better diet and cooking all his meals, no more junk food!

Ed Politano and Rudy Patricio like to go fishing in Chabot Lake, and sometimes they get lucky. Ed enjoys biking in the Benicia State Park.

Emelita had to delay her missionary trip to the Philippines because of the quarantine. She’s still sending supplies there, for when she is able to go.

Fredericka is happily living in the retirement community she is in at Yountville Adventist Retirement Estates. She lives in a two bedroom apartment, and there are always residents to talk with. Very friendly people, she says. It’s quiet and peaceful, and they have different activities the elderly can participate in.

Uncle Dale, besides coordinating Community Services, also does church’s repairs, when it’s needed. As we say in Mexico, “he makes bricks in his spare time.”

In the community services’ team, the young girls are the ones interviewing the customers. Angelina, Christine, and Erin, have been doing that job. Christine is moving back from LA, due to the quarantine.

I try to make people laugh with my stories, sometimes I get lucky... Some other times, I don’t. I told them about the skunk family that is hanging around home, making friends with the feral cats. Argh!

It makes me smile when I hear them ask if they have checked on this one, or that one; especially, with the elderly. We are a family, and we should look out for each other.

If we missed your birthday, please update the Church Clerk, Pam Ditto or Assistant Clerk, Fredericka Black with your information.

Community Services Report

99 Households were served with a total of 187 individuals.

15 Volunteers worked 406 hours.

We are grateful to our new volunteers who have been helping out during Solano County’s Shelter in Place order.



God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear...(Psalm 46:1-2) since He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.” Surely he will save you from...the deadly pestilence... You will not fear the terror of night...nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you...(Psalm 91:1,2,5-7)