

# THE MOUNTAIN VALLEY CONNECTION

11583 Mountain Valley Rd.  
Rockingham, VA 22802

Nonprofit Organization  
US POSTAGE PAID  
Harrisonburg, VA  
Permit No 259

## OLD FASHION DAY

Saturday, Oct. 16, 2021

### Fresh Apple Cider—See It Pressed

Take a turn!

### Apple Butter in the Kettle!

Quarts and pints ready to go home.



### Country Breakfast 8:30—10:30

Sausage Gravy 'n Biscuits  
Sausage Biscuit Sandwiches  
Juice, Hot Beverages

### Savory Lunch 10:30 until....

Pork BBQ, Fried Country Ham Sandwiches  
Hot Dogs, Homemade Vegetable Soup,  
Mac & Cheese, Cole Slaw, Navy Beans  
Cold & Hot Beverages



### Baked Goods, Homemade Candies

Carry Out Available



### Hand Crafted

Assortment of items for  
decorating and gifts!



### Health Fair

Information about staying well

**Flu** Shot Clinic from 9-11

Both adult & older adult strengths

Bring your insurance card and they will do  
the paperwork to cover your flu shot.

(Covid vaccinations will **not** be available in this setting.)



### Children's Corner

Fun Activities to entertain  
the little ones while you  
look around!



### *Peace and Grace from our Lord Jesus Christ,*

When I was growing up I was mesmerized by those who knew how to ride a bike. Seeing children, adults and all in between, riding up and down the street was an event. Do you remember learning to ride a bike? I don't know about you, but it was scary and exciting at the same time. Training wheels were my friends in this new adventure. As I got older I got an even nicer bike without training wheels. The more I used it the farther and more adventurous I became. Down the street became a few blocks away and so forth and so on. I believe discipleship and our faith journey is similar to learning riding a bike.

We have seen how others live out their faith and we can be mesmerized because we can clearly be witness to God's love. It is scary and exciting at the same time! And for good reason, we not only accept Jesus Christ in our heart but also accept to live a life that is an example that emulates Christ's love and sacrifice. As we grow in relationship with God the Father, Son and Holy Spirit, we quickly realize that we hunger to do God's will. At the beginning we might be cautious and careful how we witness to a risen Christ, but as time goes by we ought to be able to share the Good News wherever we are. We might even find ways to share God's love without words, through missions, through acts of service, or even by buying lunch or groceries for someone.

Wherever you are in your spiritual journey, remember that we have a world that needs some help, that maybe need some assistance like training wheels, or maybe this fall is the time we get back on the bike`... whatever might be your case, remember God still loves you and so do I.

*Pastor Eduardo*

### COMMUNITY BOOK CLUB

We gather at **11:30 in the Mountain Valley Fellowship Hall** and enjoy a **bag lunch** together as we share our readings.

Meeting usually adjourns about 1:00.

Oct. 28th **The Truths We Hold** by Kamala Harris  
Dec. 2 **Ordinary Grace** by William K. Krueger

# HISTORIC ROOTS

## Still Growing Today

Folks in the community first started gathering to thank God and grow in faith back in 1833. The first log building on the present site of Mountain Valley Cemetery was built in 1852.

The present campus includes the Worship Center, Fellowship Hall, picnic shelter and parsonage. You may have noticed the upgrades while driving by.



## Still Sharing Today!

Community outreach continues today as folks gathering at Mountain Valley help with visitation for seniors, Kids Clothes Closet and at Mission Central-Cedar Grove, emergency relief through Health & Welfare, and various missions by the men's, women's and youth group.

There is a prayer shawl group, book club, and Bible studies that help one to grow in fellowship, mind and spirit.

Visit us on the web at [MountainValleyUMC.org](http://MountainValleyUMC.org)

*Neighbor, come on over and visit for a spell, just like in the Good Ol' Days!*

## Community Youth

Middle & Senior High School

Coming together for service, fun and fellowship!

Want to join us? Phone 896-3424

Email: [MountainValleyUMCEvents@gmail.com](mailto:MountainValleyUMCEvents@gmail.com)



Litter patrol, campout, & beach party

*People in the Mountain Valley Community come together each Sunday morning at 11:00 am to thank God for the blessings of the past week, to seek inspiration to live better lives, and to celebrate love and 2nd chances!*

## Community Outreach!

Folks from Mountain Valley help with, **KIDS CLOTHES CLOSET** & the **Equipment for Caring** medical equipment loaner closet at *Mission Central-Cedar Grove*.

If you would like to help some who are less fortunate, you are welcome to donate clean, gently used children's clothing and surplus medical equipment to Mission Central.

If you are in need of either, please stop by and see how we may help you!

1704 Smithland Rd., Harrisonburg, VA 22802

Kids Clothes Closet:

2nd & 4th Wednesdays, 10:00 to 1:00

3rd Wednesdays 5:00 to 7:00

2nd & 4th Thursdays, 5:00 to 7:00

Equipment for Caring:

Mondays, 9:00 to 11:00

Thursdays, 5:00 to 7:00

## Restoring Hope Through Help!

**Equipment for Caring** now located in Mission Central at 1704 Smithland Road is a source for medical equipment for those in Harrisonburg and the surrounding counties. We are a Christian based organization that lends medical goods free of charge to those who may need them. We have durable medical equipment such as wheelchairs, walkers, bedside commodes, hospital beds, canes and shower chairs and benches. We also have disposables such as adult diapers, pull ups and sterile dressing supplies. Come by and check us out.

We accept donations of disposables and used equipment. We also need volunteers to help with cleaning of used equipment, organizing, and being available during our hours when we are open to the public.



Pictured above are several of our faithful volunteers, Barbara Phillips who helps in our closet along with Wes Conley and Elwood Reid who deliver and set up hospital beds in homes. If you need supplies or equipment come by during our open hours; and if you have questions or you can help in any way please call Delores Reid 540-383-6112 or call our Harrisonburg District UMC office 540-433-2382 and leave a message.