



The Liberating Power of a Holy “No”

My phone once tallied 42 notifications that opened with, “Pastor, could you...?” By sundown I had promised to lead a bake sale, bless a llama, and coach Little League—none of which appear in my call agreement (even in the Greek!). That manic Monday illustrated what psychologists call **ego-depletion**: every unnecessary *yes* drains the finite self-control we need for the tasks that truly matter. In the classic 1998 “radishes-versus-cookies” experiment, participants who resisted chocolate gave up sooner on hard puzzles because their willpower tank was empty.

Saying *no*, then, isn’t selfish; it’s stewardship. Marketing professor **Dr. Vanessa Patrick** labels it an “empowered refusal”—a boundary rooted in identity and values that releases us to pursue God-given purposes. A 2024 wellness review showed that people who practice empowered refusal report lower stress, better sleep, and greater life satisfaction.

Psychology Today likewise notes that strategic *no*’s boost self-esteem and deepen relationships. In other words, every “no” becomes a louder “yes” to health, family, creativity—and the still, small voice of the Spirit.

Scripture agrees. Jesus regularly “withdrew to lonely places and prayed” (Luke 5:16), declined the crowd’s push to become a bread-king (John 6:15), and taught, “Let your ‘Yes’ be yes and your ‘No,’ no” (Matt 5:37). The apostle Paul urges us to “make the most of every opportunity” (Eph 5:16)—impossible when our calendars already look like a Costco sample tray.

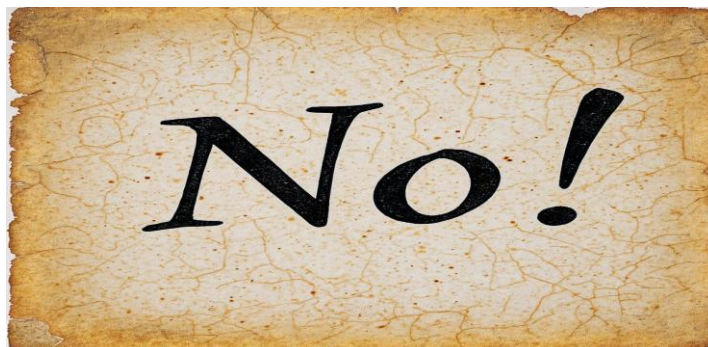
Author Bob Goff jokes, “Every time you say *yes* with your mouth, make sure you’re not saying *no* with your heart.” Try it this week: when an invitation arrives, pause. Ask, “If I say yes, what God-priority might I automatically decline?” Then practice the holy two-letter liturgy: “No, thank you.” It’s short, sweet, and—like strong espresso—surprisingly energizing.

For fun, keep a “**Yes Jar.**” Each time you resist the urge to over-commit, drop in a marble. When it’s full, celebrate the reclaimed margin: date night, prayer walk, nap (in that order!). You’ll discover the Kingdom advances not through frantic activity but through focused obedience. And yes, it even leaves time for Sunday morning tennis.

So, let’s learn to pronounce *No* with the same joy we shout “Amen.” After all, every good gardener prunes so the vine can bear better fruit (John 15:2). Pruned calendars produce vibrant disciples.

See you Sunday!

Grace and peace,
Laugh often and Fear not!
David



Sunday Worship Services
8:30 am – Traditional
10:30 am- Contemporary

Email: mvpc@mviewpc.org
Website: mviewpc.org

Office Hours
8a-5p M-Th
Phone: 702-341-7800

Pastor
Rev. David W. Dendy

Men’s/Mission Director
Dr. Gary Wall

Director of Family Ministries
Chris Kirschman

Director of Music
Dr. Mark Wherry

Redeemed Worship Leader
Bridgette Foster

Administrative Assistant
Shane Jensen

Tech Assistant
Tracy Vanderwerf

Church Accountant
Mitra McNally

Ministry Coord/Social Media
Tami Samek

Facilities Manager
Mark Washburn

Women’s Ministry Director
Allison Gray

Organist
Richard Wilson

Bell Choir Director
Gail Berg

Elder Mailbox
Session@mviewpc.org

Family Ministry News

Youth Group –

No Youth Group July 13th. Come to game night 5:30 -7:30 p.m. instead.
Next week Pool party. More details with Chris.

Children -

Child-care provided during services.
Sunday School @ 10:30am – July 13th

U50s/adults.

Next meeting is July 20th at 1:30 p.m.

Splish Splash!
CJK



Join the MVPC family this Sunday at 8:30 a.m. and 10:30 a.m.
for Virtual Church!

Go to the MVPC webpage @ www.mviewpc.org and select
Facebook or YouTube

CLOSED CAPTION AVAILABLE

Are you missing out on Pastor David's wonderful virtual sermons because you can't hear what is said?
We now know closed caption is available on the YouTube broadcast. Follow the directions below:

On Youtube under the video, where you can start, pause, etc. is a "cc". Click on that to start closed



Summer Supper Bible Study

Mark your Calendar

July 22, 2025
August 26, 2025

Tuesday Night
6:00pm - 7:30pm
for all dates
Fellowship Hall

Come enjoy dinner and Bible Study!
Stay tuned for additional information.



Come join us!

Shuffle gone wrong?

Divine Dealing
Tuesday's @ 10am

All are welcome, bring a friend.

MVPC

June 2025 Session Meetings Highlights

Our industrious Deacons are already working on projects for the fall and holidays. The Deacons are planning an outreach event for September 23 titled “Decluttering Strategies.” The Deacons are looking at marketing opportunities for more community participation in the annual Service of Solace scheduled for December 7.

Pastor David reported the services on Sunday, June 22, with the Rev. Jeanie Shaw from the Synod of the Pacific went very well. The Summer Supper Studies (sponsored by Men’s Ministry) kicks off on Tuesday, June 24, with subsequent events on Tuesday, July 22 and Tuesday, August 26. Sunday, June 29 will be themed “Baseball Sunday.” The Fuller Spiritual Formation Group held its second training session on June 20 and 21.

The Magnify Commission (matters relating to worship) reported that the gifts presented to men at worship services on Father’s Day, June 15, were well received. The Commission is researching a new baptismal font that will remain in the front of the Sanctuary.

The Serve Commission (serving others outside of MVPC) reported that the Dementia Support Group “Healthy Living for the Brain & Body” program on Saturday, June 7 had 22 attendees. The Pet Ministry will assemble pet care bags for the homeless on Sunday, June 29. The Project 150 Father’s Day collection of clothes and toiletries was very successful and the collected items have been delivered to Project 150. The new Family Promise facilities have a grand opening scheduled for August 21 with kitchen and pantry facilities being named for deceased MVPC member Ruth Anne Kendy.

The Nurture Commission (taking care of our congregation) reported that Vacation Bible School held on June 10-13 had 42 children attending, including families from Grace Presbyterian Church. The Youth Group mission trip to Loveland, Colorado is scheduled for the end of July with 5 senior youth and 2 counselors currently registered. Women’s Ministry sponsored a Technology Workshop on Tuesday, June 17, with 4 youth “tutors” helping to answer questions regarding cell phones and computer devices. A game (Bingo) and potluck night is scheduled for Sunday, July 13. Women’s Ministry will sponsor the Summer Pie-Palooza! on Tuesday, July 29 at 2:00 p.m.

The Gather Commission (taking care of gathering in groups large and small) noted that the next 5th Sunday brunch will be Sunday, June 29 to coincide with “Baseball Sunday.”

Stewardship Commission (being good managers of time, talents, and treasures). The Finance Committee chair Andrew Patterson presented the proposed 2025-2026 fiscal year budget, which Session approved. Elder Al Youmans reported that the improvements to the exterior lighting at the front of the building facing the corner of Del Webb Boulevard and Sungold Drive have been completed.

MVPC has entered into a contract with Dwyer Engineering to provide cost analysis for the proposed outdoor play area. A congregational meeting is scheduled for Sunday, June 29 between worship services for the purpose of approving the terms of call for Pastor David for the fiscal year 2025-2026.

The next Session meeting is scheduled for Wednesday, July 23, 2025 at 7:00 p.m.



Session

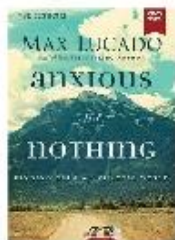


RightNow Media is a free service offered to MVPC/Guests/Friends. You will have exclusive access to hundreds of Bible studies and topical videos led by world-class teachers along with a multitude of Christian-based videos for your family to enjoy.

It's easy to sign up, email Tami Samek, Ministry Coordinator at Tami@mviewpc.org and she will set you up and you can start accessing great Bible-based studies/videos today!

Anxious for Nothing

In this five-session video Bible study, Max Lucado explores God's promise in Philippians 4:4-8 and shows that while anxiety is part of life, it doesn't have to dominate life. As you follow God's prescription for worry – celebrate his goodness, ask for help, leave your concerns with him, meditate on good things – you will experience his peace. You can stop letting anxiety rule your day and find true calm and contentment in Christ.



Hagar: Rediscovering the God Who Sees Me

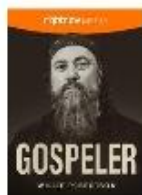
Have you ever been in a wilderness? Have you ever wondered, "God, do you see me?" We often relegate Hagar to the backstage as a minor character in God's redemptive story, but was she? Do you know how her story ends? Rest assured that it does not end in despair. In fact, she emerges victorious! So strap on your sandals and grab a bottle of water. We're heading into the desert. Join award-winning Bible Teacher Shadia Hrichi on a journey into the wilderness where you will discover that when you surrender your life into God's hands, your trials and triumphs serve a magnificent purpose: to draw you into the arms of the faithful God Who Sees Me.



Gospeler - Willie Robertson

Turning Darkness into Light One Conversation at a Time

When Jesus commissioned his disciples to go and make disciples, he invited all his followers—including us—to join his work in the world. As followers of Christ, we have the best news that everyone needs. But are we sharing it? In this six-session series, author and businessman Willie Robertson encourages us to embrace our identity as "gospelers," ready and able to share the good news of Jesus. We don't need to preach to share the gospel; we simply need to have meaningful conversations.



Parables (Kids)

Join an exciting animated series where kids experience the powerful parables of Jesus! Watch as the wise builder's house stands firm in the storm, the lost sheep is joyfully found, and the Good Samaritan shows kindness to a stranger. Through engaging stories, colorful animation, and valuable life lessons, children will discover faith, love, and the power of doing what is right!



Weird Stuff: New Testament

Genealogy. Demons. Miracles. Rapture. Lake of Fire. On the surface, the New Testament contains some seemingly weird things. But what if we told you the point isn't the "weird"? In this six-part series, Dr. Jeff Voth and Hebrew scholar, Dr. Nathan French, discuss and make sense of some of the weird stuff in the Bible to ultimately point us back to the needed redemption of Jesus Christ.





CHRISTMAS IN JULY

B I N G O

**Family and Friends
Potluck Dinner**
(Chicken Provided)

July 13 @ 5:30pm

Wear some **red** and **green**,
let's have some fun.

Games for kids!



*We are here
to help!*

DIVORCE *Care*[®]
for those going through
separation or divorce

MVPC Group Now Meeting
Monday @ 6:00pm
Esther Room
(2nd fl - Fellowship Hall)



Photography Workshop July 15, 2025 @ 2pm Fellowship Hall

Learn how to take
better photos of your
kids, grandkids or
landscapes!

Bring your cell
phone, camera
and/or tablet.

Sign-up in the Narthex



MVPC Book Club

Our group meets on the last Friday of the month, in the Chapel, at the Church, at 10:00 a.m. We share a common love of books and enjoy getting together to discuss what we've been reading. Together we choose the book that we'll discuss for each monthly meeting. Here are the selections we'll be discussing when we get together these next few months.

July 25 Famous Last Words by Gillian McAllister

August 29 The Turtle House by Amanda Churchill

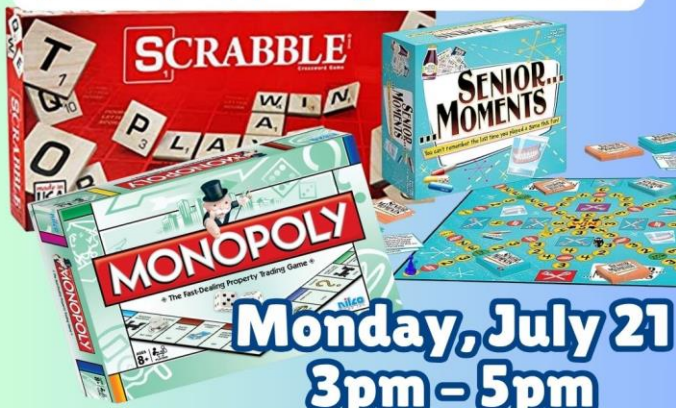
September 26 The Frozen River by Ariel Lawhon

We welcome any who are interested to join us!
"One benefit of summer was that each day we had
more light to read by." Jeanette Walls
Happy Reading!



JUST US Game Afternoon

(Ministry supporting widows event)



Monday, July 21
3pm - 5pm
Fellowship Hall

Frozen Yogurt Bar provided
Sign up in Narthex

BYOG - Bring your own game;
each table will choose one to play



Summer Pie-Palooza!
Tuesday, July 29
2pm-4pm
Fellowship Hall
Women's Ministry Event
All women invited, bring a friend!

Bring a summery sweet or savory pie to share and include a recipe card for your pie so others can take a picture of it.



MVPC Polo Shirts - \$30 ea
Men's & Women's
Limited Sizes & Quantity
First Come - First Served!

More in Stock

Comfortable, classic polo, wrinkle and shrink resistance with MVPC logo embroidered on the chest. | 5-ounce, 65/35 poly/cotton pique Flat knit collar and cuffs Metal buttons with dyed-to-match plastic rims Double-needle armhole seams and hem. Side vents.

Check them out at the LOAFN Book and Gift Shop!

Women's Breakfast



July 19th @ 9:00am

Cost is \$20.00 (tax & tip included).

The Summit Restaurant
2215 Thomas W Ryan Blvd.





Ticket deadline extended to July 20th!

Sunday, October 12, 2025
2:00pm at The Sphere
Tickets: \$125 per person

Deadline to purchase tickets is July 20, 2025
 Contact Gary@mviewpc.org

Light lunch at MVPC at noon
 Transportation available for 13
 (first come, first served)

Church van and other vehicles leave the
 MVPC parking lot at 12:30pm

You can still purchase tickets until July 20th!

We have a group of 27 signed up so far and will be securing an additional van to accommodate all wishing to participate. Sign-up in the Narthex and please make checks payable to MVPC.

*Entrance to The Sphere will be near the elevator (ADA accessibility)



CAR TEMPERATURE PET SAFETY CHART

How long does it take for a car to get HOT?

Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

WITHIN MINUTES INTERIOR CAR TEMPS CAN BE DEADLY!

VeterinaryClinic.com

Our Vision

LOVE
God

LOVE
People

KNOW
God

KNOW
People

SERVE
God

SERVE
People

It's what we do!

LAUGH OFTEN

FEAR NOT!



Linda Feuerstein – Jul. 12th
 Joe Schillaci – Jul. 12th
 Jamie Jackson – Jul. 13th
 Richard Peterson – Jul. 13th
 Bonnie Curatolo – Jul. 14th
 Tim Demakis – Jul. 15th
 Corky Owens – Jul. 17th

This Week's Events

Sun., July 13

8:30 a.m. Traditional Worship, SC
 10:30 a.m. Contemporary Worship, SC
 1:00 p.m. Grace Presbyterian Church, SC
 4:30 p.m. Youth Group, FH
 5:30 p.m. Potluck/Bingo

Mon., July 14

9:00 a.m. Quilters, FH
 10:00 a.m. Staff Meeting, CH
 3:00 p.m. Just Us Team Meeting, CH
 4:30 p.m. Women's Ministry Meeting, CH
 6:00 p.m. Divorce Care, Esther
 6:00 p.m. Mission Committee, FH
 7:00 p.m. Gamblers Anon., CH

Tues., July 15

10:00 a.m. Divine Dealing, FH
 2:00 p.m. Photography Workshop, FH
 5:30 p.m. Narcotics Anon., CH

Wed., July 16

5:00 p.m. Bell Choir, CH
 7:00 p.m. AA Meeting, FH
 7:00 p.m. Choir, SC

Thurs., July 17

5:00 p.m. Redeemed Worship Rehearsal, SC
 6:30 p.m. Compassionate Friends, FH
 7:00 p.m. Al Anon Meeting, Esther

Fri., July 18

2:00 p.m. Knitting, FH

Sat., July 19

9:00 a.m. Women's Breakfast, Summit
 5:00 p.m. AA Meeting, FH



Messenger articles and Sunday announcement requests are due in the Church office by **Wednesday at noon** each week! Thank you for your cooperation!

LET THE PEOPLE PRAY

Pray without Ceasing. (1 Thessalonians 5:17)

Our Members

- Azusa O'Brien
- The Owens Family
- Stan Paczosa, Shirley Vasser
- JoAnn Padget
- Susan Pullishusky
- The Patterson Family
- The Paul Family
- Dr. Bertha Pendleton

Our World

- People of Mongolia
- Gaza Ceasefire
- Ukraine War

Our Nation

- Texas Flood victims
- First responders
- Heatwave

Our City

- Downtown fire victims
- SafeNest Shelter
- Las Vegas Animal rescues

Our Churches

1. Good Samaritan Lutheran Church
2. Calvary Chapel Lone Mountain
3. St. Joan of Arc Catholic Church

Our Congregation

Norma DeVries, Rae Narcisse-Bryant

- Elders: Connie Petersen
- Deacons: Anya Fontes,
Ron Forret

Other Prayer Concerns...

Sympathy to the family of Rose Peters

Sympathy to the Family of Karalynne Schram

