



It's getting to be that time again. The fiscal year end is coming up and that means the boards will be working on a budget to present to you, the congregation. We try to be faithful stewards of what God has so graciously given to us. We do the best to use those gifts to the building and strengthening of God's kingdom. That is, after all, what the church is to do, to build and uplift the Kingdom of God as we proclaim His saving Gospel.

Ok, that is all well and good, but what is the point of me writing this to you. Let me be upfront, this is not a stewardship article, but stewardship does play a role in it. What I do want you to understand is the concept of vocation. No, not vacation, vocation. Vocation, just what is it? You may have heard the word at some point in your time as a Christian, but do you know what vocation is all about?

Vocation, in its simplest understanding, is your calling in life. It is more, though, than just your job. In fact, throughout our lives we all have many vocations. These may include our jobs, but they also includes things like being a good husband or wife, mother or father, son or daughter, brother or sister. Our roles as citizens fall under this idea of vocation.

One of your vocations, in fact the greatest of your vocations, is that of a follower or disciple of Jesus, in other words, a Christian. He has called you to live as His child and disciple. What does it mean then, that you are a Christian? Yes, it means you have faith in God, that you believe in Jesus Christ as your Lord and Savior from sin, but is that all? By no means. It is not enough just to have faith, after all James 2:19 says, "You believe that God is one; you do well. Even the demons believe-- and shudder!" You see, part of our vocation as Christians is to live out our faith, just as we learn in Ephesians 2:10 "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them," and also 1 Peter 2:9 "But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light."

We are to live out our faith in good works so "others may see your good works and give glory to your father who is in heaven" (Matthew 5:16). Everything you do is to be a reflection of your life in Christ. How you interact with people, how you talk, how you conduct business, how you handle your finances, it is all part of your Christian vocation. What you are called to give to God is not just your money, you are called to give *you* to God, to give all of *you*. It is not an easy thing to do, our sinful nature wants to keep all of ourselves for ourselves.

So then you might be wondering why I started by mentioning the budget. Well, in the coming months as we are planning the budget we will be asking you to prayerfully consider how your Christian vocation will influence your giving and your serving, and then fill out a promise card sharing that information with our financial secretary so that we can work toward planning a balanced budget based upon a projected income. No one will see your cards but the financial secretary, these will be used for budget planning purposes only.

Blessings,  
Pastor Paul

*for your prayerful consideration*

### Faith Promise

I recognize that all of my promises are conditional upon God's providing but I also know that God calls me to set goals, to make commitments as part of my dedication to the work He's given me. (1 Corinthians 16:2)

Therefore, in response to His love and in thanksgiving for the gift of life through His Son, I (we) will make a weekly Faith Promise gift of

\$ \_\_\_\_\_.

\_\_\_\_\_  
Name

*NOTE: Please use your envelopes for offerings so that we have a record and can send you a receipt. The IRS no longer will accept cancelled checks as receipts for contributions.*



Let **Splash Canyon** take you on a wild ride through God's Word.

VBS dates are June 18-22  
from 3:00 to 6:00 pm

We have our regulars all ready to help make this the best VBS ever, but we'd love to have some new faces. We hope you'll consider signing up to help.

Registration forms are available in the office and the church and don't forget, you can register your children and register to volunteer online at [www.svlcmoval.net](http://www.svlcmoval.net)



**Mental Health Awareness Month.** Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally –it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery. This May is Mental Health Month; Shepherd of the Valley is raising awareness about the connection between physical health and mental health, through the theme Fitness #4Mind4Body. The campaign is meant to educate and inform individuals about how eating healthy foods, gut health, managing stress, exercising, and getting enough sleep can go a long way in making you healthy all around. A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions. Taking good care of your body is part of a before Stage Four approach to mental health. Getting the appropriate amount of exercise can help control weight, improve mental health, and help you live longer and healthier. Recent research is also connecting your nutrition and gut health with your mental health. Sleep also plays a critical role in all aspects of our life and overall health. Getting a good nights sleep is important to having enough physical and mental energy to take on daily responsibilities. And we all know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation or yoga, (*or Tai Chi*). Shepherd of the Valley wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy, but by looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your Fitness #4Mind4Body.

Shepherd's Staff - Vol. 25, No. 5 Published Monthly  
by Shepherd of the Valley;  
11650 Perris Blvd.; Moreno Valley, CA 92557-6563



**WAYS THAT SUGAR IS MAKING YOU SICK**

Any person over 15 years of age that consumes 25% or more of their daily calories in sugar has twice the chance of dying of heart disease as someone who consumes less. At the University of Bath a 2017 a study showed a link between a high sugar diet and the early onset of Alzheimers. Besides making children hyper, it also increases their blood pressure and cholesterol levels. Here are some snacks that you may consider healthy that are high in sugar. Oatmeal, smoothies, trail mix, salad dressing and yogurt. Be sure to check the sugar content on packages. In a study by the American Society of Nephrology a high fructose diet had a more detrimental effect on your blood pressure than a high sodium diet. Please be very aware! ~Suzy Langhorne

**CHURCH MEMBERS AND SUICIDE PREVENTION**

My brothers & sisters. A part of our ministry as individuals and as a congregation needs to be awareness of suicide—its causes, symptoms, and preventions. Suicide thoughts and plans can be demonically powerful. They occur among pastors, therapists, rich, poor, the young and old an in between. Suicide emotions are an illness.

Suicide is the tenth leading cause of death. Some things that bring people suicidal thoughts, plans and actions are depression over unemployment and finance desperation, loss due to divorce & family crisis, death of a loved one, illness involving severe pain and/or disability. Severe depression & feelings of hopelessness. 78% are by males, 57% of those use firearms. The seventh leading cause of death among males. Poisons and drugs are the most common with females, 38%. Suicides are increasing among the young caused by cyber-bullying. Remove weapons and medications.

As ministers of Jesus we should: listen with loving care to the unemployed, the lonely, the desperate, the depressed, the rejected, the painful, emotionally or physically. Ask appropriate questions. Urge, if necessary, insist that the person gets treatment or therapy. Do not let a serious person alone. Do not be dismissive of someone's thoughts and feelings, especially if they involve plans. Jesus said it all: "I was sick & you were there for me."

Blessings on your ministry! Pastor Ron



Mark Logic, Retired Navy Chaplain

**FREE DEPRESSION WORKSHOP**



"Addressing Depression"

Saturday, May 19<sup>th</sup>  
9:30 to 11:30 AM

Led by a trained mental health provider.

## Happy May



May 7<sup>th</sup> through 11<sup>th</sup> we are celebrating our staff throughout "Teacher Appreciation" week. We are blessed to have a wonderful group of dedicated people to teach and direct our children with God's love. If you would like to show your appreciation to the staff you may drop off your gifts in the office anytime during the week. Gift cards are always helpful and you can purchase them at the scrip table after church. It's a win/win. (We have 10 staff members)

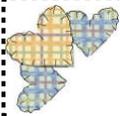
We are still in need of fully qualified teachers. If you know anyone who has the calling to work with little ones and looking for part time employment, please have them call or come in to the office. We will have morning and afternoon positions available.

The following are our Upcoming Events:

May 7-11	Teacher Appreciation Week
May 11	Our School Mother's Day Chapel & Tea
May 28	Memorial Day – school closed
June 8	Promotion/Graduation Day

Please continue to pray for our school and that God will fill our classrooms with His little ones. Have a blessed May.

Serving His children.  
Linda Williamson, Director



Hello from all the quilters. We want to wish all the moms and moms-to-be a very blessed Mother's day. You are a blessing to all of us and a true blessing to your families. Thanks for being there for all of us.

We are busy trying to get things finished and start new projects. Thank you to our silent Angel for our ironing board cover and thank you to our donor that sent the packages of binding. These items will make our life a bit more simple in work with our projects. We are so grateful for your support and prayers.

Thank you for the baby socks that were dropped off to add to the collection for the San Bernardino Pregnancy Center. We are still collecting more new items for this center.

If you would like to come join us for our work day it is on the 4th Saturday of the month except October through January. Come join us in our work and enjoy a light lunch and updates on our group. If you want more information please call Linda Olson 276-0373 or come see us on the 4th Saturdays. Many blessings to all of you and many thanks.





### NEXT LUTHERAN CURSILLO WEEKENDS

~~ May 3-6, 2018 for Men ~~ June 7-10, 2018 for Women ~~

Need a spiritual boost? Cursillo is an organization serving the Lutheran churches of Southern California to develop leaders in the Lutheran church through training and spiritual renewal. There is no cost to you to attend a weekend but you must be a baptized member in good standing at a Lutheran church. You will be paired with a sponsor who has been through a Cursillo weekend and have your pastor endorse your reservation request. We recommend praying about it first, then talk to your pastor or others who have attended Cursillo about what you may be able to gain from attending a Cursillo weekend before applying. Cursillo retreats take place at Cursillo House in Pomona. Check their website for more information: [www.lcsocal.org](http://www.lcsocal.org). Mark your attendance card or call the office if you are interested in more information.



**A HUGE THANK** you to everyone who made our youth service a success! All of your support makes the difference, and we couldn't have done it without you. Thank you to those who came out for the Portillo's Fellowship Night! All of the funds raised will be going to the VBS fund. April was such a busy, but successful month in which we participated in many events within and out of the church. Our Easter breakfast was a blast to serve our congregation and your donations helped us purchase 5 BibleSticks. We went to the March Air-Fest and spent time together bonding while watching the stunts in the air. We all supported Nick, Courtney, and Brittney at their swim meets throughout the month. Alyssa did a wonderful job on her softball team as well! We are so proud to have such star athletes in our youth group! This month we will be having just as many, if not more, events to attend. Please mark these upcoming events in your calendar.

- May 2nd: Marisa Esposito's Dance recital at Vista del Lago High School-7pm.
- May 4th: Alyssa van Hoosier's performance "The Little Mermaid" at Rancho Verde High School-7pm.
- May 15th: Holland Rockwell and Alyssa van Hoosiers choir performance at Rancho Verde High School-7pm.
- May 18th: Faith and Family Night- 66ers Stadium in San Bernardino, CA.
- May 19th: Depression workshop at Shepherd of the Valley-9:30am-11:30am.
- May 23rd: Pollys Pies Restaurant Fundraiser



### Faith n' Family Night with the 66ers

May 18th at 7:05 pm

\$7.00 a ticket

San Manuel Stadium  
San Bernardino

Everyone is invited!



## WORTHY OF RESPECT

On Mother's Day, we celebrate our moms and everything they do for us. How does God tell us to treat our moms?



Directions: Using the key below, fill in the blanks to complete Deuteronomy 5:16, NIV.

A	C	D	M	N	O
E	F	G	P	R	S
H	I	L	T	U	Y

" \_\_\_\_\_ your \_\_\_\_\_ and your \_\_\_\_\_, \_\_\_\_\_ the \_\_\_\_\_ your \_\_\_\_\_ has \_\_\_\_\_" 5:16, NIV

\_\_\_\_\_



Fellowship Fundraising Dinner  
May 23rd

**Social Ministry** would like to give a **Big Thank You** to our members and our special ham angels who helped us put together 7 Easter food boxes for some well desiring families through the donations that we received. As a results of your generous donations, we were also able to give a very generous amount of non-perishable food items to the Joseph Project that will be delivered by Larry Alexander as this newsletter is being printed. Your donations have not only helped our church families, but have also helped families in the community. Again, thank you for the support of this ministry through your donations and prayers.

Eva Carlson and Bernice Bennett

### STITCHED IN PRAYER; GIVEN IN LOVE.

Please consider joining us at 10 am on the 1<sup>st</sup> Saturday of each month. We can show you how to use a very simple pattern to create a gift that provides comfort and hope. Please see Lisa Butterfield if you have any questions.



Answer: "Honor your father and your mother, as the LORD your God has commanded you." Deuteronomy 5:16, NIV



We're sorry if we missed your birthday or anniversary, please call the office & make sure we have the dates.

- 3 \* John McFarland, Lisa Shirk
- 6 \* David Johansen, Ruby Kraft, Karen Rice
- 18 \* Annamarie Ontiveros
- 19 \* Alice Berringer, Karl Johansen
- 21 \* Sara Klepps
- 24 \* Paula Winn
- 30 \* Sam Candido



- 11 \* Rob & Paula Winn (33 years)
- 12 \* Jay & Kathy Krumholtz (39 years)
- 15 \* Jim and Marge Clark (36 years)
- 15 \* Ed & Dorrie Lyle (14 years)
- 20 \* Jim & Jill Wilson (40 years)
- 21 \* Patrick & Roxane O'Neill (30 years)
- 21 \* Paul & Donna Yearyean (13 years)
- 22 \* David & Patty Blaisdell (31 years)



### 2018 FLOWER CHART

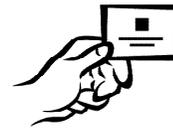
If you'd like to donate flowers for the altar, sign up on the board hanging in the church lobby. Indicate what the flowers are for - anniversary, birthday, in honor of or in memory. Take a slip with ordering instructions. Flowers are ordered by you from Moreno Valley Flower Box (653-3171) and they deliver them to church. Each large bouquet is \$26. Small altar bouquets are \$19 each. Questions? Call the office.



### Joseph Project - Community (Citywide) Food Bank

Shepherd is working with other churches in Moreno Valley with this community food bank that provides food for the needy every Thursday from a distribution center at the Koinonia Evangelistic Center, 21866 Brill Rd., Moreno Valley (951-867-3050). Volunteers are needed to help out with distribution, sorting, clean up, etc. at the center. Contributions to the Joseph Project will be gratefully accepted through Shepherd. Please pray for this ministry and volunteer your time and talents! Contact Larry Alexander for more information.

**PIANIST WANTED:** The Praise Team is looking for 10 good fingers and an open heart that loves music. Do you already play piano, or know someone who does (or any other musical instrument)? Would you like to improve your music skills while contributing "joyful noise unto the Lord?" If this is you, or if have any questions or need additional details, please contact the church office at (951) 924-4688 or Gary Speck at (951) 313-4234. Feel free to join us as many Sundays as you are available. We gather for practice on Sunday at 9:30 am, prior to the 10:45 am service.



### INVITE OTHERS TO OUR CHURCH AND SCHOOL!

SVLC business cards are available (in packets of 10) in a basket in the church lobby. Take a pack and pass them out to strangers, friends and neighbors who need a church home or a preschool for their children.

**NEEDED FOR NURSING HOMES:**  
Magazines and greeting card fronts.  
Bring to the church or office.



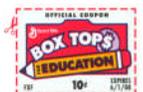
**DON'T FORGET TO BRING YOUR FOOD DONATIONS FOR OUR LOCAL FOOD BANKS EACH SUNDAY!**  
Thank You!



**Thursdays at 9:30 AM**  
In the Fellowship Hall  
Presented by **Suzy Langhorne**  
Certified Instructor  
Please join us - it's free!

### SAVE BOX TOPS FOR OUR SCHOOL!

Specially marked box tops are worth \$.10 each when redeemed from Box Tops for Education. Encourage friends & family, near & far to help, too. Thanks for taking the time to help our school.



### THRIVENT CHOICE DOLLARS:

Thrivent members are eligible to designate Choice Dollars to a church or charity of their choice. **Undesignated dollars "expire" after March 31.** Go to [thrivent.com](http://thrivent.com) and click the MyThrivent button on the upper right side of the site and direct your Choice Dollars. Both the church and school are registered to receive Choice Dollars and Shepherd is grateful to those who have contributed through this program.



*The sponsors appearing on the back cover of the newsletter help defray the cost of printing the Shepherd's Staff, please give them your consideration when possible.*

**Ads  
Go  
Here**

**Calendar  
Goes  
Here**



# The Shepherd's Staff

WORSHIP SERVICE TIMES: Sunday: 8:00 & 10:45 AM

*"Preach the Gospel at all times. If necessary, use words." — Francis of Assisi*

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
MORENO VALLEY, CA  
PERMIT NO. 75

**SHEPHERD OF THE VALLEY  
LUTHERAN CHURCH & PRESCHOOL**  
11650 Perris Blvd.  
Moreno Valley, CA 92557  
Church (951) 924-4688  
School (951) 924-3422  
[www.svlcmoval.net](http://www.svlcmoval.net)

**CHANGE SERVICE REQUESTED**

**PAUL YEARYEAN, PASTOR  
LINDA WILLIAMSON, PRESCHOOL DIRECTOR  
MARLAYNA HAMANN, SECRETARY**

## May 2018



May 28th

The school & office will be closed  
In observance of Memorial Day

Franklin Graham  
**DECISION AMERICA**  
*California Tour*  
DECISION AMERICA: ALWAYS HOLD YOUR...

**MAY 20: ESCONDIDO**  
**Grape Day Park**

An Exciting Evening of Music and a Powerful Message of Hope  
FREE ADMISSION ♦ 7:30 P.M. | SPECIAL GUEST: JEREMY CAMP  
[DECISIONCALIFORNIA.COM](http://DECISIONCALIFORNIA.COM)

A Division of  
BILLY GRAHAM  
Evangelical Ministries



Let *Splash Canyon* take you on a wild ride through God's Word.

VBS dates are June 18-22 from 3:00 to 6:00 pm

Sign up to help! Register kids online at [www.svlcmoval.net](http://www.svlcmoval.net)

# May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 5:45 PM Chancel Choir Rehearsal (S) 6:00 PM School Board Meeting (O) 7:00 PM Troop 210 (H)	<b>2</b> 9:30 AM BSF (H)	<b>3</b> 9:30 AM Tai Chi (H) 10:00 AM School Chapel (S)	<b>4</b> 8:00 PM A.A. Meeting (H)	<b>5</b> 8:30 AM Cursillo Grouping @ Panera Bread 10:00 AM Prayer Shawl Ministry (O)
	<b>6</b> 9:30 AM Sunday School & Bible Class (O-H-PS) 12:30 PM Grace Korean (S-H) 5:00 PM Confirmation (O) 6:30 PM Youth Group (Y)	<b>7</b> 10:00 AM First Place TLC (H) 6:30 PM Pack 210 (H) 6:30 PM Women of Faith TLC (Riccardi Home) 7:00 PM MV Chorale Rehearsal (S)	<b>8</b> 9:00 AM BSF (First Baptist-Riv) 5:45 PM Chancel Choir Rehearsal (S) 7:00 PM Elders Meeting (O)	<b>9</b> 6:30 PM Moreno Valley Historical Society (O)	<b>10</b> 7:00 AM BrailleMail(H) 9:30 AM Tai Chi (H) 7:00 PM Growing in Grace Bible Study (H)	<b>11</b> 10:00 AM School Chapel (S) 8:00 PM A.A. Meeting (H)
<b>13</b> 9:30 AM Blood Pressure Screening (H) 9:30 AM Sunday School & Bible Class (O-H-PS) 12:30 PM Grace Korean (S-H) 5:00 PM Confirmation (O) 6:30 PM Youth Group (Y)	<b>14</b> 9:00 AM Women's Koffee Klatch @ Brandon's 6:00 PM School Staff Meeting (O) 7:00 PM MV Chorale Rehearsal (S)	<b>15</b> 9:30 AM Circuit Pastors Meeting (H) 5:45 PM Chancel Choir Rehearsal (S) 7:00 PM M & M Board (O)	<b>16</b>	<b>17</b> 9:30 AM Tai Chi (H) 10:00 AM School Chapel (S)	<b>18</b> 7:05 PM 66ers Faith N' Family Night 8:00 PM A.A. Meeting (H)	<b>19</b> Depression Workshop (H)
<b>20</b> 9:30 AM Sunday School & Bible Class (O-H-PS) 12:30 PM Grace Korean (S-H) 5:00 PM Confirmation (O) 6:30 PM Youth Group (Y)	<b>21</b> 10:00 AM First Place TLC (Reese Home) 6:30 PM Women of Faith TLC (Riccardi Home) 7:00 PM MV Chorale Rehearsal (S)	<b>22</b> 5:45 PM Chancel Choir Rehearsal (S)	<b>23</b> Polly's Pie Fellowship Dinner	<b>24</b> 7:00 AM BrailleMail(H) 9:30 AM Tai Chi (H) 7:00 PM Growing in Grace Bible Study (H)	<b>25</b> 10:00 AM School Chapel (S) 8:00 PM A.A. Meeting (H)	<b>26</b> 7:30 AM Men's Breakfast at Brandon's 9:00 AM Quilting for LWR (H)
<b>27</b> 9:30 AM Blood Pressure Screening (H) 9:30 AM Sunday School & Bible Class (O-H-PS) 12:30 PM Grace Korean (S-H) 5:00 PM Confirmation (O) 6:30 PM Youth Group (Y)	<b>28</b> 7:00 PM MV Chorale Rehearsal (S) Memorial Day (School/Office Closed) 	<b>29</b> 5:45 PM Chancel Choir Rehearsal (S)	<b>30</b> 10:00 AM YAT Meeting (O) 6:00 PM VBS Planning Meeting (H)	<b>31</b> 9:30 AM Tai Chi (H) 10:00 AM School Chapel (S)		

**Sunday Worship: 8 AM and 10:45 AM**

CHURCH OFFICE HOURS: 8:00 am -- 4:00 pm, MONDAY - FRIDAY