



FROM THE PASTOR

For many folks, December is the best month of the year. They thrive on the worship themes, the music, decorations, special food, gifts, and parties. However for some it is the most difficult month – extra expense, work, traffic, crowding, guests, rehearsals, yes, and for some a time painful memories of abuse, tragedy, or absence of loved ones. For many of us December is a mixture of all of the above. Here are a few suggestions.

1. Be sure to make people more important than “stuff.”
2. Spend very carefully. You will be bombarded with advertisements for everything from toys to jewelry. Include in your giving and spending, “What would Jesus do?” Spend on what will feel good in January.
3. Plan some extra time for prayer, Bible study, and worship. All the other hours will be better.
4. Provide adequate time for rest and sleep. Your safety, effectiveness, and enjoyment depend on it.
5. Save some celebration for the “Twelve Days of Christmas” (December 25-January 6). Regretfully, our commerce-driven “Jingle Bells” culture’s spend, spend, party, party, carol, more carol, tends to wear us out before December 24th. Save some love, visiting, and music for the days after, till January 6, Epiphany.
6. Plan some extra love and care for those you know who, because of painful December memories, sickness, or grief, cannot enjoy the songs, decorations, and celebrations.
7. Whatever you have to do or choose to do, try to keep you and yours centered in the love of Christ, who Makes us rich in loving relationships in giving to the poor.

May your Christmas be rich in blessing
Pastor Ron



PASTOR RON: Tuesday, Wednesday, Thursday – 9am to 12:30pm
and Saturdays by appointment.

PASTOR ALLEN: Monday & Friday -
9 am to 12:30

NEXT LUTHERAN CURSILLO WEEKENDS

February 18-21, 2016 for Men and February 25-28, 2016 for Women



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 (Pr. Deinert, Larry & Marlene Alexander, Bob & Carole Johansen, Helen Bedford, Marge Clark, Steve & Marcia Jackson, Eunice Kang, Vicky McKay-Cannon, Janet Riccardi and Laurie White) about what you may be able to gain from attending a Cursillo weekend before applying. Check their website for more information: www.lcsocal.org.



BOUTIQUE REPORT

Shepherd's Staff - Vol. 22, No. 12 Published Monthly
by Shepherd of the Valley;
11650 Perris Blvd.; Moreno Valley, CA 92557-6563

The total raised so far is \$4,805 and we still have more greeting cards, and candy bars to sell. They make great gifts! There are still some of the dark chocolate See's candy bars (\$2), greeting cards (\$5.50 - 12.50), and three vintage 2010 SVLC cookbooks (\$5). They'll be available in the hall after service or in the office during the week.

Funds raised this year will go to pay for the new church flooring. HUGE thanks to Paula Winn for all her hard work and donations and for helpers Cheryl, Roxane, Karen, Gary, Benita, Chris, Jan, Terry, Janean and everyone else we didn't mention by name but you ALL were needed to make it the success it was.

Our thanks also to Thrivent for helping with the event by donating a \$250 gift card for expenses and for the comfy t-shirts we wore. And thanks to everyone who came out and did their Christmas shopping!

RIVERSIDE COUNTY BOARD OF SUPERVISORS APPOINTMENT - Who would have guessed??

Our own A. F. "Ric" Riccardi has been appointed Commissioner to serve with the Riverside County Behavioral Health Commission (RCBHC).

Ric has been appointed by the present RCBH Commission and the Riverside County Board of Supervisors. His duties as a Commissioner will be to oversee and make policy along with the other members of the RCBH Commission regarding and concerning the County's Substance Use issues such as drugs, alcohol, and gambling and Mental Health issues relating to older adults, teens, children, the homeless and our veterans.

Ric also serves as Vice-Chair on the Riverside County Western Region Advisory Board and is Chair of Riverside County's Older Adults System of Care Committee.

Blessings,
Janet S. Riccardi

Dearest Friends at Shepherd of the Valley,

I wanted to extend my sincerest thanks and gratitude for all the prayers, cards, flowers, phone calls, and visits during my recent stay in the hospital. It meant the world to me to know that so many people cared.

Many thanks! God Bless
you all!

With a gracious heart,
Dorrie Lyle



Overflowing With Thanks



Heart felt thank you from the whole Maurer family to all of our family here at Shepherd. As our family starts new lives and adventures in other parts of the country. We will miss our friends here. You have played a very important role in raising our boys in the Christian faith that I know will be part of who they are as young men. Again thank you all....now it's off to the great white North!

Bob, Carol, Christopher & Matthew Maurer
1305 So. Jewel St.; Palmer, AK; 99645



If you need to change your schedule, or have any questions on how to run the system, please contact Drew Covert at 951-525-8111 or lcms-drew@roadrunner.com. Thank you all for your service to our Church and our Lord!

First Service:

Dec. 6 Josh Hamann
Dec. 13 Gerry Klepps
Dec. 20 Mike Olson
Dec. 27 Bud Kenefick
Jan. 3 Gerry Klepps
Jan. 10 Josh Hamann
Jan. 17 Mike Olson
Jan. 24 Bud Kenefick
Jan. 31 Gerry Klepps

Second Service:

Jim Wilson
Abby Covert
Marvin Niles
Drew Covert
Jim Wilson
Abby Covert
Marvin Niles
Drew Covert
Drew Covert

A Christmas Without Outrage

Greetings everyone, and Merry Christmas! I usually set aside my December column to deal with specific objections to Christianity that appear around Christmas and Easter. This year I have to admit, although the culture is still moving in a secular direction, I don't see one particular objection standing out as making a big splash. This leaves me in a bit of a quandary. What to talk about?

I was expecting some good outrage against Starbucks for their decision to take the snowflakes and reindeer off their cups, and simply have a plain red cup during the Christmas season. It didn't happen. Apparently Christians aren't as thin skinned as the news media would have liked. As one commentator put it "Number of Christians offended at the red cup, 1. Number of people offended at the offense, billions." The good news is you can still get a Starbucks gift card with "Merry Christmas" on it. Let's face it. Starbucks may want to "Celebrate all stories," but they do realize which story pays the bills around Christmas time.

There seems to be a lot of unrest on university campuses lately. Students are demanding the right not to be offended by anything. They want a more tolerant and inclusive environment, so naturally everyone who disagrees with them should be fired, or at least moved to a "Free Speech Zone" so the students aren't forced to listen to any opinion that contradicts their point of view. They seem either unwilling or unable to see the blatant double standard that exists in this line of thinking.

Breaking news! In New Hampshire today, a man calling himself Vermin Supreme filed for the presidential primary. He said in his administration, every American will receive a pony. He also plans to defeat ISIS by going back in time. Oh, and he wears a large boot on his head. Funny? Yes. Threat to Christianity? Not so much.

There is a new documentary on Netflix called "Patterns of Evidence: Exodus." Aha! At last! A Biblical documentary. I'm usually banned from watching these. The direct quote from Cindy is "Other guys yell at the T.V. during football games, you yell at Biblical documentaries." I usually find the scholarship poor, and they take the most outlandish theory possible and present it as the most reasonable explanation of the events. Not the case with this one. They actually do a good job of presenting a compelling case for the Exodus. No help here either.

So, alas, I will be without outrage this Christmas. We'll be sharing in the joy of the season, watching "A Christmas Carol," "Christmas Vacation" and "A Christmas Story" on T.V., and enjoying Christmas with our friends and family. Laughter has been a part of my Christmas memories for as long as I can remember. My dad always made sure of that. I pray this short piece gives everyone some Christmas joy this year. From our family to yours, may you always remember: Christmas is not about giving, it's about a gift. May the gift of forgiveness through Jesus, our Lord, fill your heart this year.

Yours in Christ,
Drew Covert



Serve With Us!
Process Shoeboxes!



The Christmas season is in full swing—and so is Operation Christmas Child! We're currently inspecting shoebox gifts to prepare them for their journey overseas where they will delight a child and open the door for the Gospel.

But we need you to come join us! Your area Operation Christmas Child processing center requests more volunteers December 14–18 for shifts during the day and evening. Join us to inspect items, secure boxes, and load shipments, so these gifts can be on their way to proclaim the Good News of Jesus Christ! Go to www.occvolunteersignup.org to volunteer.

Southern California Processing Center
17353 Derian Ave., Irvine, CA 92614

The youth will be Christmas Caroling beginning at 6:30 on Sunday, December 20th for any that would like to join us.

We will meet in the youth room, then travel to different locations to carol.

We will return to the youth room at approximately 8:30.

We look forward to spreading some Christmas cheer with you.

Secret Pal Revealing Party



Greetings to all of you Secret Prayer Pals! I hope you have enjoyed your cards and notes and gifts this year! The revealing party will be on Friday, January 15, 2016 at 6:30pm in the fellowship hall. This way you can all enjoy Christmas with your current pal. Mark your calendars and be sure to attend. Please bring a snack or appetizer to share and be sure to also bring a thank you gift for your (the one who has been praying for and giving to you) Secret Prayer Pal. The new forms for next years will be available in the church lobby soon.

It has been a blessing and a joy to lead this group but I would like all of you to think about and pray about taking over as the leader next year as I will be stepping down. If you have any questions please call Laurie White at (951)247-0156.



Saving Your Senses

Over the next few months I will address how to take care of our senses while having diabetes. First is our eyes.

- ⇒ Protect your eyes with wrap-around eye glasses. You need 100% UVA and UVB protection.
- ⇒ Keep your eyes lubricated with artificial tears.
- ⇒ Follow the 20-20-20 rule. Every 20 minutes look at something 20 feet away for 20 seconds.
- ⇒ Don't SMOKE
- ⇒ Get annual eye exams.
- ⇒ Eat right-omega-3 fatty acids such as tuna, salmon, walnuts, canola oil.
- ⇒ Antioxidants such as dark leafy veggies and colored fruits help combat cataracts.
- ⇒ Exercise regularly which will lower blood pressure and blood sugar and control weight

Suzy Langhorne, Parish Health Minister

Power Up with Protein

Your body needs protein to function properly. Your body uses protein to build and repair tissue, and protein is an important building block of bones, muscles, cartilage, and blood. Protein also keeps you full, making you less likely to over-eat. Protein can also increase lean muscle mass, which keeps your metabolism running on a higher level – even when you're resting. Try these foods to add more protein to your diet:

Seafood: Tuna, sardines, salmon, halibut, and tilapia are great sources of protein. Salmon and tuna have high amounts of fat, but it's the good, heart-healthy kind.

White Meat: Chicken and turkey breasts and pork tenderloin are good sources. Pork tenderloin used to be considered a fattier meat, but it is 31 percent leaner than it was 20 years ago.

Dairy: Dairy products not only have a substantial amount of protein; they also contain calcium. Add Greek yogurt or milk to your breakfast routine or eat cheese sticks as an afternoon snack.

Eggs: Eggs are a great source of protein. Try adding a hardboiled egg to your lunchtime salad.

Beans: A half cup of beans has as much protein as 3 ounces of steak. Kidney beans, black beans, and lima beans are also excellent sources of calcium. Plus, beans are loaded with fiber and will keep you feeling full for hours.

Lean Beef: Lean beef has several more grams of saturated fat than a skinless chicken breast, but lean beef provides the added bonus of vitamins such as zinc, iron and B12.

While protein is an important part of your diet, be careful not to consume too much. Excess protein can be converted to fat and stored in the body. According to the dietary guidelines of the U.S. Department of Agriculture (USDA), the recommended amount of protein per day for adults is 6.5 ounces or less. Two to three servings of protein-rich foods typically meets the daily needs of most adults.

Source: MedlinePlus and WebMD



BEST OF IRELAND TOUR

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All are welcome to join us!

2016 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 Bradley's Florist (242-1519) and they deliver them to church. Each large bouquet is \$26. Small bouquets for the altar are \$19 each. Questions? Call the office.



Joseph Project - Community (Citywide) Food Bank

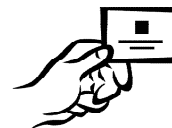
Shepherd is working with other churches in Moreno Valley with this community food bank that provides food for the needy every Thursday from a distribution center at the Koinonia Evangelistic Center, 21866 Brill Rd., Moreno Valley (951-867-3050). Volunteers are needed to help out with distribution, sorting, 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.



DON'T FORGET YOUR FOOD DONATIONS FOR CAP - Moreno Valley's Community Assistance Program EACH SUNDAY! Thank You!

JOIN IN THE CHALLENGE

Join us in choosing a time (maybe even 10 or 15 minutes) of any day of the week that is best for you individually and lift your silent (or loud) voices to the Lord. Ask for His touch on Shepherd, our Pastors, the members of our congregation, our school, and our community. His promise is clear - if His people gather together in prayer, He will hear our prayers. Let's do it!



INVITE OTHERS TO OUR CHURCH AND SCHOOL!

Business cards are available in packets of 10 in a basket in the church lobby. Take a pack and pass them out to 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.

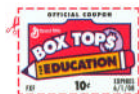
SPECIAL NOTICE

Your pastors, your lay ministers and the church office want to know when someone is hospitalized or home bound. There have been instances of not finding out for several days. We would rather hear from several sources than none at all so, PLEASE - PLEASE pick up the phone or e-mail us whenever there is an opportunity for ministry to members or to family or friends.



**Thursdays at 9:30 AM
In the Fellowship Hall
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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.

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.

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December 2015

Sunday Worship: 8 AM and 10:45 AM - Communion: 1st, 3rd, and 5th Sundays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:45 PM Chancel Choir (S) 6:00 PM School Board (O)	2 4:00 PM Advent Service (S) 5:00 PM Soup Supper (H) 7:00 PM Advent Service (S)	3 8:00 AM BrailleMail(H) 9:30 AM Tai Chi(H) 11:00 AM Grace Korean Bible Study (O) 7:00 PM Life of Christ Bible Study (H) 7:00 PM MV Chorale (S)	4 10:00 AM School Chapel (S) 6:30 PM Pack 210 Meeting (S)	5 8:30 AM Cursillo Grouping @ Panera Bread 5:00 PM Dining Club Progressive Party (H)
6 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 Jr/Sr Hi Youth (Y)	7 10:00 AM First Place TLC (H)	8 5:45 PM Chancel Choir (S) 7:00 PM Lay Ministers (H)	9 4:00 PM Advent Service (S) 5:00 PM Soup Supper (H) 7:00 PM Advent Service (S)	10 8:00 AM BrailleMail(H) 9:30 AM Tai Chi (H) 11:00 AM Grace Korean Bible Study (O) 7:00 PM Call Committee (O)	11 10:00 AM School Chapel (S) 5:00 PM Marcy's Preschool Program (H)	12 9:00 AM Knights of the Holy Spirit Bible Study (H)
13 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 Jr/Sr Hi Youth (Y) BP Screening between Services	14 9:00 AM Women's Koffee Klatch @ Brandon's 6:00 PM School Staff (O)	15 5:45 PM Chancel Choir (S) 7:00 PM M & M Board (O)	16 4:00 PM Advent Service (S) 5:00 PM Soup Supper (H) 7:00 PM Advent Service (S)	17 8:00 AM BrailleMail(H) 11:00 AM Grace Korean Bible Study (O) 6:30 PM School Christmas Program (S-H) 7:00 PM Life of Christ Bible Study (H)	18 10:00 AM School Chapel (S) 6:00 PM Women's Christmas Dinner & Gift Exchange (H)	19
20 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 Caroling (Y)	21	22 5:45 PM Chancel Choir (S)	23 8:00 AM BrailleMail(H)	24 6:00 PM Christmas Eve Service (S) 11:00 PM Christmas Eve Service (S)	25 9:30 AM Christmas Day Service (S)	26 7:30 AM Men's Breakfast at Brandon's
27 9:30 AM Sunday School & Bible Class (O-H-PS) 12:30 PM Grace Korean (S-H) BP Screening between Services	28	29	30	31 8:00 AM BrailleMail(H)		



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

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RETURN SERVICE REQUESTED

**RON KRAFT & ALLEN DEINERT, INTERIM PASTORS
LINDA WILLIAMSON, SCHOOL DIRECTOR**

DECEMBER 2015



Midweek Service at 4 & 7 PM on Dec. 16th with Soup Supper served in between at 5 PM.
If you'd like to donate a crockpot of soup, bread, or dessert to share,
please sign the clip board in the church lobby.

Preschool Christmas Program: Thursday, Dec. 17 at 6:30 PM

Women's Christmas Dinner & Gift Exchange: Friday, Dec. 18 at 6 PM

Chancel Choir Christmas Cantata: Sunday, Dec. 20 at 8 AM & 10:45 AM Services

Christmas Eve Worship Services: Thursday, Dec. 24 at 6 & 11 PM

Christmas Day Worship Service: Friday, Dec. 25 at 9:30 AM