



Ever notice that negativity seems to overwhelm the world. It's the focus of much of what we see and hear on the news. One bad thing can ruin our day, our week, even our year. But does it have to? Consider the following story:

One day a professor arrived in a classroom and told his students there would be a surprise test. They all waited anxiously for the test to begin. He handed out the tests with the text facing down, then asked the students to all turn over the papers at the same time and begin.

To everyone's surprise, there were no questions on the paper, only a black dot. Upon seeing their faces, the professor said he wanted them to write about what they saw.

Everybody got started. At the end of the exam, the professor gathered all the papers in and started to read them aloud to the whole class.

All of them had explained the black dot and its position on the paper. After he had read them all, the professor explained he was not going to grade them, it was simply to give them something to think about: no one had written about the white part of the paper, everyone had focused on the black dot. The black dot was small in comparison to the piece of paper but everyone focused on the lone black mark.

The same can be said about life, he continued. The dark spots, the troubles and problems of life, are small compared to everything we have in our lives, but so often this is what we insist on focusing on. In life, we tend to overlook and take for granted many wonderful things that we have or happen around us and focus our attention and energy on failures and disappointments, troubles come they overshadow our knowledge that God is greater and more powerful than any black dot in our lives.

We tend to look at the dark spots and ignore the rest of life. We focus on the negative at the expense of the positive. Yes bad things happen, but life is more than moving from one "black dot" to the next. But when we focus on the black it consumes our life. The saying "your focus determines your reality" (Star Wars: Episode 1 – Qui-Gon Jinn) holds a profound truth. This is why St Paul writes to the Christians in Philippi, "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." (Phi 4:8).

Focus on the blessings God has given you, count them and you will soon be overwhelmed by just how blessed you are. Make the choice to focus on the good in life, as you do you will find the peace that only God can give you even in the midst of a bad situation.

An old Indian Christian was explaining to a missionary that the battle inside of him was like a black dog fighting a white dog. "Which dog wins?" asked the missionary. "The one I feed the most," replied the Indian. When we focus on God and the many blessings He has given upon us, we have peace and contentment. Our life is a gift given to us by God, with love and care, and we always have reasons to celebrate. Our friends, the job that provides our livelihood, the miracles we see every day all are cause for great joy but most of all we forgiveness and salvation in Jesus Christ and that is bigger than any problem we might have in this life.

In Christ,  
Pastor Paul



## QUILTING FOR LUTHERAN WORLD RELIEF

Shepherd's Staff - Vol. 24, No. 02 Published Monthly  
by Shepherd of the Valley;  
11650 Perris Blvd.; Moreno Valley, CA 92557-6563

Hello Everyone!

We are back to work on quilts. Our season has started and some have been busy during our "off months" getting things done to start off the new year. I am so thankful to have a wonderful bunch of ladies to help out when I get into a tight spot. We have so much to look forward to as we start of our new season.

We want to thank our wonderful angels that come along to donate much needed items. We want to thank Gary and Karen Palmer for all the batting they bought us and thank you to Betty McFarland for the yardage and batting given to us.

If you would like to join us, come see us in the Fellowship Hall on the fourth Saturday of each month at 9:30 am. We enjoy having visitors and helping hands. If you need more information call Linda Olson at 276-0373.



Show your Valentine's how much more you love them. Come stop by the scrip table after services and order by Feb 5th to have Scrip for that day. We can order fine dining and fun dining to take him or her for a special meal. The list has many places to enjoy a movie, give them the opportunity to order online what they want, music, necessities for cars and bikes, hotel get away, spa day or smelly stuff to make them feel even more special than they already are. There are goodies for all ages and all the people in your life who are loved.

I want to thank all those who have made scrip so successful in January. I look forward to meeting more of you. It will take time to build up a cash and carry supply but bear with us, we will get there.

God bless you all,  
Karen Rice, Scrip Coordinator



## CELEBRATE THE 500<sup>TH</sup> ANNIVERSARY OF THE REFORMATION IN GERMANY

**August 2017 on a Trafalgar Tour with Kedma Wenz from Faith Lutheran, Riverside.**

The 16th century split from the Roman Catholic Church, resulting in the Protestant religious movement, is explored on this nine-day trip following the story of the main protagonist, Martin Luther. Guests will explore Erfurt, the town where Luther lived as a young man when he was a student and a monk, Wartburg where he lived in exile and incognito devoting himself to translating the New Testament into German, and Wittenburg where he nailed 95 Theses to the church door, among other Luther heritage attractions. \$3,145 (approx.). Mark your attendance card or contact the church office for more information.



## THRIVENT CHOICE DOLLARS:



Members of Thrivent Financial are eligible to designate Thrivent Choice Dollars to a church or charity of their choice. Have you remembered to designate your Choice Dollars for 2016? 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.

# Love

Happy Valentine's Day. This is the month that we give great attention to showing love to others. The Bible tells us to "love others as ourselves," "love one another," "God is love," a fruit of the Spirit is love. In our world today we see too much unhappiness so please take up this challenge and make this a month (and life) of sharing God's love.

Praise be to God! Our School age program has finally been approved and we have our license. Enrollment has begun and I pray that it will fill up quickly. It is our goal to get the children from North Ridge elementary who need a couple hours of care. We will also offer full day care for the times when public school is closed but our preschool is open. Spread the news to every one you know who may need care for their children.

Also, we are in need of fully qualified teachers. We will need to hire a teacher as a long-term sub for one of our current teachers going out on medical leave, a teacher for the 2 year olds class, and another teacher. If you know anyone who has the calling to work with little ones and is looking for part-time employment, please have them call or come in to the school office.

The following are our Upcoming Events:

Feb 9	St. Jude Trike-a-thon
Feb 17 & 20	School Closed - Lincoln's and Presidents Days
Feb 27-Mar 4	Scholastic Book Fair
Mar 4	School Open House – 11:00 – 2:00



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

Linda Williamson, School Director



## BRAILLE MAIL IS CHANGING

After fifteen years (we are celebrating in January) of preparing and mailing Lutheran Hour Sermons in large print every week without fail, our faithful crew is going to be experiencing "time off." Beginning in January, the mailings will be reduced to twice a month. That means that we will be meeting on the second and fourth Thursdays of each month to perform this mission for many people in the United States and several foreign countries who are visually challenged.

There is no other volunteer group related to Lutheran Braille Workers that has been so faithful on a weekly basis. However, as the saying goes, all things are subject to change. Those of us who have been part of the volunteering for these fifteen years will still be "doing the job."

# SENIOR FEST 2017

SATURDAY,  
FEBRUARY 11, 2017

9 am – 3 pm  
CU Center



FEATURING  
Dr. Steven  
P. Mueller's  
presentation on  
Christian author,  
C.S. Lewis

Being held at Concordia University, Irvine. Senior Fest is a gathering of mature adults for learning, devotions, and fellowship. This year's topic is: Defending the Faith with C.S. Lewis. Keynote speaker and C.S. Lewis scholar Rev. Dr. Steven P. Mueller '86 will present on the beloved Christian author of The Chronicles of Narnia, The Screwtape Letters, and Mere Christianity. Following lunch, end the day with a special performance by CUI's Donne di Canto and Men's Chorus. Starts at 8:30 AM & ends at 2:35 PM. Registration is \$25 and includes lunch. For more info, or to register, go to [www.cui.edu/seniorfest](http://www.cui.edu/seniorfest). Or contact Mary Sipes at [mary.sipes@cui.edu](mailto:mary.sipes@cui.edu) or call 949-214-3180.



## BENEFITS OF CONTROLLED BREATHING

Take a deep breath, expanding your belly. Pause. Exhale slowly to the count of 5. Repeat 4 times. You have just calmed your nervous system. Controlled breathing, done several times during the day has shown to reduce stress, increase alertness, and boost your immune system.

Take your pulse before and after and you will see a slowing of your heart rate.

Studies show that breathing practices can help reduce symptoms of anxiety, insomnia, and depression. Dr. Chris Streeter, an associate of psychiatry and neurology at Boston University after a small study found that a behavioral intervention can have effects of similar magnitude as an antidepressant.

Please talk to me and I will show you the correct procedure.

Suzy Langhorne, Parish Health Minister

## HEALTHY IMMUNE SYSTEM

Although we should eat to boost our immune system all year long, during the cold and flu season. it is very important. We joke about chicken soup, but it helps flush out congestion and keeps us hydrated. Garlic is one of the most powerful antioxidants. A study , in 2014, showed that people that ate garlic everyday had less chance of catching cold.

If you usually eat a sweet, starchy breakfast, which can cause your blood sugar to rapidly rise, you become lethargic, hungry, etc. by mid-morning. Try hummus with a slice of bell pepper on your bread, bagel or muffin. Use fresh fruit on your cereal such a bananas Mix your milk with almond butter and warm it in the microwave. before pouring over cereal.

And, above all, exercise everyday. Remember just walking in your hallway is great especially if you have balance problems. Get 2 pound weighs and do as many reps as it takes to tire your muscles. Make a promise to your self that you will try these things for a few weeks. You will really see a positive difference.

Blessings to all of you, Suzy



“Remember that you are dust, and to dust you shall return.” The pastor speaks these words as he marks your forehead with a cross of black ashes. Lent is a time to reflect deeply on the nature of sin and the reality of death, but most importantly Lent is a time to reflect deeply on the cross. Ash Wednesday marks the beginning of the forty-day season of Lent, a journey that culminates in three holy days: Maundy Thursday, Good Friday, and Easter. Lent is a call to repentance, an invitation to reorder your life, and a time to focus on the events that led to the crucifixion and resurrection of our Lord. Above all, Lent is time to meditate on the great cost that your Lord has paid for you and for your salvation.

Ash Wednesday - March 1, 2017

Midweek Lent Services & Soup Suppers - Wednesdays, March 8, 15, 22, 29 & April 5

Palm Sunday, April 9

Maundy Thursday - April 13

Good Friday - April 14

Easter Sunday - April 16



**NEXT LUTHERAN CURSILLO WEEKENDS**

LC#166 - February 16-19, 2017 for Men  
LC#167 - February 23-26, 2017 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 about what you may be able to gain from attending a Cursillo weekend before applying. Cursillo retreats will be held at a new venue - Cursillo House in Pomona - in 2017. Check their website for more information: [www.lcsocal.org](http://www.lcsocal.org).

**2017 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 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 OUR LOCAL FOOD BANKS 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!**

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.**

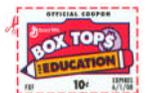
**SPECIAL NOTICE**

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  
Presented by Suzy Langhorne  
Certified Instructor  
Please join us.**

**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.*

## Your Shepherd Real Estate Team

**Janet Riccardi**  
 Realtor/Broker Associate  
 CalBRE #0091559  
**951-206-7695**  
 jsrealestate22@hotmail.com

**Chuck Berringer**  
 Realtor/Notary Public  
 CalBRE #01983602  
**951-212-2336**  
 Charles.berringer@coldwellbanker.com



## EVANS-BROWN MORTUARIES

"In Service of Others Since 1888"  
 Our Family Serving Your Family  
*Finer Service • Lower Costs*

# 679-1114

Moreno Valley  
*Flower Box*  
 www.morenovalleyflowerbox.com

14340 Elsworth #105  
 Moreno Valley, CA 92553

**951.653.3171**  
 Fax **951.697.7699**

## Senior Living at its Best

**IL Sorrento MHP**

**John J. Langdon**  
**951-840-0424**

The Law Office of  
**Ilene Aguilar Ruiz**  
 Family Law

**951-640-1185**  
 attorneyilene@icloud.com  
 Payment Plans Available  
 6809 Indiana Ave.  
 Ste. #130-A63  
 Riverside



**AD electric**

Residential • Commercial • Industrial

No Job Too Small or Large

- Troubleshooting • Room Additions
- New Outlets • Lighting Installation
- Ceiling Fans • Circuits

Call: **(951) 295-4399**  
 LICENSED CONTRACTOR

C & M Publications is proud to print this newsletter at no cost to the Church thanks to the support of the local businesses found on this page.

## SUPPORT OUR SPONSORS

For information on how you can become a sponsor please contact us at  
**951-776-0601**

TO DO List:

~~Buy Milk~~

Place ad in Church Newsletter

~~Clean House~~

Contact C & M Publications  
 951-776-0601



**MILLER-JONES**  
 MORTUARY & CREMATORY  
 MENIFEE VALLEY CEMETERY

*Take the burden off those you love...Plan ahead*  
**(866) 822.4246 • www.miller-jones.com**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PO BOX 1077 Hemet, CA 92546

FD 1286

# Commercial Printing

**Made simple, affordable and when you need it!**

BROCHURES • STATIONERY • INVOICES • NEWSLETTERS • BULLETINS  
 ♦ FLYERS ♦ POST CARDS ♦ FORMS AND MUCH MORE

On the web at: [www.cmpublications.com](http://www.cmpublications.com)

CALL FOR A QUOTE TODAY:

**951-776-0601**

**C & M**  
 publications

# February 2017

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 6:30 PM Adult Membership Class (O)	<b>2</b> 9:30 AM Tai Chi (H) 10:00 AM School Chapel (S) 7:00 PM Life of Christ Bible Study (H)	<b>3</b>	<b>4</b> 8:30 AM Cursillo Grouping @ Panera Bread
<b>5</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>6</b> 10:00 AM First Place TLC (Reese Home) 7:00 PM MV Chorale Rehearsal (S)	<b>7</b> 12:00 PM BSF (H) 5:45 PM Chancel Choir (S) 6:00 PM School Board (O)	<b>8</b> 6:30 PM Adult Membership Class (O)	<b>9</b> 7:00 AM BrailleMail (H) 9:15 AM St. Jude Trike-a-thon (PS) 9:30 AM Tai Chi (H)	<b>10</b> 9:00 AM Book Fair Set Up (H) 10:00 AM School Chapel (S)	<b>11</b> 8:00 AM Valentine Book Sale & Bake Sale & More (H) 9:00 AM Knights of the Holy Spirit Bible Study (O)
<b>12</b> BP Screening between Services 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>13</b> 9:00 AM Women's Koffee Klatch @ Brandon's 5:30 PM Diamond Girls (H) 6:00 PM School Staff (O) 7:00 PM MV Chorale Rehearsal (S)	<b>14</b> 12:00 PM BSF (H) 5:45 PM Chancel Choir (S) 7:00 PM Lay Ministers (H)	<b>15</b> 6:30 PM Adult Membership Class (O)	<b>16</b> 9:30 AM Tai Chi (H) 10:00 AM School Chapel (S) 7:00 PM Life of Christ Bible Study (H)	<b>17</b> School & Office Closed for President's Weekend	<b>18</b>
<b>19</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>20</b> School & Office Closed for President's Weekend 10:00 AM First Place TLC (Reese Home) 7:00 PM MV Chorale Rehearsal (S)	<b>21</b> 12:00 PM BSF (H) 5:45 PM Chancel Choir (S) 7:00 PM M & M Board (O)	<b>22</b> 6:30 PM Adult Membership Class (O)	<b>23</b> 7:00 AM BrailleMail (H) 9:30 AM Tai Chi (H)	<b>24</b> 10:00 AM School Chapel (S)	<b>25</b> 7:30 AM Men's Breakfast at Brandon's 9:00 AM Quilting for LWR (H)
<b>26</b> BP Screening between Services 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>27</b> 7:00 PM MV Chorale Rehearsal (S)	<b>28</b> 12:00 PM BSF (H) 5:45 PM Chancel Choir (S)				

CHURCH OFFICE HOURS: 9:00 AM -- 4:00 PM, MONDAY - FRIDAY



## ***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 & SCHOOL**

11650 Perris Blvd.  
Moreno Valley, CA 92557  
Church (951) 924-4688  
School (951) 924-3422  
[www.svlcmoval.net](http://www.svlcmoval.net)

**RETURN SERVICE REQUESTED**

**PAUL YEARYEAN, PASTOR  
LINDA WILLIAMSON, SCHOOL DIRECTOR  
MARGE CLARK, OFFICE MANAGER**

## **February 2017**



**VALENTINE BOOK & BAKE SALE & MORE!  
SATURDAY, FEBRUARY 11TH  
8 AM - 2 PM**

This special event raises money for our Social Ministry Assistance Fund. Please gather up books, puzzles, games, CDs, DVDs, and nice white elephant items to donate! Items may be dropped off at the church or office anytime. We also need baked goods, which can be brought to the church office or hall on Friday, Feb 10th before 6 pm or to the hall the day of the sale before 9 a.m. Baskets for auction (like at the boutique) would also be much appreciated if you can contribute in that way. We need hands-on HELP, too! There's a sign-up sheet in the church lobby for volunteers to help set-up, take-down, and/or work the day of the sale. MEN: We especially need your muscles for set-up and takedown.

**COME SHOP ON FEB. 11th!**

If you have questions, please call Terry Mack at 924-8210.