



WELCOME EASTER GUESTS

As you read these words – how many days are there till Easter Sunday? Each of these days is an important opportunity to pray that we will have many guests for our Easter services. Easter is the very best Sunday for attracting first time guests to our church.

You might be tempted to think – "That's nice, someone should do something about it." **THAT SOMEONE IS YOU!** Here is what you can do. Write down the name(s) of people in your life, friends, neighbors, family, co-workers who do not have a church. Begin now to pray for them. Ask them for their thoughts about Jesus and Easter and what it means to them (**DON'T CRITICIZE OR CORRECT**) and just listen.

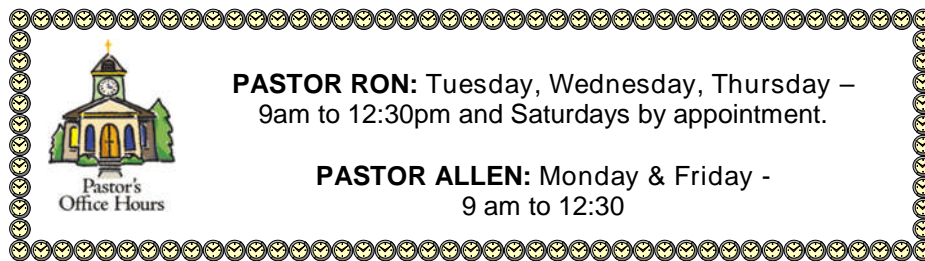
Pray and look for ways to invite them – if at all possible bring them with you. In other words – love them into coming.

What do I really want to hear on Easter morning besides "Happy Easter?" I want to hear "Pastor, we brought our best friend(s), neighbors or even my son-in-law."

PLEASE – PLEASE start praying now, TODAY make a plan to invite.

Yours in His Service,
Pastor Ron

(P. S. If they have another church in mind – encourage them to go there (it may shock them into coming to us.)



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

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

Public Safety Expo to Showcase Moreno Valley's Finest An Event for the Entire Family

Moreno Valley residents are in for a treat as the City rolls out its third annual Public Safety Expo on April 2nd from 10 a.m. to 2 p.m. Moreno Valley families will enjoy this interactive day with leading public safety agencies that provide services in Moreno Valley - all in a festive atmosphere complete with music provided by KOLA 99.9, food, giveaways and appearances by McGruff the Crime Dog, Smokey Bear and Sparky the Fire Dog.

This free family friendly event will also serve members of the community who may be considering a career in law enforcement or fire services. The Public Safety Expo provides the unique opportunity for job seekers and students exploring careers to investigate the exciting possibility of starting a career with Riverside County Sheriff Department or CAL FIRE/ Riverside County Fire Department.

In addition to many exciting live demonstrations and exhibits listed below, Moreno Valley residents will have the opportunity to meet and interact with representatives from the Moreno Valley Police Department, Fire Department, Animal Services, and other regional agencies that provide service to Moreno Valley. March Air Reserve Base Security will also be on hand showcasing their own wares as a welcomed member of the greater Moreno Valley community.

The event will take place at 22850 Calle San Juan de los Lagos between Frederick Street and Veterans Way and in the Public Safety Building parking lot. Public parking is free and available at City Hall and at the Moreno Valley Conference and Recreation Center located at 14177 Frederick Street and 14075 Frederick Street, respectively. For more information, please contact Shanna Palau at shannap@moval.org.



LIFE INSIGHTS

submitted by Janet Gasco

- The most destructive habit.....worry
- The greatest Joy.....giving
- The greatest loss.....loss of self-respect

- The most satisfying work.....helping others
- The ugliest personality trait.....selfishness
- The most endangered species.....dedicated leaders

- Our greatest natural resource.....our youth
- The greatest "shot in the arm".....encouragement
- The greatest problem to overcome.....fear

- The most effective sleeping pill.....peace of mind
- The most crippling failure disease.....excuses
- The most powerful force in life.....love

- The most dangerous pariah.....a gossip
- The world's most incredible computer.....the brain
- The worst thing to be without.....hope

- The deadliest weapon.....the tongue
- The two most power-filled words....."I can"
- The greatest asset.....faith

- The most worthless emotion.....self-pity
- The most beautiful attire.....SMILE!
- The most prized possession.....integrity

- The most powerful channel of communication.....prayer
- The most contagious spirit.....enthusiasm

Shepherd's Staff - Vol. 23, No. 3 Published Monthly
by Shepherd of the Valley;
11650 Perris Blvd.; Moreno Valley, CA 92557-6563



Craft Boutique

We know it's early but it's never too early to start planning for the annual Holiday Craft Boutique this year being held on November 19th.

The crafting workshop dates planned for the second Friday of the month from 5 pm to 8 pm April 8, May 13, June 10, August 12, September 9 and October 14. Please plan to come and help or we hope you'll be thinking about and working on crafts at home for the sale.

Any questions - call the office. If you'd like be a vendor, contact Paula Winn at 951-485-4305.



Not your Grandfather's Prunes

You may already know that prunes (now branded as dried plums) help with digestion to lessen constipation or other digestive issues, but you may not know about the other healthful benefits of dried plums that can aid your health no matter your age.

Overall, dried plums are a nutrient-rich food with the potential to lower your risk for heart disease, osteoporosis, Type 2 diabetes, and obesity.

- Eating just four prunes provides you with . . .
- . . . 12 percent of the daily value for fiber. (Each prune contains about 1 gram of fiber.) Fiber makes you feel fuller longer to help you avoid snacking. Approximately half of the fiber is soluble fiber to help maintain healthful cholesterol levels. The other half is insoluble fiber which helps promote regular bowel movements.
- . . . 32 percent of the daily value for vitamin K. Vitamin K is necessary for building strong bones and assisting with blood clotting.
- . . . 9 percent of the daily value for potassium. Potassium helps lower blood pressure, and it also keeps your nerves and muscles working properly.
- . . . 6 percent of the daily value for vitamin A. Vitamin A aids in vision in low light and also promotes a healthful immune system.

In addition, the antioxidant content of dried plums is roughly twice the amount found in raisins and fresh blueberries, four times the amount in fresh strawberries, and six times the amount in fresh plums.

Source: *Livestrong and Healthline*

CALL COMMITTEE UPDATE:



In the Call Service on February 21st, the congregation voted to call Rev. Dr. Bruce Peffer as our pastor.

Pastor Peffer graduated from Concordia Seminary, St. Louis with a Master of Divinity in 1986 and from Austin Theological Seminary with a Doctor of Ministry in 2001. He is 55 years old and single. He has been campus pastor and professor of theology at Concordia University, Austin Texas since 2003 and was one of the many people who were laid off because of budget cuts. He was pastor of Grace Lutheran Church in San Marcos, Texas from 1995-2003, assistant pastor at St. John's Lutheran Church in Staten Island, New York from 1986-1990, and vicar at Zion Lutheran Church in New Jersey from 1984-1985.

Please continue to pray for the Holy Spirit to guide Pastor Peffer as he considers our call.

CLASSIC HEALTH DEBATES

1. What diet is more effective for weight loss low fat or low carbs? Low carbs.
2. Which is better when you are tired - exercise or sleep? Exercise.
3. Which is the better germ fighter - soap or hand sanitizer? Soap.
4. Which provides a superior workout - treadmill or elliptical? Treadmill.



The Mediterranean diet is a low carb way of eating. In a study of 4000 women that supplemented their diets with olive oil and nuts it was found that they had a 68% lower risk of breast cancer and noticeable weight loss.

Suzy Langhorne Health Minister

SOCIAL MINISTRY

Many of you may already know that our Soup-er Bowl Sunday was a great success in many ways. We collected a total of 76 cans of soup (44 for the Denver Broncos and 32 for the Carolina Panthers) and our congregation even picked the correct winner of the Super Bowl. We would like to thank everyone for their support in this ministry that make activities like this such a big success. Because of your donations, we were able donate soup and other miscellaneous food items to both CAP and the Joseph Project.

Our next goal will be to supply Easter food boxes to families from our church and our local community. If any one has the name of a family that could use an Easter box, please notify the church office with the name of the family and the number of family members. The following items will be needed to help with filling the Easter boxes: pancake syrup, jelly, boxed potatoes, and canned fruit of any kind. As we get closer to Easter, we will need help with donations of the meat to be included in the Easter boxes.

Shepherd of the Valley has been known to be a church of giving and you as a congregation have truly shown that in many ways. This ministry exists and is blessed through your donations. Thank you again for all your support.

Eva Carlson
Bernice Bennett



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:

Mar. 6 Gerry Klepps
Mar. 13 Josh Hamann
Mar. 20 Mike Olson
Mar. 27 Bud Kenefick
Apr. 3 Gerry Klepps
Apr. 10 Josh Hamann
Apr. 17 Mike Olson
Apr. 24 Bud Kenefick

Second Service:

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



Seek the LORD
and his strength;
seek his presence
continually.
Psalm 105:4, NRSV

NEXT LUTHERAN CURSILLO WEEKENDS
July 14-17, 2016 for Men and July 21-24,
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 about what you may be able to gain from attending a Cursillo weekend before applying. Check their website for more information: www.lcsocal.org.

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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

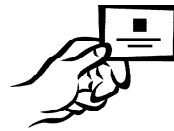
Shepherd is working with other churches in Moreno Valley with this community food bank that provides food for the needy every Thursday from a distribution center at the Koinonia Evangelistic Center, 21866 Brill Rd., Moreno Valley (951-867-3050). Volunteers are needed to help out with distribution, sorting,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

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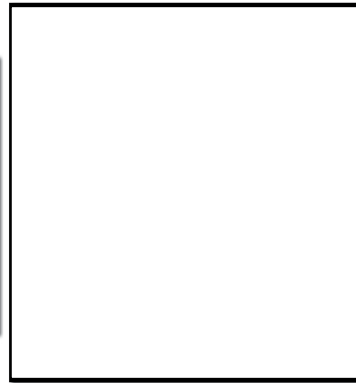
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March 2016

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 11:00 AM Grace Korean Bible Study (O) 4:00 PM Midweek Lent Service (S) 5:00 PM Soup Supper (H) 7:00 PM Midweek Service (S)	3 8:00 AM BrailleMail(H) 9:30 AM Tai Chi (H) 7:00 PM Life of Christ Bible Study (H)	4 10:00 AM School Chapel (S)	5 8:30 AM Cursillo Grouping @ Panera Bread
6 9:30 AM Sunday School & Bible Class (O-H-PS) 12:30 PM Grace Korean (S-H) 6:30 PM Jr/Sr Hi Youth (Y)	7 10:00 AM First Place TLC (H) 7:00 PM MV Chorale Rehearsal (S)	8 5:45 PM Chancel Choir (S) 7:00 PM Lay Ministers (H)	9 11:00 AM Grace Korean Bible Study (O) 4:00 PM Midweek Lent Service (S) 5:00 PM Soup Supper (H) 7:00 PM Midweek Service (S)	10 8:00 AM BrailleMail(H) 9:30 AM Tai Chi (H)	11 10:00 AM School Chapel (S)	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) 7:00 PM MV Chorale Rehearsal (S)	15 5:45 PM Chancel Choir (S) 7:00 PM M & M Board (O)	16 11:00 AM Grace Korean Bible Study (O) 4:00 PM Midweek Lent Service (S) 5:00 PM Soup Supper (H) 7:00 PM Midweek Service (S)	17 8:00 AM BrailleMail(H) 9:30 AM Tai Chi (H) 7:00 PM Life of Christ Bible Study (H)	18 10:00 AM School Chapel (S)	19 Decorate Church for Palm Sunday (S)
20 Palm Sunday 9:30 AM Sunday School & Bible Class (O-H-PS) 12:30 PM Grace Korean (S-H) 5:00 PM Confirmation (O)	21 10:00 AM First Place TLC (H) 7:00 PM MV Chorale Rehearsal (S)	22 5:45 PM Chancel Choir (S) 7:00 PM Troop 210 Meeting (H)	23 11:00 AM Grace Korean Bible Study (O)	24 8:00 AM BrailleMail(H) 9:30 AM Tai Chi (H) 7:00 PM Maundy Thursday Service (S)	25 10:00 AM School Chapel (S) 7:00 PM Good Friday Service (S)	26 7:30 AM Men's Breakfast at Brandon's 9:00 AM Quilting for LWR (H) Set-Up for Easter (S-H)
27 Easter Sunday 6:00 AM Sunrise Service with Communion (Outside) 7:00 AM - 10:30 Breakfast Served (H) 8:00 AM & 10:45 Easter Communion Services (S) 9:30 AM Sunday School & Egg Hunt (PS) 12:30 PM Grace Korean (S-H)	28 7:00 PM MV Chorale Rehearsal (S)	29 5:45 PM Chancel Choir (S)	30 11:00 AM Grace Korean Bible Study (O)	31 8:00 AM BrailleMail(H) 9:30 AM Tai Chi (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**

March 2016

LENTEN *Schedule*

Join us for Midweek Services and Soup Suppers on
Wednesdays, Mar. 2, Mar. 9 and Mar. 16.
Services are at 4 pm & 7 pm with Soup Suppers served at 5 pm between the services.

HOLY WEEK AND EASTER SERVICES

Palm Sunday - March 20 with services at 8 & 10:45 am

Maundy Thursday Service - Mar. 24 at 7 pm

Good Friday Service - Mar. 25 at 7 pm

Easter Sunday Services - March 27

Sunrise Service at 6 am

Festival Communion Services at 8 & 10:45 am



Breakfast will be served from 7 am to 10:30 am Easter morning and there will be an egg hunt for the children on the preschool playground at 9:30 am following the Easter Sunday School message. If you would like to help with the Easter breakfast, come to a planning meeting on Monday, March 14 at 6:30 pm in the conference room. Donations of plastic filled or unfilled eggs and wrapped candy and treats would be appreciated.

We welcome you to join us for any or all of the Lent and Easter events.
Call the church office at 951-924-4688 for more information.