



INSTALLATION SERVICE OF PASTOR PAUL YEARYEAN - July 3, 2016



Pastor Paul Yearyeon & Rev. Dr. Larry Stoterau



Pastor Tim Yearyeon, Pastor Paul & Wesley Yearyeon
AJ, Donna, & Ezra Yearyeon



Rev. Dr. Larry Stoterau, Pastor Ron Kraft, Pastor Tim Yearyeon, Pastor John Kim,
Pastor Allen Deinert, Pastor Paul Yearyeon, Pastor Paul Wenz, Pastor Bill Duerr

GOD CREATED FEELINGS

"YOU SHOULDN'T FEEL THAT WAY." You may have said that or had it said to you. Years ago those of us who experienced Marriage Encounter were taught the concept that "feelings are neither good nor bad -- they just happen."

God created us in His love with a great capacity for a huge variety of feelings. Without them life would be really dull and an absence of feeling is a symptom of serious emotional or mental illness. Some feelings are positive i.e. joy, love, relief etc. Others are negative i.e. fear, grief, anger, envy, guilt, fatigue, etc.

God created these feelings and the important thing is what we do when they occur. That is especially important with negative feelings like anger, fear and the others but also that we do something with the happy feelings like love. Each occasion of major feelings requires unique appropriate action.

For example "fear." First check the source: "Why am I afraid?"-- is it because of something that happened? Then check likeliness -- do the math. My chances of being injured or killed by a terrorist are one in many millions. The chances of injury or death in an auto accident -- much higher. I should be more careful driving. Is my anger in right proportion to what happened?

Most important we can take our feelings to God in prayer, we can immerse the feelings in the Word of God, if appropriate we should share with our pastor or a helpful fellow Christian.

THANK YOU GOD FOR FEELINGS.

Pastor Ron Kraft

QUILTING FOR LUTHERAN WORLD RELIEF



A very warm hello to all of you from the quilting group. In spite of the heat we are working as much as possible to get several quilts finished. I am afraid we are in for it this year with the heat.

We have received several donations of material from the Il Sorrento Mobile Home Park. We also received a couple of sheets from the same ladies. We thank these faithful ladies for their support. Thank you to Carole Johansen who gave us two large pieces of backing materials.

A couple of you have asked what supplies we need -- well we always need batting from Joann's - the roll with 10 yards, 4 oz. weight of Soft "N Crafty batting. New or clean, good used sheets all colors. Any large size pieces of materials to be used for backing in all colors. Large cone-size white thread.

We meet in the fellowship hall on the 4th Saturday of the month starting at 9 am except in October when we meet on the second Saturday at 9 am and there is no quilting in November or December.

If you would like to come see our projects, you are welcomed to drop by and join in. If you have any questions call Linda Olson 276-0373 and I will be happy to try to help you.

Thank you all for all your support and prayers.



ANNUAL HOLIDAY CRAFT BOUTIQUE 2016 — Saturday, Nov. 19th from 8 am—2 pm.

Crafting workshops (starting at 5 pm in the hall) to make items for the Boutique are scheduled for: August 12 ~~~~ September 9 ~~~~ October 14

If you have any questions or if you'd like be a vendor, contact Paula Winn at 951-485-4305.

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 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 youth are asking for donations of the following items to be made into care packages to hand out to the homeless:

bottled water * new socks * granola bars * handkerchiefs or bandanas * small bars of soap.

Sunday, August 14th at 2 pm in the Sanctuary

**Open Cursillo Gathering at Shepherd of the Valley
- First one ever!**

Join us and see a little of what Cursillo is about.



Annual Congregational Assembly & Potluck

Sunday, August 21st following the 10:45 service.

The potluck will begin the program at approximately 12:30 pm in the fellowship hall. Watch for a sign up sheet asking what you would like to bring for the potluck.

The business meeting with reports, nominations, and approval of the 2016 - 2017 church and school budgets will follow.

When You Need to Forgive a Volunteer

Written by: CVDaily (Church Volunteers Daily) Editors

It's part of being a ministry leader. We've all experienced times when a volunteer or team member let us down, or was the source of our grief or disappointment.

If you're finding it difficult or painful to forgive someone who's hurt you, consider using a scripture verse to work through your feelings. Picture the individual you need to forgive as you let God's words gradually renew and refresh your heart.

Use these Bible references about forgiveness to begin the healing process:

Matthew 6:14-15

If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.

Mark 11:25

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.

Colossians 3:13

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Matthew 18:21-22

Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven."

Luke 6:37

Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.





Things You Need to Know about Your Blood Pressure

As many of you know you may have to take more than one medication to control your pressure. Just increasing the dose of one may not work and you need a different type to work with what you are already taking.

Certain over the counter medicines may cause your blood pressure to increase. Anti-inflammatory drugs such as Advil, Aleve, and Motrin can raise it by 6 points. If you take them on a regular basis they can cause a cardiovascular risk such as a stroke or

heart attack.

You may have experienced dizziness upon standing. This is called orthostatic hypotension. Be sure to let your doctor know if you are having this problem.

What ever you do don't stop taking your medication. Even if your numbers appear much better if you stop your blood pressure will go back up. Leave any changes to your doctor.

Suzy Langhorne, Parish Health Minister

Better Health Article of the Month:

Watered-Down Calories

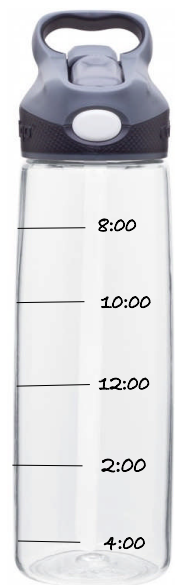
If you are looking for ways to reduce your daily calorie intake, look no further than the nearest faucet. A new study found that drinking more water each day can reduce your daily intake of calories by an average of 205 calories.

A study published in the *Journal of Human Nutrition and Dietetics* surveyed the eating and drinking habits of more than 18,000 adults. Participants who drank an extra three cups of water daily ended up eating, on average, 205 fewer calories than those who drank less water.

In addition, the study found that those who consumed more water also consumed less sugar, fat, and sodium.

If drinking more water is easier said than done, try these tips to help you drink more water throughout the day:

- Keep a cup in your bathroom and drink a glass of water right after you get out of the shower.
- Get a clear water bottle and mark with tape or permanent marker the time of the day and water level you would like to reach. (You can also purchase an already-marked water bottle.)
- Set up reminders on your phone or computer, or use a phone app (like Waterlogged or Fitbit) to track your intake.
- Post a visual reminder on the clock in your office, classroom, or kitchen at the "quarter-after" mark (or whatever time you choose) to take a drink each time the minute hand reaches that mark. The visual will also be a good reminder for others who are in the room with you.
- Ask for a glass of water when eating out, even if you order soda or alcohol. Drink the water first before touching the other drink.



Source: *Health.com*



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 email lcmsdrew@roadrunner.com. Thank you all for your service to our Church and our Lord!

First Service:

July 3 Gerry Klepps
July 10 Josh Hamann
July 17 Mike Olson
July 24 Bud Kenefick
July 31 Josh Hamann

Second Service:

Marvin Niles
Drew Covert
Abby Covert
Jim Wilson
Drew Covert

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.

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/ Flower Box (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

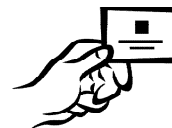
Shepherd is working with other churches in Moreno Valley with this community food bank that provides food for the needy every Thursday from a distribution center at the Koinonia Evangelistic Center, 21866 Brill Rd., Moreno Valley (951-867-3050). Volunteers are needed to help out with distribution, sorting,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

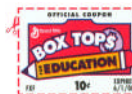
SPECIAL NOTICE

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
Certified Instructor
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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July 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Welcome to Shepherd of the Valley Pastor Paul, Donna, AJ, Ezra and Wesley Yearyeen!</p>					1	2
						8:30 AM Cursillo Grouping @ Panera Bread 10:00 AM Installation Singers (S)
3	4	5	6	7	8	9
12:30 PM Grace Korean (S-H) 4:00 PM Installation of Pastor Paul Yearyeen (S-H)	Independence Day! School & Office Closed	6:00 PM School Board (O)	6:00 PM VBS Staff & Helper Meeting (H)	8:00 AM BrailleMail(H) 9:30 AM Tai Chi (H)	6:00 PM EF Student Host Orientation (H)	8:30 AM Cursillo Training - Trinity Riverside
			Youth at Camp Pondo			
10	11	12	13	14	15	16
9:30 AM Adult Bible Class (H) 12:30 PM Grace Korean (S-H) BP Screening between Services	9:00 AM Women's Koffee Klatch @ Brandon's 6:00 PM School Staff (O) 7:00 PM MV Chorale Rehearsal (S) VBS - 3 to 6 PM	7:00 PM Lay Ministers (H) VBS - 3 to 6 PM	VBS - 3 to 6 PM	8:00 AM BrailleMail(H) 9:30 AM Tai Chi (H) 7:00 PM Men's Cursillo Weekend Begins VBS - 3 to 6 PM	VBS - 3 to 6 PM	1:00 PM Special Event (H)
17	18	19	20	21	22	23
9:30 AM Adult Bible Class (H) 12:30 PM Grace Korean (S-H) 4:00 PM Men's Cursillo Weekend Ends	7:00 PM MV Chorale Rehearsal (S)	7:00 PM M & M Board (O)		8:00 AM BrailleMail(H) 9:30 AM Tai Chi (H) 7:00 PM Women's Cursillo Weekend Begins EF Students Arrive	9:00 AM EF Students (H)	7:30 AM Men's Breakfast at Brandon's 9:00 AM Quilting for LWR (H)
24	25	26	27	28	29	30
9:30 AM Adult Bible Class (H) 12:30 PM Grace Korean (S-H) 4:00 PM Women's Cursillo Ends BP Screening between Services	9:00 AM EF Students (H) 6:00 PM Diamond Girls (H) 7:00 PM MV Chorale Rehearsal (S)	9:00 AM EF Students (H) 6:00 PM Diamond Girls (H)	9:00 AM EF Students (H)	8:00 AM BrailleMail(H) 9:00 AM EF Students (H) 9:30 AM Tai Chi (H)	9:00 AM EF Students (H)	Diamond Girls (H)
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9:30 AM Adult Bible Class (H) 12:30 PM Grace Korean (S-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

**PAUL YEARYEAN, PASTOR
LINDA WILLIAMSON, SCHOOL DIRECTOR**

July 2016



VACATION BIBLE SCHOOL IS HERE!

**July 11 - July 15 from 3 - 6 p.m.
for children age 3 through 5th Grade.**

**Register kids today!
Invite your family, friends, and neighbors!**

Registration forms are available in the church lobby & office.

You can also register online at www.svlcmoval.net

Props needed for VBS: Any farm-themed decorations, stuffed farm animals, cow pattern plastic table cloths, straw patterned table cloths, large sun flowers, etc. Bring to the office Monday morning if you have any.

We welcome any donations to help with the cost of VBS over and above your regular weekly offering. Just drop them in the offering earmarked for VBS. Thanks!

And PLEASE remember to keep our VBS in your prayers!