



WE ARE A STEPHEN MINISTRY & CHRISTCARE CONGREGATION

SATURDAY, FEBRUARY 13, 2021 4:00 P.M.

SUNDAY, FEBRUARY 14, 2021 7:45 A.M, 9:30 A.M. & 11 A.M.

TRANSFIGURATION OF OUR LORD



**We welcome you to the worship of this community of faith.
As we sing, pray and study God's word together may we strengthen each other's faith
in the saving power of Jesus Christ. It is difficult to be a Christian by yourself!**

When you enter this church, it may be possible that you hear “the call of God”. However, it is unlikely that He will call you on your cell phone. Thank you for turning off your phones. If you want to talk to God, enter, choose a quiet place and talk to Him. If you want to see God, send Him a text while driving.

VISITORS.. Welcome! Please sign our Guest Book located in the Narthex. Pastor Timm would love to meet you!

PLEASE REMEMBER... to contact the church office if you or a loved one are hospitalized, in rehab facility, or facility other than your home. Pastor and Stephen Ministers will make a visit.

DID YOU KNOW.. Perfume and cologne can trigger life-threatening breathing emergencies in persons with asthma, allergies and chronic obstructive pulmonary disease (COPD) Hospitals and schools are becoming ‘scent-free’ due to this increasing health hazard. Please be sensitive to this concern when coming to church. Thank You.

LITTLE FOLKS.. Parents... please remember that there are ‘busy bags’ hanging on the coat tree in the Narthex to occupy the little ones during worship. Simply return the bags to the tree on your way out of church. Thank you.

NURSERY.. The nursery assistant is available during the 9:30 a.m. worship. The nursery is located directly across from the exit right by the men’s bathroom.

BE COMFORTABLE.. There are shawls in the Narthex that you can use if chilled during worship. Just ask one of the ushers and they will get you one. Simply return to the narthex on your way out of the church.

HEARING DEVICES.. Hearing assist devices are available at the sound booth. The wheel at the top adjusts the volume. When turned on, the light on top should be green. If it is red, please place the device on the counter in the sound booth and take another. Thank you!

FLOWERS for the altar today are given by Rod & Chris Rowland in honor of their 47th wedding anniversary and Neil & Joan Ausman in celebration of Valentine’s Day.

PRAYERS : The Friend family (friends of Tom and Dyanne Radke), Dennis Johnson (friend of Marie Ritten), Gary Meisner, Eileen Todd (daughter-in-law of Jane Todd), Kristi Fladager (friend of Marie Ritten), Ken Griffin (Bonnie’s husband, friend of the Glorious Quilters), Ariadne, Bill and Justin (daughter, son-in-law and son of George and Sylvia Reid), Brenda Korinek (friend of Sandra Weidling), Bonnie Rothi, John Butler, Alyce Waverly (wife of Brian Waverly), Stacy Ries (daughter of Jan Martinez), Kayla Peoples (friend of Michelle Cegon), Bev Hodges, Ted Bird, Katrina Warren.



Please keep in your prayers Don Manney and family. His wife, Charlene went to be with the Lord this week. For the address to send condolences, please contact the office.

MILITARY: Trevor Eichelkraut serving in New Mexico; Andrew Geib serving in Texas; Ryan. M. Dines, USMC, stationed in Okinawa; James Sander serving in Virginia., Patrick & Jamie Roseland serving with the Navy in South Africa. Robert & Meghan Storms stationed in Cheyenne, Wy.

PLEASE NOTE that we’ll be using the traditional version of the Lord’s Prayer for the month of February. God blesses our prayers.

PRELUDE

ANNOUNCEMENTS

P God Is Good!
C **All the time**
P All the time
C **God Is Good!**

CONFESSION AND FORGIVENESS

P Blessed be the Holy Trinity, ✚ one God, full of compassion and mercy, abounding in steadfast love.

C **Amen.**

P Trusting God's promise of forgiveness, let us silently confess our sin against God and one another.

Pause for silence and reflection.

P God of light,

C **You light a fire within us and ask us to shine, but we are quick to hide and make excuses. We shrink from challenges, avoid responsibility, and deny the goodness of your creation. We seek hollow praise and then don't believe it. Forgive us for hiding our God-given light and remaining self-absorbed.**

P In the mercy of almighty God, Jesus Christ was given to die for you, and for his sake God forgives you all your sins. To those who believe in Jesus Christ he gives the power to become the children of God and bestows on them the Holy Spirit. **Amen.**

Immortal, Invisible, God Only Wise

834

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,
 2 Un - rest - ing, un - hast - ing, and si - lent as light,
 3 To all, life thou giv - est, to both great and small;
 4 Thou reign - est in glo - ry; thou dwell - est in light;

in light in - ac - ces - si - ble hid from our eyes,
 nor want - ing, nor wast - ing, thou rul - est in might;
 in all life thou liv - est, the true life of all;
 thine an - gels a - dore thee, all veil - ing their sight;

most bless - ed, most glo - rious, the An - cient of Days,
 thy jus - tice like moun - tains high soar - ing a - bove
 we blos - som and flour - ish like leaves on the tree,
 all laud we would ren - der; oh, help us to see

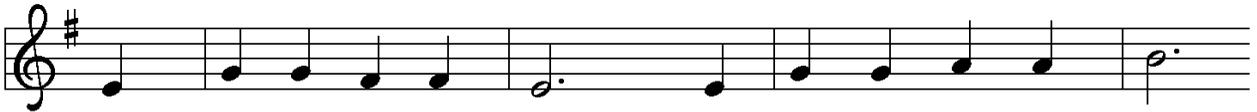
al - might - y, vic - to - rious, thy great name we praise!
 thy clouds which are foun - tains of good - ness and love.
 and with - er and per - ish, but naught chang - eth thee.
 'tis on - ly the splen - dor of light hid - eth thee!

GREETING

P The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C And also with you.

KYRIE



- 1 Have mer - cy on us, Lord, and hear our sol - emn prayer.
- 2 Have mer - cy on us, Christ, and wash a - way our sin.
- 3 Have mer - cy on us, Lord; make sin and shame de - part.



We come to hear your liv - ing word; it saves us from de - spair.
Pour out your grace and make us whole that new life may be - gin.
Re - new us with your sav - ing pow'r; cre - ate in us new hearts!

SONG OF PRAISE



1 Glo-ry be to God in heav-en; peace, good-will to all the earth.
2 Glo-ry be to Christ for - ev - er, Lamb of God and Lord of love.
3 Ho - ly One we now ac-claim you; Lord a - lone, to you we call;



Might-y God of all cre - a - tion, Fa - ther of sur - pass - ing worth:
Son of God and gra - cious Sav - ior, you have come from heav'n a - bove;
Ho - ly One in faith we name you, God most high, yet near to all:



we ex - alt you, we a - dore you, we lift high our thanks and praise.
on the cross you died to save us; now you reign at God's right hand.
Je - sus Christ, with God the Spir - it, in the Fa - ther's splen - dor bright.



Saints and an - gels bow be - fore you; here on earth our songs we raise.
Hear our prayer; re - store, for - give us; in your prom - ise firm we stand.
For the peace that we in - her - it, glo - ry be to God on high!

PRAYER OF THE DAY *together we pray:*

C **Almighty God,
Your own followers did not always understand your words and deeds.
Reveal yourself to us in the world, that we might reflect your glory
and live as your beloved children through Jesus Christ our Lord and
Savior who lives and reigns with you and the Holy Spirit, one God,
now and forever. Amen**

WORSHIP CAROL

ENSEMBLE	<i>“SPIRIT SONG”</i>	4 PM
BELLS OF GLORY	<i>“I LOVE TO TELL THE STORY”</i>	7:45 AM
CHOIR	<i>“SPIRIT SONG”</i>	9:30 AM
ENSEMBLE	<i>“SPIRIT SONG”</i>	11:00 AM

(Spirit Song is found on the next 2 pages)

347

Spirit Song

Unison Gmaj7 Gmaj7/F# Em7 A7 A7/G

1. O let the Son of God en-fold you with his
 (2. O come and) sing this song with glad-ness as your

F#m7 Bm7 Em7

Spir - it and his love. Let him fill your heart and
 hearts are filled with joy. Lift your hands in sweet sur-

A7 D Dmaj7 Em7 F#m7 Gmaj7 Gmaj7/F#

sat - is - fy your soul. O let him have the things that
 ren - der to his name. O give him all your tears and

Em7 A7 A7/G F#m7 Bm7

hold you, and his Spir - it like a dove will de-
 sad - ness; give him all your years of pain, and you'll

Em G6/A G/A A7 D C/D D

scend up-on your life and make you whole.
 en - ter in - to life in Je - sus' name.

Refrain
 Gmaj7 A7 A9/G F#m7 Bm

Je - sus, O Je - sus,

Em7 A7 Dmaj7 C/D D

come and fill your lambs.

Gmaj7 A7 A9/G F#m7 Bm

Je - sus, O Je - sus,

Em7 G6/A G/A D

come and fill your lambs. 1. 2. O come and

PSALM 36: 5-12

Read Responsively

R ⁵Your steadfast love, O LORD, extends to the heavens,
your faithfulness to the clouds.

C ⁶**Your righteousness is like the mighty mountains,
your judgments are like the great deep;
you save humans and animals alike, O LORD.**

R ⁷How precious is your steadfast love, O God!
All people may take refuge in the shadow of your wings.

C ⁸**They feast on the abundance of your house,
and you give them drink from the river of your delights.**

R ⁹For with you is the fountain of life;
in your light we see light.

C ¹⁰**O continue your steadfast love to those who know you,
and your salvation to the upright of heart!**

R ¹¹Do not let the foot of the arrogant tread on me,
or the hand of the wicked drive me away.

C ¹²**There the evildoers lie prostrate;
they are thrust down, unable to rise.**

GOSPEL ACCLAMATION (PLEASE STAND)



Al - le - lu - ia! Lord and Sav - ior: o - pen now your sav - ing word.



Let it burn like fire with - in us; speak un - til our hearts are stirred.



Al - le - lu - ia! Lord, we sing for the good news that you bring.

GOSPEL: Luke 9: 28-45

²⁸ Now about eight days after these sayings Jesus^[a] took with him Peter and John and James, and went up on the mountain to pray. ²⁹ And while he was praying, the appearance of his face changed, and his clothes became dazzling white. ³⁰ Suddenly they saw two men, Moses and Elijah, talking to him. ³¹ They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. ³² Now Peter and his companions were weighed down with sleep; but since they had stayed awake,^[b] they saw his glory and the two men who stood with him. ³³ Just as they were leaving him, Peter said to Jesus, “Master, it is good for us to be here; let us make three dwellings,^[c] one for you, one for Moses, and one for Elijah” —not knowing what he said.

³⁴ While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. ³⁵ Then from the cloud came a voice that said, “This is my Son, my Chosen; ^[d] listen to him!” ³⁶ When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen. ³⁷ On the next day, when they had come down from the mountain, a great crowd met him. ³⁸ Just then a man from the crowd shouted, “Teacher, I beg you to look at my son; he is my only child. ³⁹ Suddenly a spirit seizes him, and all at once he ^[e] shrieks. It convulses him until he foams at the mouth; it mauls him and will scarcely leave him. ⁴⁰ I begged your disciples to cast it out, but they could not.” ⁴¹ Jesus answered, “You faithless and perverse generation, how much longer must I be with you and bear with you? Bring your son here.” ⁴² While he was coming, the demon dashed him to the ground in convulsions. But Jesus rebuked the unclean spirit, healed the boy, and gave him back to his father. ⁴³ And all were astounded at the greatness of God. While everyone was amazed at all that he was doing, he said to his disciples, ⁴⁴ “Let these words sink into your ears: The Son of Man is going to be betrayed into human hands.” ⁴⁵ But they did not understand this saying; its meaning was concealed from them, so that they could not perceive it. And they were afraid to ask him about this saying.

P The Gospel of the Lord
 Praise to the Lord

C

TEACHING

“WHAT ARE YOU LISTENING TO???” Pastor Bill Timm

HYMN OF THE DAY: ELW 890

890

Mine Eyes Have Seen the Glory



1 Mine eyes have seen the glo - ry of the com - ing of the Lord;
2 He has sound - ed forth the trum - pet that shall nev - er call re - treat;
3 In the beau - ty of the lil - ies Christ was born a - cross the sea,



he is tram - pling out the vin - tage where the grapes of wrath are stored;
he is sift - ing out the hearts of men be - fore his judg - ment seat.
with a glo - ry in his bos - om that trans - fig - ures you and me.



he has loosed the fate - ful light - ning of his ter - ri - ble swift sword:
Oh, be swift, my soul, to an - swer him; be ju - bi - lant, my feet!
As he died to make men ho - ly, let us live to make men free,



his truth is march - ing on.
Our God is march - ing on.
while God is march - ing on.

Refrain



Glo - ry, glo - ry! Hal - le - lu - jah! Glo - ry, glo - ry! Hal - le - lu - jah!



Glo - ry, glo - ry! Hal - le - lu - jah! His truth is march - ing on.



THE APOSTLES' CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, His only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.**

**He descended into hell.
On the third day He rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

PRAYERS OF INTERCESSION

P We pray for the church, the world, and all those in need.

A brief silence.

P How often your people lose sight of your truth, O Lord. Forgive our short-sightedness and ignorance when you have clearly shown us how to live as your faithful children. Gracious God,

C Hear our prayer.

P Your love extends to the heavens; ours is but a pale imitation of what you have shown to us. Bless our efforts to embody your love toward others and toward you. Gracious God,

C Hear our prayer.

P The mysteries of this world can sometimes baffle us, Lord. Enfold us with awe at your power and grace, and embolden us to proclaim your gospel to all. Gracious God,

C Hear our prayer.

P Sometimes we must let go in order to heal fully. Release us from past fixations, grievances and regrets, and equip us to take on a new future. Heal those who cry out to you. Gracious God,

C Hear our prayer.

P We celebrate the witness of Cyril and Methodius, faithful missionaries and proclaimers of your good news. Inspire us to do likewise and dedicate our lives to serving you. Gracious God,

C Hear our prayer.

P We pray for all of our mission congregations, Araby Acres in Yuma, Crossroads Lutheran in San Tan Valley, Maricopa Lutheran in Maricopa, San Juan Bautista Lutheran in Tucson, and Vida Nueva Lutheran in Glendale. We also pray for our local partners in mission, Faith Lutheran Church and Christ the Redeemer Anglican Church. We also pray for our care ministries that serve the needs of others, ChristCare, DivorceCare Stephen Ministry, GriefShare and Mental Health Ministry, may they reach all people in need. Gracious God,

C Hear our prayer.

Here other petitions may be offered. Together we pray

C Lord, help us your believers become disciples who: worship regularly; love unconditionally; listen compassionately; speak truthfully; act justly; endure patiently; forgive mercifully; give generously; serve selflessly; invite constantly; pray fervently; witness unashamedly; and live worthily.

P Receive our prayers and shed light on our path as we seek to walk in your ways and bring glory to you through your son Jesus, our Lord. **Amen.**

THE OFFERING (will be received in the offering plates at each door at the end of service, for those watching there is a link for online giving in the description of the video. We are thankful for all the support from both in person giving as well and online giving.)

OFFERING RESPONSE *(please stand)*

We Give Thee but Thine Own

5

We give thee but thine own, what - e'er the gift may
May we thy boun - ties thus as stew - ards true re -

be - All that we have is thine a - lone, A trust, O Lord, from thee.
ceive - And glad - ly as thou bless - est us, to thee our first - fruit give.

The musical score is written on two staves in G major (one sharp) and 4/4 time. The first staff begins with a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. It contains a whole rest followed by a series of quarter notes: G4, A4, B4, C5, B4, A4, G4. The second staff begins with a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. It contains a series of quarter notes: G4, A4, B4, C5, B4, A4, G4, followed by a whole rest. The lyrics are placed below the notes, with hyphens indicating syllables that span across notes.

THE GREAT THANKSGIVING

P The Lord be with you.

C **And also with you.**

P Lift up your hearts.

C **We lift them to the Lord.**

P Let us give thanks to the Lord our God.

C **It is right to give our thanks and praise.**

CONGREGATIONAL SUNG RESPONSE



Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might,



heav'n and earth are full of your glo-ry. Ho-san - na in the high - est.



Bless - ed is he who comes in the name of the Lord. Ho -



san - na in the high - est, ho - san - na in the high - est.

WORDS OF INSTITUTION

Communion is open to all baptized believers who know Jesus as Savior and seek to live with him as Lord of all areas of life. You receive the wafer in your hand and choose from the individual cup of wine or white grape juice. Those who do not commune may come forward for a blessing, simply cross your arms in front of your chest to request a blessing. Simply complete a slip found in your bulletin and place it in the offering plate. Consider the options on reverse side as to how you may serve this congregation.

THE LORD'S PRAYER

C Our Father, who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

HYMNS DURING COMMUNION

Lamb of God Your Only Son



Your on-ly Son, no sin to hide, but you have sent him from your side to walk up - on this guilt-y
Your gift of love we cru - ci - fied. We laughed and scorned him as he died. The hum-ble king we named a
I was so lost, I should have died, but you have brought me to your side to be led by your staff and

Refrain



sod and to be - come the Lamb of God. O Lamb of God, sweet lamb of God, I love the
fraud and sac - ri - ficed the Lamb of God.
rod and to be called a Lamb of God.



ho - ly Lamb of God. Oh, wash me in your pre-cious blood, my Je-sus Christ, the Lamb of God.

HYMNS DURING COMMUNION (CON'T)

ELW 838

Beautiful Savior

838

1 Beau - ti - ful Sav - ior, King of cre - a - tion,
 2 Fair are the mead - ows, fair are the wood - lands,
 3 Fair is the sun - shine, fair is the moon - light,
 4 Beau - ti - ful Sav - ior, Lord of the na - tions,

Son of God and Son of Man!
 robed in the flow'rs of bloom - ing spring;
 bright the spar - kling stars on high;
 Son of God and Son of Man!

Tru - ly I'd love thee, tru - ly I'd serve thee,
 Je - sus is fair - er, Je - sus is pur - er,
 Je - sus shines bright - er, Je - sus shines pur - er,
 Glo - ry and hon - or, praise, ad - o - ra - tion,

light of my soul, my joy, my crown.
 he makes our sor - rowing spir - it sing.
 than all the an - gels in the sky.
 now and for - ev - er - more be thine!

815 I Want to Walk as a Child of the Light

1 I want to walk as a child of the light. I want to
 2 I want to see . . . the bright-ness of God. I want to
 3 I'm look - ing for . . . the com - ing of Christ. I want to

fol - low Je - sus. God set the stars to give
 look at Je - sus. Clear Sun of righ - teous-ness,
 be with Je - sus. When we have run . . . with

light to the world. The star of my life is Je - sus.
 shine on my path, and show me the way to the Fa - ther.
 pa - tience the race, we shall know the joy of Je - sus.

Refrain

In him there is no dark-ness at all. The night and the

day are both a - like. The Lamb is the light of the

The first system of music consists of two staves. The upper staff is a vocal line in G major (one sharp) and 4/4 time. It begins with a quarter note G4, followed by a quarter note A4, and a quarter note B4. The next measure contains a half note chord of G4 and B4. The following two measures each contain a half note chord of G4, B4, and D5. The final measure contains a half note chord of G4, B4, and D5, followed by a quarter note G4. The lower staff is a piano accompaniment line in G major and 4/4 time. It begins with a half note chord of G2 and B2, followed by a half note chord of G2 and B2. The next two measures each contain a half note chord of G2, B2, and D3. The final measure contains a half note chord of G2, B2, and D3, followed by a quarter note G2.

cit - y of God. Shine in my heart, Lord Je - sus.

The second system of music consists of two staves. The upper staff is a vocal line in G major and 4/4 time. It begins with a quarter note G4, followed by a quarter note A4, and a quarter note B4. The next measure contains a half note chord of G4 and B4. The following two measures each contain a half note chord of G4, B4, and D5. The final measure contains a half note chord of G4, B4, and D5, followed by a quarter note G4. The lower staff is a piano accompaniment line in G major and 4/4 time. It begins with a half note chord of G2 and B2, followed by a half note chord of G2 and B2. The next two measures each contain a half note chord of G2, B2, and D3. The final measure contains a half note chord of G2, B2, and D3, followed by a quarter note G2.

POST COMMUNION BLESSING *(please stand)*

- P** The Body and Blood of our Lord and Savior Jesus Christ strengthen you and keep you safe in His Grace until everlasting life.
- C** **Amen.**

PRAYER AFTER COMMUNION

- C** **Holy One, we give you thanks that in this bread and cup we have feasted again on your endless love. Let that love overflow more and more in our lives, that we may be messengers to prepare your way, harvesters of justice and righteousness, and bearers of your eternal Word, our Savior Jesus Christ. Amen.**

SENDING HYMN

Onward, Christian Soldiers

617

Thou therefore endure hardness as a good soldier . . . — II Timothy 2:3

Sabine Baring-Gould

ST. GERTRUDE
Arthur S. Sullivan

1 On - ward, Chris-tian sol - diers, march-ing as to war. With the cross of
2 *Like a might - y ar - my moves the Church of God; Broth-ers, we are*
3 Crowns and thrones may per-ish, king - doms rise and wane, But the Church of
4 *On - ward, then, ye peo - ple, join our hap - py throng; Blend with ours your*

1 Je - sus go - ing on be - fore: Christ, the roy-al Mas - ter, leads a -
2 *tread-ing where the saints have trod, We are not di - vid - ed, all one*
3 Je - sus con - stant will re - main, Gates of hell can nev - er 'gainst that
4 *voic-es in the tri - umph song, Glo - ry, laud, and hon - or un - to*

1 gainst the foe; For-ward in - to bat - tle, see His ban - ners go.
2 *bod - y we: One in hope and doc - trine, one in char - i - ty.*
3 Church pre-vail; We have Christ's own prom-ise, and that can - not fail.
4 *Christ the King: This through countless a - ges men and an - gels sing.*

On-ward, Chris-tian sol - diers, march-ing as to war,

With the cross of Je - sus go - ing on be - fore.

BENEDICTION

P Almighty God has created you and has a purpose for your life every day! Lord, Help us remember, IF YOU ARE NOT DEAD...

C YOU ARE NOT DONE!

P Live your lives in Christ, rooted and built up in him, and abound in thanksgiving; and the blessing of the Holy Trinity, ✠ one God, be upon you and remain with you forever.

C Amen.

DISMISSAL

P Go in peace. Christ is sending you.

C Thanks be to God.

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WORSHIP ASSISTANTS

Date	Time	Altar	Ushers	Greeters/Comm. Assistants	Readers
2/13	4:00 pm	Doreen	Nancy Richter	Gil Richter	Paul Ehler
2/14	7:45 am	Lynette	Maynard Teppo	Mary Marsh	Mary Marsh
2/14	9:30 am	Lynette	Diane Lee	Jerry Taylor	C.Wertman
2/14	11:00 am	Lynette	Niki Duffy	Patty Clauson	M. Cegon
2/17	6:00 pm	Lynette	Diane Lee	Jerry Taylor	M. Cegon
2/20	4:00 pm	Pat B	Janis Suess	Brian Suess	M. Severson
2/21	7:45 am	Lynette	Carolyn Lester	Dave Lester	Cheryl Preul
2/21	9:30 am	Joanne	Doug Harwood	Kate Harwood	Niki Duffy
2/21	11:00 am	Lynette	Jose Dahlberg	Darrell Dahlberg	S. Weidling
2/27	4:00 pm	Doreen	Jane Todd	Gil Richter	S. Weidling
2/28	7:45 am	Lynette	Mary Marsh	Cheryl Preul	N. Griffiths
2/28	9:30 am	Penny	Roger Tracey	Jackie Tracey	Roger Tracey
2/28	11:00 am	Lynette			

Attendance the week of January 31st:

38 at 4pm; 40 at 7:45am; 92 at 9:30am; 21 at 11am;

total in person=191

19 views on Youtube and 244 views on Facebook.

263= total online

Attendance last week February 7th:

56 at 4pm; 30 at 7:45am; 62 at 9:30am; 23 at 11am;

total in person= 171

5 views on Youtube and 114 views on Facebook.

119= total online

CALENDAR FOR THE COMING WEEK

DATE	TIME	ACTIVITY	LOCATION
Sunday 2/14	1:00 pm	Foothills Social	Fellowship Hall
Monday 2/15	9:00 am	Glorious Quilters	Fellowship Hall
Monday 2/15	10:00 am	GriefShare	Fellowship Classroom
Monday 2/15	12:00 pm	Bible Study	Fellowship Classroom
Monday 2/15	1:00 pm	Bazaar Crafts	Fellowship Hall
Monday 2/15	3:30 pm	Bible Study	Fellowship Classroom
Tuesday 2/16	7:00 am	TOPS	Fellowship Hall
Tuesday 2/16	1:00 pm	Foothills Social	Fellowship Hall
Tuesday 2/16	4:00 pm	Executive council meeting	Fellowship Classroom
Tuesday 2/16	4:30 pm	Council Meeting	Fellowship Classroom
Tuesday 2/16	6:30 pm	Worship Assistant/Altar Training	Sanctuary
Wednesday 2/17	10:00 am	ChristCare	Fellowship Classroom
Wednesday 2/17	6:00 pm	Ash Wednesday Worship	Sanctuary
Wednesday 2/17	7:00 pm	DivorceCare	Fellowship Classroom
Thursday 2/18	8:00 am	Staff Meeting	Off site
Thursday 2/18	9:00 am	Open Hobby	Fellowship Hall
Thursday 2/18	10:00 am	Bible Study	Zoom
Thursday 2/18	4:30 pm	Bells of Glory	Sanctuary
Thursday 2/18	6:00 pm	Choir	Sanctuary
Friday 2/19	8:00 am	TOPS	Fellowship Hall
Friday 2/19	1:00 pm	Foothills Social	Fellowship Hall
Friday 2/19	6:00 pm	Women's AA	Fellowship Classroom
Saturday 2/20	1:30 pm	Karaoke	Fellowship Hall
Saturday 2/20	4:00 pm	Worship /Communion	Sanctuary
Sunday 2/21	7:45 am	Worship/Communion	Sanctuary
Sunday 2/21	9:30 am	Worship/Communion	Sanctuary
Sunday 2/21	11:00 am	Worship/Communion	Sanctuary

Pastor's Bible Study- Topic: Gospel of Mark:

Monday's at 12:00 pm & 3:30 pm in the Fellowship Hall Classroom. Thursday's
Zoom Bible at 10 am **Come to any session!!!**

Support Group Opportunities

GriefShare Groups:

Gloria de Cristo- Meets on Mondays at 10:00 am in the Fellowship Hall classroom.

Sunrise Manufactured Home Community- Meets on Mondays at 10:00 am, the address is 1950 E 24th St, Yuma, AZ 85365, if you'd like to call the Sunrise office the number is 928-344-4060.

Faith Lutheran Church- Meets on Tuesdays at 6:30pm, the address is 2215 S 8th Ave, Yuma, AZ 85364.

DivorceCare:

We have a new ministry here, a Divorce support group. They meet in the Fellowship Hall Classroom on Wednesday evenings from 7pm to 9pm,.

If you know of someone who could benefit from any of these programs please let them know, or have them contact the church office.

Announcements

Memorial for Pastor Ernie Larsen- At the family's request there will be a short 5 min memorial for Pr. Ernie Larsen, who went to be with the Lord last weekend. The memorial will be after the 4pm worship service next Saturday February 20th. All who knew him are invited to attend.

Worship Assistant Training- There will be a training for Ushers, Greeters/communion assistants and Altar guild. All classes will be Tuesday evenings in the Sanctuary at 6:30 pm. We are in need of assistants, so if you are willing to learn, we would be so appreciative of the help!

Crafting- Crafting for the Christmas Bazaar is held every Monday 1:00 pm in the Fellowship hall. We do a variety of crafts and enjoy trying new ideas. All crafts are sold at the Christmas Bazaar. Anyone interested in crafting, seasoned crafters or new to crafting, are welcome to join in the fun.

Lent- The Lenten season begins this week, on Ash Wednesday, February 17th. Worship service will be at 6:00pm. Get your ashes at church!

Hanks Days Parade- The Hanks Days parade is next Saturday February 20th from 8:30-10am. We are looking for volunteers willing to walk next to the car we will have in the parade and pass out postcards. It is approximately 2 miles. If this is something you can and are willing to do, please contact the church office. Thank you!

Karoke!- February 20th from 1:30pm-3:30pm there will be Karoke in the Fellowship Hall. Come and join us or just come and hang out and listen!

Yard Sale- Dates for the Yard Sale, Setup will begin on Monday at 1:00pm and items for donation may be dropped off on Tuesday February 23rd and Wednesday February 24th. Sale will be on Friday February 26th from 8:00 am till 2:00 pm, and Saturday February 27th from 8:00 am till 12:00 pm.

Highway Cleanup- Our next highway cleanup date is set for March 20th at 8am.

GLORIA DE CRISTO LUTHERAN CHURCH

11273 E. 40th Street

Yuma, AZ 85367

Phone:(928) 342-6002

Fax (928) 342-7613

Website: www.gloriadecristo.com

Pastor: William Timm

Organist & Choir Director: Shirley Ehler

Pianists: Jean Abel, Sue Bridie, Marie Ritten

Bells of Glory: Kay Lee Grunst

Acolytes: Aiden Harwood, Luke & Logan Johnson

ChristCare Equippers:

Pastor Timm

ChristCare Group Leaders:

Doreen Caldwell, Cheryl Preul & Bev Gedde

Divorce Care Group Leaders:

Roger & Jackie Tracey

GriefShare Group Leaders:

Ted & Niki Duffy

Mary Marsh

Andrew & Mike Rosenberg

Stephen Ministry Leaders:

Michelle Cegon

Mike Rosenberg

Pastor Timm

Office Staff:

Kate Harwood, Secretary

Brennen Harwood, A/V Technician

CPA Financial Advantage, Payroll

Please make a right turn out of the driveway onto 40th Street! Left turns will hold up traffic and cause people to lose any religious good that happened in the last hour!



Caring for Your Brain During Stressful Times Part 4

Marisa Menchola, PH.D., ABPP-CN

Board-Certified Clinical Neuropsychologist

- **To Review**

Stress, worry, fear, and anxiety can affect your *cognition*. Our brain is also responsible for controlling our *emotions and behavior*. Stress also affects your brain by disrupting sleep.

How you can help your brain function better under stress

1. “Outsource” brain tasks.
2. Give yourself plenty of time
3. Double-check.
4. Do not try to “multitask.”
5. Avoid distractions.
6. Hit Pause
7. Turn off phone notifications
8. Schedule worry time

4. **Take care of your body.** What is good for your body is good for your brain. Follow the usual strategies to stay healthy:
 - Exercise safely, however you can.
 - Moderate your intake of sweets, fats, and alcohol.
 - Practice relaxation methods like diaphragmatic breathing and mindfulness meditation.
 - Protect your sleep as much as possible: Try to have a calming bedtime routine that signals to your body and mind that it is time to wind down, go to bed and wake up at regular times every day, and avoid staring at your phone or laptop in bed.

10. **Seek help for your mental health.** If you notice that your stress, worry, or sadness are becoming too hard to manage, you are having difficulty making it through your day, or your loved ones express concern about you, seek help. Many mental health professionals are offering therapy and counseling services using telehealth, over the phone or video. Therapists can help with depression, anxiety, sleep problems, substance use, and couples, family, and parenting difficulties. Help is available. To find a qualified therapist, ask your primary care physician, insurance company, or a trusted friend; look up online resources; or reach out to your local or state psychological association.

Finally, **give yourself a break.** These are not normal times, so be patient and have self-compassion if you are not your “normal” self (remember, you have extra apps in the background). You will miss things. You will make mistakes. You will bounce back. Keep your expectations simple and your to-do list short. Take care of yourself and your loved ones.

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