



**BILL TIMM, PASTOR
MINISTERS: ALL OF OUR PEOPLE
CHURCH PHONE: 928-342-6002**

WE ARE A STEPHEN MINISTRY & CHRISTCARE CONGREGATION

SATURDAY, JANUARY 23, 2021 4:00 P.M.

SUNDAY, JANUARY 24, 2021 7:45 A.M, 9:30 A.M. & 11 A.M.

THIRD SUNDAY OF EPIPHANY



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 Marilyn Davis to the Glory of God on GDC’s beginning

PRAYERS : Gary Meisner, Bruce Burton, 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.



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 contemporary version of the Lord's Prayer for the month of January. God blesses our prayers.

PRELUDE

TEMPLE TALK

Dave Graham

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.**

Praise and Thanksgiving

689

1 Praise and thanks-giv - ing, God, we would of - fer for all things
 2 God, bless the la - bor we bring to serve you, that with our
 3 Fa - ther, pro - vid - ing food for your chil - dren, by Wis-dom's
 4 Then will your bless - ing reach ev - 'ry peo - ple, free - ly con-

liv - ing, you have made good: har - vest of sown fields, fruits of the
 neigh-bor we may be fed. Sow - ing or till - ing, we would work
 guid - ing teach us to share one with an - oth - er, so that, re -
 fess - ing your gra - cious hand. Where you are reign - ing, no one will

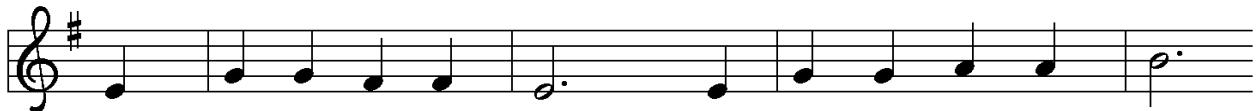
or - chard, hay from the mown fields, blos - som and wood.
 with you, har - vest - ing, mill - ing for dai - ly bread.
 joic - ing with us, all oth - ers may know your care.
 hun - ger; your love sus - tain - ing show - ers the land.

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

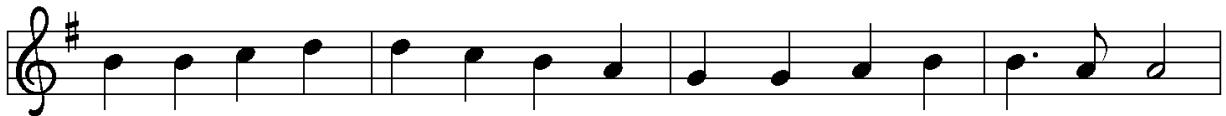


1 Have mer - cy on us, Lord, and hear our sol - emn prayer.
2 Have mer - cy on us, Christ, and wash a - way our sin.
3 Have mer - cy on us, Lord; make sin and shame de - part.



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!

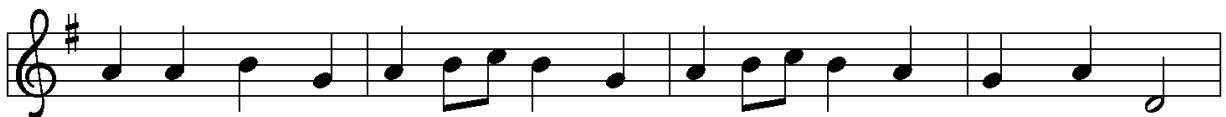
SONG OF PRAISE



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 Wondrous God,
You turned fishermen into disciples, teachers, and healers.
Transform us in the ways which serve you best, and lead us
fearlessly forward in faith 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 "PSALM 24" **4 PM**

ENSEMBLE "PSALM 24" **7:45 AM**

CHOIR "PSALM 24" **9:30 AM**
(Psalm is found on the next page to sing along with the choir)

BELLS OF GLORY "A New Commandment" **11:00 AM**

WORDS FOR CONGREGATION TO READ/MEDITATE WHILE BELLS PLAY AT 11:00 AM

A new commandment I give unto you, that you love one another as I have loved you, that you love one another as I have loved you.

By this shall people know you are my disciples, if you have love one for another; by this shall people know you are my disciples: if you have love one for another

PSALM 24

5

Refrain: Willard F. Jabusch, alt.
 Verses: Arlo D. Duba

Israeli Folk Melody
 Arr: John Ferguson
 Instrumentation: Kenneth E. Williams
 and Lynelle M. Williams

REFRAIN

J = 108

Em Lift up the gates e - ter - nal, lift up *B7* your voic - es;

Em the king of glo - ry comes, the na - tion *B7* re - *Em* joic - es.

VERSES

G

1 ¹See, all the earth is God's, its peo - ple and na - tions;
 2 ³Who can go up this moun-tain, who stand in prais - ing?

3 ⁵They shall re - ceive for - give - ness, and have God's bless - ing
 4 ⁷Come, lift your voic - es high, be lift - ed to glo - ry;

5 ⁸Who is this glo - rious one, for whom we are wait - ing?
 6 ⁹Come, lift your heads with joy; come, lift up your tow - er;

7 ¹⁰Who is this King of glo - ry of whom we're sing - ing?

G *Em* *G* *D7* *G*

1 ²God built it on the deeps and laid its foun - da - tions. (R)
 2 ⁴Those who are pure, who come with clean hands up - rais - ing. (R)

3 ⁶if they will search for God, their Sav - ior con - fess - ing. (R)
 4 the Lord our God ap - proach-es, come, shout the sto - ry. (R)

5 We wait the might - y Lord, our God cel - e - brat - ing. (R)
 6 the King of glo - ry comes in full might and pow - er. (R)

7 Our God, this Lord of hosts, the vic - tory is bring - ing. (R)

First Lesson 1 John 3: 16-24

¹⁶ We know love by this, that he laid down his life for us—and we ought to lay down our lives for one another. ¹⁷ How does God's love abide in anyone who has the world's goods and sees a brother or sister^[a] in need and yet refuses help? ¹⁸ Little children, let us love, not in word or speech, but in truth and action. ¹⁹ And by this we will know that we are from the truth and will reassure our hearts before him ²⁰ whenever our hearts condemn us; for God is greater than our hearts, and he knows everything. ²¹ Beloved, if our hearts do not condemn us, we have boldness before God; ²² and we receive from him whatever we ask, because we obey his commandments and do what pleases him. ²³ And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. ²⁴ All who obey his commandments abide in him, and he abides in them. And by this we know that he abides in us, by the Spirit that he has given us.

R The word of the Lord

C **Thanks be to God**

PSALM 119: 129-136

Read Responsively

- R ¹²⁹Your decrees are wonderful;
therefore my soul keeps them.
- C ¹³⁰**The unfolding of your words gives light;**
it imparts understanding to the simple.
- R ¹³¹With open mouth I pant,
because I long for your commandments.
- C ¹³²**Turn to me and be gracious to me,**
as is your custom toward those who love your name.
- R ¹³³Keep my steps steady according to your promise,
and never let iniquity have dominion over me.
- C ¹³⁴**Redeem me from human oppression,**
that I may keep your precepts.
- R ¹³⁵Make your face shine upon your servant,
and teach me your statutes.
- C ¹³⁶**My eyes shed streams of tears**
because your law is not kept.

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: MARK 12: 41-13:2

⁴¹ He sat down opposite the treasury, and watched the crowd putting money into the treasury. Many rich people put in large sums. ⁴² A poor widow came and put in two small copper coins, which are worth a penny. ⁴³ Then he called his disciples and said to them, “Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. ⁴⁴ For all of them have contributed out of their abundance; but she out of her poverty has put in everything she had, all she had to live on.” **13** As he came out of the temple, one of his disciples said to him, “Look, Teacher, what large stones and what large buildings!” **2** Then Jesus asked him, “Do you see these great buildings? Not one stone will be left here upon another; all will be thrown down.”

P The Gospel of the Lord
C **Praise to the Lord**

THE TEACHING: “*GOD’S CONSTRUCTION!!!*”

Pastor Bill Timm

HYMN OF THE DAY: ELW 693

693

Come, Ye Thankful People, Come



1 Come, ye thank - ful peo - ple, come; raise the song of har - vest home.
 2 All the world is God's own field, fruit un - to his praise to yield;
 3 For the Lord our God shall come and shall take his har - vest home;
 4 E - ven so, Lord, quick - ly come to thy fi - nal har - vest home.



All be safe - ly gath - ered in ere the win - ter storms be - gin.
 wheat and tares to - geth - er sown, un - to joy or sor - row grown.
 from his field shall in that day all of - fens - es purge a - way;
 Gath - er then thy peo - ple in, free from sor - row, free from sin,



God, our mak - er, doth pro - vide for our wants to be sup - plied.
 First the blade, and then the ear, then the full corn shall ap - pear.
 give his an - gels charge at last in the fire the tares to cast,
 there, for - ev - er pu - ri - fied, in thy gar - ner to a - bide.



Come to God's own tem - ple, come, raise the song of har - vest home.
 Lord of har - vest, grant that we whole - some grain and pure may be.
 but the fruit - ful ears to store in his gar - ner ev - er - more.
 Come, with all thine an - gels, come, raise the glo - rious har - vest home!



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 You amaze us with how well you know us. You invite us to know ourselves more deeply through serving you. Give us the courage to follow where you are leading. Inviting God,

C Hear our prayer.

P As a new presidential term begins we pray your blessing upon this land and all of its people, that everyone would find a way to contribute and flourish within the fabric of society, and that we would truly accept the gifts of those who differ from us. Inviting God,

C Hear our prayer.

P As disciples gathered great multitudes of fish from the sea, so they in turn gathered the multitudes of people longing to hear the good news. May we capture hearts with your words of life, and demonstrate how your love embraces your whole creation. Inviting God,

C Hear our prayer.

P Sometimes the unfamiliar is where we need to go to find our true home. Shake us out of inertia and disrupt our lives with your healing Spirit. Bless those who need it most today. Inviting God,

C Hear our prayer.

P We may never know the kind of persecution which your saints and martyrs have suffered or Christians still suffering around the world, yet their lives stand as beacons of faith to inspire and draw us forward. Join our songs of praise with theirs and bring us all together on the last day. Inviting 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, Stephen Ministry, GriefShare and Mental Health Ministry, may they reach all people in need. Inviting God,

C Hear our prayer.

Here other petitions may be offered. Together we pray

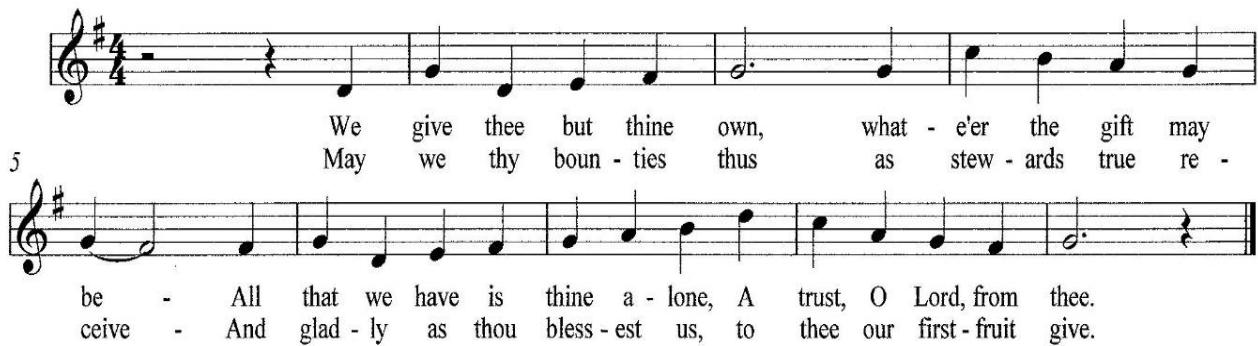
C Lord, you know what is best for our church family. Give us what you will, when you will, and as much as you will. Do with us as you think best, and as it pleases you and brings you the most honor. Place each of us where you will, and use us according to your wisdom. We are in your hand as your servants, ready to do all that you command. We want to live, not for ourselves, but for you. We want to serve you fittingly and faithfully, through Jesus Christ, Our Lord.

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 be.
May we thy bounties thus as stewards true receive.

All that we have is thine alone, A trust, O Lord, from thee.
And gladly as thou blessest us, to thee our first-fruit give.

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 in heaven, hallowed be your name, Your kingdom come,
Your will be done, on earth as in heaven. Give us today our daily
bread. Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial and deliver us from evil. For the
kingdom, the power, and the glory are yours, now and forever.
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 632

O God, Our Help in Ages Past

632



- 1 O God, our help in ages past, our hope for years to come,
2 Un - der the shad - ow of your throne your saints have dwelt se - cure;
3 Be - fore the hills in or - der stood or earth re - ceived its frame,
4 A thou - sand a - ges in your sight are like an eve - ning gone,



- our shel - ter from the storm-y blast, and our e - ter - nal home:
suf - fi - cient is your arm a - lone, and our de - fense is sure.
from ev - er - last - ing you are God, to end - less years the same.
short as the watch that ends the night be - fore the ris - ing sun.



- 5 Time, like an ever-rolling stream,
bears all our years away;
they fly forgotten, as a dream
dies at the op'ning day.

- 6 O God, our help in ages past,
our hope for years to come,
still be our guard while troubles last
and our eternal home.

856

How Great Thou Art

1 O Lord my God, when I in awe-some won - der
 2 When through the woods and for - est glades I wan - der,
 3 But when I think that God, his Son not spar - ing,
 4 When Christ shall come, with shout of ac - cla - ma - tion,
 con - sid - er
 I hear the
 sent him to
 and take me

all the works thy hand hath made, I see the stars, I hear the mighty
 birds sing sweet-ly in the trees; when I look down from loft - y moun-tain
 die, I scarce can take it in, that on the cross my bur-den glad - ly
 home, what joy shall fill my heart! Then I shall bow in hum-ble ad - o -

thun - der, thy pow'r through-out the u - ni - verse dis - played;
 gran - deur and hear the brook and feel the gen - tle breeze;
 bear - ing he bled and died to take a - way my sin;
 ra - tion and there pro - claim, "My God, how great thou art!"

Refrain

Then sings my soul, my Sav - ior God, to thee, how great thou

Oh, for a Thousand Tongues to Sing

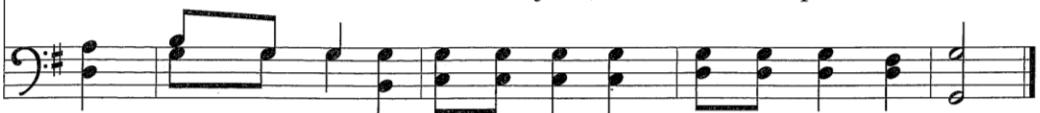
886



- 1 Oh, for a thou-sand tongues to sing my great Re-deem-er's praise,
 2 My gra - cious Mas - ter and my God, as - sist me to pro - claim,
 3 The name of Je - sus charms our fears and bids our sor - rows cease,
 4 He speaks, and lis - t'ning to his voice, new life the dead re - ceive;



the glo - ries of my God and king, the tri-umphs of his grace!
 to spread through all the earth a - broad the hon - ors of your name.
 sings mu - sic in the sin - ner's ears, brings life and health and peace.
 the mourn - ful, bro-ken hearts re - joice, the hum - ble poor be - lieve.



- 5 Look unto him, your Savior own,
 O fallen human race!
 Look and be saved through faith alone,
 be justified by grace!

- 6 To God all glory, praise, and love
 be now and ever giv'n
 by saints below and saints above,
 the church in earth and heav'n.

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 ELW 779

Amazing Grace, How Sweet the Sound 779

1 A - maz - ing grace!— how sweet the sound— that
 2 'Twas grace that taught my heart to fear, and
 3 Through man - y dan - gers, toils, and snares I
 4 The Lord has prom - ised good to me; his
 5 When we've been there ten thou - sand years, bright

saved a wretch like me! I once was lost, but
 grace my fears re - lieved; how pre - cious did that
 have al - read - y come; 'tis grace has brought me
 word my hope se - cures; he will my shield and
 shin - ing as the sun, we've no less days to

now am found; was blind, but now I see.
 grace ap - pear the hour I first be - lieved!
 safe thus far, and grace will lead me home.
 por - tion be as long as life en - dures.
 sing God's praise than when we'd first be - gun.

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
1/23	4:00 pm	Doreen	Brian Suess	Janis Suess	Paul Ehler
1/24	7:45 am	Lynette	David Griffiths	Nancy Griffits	N. Griffiths
1/24	9:30 am	Penny	Jerry Scheflo	Penny Scheflo	D. Caldwell
1/24	11:00 am	Lynette	Patricia Clauson	Niki Duffy	M. Cegon
1/30	4:00 pm	Pat B	Marge Graham	Dave Graham	Dave Graham
1/31	7:45 am	Lynette	Mary Marsh	Maynard Teppo	S. Weidling
1/31	9:30 am	Joanne	Wayne Schuette	Lynette Layton	C. Wertman
1/31	11:00 am				M. Cegon
2/6	4:00 pm	Pat B	Jane Todd	Pat Bunker	S. Weidling
2/7	7:45 am	Lynette	Dave Griffiths	Nancy Griffiths	N. Griffiths
2/7	9:30 am	Joanne	Lynda Steinman	Dave Steinman	D. Caldwell
2/7	11:00 am	Lynette	Darrell Dahlberg	Josie Dahlberg	Jim Neely

Attendance the week of January 10th:

44 at 4pm; 30 at 7:45am; 86 at 9:30am; 13 at 11am;
total in person=173

21 views on Youtube and 299 views on Facebook.

320= total online

Attendance last week January 17th:

28 at 4pm; 47 at 7:45am; 60 at 9:30am; 20 at 11am;
total in person=156

9 views on Youtube and 149 views on Facebook.

158= total online

CALENDAR FOR THE COMING WEEK

DATE	TIME	ACTIVITY	LOCATION
Sunday 1/24	12:00 pm	Annual Congregational Meeting	Fellowship Hall
Sunday 1/24	1:00 pm	Foothills Social	Fellowship Hall
Monday 1/25	9:00 am	Glorious Quilters	Fellowship Hall
Monday 1/25	10:00 am	GriefShare	Fellowship Classroom
Monday 1/25	12:00 pm	Bible Study	Fellowship Classroom
Monday 1/25	1:00 pm	Bazaar Crafts	Fellowship Hall
Monday 1/25	1:30 pm	New Member Class	Fellowship Classroom
Monday 1/25	3:30 pm	Bible Study	Fellowship Classroom
Tuesday 1/26	7:00 am	TOPS	Fellowship Hall
Tuesday 1/26	1:00 pm	Foothills Social	Fellowship Hall
Wednesday 1/27	10:00 am	ChristCare	Fellowship Classroom
Thursday 1/28	10:00 am	Bible Study	Zoom
Thursday 1/28	4:30 pm	Bells of Glory	Sanctuary
Thursday 1/28	6:00 pm	Choir	Sanctuary
Friday 1/29	8:00 am	TOPS	Fellowship Hall
Friday 1/29	1:00 pm	Foothills Social	Fellowship Hall
Friday 1/29	6:00 pm	Women's AA	Fellowship Classroom
Saturday 1/30	4:00 pm	Worship /Communion	Sanctuary
Sunday 1/31	7:45 am	Worship/Communion	Sanctuary
Sunday 1/31	9:30 am	Worship/Communion	Sanctuary
Sunday 1/31	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!!!

Announcements

We are in need of help for worship assistants for the 11 am service, If you are willing to help please contact Lynette at or call the office 928-342-6002

Volunteer needed- The tables in Fellowship Hall need to be sanitized each week after the cleaning crew comes. We are looking for a volunteer who would be willing to come either Saturday or EARLY Sunday morning. It only takes 10-15 minutes and would be greatly appreciated. Please contact Cheryl Preul or the church office.

Annual Meeting- Is Sunday at 12 noon in the Fellowship Hall.

Opportunities for Service- Today in your bulletin you will find your Time and Talent sheets as well as your pledge card for 2021. Please take the time to prayerfully consider how you may serve Gloria de Cristo in the coming year by filling out the forms and returning them next week! Thank you!

Covid-19 Vaccine information- The Arizona department of Health Services shared this update: "If you need technical support with podvaccine.azdhs.gov Please call 602-542-1000. Those without computer access or those who need extra help to register should call 1-844-542-8201."

Altar Flowers- Starting this month the price of the flowers is **increased from \$40 to \$50**. If sharing, the price is now \$25. If you have any questions please contact the office. Thank you.

GriefShare- Meets Mondays at 10:00 am in the Fellowship Hall. Also our offsite GriefShare groups meet on Mondays at 10:00 am starting February 1st at Sunrise Manufactured Home Community, address is 1950 E 24th St, Yuma, AZ 85365, if you'd like to call Sunrise the number is 928-344-4060. Another GriefShare group will begin Tuesday February 2nd at 6:30pm at Faith Lutheran Church, address is 2215 S 8th Ave, Yuma, AZ 85364.

DivorceCare- We will be starting a new ministry here, a Divorce support group. They will meet here at the church on Wednesday evenings from 7pm to 9pm, beginning February 3rd. If you know of someone who could benefit from this program please let them know, or have them contact the office.

Men's Fellowship- Men's Breakfast Fellowship will be February 6 at 8am at Daybreakers, come join!!

Food Collection Sunday- Our monthly food collection will be February 6th and 7th. While you are shopping, consider picking up some extra non perishable items. Each month all the donations are brought to the Yuma community Food Bank to help support our local community. Thank you all for your continued support of this ministry!

Important information regarding the Yard Sale- Due to the current situation with Covid we have decided it would be best to postpone the Yard Sale to February. The next meeting will be on Wednesday February 10th at 1pm in the Fellowship Hall.

Karoke!- Saturday, 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!

**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 (

Doreen Caldwell, Cheryl Preul & Bev Gedde

GriefShare Group Leaders:

Ted & Niki Duffy

Mary Marsh

Andrew & Mike Rosenberg

Roger & Jackie Tracey

Stephen Ministry Leaders:

Michelle Cegon ()

Mike Rosenberg (

Pastor Timm (

Office Staff:

Kate Harwood, Secretary (

Isaac Timm, Nursery

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 1

Marisa Menchola, PH.D., ABPP-CN

Board-Certified Clinical Neuropsychologist

“I can’t think.” “Where did my day go?” “What was I going to say?”
“I’m not getting anything done.” “I keep forgetting what I was going to do.”
“I keep losing my temper.” “Why am I not being more productive?”

Many of us are noticing that we are having trouble concentrating, we keep forgetting things we were going to do, we’re walking around in a “fog,” or we’re not tackling any of the projects we wanted to get done during our time social distancing during this coronavirus pandemic. What is going on?

How stress affects your brain

Stress, worry, fear, and anxiety can affect your ***cognition***, meaning brain functions like attention, concentration, memory, language, reasoning, and problem-solving. You might find yourself distracted throughout the day thinking about the scary news you read this morning, wondering how your relatives are doing, planning your children’s school projects, or worrying about the supplies you could not find at the store yesterday.

Our brain is also responsible for controlling our ***emotions and behavior***. During times of stress, you might find yourself losing your temper more easily, saying and doing things that are out of character for you, or having more difficulty controlling how much you eat or drink.

Even when you are not actively thinking about the outbreak, it could still be affecting you: Think about the stress and worry related to the pandemic as a window on your computer or an app on your phone that is always running in the background, taking away mental resources from the things you are trying to focus on and get done.

Stress also affects your brain by disrupting sleep: Perhaps you are having difficulty falling asleep, you are waking up in the middle of the night, or your sleep is light or restless. Poor sleep can cause changes in your cognition, including slow thinking and lapses in attention. It also affects

your mood (irritability is common) and your ability to control your behavior: For example, it is more difficult to make healthy food choices when sleep deprived.

How you can help your brain function better under stress

1. “Outsource” brain tasks.

Because your brain might be running the “coronavirus worry app” in the background, the goal is to reduce other demands on your brain:

- Write everything down, even if you don’t think you need to.
- Keep a to-do list and check things off as you get them done.
- Do things (call the bank about that credit card charge!) as soon as you remember them, or add them to your to-do list immediately.
- Set alarms to remind you to take a medication, join that online meeting, or email your child’s teacher.
- Put a post-it on your door to remind you that you need to stop by the pharmacy next time you leave the house.

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