



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

**WE ARE A STEPHEN MINISTRY & CHRISTCARE CONGREGATION**

SUNDAY, MAY 16, 2021 9:30 A.M.

## **SEVENTH SUNDAY OF EASTER**



**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!**



**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 John & Sharon Merz in celebration of their 57<sup>th</sup> wedding anniversary and Gary and Kristina's 8<sup>th</sup> wedding anniversary.

**PRAYERS** : Erin DeSoto and baby (Kate Harwood’s cousin), Charlene Beerbohm (daughter of Char Schomisch), Debbie Wentzel (friend of Jerry and Chris Randby), Tom Kitsembel (brother of Char Schomisch), Brenda Korinek (friend of Sandra Weidling), Bonnie Rothi, Alyce Waverly (wife of Brian Waverly), Kayla Peoples (friend of Michelle Cegon), Bev Hodges.



**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 May. God blesses our prayers.***

## **PRELUDE**

## **TEMPLE TALK**

Michelle Cegon

## **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 Risen Lord,

C **We admit that we are slow to believe, and even slower to follow where you lead us. We doubt your promise, divide your people, and fail to proclaim the power of your resurrection. We choose to live small lives when you have given us the biggest gift of all: your eternal life. Forgive us. Raise us up to a place where we can serve you faithfully.**

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

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God Is Here!

1 God is here! As we your peo - ple meet to of - fer  
 2 Here are sym - bols to re - mind us of our life - long  
 3 Here our chil - dren find a wel - come in the Shep - herd's  
 4 Lord of all, of church and king - dom, in an age of

praise and prayer, may we find in full - er mea - sure  
 need of grace; here are ta - ble, font, and pul - pit;  
 flock and fold; here as bread and wine are tak - en;  
 change and doubt, keep us faith - ful to the gos - pel;

what it is in Christ we share. Here, as in the  
 here the cross has cen - tral place. Here in hon - es -  
 Christ sus - tains us as of old. Here the ser - vants  
 help us work your pur - pose out. Here, in this day's

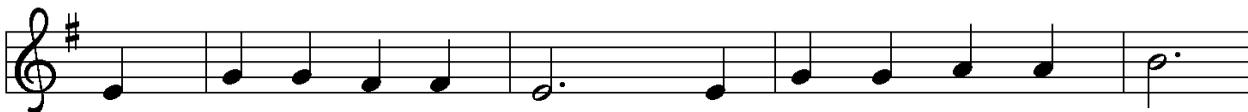
world a - round us, all our var - ied skills and arts  
 ty of preach - ing, here in si - lence, as in speech,  
 of the Ser - vant seek in wor - ship to ex - plore  
 ded - i - ca - tion, all we have to give, re - ceive;

## 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**     Loving God,

**The only law you demand is the law of love. By your grace, show us the path we are to follow, to spread your message of mercy and live lives of discipleship, after your son, Jesus Christ our Lord and Savior who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen**

**WORSHIP CAROL**

**BELLS OF GLORY**

*“Oh How I Love Jesus”*

**FIRST LESSON: GALATIANS 3: 1-9, 23-29**

**3** You foolish Galatians! Who has bewitched you? It was before your eyes that Jesus Christ was publicly exhibited as crucified! <sup>2</sup>The only thing I want to learn from you is this: Did you receive the Spirit by doing the works of the law or by believing what you heard? <sup>3</sup>Are you so foolish? Having started with the Spirit, are you now ending with the flesh? <sup>4</sup>Did you experience so much for nothing?—if it really was for nothing. <sup>5</sup>Well then, does God<sup>[a]</sup> supply you with the Spirit and work miracles among you by your doing the works of the law, or by your believing what you heard?<sup>6</sup> Just as Abraham “believed God, and it was reckoned to him as righteousness,” <sup>7</sup> so, you see, those who believe are the descendants of Abraham. <sup>8</sup>And the scripture, foreseeing that God would justify the Gentiles by faith, declared the gospel beforehand to Abraham, saying, “All the Gentiles shall be blessed in you.” <sup>9</sup>For this reason, those who believe are blessed with Abraham who believed.<sup>23</sup> Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. <sup>24</sup>Therefore the law was our disciplinarian until Christ came, so that we might be justified by

faith. <sup>25</sup> But now that faith has come, we are no longer subject to a disciplinarian, <sup>26</sup> for in Christ Jesus you are all children of God through faith. <sup>27</sup> As many of you as were baptized into Christ have clothed yourselves with Christ. <sup>28</sup> There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. <sup>29</sup> And if you belong to Christ, then you are Abraham's offspring,<sup>[a]</sup> heirs according to the promise.

R The word of the Lord

C **Thanks be to God**

#### **PSALM 143: 1-8 Read Responsively**

R <sup>1</sup> Hear my prayer, O LORD;  
give ear to my supplications in your faithfulness;  
answer me in your righteousness.

C <sup>2</sup> **Do not enter into judgment with your servant,  
for no one living is righteous before you.**

R <sup>3</sup> For the enemy has pursued me,  
crushing my life to the ground,  
making me sit in darkness like those long dead.

C <sup>4</sup> **Therefore my spirit faints within me;  
my heart within me is appalled.**

R <sup>5</sup> I remember the days of old,  
I think about all your deeds,  
I meditate on the works of your hands.

C <sup>6</sup> **I stretch out my hands to you;  
my soul thirsts for you like a parched land.**

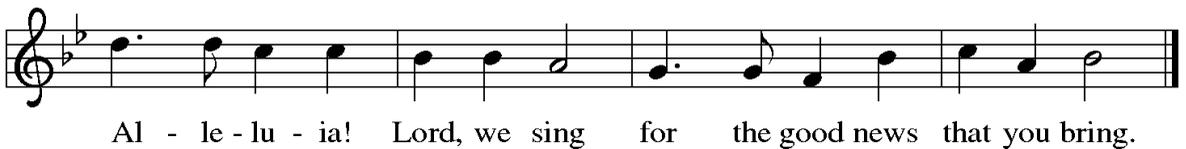
R <sup>7</sup> Answer me quickly, O LORD;  
my spirit fails.

Do not hide your face from me,  
or I shall be like those who go down to the Pit.

C <sup>8</sup> Let me hear of your steadfast love in the morning,  
for in you I put my trust.

Teach me the way I should go,  
for to you I lift up my soul.

### GOSPEL ACCLAMATION (PLEASE STAND)



## GOSPEL: LUKE 1: 68-79

<sup>68</sup> “Blessed be the Lord God of Israel,  
for he has looked favorably on his people and redeemed them.  
<sup>69</sup> He has raised up a mighty savior<sup>[a]</sup> for us  
in the house of his servant David,  
<sup>70</sup> as he spoke through the mouth of his holy prophets from of old,  
<sup>71</sup> that we would be saved from our enemies and from the hand of all  
who hate us.  
<sup>72</sup> Thus he has shown the mercy promised to our ancestors,  
and has remembered his holy covenant,  
<sup>73</sup> the oath that he swore to our ancestor Abraham,  
to grant us <sup>74</sup> that we, being rescued from the hands of our enemies,  
might serve him without fear, <sup>75</sup> in holiness and righteousness  
before him all our days.  
<sup>76</sup> And you, child, will be called the prophet of the Most High;  
for you will go before the Lord to prepare his ways,  
<sup>77</sup> to give knowledge of salvation to his people  
by the forgiveness of their sins.  
<sup>78</sup> By the tender mercy of our God,  
the dawn from on high will break upon<sup>[b]</sup> us,  
<sup>79</sup> to give light to those who sit in darkness and in the shadow of death,  
to guide our feet into the way of peace.”

P The Gospel of the Lord

C **Praise to the Lord**

**TEACHING**

“Faith Alone”

Pastor Ross Logan

# O God of Every Nation

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1 O God of ev - 'ry na - tion, of ev - 'ry race and land,  
 2 From search for wealth and pow - er and scorn of truth and right,  
 3 Lord, strength-en all who la - bor that all may find re - lease  
 4 Keep bright in us the vi - sion of days when war shall cease,

re - deem your whole cre - a - tion with your al - might - y hand;  
 from trust in bombs that show - er de - struc-tion through the night,  
 from fear of rat - tling sa - ber, from dread of war's in - crease;  
 when ha - tred and di - vi - sion give way to love and peace,

where hate and fear di - vide us and bit - ter threats are hurled,  
 from pride of race and sta - tion and blind-ness to your way,  
 when hope and cour-age fal - ter, Lord, let your voice be heard;  
 till dawns the morn-ing glo - rious when truth and love shall reign,

in love and mer-cy guide us and heal our strife - torn world.  
 de - liv - er ev - 'ry na - - tion, e - ter - nal God, we pray.  
 with faith that none can al - ter, your ser - vants un - der - gird.  
 and Christ shall rule vic - to - rious o'er all the world's do - main.

## **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 By grace alone have you delivered us, so let our proclamation be one of freedom and not of restriction. May the witness of our lives show forth your love and not our own preoccupation with unimportant matters. Faithful God,

**C Hear our prayer.**

P Empower those who write and enact laws, that your justice might rule their hearts and inspire them to protect and defend all people for the good of our peaceful coexistence upon this planet. Faithful God,

**C Hear our prayer.**

P Send your Spirit's comfort to those who have suffer. Heal our relationship with ourselves and others that we would no longer find it necessary to lash out in the face of difference. Mend the broken ones and tend those in need. Faithful God,

**C Hear our prayer.**

P For all your saints in light we give you thanks and pray that you would count us among them when you bring in your final kingdom. Faithful God,

**C Hear our prayer.**

P We pray for all of our mission congregations and the Grand Canyon Synod. 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. Faithful 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 Incline your ear to our prayers and fill us with power to begin living out our faith, by the power of your Son our savior, Jesus Christ. 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 image shows a musical score for the hymn 'We Give Thee but Thine Own'. It consists of two staves of music 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. The melody starts with a quarter rest, followed by quarter notes G4, A4, B4, C5, and a half note D5. The second staff continues the melody with quarter notes E5, F#5, G5, A5, B5, and a half note C6. The lyrics are written below the notes. A small number '5' is placed to the left of the second staff. The lyrics for the first line are: 'We give thee but thine own, what - e'er the gift may' and 'May we thy boun - ties thus as stew - ards true re -'. The lyrics for the second line are: 'be - All that we have is thine a - lone, A trust, O Lord, from thee.' and 'ceive - And glad - ly as thou bless - est us, to thee our first - fruit give.' The score ends with a double bar line.

## 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 SONG RESPONSE



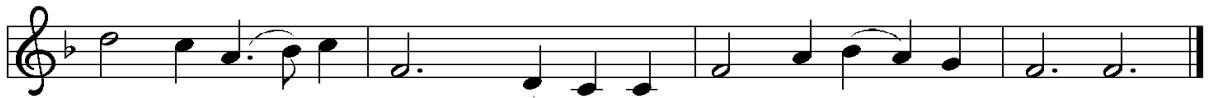
Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might,



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.

P Blessed are you, Lord of heaven and earth. In mercy for our fallen world, you gave your only Son, that all those who believe in him should not perish, but have eternal life.  
We give thanks to you for the salvation you have prepared for us through Jesus Christ.  
Send now your Holy Spirit into our hearts, that we may receive our Lord with a living faith as he comes to us in his holy supper.

C **Amen. Come, Lord Jesus.**

## **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 the pew rack 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)

“Lord, Listen to Your Children Praying” (*sing 5 times*)

ELW 752

## 752 Lord, Listen to Your Children Praying

Lord, lis-ten to your chil-dren pray-ing, Lord, send your Spir-it in this place;

Lord, lis-ten to your chil-dren pray-ing, send us love, send us pow'r, send us grace.

The image shows a musical score for the hymn "Lord, Listen to Your Children Praying". It consists of two systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#) and the time signature is 4/4. The lyrics are written below the vocal line. The first system ends with a semibreve note, and the second system ends with a double bar line.



**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.**

We All Are One in Mission

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1 We all are one in mis - sion; we all are one in call,  
 2 We all are called for ser - vice, to wit - ness in God's name.  
 3 Now let us be u - nit - ed, and let our song be heard.

our var - ied gifts u - nit - ed by Christ, the Lord of all.  
 Our min - is - tries are dif - f'rent; our pur - pose is the same:  
 Now let us be a ves - sel for God's re - deem - ing Word.

A sin - gle great com - mis - sion com - pels us from a - bove  
 to touch the lives of oth - ers with God's sur - pris - ing grace,  
 We all are one in mis - sion; we all are one in call,

to plan and work to - geth - er that all may know Christ's love.  
 so ev - 'ry folk and na - tion may feel God's warm em - brace.  
 our var - ied gifts u - nit - ed by Christ, the Lord of all.

## 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**

<b>Date</b>	<b>Time</b>	<b>Altar</b>	<b>Ushers</b>	<b>Greeters/Comm. Assistants</b>	<b>Readers</b>
5/16	9:30 am	Pat B	Lynette Layton	Cheryl Preul	Cheryl Preul
5/23	9:30 am	Lynette	Dave Steinman	Doreen Caldwell	M.Cegon
5/30	9:30 am	Joanne	Jane Todd	Jean Gerfen	D. Caldwell

**Attendance last week May 9th:**

**89 at 9:30am**

**15 views on Youtube and 183 views on Facebook.**

**198= total online**

## ***CALENDAR FOR THE COMING WEEK***

<b>DATE</b>	<b>TIME</b>	<b>ACTIVITY</b>	<b>LOCATION</b>
Sunday 5/16	1:00 pm	Foothills Social	Fellowship Hall
Monday 5/17	9:00 am	Summer Sewers	Fellowship Hall
Monday 5/17	10:00 am	GriefShare	Fellowship Classroom
Monday 5/17	12:00 pm	Bible Study	Fellowship Classroom
Monday 5/17	3:30 pm	Bible Study	Fellowship Classroom
Tuesday 5/18	7:00 am	TOPS	Fellowship Hall
Tuesday 5/18	9:00 am	Stephen Ministry Supervision 2019-2020 class	Fellowship Classroom
Tuesday 5/18	1:00 pm	Foothills Social	Fellowship Hall
Tuesday 5/18	4:00 pm	Executive council	Fellowship Classroom
Tuesday 5/18	4:30 pm	Council Meeting	Fellowship Classroom
Wednesday 5/19	8:30 am	Mental Health Companionship Training	Fellowship Hall
Wednesday 5/19	10:00 am	ChristCare	Fellowship Classroom
Thursday 5/20	8:00 am	Staff Meeting	Off site
Thursday 5/20	9:00 am	Open Hobby	Fellowship Hall
Thursday 5/20	10:00 am	Bible Study	Zoom
Friday 5/21	8:00 am	TOPS	Fellowship Hall
Friday 5/21	1:00 pm	Foothills Social	Fellowship Hall
Friday 5/21	6:00 pm	Women's AA	Fellowship Classroom
Saturday 5/22	8:00am	Mental health first aid for older adults training	Fellowship Hall
Sunday 5/23	9:30 am	Worship/Communion	Sanctuary

### **Pastor's Bible Study- Topic: Romans:**

Monday's at 12:00 pm & 3:30pm in the Fellowship Hall Classroom.

Thursday's Zoom Bible at 10 am **Come to any session!!!**

## **Announcements**

**Thank you-** To Pr. Andrew Rosenberg for leading service today and to Pr. Ross Logan for his message!

### **SO WHERE DID THE PASTOR GO???**

Yes, Pastor Timm is not here today and has been volunteering since Monday, May 10th as the Chaplain at [www.shepherdscanyonretreat.com](http://www.shepherdscanyonretreat.com) to bring mental and spiritual and physical health to religious professionals. No, it was not a vacation. Not even a working vacation. But it is an education!!! He will return on Tuesday, May 18th.

Please be in prayer for all the folks at the retreat!

**Mental Health Training-** The Mental Health Ministry Team is offering a Companionship Workshop May 19, from 8:30 A.M. to noon in the Fellowship Hall. Cost \$20, scholarships available. Please contact the church office to sign-up.

**Mental Health First Aid for Older Adults-** There will be a training for Mental Health First Aid for Older Adults on Saturday May 22 from 8am-4:30pm. Cost \$20, scholarships available. For more information, please contact the office.

**Office Hours-** Reminder that starting this week the Church office is on summer hours. 8:00 am-12:00 noon.

**Covid-19 Vaccines-** Embry health is hosting a 7-day COVID-19 Vaccine Blitz. Anyone 18 or older, regardless of insurance status at 70 drive-thru locations statewide. For more information, call 480-376-2170 or visit [www.embryhealth.com/vaccine-blitz](http://www.embryhealth.com/vaccine-blitz) .

### **Thrivent Webinar:**

**CYBER SECURITY, IDENTITY THEFT AND SAFEGUARDING YOUR HOME WITH RETIRED FBI AGENT JEFF LANZA**

**6/22 12:00-1:00PM or 6:30-7:30PM PT <http://bit.ly/JLemSW0622>**

Jeff was an FBI agent for over 20 years and brings a wealth of knowledge and experience to this discussion. This dynamic presentation will focus on how to keep our homes safe from intruders, and how criminals try to trick us, steal our identity, and commit cyber fraud. It demonstrates the simple steps we can deploy to keep our identities safe and stay protected from the plethora of cyber scams and frauds that pervade our society. No products will be sold. For additional disclosures, see [Thrivent.com/social](http://Thrivent.com/social).

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



# DEALING WITH ANGER AND FRUSTRATION



In challenging times, you may find that you have little patience with other people or get upset over minor things. Anger and frustration are complicated emotions that often stem from other feelings, like disappointment, fear, and stress. Taking some extra steps to decrease your overall tension can prevent your feelings (and the reactions that they cause) from spiraling out of control.

## TIPS FOR COPING



**Pause before reacting.** When you feel yourself getting mad, take a moment to notice what you're thinking, then take a few deep breaths or count to ten in your head. By giving yourself even just a few seconds before reacting, you can put some emotional distance between you and whatever is upsetting you – and you might even realize that you're actually tense because of something else.



**Change your surroundings.** Anger can make you feel trapped. Whether you're mad at someone in the same room as you or just angry at the world, sometimes physically relocating yourself can help you start to calm down. Go to another room or step outside for a few minutes of fresh air to help disrupt the track that your mind is on.



**Get it all out.** Keeping your feelings bottled up never works, so allow yourself time to be angry and complain. As long as you don't focus on it for too long, venting can be a healthy outlet for your anger. You can open up to a trusted friend or write it all down in a journal. Sometimes it feels better to pretend to talk directly to the person (or situation) that you're angry at – pick an empty chair, pretend they're sitting in it, and say what you need to get off your chest.



**Release built up energy.** Anger is a high-energy emotion, and we store that energy and tension physically in our bodies. Exercise is a great way to get rid of extra energy and can improve your mood. Some people find grounding exercises (like meditation or deep breathing) helpful to calm intense feelings, while others prefer more high impact activities like running or weightlifting. Think about what you usually do to decompress, like taking a hot shower or blasting your favorite music and use the tools that you know work for you.



**Get organized.** When things around you feel chaotic, it's often a lot easier to get frustrated and snap at people. Dedicate a few minutes each day to tidying, planning, or reorganizing. Implementing a routine can also help you feel more on top of things by adding structure and certainty to your daily life.



**Eliminate stressors if possible.** Sometimes there's no way to completely get rid of a big problem, but there's often more than just one issue contributing to your frustration. Things like an overwhelming workload or unhealthy relationship can make you feel on edge. Pay attention to how and why you're feeling stressed and see if you can make small changes to improve a challenging situation to make it less burdensome.



**Manage your expectations.** Negative feelings often stem from people or situations not meeting your standards or assumptions. It's frustrating to feel let down but recognize that you can't fully predict anyone else's behavior or how situations will play out. Shift your mental framework so that you aren't setting yourself up for disappointment.



**Don't be afraid to ask for help.** If you're working to cope with your anger but feel like you can't get it under control, it's time to get some extra support. Anger can fester and become explosive if not resolved. A number of mental health conditions can manifest as anger, so this may actually be a sign of depression or anxiety – treating an underlying condition can help heal your anger as well.

## FAST FACTS



Of people who took an anxiety screen at [mhascreening.org](https://mhascreening.org) in 2020, 71% felt easily annoyed or irritable at least half of the time or nearly every day.<sup>1</sup>



Of people who took a bipolar screen at [mhascreening.org](https://mhascreening.org) in 2020, 82% reported being so irritable that they shouted at people or started fights or arguments.<sup>2</sup>



One poll found that 91% of respondents said that they feel people are more likely to express their anger on social media than they are face-to-face.<sup>3</sup>

TAKING A MENTAL HEALTH SCREEN IS ONE WAY TO WORK ON YOUR MENTAL HEALTH. VISIT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK YOUR SYMPTOMS.



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

### Sources

<sup>1</sup>Proprietary data. [MHAScreening.org](https://mhascreening.org). 2020.

<sup>2</sup>Ibid.

<sup>3</sup>IBM Watson Health-NPR Health Poll. November 1-14, 2018. <https://www.ibm.com/downloads/cas/2YQ8NLD5>

