

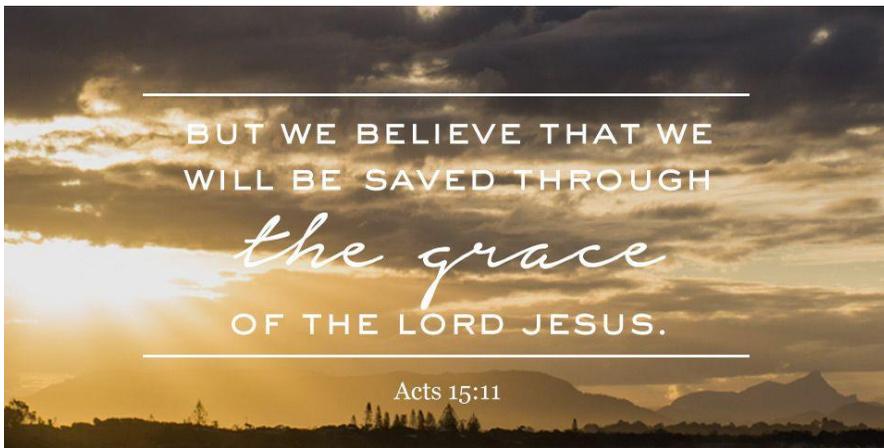


BILL TIMM, PASTOR
MINISTERS: ALL OF OUR PEOPLE
CHURCH PHONE: 928-342-6002

WE ARE A STEPHEN MINISTRY & CHRISTCARE CONGREGATION

SUNDAY, MAY 2, 2021 9:30 A.M.

FIFTH 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 Marijan & Judy Petrovic in celebration of their 27th 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), Dennis Johnson (friend of Marie Ritten), Eileen Todd (daughter-in-law of Jane Todd), Kristi Fladager (friend of Marie Ritten), 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), Kayla Peoples (friend of Michelle Cegon), Bev Hodges, Ted Bird.



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

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.**

413 Holy, Holy, Holy, Lord God Almighty!

1 Ho - ly, ho - ly, ho - ly, Lord God Al - might - y!
 2 Ho - ly, ho - ly, ho - ly! All the saints a - dore thee,
 3 Ho - ly, ho - ly, ho - ly! Though the dark - ness hide thee,
 4 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!

Ear - ly in the morn - ing our song shall rise to thee.
 cast - ing down their gold - en crowns a - round the glass - y sea;
 though the eye of sin - ful - ness thy glo - ry may not see,
 All thy works shall praise thy name in earth and sky and sea.

Ho - ly, ho - ly, ho - ly, mer - ci - ful and might - y!
 cher - u - bim and ser - a - phim fall - ing down be - fore thee,
 on - ly thou art ho - ly; there is none be - side thee,
 Ho - ly, ho - ly, ho - ly, mer - ci - ful and might - y!

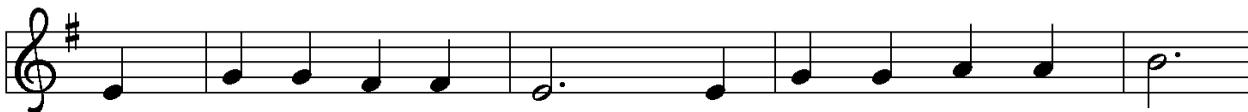
God in three per - sons, bless - ed Trin - i - ty!
 which wert and art, and ev - er - more shalt be.
 per - fect in pow'r, in love and pu - ri - ty.
 God in three per - sons, bless - ed Trin - i - ty!

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,
You showed your followers that their salvation didn't depend upon
culture or traditions, but on the grace freely offered by your Spirit.
Show us the same open vision of mercy offered to all, regardless of
background or practice, for the sake of Jesus Christ our Lord and
Savior who lives and reigns with you and the Holy Spirit, one God,
now and forever. Amen**

WORSHIP CAROL

CHOIR "I Believe the Answer's on the Way!" by Merrill Dunlop

I believe the answer's on the way;
I believe the Lord has heard me pray;
"Cast not away your confidence,"
 Saith the Lord our God.
Now by faith in Him alone I stand,
Firmly held by His almighty hand;
Fully trusting in His promise,
 Praise the Lord!

FIRST LESSON: ACTS: 15: 1-18

15 Then certain individuals came down from Judea and were teaching the brothers, "Unless you are circumcised according to the custom of Moses, you cannot be saved." ² And after Paul and Barnabas had no small dissension and debate with them, Paul and Barnabas and some of the others were appointed to go up to Jerusalem to discuss this question with the apostles and the elders.

³ So they were sent on their way by the church, and as they passed through both Phoenicia and Samaria, they reported the conversion of the Gentiles, and brought great joy to all the believers.^[a] ⁴ When they came to Jerusalem, they were welcomed by the church and the apostles and the elders, and they reported all that God had done with them. ⁵ But some believers who belonged to the sect of the Pharisees stood up and said, “It is necessary for them to be circumcised and ordered to keep the law of Moses.”⁶ The apostles and the elders met together to consider this matter. ⁷ After there had been much debate, Peter stood up and said to them, “My brothers,^[b] you know that in the early days God made a choice among you, that I should be the one through whom the Gentiles would hear the message of the good news and become believers. ⁸ And God, who knows the human heart, testified to them by giving them the Holy Spirit, just as he did to us; ⁹ and in cleansing their hearts by faith he has made no distinction between them and us. ¹⁰ Now therefore why are you putting God to the test by placing on the neck of the disciples a yoke that neither our ancestors nor we have been able to bear? ¹¹ On the contrary, we believe that we will be saved through the grace of the Lord Jesus, just as they will.”¹² The whole assembly kept silence, and listened to Barnabas and Paul as they told of all the signs and wonders that God had done through them among the Gentiles. ¹³ After they finished speaking, James replied, “My brothers,^[c] listen to me. ¹⁴ Simeon has related how God first looked favorably on the Gentiles, to take from among them a people for his name. ¹⁵ This agrees with the words of the prophets, as it is written, ¹⁶ ‘After this I will return, and I will rebuild the dwelling of David, which has fallen; from its ruins I will rebuild it, and I will set it up,

¹⁷ so that all other peoples may seek the Lord—
even all the Gentiles over whom my name has been called.

Thus says the Lord, who has been making these things ¹⁸ known from long ago.^[d]

R The word of the Lord

C **Thanks be to God**

PSALM 145: 1-9 Read Responsively

R ¹ I will extol you, my God and King,
and bless your name forever and ever.

C ² **Every day I will bless you,
and praise your name forever and ever.**

R ³ Great is the LORD, and greatly to be praised;
his greatness is unsearchable.

C ⁴ **One generation shall laud your works to another,
and shall declare your mighty acts.**

R ⁵ On the glorious splendor of your majesty,
and on your wondrous works, I will meditate.

C ⁶ **The might of your awesome deeds shall be proclaimed,
and I will declare your greatness.**

R ⁷ They shall celebrate the fame of your abundant goodness,
and shall sing aloud of your righteousness.

C ⁸ **The LORD is gracious and merciful,
slow to anger and abounding in steadfast love.**

R ⁹ The LORD is good to all,
and his compassion is over all that he has made.

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 2: 29-32

²⁹ “Master, now you are dismissing your servant^[a] in peace,
according to your word;

³⁰ for my eyes have seen your salvation,

³¹ which you have prepared in the presence of all peoples,

³² a light for revelation to the Gentiles
and for glory to your people Israel.”

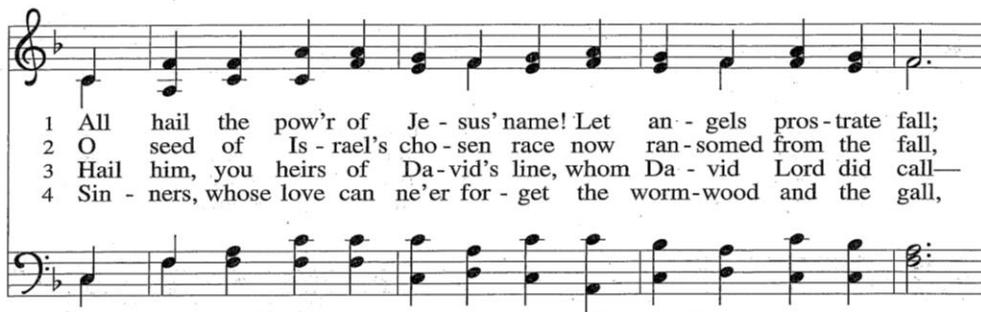
P The Gospel of the Lord

C Praise to the Lord

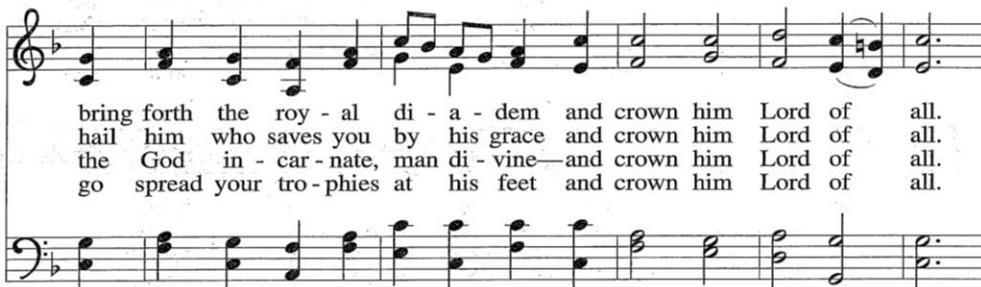
TEACHING “A CRITICAL CROSSROADS!!!” Pastor Bill Timm

All Hail the Power of Jesus' Name!

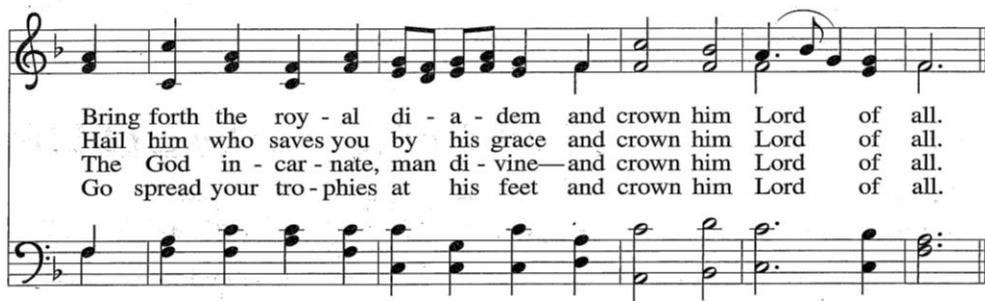
634



1 All hail the pow'r of Je - sus' name! Let an - gels pros - trate fall;
 2 O seed of Is - rael's cho - sen race now ran - somed from the fall,
 3 Hail him, you heirs of Da - vid's line, whom Da - vid Lord did call—
 4 Sin - ners, whose love can ne'er for - get the worm - wood and the gall,



bring forth the roy - al di - a - dem and crown him Lord of all.
 hail him who saves you by his grace and crown him Lord of all.
 the God in - car - nate, man di - vine—and crown him Lord of all.
 go spread your tro - phies at his feet and crown him Lord of all.



Bring forth the roy - al di - a - dem and crown him Lord of all.
 Hail him who saves you by his grace and crown him Lord of all.
 The God in - car - nate, man di - vine—and crown him Lord of all.
 Go spread your tro - phies at his feet and crown him Lord of all.

5 Let ev'ry kindred, ev'ry tribe
 on this terrestrial ball
 to him all majesty ascribe
 and crown him Lord of all.

6 Oh, that with yonder sacred throng
 we at his feet may fall!
 We'll join the everlasting song
 and crown him Lord of all.

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 helped changed the minds of the early disciples, guiding them towards grace and away from legalism. Likewise keep us focused on your wide mercy and inclusion of all, instead of the trivial things that would serve to keep us divided. God of all,

C Hear our prayer.

P As our Orthodox brothers and sisters celebrate the festival of Easter, revive our own joy at the news of your resurrection and fill us with the gladness of your promises. God of all,

C Hear our prayer.

P You have made every one of us unique, and we each have something to bring to the body of Christ. Help us recognize and value our particular contributions and the things which make us different and important. God of all,

C Hear our prayer.

P Unlock fixed minds and entrenched beliefs which focus on separation and keeping those with whom we differ at a distance. Show us the healing that needs to take place so that we can embrace all of ourselves, and thus embrace others. Send your Spirit's presence to all those in need. God of all,

C Hear our prayer.

P We honor the witness of Athanasius, Bishop of Alexandria and all who stand firm in their beliefs so that your gospel can be proclaimed. Give us the conviction of our forebears in faith. God of all,

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. God of all,

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 a quarter note G, a quarter note A, a quarter note B, a quarter note C, a dotted half note D, a quarter note E, a quarter note F#, and a quarter note G. The second 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 note G, a quarter note A, a quarter note B, a quarter note C, a quarter note D, a quarter note E, a quarter note F#, and a quarter note G. The lyrics are written below the notes, with hyphens indicating syllables that span across notes. The number '5' is written to the left of the second staff.

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.

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)

"Blessed Assurance"

ELW 638

638

Blessed Assurance

1 Bless-ed as-sur-ance, Je-sus is mine! Oh, what a fore-taste of glo-ry di-vine!
2 Per-fect sub-mis-sion, per-fect de-light, vi-sions of rap-ture now burst on my sight;
3 Per-fect sub-mis-sion, all is at rest; I in my Sav-ior am hap-py and blest,

Heir of sal-va-tion, pur-chase of God, born of his Spir-it, washed in his blood.
an-gels de-scend-ing bring from a-bove ech-oes of mer-cy, whis-pers of love.
watch-ing and wait-ing, look-ing a-bove, filled with his good-ness, lost in his love.

Refrain

This is my sto-ry, this is my song, prais-ing my Sav-ior all the day long:

this is my sto-ry, this is my song, prais-ing my Sav-ior all the day long.

“My Hope Is Built on Nothing Less” ELW 597

GRACE, FAITH

My Hope Is Built on Nothing Less

597

1 My hope is built on noth - ing less than
2 When dark - ness veils his love - ly face, I
3 His oath, his cov - e - nant, his blood sus -
4 When he shall come with trum - pet sound, oh,

Je - sus' blood and righ - teous - ness; no mer - it of my
rest on his un - chang - ing grace; in ev - 'ry high and
tain me in the rag - ing flood; when all sup - ports are
may I then in him be found, clothed in his righ - teous -

own I claim, but whol - ly lean on Je - sus' name.
storm - y gale my an - chor holds with - in the veil.
washed a - way, he then is all my hope and stay.
ness a - lone, re - deemed to stand be - fore the throne!

Refrain

On Christ, the sol - id rock, I stand; all oth - er ground is sink - ing sand.

629

Abide with Me

1 A - bide with me, fast falls the e - ven - tide.
 2 Swift to its close ebbs out life's lit - tle day;
 3 I need thy pres - ence ev - 'ry pass - ing hour;
 4 I fear no foe, with thee at hand to bless;
 5 Hold thou thy cross be - fore my clos - ing eyes,

The dark - ness deep - ens; Lord, with me a - bide.
 earth's joys grow dim, its glo - ries pass a - way;
 what but thy grace can foil the tempt - er's pow'r?
 ills have no weight, and tears no bit - ter - ness;
 shine through the gloom, and point me to the skies;

When oth - er help - ers fail and com - forts flee,
 change and de - cay in all a - round I see;
 Who like thy - self my guide and stay can be?
 Where is death's sting? Where, grave, thy vic - to - ry?
 heav'n's morn - ing breaks, and earth's vain shad - ows flee;

help of the help - less, oh, a - bide with me.
 O thou who chang - est not, a - bide with me.
 Through cloud and sun - shine, oh, a - bide with me.
 I tri - umph still, if thou a - bide with me!
 in life, in death, O Lord, a - bide with me.

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.**

Go, My Children, with My Blessing 543

1 "Go, my chil - dren, with my bless - ing, nev - er a - lone.
 2 "Go, my chil - dren, sins for - giv - en, at peace and pure.
 3 "Go, my chil - dren, fed and nour - ished, clos - er to me.

Wak - ing, sleep - ing, I am with you, you are my own.
 Here you learned how much I love you, what I can cure.
 Grow in love and love by serv - ing, joy - ful and free.

In my love's bap - tis - mal riv - er I have made you mine for - ev - er.
 Here you heard my dear Son's sto - ry, here you touched him, saw his glo - ry.
 Here my Spir - it's pow - er filled you, here my ten - der com - fort stilled you.

Go, my chil - dren, with my bless - ing, you are my own."
 Go, my chil - dren, sins for - giv - en, at peace and pure."
 Go, my chil - dren, fed and nour - ished, joy - ful and free."

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
5/2	9:30 am	Doreen	David Griffiths	Nancy Griffiths	N. Griffiths
5/9	9:30 am	Joanne	Roger Tracey	Jackie Tracey	Char
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 April 25th:

46 at 4:00pm; 71 at 9:30am;

total in person=117

2 views on Youtube and 181 views on Facebook.

183= total online

CALENDAR FOR THE COMING WEEK

DATE	TIME	ACTIVITY	LOCATION
Sunday 5/2	1:00 pm	Foothills Social	Fellowship Hall
Monday 5/3	10:00 am	GriefShare	Fellowship Classroom
Monday 5/3	12:00 pm	Bible Study	Fellowship Classroom
Monday 5/3	3:30 pm	Bible Study	Fellowship Classroom
Tuesday 5/4	7:00 am	TOPS	Fellowship Hall
Tuesday 5/4	1:00 pm	Foothills Social	Fellowship Hall
Tuesday 5/4	4:00 pm	Mental Health Ministry meeting	Fellowship Classroom
Wednesday 5/5	10:00 am	ChristCare	Fellowship Classroom
Thursday 5/6	8:00 am	Staff Meeting	Off site
Thursday 5/6	9:00 am	Open Hobby	Fellowship Hall
Thursday 5/6	10:00 am	Bible Study	Zoom
Thursday 5/6	4:30 pm	Bells of Glory	Sanctuary
Thursday 5/6	6:00 pm	Choir	Sanctuary
Friday 5/7	8:00 am	TOPS	Fellowship Hall
Friday 5/7	1:00 pm	Foothills Social	Fellowship Hall
Friday 5/7	6:00 pm	Women's AA	Fellowship Classroom
Sunday 5/9	9:30 am	Worship/Communion	Sanctuary
Sunday 5/9	10:20 am	New Member Class	Fellowship Classroom

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

Potluck- Our monthly fellowship potlucks will resume starting today. Potlucks take place the first Sunday of each month. **Please join us for some food and fellowship!**

New Member Class- Our next new member class will begin today Sunday May 2nd after the 9:30 worship service in the Fellowship hall. They will also meet on May 9th and May 23rd. New members will be received on May 30th. If you have any questions, please contact the office or Pastor Timm.

Mental Health- The Mental Health Ministry Team has included an insert in this week's bulletin. As this insert has loads of information, please feel free to take it home where you can read it thoroughly and then share with others!

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. Learn how to support those who live with mental illness, insecure housing, or chemical dependency by moving from a transactional exchange to relational engagement. 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.

Volunteers needed- We are in need of volunteers to sanitize the tables in the Fellowship hall on Sunday mornings. For the past few months people have signed up for 1 month at a time, and taken care of it. Many of our volunteers have now headed back north, so we would like to see if anyone would be willing to sign up for this task for the May, June, July and August. Please see Cheryl Preul if you are willing to volunteer.

Covid-19 Vaccinations- The mayor of Yuma is requesting help in getting people vaccinated in Yuma County. If you have still not had a chance to get your vaccine, there is an informational flyer in the Narthex. Yuma Regional Medical Center's (YRMC) initiative, "30,000 doses in 30 Days."

ADAPTING AFTER TRAUMA AND STRESS

TOOLS
2
THRIVE



We all face trauma, adversity, and other stresses throughout our lives. When people think of trauma, they often think of things like abuse, terrorism, or catastrophic events (big 'T' trauma). Trauma can also be caused by events that may be less obvious but can still overwhelm your capacity to cope, like frequent arguing at home or losing your job (little 't' trauma). Trauma of any kind can be hard on your mental health but working on becoming more resilient can help you feel more at ease.

TIPS FOR HEALING



Process your thoughts. During and after experiencing trauma, it's common to go into survival mode and not have energy to wrap your head around what happened. It may feel safest to bury painful feelings and avoid confronting them, but acknowledging what happened and how it has impacted you is an important part of healing. When you feel ready, take time to think about how you've been affected (and be proud of yourself for pushing through).



Connect with people. The pain of trauma can lead some people to isolate themselves, but having a support system is a crucial part of wellbeing. Emotional support helps us to feel less alone or overwhelmed by what's going on or has happened in our lives. Talking to someone who has gone through a similar experience or someone who cares about you can be validating - and help you feel more able to overcome the challenges you're facing.



Don't compare your experience to others. We often question our own thoughts or experiences, and you may convince yourself that what you experienced wasn't a big deal because "others have it worse." Everyone experiences trauma differently, and no one trauma is "worse" than another. If it hurt you, then it hurt you - and your feelings and experiences are valid.



Take care of your body. Stress and trauma impact your body and physical health just as much as your mind. Listening to your body and giving it what it needs will help you heal. This includes eating a nutritious diet, getting enough sleep, staying hydrated, and exercising regularly. Moving your body is especially helpful in trauma healing¹ - aim to do it every day, even if it's only a few minutes of stretching.



Know it will take time. There is no set timeline for how you "should" heal. Remove the pressure of needing to bounce back quickly and focus on taking it one step at a time. Remember: recovery isn't linear, and it's normal to have bad days and setbacks. It doesn't mean you're failing - it's just part of the process.



Give yourself grace. Dealing with trauma and stress is no easy feat, but it's still common to get frustrated with yourself and what can sometimes be a slow recovery process. Try to catch when you hold yourself to unreasonable standards - instead of angrily asking yourself "why am I acting like this?!", think about how impressive it is that you keep going, despite what you have faced.



Don't feel ashamed to ask for help. It's easy to compare how you're feeling to how you *assume* others who have been through similar experiences are feeling, and you may get down on yourself because it seems like everyone else is doing just fine. What others experience and how they cope doesn't matter in your journey - if you feel like you need (or want) help, it's important to get that as soon as you can.

FAST FACTS

#2

Among people who took a screen at mhascreening.org in 2020, past trauma was the second most reported cause for mental distress among screeners after loneliness.²

3X

People who have been through trauma are 3 times more likely to experience depression.³

53%

Of people who took a screen at mhascreening.org in 2020 who scored with moderate to severe symptoms, over half (53%) reported past trauma as one of the three main contributors to their mental health problems.⁴

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

van de Kamp, M. M., Scheffers, M., Hatzmann, J., Emck, C., Cuijpers, P., & Beek, P. J. (2019). Body- and Movement-Oriented Interventions for Posttraumatic Stress Disorder: A Systematic Review and Meta-Analysis. *Journal of traumatic stress*, 32(6), 967-976. <https://doi.org/10.1002/pts.22465>

¹Proprietary data. [MHAScreening.org](https://mhascreening.org), 2020.

²<https://www.nd.gov/dhs/info/pubs/docs/mhsa/trauma-statistics.pdf>

³Proprietary data. [MHAScreening.org](https://mhascreening.org), 2020.

MHSA
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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!

