



MISSION STATEMENT

Walking with Jesus to bring new life and hope to every person

TO ALL OF GOD'S PEOPLE, CALLED INTO MISSION, IN JESUS' NAME!

"End of Life" Thoughts Continued

Thank you to Gary and Lanna Gosage for sending me more information to be shared with their permission:

From Gary: "This journey began in our wonderful Yuma, Arizona last fall which was the time when Lanna and I made our annual migration to Yuma from Arvada, CO. We have been blessed for around 7 years and just cannot express our love for Yuma Foothills, the country, the people, the terrain, and our church, Gloria de Cristo!"

"To this point in my life, the one experience I have had that I cannot put into words to this night when on March 31st, an emergency room doctor came to me, my wife Lanna, and our granddaughter, Lexie and said: 'The test shows a large tumor, (tennis ball size), and numerous other tumors, all on your liver. It appears numerous ducts and lymph glands are affected. We are so sorry.'"

"During the 7 days of tests that followed, Lanna and I made the decision to include our son and daughter with us in every doctor visit...no secrets...no hiding anything from anyone...it was one of the best decisions that we have made. We stand together as a family, hear whatever the news, and take some time to think it over individually...arrive at a decision...and get back together to discuss our opinions...we believe that God had blessed us because the decisions were made together."

"Nothing would stop the cancer...the overall prognosis was 6 to 12 months to live without any treatment...possibly another 6 months with chemo, but with the usual side effects. But the end results would be the same."

"The simple yet not so simple decision was quality or quantity of life. I chose and my family supports quality of life."

From Lanna: "We now began a journey that we have all prayed we would not have to take in this lifetime. We cried together and prayed for guidance from God and with the ominous words 'You have been given a gift', from Pastor Timm, we came to realize that this time we have left together truly is a gift and we must accept this diagnosis and live every day to the fullest."

"That being said, some days are extremely difficult but we both know the glory that awaits Gary at journey's end. Regarding 'the elephant in the room'...from our perspective, the more we can talk about it and let people know we are ok, and want them to be ok also, the easier it has become."

“With our wonderful support system and hospice, we are able to gather often to reminisce about great memories and laugh about old times, toast to the beyond and treasure each day for as long as God gives us.”

From me: I really appreciate Gary & Lanna sharing their journey with us because at an unknown time, we will all be on our own journey. My hope and prayer is that we can learn from their journey and be encouraged to talk about our struggles and joys, but also and especially about our faith and how God is leading us today and always...and eventually home to God!

See you in worship!
Pastor Bill Timm

On a humorous note, years ago, Gary enjoyed a good cigar, so he asked his doctor if that would be allowed at this time...the doctor's precious response..." well, it won't kill you!" (Another tid-bit shared during the Fellowship Hour after worship!)



FROM THE PRESIDENT'S DESK

As we share another summer season together, I want to share parts of an email I received from a friend of over 35 years. He is even older than I am!

Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.

Prayer is a gift given to each of us, a gift without strings, a gift that only becomes more valuable as we share it with others. My prayer story is 48 years old. When we first moved to Yuma, I joined a "prayer" group of ladies, from a little older to way older than I was. Now, we went to church every week, I went to confirmation, Sunday School, the whole Lutheran thing. So I had to know about prayer. These ladies prayed all the time, when things were good, not so good, about people that were not even their friends. These ladies shared their stories, talked about a life of prayer, finally I asked how that becomes a way of daily life. One person said she learned to pray regularly by praying every time she heard a siren. She would pray for the safety of the responders, the people involved in the event, eventually she considered the families also effected in whatever was going on. Prayer becomes a part of your being. Knowing all people can use the gift of God's blessings she asked God's blessing on lots of people she would never see again, never know anything other than they were one of God's children.

At Gloria de Cristo, we believe in the power and the gifts that prayer brings. Every worship service includes prayers for ourselves and others. We have an active prayer team that prays for those with special requests. Every service Pastor reminds us that you can request prayers on the back side of your communion slip. Please consider being a part of our prayer team. Call the church office, 928-342-6002 to get on the team, you don't need a uniform, no membership fee and it's available 24 hours a day.

When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.

Peace, prayers and love, see you Sunday.

Sharon Merz

From Dr. Shirley...

“Walking with Jesus to bring new life and hope to every person” is Gloria de Cristo’s mission. In Matthew 18:20, Jesus said, “For where two or three are gathered in my name, I am there among them.” One of the ways we walk with Jesus to bring new life and hope to every person is with **Engaging Worship**, characterized by:

- Organized bulletins
- Scripture-based teaching
- Theologically-sound music
- Open communion

Congregation involved in proclamation

On Thursday, July 21, at 1:00 p.m., a new “Worship Matters” class will meet in the choir area of the sanctuary for five (5) weeks. Our first topic of consideration is **WHY** Lutheran Christians gather together weekly to worship God through the power of the Holy Spirit in Jesus’ name. This “WHY” goes beyond “how” we walk with Jesus, our personal preferences, and considers the Lutheran “*AND*.”

It is good that I am on vacation just now and resting my brain a bit. My early spiritual training was not in the Lutheran faith. So contemplating the Lutheran “*and*” is an unexpected new way of thinking. I would be delighted to have you join me in studying “Why Do We Worship?” in *Worship Matters: An Introduction to Worship*.^[1] Text booklets are available from the office or at the class for \$10.

Shirley Ehler

[1] Jennifer Baker-Trinity, Erik Christensen, Callista Isabelle, Christian Scharen, Miriam A. E. Schmidt, Paul E. Walters, *Worship Matters: An Introduction to Worship*, (Minneapolis, MN: Augsburg Fortress, 2012), 9.



FELLOWSHIP



As I sit here in Sheridan, Wyoming at my son's house, I think of all of my church family in Yuma, and I miss you all. Even though I have been following the service on live stream, I still miss the in person contact with you.

I really appreciate the assistance of Merilee, Sondra and Mary, who have been taking care of the Fellowship hour details. And, from what I hear from Pastor, thanks also go to Curt and Carol Roark, who have volunteered to take over those details during August. I do hope I will be back in September to resume my duties.

At this time, I am under quarantine at my son's house, fighting the Covid. I guess I picked it up in Gridley, and my son and I are both fighting it. I was pleased to receive good care from the Urgent Care group here in Sheridan, who have been super helpful. And I appreciate all the prayers of my friends and family.

Looking forward to seeing you in person in September. May the Lord be with you all.

In Fellowship,
Cheryl Preul





FINANCIAL INFORMATION

JUNE

Statement of Income & Expenses for Gloria de Cristo Lutheran

	YEAR TO DATE		BUDGET
	2021	2022	2022
REVENUE	\$159,177	\$159,203	\$152,361
EXPENSE	150,446	164,105	133,862
NET INCREASE	\$8,731	(\$4,902)	\$18,499
IN PERSON ATTENDANCE	3858	5308	
ON-LINE CONNECTIONS		3486	
ADDITIONAL PERSONS		697	
TOTAL		9491	

GriefShare meets on Mondays from 2:30-4:30 pm

They meet in the Fellowship Hall Classroom

If you know someone who would benefit from joining this group,
please let them know about it.

It is a great group for those who are grieving.



Mens' Breakfast meets on the first Saturday of the month at 8am at Daybreakers. Please join us for a time of food and fellowship!!

This month– August 6th

Learn to look for joy everywhere you go. When your many troubles are giving you a giant headache remember that the iron crown of suffering precedes the golden crown of glory — that's what we'll wear on that glorious day when we'll be in heaven jumping for joy with our heavenly Father!

Barbara Johnson

MENTAL HEALTH MINISTRY

Mindfulness

Come on a Journey Inward...

Do you ever feel nervous, worried, sad, burnt-out? Do you need to take a "**mental vacation**"? Join us on a journey of **relaxation, mindfulness, meditation** and **prayerful scripture reading**.

Since this is a new group your ideas are welcome as we go on this journey together. **Join us September 6, 2022 at 10:00 AM** in the Fellowship Hall classroom for our first group and the first Tuesday of each month.

What is Mindfulness?

Mindfulness originated from **ancient eastern and Buddhist philosophy** and dates back around 2500 years. The concept of mindfulness was introduced to the western world by Jon Kabat-Zinn.

Mindfulness is a state of active, open attention to the present. This state is described as **observing one's thoughts and feelings without judging them as good or bad**. Mindfulness encompasses two key ingredients: **awareness and acceptance**. Awareness is the knowledge and ability to focus attention on one's inner processes and experiences, such as the experience of the present moment. Acceptance is the ability to observe and accept—rather than judge or avoid—those streams of thought.

What's the difference between mindfulness and meditation?

Mindfulness is one form of meditation. Meditation utilizes various practices to quiet the mind or achieve a higher level of consciousness, one of which is mindfulness. Mindfulness can be cultivated within or outside of formal meditation and woven into any activity, such as taking a walk or being engaged in conversation. **It is to calm the mind and give peace of mind.**

What are the 7 principles of mindfulness?

Non-judging. Be an impartial witness to your own experience. ...

Patience. A form of wisdom, patience demonstrates that we accept the fact that...

Beginner's Mind. Remaining open and curious allows us to be receptive to new...

Trust. Develop a basic trust with yourself and your feelings. ...

Non-Striving. ...

Acceptance. ...

Letting Go.

By developing our abilities of **non-judging, patience, beginner's mind, trust, non-striving, acceptance, letting go, gratitude and generosity**, we can become truly mindful. Consciously cultivating these attitudes in an integrated way can improve your everyday life in a variety of ways. We can think of mindfulness as two parts: **attention and curiosity**. Attention means that we take time to focus our attention and awareness on physical sensations, thoughts that come up, or the environment around us. **Here are 6 tips to help you practice mindfulness.**

Observe your breathing. Take a few minutes from your day to focus on your breathing. ...

Go for a nature walk. ...

Take mini breaks throughout the day. ...

Avoid doing too many things at once. ...

Create a journal. ...

Check out mindfulness apps or videos.

Benefits of Mindfulness: It can: **help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties.**

Resources: <https://www.psychologytoday.com/us/basics/mindfulness>

<https://www.mindful.org/meditation/mindfulness-getting-started/>



PROPERTY



The days are short lived around here with too much heat scoring in the afternoons, working in the mornings mostly.

I was able to work with the water department and the county folks to arrange the moving of our water meter and replace the cover. It has been a disaster and exposed for a long time. After a few hiccups all is moved and replaced and the backflow valve is repaired as well.

We could not remove the bales yet as we are waiting for the construction to finish. As soon as they finish our driveway, we should be able to progress soon.

The new Banners will go up once I am sure the road work is done.

May the Lord keep you safe, Dave Donaldson

PERSONAL VISITATION BY PASTOR ..

To support people at the time of illness or injury, Pastor and other members do make personal visits in the hospital, homes, and Care Centers. Hospitals and Care Centers do not notify us that you are there. Please call if you want us to know. Do not hesitate to call the church office at 342-6002, if you have not seen Pastor and would like a visit. After hours, please leave a message on the church answering machine. We ask your permission before we include your name on our printed prayer list.

(Fellow members are also encouraged to let the church office know if someone is in the hospital!)



SUMMER MONDAY SEWING GROUP

It's hard to believe another month has gone by! Wait I said that last month! The month sometime seems like it's just dragging on and on, hmmm maybe the heat is getting to us!

It saddens me to tell you ladies that are away that we all lost a dear dear friend and fellow quilter. Lee Donaldson left us on the 10th of July to be with her Lord in heaven. I'm sure we all have some wonderful memories of Lee. It would be nice to share when we all are back together. Prayers are with her family.

Those of us that are still battling the heat and come on Mondays are getting to be a smaller group and yet the quilts are still appearing finished. THANK YOU, THANK YOU! We work at a little slower pace and have FUN while we're together.

The months of June and July we were able to give those in need a total of 80 quilts. Praise God! Once again I'm asking for donations of larger pieces of solid flannel and also solid woven fabrics. I picked up a dandy flannel at Goodwill the other day. Yard sales are few and far between but maybe not where you all are now. Also needed is 4 ply yarn for knitting the beanies. Thank you so much for all the help.

Feel free to give me a text, Carol Schock 503-338-9358 Better yet come join us and have some fun on a Monday

God bless us all,
Carol

**THE FUNCTION OF BIBLICAL FAITH IS TO TRUST
GOD IN HIS LOVE TO TAKE THE INITIATIVE TO GIVE
US WHAT IS GOOD FOR US.**

THIS IS GRACE IN ACTION!

Thank you's

We received thank you's from the Yuma Community Food bank for our monthly donations, from our mission congregations for our support, and from Shepherd's Canyon for our continued support for their ministry. All of these would not be possible without your generous donations to each of these wonderful ministries every month. So Thank you to the members, and friends of Gloria de Cristo for your continued support for not only our ministries here, but those in our community and around the state.

WORSHIP & MUSIC



Hard to believe the month of July is coming to a close...which means we're heading into Fall and soon it will be time for our wandering family members to return to Yuma and Gloria de Cristo.

It is also time to put together the winter schedule of worship assistants. I will be using the information you provided on the Opportunities for Service forms from 2022. If you don't see your name listed on the chart in the Evangel and would like to be part of the disciples that serve, be sure to give me a call at . We need 2 ushers, 2 greeters/communion assistants, and 1 reader for each service.

Hope each of you had an enjoyable summer, yours in Christ

Char Schomisch, Committee Chair



Youth and Education

The Youth and Education Committee is taking a break this summer but please don't let us get too far from your thoughts.

Brennen and Aiden Harwood and Logan and Luke Johnson attended California Lutheran University's Summer Rebound Program at Luther Glen Farm at the end of July. I'll be anxious for a report but I'm sure they will be happy to share their experience with anyone who asks them on Sunday.

Please consider joining this committee for the activities this coming winter. The first event will be the ever-popular Adult Vacation Bible School (AVBS). It is scheduled for January 24-25-26, 2023. Please mark your calendars.

The Committee also provides Sunday School for the youth each Sunday (9:30 Service) after November 1st. The Lesson's from the Bulletin are read from the Children's Bible and discussed. We also talk about anything the kids want to discuss. Last season they wanted to know more about characters portrayed on the Timeline Poster in the classroom. It provided interesting Biblical characters and subjects that *they* were interested in. Volunteers are always welcome!

See you in the fall,

Diane Lee, Chairperson

AUGUST BIRTHDAYS



5	Dave Donaldson	12	Jerry Taylor	18	Oakley Johnson
5	Ted Duffy	13	Betty House	20	Brian Neigum
7	Dave Hofslie	13	Charlie Rothi	23	Mary Monson
7	Robin Marlatt	14	Sandy Raasch	25	Kathy Hoffman
8	Jewel McNamee	14	Becky Werner	29	Louise MacPherson
11	Jennifer Akridge	15	Aiden Harwood	29	Amber Pacewic
11	Diane Lee	15	Linda Kasin	31	Linda Anderson
11	Tom Radke	16	Janis Sues		



AUGUST ANNIVERSARIES

8/5	Carl & Joey Christensen	8/21	Wayne & Barb Fisher
8/5	Ben & Judy Skarbo	8/27	Paul & Shirley Ehler
8/14	Charlie & Bonnie Rothi	8/31	Dave & Carolyn Lester
8/17	Gary & Lanna Gosage	8/31	Roger & Jackie Tracey
8/17	Richard & Tammy Martin		

AUGUST BAPTISM ANNIVERSARIES

8/7 Jim Neely

8/20 Aiden Harwood



ALTAR FLOWERS FOR AUGUST



8/7

8/14

8/21

8/28 Dave & Carolyn Lester in honor of their wedding anniversary

Notices.....

Lee Donaldson went to be with the Lord on Sunday, July 10. Services are scheduled for Friday, October 28th at 10am.

Arnie Arnio went to be with the Lord on Thursday July 14th. Services are not scheduled at this time. Please look in the bulletin for further updates.



WORSHIP ASSISTANTS FOR JUNE

Date	Time	Ushers	Greeters/ Communion Assistants	Reader	Altar
8/7	9:30 am	Joanne Ausing/ Joyce Hoelt	Dave/Nancy Griffiths	Doreen Caldwell	Niki Duffy
8/14	9:30 am	John/Sharon Merz	Dave/Marge Graham	Paul Ehler	Doreen
8/21	9:30 am		Larry Unger/ Doreen Caldwell	Nancy Griffiths	Joanne
8/28	9:30 am	KayLee Grunst/ Paul Ehler	John/Sharon Merz	Donna Brown	Niki Duffy

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 am Summer Sewing Group 1:00 pm Social Concerns Meeting 2:30 pm GriefShare	2 7:00 am TOPS 1:00 pm Foothills Social 4:00 pm Mental Health Ministry	3 5:00 pm Bells of Glory 6:00 pm Choir	4 8:00 am Staff Meeting 1:00 pm Worship Mat- ters 4:30 pm TOPS	5 8:00 am TOPS 1:00 pm Foothills Social 6:00 pm Women's AA	6 8:00 am- Men's Breakfast at Daybreakers
7 Food Collection Sunday Worship 9:30 1:00 pm Foothills Social	8 9:00 am Summer Sewing Group 2:30 pm GriefShare	9 7:00 am TOPS 1:00 pm Foothills Social	10 5:00 pm Bells of Glory 6:00 pm Choir	11 8:00 am Staff Meeting 1:00 pm Worship Mat- ters 4:30 pm TOPS	12 8:00 am TOPS 1:00 pm Foothills Social 6:00 pm Women's AA	13
14 Worship 9:30 1:00 pm Foothills Social	15 9:00 am Summer Sewing Group 2:30 pm GriefShare	16 7:00 am TOPS 1:00 pm Foothills Social 4:00 pm Executive Council 4:30 pm Council Meeting	17 5:00 pm Bells of Glory 6:00 pm Choir	18 8:00 am Staff Meeting 1:00 pm Worship Mat- ters 4:30 pm TOPS	19 8:00 am TOPS 1:00 pm Foothills Social 6:00 pm Women's AA	20
21 Worship 9:30 1:00 pm Foothills Social	22 9:00 am Summer Sewing Group 2:30 pm GriefShare	23 7:00 am TOPS 1:00 pm Foothills Social	24 5:00 pm Bells of Glory 6:00 pm Choir	25 8:00 am Staff Meeting 1:00 pm Worship Mat- ters 4:30 pm TOPS	26 8:00 am TOPS 1:00 pm Foothills Social 6:00 pm Women's AA	27
28 Worship 9:30 1:00 pm Foothills Social	29 9:00 am Summer Sewing Group 2:30 pm GriefShare	30 7:00 am TOPS 1:00 pm Foothills Social	31 8:00 am Staff Meeting 5:00 pm Bells of Glory 6:00 pm Choir			

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AUGUST 2022

PASTOR: Bill Timm
ORGANIST: Dr. Shirley Ehler
PIANISTS: Marie Ritten & Jean Abel
BELLS OF GLORY: Kay Lee Grunst

ChristCare Equippers: Pastor Timm
ChristCare Group Leaders: Doreen Caldwell, Cheryl Preul

Stephen Ministry Leaders:: Michelle Cegon, Pastor Timm,
Jim & Sherrie Wehrer

Church Secretary: Kate Harwood
A/V Technician: Brennen Harwood

CHURCH COUNCIL MEMBERS

PRESIDENT: Sharon Merz
VICE PRESIDENT: John Arnold
SECRETARY: Kathy Edwards
TREASURER: Terre Munk

MINISTRY TEAM LEADERS:

EDUCATION: Diane Lee
FELLOWSHIP: Cheryl Preul
OUTREACH: Joe Johnson
PROPERTY: Dave Donaldson
SOCIAL CONCERNS: Evelyn Trone
STEWARDSHIP: Gary Raasch
WORSHIP & MUSIC: Char Schomisch