

When I consider your heavens, the work of your fingers,  
the moon and the stars, which you have set in place,  
what is mankind that you are mindful of them,  
human beings that you care for them?  
PSALM 8:3-4

**Vacation Bible School 7/8 - 7/12**

Visit [holyshepherd.org](http://holyshepherd.org) to sign up!



**PRESCHOOL**



**SCHOOL YEAR 2019 - 2020**

First day of school for M/W/F kids is Wednesday, August 14  
First day of school for T/Th kids is August 15  
There is room in both classes for new students.  
No extended day the week of Wednesday, August 14 - Friday, August 16  
Extended day begins August 19  
You can get registration forms from Miss Susie or if she isn't available there will be some in the church office.

Marla writes: "Are these your items? Please pick them up from the kitchen cart in CFM by July 14. After that, they will be donated. Please help us keep both our kitchens clean and uncluttered. Thanks."



Summer School Fun



**July 8 - Vacation Bible School Begins**  
**July 13 - Saturday, 9:30 - 3:00 p.m., San Damiano Prayer Retreat. Contact is Pastor Pam.**  
**August 11 - The Bible and Lunch Bunch will meet at China Moon at 12:00 noon for lunch and fellowship. Guests and visitors are welcome. If you would like to attend, please contact Janine Crowe by 8/9 so she can make accurate reservations. Thanks.**  
**August 14 - First Day of Preschool for M/W/F kids**  
**August 15 - First Day of Preschool for T/Th kids**  
**August 28 - Wednesday, Loaves & Fishes, Pittsburg**



Holy Shepherd is offering a one-day Prayer Retreat, Saturday, July 13 9:30 - 3:30 p.m.  
San Damiano Retreat in Danville \$40/person includes program & lunch  
Pastor Pam will guide participants in meditation, discussions about prayer, and experiences of prayer.  
For more information, contact Pastor Pam.  
Sign-up sheet in entry to CFM.

If anyone has the time, desire and energy we need some weed eating done behind the preschool building and in Pete's Prairie. Now is the time as the fire department is sending out notices for fire prevention. Thanks much!

**What's happening this week?**

**Sunday, July 7**  
**9:30 am** Congregational Worship  
**10:30 am** Coffee Fellowship (in CFM) hosted by Amanda Chung  
**11:00 am** KCCL Bible Study  
**12:15 pm** KCCL Worship

**Monday, July 8**  
**9:00 am** VBS  
**10:30 am** AA Meeting CFM  
**11:00 am** LARC

**Tuesday, July 9**  
**9:00 am** VBS  
**11:00 am** LARC  
**11:00 am** Caregiver Coffee

**Wednesday, July 10**  
**9:00 am** VBS  
**11:00 am** LARC

**Thursday, July 11**  
**9:00 am** VBS  
**11:00 am** LARC  
**7:00 pm** VBS Ice Cream Social

**Friday, July 12**  
**9:00 am** VBS  
**11:00 am** LARC

**Saturday, July 13**  
**Sunday, July 14**  
**9:30 am** Congregational Worship  
**10:30 am** Coffee Fellowship (in CFM) hosted by Steve and Nina Berchtold  
**11:00 am** KCCL Bible Study  
**12:15 pm** KCCL Worship



**Holy Shepherd Lutheran Church**  
**July 7, 2019**  
[www.holyshepherd.org](http://www.holyshepherd.org)  
**Office Hours 8:30 a.m. - 2:00 p.m.**  
**Monday - Thursday**  
**Phone 925-254-3422**

Attendance June 30, 2019  
9:30 a.m. 62

The weekly news inserts are available on the church's website every week - go to [www.holyshepherd.org](http://www.holyshepherd.org) and click on Weekly News.



July 9	Fred Schroeder
July 10	<b>Robert &amp; Carolyn Finnell</b>
July 13	Elise Ainsley

**A Calming Prayer for Every Feeling**

Exhausted? Upset? Frustrated? Offended? Confused? There's a prayer for that. by Bob Hostetler (from Guideposts)

"When I am afraid, I will trust in You" (Psalm 56:3, NIV 1984). I have prayed countless versions of that verse. It adapts easily and succinctly to any and every situation I encounter and every emotion I feel. Here are some examples that you can incorporate into your prayers:

Someone or something upsets you: "When I am angry, I will trust in You."

Your schedule (or life) seems to spin out of control: "When I am stressed, I will trust in You."

Someone offends or hurts you: "When I am hurt, I will trust in You."

Your physical, mental or emotional resources run out: "When I am exhausted, I will trust in You."

Comparisons with others assail you: "When I feel insecure, I will trust in You."

You lose someone or something: "When I am grieving, I will trust in You."

Loneliness strikes: "When I am lonely, I will trust in You."

You're having trouble waiting for someone or something: "When I am impatient, I will trust in You."

Someone lashes out: "When I am under attack, I will trust in You."

You're confused: "When I don't know what to do, I will trust in You."

See how well it works? And those are just a start. This Psalm 56:3 prayer can be adapted to practically any emotion or situation. Try it, and adapt it to your need-of-the-moment, in every moment.

From a LARC family...

Dear Reverend Dr. John Valentine,

For almost the past five years my husband Ken has been a joyful participant in the LARC program. And for the last three years he has been a recipient of your most generous scholarship. Without the scholarship he would not have been able to continue. I want you to know how much this has meant to both of us! Ken has always looked forward to coming to LARC and it has helped improve his quality of life so very much.

Unfortunately Ken's dementia has progressed to the point now where he can no longer be an active participant.

LARC is a very special and unique program and your LARC angels are very loving, patient and special ladies.

You all will remain in my daily prayers.

With love and gratitude,  
Mary R.

**From Jesse Kitundu, Medical Director of the Children's Hospital at Zinga**

I thank all of those who took their time to come to Zinga and see what we are doing.

The months of May and June are when the rainy season ends and the weather becomes cooler. The cool weather extends up to August when the early rains start again. The end of the rainy season means there are fewer patients as compared to the rainy season. Our roads also inhibit access to the hospital during the rainy season, so there is an impact then, also on the number of patients who can make it to be seen. This limits the number and variety of patients experienced by some of our visiting medical students and residents. We're hoping in the future, and with our now being approved to receive the national health insurance we anticipate that the patient numbers will increase significantly.

The project is progressing as well as the services to patients. We are so grateful for the doctors, farmers, mechanics, and other experts who have come to share their areas of expertise with us.



**HEALING**

<i>Kathy Williams</i>	<i>Marilyn Norleen</i>
<i>Chris Immesoete</i>	<i>Dinah Washington</i>
<i>Gloria Enstrom</i>	<i>Kramer Collins</i>
<i>Marilynn Lyndahl</i>	<i>Kathy Dowell</i>
<i>Laura Zellmer</i>	<i>Mallory Weiss</i>
<i>June Howe</i>	<i>Zachary Henry</i>
<i>Cecily Bartsch</i>	<i>Kathy McCarty Schwab</i>
<i>Donna Benseler</i>	<i>Peter Rosemarin</i>
<i>Susie Morgenstern</i>	

**WELLNESS**

<i>Rolf Benseler</i>	<i>Ann Brohm</i>
<i>Carol Kramer</i>	<i>Henry Kramer</i>
<i>DeLane Riveness</i>	

**PEACE / COMFORT**

<i>Kitti Colucci</i>	<i>Dottie Russell</i>
<i>Grace Adams</i>	

**MILITARY**

*Keep our armed forces safe and give them courage, hope and strength.*

<i>Brian Henson</i>	<i>Megan Howard</i>
<i>Peter &amp; Melanie Kler</i>	

**THOSE WHO GRIEVE**

*Family and friends of June Gould*  
*The Chow family has asked for prayers for the family of Bruce Johnson who passed away unexpectedly on June 12 after falling off a ladder while at home. He was 68 at the time of his passing. He leaves behind his wife of 41 years, Alice, and 3 children. Services were held in St. Paul.*  
*Hamre family on the passing of Terry's mother, Catherine.*

The Bible in James 5:16 tells us



"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." Asking for God's help through prayer is one way we as Christians can connect with heaven and heaven can connect with us. At Holy Shepherd there are many ways in which we share prayer concerns and celebrations. Most of you already are aware of the Prayer List that is part of the weekly bulletin. Requests for prayers to the printed list can be made by contacting Linda Hudak at [lhudak@holyshepherd.org](mailto:lhudak@holyshepherd.org), or by calling Lisa at the church office.

In addition to this written list, prayer concerns are also shared via a Prayer Chain. Prayer concerns/celebrations to be included on the Prayer Chain are communicated to Lisa, who then posts them by email to a list of those individuals who wish to be part of this prayer group. If you would like to be a "link" on the chain, please contact Lisa by email at [lisaverley@holyshepherd.org](mailto:lisaverley@holyshepherd.org), or call the church office, 254-3422. Likewise, if you have a prayer concern, would like to share a prayer celebration, or be removed from the prayer list, please contact Lisa.

**Another Challenge Grant for IHP!** Christmas in July!! Dr. Christine Petersen is again offering a Christmas in July Challenge grant of \$15,000 to finish the Mary Ellen Kitundu Memorial Birthing Center.

The "sanitaries" as they're called out here need to be installed. We haven't bought them yet.

Toilets 16pcs@560,000/T-shillings each=\$3,947.14  
 Sinks 20pcs@320,000/T-shillings each= \$2,819.38  
 Shower mixers 16pcs@200,000/T-shillings each= \$1,409.69  
 Angle valves 72 pcs@17,000/T-shillings each=\$539.20  
 Station chamber covers 32 pcs@60,000/T-shillings each=\$845.81

**Total is \$9,561.22 (Plus labor)**

To help IHP finish the birthing center and to continue with all the other building projects, please send a check to: IHP - Matt West, Treasurer, 8016 No. Everton Ave., Kansas City, MO 64152 or, go to our website, [www.ihptz.org](http://www.ihptz.org) and click on PayPal, or Call Joyce Zemel at 480-540-9317 to pay by credit card.

I'm not sure Santa is accustomed to being asked for toilets for Christmas, but for women in labor, and after delivering, it's a pretty wonderful gift (though too large for a Christmas stocking).