



MISSION STATEMENT

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

TO ALL, CALLED BY ALMIGHTY GOD TO BRING JESUS TO PEOPLE AND PEOPLE TO JESUS!

A survey from the vision team was completed in worship on May 19th. Why was that done and what is it all about?

As a congregation, we have prayed long and hard and worked and invested a lot of time and effort in trying to discern God's leading for our congregation and its future ministry focus. By now, you should be familiar with our mission statement: "Walking with Jesus to bring new life and hope to every person!"

We believe that God is calling every person to grow forward in faith and life for the sake of bringing Jesus to people and people to Jesus. The survey is really a "snapshot" of how you believe you are doing in your personal faithfulness.

Gloria de Cristo Vision Survey Results

Relationships: I have connected with someone who needs new life and hope this week.

39% Yes 61% No

Worship: My worship time extends throughout the week. 90% Yes 10% No

Prayer: I have talked with God today. 100% Yes

Generosity: I am generous with my time (in service to my neighbors or my church), treasure (through tithe, offering, or donation), talent (through helping with any church projects).

90% Yes 10% No

Word/Study: God's word connected with my life this week. 90% Yes 10% No

Serving: I have brought hope to someone this week. 61% Yes 39% No

The good news is that we pray, worship, are generous, connect God's word to our lives, and are finding ways to serve and we are making progress in connecting with people who need new life and hope!

See you in worship!

Pastor Bill Timm

FROM YOUR COUNCIL PRESIDENT



After reading Cheryl's April Evangel describing our monthly POTLUCK, I proclaim June to be our congregations summer Mission Field. Often we hear Pastor Bill remind us that fellowship is important to our growth and support for one another. Sharing a meal or a conversation with another person is a gift from God. We are not here to be alone. If you automatically walk straight to the parking lot after church every Sunday, take a hard left at the door and check out the fellowship hall. It is not necessary to bring anything but a smile, go left for coffee, right for the food line. If you are shy or get lost follow me, I am good at it. There is no 'program,' we just visit and share our stories. Sometimes you see a dish that reminds you of another time. It's fun to try a different casserole, salad or dessert. People are happy to share recipes as well. John likes that because sometimes my cooking is boring. Another good thing is that you don't have to do dishes, just pick up your plates and silverware, put them in the trash or cup tray.

I saved two additional benefits for you. When you are ready to leave, the parking lot will be empty enough so you can see where you parked, no small thing if you regularly leave right after church. And the big one is that you can turn either way at the end of the drive and not wait for the people up the street to get out of their worship service.

Also, remember to wear your name badge!

This month : a hymn history

“Holy, Holy, Holy” (also known as “Holy, Holy, Holy, Lord God Almighty!”) is most often sung to the tune, “Nicaea,” composed by John B Dykes. The hymn-tune is considered “irregular” because only a text with a meter of 11 12 12 10 will fit it. The tune is named for the city of Nicaea (ny-see’-a), where the Nicene Creed was initially formulated in 325.

Reginald Heber penned the words for use on Trinity Sunday in the mid-1820’s—basing the text on Isaiah 6:3 and the imagery found in Revelation 4.

The hymn has had a very wide circulation. In some churches, typically ones without Anglican roots, it was the first hymn every Sunday morning for a large part of the twentieth century. Its capacity to take that much repetition speaks to its quality and its trinitarian thematic unity.

The hymn is one of my favorites. Although it was not always the first hymn of the service in the churches where I grew up, many weeks it was, and the repetition helped cement the hymn’s theology into my mind and heart. I like to pair it with “Praise God, from Whom All Blessings Flow,” a *Doxology* based on the *Old Hundredth* tune. Next month will be a good opportunity to share that bit of history with you as we “Walk with Jesus to bring new life and hope to every person.”



GLORIOUS QUILTERS

May has come and gone!

The Ladies worked feverishly to get as many bags made as they could for the Foster Program. Remember May only has 3 Mondays as we don't quilt on Memorial Day.

June has us all back sewing squares together to get as many quilt tops ready for the fall, when our family starts coming back home, as we can

We can't tell you enough THANK YOUS to any and all that have donated to our quilt batting fund. This is our biggest expense. Yes, we purchase fabric here and there but it doesn't add up like the batting. So THANK YOU AGAIN and AGAIN.

In May we delivered 193 quilts to Crossroads Mission, Safe house, Amberly's, Marine Family Service, Hospice of Yuma and Cancer Resource. Be proud of the outreach done by Gloria de Cristo Lutheran Church and the Glorious Quilters.

Less I forget, our Thanks go out to Stan and Ila Goter. Stan keeps our machines cleaned and running smoothly and also keeps our scissors sharpened. I think Ila likes keeping Stan busy.

The Quilters will be taking a break from July 15th and resume quilting Sept. 9th

Carol Schock

503-338-9358 please TEXT



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

The next date is June 1, 2024



FELLOWSHIP

Hi, I would like to introduce myself. I am Merrilee Keiser and I am helping out Cheryl Preul on the Fellowship Committee while she recuperates from illness.

We had about 49 people in attendance at the May Potluck and a very good selection of food to be enjoyed. We do have many very good cooks in our congregation.

I would like to remind people/groups that are using the kitchen to take their leftovers home and not put them in the refrigerator. I would also remind anyone using the kitchen to take out the trash following your event as it leaves quite an odor when food is left in the waste bins. The dumpster isn't that far away so please tie it up and carry out to the first bin for pickup by our trash service.

Thank You to all the people that helped with clean-up on Sunday morning following our fellowship hour.

Remember to sign up to host a fellowship gathering for a Sunday morning. It's a great way to get to know other worshippers of Gloria de Cristo.

Thank You,
Merrilee



*First Saturday of every month, 8:00 am
JimmyK's on Foothills Blvd.*

All are invited.

The next date is: June 1, 2024

THANK YOU NOTES

Myra Garlit, CEO
Crossroads Mission
944 S. Arizona Avenue
Yuma, Arizona 85364

Crossroads Mission

Dear Linda:

Thank you very much for the invitation to speak at the women's luncheon at Gloria de Christo. Angel and I had such a great time. All the ladies were gracious and kind! The appetizers and lunch were delicious and appealing!

Please thank all the ladies for the socks, laundry soap, and my beautiful lap quilt. I will cherish that for a long time. It was fun to watch the door prize and the main prize drawings. The whole event was so well planned. You and your team should be commended!

I was very glad to get to know you! A special thanks to the church for the support they have given to the Mission for many years. It's awesome to work together to be the hands and feet of Jesus Christ.

God bless you in everything that you do,


Myra Garlit, CEO, Crossroads Mission

And 
Angel Salas, CEO Assistant



*Newsletter
Thank you*

Date: 4/14/2024
Gift Received: \$166.67
YTD Amount: \$666.68

Gloria De Cristo Lutheran Church
11273 E 40th St
Yuma, AZ 85367-5606

Dear Friends,

Thank you so much for your generous donation to Shepherd's Canyon Retreat. You are an amazing blessing to this ministry. Your gift allows us to bless pastors, ministry workers and spouses who in turn, can bless others where God has called them to serve.

One pastor who came to one of our retreats said:

"As a pastor who has done some counseling over the years, a lot of the things were familiar to me, but I'd always been on the giving side of it rather than the receiving side. One of the problems, I think, when you're suffering through burnout, is that you feel like you're the only one who's going through this. It's nice to be able to be with other people who are experiencing the same thing that I'm experiencing. It also gives us an opportunity to pray for one another and to help one another. It really is good to be in a community with other people who are going through many of the same things."

Please continue to pray for this ministry. If you wish to stay informed of how to pray for us, please sign up for our monthly emails (if you haven't already) by going to:
www.ShepherdsCanyonRetreat.org

YARD SALE UPDATE

We have our new storage container! Thanks to several generous donations, we were able to purchase a second container to help us store the many donations we get throughout the year to support the yard sale. This second container will be able to house the more bulky items such as furniture, and allows us to accept more items prior to the sale week. A special thanks to Mike Corless, who spearheaded the effort to purchase and install the container!

If you are dropping off items to donate this fall, please keep in mind that there are certain items we do not sell at the yard sale:

Shoes – we give all donated shoes to Crossroads Mission, so if you have shoes to donate, please consider just taking them directly to the mission.

Undergarments – These items will also go to the mission.

Mattresses – These items would need to go through a process of sterilization and cleaning, and they also take up a large amount of space in the containers. So, at this time, we are not accepting mattresses.

Pre-sorting your donations can be very helpful. We sort items into boxes by type of items.

Clothing – it's helpful to have separate boxes/bags for womens, mens, and children's clothing

Glassware – please wrap glassware if possible, and mark the box as fragile/glass

Kitchen items – any non-glass kitchen items such as bowls, glasses, cookware, silverware, etc.

Books

Games/puzzles

Tools

Electronics – any item that has an on/off switch and plugs in will need to be tested prior to sale

Miscellaneous non-breakable items

Purses/belts/hats

Christmas items

Drop-Off dates: October 12, November 9, December 14, January 11, and possibly February 8.

The 2025 Yard Sale will be Fri/Sat, Feb. 21-22.

Michelle Cegon

What are the benefits of walking?

1. Lifts your spirits - The next time you're feeling down, consider stepping out for a walk. Studies indicate that walking reduces symptoms of depression. And it may help with anxiety and loneliness.
2. Helps you maintain a healthy weight - Walking is an approachable exercise that can help you maintain a healthy weight. And that's true whether or not you can carve out time for long walks.
3. Improves heart health - If you want to be more active to boost your heart health, walking is a great place to start. Research suggests that walking improves your heart health by lowering your blood pressure, controlling your blood sugar, and reducing the risk of heart disease.
4. Strengthens your immune system - A study found that aerobic exercise may help fight the common cold. So, walking could reduce your chances of catching a cold or limit the length and severity of cold symptoms if you do get sick.
5. Protects your bones - Weight-bearing activities like walking keep your bones healthy and strong. They challenge you to work against gravity, which may slow bone loss in people with osteoporosis.
6. Relieves joint pain - Walking is a low-impact exercise that's easy on the joints. It can be a good option for people with conditions that affect their bones, muscles, and joints. In a 2022 study, walking helped people with knee osteoarthritis stave off pain. And it's one of many low-impact exercises that can help people with various types of arthritis.
7. Aids digestion - Skip the couch after dinner and go for a walk instead. According to a small study, walking after a meal helps your body break down food and speed up digestion. A review found that walking for at least 2 to 5 minutes after eating can help manage your blood sugar levels. Multiple studies showed that a low intensity walk lowered blood sugar in people with prediabetes and Type 2 diabetes.
8. Boosts energy - It might seem counterintuitive, but regular exercise can give you more energy. Aerobic activities strengthen your heart and lungs, improving your fitness and energy levels.
9. Enhances sleep quality - Sleep is critical for your health and daily well-being. Yet it's estimated that more than 33% of adults in the U.S. don't get enough sleep. One proven way to improve sleep quality? Start exercising. Doing aerobics and strength training can lead to a better night's sleep. And walking fits the bill. It can help you get more restful sleep.

10. Improves cognition - Regular exercise, including walking, can boost your brainpower in the short and long term by improving cognitive function and reducing the risk of age-related cognitive decline. Walking may also decrease cognitive decline in people with Alzheimer's disease.

11. Helps you live longer

Last but certainly not least, with benefits to everything from your heart to your sleep, walking can improve your quality of life and increase your longevity.

In a study spanning 10 years, researchers looked at the effects of walking on mortality. They found that older adults who walked for at least 15 minutes a day, 4 days a week, lived longer than those who didn't.

Do you really need to take 10,000 steps a day?

Taking 10,000 steps a day has become synonymous with the benefits of walking. (That's equivalent to about 5 miles a day on foot.) Many people set this lofty goal thanks to recommendations from popular fitness trackers. But it turns out, no scientific evidence supports this goal.

A few years ago, researchers set out to test the validity of the 10,000-step target. The target likely originated from a Japanese company that sold pedometers in the 1960s. The study found that older women who averaged 4,400 steps a day lived longer than those who walked less. But, while the benefits progressively improved with more steps up to a point, they leveled off at 7,500 steps per day.

In another study, middle-aged adults who took 7,000 steps a day had a lower risk of mortality, by 50% to 70%, than those who took fewer steps.

The bottom line

Walking is an underrated heart-healthy exercise. Regular walks may help with everything from lowering blood pressure to improving cognition.

Higher step counts are associated with greater health benefits. But there's no evidence that you have to take 10,000 steps a day to reap the benefits of walking. So don't let high step counts discourage you from lacing up your walking shoes.

References

American Heart Association. (2022). How high blood pressure can lead to kidney damage or failure.

Benedetti, M. G., et al. (2018). The effectiveness of physical exercise on bone density in osteoporotic patients. BioMed Research International.

OUTREACH

Mathew 7

7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: 8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. 9 Or what man is there of you, whom if his son ask bread, will he give him a stone? 10 Or if he ask a fish, will he give him a serpent? 11 If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?

What does that even mean? I believe that this is a doctrine of your belief in God and Jesus Christ. This is your faith. Don't be afraid to pray to God and ask for a graceful gift or praise but don't ask for greedy gifts or praise. Be humble.

Not a whole lot going on in outreach. Pretty quiet as the road construction is still on going so no highway cleanup until completion. Will look to get the tee shirt sales going again when we return from our summer break. Lots of events going on within the church. Check the bulletin for schedules.

CARE MINISTRY

GriefShare: This care ministry program is held in the Fellowship Hall Classroom for anyone who is struggling with feelings and emotions related to the loss of a person whom they loved. GriefShare is a worldwide program serving more than 20,000 churches. At this time there is one option for attendance that being Sunday at 12:00 pm . There is a one time fee of \$25 for the workbook with limited scholarships available. For additional information contact the church office (928-342-6002)

Stephen Ministry: The participants enjoyed a potluck dinner on May 13th, having ending their current session. They will be taking the summer off and resume to finish up in the fall.

Mary Marsh, Care Ministry Chair

SOCIAL CONCERNS

Our committee did not meet in May, but the work goes on. Here is a report on food bank deliveries in 2024:

Jan.	=	178 lbs.	Feb.	=	138 lbs.
Mar.		245 lbs.	April	=	253 lbs.
May		217 lbs.			

Thanks to all who donate and to those who help deliver each month. Delivery is quick and easy and you get to see the food bank in action. If you would like to assist with deliveries contact me or any member of the social concerns committee.

There is 1 resident birthday at Rose Garden this month.

Interesting facts from Crossroads Mission:

Persons served in April :	Men	114	Women	129	Children	37
Meals served				18,220		

Blessings,

Evelyn Trone, Chairperson

928-210-8015

1 Peter 4:10 (ESV)

As each received a gift, use it to serve one another, as stewards of God's varied gifts.

JUNE BIRTHDAYS



1	Gary Bradshaw	14	Nancy Richter	26	Larry Unger
3	Joe Johnson	15	Jan Klipfel	27	Jack Greenfield
5	Gary Titus	19	Brigitte Arnio	27	Carolyn Wertman
7	Carol Schock	21	Jane Todd	28	Mike Corless
7	Marrilee Kaiser	23	Judy Zeiss	28	Jeff Pacewic
12	Jackie Tracey	24	Nilla Jacobs	29	Ila Goter
13	Judy Petrovic	24	Carolyn Smith	29	Ruth Nelson



Do you believe we are already into the month of June...Where has the time gone!
Many of our church family have chosen to spend the next few months in some other area of the globe...other than the 'desert southwest'!

There are fewer of us to pick up the tasks needed to make our worship services a pleasant experience for our friends and guests. If you could find it in your heart to help out, please catch up with me on Sunday morning or call Char at the office week day mornings. Thank You to all those that are now assisting...you are greatly appreciated!!

Choir and Handbells will alternate for Worship Music from now until the rest of the members return. If you've not been a part of these two groups, now is the time to join in. Rehearsals are on Wednesday's: Handbells 4:45 and Choir at 6:00 pm.

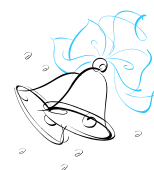
If you're one of those in another part of the country, be sure to tune in to our website and watch the service live at 9:30 am.

ALTAR FLOWERS FOR JUNE



- 2 Jerry & Chris Randby, in celebration of 47 yrs of marriage
- 9 Dave & Nancy Griffiths in celebration of 60 yrs of marriage
- 16 Jeanie Volpe, parents Bill & Nina Thomas & sister, Ellen Copeland
- 23 Ray & Lisa Crayne, honor of grandson Mason & memory of daughter Christy
- 30 Don Urrey in memory of wife Diane

JUNE ANNIVERSARIES



- | | | | |
|---|----------------------------|----|-------------------------|
| 5 | John & Sue Nasinec | 9 | Larry & Shirley Shilley |
| 6 | George & Virginia Reisnaur | 12 | Dave & Nancy Griffiths |
| 7 | Curtis & Carol Roark | 14 | Elton & Eileen Brekke |
| 8 | Tom & Jeanie Volpe | 26 | Tom & KayLee Grunst |



JUNE 2024

Sunday	Monday	Tuesday	Wed.	Thurs	Friday	Saturday
						1 8 am- Men's Breakfast, Daybreakers 8 am Women's Breakfast Club, Jimmy K's 9:30 am Days for Girls 9:00 am TOPS
2 Worship 9:30 Potluck following 9:30 Collection of Food for Food Pantry 12:00 pm GriefShare Fellowship Classroom 1:00 pm Foothills Social	3 9:00 am Glorious Quilters 12:30 pm Bible Study, Pastor's home	4 7:00am-9:00am TOPS 10 am Zoom Bible Study 1:00 pm Foothills Social	5 1 pm Chair Aerobics 4:45 pm Bells of Glory 6:00 pm Choir	6 7:00am TOPS	7 8:00am TOPS 10:30 am Spanish/English Conversation 1:00 pm Foothills Social 6:00 pm Women's AA	8 9:00 am TOPS
9 Worship 9:30 12:00 pm GriefShare Fellowship Classroom 1:00 pm Foothills Social	10 9:00 am Glorious Quilters 12:30 pm Bible Study, Pastor's home	11 7:00am-9:00am TOPS 10 am Zoom Bible Study 1:00 pm Foothills Social .	12 1 pm Chair Aerobics 4:45 pm Bells of Glory 6:00 pm Choir	13 7:00am TOPS	14 8:00am TOPS 10:30 am Spanish/English Conversation 1:00 pm Foothills Social 6:00 pm Women's AA	15 9 am Days for Girls 9:00 am TOPS
16 Worship 9:30 12:00 pm GriefShare Fellowship Classroom 1:00 pm Foothills Social	17 9:00 am Glorious Quilters 12:30 pm Bible Study, Pastor's home	18 7:00am-9:00am TOPS 10 am Zoom Bible Study 1:00 pm Foothills Social 4 pm Exec. Council 4:30 pm Council Mtg	19 1 pm Chair Aerobics 4:45 pm Bells of Glory 6:00 pm Choir	20 7:00am TOPS	21 8:00am TOPS 10:30 am Spanish/English Conversation 1:00 pm Foothills Social 6:00 pm Women's AA	22 9:00 am TOPS
23 Worship 9:30 12:00 pm GriefShare Fellowship Classroom 1:00 pm Foothills Social	24 9:00 am Glorious Quilters 12:30 pm Bible Study, Pastor's home	25 7:00am-9:00am TOPS 10 am Zoom Bible Study 1:00 pm Foothills Social	26 1 pm Chair Aerobics 4:45 pm Bells of Glory 6:00 pm Choir	27 7:00am TOPS	28 8:00am TOPS 10:30 am Spanish/English Conversation 1:00 pm Foothills Social 6:00 pm Women's AA	29 9 am Days for Girls 9:00 am TOPS
30 Worship 9:30 12:00 pm GriefShare Fellowship Classroom 1:00 pm Foothills Social	July 1 9:00 am Glorious Quilters 12:30 pm Bible Study, Pastor's home	2 7:00am-9:00am TOPS 10 am Zoom Bible Study 1:00 pm Foothills Social	3 1 pm Chair Aerobics 4:45 pm Bells of Glory 6:00 pm Choir	4 7:00am TOPS	5 8:00am TOPS 6 10:30 am Spanish/English Conversation 1:00 pm Foothills Social 6:00 pm Women's AA	6 9:00 am TOPS

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JUNE 2024

PASTOR: Bill Timm
ORGANIST: Dr. Shirley Ehler
PIANISTS: Marie Ritten, Lorie Rapp,
Pam Carter, Suzanne Haggett
FIDDLE: Ami Gudjohnsen
BELLS OF GLORY: Lorie Rapp
CHOIR: Dr. Shirley Ehler

GriefShare Leaders:
Ted & Nikki Duffy
Lisa Crayne

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

Church Secretary: Char Schomisch

CHURCH COUNCIL MEMBERS

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VICE PRESIDENT: John Arnold
SECRETARY: Jackie Tracey
TREASURER: Char Schomisch

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EDUCATION: Diane Lee
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OUTREACH: Joe Johnson
PROPERTY: Jerry Randby
SOCIAL CONCERNS: Evelyn Trone
STEWARDSHIP: Gary Raasch
WORSHIP & MUSIC: Char Schomisch