

# Bulletin Board

July 2, 2023

**WELCOME!** We praise God for giving us the ability to worship in fellowship today! Please remember that if you wish to social distance there is room, if you want or need to wear a mask we will support you. Please sign the registration books that are in the pews, please pass them to the next person. If you are worshipping from home and watching on Facebook please leave a comment (even if it is just Hi), it would be appreciated.

**SUNDAY FELLOWSHIP TIME** Join us in the Hillmer Center this week at 10:15 a.m. We are studying Galatians in the adult class today that follows fellowship time.

**BOARD MEETINGS** With the Holiday on Tuesday, it was decided to move the Board meetings to Monday July 10 at 7 pm. Have a great 4<sup>th</sup> of July and we will see you next week.

**CAMP IO-DIS-E-CA** is having their annual festival on Saturday July 22 this year. They are honoring the camps 60<sup>th</sup> anniversary by using the popsicle boards that have been made every year. They will once again have the auction at 1 pm, so if you have any items you would like to donate please have them at camp by 11 am on that day. There will also be a 1 mile race for adults and kids to participate in.

**INVITATION TO CELEBRATE** Immanuel Lutheran Church of Klinger in Readlyn is Celebrating their 150<sup>th</sup> anniversary on Sunday August 6<sup>th</sup>. There will be a service at 10 am, a meal at 12 pm (please RSVP no later than July 9<sup>th</sup>). From 12-2 pm there will be classrooms open to walk through to see the different changes. More information will be in the Grace Greetings.

**ONLINE GIVING** We now have the option of online giving available on our website: [www.gracewaterloo.org](http://www.gracewaterloo.org) this is different than the Simply Giving. You can set this up on a secure site and give when you want using a credit card or your bank account. You can now use your phone to give. There is an app to download for the security.

**CPR TRAINING** The Fire Department is offering to train church members in CPR. There have been a lot of changes in the last few years on how to do CPR. Please contact the office or Kevin McCrindle if you have any questions or are interested in the class.

**CRUSADER CLASSIC** Valley Lutheran Crusader Classic Golf Tournament is Friday September 15<sup>th</sup> at Waverly Golf Course. This is a Foursome Scramble Fundraiser, you can make your own team of 4 people or you can register as one person and they will get you on a team. The cost is \$65 per person or \$260 as a team. There are sponsorship levels available. Please contact the school with any questions 319-266-4565 or email Chaplain Kevin: [chaplain,kevin@vlscrusaders.org](mailto:chaplain,kevin@vlscrusaders.org)

**CHURCH MUSICIAN WORKSHOP** is Saturday September 30 from 9 am – 3 pm at College Hill Lutheran Church. Register by September 20<sup>th</sup> at 31-266-1274, please check the bulletin board for more information.

**A LIFE QUOTE** "We need campfires and cookouts and picnic lunches filled with laughter. Yet, as members of the household of God, we also need conversation and consolation and prayer. We need to gather, in person, at the Communion rail. Surrounded by our eternal family, we need to hear God's promises and rejoice in His forgiveness." Michelle Bauman, Y4Life – A Life Quote from Lutherans For Life • [lutheransforlife.org](http://lutheransforlife.org)  
*Hurting from abortion? Word of Hope can help. [word-of-hope.org](http://word-of-hope.org); 888.217.8679.*



**BUILDING HEALTHY FAMILIES: Did You Know** Someone once said you know you are Lutheran if you feel guilty about not feeling guilty enough. That's funny because it's true: it's easy for us to hold on to guilt. But the effects of doing are detrimental to physical, emotional and spiritual wellness. Studies show that unresolved guilt and negative thinking increase the stress hormones cortisol and adrenaline. Too many stress hormones increase heart rate, blood pressure and inflammation throughout the body. Our relationships with others and God become distant when guilt separates us. Go to the source of lasting help to be cleansed from guilt (Psalm 31: 1-5) and talk with your pastor or an LFS counselor if you are stuck. **Lutheran Family Service** [www.LutheranFamilyService.org](http://www.LutheranFamilyService.org) (515.573.3138 and [LFSiowa.org](http://LFSiowa.org))

**MEMORY VERSE CHALLENGE** - This week the verse is:

**Colossians 4:2**

Continue steadfastly in prayer, being watchful in it with thanksgiving.

**CATECHESIS** – This week for those using the Catechism Study Guide you should be on the following page number according to what year you are on.

Year 1 is page 38;

Year 2 is page 97;

Year 3 is page 156;

# GRACE FOOD PANTRY



Anyone wishing to donate to the Grace Food Pantry, these are the top items needed:

**Cold Cereal, soups, hamburger / tuna helper, 32 oz juices, spaghetti sauce, crackers, soda crackers, rice, pastas, mac n cheese, canned meat, Peanut Butter, canned fruit, tooth paste Shampoo/Conditioner, Body wash, dish soap, cleaning liquids, laundry soap, razors, deodorant and lotions.**

We can always use money too. The committee would like to thank all those who have given generously to the Grace Food Pantry!

Anyone needing assistance with the Grace Food Pantry please contact either the church office or one of the following people: Sandy Benedett, Lu Kafer, or Nancy McHone. Anyone interested in helping with the food pantry please contact the

**A REMINDER:** Members wishing to contribute to the recent loan for roofing and air conditioning may do so by marking the memo line on your check for the Properties Repair Loan and leaving your donation in the offering plate or office. All donations to the cause will be directly applied to the loan. Thank you for your generous heart.

**Romans 8:18 – “For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.”** It is very easy to get caught up in the present and lose track of our ultimate destiny in the kingdom of God. St. Paul encourages us to keep eternity in mind. This certainly applies to our support for the Gospel — if we keep our focus on “the glory to be revealed” we will see our tithes and offerings in a new light.

## The Schedule this Week:

The following events have been planned for this week.

<b>TODAY:</b>	
9:00 a.m.	Worship w/Holy Commun. Sanctuary
10:15 a.m.	Fellowship Hillmer Center
10:30 a.m.	Bible Class Hillmer Center
<b>TUESDAY:</b>	<b>OFFICE IS CLOSED</b> Happy 4 <sup>th</sup> of July
<b>WEDNESDAY:</b>	
8:30 a.m.	Sewing Circle Rm 17
<b>THURSDAY:</b>	
9:30 a.m.	Ladies Bible Study Hillmer Center
6:00 p.m.	Exercise Library
<b>SATURDAY:</b>	
8:00 a.m.	Men’s breakfast/Bible Study Kitchen
<b>NEXT SUNDAY:</b>	
9:00 a.m.	Worship Sanctuary
10:15 a.m.	Fellowship Hillmer Center
10:30 a.m.	Bible Class Hillmer Center

# VALLEY LUTHERAN

The office hours for summer are.  
Monday – Thursday  
9 am - noon

**PICTORIAL DIRECTORY** If you were unable to have your picture taken for the directory and would like one there are some extras in the office. The cost is \$15 and you can see the beautiful job that the PR Board did with these.

## Youth News

We are planning on a trip to the Lost Island theme park on Saturday July 15 at 10:30 am. If you get your tickets online the day before it is \$48, at the