

May 2022

Shepherd's Voice



Happy Birthday!				Happy Anniversary!	
John O	2 nd	Shelly B	16 th	John and Lynn	3 rd
Margaret D	5 th	Beth H	16 th	Roy and Joyce	16 th
Lenore P	9 th	Hiro O	17 th		
Gina B	10 th	Len P	17 th		
Maria B	13 th	Gary B	18 th		
Sandi M	14 th	Larry C	20 th		
Peter A	15 th	Joan C	22 nd		
Erik J	15 th	Carol W	29 th		

From the Parish Nurse

Are you dehydrated? There are many symptoms are you may not associate with dehydration. How about **bad breath**? Lack of saliva which has antibacterial properties may cause bacterial overgrowth. I believe most of us are aware that **dark yellow urine** indicates you are not properly hydrated. **Headache** and being **grumpy** are symptoms your brain isn't getting enough electrolytes like salt and potassium from the body losing water. Could also cause **lightheadedness** from low blood pressure and electrolyte imbalance. **Fatigue** caused by a build-up of lactic acid in the muscles. This could lead to **muscle cramps and spasms**. You should hydrate before you exercise. As they say "Prime the pump" or "Fill the tank." **Dry mucous membranes and lack of tears**. Even **sunken eyes**. These is noticed more in children and infants. Loss of **elasticity in the skin**. When you pinch the skin the top of your hand, does it stay pinched? That is called loss of turgor. Even **constipation** could be a symptom of dehydration! Pay attention to your body now that the hot weather is here. It doesn't take long to get dehydrated while out in the heat. Take a siesta during the heat of the day. Your body will thank you.

✚ UMOM will need **clean** gently used (no repairs needed) coats and jackets in all sizes, from toddler to adult XXL. New coats are always appreciated too! UMOM websites post links to Amazon, Target, and Walmart wish lists. Donations can be brought to church on Sundays, or dropped off during open office hours. Have a large amount of clothing and coats for donation? Please contact Suzanne Shaw for a pickup right at your home!

✚ Sunrise UMC is hosting a weekly Recovery Service at 7:00pm on Wednesdays. Each week there is a speaker in recovery who shares their journey of faith, a devotional by one of our planning team, lighting candles for those who need recovery, sharing of joys and concerns, prayer, and fellowship!

This announcement is provided for anyone who might benefit from the information.

✚ Also, Pastor Janet is exploring the possibility of starting a service similar to this one at Shepherd of the Valley. If you have skills, experience, or passion for this type of ministry, please let her know.

Rev. Donna Hughes Sunrise UMC 623-780-1008

pastor@sunrisephx.org

www.sunrisephx.org

<https://www.facebook.com/sunrisephx/>

Presented by 

REGISTER NOW!

You helped us become World Record holders - and we STILL are!

Join us for UMOM New Day Centers' 13th Annual Walk the Walk to End Homelessness

▶ **May 14, 2022 ~ 6-9am at the PHX ZOO includes FREE Day Pass to the Zoo**

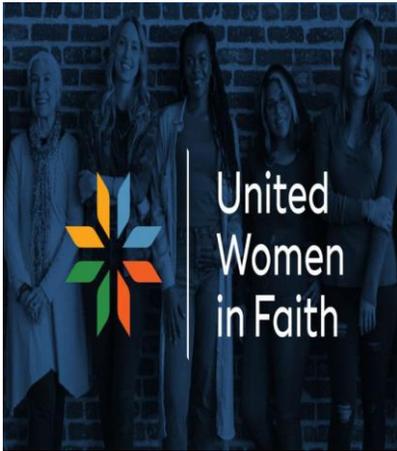


**WALK FOR FAMILIES
EXPERIENCING HOMELESSNESS**
Founded by the Women's Auxiliary

✚ We're so excited! **UMOM's 13th Annual Walk to End Homelessness** is just around the corner and for the first time in two years, it's in person and back at the Phoenix Zoo! We hope to count on your support as we raise awareness and much-needed funding for families and single women experiencing homelessness here in our community! **Your registration includes a t-shirt and admission to the zoo - it's a great deal! A family 4-pack is only \$60, while zoo tickets at the gate are much higher (\$29.95 for adults and \$19.95 for kids.)**

[Shepherd of the Valley Team Link](https://fundraise.umom.org/team/416304)
 [\(https://fundraise.umom.org/team/416304\)](https://fundraise.umom.org/team/416304)

United Methodist Women is now United Women in Faith



✚ **A new, easier to navigate website** with a homepage designed to pique new women’s interest in United Women in Faith and a special portal set to come online later this year where members can log in to access additional resources.

✚ **A new “All-Access” National Membership Option** enabling women to join United Women in Faith via the new website and participate online or in person at local units or larger events

✚ **Soul Care Retreats**, a pilot recruitment program for members and their nonmember friends and new women focused on nurturing women’s bodies, minds, and spirits.

✚ **Innovations to Mission u**, the organization’s longtime spiritual growth and transformative education program. Beginning in spring 2022, Mission u will introduce new curricula each year—one for children, one for youth and one for adults—all focused on a shared biblical theme. The new Mission u curricula will be more adaptable for use in small groups, local churches, vacation Bible schools, retreats, and other settings. Through these vibrant, relevant, justice-oriented, and biblically centered curricula, Mission u will continue its commitment to learning together for the transformation of the world and expand its impact.

united-methodist-women-is-now-united-women-in-faith

https://www.resourceumc.org/en/content/united-methodist-women-is-now-united-women-in-faith?utm_source=the_source

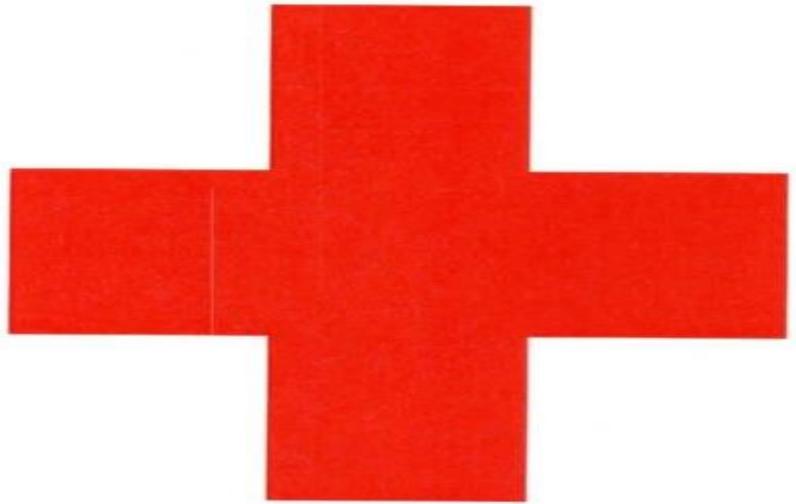


	March	January -March
Expense:	\$8,162.86	\$25,484.22
Income:	\$11,102.72	\$27,371.49
Total:	\$2,939.86	\$1,887.27

Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Blood Drive
Lake Biltmore Block Watch
Shepherd of the Valley United
Methodist

Fellowship Hall

3039 W. Cactus Rd.
Phoenix, AZ 85029

Saturday, May 21, 2022
8:00 a.m. to 1:00 p.m.

To schedule your appointment or for more information,
please call 1-800-RED CROSS (1-800-733-2767)
or visit redcrossblood.org and use Sponsor Code: lakebiltmorebw



Scan to be redirected to
Registration



**Stick to it! Come to give May 20-31 for an exclusive
20-oz. Red Cross aluminum water bottle and sticker set,
while supplies last. You can customize your bottle to
show your donor pride and stay hydrated for your next
donation.**



Scan to schedule
an appointment

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2018 The American National Red Cross

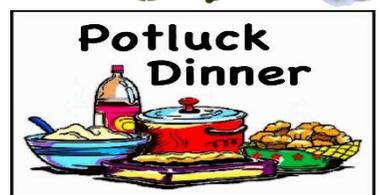
PHOTO: SHUTTERSTOCK.COM/ALAMY.COM/1-800-733-2767/1-800-733-2767

Opportunities

Bookbinding Volunteer Needed

We have a dozen hymnals needing repair of loose and/or damaged covers or spines. Have experience? Know a librarian willing to help? Willing to learn from YouTube videos? Please let the office know. Repair supplies of self-adhesive linen book tape and PVA glue will be provided.

-  Potluck Family Fun Night - Friday May 6th at 6 pm in Fellowship Hall.



May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 am Worship In-Person & On-Line Live Stream	2	3	4 12 - 4pm Office Hours 1:30 pm - Prayer Group, zoom	5 12 -4pm Office Hours 8:00 pm Men's AA, FH	6 Friday Fun Night Potluck @ Fellowship Hall or Zoom.	7
8 10:30 am Worship In-Person & On-Line Live Stream Mother's Day	9 Girl Scouts 5:30pm	10	11 12 - 4pm Office Hours 1:30 pm - Prayer Group, zoom	12 12 -4pm Office Hours 8:00 pm Men's AA, FH	13	14 UMOM Walk 6:00 am - 9:00 am @ zoo Jewelry Making with Sande, rm 1 noon - 4 pm Erik's Adult Concert 12:30 Sanct. Martha's Circle Lunch @ Virginia's
15 10:30 am Worship In-Person & On-Line Live Erik's Kids Concert 12:30 Sanct.	16	17	18 12 - 4pm Office Hours 1:30 pm - Prayer Group, zoom	19 12 -4pm Office Hours 8:00 pm Men's AA, FH	20	21 Blood Drive F.H. 8 am - 1 pm
22 10:30 am Worship In-Person & On-Line Live Stream 12:30pm Church Board Meeting	23 Girl Scouts 5:30pm	24	25 12 - 4pm Office Hours 1:30 pm - Prayer Group, zoom	26 12 -4pm Office Hours 8:00 pm Men's AA, FH	27	28 Jewelry Making with Sande, rm 1 noon - 4 pm
29 10:30 am Worship In-Person & On-Line Live Stream	30	31	1 12 - 4pm Office Hours 1:30 pm - Prayer Group, zoom	2 12 -4pm Office Hours 8:00 pm Men's AA, FH	3	4
5 10:30 am Worship In-Person & On-Line Live Stream	6 Memorial Day	NOTES	In person worship has resumed. Masks are always welcome, but not required unless trends change. Enjoy coffee and cookies after the worship service.			

Leadership Team Members

Chair	Suzanne	Finance	Don	SPRC	Randal
Facilities	Jack	Finance Secy	Wanda	Security	Karen
At Large	Gina	At Large	Vonnie	Tech	Trina
Pastor	Janet				

Shepherd of the Valley UMC
3039 W. Cactus Rd. Phoenix AZ 85029
602-942-9288

Pastor Janet Culbertson sov@sovumc.phxcoxmail.com

www.shepherdofthevalleyphoenix.org

Bishop Grant Haglya, Interim UMC Bishop
Reverend Javier Olivares, District Superintendent