

November 2022

Shepherd's Voice



Happy Birthday!

Cyril B	5 th
Jack S	10 th
Mark P	16 th
Sylvin L	26 th
Emmy L	27 th

Happy Anniversary!

Jack and Murrie	2 nd
-----------------	-----------------



➤ **Upcoming Opportunities**

- Consecration Sunday. November 20. We will celebrate with a potluck lunch after worship service. Leadership board meeting to follow cleanup.
- Family Fun Movie Night November 4th @ 6pm
- Volunteers to pack Thanksgiving boxes for Lakeview school. November 16th at 12:00pm Fellowship Hall.
- Volunteers to help load boxes and deliver to the schools Thursday November 17th at 9:00am in Fellowship Hall

➤ From the Desert SW Conference

HIPAA privacy guidelines regarding prayer requests:

1. When taking a prayer request be sure to get permission to share the information.
2. Avoid TMI (Too Much Information).
3. When live-streaming and publishing the newsletter and mailed correspondence, use first names and last initial only.
4. Use extra caution when the request is associated with an employee and/or their family.

Action Steps:

- Please submit items for the newsletter to Karen or Trina by the 17th of the month.
- We are collecting Thanksgiving food boxes for Lakeview School again this year. The last day to bring in items is November 13th. Suggested items are: \$20 Frys or Walmart gift cards to purchase turkey or other protein, cans of vegetables, French fried onions, stuffing, cans of cream soup, canned/boxed vegetable or chicken broth, canned cranberry sauce, canned yams, miniature marshmallows, box/bag of mashed potatoes, packets of hot chocolate, turkey gravy can/packet and any nonperishable food item you'd like to donate.

Important Sundays for Giving this Year

11/27/22: United Methodist Student Day.

News from the Office:

We are switching some of our service carriers over soon to help reduce our expenditures and increase stability. In anticipation of these change overs, we will be changing the church email to SOVUMC@hotmail.com. Our old email will still be in effect until further notice. Thanks, Trina



West District Summer / Fall Lay Servant Ministries Classes 2022

“Called to Preach” IN Person Nov. 7, 14 and 21 from 5:30 p.m. to 9 p.m. at Sunrise UMC.
Taught by Rev. Donna Hughes. Bring your own bag lunch and treats. Limit 15 Students.

“Opening Ourselves to Grace: Basic Christian Practices” IN Person Nov. 12 and 19,
9a.m. to 3 p.m. at Dove of the Desert UMC. Taught by Rev. George Cushman. Limit 15
students. Bring your own bag lunch & treats. Questions?

Please contact: Betty Stewart,
West District LSM Director
bettyboop491@cox.net
480-272-1337

✚ Dear Friends,

I hope you are enjoying the cooler(ish) weather. Several people associated with our church have taken the season of “fall” far too literally. From now on, I declare we are going to refer to this time of year strictly as “autumn.”

All joking aside, I encourage you to please be diligent about preventing falls. Don’t let your pride get in the way of asking for help to reach things or to use a cane or walker to keep you steady.

I asked Karen, our Parish Nurse, to put together some tips to help keep us safe.
God Bless You,
Pastor Janet

✚ From the Parish Nurse:

As we get older, injuries are more common. One in every five falls causes an injury and each year more than 300,000 older people are hospitalized with hip fractures.

Here are several reminders to prevent trips and falls.

Keep physically fit to improve balance and coordination, flexibility, and strength. Yoga and water exercise are easier on the joints. Manage your medications and drink plenty of fluids. Dehydration is a very common cause of falling, especially during hot months. Make sure you are getting enough essential vitamins and minerals, such as Vitamin D to increase muscle strength.

Assistive devices such as canes, walkers, seat or grab bars in the shower or tub, elevated toilet seat, safe treads, and handrails for stairs. A wearable detector if you are prone to falls.

Safe homes. Proper lighting in and outside your home. Nonskid rugs or secure rugs with adhesive strips. Clean spills up as soon as possible. Easy access chairs and beds. Keep commonly used items within reach.

Wear the right prescription glasses. Bifocals and progressive lenses may increase your chances of falling when walking around. Wear single lens glasses when walking around.

When outside, walk on the grass if the sidewalk appears cracked or uneven. Avoid flip flops on sidewalks. Flat heeled shoes are best. Appropriately fitted footwear can help to avoid slipping. Keep garden tools and other items stored properly. Carry a cell phone or wear a smart watch to get help if you do fall.

If you feel that your risk of falling and getting injured is high, talk with your doctor who can give you advice on preventing falls while maintaining a healthy quality of life.

Here's to a Safe Autumn and no falls!

Blessings,

Karen

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
			Office Hours 12-4 pm 1:30 pm Prayer Group, zoom	10:30 am Martha Circle, rm1 Office Hours 12 - 4 pm 8:00 pm Men's AA, FH	Family Fun Night 6pm FH	Mark William Seiler Memorial 1:00 pm Sandi's craft class 12-4pm rm1
6	7	8	9	10	11	12
All Saint's Sunday Worship 10:30 am Worship On-Line Any Time	5:30 pm Girl Scouts, FH	LBBW 6:30 pm F.H.	Office Hours 12-4 pm 1:30 pm Prayer Group, zoom	Office Hours 12-4 pm 8:00 pm Men's AA, FH		Men's breakfast at Denny's 43rd & Peoria 8:00 am
13	14	15	16	17	18	19
Worship Service 10:30 am Worship On-Line Any Time			Office Hours 12-4 pm 1:30 pm Prayer Group, zoom	10:30 am Martha Circle, rm1 Office Hours 12 - 4 pm 8:00 pm Men's AA, FH		Sandi's craft class 12-4pm rm 1
20	21	22	23	24	25	26
Worship 10:30 am Worship On-Line Any Time Consecration Sunday Potluck Lunch 12pm Board meeting after lunch	5:30 pm Girl Scouts, FH	Office Hours- 12-4 pm	Office Hours 12-4 pm 1:30 pm Prayer Group, zoom Cholla Book Club 6 - 7:30pm rm 1	8:00 pm Men's AA, FH Happy Thanksgiving		
27	28	29	30	1	2	3
Worship 10:30 am Worship On-Line Any Time			Office Hours 12-4 pm 1:30 pm - Prayer Group, zoom	Office Hours 12-4 pm 8:00 pm Men's AA, FH		
4	5	NOTES				

Worship is available In-Person and On our YouTube channel SOVUMC.
Masks are always welcome, but not required unless trends change.
Enjoy coffee and snacks after the worship service.

Leadership Team Members

Chair	Suzanne	Finance	Don	SPRC	Randal
Facilities	Jack	Finance Secty	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 SOVUMC@hotmail.com

www.shepherdofthevalleyphoenix.org

Bishop Grant Haglya, UMC Bishop

Reverend Javier Olivares, District Superintendent