

## PASTOR'S COLUMN

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“True optimism isn’t toxic, because focusing on the positive does not mean denying the negative. It does not mean we dissociate from our pain...or pretend things are okay when they aren’t. Instead, it means we look for what’s wonderful anyway.” ~ Gladys McGarey, MD in her book *The Well-Lived Life*

While I was “researching” my upcoming brain procedure on YouTube this summer, I discovered 102-year-old Dr. Gladys, who has written a new book about her “six secrets to health and happiness at every age.” Raised by missionary parents who were doctors in India and in adulthood often the only female doctor around back in the US, Dr. Gladys engagingly explains how she remains happy & healthy at age 102.

While some of her ideas about reincarnation and hypnosis were hard for me to embrace, I appreciated her real-life stories and kept finding words of hope. Hence the quote about true optimism, above, which is what I see us having as hopeful Christians. Dr. Gladys writes: “We allow what hurts to hurt while continuing to search for the lesson in it and be grateful for the teaching.” At church, we sometimes refer to this as “redemptive suffering,” meaning that Jesus can use everything life throws at us for good.

As I prepare for the DBS procedure at UCSF on August 2nd, which will hopefully take away a lot of my shaking, I recognize what my tremors have taught me. Now, I’m aware of movement issues other people struggle with, and I have a new-found patience with my own body. The biggest gift of shaking a lot has been the instant vulnerability and rapport with people, when I would explain that “I’m not cold or nervous, I just can’t hold my hands still.” Inevitably, other people respond with physical differences and challenges that they have. It quickly builds connection and trust. After the surgery, I’ll be able to share with people that I have a pacemaker in my brain.

Whatever challenges you face, know that Jesus can make them redemptive. It’s not that God has sent the struggles to us, but that God shows us the way through them and what we can learn. For that, we can give thanks and grow our hope!

Yours in Christ,  
Pastor Barbara

## PASTOR BARBARA’S DBS THIS SUMMER

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UCSF has scheduled Pastor Barbara for Deep Brain Stimulation on August 2, 2023. The DBS device is like a pacemaker for the brain and is a treatment for Pastor Barbara’s tremors and shaking. Vicar Kelly has been given permission by Synod Bishop Claire Burkat to preside and cover for Pastor Barbara the first 2 Sundays of August. The last 2 Sundays of August will be covered by Pastor Sharon Stalkfleet and Pastor Cary Bass-Deuchanes. Please pray for Pastor Barbara’s successful surgery!

Early Service folks: we have an extra service at 9:15 am! Please sign up to be a Reader & Intercessor by emailing [parishadministrator@flccv.org](mailto:parishadministrator@flccv.org). All Sundays will have 11 am worship.

Communion Assistant volunteers needed: Please contact Angelina at [parishadministrator@flccv.org](mailto:parishadministrator@flccv.org) if you’re interested in volunteering as a Communion Assistant at the early or late service. Thank you!

Bell Choir is on summer break, returning soon! Contact Grant Hughes to join bell choir at: [grookes@gmail.com](mailto:grookes@gmail.com)

## INTRODUCING ALL CREATION SINGS!

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Since copies of ELWs were donated to us, donors allowed us to use that money to purchase copies of the new purple All Creation Sings (ACS) worship book, which is an upbeat supplement to the red ELW. We’ve been showcasing some of the more familiar tunes in the new purple book at worship this summer. Plans are to have more upbeat songs at the 9:15 am Sunday service this fall. Thanks to all who said “yes” to ACS!

## SUMMER BOOK STUDY

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We had a 7-week book study on *The 7 Deadly Sins of White Christian Nationalism* by Carter Heyward. We met on Sundays from 12:30-1:45 pm, in the grass/patio area and had good participation. Stay tuned for a book study coming this fall!

## OUTDOOR WORSHIP & BBQS AT CHURCH

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After worship outside at church 10 am on Sundays, June 11th and July 30th, we had wonderful BBQs. Many thanks to all who hosted the grill and helped with set up and clean up. It was a lot of fun!

## 80TH ANNIVERSARY CONCERT AUGUST 27TH!

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Join us as we celebrate 80 years of Christ's ministry at FLCCV with an organ concert by Andrew Thomas!

## OKTOBERFEST 2023 ON SEPTEMBER 9TH!

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Invite your friends, family and neighbors to our Oktoberfest on Saturday, September 9th! To help out, please email Glen Davis at: [gdavis@wwdb.org](mailto:gdavis@wwdb.org)

## VACATION BIBLE DAY CAMP

Many thanks to all who helped out with VBDC, the week of July 10th!

## VBDC WRAP-UP

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Vacation Bible Day Camp was held July 10-14, with two Mt. Cross counselors leading the curriculum. This year's theme was "God's Love on Tour." We had eight children participate, seven of whom came from the community. The children had a wonderful time and all were sad to see the week come to a close. Many thanks to Robert Pimentel for hosting the Volunteer Appreciation BBQ on Thursday night. Thanks also to Chris Anderson, David Stein, and Fernanda van Atta, who provided fantastic interactive sessions on the food pantry, the pipe organ, and whompers, chimes and bells with the kids. Finally, a big thank you to those who provided snacks for the kids (Susan, Ethel, Perri and Lynn), the Dias family for entertaining and feeding the counselors, and Kerri and Perri for their availability and willingness to help. It takes a lot of hands to host a week of activities like this, but the smiles on the faces of the children made all the effort worthwhile! Photos from VBDC 2023 can be viewed online here: <https://www.icloud.com/sharedalbum/#B0dG6XBubGsGpXh>.

## FOOD PANTRY UPDATE

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The numbers below will show our clients are increasing:

|          |     |
|----------|-----|
| Clients  | 112 |
| Bags     | 193 |
| Avg      | 1.7 |
| #members | 414 |

The "clients" number is the card holder or individual who comes through the line; the "#members" are the number of people in the family - so if a client goes through the line, the Food Bank system has the information on how many are in the family and records the full number of members. For the July 6th distribution, we had 112 card holders with a total of 414 people receiving food - BRAVO!!!

### **Updates from the Food Bank:**

We will be receiving a printer from the Food Bank which will help with administration of the Pantry.

I also heard back from the Food Bank about how to handle difficult people and they don't have any classes on how to deal with them but I'll continue to seek other resources to make our work with our clients easier for all of us.

### **Volunteer help - parking lot coordinator**

We need someone to watch the traffic as it comes into the parking lot and let people know where they are in the line. Last night, the line went to 7:45 and I'm hoping with some assistance in the parking lot, we can move the cars more effectively and prevent our clients getting anxious about getting their food (plus, we can start our cleanup earlier)

Enjoy the rest of Summer - the fog does go away . . . eventually!

Thank you again for your willingness to help others - we are an amazing community!

Gail Kiyomura

# 80TH ANNIVERSARY ORGAN



FAITH LUTHERAN  
CHURCH,  
CASTRO VALLEY

*Concert*

Organist

**ANDREW  
THOMAS**



20080 Redwood Rd, Castro Valley, CA

**AUG**

**27<sup>th</sup>**

**2:00 PM**

Admission is free!

fllccv.org  
(510) 582-0818

## PLEASE KEEP IN YOUR PRAYERS

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### PLEASE KEEP IN YOUR PRAYERS

**Jean** Holien  
**Larry** Malcolm, brother-in-law of Jean Holien  
**Bev**, friend of Kirsten Severson  
**Chris** Kitting  
**Carleen** Cary  
**Ernestine**, friend of Carleen Cary  
**Warren** Combs, Laura Seppala's brother  
**Nancy** Holien Malcolm  
**Lori** Jensen, niece of Jean Holien  
**Dave** Rowe's family mourning his passing on  
**Kirsten** Severson  
**Sue Abdelatif** - Seth Holien's mother-in-law  
**Travis & Patrick**, nephews of Carleen Cary  
**Wayne** Nelson  
**Joyce** Lucchesi  
**Stacy** Green  
**Bill & Joyce** Lewis  
**Craig** Hanson, brother of Julie Davis  
**Isaac** Gold  
**Karen** Stein  
**Richard** Vivo  
**Craig** Hanson  
**Pastor Craig Minich** recovering at home  
**Virginia** Degner  
**Ashley** Tapparo  
**Justin** Camacho  
**Dottie** Newacheck  
**Connie** Zipton  
**Mary** Vieregge  
**Pedro** Figueroa, Orlando's father  
**Janelle**, friend of Kiersten  
**Julie** Davis on home hospice care  
**Wendy** Brooke, Perri Gallagher's sister  
**Florence** Soldahl  
**Glenda** Saylor  
**Howard** Ferrel

### Felipe and Franchesca

**Sharon** Joy, Libby Hendrickson's mom  
**Laura** Nordendahl  
**Ray** Holstead, father of Ed  
**Gordon** Fraser, husband of Katherine Korda  
**Patricia** Kinsel battling cancer and mourning the loss of her son, Jim Kinsel  
**Orlando Figueroa's family** mourning the passing of his cousin's daughter Bella Grace  
**Joseph Family**  
**Carleen Cary and family** on the passing of her sister Claudia Rego  
**Earle and Candy** mourning the passing of their son, Kevin  
**Nelson Family** mourning the passing of Don Nelson

### *We pray for those serving in the Military, and their families:*

|                   |                 |
|-------------------|-----------------|
| Ashley Ogden      | Kevin Lois      |
| Alex Barta        | Brokk Nyswonger |
| Jessica Barta     | Samuel Reed     |
| Rev Chris Conklin | Bryson Rovetta  |
| Joshua Weideling  |                 |
| Hannah Lois       |                 |

**Please email updates to Prayer List to  
 Angelina at  
[parishadministrator@flccv.org](mailto:parishadministrator@flccv.org)**

## ALTAR GUILD

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**For Altar Guild Information, please contact  
Susan Nelson:  
Cell: 510-918-5110**

## AUGUST BIRTHDAYS

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- |                       |                    |
|-----------------------|--------------------|
| 2. Craig Ragg         | 26. Gloria Delucci |
| 3. Kathy Obado        | 27. Helen Waespi   |
| 4. Mary Vieregge      | Greg Hamilton      |
| Virginia Degner       | Jay Woitdke        |
| 13. Ben Monroe        | 28. Carleen Cary   |
| 22. Nancy Christensen | Kerri Eickmann     |
| 25. Janine Trumm      | 29. Nancy Hertzog  |

## AUGUST WEDDING ANNIVERSARIES

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|                         |      |
|-------------------------|------|
| John & Lynn Moreau      | 8-17 |
| Lawrence and Susan Holm | 8-26 |

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|--|--|--|---|---|---|---|
| <b>August 2023</b>   |  |  |   |   |   |   |
| <p><b>CALENDAR NOTES:</b><br/> <b>9:15am In-Person Worship</b><br/>                     Fellowship Time following both services<br/> <b>11:00am In - Person Worship</b><br/>                     Service &amp; Live Stream online on FaceBook: Faith Lutheran Castro Valley and on Zoom (link emailed)<br/> <b>7:00pm AA Meeting</b> (Jensen Hall)</p> | <p><b>Mondays:</b><br/> <b>7:30pm AA Meeting</b><br/>                     (Jensen Hall 3rd Monday)</p> | <p><b>Tuesdays:</b><br/> <b>Noon Deadline</b> for Bulletin information and TWAf articles<br/> <b>7:00pm Adult Bible Study-On break for July &amp; August</b><br/> <b>7:30pm AA Meeting</b></p> | <p><b>Wednesdays:</b><br/> <b>7:30pm Bell Choir-On</b> Summer Break</p> | <p><b>Thursdays:</b><br/> <b>11:00am</b> Quilters (Jensen Hall)<br/> <b>6:00pm</b> Emergency food distribution (1st and 3rd Thursdays)<br/> <b>7:00pm</b> Boy Scout Troop 722 Meeting</p> | <p><b>Fridays:</b><br/> <b>10:00am</b> Watercolor Art Class- On Break (Jensen Hall)</p> | <p><b>Saturdays:</b><br/> <b>Sanctuary-Altar Guild</b><br/> <b>10:00am</b> Scrapbooking - 1st Saturday (Classroom 3)<br/> <b>11:30am</b> Hayward Travelers-Second Saturday of every other month (Jensen Hall)</p> |
|  | 1  | 2  | 3   | 4   | 5   | 12  |
| <p><b>6</b><br/> <b>9:15am In-Person Worship</b><br/> <b>Fellowship after both services</b></p> <p><b>11:00am In - Person Worship</b><br/>                     Service &amp; Live Live Streamed online on Facebook: Faith Lutheran Castro Valley</p>   | 7  | 8  | 9   | 10  | 11  | 19  |
| <p><b>13</b><br/> <b>9:15am In-Person Worship</b><br/> <b>Fellowship after both services</b></p> <p><b>11:00am In - Person Worship</b><br/>                     Service &amp; Live Live Streamed online on Facebook: Faith Lutheran Castro Valley</p>  | 14   | 15   | 16  | 17  | 18  | 26  |
| <p><b>20</b><br/> <b>9:15am In-Person Worship</b><br/> <b>Fellowship after both services</b></p> <p><b>11:00am In - Person Worship</b><br/>                     Service &amp; Live Streamed online on Facebook: Faith Lutheran Castro Valley</p>   | 21   | 22   | 23  | 24  | 25  | 31  |
| <p><b>27</b><br/> <b>9:15am In-Person Worship</b><br/> <b>Service</b><br/> <b>Fellowship after both services</b></p> <p><b>11:00am In - Person Worship</b><br/>                     Service &amp; Live Streamed online on Facebook: Faith Lutheran Castro Valley<br/> <b>2:00pm 80th Anniversary Concert</b></p>                                       | 28   | 29   | 30  | 31  |   |   |



**FAITH LUTHERAN CHURCH OF CASTRO VALLEY STAFF**

The Church Office Phone Number is (510) 582-0818.

|                         |                            |  |                |
|-------------------------|----------------------------|--|----------------|
| Pastor                  | Barbara Foltin             | <a href="mailto:pastorbarbara@flccv.org">pastorbarbara@flccv.org</a>             | (510) 582-0818 |
| Parish Administrator    | Angelina Trujillo          | <a href="mailto:parishadministrator@flccv.org">parishadministrator@flccv.org</a> | (510) 582-0818 |
| Church Musician         | Andrew Thomas              | <a href="mailto:music@flccv.org">music@flccv.org</a>                             |                |
| Bookkeeper              | Lois Hilton                | <a href="mailto:financial@flccv.org">financial@flccv.org</a>                     |                |
| Custodian               | Myra Lucchesi              | (510) 582-0818   |                |
| Seminary Intern         | Vicar Kelly Miller-Sanchez | <a href="mailto:vicarkelly@flccv.org">vicarkelly@flccv.org</a>                   |                |
| Food Pantry Facilitator | Gail Kiyomura              | <a href="mailto:foodpantry@flccv.org">foodpantry@flccv.org</a>                   |                |

**FAITH AT WORK**

The monthly publication of Faith Lutheran Church of Castro Valley.

|                    |                   |  |
|--------------------|-------------------|--|
| Editorial & Layout | Angelina Trujillo | <a href="mailto:parishadministrator@flccv.org">parishadministrator@flccv.org</a> |
| Monthly calendar   | Angelina Trujillo | <a href="mailto:parishadministrator@flccv.org">parishadministrator@flccv.org</a> |

Faith at Work past issues are archived on our website: [www.flccv.org](http://www.flccv.org)

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**Mission Statement**

*Faith Lutheran Church is a community of faith centered in the good news of the Gospel of Jesus Christ. Our mission is to share the message of God's love with one another, our community, and the world.*