PASTOR'S COLUMN

"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

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. All Sundays will have 11 am worship.

Communion Assistant volunteers needed: Please contact Angelina at 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

INTRODUCING ALL CREATION SINGS!

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

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

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!

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!

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

VACATION BIBLE DAY CAMP

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

VBDC WRAP-UP

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

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)

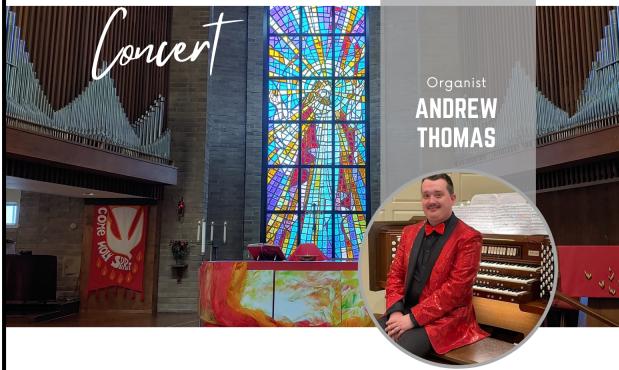
Enjoy the rest of Summer - the fog does go away . . . eventually!

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

Gail Kiyomura







20080 Redwood Rd, Castro Valley, CA

AUG

27th 2:00 PM

Admission is free!

flccv.org (510) 582-0818

PLEASE KEEP IN YOUR PRAYERS

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

ALTAR GUILD

For Altar Guild Information, please contact Susan Nelson:

Cell: 510-918-5110

AUGUST BIRTHDAYS



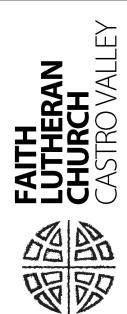
- 2. Craig Ragg
- 3. Kathy Obado
- 4. Mary Vieregge Virginia Degner
- 13. Ben Monroe
- 22. Nancy Christensen
- 25. Janine Trumm

- 26. Gloria Delucci
- 27. Helen Waespi Greg Hamilton Jay Woitdke
- 28. Carleen Cary Kerri Eickmann
- 29. Nancy Hertzog

AUGUST WEDDING ANNIVERSARIES

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

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Saturday		Saturdays: Sanctuary-Altar Guild 10:00am Scrapbooking - 1st Saturday (Classroom 3) 11:30am Hayward Travelers-Second Saturday of every other month (Jensen Hall)	w	112	19	26	
Friday		Fridays: 10:00am Watercolor Art Class- On Break (Jensen Hall)	4	=	81	25	
Thursday	2023	Thursdays: 11:00am Quilters (Jensen Hall) 6:00pm Emergency food distribution (1st and 3rd Thursdays) 7:00pm Boy Scout Troop 722 Meeting	3 6:00pm Emergency food distribution	10	6:00pm Emergency food distribution	24	31
Wednesday	August	Wednesdays: 7:30pm Bell Choir-On Summer Break	2	6	16	23	30
Tuesday		Tuesdays: Noon Deadline for Bulletin information and TWAF articles 7:00pm Adult Bible Study-On break for July & August 7:30pm AA Meeting	1	∞	15	22	29
Monday		Mondays: 7:30pm AA Meeting (Jensen Hall 3rd Monday)		7	14	21	28
Sunday		CALENDAR NOTES: 9:15am In-Person Worship Fellowship Time following both services 11:00am In-Person Worship Service & Live Stream online on FaceBook: Faith Lutheran Castro Valley and on Zoom (link emailed) 7:00pm AA Meeting (Jensen Hall)		9:15am In-Person Worship Fellowship after both services 11:00am In - Person Worship Service & Live Live Streamed online on Facebook: Faith Lutheran Castro Valley	9:15am In-Person Worship Fellowship after both services 11:00am In - Person Worship Service & Live Live Streamed online on Facebook: Faith Lutheran Castro Valley	9:15am In-Person Worship Fellowship after both services 11:00am In - Person Worship Service & Live Streamed online on Facebook: Faith Lutheran Castro Valley	9:15am In-Person Worship Service Fellowship after both services 11:00am In - Person Worship Service & Live Streamed online on Facebook: Faith Lutheran Castro Valley 2:00pm 80th Anniversary Concert



FAITH LUTHERAN CHURCH OF CASTRO VALLEY STAFF

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

Pastor Barbara Foltin pastorbarbara@flccv.org (510) 582-0818 Parish Administrator Angelina Trujillo parishadministrator@flccv.org (510) 582-0818

Church Musician Andrew Thomas music@flccv.org
Bookkeeper Lois Hilton financial@flccv.org
Custodian Myra Lucchesi (510) 582-0818
Seminary Intern Vicar Kelly Miller-Sanchez vicarkelly@flccv.org
Food Pantry Facilitator Gail Kiyomura foodpantry@flccv.org

FAITH AT WORK

The monthly publication of Faith Lutheran Church of Castro Valley.

Editorial & Layout Angelina Trujillo parishadministrator@flccv.org

Monthly calendar Angelina Trujillo parishadministrator@flccv.org

Faith at Work past issues are archived on our website: 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.