



# *The Pacific Hills* Messenger

WEEKLY NEWSLETTER OF  
PACIFIC HILLS LUTHERAN CHURCH  
APRIL 28, 2023  
VOLUME 8 NUMBER 17

## May is Mental Health Awareness Month

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, make choices, and relate to others. At every stage of life - from childhood through adulthood - mental health matters. The Bible has many passages that speak indirectly of mental health - the Lord is the one who renews the mind (Romans 12:2) and restores the soul (Psalm 23:3). God has given His children a "spirit not of fear but of power and love and self-control" (2 Timothy 17). We have Jesus' promise of rest and peace (John 14:27, Matthew 11:28). There are many scriptural quotes to "fear not" and to bring our anxieties to God (Isaiah 4:6, Matthew 6:34, Philippians 4:6, 1 Peter 5:7). Biblical figures such as David, Job, Elijah, and Jonah dealt with deep feelings of anger, despair, depression, and loneliness. Martin Luther experienced bouts of mental anguish. Many clergy today struggle with stress, anxiety, and depression and 1 in 4 persons sitting in our church pews has a family member struggling with mental health issues. Sadly, many are left feeling alone in their struggle. As the body of Christ, the church is called to promote mental and spiritual wellness, embrace those with mental illness and their families, reduce the stigma they may be experiencing, and to provide a faith community of help and hope. Jesus said, "come to me, all who labor and are heavy laden, and I will give you rest" (Matthew 11:28).

Pacific Hills will host the second Mental Health Matters Forum, Wednesday May 10 at 7 pm in Acker Hall. The Kim Foundation will present information about mental health, mental illness and suicide prevention. Lutheran Family Behavioral Health, Community Alliance, NAMI, and AL-Anon will have information booths and discuss their services. Come and learn about mental health and community resources. The more we learn, the better we can help ourselves or those in need!

In addition, all Mission offerings in May will be distributed to mental health agencies: Lutheran Family Services, Community Alliance, and Shepherd's Canyon Retreat which provides clergy mental health services.

**Marilyn Wegehaupt**  
Parish Nurse, Mission, and Social Ministry Chair

## Church Events

### SUNDAY, APRIL 30

- 8:00 am Choir Rehearsal
- 9:00 am Eucharistic Worship with Choir
- 10:00 am Bell Choir Rehearsal
- 10:15 am 5th Sunday Fellowship (Acker Hall)
- 11:00 am Youth Group Meeting (Acker Hall)
- 6:00 pm Adult Bible Study (Zoom)

### TUESDAY, MAY 2

- 9:00 am Care Ministry Meeting (Rm 114)
- 10:30 am Missions & Social Ministries Meeting (Rm 115)

### WEDNESDAY, MAY 3

- 9:30 am Devotional (Zoom)
- 12:30 pm First Ladies AA Meeting (Rm 114)
- 6:00 pm Youth Confirmation Class
- 6:30 pm Wednesday Women's Group (Narthex)

### THURSDAY, MAY 4

- 6:30 pm Tai Chi (Acker Hall)

### SUNDAY, MAY 7

- 8:00 am Eucharistic Worship
- 9:00 am Choir Rehearsal
- 9:15 am Sunday School  
Education Hour with Pastor Bryan
- 10:30 am Eucharistic Worship with Choir
- 11:45 am Bell Choir Rehearsal
- 6:00 pm Adult Bible Study (Zoom)

## MENTAL HEALTH MATTER NIGHT



PHLC is pleased to be hosting a Mental Health Matters Forum on Wednesday, May 10th @ 7:00pm in Acker Hall presented by the Kim Foundation.

Join us for a presentation of hope and healing to discuss the importance of mental health awareness and suicide prevention at PHLC. All are welcome at this community event!



### CALLING ALL 6TH – 12TH GRADE YOUTH!

We are going to have an exploratory meeting on April 30th after the 9:00 service and 5th Sunday fellowship to discuss the formation of a youth group at Pacific Hills Lutheran Church. Pizza and soda will be provided.

Contact Jim Mueller at [JimMueller@pacifichills.lutheran.org](mailto:JimMueller@pacifichills.lutheran.org) for more information.

## CALENDAR OF UPCOMING EVENTS

- April 30 9:00 AM Worship and Fifth Sunday Fellowship. Come and worship and then stick around to hear a discussion about the "Old Walther League" and revitalizing Youth Ministry.
- May 10 Mental Health Awareness Workshop at 7:00 PM in Acker Hall.
- May 13 Lunch and Learn with LCEF. Learn more about their products and services at 11:00 AM in Acker Hall. Contact [Nate.Meier@lcef.org](mailto:Nate.Meier@lcef.org) to register.
- May 14 Mother's Day. What a wonderful time to worship together as family.
- May 24 Confirmation Faith Sharing Night at 7:00 PM in Acker Hall.
- May 27 Confirmation Rehearsal at 10:00 AM in the Sanctuary.
- May 28 Confirmation and Pentecost Sunday.

## APRIL MISSIONARY FOCUS

The Mission/Social Ministry is focusing our March, April, July and August mission offerings to the Clausing and Oliver families. Jonathan Clausing serves as a theological educator in Tanzania. Stephen Oliver serves in Taiwan as a theological educator. We have supported these missionaries in the past and look forward to actively taking part in the Great Commission. Please designate mission offerings on your envelope. Gifts received during focus months will be given to these families through Mission Central. Look for our missionary display for more information. Be on the lookout for opportunities for you to meet with these missionaries in July.

## BIBLE VERSE of the Week

*"Christ suffered for you, leaving you an example, that you should follow in his steps."*

*(1 Peter 2:21b)*

## ONLINE WORSHIP SERVICES

PHLC website: [www.pacifichillslutheran.org](http://www.pacifichillslutheran.org)

## BIBLE STUDY VIA ZOOM

Dr. Bob Vandervort and a bible study group are studying the Book of James via ZOOM every Sunday evening from 6:00 — 6:45 pm. Please email him at [rsvod@cox.net](mailto:rsvod@cox.net) or 402-350-0872 for more information.

## END OF SCHOOL PARTY



This year's end of school party will be at Papio Fun Park on May 21 from 3-6pm. Please email Pam Hafsaas at [phafsaas@icloud.com](mailto:phafsaas@icloud.com) or call the office to RSVP by May 14. Come join in the fun!

## VOLUNTEERS NEEDED!

Volunteers are needed for assistance with funeral luncheons. Please contact Dorothy Cornish at 402-392-2544 if you are interested.

## MAY LUNCH BUNCH

Pacific Hills Senior Lunch Bunch will meet for food and fellowship at The Brazen Head Restaurant, 319 North 78 St, on Tuesday, May 9 at 11:30 am. Everyone welcome!

## GIVE BLOOD GIVE LIFE

The Red Cross is coming to Mount Olive Lutheran Church, located at 7301 N 28 Av, on Saturday, May 6, 2023 from 7:30 AM to 12:30 PM. Please consider visiting [www.redcrossblood.org](http://www.redcrossblood.org) to schedule an appointment.

## SECOND READERS NEEDED!

## ALTAR FLOWERS



Have an upcoming celebration or anniversary? Altar flowers may be placed for any celebration, remembrance or to the Glory of God. Please share your request or intention with Kim at: [KimKielty@PacificHillsLutheran.org](mailto:KimKielty@PacificHillsLutheran.org) or call the office. The cost is \$25.