



# *The Pacific Hills* **Messenger**

**WEEKLY NEWSLETTER  
PACIFIC HILLS LUTHERAN CHURCH  
APRIL 5, 2024  
VOLUME 09 NUMBER 14**

## **MENTAL HEALTH MATTERS**

There is a mental health crisis in our communities. One in 5 adults in the U.S. experiences mental illness each year. At least another 40% love someone who has a diagnosable mental health issue. More adolescents reveal they feel sad or alone and suicide is the third cause of death in youth aged 15-24. The crisis is invisible, but it is real. While doctors, therapists, and medicine are necessary, often they are not enough. There is a serious gap between someone receiving medical treatment for a mental illness and learning how to live a hope-filled life in spite of the illness. 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.

This year Pacific Hills will be hosting the third Mental Health Matters Forum on Thursday, April 25 at 7 pm in Acker Hall. The featured speakers will be from Fresh Hope for Mental Health (FreshHope.us), an international organization empowering those affected by a mental health challenge and their loved ones with faith-filled hope. Fresh Hope provides Christian mental health support groups, hope-coaching, podcasts, forums, and many more resources.

Come and hear from those who are living with mental health challenges and their loved ones. You will learn coping strategies, that you are not alone in your journey and that true hope can be found. You will have an opportunity to ask questions, and to seek advice and practical suggestions for living with a mental health challenge, or living with someone who does.

## **Church Events**

### SUNDAY, APRIL 7

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

### TUESDAY, APRIL 9

- 11:30 am Lunch Bunch (Brazen Head)
- 7:00 pm Pray, Knit & Crochet Group (Narthex)  
Board of Directors Meeting (Acker Hall)

### WEDNESDAY, APRIL 10

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

### THURSDAY, APRIL 11

- 6:30 pm Tai Chi (Acker Hall)
- 7:00 pm Board of Elders Meeting (Rm 115)

### FRIDAY, APRIL 12

- 7:30 pm Omaha Philatelic Society (Acker Hall)

### SUNDAY, APRIL 14

- 8:00 am Eucharistic Worship
- 9:00 am Bell Choir Rehearsal
- 9:15 am Sunday School  
Education Hour with Pastor Bryan
- 9:30 am Choir Rehearsal
- 10:30 am Eucharistic Worship with Bell Choir
- 11:30 am CYF Board Meeting (Narthex)  
Worship & Music Committee (Rm 115)
- 6:00 pm Adult Bible Study (Zoom)

## SENIOR LUNCH BUNCH

Senior Lunch Bunch will meet for food & fellowship Tuesday, April 9 at 11:30am at Brazen Head Restaurant, 319 North 78th Street. Everyone is welcome!

## HOPE LODGE DAY OF SERVICE

Join PHLC in "Cooking Up Hope" at Hope Lodge at 8030 Farnum on April 20, 2024, 11am-2pm.

We need 6-10 volunteers to help prepare a meal. Hope Lodge is a place cancer patients can go to find lodging, food, and care while undergoing treatment. All 34 Hope Lodge locations throughout the United States are funded through donations made to the American Cancer Society. The American Cancer Society understands the importance of removing financial barriers for cancer patients to get the treatment they need. Staying for free at Hope Lodge can help ease the financial burdens of cancer patients and remove the stress of having to prepare meals while going through treatment.

For questions or to sign up to volunteer please contact Pastor Drebes at [bryandrebes@pacifichillslutheran.org](mailto:bryandrebes@pacifichillslutheran.org) or Marilyn Wegehaupt at [mmwegehaupt@gmail.com](mailto:mmwegehaupt@gmail.com).



Hope Lodge®

## LIVESTREAM VOLUNTEERS

We are looking for help to capture Worship Services for livestreaming. Basic computer and/or videography skills helpful but not required. You will be trained! Please contact George McCoy at [George@PacifiHillsLutheran.org](mailto:George@PacifiHillsLutheran.org).

## HOLY LAND TOUR

Join Pastor, Cheryl, and Rev. James Haack as they lead a tour to the Holy Land with optional extensions to see Egypt, the Great Pyramids, and sights in Jordan. Dates are after Easter next year (April 21-May 1). Exact dates are yet to be determined for the extensions. Join us for an information sharing night at Beautiful Savior's really nicely remodeled "Community Room." The meeting will be Thursday, April 11, from 6:00 pm to about 8:00 pm, and will include a catered meal of Middle Eastern food from El Basha near 78th & Pacific. Our tour coordinator, Mike Malone, will be at Beautiful Savior for this event and will answer any questions you may have.

## MISSION OF THE MONTH

Your Mission offerings in March & April will be sent to support the work of Rev. Roberto and Deaconess Katie Weber serving in the Dominican Republic and Rev Jordan and Alison Andreasen starting Lutheran congregations in Romania and the Balkan countries. Our Mission Board goal is to provide \$2000 to each family to support their missionary work. Thank you for your prayers and financial support for these families!

## BIBLE VERSE of the Week

*"Blessed are those who have not seen and yet have believed."*

*(John 20:29b)*

## 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 2 Peter 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.

## THE DIVINE SERVICE IN THE SPOTLIGHT

In the *Offering*, we return to God a portion of the treasure he has entrusted to us. This action is an act of praise and a visible response of Christians to God's grace in their lives. First, we offer our prayers; then we respond with our lives – our time talent and talent – as represented by money. In one sense, money can be seen as "stored up" time and talent. It represents the fruit of our labor and is a gift from the Lord. After the money has been collected the offering plates are brought forward, to the altar, to be blessed.

*Next time we will highlight the Offertory.*

## SUNDAY SCHOOL MISSION

Sunday School families will be partnering with the Missions Committee to support the work of two LCMS missionaries. We are asking children to bring offering money on Sunday mornings for this collection. Marked boxes will be in each Sunday School classroom. A flyer with more information on the missionaries will be sent home.

## SECOND READERS NEEDED!

Please sign-up on the sheet in the narthex.

## ALTAR FLOWERS



Altar flowers may be placed for any celebration, remembrance or to the Glory of God. Please sign up on the flower calendar in the Narthex. Share your request with Kim by email at: [KimKielty@PacifiHillsLutheran.org](mailto:KimKielty@PacifiHillsLutheran.org) or calling the office. The cost is \$25.