



The Shepherd's Voice

June 2024

**GOOD
SHEPHERD
LUTHERAN
CHURCH
MISSION
STATEMENT**
Sharing The
Love of
Jesus
PASTOR TED NIEMI



Hear the word of the LORD,
O nations, and declare
it in the coastlands
far away ...

Jeremiah 31:10, NRSV

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You are welcome
to join us at
Good Shepherd
Lutheran Church

Dear Friends,

This month our synod assembly is being held in Fresno. When I mention that, I always wonder how many people understand what I'm talking about. I've known more than a few people who thought I was talking about a "senate" when I said "synod." I thought I would take this month's newsletter article to explain what that means.

We are part of the Evangelical Lutheran Church in America (ELCA). That is the largest Lutheran denomination in the United States. There are about 3 million of us. As of 2021, there were 8,724 congregations. There are probably a fewer than that now.

Our ELCA can be broken down into 65 synods. You can think of them like states. Their geographical space varies as they are determined by population. For instance, our Sierra Pacific Synod contains Northern California and Nevada. That is a huge area. But the Minneapolis/ St. Paul area, where Lutherans are plentiful, has several synods in that metropolitan area alone.

So, when our synod gets together we have people representing churches from areas as liberal as San Francisco to conservative areas like Fresno. You can imagine the lively conversations that happen when social issues come up with a group as diverse as that.

I would like to thank Julie Werfelmann and Mary Norris for being our delegates from Good Shepherd. We will be meeting downtown June 7-9. Please keep our assembly in your prayers. You can follow along by Googling "2024 Sierra Pacific Synod Assembly."

It is comforting to know that although we may not be a huge congregation we are part of our Evangelical Lutheran Church in America. When 8,000 plus congregations get together on the same issue powerful things happen. Thanks for your being a part!

God's Peace,

Pastor Ted

Prayer Concerns

Members Needing Prayer:

Kay Schumacher
 Arlene Robbins on the death of her son, Roger Robbins. Roger Robbins has entered the church triumphant. Prayers for his wife and sons.
 Mona White
 Don Dueker
 Bob Boehringer on the passing of his wife, Sheila. Sheila has entered the church triumphant.
 Irene Pierini family and friends on her passing. Irene has entered the church triumphant.
 Betty Montgomery
 Diane Fake
 JoAnn Huebner
 Dee Wright
 Yvonne Smith
 Neil and Verna Walden
 Robert Harris
 Jackie Miller
 Mary Schmidt
 Liz Smith
 Bill Biggs
 Mary Norris & Family
 Connie Alvarado
 Jocelyn Miller
 Kirsten Linder
 Jim Thompson

Family and Friends:

Irene Goldman (Dueker)
 Jennifer Wenzel (Wilk)
 Betty (Anderson)
 Tonya (White)
 Shanese (White)
 Dirk Rathwick (Norris)
 Zyg Zee (Norris)
 Baby Owen (Fake)
 Claire (Vonny)
 Janet Sharp (Fake)
 Debbie (Sullivan Family Friend)
 Owen (Fake)
 Josue & Maria Zamora (Visitor)
 Jim & Judi (Werfelmann)
 Anthony Collichio (Norris)
 Mickey Cecil (Norris)
 Jeanne Grant (Anderson)
 Dorothy Lee Bruce (Julie)
 Monica & Kyle Sedra (Werfelmann)
 Jacob, Abbe & Family (Werfelmann)
 Kevin & Collee (Pastor)
 Brad, Sam, & Luke Kossow
 Karl & Pauline Ritterbush (Fake)
 Art & Children (Anderson)
 Debbie West's Daughter, Christine
 Bob Knous (Anderson)
 Melissa (Sandy T.)
 Joy Kensinger (Miller)
 Jenna Vance (Kossow)
 Frank and Anita Porco (Vonny)
 Jim D. (Norris)
 Jade Dixon (Julie)
 Pam (Smith)
 Grace Johnson (Fake)
 JJ Werfelmann (Julie)
 Emily & Sawyer Bogart (Anderson)
 Hudson Otten (Anderson)
 Karen Ohanesian (Hays)
 Rosemary (Vonny)
 Nathan, Roger & Sandy Robbins (Robbins)



Brenda Allen – 6/03
 Art Mehl – 6/09
 Debbie West – 6/12
 Tesha Novell – 6/20
 McKenna Hotetz – 6/21
 Malina Hotetz – 6/21
 Judith Smith – 6/22
 Ruth Thompson – 6/23
 Jacquelyn Miller – 6/24
 Gloria Miller – 6/27
 Debbie Keller – 6/29

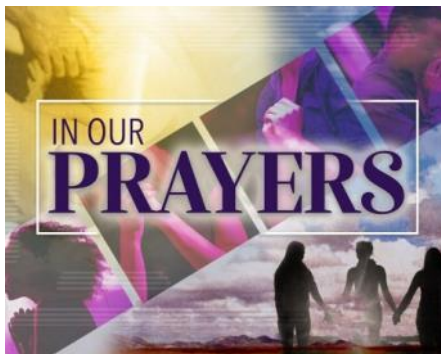
*Any one that has seen a missing or incorrect birthday, baptismal, or anniversary date please contact Kathy in the office. 559-225-2092



Mona White—6/6
 Courtney Bolm – 6/13
 Kevin Bolm – 6/13
 Jacquelyn Miller – 6/29
 Tesha Novell – 6/30



Terry & Linda Roberts - 6/6
 Ken & Susan Berg - 6/16
 Steve & Janet McQuillan - 6/29



PRAYERS FOR

All Good Shepherd Families Who Have Lost Loved Ones, Members of Our Military Service, First Responders, & Those Affected by Illness, Natural Disasters and War.
 For Prayer Requests Call or email the Church Office 225-2092/gslcfresno@att.net

STEWARDSHIP OF	May 5, 2024	May 12, 2024	May 19, 2024	May 26, 2024
Attendance			44	47
General Fund	\$4,140.00	\$1,960.00	\$3,998.00	\$1,230.00
Special Memorial (designated funds)				
ELCA Disaster Response World Hunger/Malaria (designated funds)				
Community Center Capital Fund	Loose Plate: \$20.00	Loose Plate: \$45.00	Loose Plate: \$25.00	Loose Plate: \$105.00
Loose Plate				
Special Mission Project Gifts (designated funds)	Color Printing: \$75.00			MEF: \$
BIA Rent/ Property Use/ Misc.	BIA Rent: 5,408.00			
ω	\$9,643.00	\$2,005.00	\$4,023.00	\$1,335.00

May Financials

YOUR GIVING MATTERS!

Dear Good Shepherd Family,

Our income this month was down, partly because our income was up the last few months because we received yearly donations. We only had one unusual but expected expenses and one unplanned expense. We had the \$750.00 fee to the synod for the conference in June. At the beginning of the month, BIA removed the refrigerator in the small kitchen in their office area. When they did, they did not fully turn off the water to the water dispenser. The kitchen flooded on the new floor we just replaced. We had to call Servpro for them to dry out the floor. The total cost was \$2037.65 including a visit from a plumber. We have billed BIA for this and hopefully it will be reimbursed in June. With the lower donations and the slightly higher expenses, we negative almost \$10,000.00. We are still in the positive for the year to date, but the reduction is troubling.

I'm asking for you to please pray for the financial health of our church, for Dana Biggs as she trains and then assumes the treasurer position and the council while the search for a replacement to the loss of almost \$5,600.00 in income when BIA leaves at the end of next month.

Yours in Christ,
Caroline Sullivan, Treasurer

Month	Income	Expenses	Difference
Jan.	\$30,880.02	\$28,175.64	\$2,704.38
Feb	\$48,414.00	\$25,461.28	\$22,952.72
Mar	\$35,857.02	\$29,066.97	\$6,790.05
Apr	\$21,278.01	\$25,469.88	(\$4,191.87)
May	\$16,931.00	\$26,915.99	(\$9,984.99)
Jun			\$0.00
Jul			\$0.00
Aug			\$0.00
Sep			\$0.00
Oct			\$0.00
Nov			\$0.00
Dec			\$0.00
Total	\$153,360.05	\$135,089.76	\$18,270.29

four
WAYS to
GIVE



Mail-In

| 5140 N. Fruit Ave. |

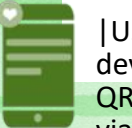


Online Giving

| www.fresnogslc.org |



Drop Off
In-Person



| Use your mobile device to scan this QR code and give via Venmo. |



Don't
Forget
Your
Pledge
This Summer

A man and a young boy are standing in a grassy field at sunset. The man, wearing a plaid shirt and jeans, is holding the boy's hand. The boy, wearing a dark shirt and jeans, is looking up at the man. The background features a wooden fence and trees with autumn foliage. The sun is low on the horizon, creating a warm, golden glow.

CHILDREN ARE A
HERITAGE FROM
THE LORD,
OFFSPRING A REWARD
FROM HIM.

PSALM 127:3

*Happy
Father's
Day!*



Check Out These Announcements & Mark Your Calendar For These Upcoming Events!

Coffee Hour



We need people to sign up to be host/hostess for the months of June/July. If you are able to host/hostess for a Sunday, please sign up in Jacobson Hall.



Coffee Hostess Leftovers Sunday

We'll be doing a Leftover Sunday every last Sunday of the month. Steve will freeze those cookies or cakes, so they they'll still be fresh. Also, if you have any leftover snacks you'd like to contribute, bring them in any other Sunday - Steve will freeze those too!



JUNE/JULY UPCOMING EVENTS

June 1 - LHN Free Neighborhood Market @ 9am-1pm, TBA

June 10 - Esther Circle @ 6:30pm, Fireside Rm

June 14 - Flag Day

June 16 - Father's Day

June 17 - OWLS @ 12:30pm, Jacobson Hall

June 19 - Juneteenth

June 20 - Council Meeting @ 6:00pm, Conf Rm

June 23, 30, July 7, Aug. 4, & 11 - VBS @ 6:15—8:30pm, Jacobson.

June 26 - GSLC Summer Book Club @ 6:30pm, Comm Ctr

June 26 - Kingsmen/Kingskids @ 6:30pm, Jacobson Hall

July 1 - LHN Free Neighborhood Market 9AM-12PM, All Nations 7th Day Adventist Church

July 4 - Happy 4th of July!!! OFFICE CLOSED

July 20 - Council Meeting @ 6PM, Conf Rm

July 28 - GSLC Summer Book Club @ 4pm, Comm Ctr



OWLS June 17th @ 12:30PM

Hooties will hustle into Jacobson Hall on June 17, Monday at 12:30 pm. Suzie's Summer Garden's Veggie Variety Grub is on the menu. \$8 in cash or a check made out to Susan Gutierrez is requested. A mental match may require a nap by attendees once they return home.

Pantry Needs Restocking

We could use: Rice, bagged pasta, canned sauces, canned vegetables (Corn, Green Beans), canned fruit (fruit cocktail, peaches, pineapple), canned chili beans, egg noodles, Cream of mushroom or chicken soup, Mayo, canned tuna, chicken or beef, ramen noodles, Mac N Cheese, boxed pasta meals, peanut butter and grape jelly. Donations can be dropped off at the office M - F, from 9AM - 1PM.



LHN Free Neighborhood Market @ TBA, 6/1, 9 -11a.m.

There will be a drive through food distribution of the Lutheran Hunger Network's FREE Neighborhood Market on Saturday, 6/1, from 9-11 a.m. You can come for any or all and don't need to have signed up. Central CA Food Bank will provide gloves, but volunteers need to bring their own masks if desired and wear close toed shoes. As in the past, **anyone planning to volunteer on Saturday who is or has been feeling ill - especially if they have or have had a fever, cough or flu-like symptoms - is asked to PLEASE stay home.** Volunteers will be encouraged to drive through and get food for their own household, too, just like usual. Please share this information with anyone you know who could benefit and with those who might want to volunteer. Questions can be directed to Julie @ 13jdixon13@gmail.com or 559-287-3457. Thank you for your ongoing support of this ministry.

From Generation to Generation VBS Coming on 5 Sundays In June/July/August

Our VBS kicks off this year on June 23rd so mark your calendars now, and tell your friends, neighbors, grandchildren, nieces, nephews, and so on! We will be meeting 5 Sunday nights throughout the summer, and our VBS will be for all ages, FREE, and begin with dinner each night @ 6:15. Dates will be June 23rd and 30th, July 7th, Aug 4th & 11th from 6:15-8:30. We will eat and open together and then adults are invited to Pastor Ted's class while kids are invited to participate in art, crafts, science, and games. Then we will gather back together for music and snacks.

All are welcome! Please see Janet or Julie if you'd like to help with music for all, arts & crafts for young people, games & science for kids, or kitchen crew/snack station for all. Thank you!

Shalom. Peace. Paz. Julie Werfelmann





GSLC Summer Book Club

In case you have wanted to join our book club discussions but did not have time, here is your chance to come read for fun with us. Books available from your favorite book seller. There are a couple of copies available to borrow. For questions, contact Sharon Rowle (email shandrow@outlook.com - put summer book club in the subject line).

Book #1 - SEABREEZE INN by Jan Moran

Join us Wednesday, June 26 at 6:30pm in the Community Center.

A widowed artist. An old crush. One summer to get her life back.

Ivy was devastated to discover her late husband spent their life savings on a sprawling old beach house in California. But as a part-time art teacher in her forties with two daughters in college, she has to quickly recreate her life. Renovating the historical home with her sister reveals incredible hidden secrets—and a handsome small-town VIP turns out to be her former high school surfer crush.

Although it's been ten years since his wife's death, Bennett is avoiding the pain of loving—and possibly losing—another woman. Ivy's request for a bed-and-breakfast variance couldn't come at a worse time for him.

Despite heaps of challenges, Ivy has one summer to sway the town to salvage her livelihood and the new life in Summer Beach she has come to love. Will Ivy's journey to revitalize her life also rekindle an old flame?

If you like to binge-watch series like *Virgin River*, *Sweet Magnolis*, and *Cedar Cove*, you'll love this clean and wholesome family beach series with sweet, second-chance romance and a touch of mystery. Start your vacation in Summer Beach, and find out why readers say, "Life is better in Summer Beach!"

Book #2 - THE LITTLE BOOKSHOP BY THE SEA by Eliza J Scott

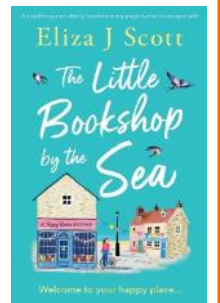
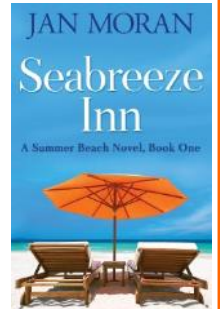
Join us Sunday, July 28 at 4:00 pm in the Community Center.

Welcome to your happy place...

Each morning as bookseller Florrie Appleton cycles along the promenade of her seaside hometown, watching the surfers far out in the bay, breathing in the fresh salty air, she counts herself lucky. She has a small but picture-perfect cottage overlooking the sea, a group of friends she can always rely on, and the job of her dreams at her favorite bookshop. But when tragedy strikes, her little slice of heaven is in danger of being lost forever.

To save the bookshop from closure, Florrie finds herself thrown together with the elderly owner's handsome grandson, Ed Hartes, who has a habit of making butterflies dance in her stomach. But the only romance Florrie has time for lies within the pages of her favorite novels, and her instincts are telling her to be wary. There's something Ed's keeping from her, and she can't face another heartbreak.

When Florrie stumbles upon a mysterious stash of yellowed letters in the storeroom, it seems Ed isn't the only one with secrets. The old bookshop is full of stories waiting to be told, and they aren't only in the pages of the books.





Blessings
on your
Anniversary!





We lift up all mothers
in our prayers to God.

Celebrating Pentecost

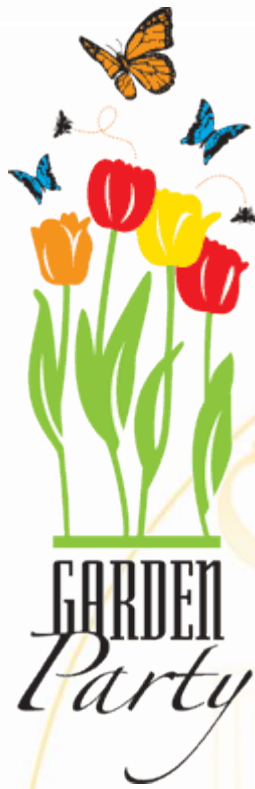


PENTECOST

Many thanks to Janet Mc for buying our Pentecost barbecue items, to Steven for grilling up the hot dogs, and to everyone who contributed cash or salads and sides. It was a lovely celebration of the birthday of the Church!



DWLS



DWLS



A stunning spring day lured 14 Hooties into Dee's garden on the hunt for hidden creatures. Art and Janet did not find them all but were deemed the winners due to not utilizing major hints from attendees. A pastor discovered a soldier of the C/E Army of the Lord was actually in the Secret Service. Members were most generous in stamp donations for monthly mailings. July's jump of five cents will cost you 69 cents for letters. Vonny was sent down memory lane with an apologetic door prize. Art donned in his melon apron to merrily scoop up ice cream while Hooties piled on an array of toppings. As we refreshed with home-made lemonade a dragonfly's aerial display entranced all for several minutes. Lingering guests visited while Vonny endured Mr. Miyagi (Art) instructing Danielsan (Susan) on the techniques of Rummikub. Was his tutoring the cause of his loss to Dee's victory?



Roeding Staff Snacks Were Very Well Received!

We took over tablecloths, flower bouquets, and all kinds of food and drink to show our appreciation for the Roeding staff who take such good care of our children over there. Thank you to everyone who contributed cash or food items, and special thanks to Lori for helping transport and set everything up in their staff room. It made their week!



Braden Charles Linn

Carolyn Linn's grandson, Braden Charles Linn, is graduating from Kingwood High School in Kingwood, Texas, May 25th. He will be attending Auburn University, Auburn, Alabama, in the fall. Carolyn will plan to attend his graduation that weekend.



AUBURN

UNIVERSITY



Clovis East High School



Kaitlyn Sullivan Foote

Kaitlyn will graduate from Clovis East on May 30th.

Kaitlyn has earned the Lifetime

California Scholarship Federation award as well as the Principal's Award. She has

received a scholarship from Fresno Pacific

University and is planning on attending there and majoring in Education. Her Grandparents, Francis and Caroline Sullivan could not be more proud of her.





Berkeley
UNIVERSITY OF CALIFORNIA



Jeffrey with Grandfather's



Jeffrey with Family



Jeffrey with Grandmother's and Aunt

Our grandson, Jeffrey William Berg, graduated from University High School on Saturday, May 18. He will be attending the University of California at Berkeley and plans to major in Chemistry. Jeffrey received 3 honorary seals on his diploma: California Scholarship Federation Life Members, Golden State Seal Merit Diploma, and California State Seal of Biliteracy. We are two very proud grandparents, Ken and Susan Berg.





Camille Werfelmann

Camille Werfelmann graduated from St. Mary's Academy in Englewood, CO on May 18th. She will be attending the University of Colorado in the Honors Program this fall. Camille is the daughter of Steve and JJ Werfelmann and the granddaughter of Paul and Julie Werfelmann.



ST MARY'S
ACADEMY

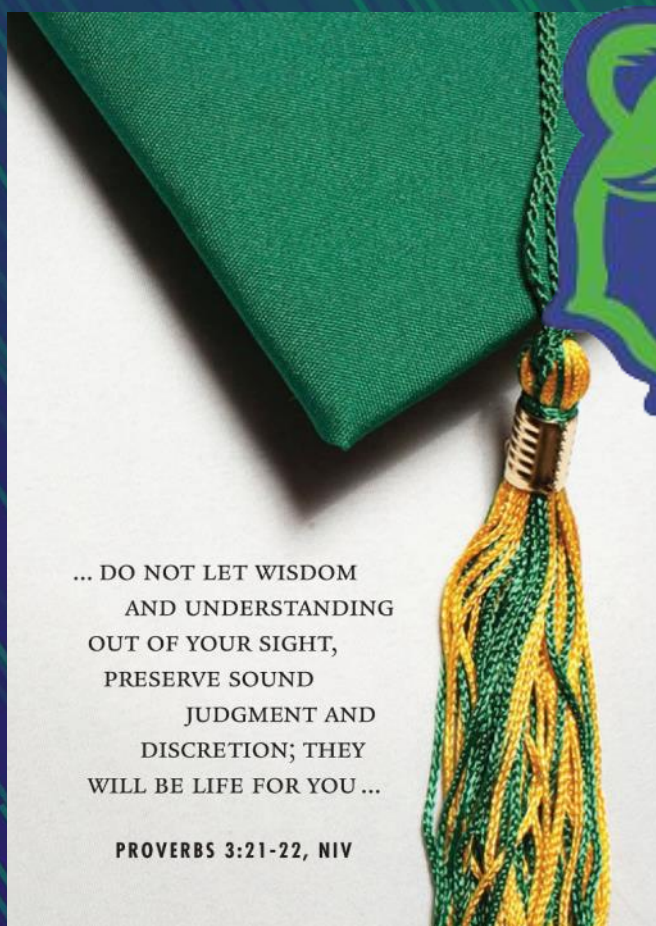
FAITH COMMUNITY JUSTICE RESPECT

Wildcats



Brennan William Boyer

Brennan William Boyer graduated from Thunder Ridge High School in Highlands Ranch, Colorado on May 16, 2024. Brennan will be attending Arapahoe Community College in the fall. He was awarded a scholarship by Christ Lutheran Church in Highlands Ranch. Brennan is the grandson of Gordon and Diane Fake



... DO NOT LET WISDOM
AND UNDERSTANDING
OUT OF YOUR SIGHT,
PRESERVE SOUND
JUDGMENT AND
DISCRETION; THEY
WILL BE LIFE FOR YOU ...

PROVERBS 3:21-22, NIV





Abby Brady

Graduated with 3 majors—Global Studies, Dance, and French and a minor in Political Science while never getting a B. I truly don't know how she does it! She is off to follow in her parents' and grandfather's footsteps and will be starting law school at the University of Kansas this fall. Look forward to a front row seat to all you will do! Mom and Dad (Granddaughter of Bill and Dana Biggs)



Abby Brady with parents Joel and Ginger Brady

Evelyn Biggs

Evelyn Biggs, the daughter of Matthew and Elizabeth Biggs and the granddaughter of Bill and Dana Biggs, will graduate from Mercy High School Omaha, NE, an all girls Catholic High School where she excels in math and science. She plans on becoming a career pilot. Bill and Dana are very proud of her hard work!



Class of
2024






Rory Biggs

Rory Biggs, the daughter of Brian and Dawn Biggs and the granddaughter of Bill and Dana Biggs, will graduate from Daniel Hand High School in Madison, CT on June 13th. Rory Biggs has been an active student all through high school. She participates in several local and school plays throughout the year. She is looking forward to further developing her artistic skills at the New York School of Visual Arts. . She will be majoring in Animation.



HAND  **TIGERS**

SVA  **NYC**

Marie Jade Lemay

Marie Jade Lemay will be promoted on June 3 from De Portola Middle School in San Diego to Canyon Hills High School. Marie is the granddaughter of Gordon and Diane Fake.



A black graduation cap with a gold tassel is positioned above a rolled-up diploma tied with a red ribbon bow. The entire scene is set within a light blue cloud-like shape on a textured blue background with confetti.

GOD
Bless You,
GRADUATES!

Roeding Book Labeling



ROEDING





Roeding Summer Reading Project

Four of us took all the books the congregation had collected this school year over to Roeding Elementary - our adopted school - on Tuesday, May 28th. It was such fun to get to give two books to each of the kids who were so excited and happy to be receiving them! We actually ran out of books this year, which has never happened before.

Thankfully our very own super shopper, Debbie Wilk, had ordered another bunch of books to be delivered a couple of days later. We made plans to take them over for the last 3 classes before the week ended. Disaster was averted!

As a side note, Debbie paid \$400 for 500 books, and would LOVE to get some donations from the rest of the congregation. Thanks, Debbie, for your faithfulness and for taking the initiative. If you can help offset her cost, please give Debbie or Woody some cash or a check or talk to her about Venmo. Thank you.

Many thanks also to everyone else who donated books and also to that amazing crew of labelers on the Sunday before Memorial Day! Finally, special thanks to Pam, Sheri, and Woody for helping me to distribute the books to our wonderful children at Roeding. It was a fine and fun way to "share the love of Jesus!"

Shalom. Peace. Paz.

Julie Werfelmann





Notes of Gratitude

Thanks, with Grateful Hearts!

We are grateful for all the cards, letters, notes and phone calls we received congratulating us on our 75th wedding anniversary. At the time of our wedding, I was so poor that Verna had to pay the \$3.00 for the wedding license. I am still trying to convince her that it was the best investment she ever made.

One of the great experiences of this 75 years has been our membership in the family of Good Shepherd. We have been blessed indeed and we love you all.

Verna and Neil



Thank You!!

Baby Lillian Brown says
thank you Sewing Saints for my
blanket ❤️



Thanks OWLS!!!

What a great time! Thanks to the OWLS for finding all the "bugs" in the yard; for participating in our ice cream social, topped with a game of Rummikub!! Many thanks to Sandy and Gloria who gave me a hand in my slow setting up process! Also special thanks to all who helped cleanup! Dee Wright

Thanks for the Prayers!!!

Thank you to my Good Shepherd family for all the prayers of support while my son battled with cancer. He lost the fight May 22 and triumphantly went home to be with the Lord. Please continue to pray for me, his wife & My Family. Sincerest thanks, Arlene R.





Notes of Gratitude

Thanks!

Thanks, Debbie, for your faithfulness and for taking the initiative. Many thanks also to everyone else who donated books and also to that amazing crew of labelers on the Sunday before Memorial Day! Finally, special thanks to Pam, Sheri, and Woody for helping me to distribute the books to our wonderful children at Roeding. It was a fine and fun way to "share the love of Jesus!"

Shalom. Peace. Paz.

Julie Werfelmann



Many Thanks!!



Many thanks to Janet Mc for buying our Pentecost barbecue items, to Steven for grilling up the hot dogs, and to everyone who contributed cash or salads and sides. It was a lovely celebration of the birthday of the Church!

Thank You Contributors!!

Thank you to all the members that contribute every month to the newsletter in some form or another. Your contribution makes creating the Newsletter a blessing and a success. Whether it's pictures, articles, expressions of gratitude, or upcoming events the effort is greatly appreciated. The Newsletter is vital to keeping connected.

God Bless!! Kathy



JUNE 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 • 10AM Worship Service • 11AM Coffee Social (Jacobson Hall) • 11AM—12PM Kid's Salt & Light	3	4 • 6PM - 10PM Voices United (Comm Ctr)	5	6 • 6PM - 10PM Mens Choir (Comm Ctr)	7	8
9 • 10AM Worship Service • 11AM Coffee Social (Jacobson Hall) • 11AM—12PM Kid's Salt & Light	10 • 6:30PM Esther Circle (Fireside Rm)	11 • 6PM - 10PM Voices United (Comm Ctr)	12	13 • 6PM - 10PM Mens Choir (Comm Ctr)	14 Flag Day	15
16 Father's Day • 10AM Worship Service • 11AM Coffee Social (Jacobson Hall) • 11AM—12PM Kid's Salt & Light (Jacobson Hall)	17 • 12:30PM OWLS (Jacobson Hall)	18 • 6PM - 10PM Voices United (Comm Ctr)	19 Juneteenth	20 • 6PM - 10PM Mens Choir (Comm Ctr) • 6:30PM Council	21	22
23 VBS • 10AM Worship Service • 11AM Coffee Social (Jacobson Hall) • 11AM—12PM Kid's Salt & Light • 6:15PM VBS (Jacobson)	24	25 • 6PM - 10PM Voices United (Comm Ctr)	26 • 6:30PM Kingsmen/Kings Kids (Jacobson Hall)	27 • 6PM - 10PM Mens (Comm Ctr)	28	29
30 VBS • 10AM Worship Service • 11AM Coffee Social (Jacobson Hall) • 11AM—12PM Kid's Salt & Light • 6:15PM VBS (Jacobson)						





Beat the Heat



Take Cold Showers twice a day.



Avoid going out in direct sunlight. Wear a cap, or take an umbrella with you. Wear sunscreen lotion with SPF 30+

Step up on water intake. Just plain water taken many times a day is better than sugary juice.

Wear loose cotton clothes.



Similar to how a radiator is able to pull off heat to cool an entire engine, simply wearing a cool wrist band against your palpable wrist pulse can cool you down. The key is that you should be able to feel your pulse close enough to the skin to be able to exchange heat.

Do not drink very cold beverages or very hot beverages in summer.



If you have been out in the sun too long refresh with a salty sweet drink, like lassi, tender coconut water or fresh lime juice.



Avoid storing food in the fridge. Eat fresh.



Pour a few buckets of water in the open terrace. Brings the temperature down a few degrees.



Wet a bedsheet and hang it against the window when the sun gets unbearable. It's better than just turning on the airconditioner considering your energy bills and of course the environment.



Step up on your salads and fruit intake.

Keep a spray bottle filled with water in the fridge and spray yourself when you feel too hot. This will bring down the body temperature.

STAY SAFE AND HEALTHY THIS SUMMER



THE SHEPHERD'S VOICE

The Monthly Newsletter of

Good Shepherd Lutheran Church ELCA

5140 North Fruit Ave., Fresno, CA 93711

MISSION STATEMENT

SHARING THE

LOVE OF

JESUS



Pastor Ted Niemi

Carolyn Linn: Assistant Lay Minister

Congregation President : Mary Norris

Organist: Susan Berg

Youth Ministries: Julie Werfelmann

Church Office Secretary: Kathy Edison

Worship Service 10:00 am

Office Hours Monday - Friday 9am - 1pm

Phone: (559) 225-2092

Church office e-mail: gslcfresno@att.net

Pastor Ted's office e-mail:

PastorTedGSLC@gmail.com

Church Web Site: www.fresnogslc.org

www.fresnogslc.org

Facebook: [gslcfresno](https://www.facebook.com/gslcfresno)

Instagram: [gslc_fresno](https://www.instagram.com/gslc_fresno)

