



FAITH NEWSLETTER



VOLUME 59
ISSUE 8
AUGUST 2024

WOUNDED SOULS MADE WHOLE

HOW DOES GOD
"BRING HIS
CHILDREN HOME?"
THROUGH YOU!
WHEN YOU INVITE
THEM TO HEAR
THE WORD OF GOD
WITH YOU!

The Spirit of God moved across the formless, dark void that was to become the earth. By His Word, He called the universe into existence, formed the earth and began time. But in time, the crown of His creation rebelled. Sin entered the world, and with sin came death. Soon Cain would murder his brother, Abel, as the dark cloud of sin moved over human history. From that day to this day, brother has warred against brother as a desperate creation rebels against its Creator. Throughout her history, the United States has defended freedom at home and around the world. Young people have donned the uniform and, as citizens of the kingdom of the left (the state), have left their towns, cities and countryside to protect the ones that they love. Most returned home. Some did not. But to all who have served in war and peace, we say, "Thank you."

INVITE
A FAMILY MEMBER,
NEIGHBOR,
CO-WORKER,
FELLOW
STUDENT, OR
FRIEND
TO JOIN YOU ON
SUNDAY
IN ATTENDING.

SUNDAYS 9:00 AM

REV. GENE SMITH
~VACANCY PASTOR~

ANDREW SHAFFER
~DEACON~

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VIST US AT WWW.FLCRIV.ORG
E-MAIL US AT
FAITHRIVERSIDE@ATT.NET



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Since 2001, America has engaged in a long war against terror. A new generation of veterans has left home, served and returned. These are remarkable people who use words rarely heard in our contemporary culture: Honor. Duty. Integrity. Commitment. Loyalty. Country. They understand that the real definitions of words like these are not to be found on the paper pages of a dictionary. Rather, they are found in the lives of their shipmates and comrades and in the lives of the families that love them, pray for them and await their return.

And almost all do return home and transition back to normal, productive civilian lives. For some, however, that transition is more difficult. Some bear visible or hidden wounds of war in their bodies. Still others bear the wounds of war in that deepest part of the mind that cannot leave behind the traumatic scenes of war but consciously or subconsciously relive those scenes. Medical personnel stand ready to assist all who bear these wounds of war as the instruments of God in bringing about healing. But there are other wounded warriors that no surgeon or psychologist can help because they bear wounds, not of the body or mind, but of the soul. Those wounds are inflicted by seeing things and doing things that violate the conscience of a human being. They manifest themselves in a variety of ways—inability to forgive, loss of purpose and meaning, loss of hope for the future, loss of trust in God and a multitude of other profound spiritual distresses. Such wounds cannot be “fixed” by surgery, medication or psychotherapy.

There is one cure alone: the eternal Gospel of our God—He who was in Christ Jesus reconciling the world to Himself. It is in the water of Baptism and the eternal promises of the Christ, who died and rose for the sin of the world. It is in the sweetest words a human being can hear, “Your sins are forgiven.” It is in the Supper where the Lord of heaven comes to us sinners in His body and blood. It is in Christ, who “was wounded for our transgressions; He was crushed for our iniquities; upon Him was the chastisement that brought us peace, and with His stripes we are healed” (Is. 53:5). It is in the Church that the wounded warrior finds Jesus and the healing of the soul. In the parish—whether small or large, country, urban or suburban—there is a pulpit and altar, and there alone true and eternal life is given and sustained. For the warrior now deployed, it is that home church so far away that ties him or her to a reality greater than the one before his or her eyes. For the veteran now home again, it is that church that speaks to the deepest issues of forgiveness, peace and hope. For the family who waits for the return of their warrior, it is the Church—the communion of saints—that sustains with Word and Sacrament.

Continued from page 2

The world continues to rebel against its Creator. There are and will be wars and rumors of wars. But our Lord Jesus continues to come into the midst of that fallen world and embraces every human soul with His love and forgiveness and peace. Those who are in Him are never alone. Our Lord promised His people as they prepared to take the Promised Land, “Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you” (Deut. 31:6). And His promise is still true.

Chaplain Daniel Gard

(daniel.gard@ctsfw.edu) is deployed in support of operation enduring freedom.
<https://files.lcms.org/file/preview/S7p7HGO46EyLNvGscOLVWMMVPjSNhNtV>

2012



A gold band was found in the men's restroom of the Church approximately four weeks ago. It's being held in the Church office. See Donna if you think it might be yours.



***Next Fellowship Brunch,
August 25 2024!***

Join us for our Sunday Fellowship Brunch and Visitor Welcome (after Sunday service).

We hold these on the last Sunday of the month.

We want to encourage fellowship for our whole congregation, as well as encouraging you to bring a guest with you that week! Bring them to our 9:00 am service and stay later for Brunch! The church will supply some of the brunch food, but we ask each family to bring a brunch item to share (muffins, egg casseroles, quiche, etc.), so we will have enough for our guests.

Dizziness Can Be a Drag

Coping with Balance Disorders

Imagine reaching for something on a grocery shelf and suddenly feeling unsteady. Or looking over your shoulder to back up the car and having things start whirling around you. Most people feel dizzy now and then. But if that feeling persists or interferes with your daily life, it could be a sign of a balance disorder.

A balance disorder makes you feel as if you're moving, spinning or floating, even though you're quite still. More than 4 in 10 Americans will experience an episode of dizziness sometime during their lives that's significant enough to send them to a doctor.

Dizziness can range from feeling lightheaded to woozy to disoriented. Feeling that you or your surroundings are spinning is called vertigo. Any of these sensations can be extremely distressing.

"Balance is a multisystem function," explains NIH hearing and balance expert Dr. Daniel Sklare. It begins with a series of signals within the tiny balance organs of the inner ear. These organs work with your brain's visual system to give you a sense of your body's position. They also keep objects from blurring when your head moves. Sense receptors in skin, joints and muscles also send balance-related signals to the brain. The brain receives and coordinates information from all these different body systems. Balance disorders can arise when any of these signals malfunction.

Because balance is so complex, it can be hard to figure out the underlying cause of certain problems. Some balance disorders can begin suddenly. They might arise from an ear infection, a head injury or certain medications. Low blood pressure can lead to dizziness when you stand up quickly. Disorders related to vision, muscles, bones or joints can also contribute to balance problems.

"As America gets older, many people with imbalance have a collection of these problems," says Dr. Gordon Hughes, NIH clinical trials director for hearing and balance.

"They might have aging of the ear, aging of vision, cataracts, muscle weakness from losing some muscle mass or arthritis in the hips, plus other problems like diabetes."

Researchers have identified more than a dozen different balance disorders. The most common is a sudden, often harmless burst of vertigo that might arise with an abrupt change in the position of the head, like when you bend over to tie your shoes.

Technically known as benign paroxysmal positional vertigo (BPPV), this condition can result from a head injury or simply from getting older. BPPV sometimes occurs when tiny calcium crystals in the inner ear become displaced.

Health Notes Continued...

In that case, your doctor can treat BPPV by carefully moving the head and body to reposition these particles. An NIH-supported clinical trial showed that this treatment works well for BPPV.

Another common balance disorder is known as Ménière's disease. It can develop at any age, but most often strikes adults between 40 and 60 years of age. Symptoms include intense vertigo, hearing loss, nausea, tinnitus (a ringing or buzzing in the ear) and a feeling of fullness in the ear. Ménière's disease usually affects only one ear.

Some people with Ménière's disease have single attacks of dizziness separated by long periods of time. Others may experience many attacks closer together over a number of days. Some affected people have vertigo so extreme that they lose their balance and fall. These episodes are called "drop attacks."

An attack of Ménière's symptoms, while not life-threatening, can feel completely overwhelming. The symptoms arise because of a change in fluid volume within the inner ear. But its underlying cause remains unknown. Scientists estimate that 6 in 10 people either get better on their own or can control their vertigo with diet, drugs or devices. In severe cases, surgical therapies can end the dizziness but might affect hearing.

NIH-funded researchers at the University of Washington are now exploring a new treatment option to stop a Ménière's attack. An implant behind the ear is designed to control abnormal electrical activity in the nerve that sends balance information to the brain, bringing the sensation of spinning to a halt. The device is now being tested in clinical trials.

If you think you may have a balance disorder, talk with your health care provider. Your doctor can assess whether your symptoms might be caused by a serious disorder, such as a heart or blood condition. If an inner ear balance disorder is likely, you may be referred to a specialist such as an otolaryngologist, a doctor with expertise in the ear, nose and throat. You might receive a hearing test, a balance test and possibly an imaging study of the brain.

Work with your doctor to figure out how to cope with your dizziness on a daily basis and reduce your risk of injury. For example, wear low-heeled shoes or walking shoes outdoors. You might decide to try using a cane or walker. Safe, secure handrails in stairwells and grip handles in bathrooms can help make your home safer. Driving a car may be especially hazardous, so ask your doctor if it's safe for you to drive.

A specialized rehabilitation therapist can give you a set of head, body and eye exercises to help reduce dizziness and nausea.

Health Notes Continued...

Meanwhile, researchers continue to work to develop new, more effective approaches. In one experimental rehabilitation strategy, now in clinical trials, scientists have created a “virtual reality” grocery store. It allows people with balance disorders to walk safely on a treadmill through computer-generated store aisles. While holding onto a grocery cart, they can look up and down, turn their heads and reach for items on virtual shelves. By doing this, they safely learn how to navigate an environment that can be challenging for someone with a balance problem.

“The key for people looking for treatment is to go to the best team of clinical experts that they can gain access to,” says Dr. Sklare. “It’s very important to get that level of assessment.”

<https://newsinhealth.nih.gov/2012/08/dizziness-can-be-drag>

Faith Comes By Hearing®



 **MILITARY BIBLESTICK**

Andrew, from Faith Comes By Hearing —Military Biblestick, called to say:

“Thank you so much, Faith Lutheran Church, for your generous donation to the Military Biblestick Ministry! You have changed many lives by your donations!”





Happy Birthday to Ken Brody. Ken celebrated his 80th birthday this month!



Congratulations!

Congratulations to Sabrina Adam for passing her U.S. Citizenship exam this month!

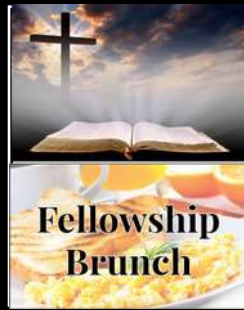
Everyone at Faith is proud of you!





SCRIP Sales Schedule 2024

August 4, August 18, September 1,
September 15, September 29,
October 6, October 20, November 3,
November 17, December 1, December 15,
December 29.



You are Welcome to Join us after 9:00 a.m. Service:

For Bible Study on the first Sunday of each month!

And

For our Fellowship Brunch on the last Sunday of each month!



Fellowship time between services:

If you would like to bring some goodies to share between services, please sign up in the Narthex on the bulletin board. There are a few Sundays opened. Thank you to all who have taken a date.



"FOOD FOR FAITH"

Faith wants to take care of our families! Whether it is to celebrate the birth of a baby, help during chemotherapy months for our brothers and sisters, or provide meals when a family member is sick or has passed away, Food for Faith wants to help our families. But we cannot do it without the help of all of you. Food for Faith needs volunteers who would be willing to provide a meal for our families that are in need. If you are interested in helping, there is a sign- up sheet on the bulletin board in the Church Narthex, or you can contact *Sherry Llamas* at 714-337- 7201 or *Susie Fairfax* at 951-265-5784.

“And do not forget to do good and to share with others, for with such sacrifices God is pleased.” ~ Hebrews 13:16

Ladies, Faith Lutheran invites you to join us for

WOMEN'S
Bible Study

Every 2nd & 4th Wednesday of the month at 11:20 am in the Pastor's office.

From the LWML

Reminder: The next LWML meeting will be held on August 17 , 2024 @ 10:00 am.

Reminder: LWML Mite Sunday is on the first Sunday of the Month.

Bring in your mites Sunday, August 4, 2024



This Month's Anniversaries



Josh & Deidra Juengel	8/07
Louis & Deborah Cammarota	8/10
Vic & Cindi Noel	8/17
Larry & Amy Phipps	8/24
Fred & Candy Powell	8/24

*If we missed any birthdays or anniversaries,
please contact the Church. Thanks!*

Birthdays of the Month



Harry Juengel	8/7
Judy Summers	8/8
Carter Nord	8/9
Deborah Cammarota	8/10
Melissa Creacy	8/12
Bruce Duerfeldt	8/15
Loni Eads	8/17
Deborrah Kraimer	8/17
Caroline Schroeder	8/17
Aldo Llamas	8/22
Madalynn Spartos	8/23
Donald Hill	8/25
Shalom Kabing	8/27

Early August BIRTHDAYS

Ann Morandi	9/3
Theresa Rockwell	9/4
Cindi Noel	9/6
Sherry Llamas	9/7



MEMBERSHIP CHANGES IN JULY 2024

GAINS IN MEMBERSHIP – 0

LOSSES IN MEMBERSHIP – 0

MEMBERSHIP NOW STANDS AT: 192 Baptized, 153 Confirmed

In Loving Memory of

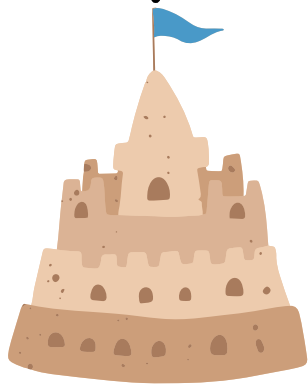
Jacob Smith

Pastor Gene, Cyndi & family invite you to join them for a memorial service honoring the life of Jacob on Saturday, August 3, 2024, at Faith Lutheran Church, 4785 Jackson St., Riverside, Ca 92503. Church Service at 11:00 am, lunch & fellowship afterwards in the Fellowship Hall.

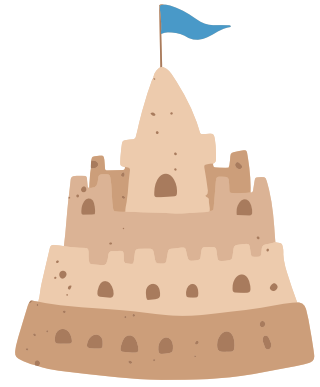


*In Loving
Memory*

COME BE A PART OF GOD'S GREAT GIFT!



SUMMER



As an act of Grace — undeserved love for us — God sent Jesus “to be sin for us, so that in Him we might become the righteousness of God.”

— 2 Corinthians
5:21b

Jesus took our sin & death and in exchange — week by week — we receive forgiveness, eternal life and the status of holy children of God. Please join us at Faith each Sunday for:

9:00 AM Traditional Worship Service (inside sanctuary)

1:00 PM Online Worship Service [Upload] on Youtube.
www.youtube.com/@davidtito834/video

*“Come to me, all you who are weary and burdened,
and I will give you rest.”*

Matthew 11:28

Next BOD Meeting
August 21, 2024
6PM



Next Elders
Meeting
August 10, 2024
9AM

