



Shepherd's Staff

July, 2017

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Josh Brecht
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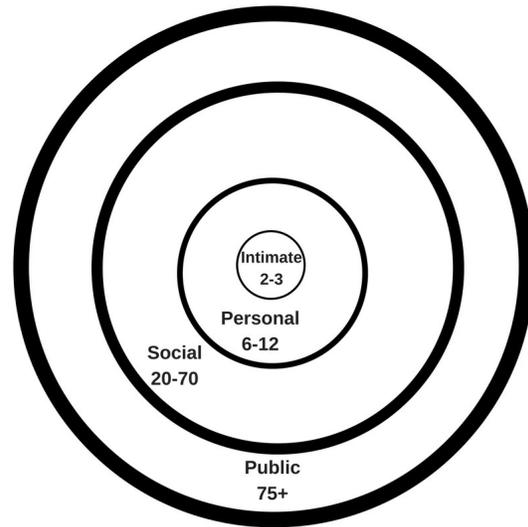
One of the attributes that drew me to Good Shepherd was that this is a congregation that is not afraid to self-reflect, evaluate its strengths and struggles, and learn from these so the mission of God through Good Shepherd can grow. I have found this to be true, and most evident through the WHIRL initiative. It has been my privilege to partner with the Relationship team over these past months. It has been incredible to see opportunities for new relationships come of this team. Brews & Hymns has been a huge success, averaging 90+ people visibly out in the community having fun together. Father Figure has provided a vehicle for deep conversations and rich connections.

I believe the next place God is leading our relationship focus is a renewed emphasis on Small Group Ministry. Some fantastic foundations were laid years ago that allowed small groups to thrive and continue. Did you know that there are currently 11 small groups with over 110 people meeting regularly in each other's homes? No? Me neither! Most of these have been meeting for years (or even decades). This is one of the reasons Good Shepherd continues to flourish. Jesus-centered relationships are the glue that holds communities of faith together.

One of my dreams for Good Shepherd is that everyone would be known, and everyone would be invested. We may know each other by name, seeing each other on Sunday mornings or Saturday worship in passing, but committed, consistent, intentional small groups bring a level of knowing and being known that only happens in smaller circles. It is in these deep relationships that growth and transformation happen. We see this evident in the relationships Jesus models for us.

Jesus' ministry was structured around intentional relationally sized spaces. We call these, intimate (3), personal (12), social (70), and public (150+, i.e., 'the crowds'). We see Jesus investing most highly in 3 disciples, Peter, James, and

John. (Luke 9:28). We see him investing a huge amount into the 12 disciples (Matthew 13:36). We also see him investing intentionally in the 70 whom he sent out to the towns and countryside (Luke 10:1-2). Finally, we see him teaching, healing, and ministering to the crowds (Luke 9:10-11). These social spaces were no accident. Jesus knew exactly what he was doing. If he spent all his time with the crowds, how could he invest in disciples? Jesus knew there was a time and place for all these relational levels. Something different happens in a group of 70 than in a group of 12. It is in the 12 and the 3 that Jesus invests most the results of which are transformed lives and leaders that changed the world.



The church seems really good at the public space (150+, "the crowds"). It is what we do every week through worship. Worship is central, and is important. However, like Jesus, we also need those intentional, smaller spaces where we can truly be known, and truly be invested in one another's lives. It is in this personal space that we will see our lives and our faith transformed more and more into the likeness of Christ.

Interested in being a part of Small Group Ministry? Let me know. We hope to form a leadership team soon so we will be able to create new small groups and continue building upon this great foundation.

In Christ,
Pastor Josh

Community Gospel Choir of St. Louis

Their Mission:

"Bringing together singers from all backgrounds, the Community Gospel Choir seeks to build bridges that restore unity to 'community.' Through the rich tradition of African American-Spirituals and the energy of Gospel Music, we deliver the messages of hope and joy found in the Good News."



A great musical opportunity! In the spirit of Our Neighbors, Our City, the Community Gospel Choir of St. Louis has a mission to build bridges. In August, they will be performing in the park directly across from Wings of Hope, one of our service partners at Good Shepherd.

Upcoming Concerts:

- Weekend of July 28, Rock Springs Park, Alton, IL, Pietown Gospel Festival
- Sunday, August 13, 5 pm, Praise in the Park Concert, Benton Park, Jefferson at Arsenal (across from Wings of Hope)



Jim Anderson
Council President

As we enter the 2nd half of 2017 I'd like to provide you with some information concerning the financial condition of our Church. Thanks to your contributions, your congregation remains financially strong. Net income year-to-date is \$422,091 with expenses year-to-date of \$379,406 resulting in a positive net balance of \$42,684 for the period. As you can see, we are under on expenses and slightly ahead of revenue for the first five months of 2017. It is important, however, to recall that the congregation passed a budget for 2017 of \$1,192,033 with a deficit of \$49,887.

We continue to make progress in forming the working group for the Capital Campaign. We will have the campaign cabinet in place by the end of June and the final campaign case statement ready in early July. While this work is being done, a campaign calendar has been finished and important dates are now on the church master calendar.

In past newsletters, I have talked about members caring for one another in our church. Today I want to turn our attention to the larger church, specifically Area 10 of the Kansas/Missouri Synod. Area 10 is essentially the eastern most portion of the synod stretching from just north of the greater St. Louis metro area down to Cape Girardeau. In that area, we will have 8 churches between now and the end of 2018 that will not have pastors, due mainly to retirements, though one pastor is leaving to accept another call. One congregation has sold their building and moved to a smaller location. This is a very large problem for the Synod, as there are not enough pastors and seminarians available to quickly fill these vacancies. Bishop Gustafson is putting together a taskforce that will help address these open pulpits through the use of a team of retired pastors, one interim pastor and Parish Ministry Associates. So what can we do? First, we can pray for the Bishop, the new Taskforce and all those congregations that will soon be in transition. Second, the Council will be discussing ways that we, as a strong congregation, may be able to assist our fellow Lutherans in their mission to share the good news of Jesus Christ. I will keep the congregation informed as these plans for Area 10 move forward.

I'm looking forward to continuing the church's work with a strong council going forward, including two new officers. Glenn Kraft will be joining council as President-elect and Susan Fox moves from member-at-large to Secretary. Larry Gustafson will stay on the council as a member-at-large. I thank Larry for his work as Secretary for the past two years. Thanks to departing member Gary Kallansrud for his four years of service to council as a member-at-large. We are excited about our church's position and progress, and the many ways Good Shepherd is poised to grow and spread the love of Christ. May the Lord continue to bless our congregation.



Music Ministry
Jamie DeGeer
Director of Music Ministry
jdegeer@gslcelca.org

Music Camp 2017 was a great success!



"What is music camp?" you might ask. For the past 12 years, the music department has been holding a week long summer day camp program during the first full week of June. The main focus of the camp is to produce and present a Christian musical which helps us to learn more about God and faith, share fellowship with each other and have fun! From working on the actual musical presentation by learning the songs, lines and movements to painting the backdrops and set decorations; our campers work hard to put together a program that they are proud to share with family, friends and the congregation at the 5:30pm and 11:00 am worship services on the weekend following camp week.

While there are 4-6 paid youth counselor positions each year, this camp is mostly led by adult and youth volunteers. Many thanks to this year's production leaders: Julie Griffard, Karen Kallansrud, Nancy Stelmachowicz, Katherine Van Horn and Carin Gado-Recks; support volunteers: Kristin Kallansrud, Sandy King, Jake Kreilick, Verill Johnson, Laura Neuwirth, Sara Oswald, Lynn Pederson, Susan Pingel and Greg Stelmachowicz; youth volunteers: Grace Avery, Anna Carmody, Patrick Griffard, Rachel Griffard, Hannah Molskness and Sophia Patti; and the awesome camp counselors: Hannah Geurkink, Emily Hintz, Jakob Molskness and Lexi Swain.

It might seem early to think about June of 2018, but it will be here before we know it and we are looking for more campers for our next production. All youth

who have completed 1st through 8th grade are eligible to attend this day camp program. We welcome members and their friends, grand-children, nieces/nephews or anyone in the community. Music Camp 2018 will be held June 4th through 8th from 9am to 3pm and the cost is \$95.00 per camper (there is a \$5 discount for multiple family members). We are also looking for more adult leaders to help lead crafts, devotions, recreation, etc... If this is something that you think you might be interested in, please contact camp director, Julie Griffard by text at 636-346-7587 or email 4griffardsandhounds@gmail.com. You can also contact Jamie De Geer if you have more questions jdegeer@gslcelca.org.

Parents/grandparents think about whether this is something that your kids/grandkids might be interested in attending. Registration usually begins mid-April with auditions for speaking parts and vocal solos being held in late-April or early-May. Don't miss out on this awesome opportunity to Follow Christ, Grow in Faith, Share God's Love.



Children and Family Ministry
Becky Howard
Director of Children & Family Ministry
bhoward@gslcelca.org



It's not too late to join the VBS Fun! July 31 -

August 4, 9 am - noon. VBS is offered to children age four by 8/1/17 through those entering 5th grade this fall. Plenty of opportunities for volunteers middle school and up! We still need need lots of help/partners in fun! Whether you are in middle school, high school or an adult with a passion for sharing your faith and talents with our youth, we'd love to have you on our team! See website, narthex display or contact Becky Howard to find out how you can be a part of this year's VBS adventure.



VBS Adult Leader Meeting - July 19 at 7pm in Room 205

VBS Middle & High School Leader Meeting - July 23 at noon in Room 150 (lunch provided)

**Summer Sunday School
Children's Church is underway!**

Our summer Children's Church program will again be during the 9:30 service for preschool through elementary age children. Children begin in worship with their families at the 9:30 service. After a short children's message during the service, our Children's Church leaders lead them to nearby classrooms for child-focused activities during the sermon, prayers and offering. Children will rejoin their parents in worship just prior to Holy Communion. This program runs through July 30th!



2017 MIDDLE SCHOOL

SUMMER OF FUN

Register outside Becky's office or Youth Club Hut

Wed, July 5	6:45-8:15, Escape the Room Night @ Breakout Games Manchester, \$15 per person - limited space, first come/first reserved (full payment reserves your space)
Fri, Jul 14-15	7p Fri. - 8a Sat, Summer "Hands On" lock-in - on-site service project followed by fun, games and FOOD (in no particular order) - no cost, RSVP by 7/10
Sun, Jul 23	12-1:00 VBS Middle School Junior Guide Volunteer Lunch & Training - Volunteer registration due by 7/10; lunch meeting RSVP by 7/20
Jul. 31 - Aug 4	VBS Week-middle school junior guides needed 9a-12p M-F
Aug. 2	12-2pm Xtreme VBS for middle school VBS volunteers
Aug. 13	12-2pm Back to School family build-a-meal lunch & games; potluck instructions to follow - no cost. RSVP by 8/10

Calling all Shepherds, Care-Givers, Teachers, Mentors, Leaders, Artists, Musicians! We are planning our Children's Ministry programming for the 2017-18 school year. As you can imagine, with so many awesome families and terrific children at Good Shepherd, there is always something to do in our Children's Ministry program and we'd love to have you join the fun! Would you check out the following opportunities to see if there is a place you would like to jump in?

Sunday School 2017-18

We are excited about a new year in Sunday morning learning and would love to have you join us as part of a leadership team! Whether you are a first-time leader, parent, grandparent or seasoned teaching pro - there is much to do from 9:30-10:40am starting mid-August!

- **Classroom Leaders:** Join a teaching team of four adults in leading our preschool - middle school youth in a Sunday morning discussion (great curriculum, sure to produce smiles and learning provided). Minimum preparation, maximum potential for fun! Goal is to have a large enough team where each leader is only responsible to be in class twice a month.
- **Classroom Shepherds:**
No preparation required here! You would be that extra set of hands, eyes and ears, guiding a grade level through Sunday mornings here at Good Shepherd. Great opportunity to get to know our young people while assisting classroom leaders.
- **Music Leadership Team:**
Partnering with others, help lead our preschoolers, K-2nd grade and 3rd - 5th graders in large group opening music time each week (with more folks involved, comes more flexibility in weeks responsible for leadership)
- **Youth Club (Wednesday evenings from 5:30-7:30**
- September through April) Join our Wednesday evening fun by serving as a middle school worship skill leader (we welcome your input in leading our kids in three to four-week sessions focused on art, music, community building, etc.) ... or join the kitchen crew to help prepare the evening meal. You can sign up for one or more weeks per month!

Meet the Teacher Sunday, August 13! The fun starts at 9:30 with youth and parents meeting in the sanctuary for a blessing and official kick-off to the

celebration of learning and growing together in Christ. This will be a celebration of the opportunities ahead for God's children of all ages to learn and grow together. We hope you'll join the celebration! After the blessing in the sanctuary, opportunities to learn more about our new year in learning follow.



Kathy Rebholz
Director, Building Blocks Preschool
krebholz@gslcelca.org

What happens to Building Blocks Preschool during the summer? Summer time is spent reflecting on the previous year and preparing and planning for the upcoming year. Meetings with teachers, individually and in groups, take place to properly plan for the children's arrival in the fall. We discuss curriculum, class schedules, possible speakers, family events, and needed / desired supplies for the entire year. In addition, we attend workshops before the start of school. The learning never ends!

In addition, Building Blocks Preschool works with multiple Good Shepherd church committees to brainstorm how to better this powerful ministry. Building Blocks is truly blessed with the help and support of Good Shepherd! Thank you to Church Staff, Church Council, Facilities Management and Planning Committee, Master Planning Committee, Learning Development Team, Feed My Starving Children, Carl Christianson, Jon Fatzinger, and Scott Azzarello. Working together makes this preschool successful.



Employment Opportunity with Building Blocks: We seek a positive, motivated teacher to join our teaching staff! Please email Kathy Rebholz at krebholz@gslcelca.org.

Good Shepherd Family...

Amy Kallansrud's Windows to My World Fundraiser

- Sunday July 9, 2017 from 5pm-9pm
- The Stages at KDHX - 3524
Washington Ave St. Louis, MO 63103



Madagascar Movie Night Fundraiser

- Friday July 21, 2017: movie starting at dusk (8:30ish)
- Good Shepherd Lutheran Church- 327 Woods Mill Road, Manchester, MO 63011
- Suggested donation of \$5 per person or \$15 for a family.

College Students

We will be asking God's blessing on your school year with a special send-off on August 13th. We would also like the following information from you before you leave for school, so that we can keep up with you and cheer you on! As soon as you get this information, please email it to Pastor Amy at or put it in box #39. Even if you have filled a form out in the past and nothing has changed, please fill it out again!

Information requested: Name, College, College Address, personal email address, cell# (if you want to be added to the college GroupMe group text)

Thanks!



Christmas in July!

A FLY car wash to benefit
Operation Christmas Child

JULY 26TH

5:30-6:15pm
Lower parking lot
Freewill offering



Fellowship of Lutheran Youth - FLY
Pastor Amy Stewart
Director of Youth Ministry
astewart@gslcelca.org

Those who hope in the Lord will renew their strength. They will soar on wings like eagles
Isaiah 40:31



Upcoming FLY Events:

- | | |
|---------|--|
| July 5 | Time TBD, Despicable Me 3 (drop off/pick up at Wehrenberg, Des Peres) - bring \$\$ for a ticket and snacks |
| July 9 | 11am Youthworks Mission Trip sendoff in worship (wear team shirt); 1:30pm team meetup in the lower parking lot |
| July 19 | 6-7:30pm, Choose Your Own Adventure! Either drop off and |

pickup at 'That Painting Spot' in Creve Coeur to paint pottery and eat dinner at Jimmy John's (bring min \$15 for pottery and dinner choices) or drop off and pickup at the Chesterfield Mall (Cheesecake Factory entrance) for Knockerball and dinner in the food court (bring min \$20 to cover game and dinner choice) - RSVP for Knockerball option only, by July 2

July 26 5:30-7:30pm, Christmas in July party and Operation Christmas Child carwash (meet in lower parking lot; bring candy for gingerbread houses and carwash supplies)

July 28-30 FLY Families at the Farm (see FLY email for more information about this awesome family weekend of floating, swimming, fishing, playing, relaxing and Sunday morning worship together!) - RSVP by July 23

July 31-Aug 4 VBS helpers needed (contact Becky Howard)



Lutherans Caring for God's Creation - From Pr. Amy

Here's an easy activity for a family to do together: make a worm bin to convert your food scraps into nutrient-rich fertilizer for your garden or yard. Did you know that worms can eat half their weight in food scraps each day?

Check out the directions for this project at <http://compost.css.cornell.edu/worms/steps.html>

Non-members can take and give *Cancer-Now What?* books too

Just this week a Good Shepherd member shared this story:

"I have a friend who's not a member of Good Shepherd. She recently told me about a good friend of hers who was just diagnosed with Stage 2 breast cancer and was very upset.

"I told her about Good Shepherd's *Cancer-Now What?* Ministry and how she could drop by the church and pick up a *Cancer-Now What?* book to give to her friend and a Giver's Guide to help her present the book.

"My friend was grateful to Good Shepherd for doing this. She told me, 'I'm having lunch with her tomorrow at a restaurant close to Good Shepherd. I'll stop by, pick up a *Cancer-Now What?* book, and give it to her over lunch.'

"She added, 'Thank the people at Good Shepherd for making it possible for me to give *Cancer-Now What?* to my friend, who really needs it.'"

CANCER
Now What?

MINISTRY

Cancer-Now What? books are available for anyone who needs one. In addition to giving a book to someone you know who's dealing with cancer, you can encourage anyone to stop by Good Shepherd, pick up a book, and give it to a person who really needs it.

Service Team - Janie Wolfangel

As you know the Service Team helps to organize many service-related activities within the church and our latest endeavor has been to collect personal care items for soldiers passing through the USO at St. Louis Lambert Airport. We thank you for your generosity and I know the items collected will be greatly appreciated.

It will soon be time to start thinking about "Back-to-School" shopping - this year we hope to make back to school a little easier for students in the Normandy School District through Beyond Housing. Be on the lookout for a display in the Narthex.

Plans are still in the works for our Habitat for Humanity Joint Project - 500th Anniversary of the Reformation. Check the Narthex and Bulletin for more information.

The Food Bin for July will support Gateway 180.

Monthly Benevolence Fund:

Each month the Service Team has a theme which helps guide the selection of recipients for that month's Benevolence Fund disbursements. The theme for June was Men's Concerns. The Team researched several agencies and we were able to help: Worth Industries, the St. Peter and Paul Community Center, and Home Sweet Home. The Team also allocated funds for the Synod Assembly Special Offering, which will benefit an outreach ministry.

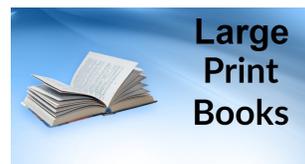
One of the agencies we supported was WORTH (Work Opportunities Rehabilitating the Handicapped) Industries. WORTH employs about 100 individuals with a variety of disabilities. They provide meaningful employment opportunities by providing assembly, recycling, packaging, and manufacturing services to a variety of business and organizations.

The Service Team meets on the first Tuesday of the month -

Due to schedule conflicts, our next meeting will be Tuesday July 27 at 7:00 p.m. in Room 205! Please join us - we are always looking for new members to join this worthwhile ministry at Good Shepherd.

Briarcrest Estates Retirement Living...

is looking for large print books to add to their library. If you would like to donate any books, please contact Betty Hartenfeld at 636-391-1189. Thank you!





Looking for Ladies interested in Summer Gathering!

Ladies will explore Kelly Fryer's "**all anew**" theme from the WELCA Gather magazine. In this lesson Kelly will share her experience of 20 years as Pastor, teacher, entrepreneur and communicator.

Join us for tea or lemonade on the 4th Saturday each month (**July 22 and August 26**) 2-4pm. We will gather at the Haugen residence 14625 Timberlake Manor Court, Chesterfield.

Interested in gathering at one or all of the summer Saturdays.... RSVP to Vicki at 571-235-3935 or vicki.haugen2@gmail.com. Hope to see you there!

St. Louis Area ELCA Lutherans Building Homes in celebration of 500th Anniversary of the Reformation

We will be part of the build in the Tiffany Neighborhood (off of Grand behind Children's/SLU Hospitals). There are 3 homes that we will work on in that neighborhood. An interesting note is that there is a home, on the same street we will be building homes, that was dedicated to Pope Francis in 2015. Choosing this site means that our build will begin in Sept. In a few weeks we will know the exact dates. We will be working with area congregations to work together on the build. We will be planning a kick-off celebration at the build site. If you have questions, please talk with Beckie Fingland, Della Bretscher or Suzie Everingham.



A "Wink" from the Welcome Ministry Team by: Elliott Haugen



It's July again and the heat has returned! Some may have vacation plans that include traveling to cooler places or some will seek cool things to do locally. Fortunately, there is a wonderful, hospitable, exciting and cool place right here - at Good Shepherd. What better experience than to hear the Word of God surrounded by friends, family, neighbors and even strangers? Summer is also a good time to ask a friend, neighbor or colleague to attend a worship service or GSLC's programs, activities and special events - many described in this newsletter and the weekly bulletins. This inviting, welcoming and inclusiveness is emphasized in the Apostle Paul's letter to the Romans (chapter 12:v13) when he wrote "Contribute to the needs of the saints; extend hospitality to strangers."

The Welcome Ministry will sponsor a new member orientation/information session in July. This two-part orientation will be held Sunday July 9 (noon with lunch and childcare) and July 16 (9:30 am). Those wishing to join will be

welcomed on Sunday, July 23 at the 9:30 am service.

This month's wink ends with a prayer: "Heavenly Father, we gather, not as strangers, but as members of your family. We are blessed to have been welcomed by those who reflect your teachings, love, and caring. Continue to lead us, awaken us, and bless us so Good Shepherd continues as a welcoming place of people, passion, and prayer. Amen"

Note: A "wink" is a brief form of communications that implies a hello or friendly greeting. Watch for future Winks with thoughts and information about Good Shepherd's welcoming ministry.

Attention CG's! Save the Date! July 20 at 11 am Room 205 - Cost \$7 at time of talk

Historical speaker, Bev Schuetz, will give a talk about J. Edgar Hoover and the FBI and examine the exciting history of America's most powerful crime fighting agency. A sign up sheet is on the CG's bulletin board. Lunch will follow at Candicci's in Ballwin on Holloway Rd. at 12:30 pm. Need more information? Contact Dottie Tubbs at 636-394 2789 or Mary Henry 636-227-6476.



Stewardship

The week of June 5th, 23 elementary and middle schoolers, 9 young adults, and a host of adults gathered around the church for our annual Music Camp to rehearse the musical, Star Quest. Each day children worked to perfect their lines, songs, and dance routines. They painted sets and created costumes, they made crafts, and laughed in fellowship

with their friends. At the end of the week, they put on two performances. The week itself is an amazing experience for all involved, but it's the performances, or better yet, it's the worship experiences that our young people of faith lead that is really amazing.

Psalm 149:1-3 (KJV) - "1Praise ye the LORD. Sing unto the LORD a new song, and his praise in the congregation of saints. 2Let Israel rejoice in him that made him: let the children of Zion be joyful in their King. 3Let them praise his name in the dance: let them sing praises unto him with the tumbrel and harp."

And that's exactly what our children did! They sang new songs, they danced, they were joyful in their love of God, and while it wasn't a harp, there was a rockin' air guitar solo! Members of Good Shepherd came to worship with them, parents, grandparents, aunts, uncles, and cousins, many who are not GSLC members, came to worship with them. In total, almost 400 people heard the mission of the crew of starship Star Quest J-316: "To share the love of Jesus with everyone in the galaxy." Doesn't that sound a lot like the mission of Good

Shepherd?

Cheers to another successful Music Camp and to all the leaders and volunteers who share their time and talents helping others express theirs. I'd be remiss in not giving props to Jamie De Geer, Julie Griffard, Karen Kallansrund, Carin Gado-Recks, Nancy Stelmachowicz, and Katherine Van Horn, for everything they do to make each year great. You're amazing!

Together in Christ,
Christina Kling-Garrett
Stewardship chair



Bible Studies During the Week

Men's Bible Breakfast - Thursday Mornings 6:15-7:15 at St. Louis Bread Co. Winchester. Join us Thursday mornings for coffee, fellowship, and lively discussion on *"Reformation: The Word at Work"* A study of the events of the Reformation and the life of Martin Luther on this 500th anniversary year of the Reformation. For info contact Shawn Geurkink at sgeurkink314@gmail.com.



Health Notes

Norma E. Anderson, RD, PhD, Parish Nurse

Because we have already had a number of days this Spring when the sun was very bright and the temperatures were in the 90's, I thought it might be a good time to remind everyone of the damage that can be done by overdoing it in the sun. The good news is that most skin cancers have a high cure rate if the cancer is detected early.

A few risk factors significantly increase a person's risk of getting melanoma:

1) Sun Exposure - It is important to protect the skin with sunscreen and clothing and never sunburn. 2) Light Skin - However, people with skin of color do get melanoma. Here, the melanoma usually appears on the palms, soles, under the nails, in the mouth, or on the genitals. 3) Family History - If one or more first degree relatives (parent, sibling or child) has had melanoma. 4) Number of moles - Having many moles (50 or more) or several atypical moles. 5) Types of Moles - An atypical mole is not cancerous, but because of its different appearance, these moles need to be closely monitored for any changes. 6) Medical History - Having had melanoma also increases your chances of having additional melanoma.

How can one protect oneself? Sun exposure is the most preventable risk factor for all skin cancer. Here is how to be sun smart: 1) generously apply a broad-spectrum water resistant sunscreen with protection from both ultraviolet (UVA) and ultraviolet B (UVB) rays. Reapply about every two hours, even on cloudy days, and after swimming or sweating. 2) Wear protective clothing, such as long sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible. 3) Seek shade when appropriate, remembering that the sun's rays are strongest between 10 am and 4 pm. If your shadow is shorter than you are, seek shade. 4) Protect children from sun exposure by playing in the shade, wearing protective clothing and applying sunscreen. 5) Use extra caution near water, snow and sand as they reflect the damaging rays of the sun which can increase your chance of sunburn. 6) Get vitamin D safely through a healthy diet that may include supplements. Don't seek the sun. 7) Avoid tanning beds. Ultraviolet light from the sun and from tanning beds can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it. 8) Check your skin. If you notice anything changing, growing or bleeding on your skin, make an appointment to see a dermatologist. Skin cancer is very treatable when caught early. Remember that important fact! Have a safe summer!

Celebrations

Baptisms

Madilyn Lillian Marie Meyers
Baptized 5/6/2017
Daughter of Jonathan & Michelle Meyers
Granddaughter of Bob and Mary Meyers.

Ethan Bennett Stahlman
Baptized 5/28/2017
Son of Bill & Stacey Stahlman

Marriages

Natalie Dallman & Barry Dellecese,
Jr.
Married 5/20/2017

Kelsey Boydston & Kyle Sherwood
Married 6/9/2017

Our Staff

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