




Shepherd's Staff

October 2016

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GSLC Calendar



Pastor Rich Wolf
Senior Pastor
rwolf@gsclca.org

As we approach the month of October, I'm reminded how busy things get here at Good Shepherd. Now, that may be true for many churches, but there's a substantial difference here at GSLC that's much more than simply a measure of volume. We're busy because lives are changed as a result of our ministry together. We're busy because we make a difference! And there are almost too many examples to count.



Many organizations do good work in the community and around the world. God bless them. They're needed. But it should be noted that we do what we do with a very specific and often quite different motivation. We serve those in need because we are people who are "Following Christ, Growing in Faith, and Sharing God's Love".

In other words, we serve because we are followers of Jesus. We care because we are followers of Jesus. We do all the things we do because Jesus has made such a difference in our lives that we simply cannot hold it all in, but must share it with everyone around us.

Of course, "Feed My Starving Children" is the most visible of the ways lives are changed as a result of our ministry together. This year's goal: 600,000 meals packed that will feed countless children and adults in far away places. Around 3,000 volunteers from the community come together with us to make a difference in our world. And all this in only four days. That's, as they say, "Huge!"

But there are so many ways that Good Shepherd makes a difference that are perhaps less dramatic, but in my mind, just as important. Even within these walls, individual lives are impacted for the better. People know that they matter and are valued. There seems to be a genuine sense of caring that pervades this place. Our children and youth are fed and nourished in the faith in ways that will serve them well throughout their lives. We worship with a sense of joy and gratitude. We know that God has blessed us with an abundance of tangible resources, and we use them in ways that impact others near and far. All these things grow out of the difference Christ has made in our own lives.

Week after week, there are so many ways that the people of Good Shepherd give of themselves to make a difference in the lives of others. They're almost more than I'm able to list here: Collecting and distributing food, raising funds for worthwhile ministries, creating survival kits for the homeless downtown, supporting a shelter for trafficked teens, starting fish farms in Madagascar, traveling near and far to serve others on mission trips, filling a hill full of pumpkins so farmers in New Mexico can make a sustainable living while the proceeds fund multiple mission projects. The list goes on and on... and there's so much more! Good Shepherd is continually making a difference in people's lives, and even though we're busy, I'm truly blessed to be a part of what we do!

Pastor Rich



Jim Anderson **Council President**

Council has been working with Pastor Rich, and the Strategic Planning team to finalize the WHIRL goals and putting action plans in place to support their achievement. We are cautiously optimistic that our Call Committee will be presenting a positive recommendation for an Associate Pastor in the coming weeks. The Stewardship team has moved forward with some great ideas for our annual campaign and we also should be coming forward with a proposal for the Campaign for Growth before the end of October.

The cultural landscape of our country is changing. By now, we are all familiar with the rise of the millennial generation - it seems every day brings more surveys and think-pieces about their impact on our world. How will they fare in the workplace? What do they spend their money on? Will they ever move out of my house?

Why don't they come to church?

The fastest-growing religious group in the United States is 'Unaffiliated'. The growth of that group has come at the expense of Christianity, especially among younger people. But there is some good news for us at GSLC. Our membership growth

includes a lot of young people. We are bucking the trend, and are thus favorably positioned as a platform to spread the Gospel.

I look forward to working with the strategic planning group, the Council and indeed our entire church to continue improving our outreach. I encourage you to look for opportunities in your own lives to reach out to the Unaffiliated, and to seek out and suggest ways that GSLC can continue to minister not just to Millennials, but people of all ages. Together we can reach the Unaffiliated in our community, from all walks of life, and lovingly welcome them into the Body of Christ.

Service Team - Janie Wolfangel

There are always many service-related activities going on that the Service Team helps to organize or coordinate. The Pumpkin Patch will soon be underway; the pumpkins are due to arrive on Friday, October 7th. Please check the table set-up in the Narthex for information on this family fun event. The Meal-a-Month Food Bin is filling fast, this month the donated items will benefit the Wings of Love and Care Youth Center in North County.

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 September was "Housing." The Service Team researched several agencies that provide help to families in need and chose to support Beyond Housing, First Steps Back Home and Lutheran Disaster Relief Fund. The team also allocated funds for Wings of Love and Care Youth Center to help with Thanksgiving turkeys.

Beyond Housing exists because home matters. They began with actual homes and housing preservation, focusing on quality and stability to give people a place to start. But there is more to a home than a house - home is about the life that happens in and around the house, as well as the life that fuels and draws out the best people within it. They focus is on improving people's lives in a holistic manner and in helping entire communities become better places to live. Their role is to listen, lead with vision, bring resources and stakeholders together, influence change and offer contributions to the community for its benefit. They take an "ask, align, act" approach.



The Service Team typically meets on the first Tuesday of every month. The next scheduled meeting is on Tuesday, October 4th at 7:00 p.m. in Room 205. Please join us!!

Meal of the Month - October

Meal-A-Month is a monthly food collection that is given to local organizations that help feed people in need in our community. Please bring your donations and place them in the big wooden box by the southeast door entrance.

The food donations for October will be going to Gateway 180; the largest 24 hour emergency housing organization in MO. They provide safe, nurturing emergency shelter and supportive housing services designed to empower adults & families to become independent and permanently housed.



Food suggestions are: canned soups, vegetables or fruit, Please check the expiration dates on the cans! Thanks for your support!



Speaker from the Alzheimer's Association, October 5, 7:00 pm

Know the 10 Signs. Separate myth from reality and address commonly-held fears about Alzheimer's disease. Find out how to recognize the signs, learn the benefits of early detection,

and discover resources to help.

Join us as we welcome Janet Smith from the Alzheimer's Association of St. Louis. October 8th. Janet's mom had Alzheimer's and passed away in September, 2015. She doesn't want to see others go through the same kind of loss, and so now she has answered the call to educate community members about Alzheimer's disease. More info at www.alz.org. All are welcome.

Summer 2017 Inter-generational Mission Trip to Cree Nation at Fisher River



GSLC is planning an International Mission Trip to the Cree Nation in Fisher River, Manitoba, Canada June 25 - July 1, 2017. This trip is offered to youth going into fifth grade through adults of all ages (individuals and families). In addition to working with community members to make improvements to this fishing community along the shores of Lake Winnipeg, we will lead a kid's club program in the community as well as learn more about the Cree culture and witness the amazing ways God is at work there. There is something for folks of all skill and interest levels!

Operation Christmas Child Julie Pathhoff

Operation Christmas Child Boxes will be



arriving soon!

You might be wondering what happens before and after Christmas with this organization:

Samaritan's Purse is the umbrella under which Operation Christmas Child resides. They are a Christian based disaster relief organization and presently they're mobilized in Louisiana.

More than 22 inches of rain left the southern region of this state looking like a house-strewn lake. Latest reports indicate 102,000 homes have been affected across 20 parishes.

Operation Christmas Child is a project of Samaritan Purse that collects and distributes gift-filled shoeboxes to millions of hurting children around the world. In 2015, boys and girls in 104 countries were reached with a record of 11,213,010 gift boxes of which 8,765,637 were collected in the US. GSLC was one of those churches that helped out. Why do they feel this is important? To demonstrate God's love & share the meaning of true meaning of Christmas.

We will be collecting shoe boxes for 2 weeks in November: 11/12 & 13th and 11/19 & 20th. All boxes must be at the church by Sunday, November 20th. Check the display in the narthex for shopping ideas now.

Shoe boxes will be in the narthex the weekend of November 5th & 6th.

Any questions: Please call Julie Patthoff@314-591-2528(c)

Dominoes Support Ministry Group

Welcome to ladies (widowed, single, divorced) of Good Shepherd to come to the Dominoes Support Ministry Group. We are meeting at church rather than our homes to invite all who are interested. We will gather together on the 2nd Saturday afternoon of each month beginning on October 8th at 1:00 pm in Room 205. You'll be with friends you already know or make new acquaintances. If you're not a wiz at playing dominoes, neither are we, making our share of goofs while enjoying a good laugh. It's all about fun, friendship, support, and dessert. I hope you're interested enough to come and enjoy a delightful afternoon together. If you'd like more information or have any any questions you may call me at 636-256-1933.



Blessings, Barb Rouse

FMSC MobilePack Event October 19-23

There are many hosting opportunities available to help out before and during FMSC. See Narthex sign ups or visit our [website](#).



Make a donation and help us meet our goal of 600,000 meals. Give an early Christmas gift in honor of someone and save a child's life. See the FMSC table in the Narthex for more information...Questions? Contact Suzie Everingham at severingham@gslcelca.org or 636-391-6685.

Pumpkin Patch 2016



Pumpkin Patch News

Before we know it our north property will be filled with pumpkins. Families from all around our area will be coming to share time together picking out a pumpkin. In addition to being a great community outreach, this year the Pumpkin Patch will support the following three projects:

- **Be Like Jesus** youth event will again be funded by the Pumpkin Patch this year. At this event, 3rd - 8th graders do God's work in over 30 different outreach and service projects.
- **Intergenerational Mission Trip** in the summer of 2017. Proceeds will go for the building materials for the projects to be done on this trip.
- **With God's Little Ones** mission project in Madagascar, Cambodia, and the Philippines. Pastor Rudy and Dorothy Schaser, Melissa Huse, and Suzie Everingham all traveled to Madagascar this summer. The people there requested assistance with building more schools, family gardens, and building fish ponds which will both help provide more food in school kitchens and on family tables.

The Pumpkin Patch also has a profound impact on the people living on the Navajo Reservation in Farmington, New Mexico where the pumpkins are grown. With unemployment at 42% on the reservation, the Pumpkin Patch employs a staff that is 100% Navajo and hires over 300 additional Pueblo workers for the harvest. For many of the workers, the Pumpkin Patch is the only opportunity to provide for their families.

Set-Up Sunday, October 2 at Noon. Meet in Room 205 for a quick lunch, then up to the north hill to set up the patch!

Save the Date - Help unload pumpkins!

Friday, October 7th at 4:00pm - Join the fun on the north hill as we 'pass the pumpkins' from the truck to the pods. There is a job for all ages, so bring the family. Come for the whole time or just join us for an hour - whatever time you have available will help make the job go quicker. ATTENTION students & scouts...come earn service hours!

Pumpkin Patch cashier/sales training dates

Wednesday, October 5th at 6:30pm - & Sunday, October 9th at Noon. Learn open/close procedures, important money handling procedures and pumpkin care tips needed to help out at the patch.

Fall Festival & Bake Sale October 15th 10:00 am-5:00 pm

Games, crafts, face painting, fun fall science, pumpkin tossing with the trebuchet, bake sale...a day full of fun. Check the Pumpkin Patch display in the Narthex to sign up to help or bake a treat for the sale.

Pumpkin Patch Sign-ups

We're using SignUp.com (previously VolunteerSpot) to organize our upcoming Pumpkin Patch. Here's how it works:

1. Click this link to see our SignUp on SignUp.com:
<http://signup.com/go/pXM6fe>
2. Enter your email address (You will NOT need to register an account or keep a password on SignUp.com)
3. Review the options listed and choose the spot(s) you like.
4. Sign up! It's that easy!

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please sign up manually at the Pumpkin Patch display in the Narthex.



Music Ministry

Jamie DeGeer

Director of Music Ministry

jdegeer@gslcelca.org

2016 Annual Christmas Cantata Choir

Kick-off Event, Thurs - Oct. 6th

- Music & CD Pick-up starting at 6:15 pm - Hallway Outside Rm #205
- Cantata listening at 7 pm - Kick-off choir rehearsal 8-9 pm Music Rm.#208
- Dinner at 6:30 pm - RSVP by Monday Oct. 3rd. jdegeer@gslcelca.org
- Regular Cantata rehearsals singers 6th grade and up Thursdays 8:15 pm. Rm. #208



2016 Annual Christmas Cantata Orchestra Kick-off Event, Sat - Oct. 29th

- 9-11:30 am in Music Rm #208
- Regular Cantata Orchestra rehearsals Players 9th Grade & Up Intermediate Level - Tuesdays at 7:30 pm - 11/1, 11/8, 11/15, 11/29 Music Room #208

The Christmas Cantata is an annual event at Good Shepherd that provides opportunities for the entire congregation to share the Good News of Jesus' Birth with family, friends, neighbors and the community. From singing in the choir or playing an instrument in the orchestra to inviting someone to attend as your guest,

your participation is essential in making this special event a success. Please consider how you would like to be involved in this GSLC Community Celebration! If you have questions, contact Jamie De Geer at 636-391-6685 or jdegeer@gslcelca.org. This year's cantata will be presented at Good Shepherd on Saturday, December 10th at 5:30 pm and Sunday, December 11th at 9:30 am. We will also do a presentation at Meramec Bluffs on Tuesday, December 6th at 7:00 pm.



All Saint's Sunday - November 6th

Come celebrate with us when our JOINT CHOIR sings during the 8 & 9:30 services on All Saints' Day!

All singers (6th grade and up) who are interested in participating in this group should attend a rehearsal on Thursday, November 3rd at 7:00pm. You don't need to be currently involved in a choir to participate in the joint choir. Please join us!

Bells and Brats!

Bell Concert & Sausage Supper November 6, 4:00 pm Sanctuary & Gym

Continue our All Saint's Day Celebration by attending our Bells & Brats Event. We welcome the Gateway Ringers as they present a concert for us in the Sanctuary. The concert is free & open to the public.

This Gateway Ringers program is entitled "Soundtrack - Music from the Silver Screen" and features both familiar and unusual selections. Gateway Ringers put their spin on Disney favorites from "Mary Poppins," "The Little Mermaid," "Pocahontas," and "The Lion King." Elmer Bernstein's "The Magnificent Seven" is given a rhythmic and rousing treatment. Themes from "The Lord of the Rings" and "Pirates of the Caribbean" are also featured, as well as music from "To Kill A Mockingbird," "Amadeus," "Henry IV," and "The Sting."

A free will offering will be collected. Afterwards ...head down to the Lower Level Gym and enjoy a wonderful meal of bratwursts and all the yummy sides.

Chronologically Gifted (CG's) - Christmas Lunch - Save the Date

Thursday, December 8th - for our Annual Christmas Luncheon. More details will follow in November - look for the sign-up sheet that will be posted soon.





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

Sunday School Classes meet from 9:30-10:40, age two through adults. Come Grow with Us!

Thank you for being a part of God's Work, Our Hands weekend!

On Sunday, September 11, Good Shepherd joined many ELCA churches across the country with the God's Work, Our Hands dedicated day of service. In addition to donation collections, 120 volunteers of all ages provided these services:



God's work.
Our hands.

FLY youth created dog toys from recycled t-shirts for area animal shelters
6-8th graders made 1,500 bologna sandwiches for the Historic Trinity Lutheran outreach for the homeless
3-5th graders made notes & packed 100 person hygiene kits for the residents of Gateway 180 Homeless Center
Kindergarten - 2nd graders created 62 prayer pillows to share with the residents of Gateway 180 Homeless Center
Pre-K children created thanksgiving crafts for families receiving Thanksgiving baskets
Little Lambs & Preschoolers created handprint fall prayer wreaths for residents of Meramec Bluffs Senior Center

Trunk or Treat- Saturday, October 29, 6:30-8:00pm



Join us for a family friendly Halloween costume party in the Good Shepherd Gym and rear parking lot. There will be fellowship, fun and of course TREATS! Please invite friends, family and neighbors to come celebrate with us. After games & activities inside, the kids will parade outside and trick or treat in the parking lot.

Everyone is invited to decorate their cars & bring treats to to hand out to trick-or-treaters. We do need volunteers to monitor a game for 30 minutes. Please contact Viki Longfield at viki1041@aol.com

Youth Club

The fall session of our mid-week Youth Club program is underway for SOS and PREP, including Confirmation instruction for 6,7,8th grades. Special events for October are:

- Oct 2 SOS Youth in Worship at 11am
- Oct 5 Youth Club / PREP Bring-a-friend Night
- Oct 12 Youth Club - Pastor Appreciation Night
- Oct 15 Pumpkin Patch Fall Festival & Trunk or Treat (SOS Help needed)
- Oct 16 PREP in Worship at 11am
- Oct 19 Youth Club families - FMSC food packing shift 5-7:15 pm.
Dinner at 4:30 in classrooms
- Oct 26 Youth Club Super Hero Costume Night

Call Becky Howard at church for more information about our mid-week youth program. It's never too late to join us!



Faith Milestone Celebrations -

We celebrate milestones along our faith journey. Here are a few so far this year...

On Sunday, August 21, our Little Lambs (2-year-old Sunday School youth) and their families celebrated the "First Bible" Milestone. During the celebration, parents fulfilled their baptismal promise of placing God's Word in the hands of their children

On Sunday, August 28, 6th grade youth celebrated a faith milestone recognizing the start of their confirmation instruction

On Sunday, November 6, our first graders will celebrate the Small Catechism faith milestone.

Sundays, November 6, 13, 20, our 3rd graders will be celebrating the "Books of the Bible" faith milestone. Personalized bibles presented on November 20 at 11:00 AM service

Monthly Sunday Morning Parenting Group

As parents we do a really good job at trying to meet our children's needs. We bring them to Sunday School, youth group, service projects, etc. But do we meet our own spiritual needs? Consider joining us at our once monthly Parenting Group on Sunday mornings. Do you seek Bible Study? Do you need Christian parenting advice? Do you want to get to know other parents with similar age children? Do you want to form small groups? Or do you simply desire a break and more fellowship time? Join us on Sunday, October 9th, at 9:30 in the gym for fellowship, coffee and discussion. Please contact Emily Horning at 636-326-4209 or emilyhaydenhorning@yahoo.com with further questions!

Monthly Family Fellowship Sunday

Join us in the gym from 10:30-11 on Sunday, October 9th for some fall fun and family fellowship time.

Sunday Morning Adult Education

Sunday Morning Topical Class - 9:30 am - Room 205

October 2	"WithGod's Little Ones" (update of 2016 Trip to Madagascar) working for the well being of disadvantaged and endangered people in portions of Africa and Southeast Asia.
October 9	"Understanding our Lutheran - Jewish Relations" via Evangelical Lutheran Church in America
October 16	"Our Neighbors, Our City" with speakers Marques and Pastor Amy Stewart
October 23	"Feed My Starving Children" (class participates in packing)
October 30	Discussion of "All Saints Day", highlighting various Christian Saints

Sunday Morning Bible Study - 9:30am - Room 108

Martin Luther said: "*The Bible is alive, it speaks to me; it has feet, it runs after me; it has hands, it lays hold of me.*" We discuss what God has to say and how we can put it into practice. Check the weekly announcements to see the topic of study. We are blessed with Retired Pastor Dick Hoffmann as the resident Bible scholar of the group. Discussions are inspiring and lively! All are welcome! Questions? please contact Steve Spoerle at fsspoerle@gmail.com



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



Good Shepherd's preschool ministry is reaching beyond the walls of the church and touching the hearts and minds of families throughout this community. Building Blocks Preschool has had a fun, safe start to the school year! Our classrooms are filled with curious children who are eager to make friends and explore the environment around them.

Building Blocks' families enjoyed the Ice Cream Social at Bluebird Park and visited with new families. Safety always plays a big role throughout the school year!



Our



teachers participated in an intruder drill class by St. Louis County Police. West County EMS and Fire Department trained our teachers in First Aid and CPR. Their fire fighters and Safety House director visited our school to discuss fire and sidewalk safety.

In addition, a big thank you to Good Shepherd's Facilities Management & Planning Committee who researched and implemented a walkie-talkie communication system for our teachers to use throughout the building. Church volunteers, Carl Christianson and Jon Fatzinger, are valued members of our ministry and completed many maintenance projects before the school year began. Our Building Blocks Preschool community looks forward to a wonderful school year together!



Fellowship of Lutheran Youth - FLY
Pastor Amy Stewart
Director of Youth Ministry



astewart@gslcelca.org

- October 2 6:30-8pm FLY night
6:30-8pm "Saving for College" Parent Workshop
- October 7 4pm FLY family fun and service - pumpkin unloading
- October 9 11am FLY helps lead worship
4:15-6:30pm C+ Praise Band rehearsal
6:30-8pm - FLY Night
- October 16 1-5:30pm FLY goes to Go Ape (\$45, RSVP by Oct 1)
- October 21 7:15-9:30pm FLY Feed My Starving Children Pack
- October 23 4:15-6:30pm C+ Praise Band rehearsal
6:30-8pm FLY night
- October 30 6:30-8pm FLY night pumpkin carving (bring a pumpkin!)
6:30-8pm parent fellowship (location TBD)

"Saving for College" Parent Workshop

All parents are invited to a FREE pizza dinner and workshop on saving for college and understanding financial aid (hosted by Thrivent and UMSL). This event will be on Oct 2nd, 6:30-8pm, in the gym. It's never too early to start thinking about this important topic! Please RSVP to Pastor Amy by Sept 28th: stewart@gslcelca.org



Lutherans Caring for God's Creation - A Message from: Pr. Amy Stewart

In the book of Genesis, God says that we are called to have "dominion" over God's good creation. This word is best translated as "steward" or "caretaker" which is a far cry from how we think of dominion these days. "Lutherans Caring for God's Creation" (LCGC) is a new addition to the newsletter, which will give easy, practical tips and ideas for individuals or families to do to be good stewards of creation.



This month's topic? Water! Did you know that by turning off the water while you brush your teeth, you can save three gallons of water per day?! And try this easy

tip: when a glass of water is left unfinished, instead of pouring it down the drain, use it to water plants or just toss it out over the grass. Finally, when taking your car to a car wash, be sure it's one of the many that recycles its wash water.

Have other creative ways that you or your family have been good caretakers of the earth? Share them with Pastor Amy for future LCGC columns!



Children's Library Improvements

Did you know that we have a Children's Library here at Good Shepherd? It is on the lower level, same hallway as the elevator. We

have quite a collection for readers of all ages - from preschool, elementary, pre-teen, young adult as well as some parent resource books. While we are in the midst of making some improvements to the space, we would love to have any gently-used books (preschool, elementary, pre-teen and parent resources) that you'd like to share with us. There is a collection basket in the library - Room 135. Thank you and we will keep you posted on improvements in this awesome space!

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



Good Shepherd Lutheran was blessed again when the following 13 wonderful people recently joined our Church: Walt Breville; Morgan (Verseman) Copeland; Kathleen Gilbert; Erin and Nick Langan (son Benjamin joined through baptism in July); Kay Ludwig; Susan, Chris and Hailey Pingel; Pat Pingel; Denise Reinking; and Dawn and Scott Schwab. GSLC is proud of its tradition and mission of being a welcoming community of believers; these new members affirmed that friendliness and caring were certainly evident as they visited GSLC. Please check out photos of them on the board near the coffee counter and continue to welcome them and invite them to join groups and activities in which you may have shared interests.

New members are often drawn to a church because they are invited. Therefore, the Welcome Ministry Team has prepared an invitational handout describing GSLC's worship services, youth-focused programs and community-oriented events, e.g., Pumpkin Patch, Fall Festival, Trunk or Treat, FMSC, Bells and Brats, Thanksgiving Eve Service, Christmas Cantata, and Christmas Eve services. Pick up this bright orange handout at the Welcome table and share it with your family, friends and neighbors. These hangtags will also be distributed at the Pumpkin Patch and other GSLC October events.

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 GSLC's church-wide welcoming ministry.

Make an impact with Thrivent Action Teams



What's your passion? Thrivent Action Teams are a way for Thrivent members, family and church community to get involved to make a difference in a congregation or community. The project should bring people together for a one-time fundraiser, service activity or educational event that can be completed in 90 days. Check out the display in the narthex near the Costco entrance. Getting started is Easy.

A Thrivent member identifies an unmet need and then completes an on-line application at Thrivent.com/actionteam. Once approved, the Thrivent member will receive a Thrivent Action Kit in the mail. It comes complete with promotional signage, T-shirts and other resources to make your project a success. It even comes with a Community Impact card with \$250 seed money to help cover some of the costs like promotional, materials and rental expenses. It's not intended to be used as a gift or a grant. The idea is to inspire more people to take action and together make an even bigger impact.

If you are not a Thrivent member and would like to learn more about membership and all the benefits, visit Thrivent.com to find a representative near you. Good Shepherd is served by Troy A. Bixler, Financial Associate Thrivent Financial® Office: 314-270-9567 Email: troy.bixler@thrivent.com. GSLC Congregational Advocates are Vicki Haugen and Scott Martin.



Project Boomerang - Donations Needed

The Scrappy Ladies of Project Boomerang are in need of used and new all occasion greeting cards. Please include blank envelopes when you make your donations in the basket in the narthex (near the Costco entrance).

The Scrappy Ladies assemble blank greeting cards to encourage the troops away from home to connect with their family and friends. The Scrappy Ladies have distributed over 3600 blank greeting cards in 2016. Letters of appreciation have been received from Afghanistan, Iraq, the St. Louis Fisher House and the USO at Lambert Airport.

Bible Studies During the Week

Monday Night Bible Study Mondays at 7:30 pm in Room 108. (Meets on the 2nd and 3rd Mondays of the month)

Men's Bible Breakfast - Thursday Mornings 6:15-7:15 at St. Louis Bread Co. Winchester. Join us Thursday mornings for coffee, enlightening discussions, and great fellowship. We are presently discussing the book - *"The Deeper Journey - Reflections on Life and the Good News"* by Rev. Dr. Tom Schoenherr. A thought provoking collection of Pastor Tom's blogs that invite us to integrate contemporary issues with a Christian perspective and spiritual depth. For more info contact Shawn Geurkink at sgeurkink314@gmail.com.

CG's Bible Study is back in session! Meets the 2nd and 4th Thursdays of the month at 10:00 am in Room 205.

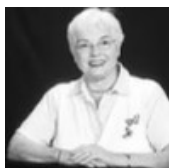
Praying Moms Bible Study Meets each Tuesday at 9:30 am in Room 107.

Naomi Circle If you are interested, please call Barb Rouse at 636.256.1933 or Joanna Brooks at 314.640.4946. The Naomi Circle meets the second Thursday of the month either at church or in homes to discuss the lesson from the Women of the ELCA Gather magazine which offers articles, theological reflections, devotions, and stories of comfort and challenge that helps readers grow in faith and engage in ministry and action. All are welcome!

Thursday Women's Lunch Bunch Thursdays at noon in Room 205. Bring your lunch and a drink and join us for a Beth Moore Study titled "Children of the Day." This is a nine week study that is a verse-by-verse study of 1 and 2 Thessalonians. During this nine week study there will five daily lessons for you to complete, and each week the group will discuss these lessons and watch a video. Also during the nine weeks, you will learn how to get past mistakes and discover your circumstances are not coincidental-God's timing is impeccable! For more information please email Joanna Brooks at joannabrooks2000@gmail.com or call 314.640.4946. In order that we have enough participants books, please let me know that you will be joining us so you will have a book! All are welcome!

Our Neighbors, Our City

The next session is Monday, October 3. The dialogue about racism continues. Speakers and topics to be announced. Babysitting & light snacks provided. 6:30 pm - 8 pm in Room 150.



Norma E. Anderson, RN, MPH, PhD

Parish Nurse

Cold, Flu or Allergies?

Your eyes itch, your nose is running and you've been sneezing. Is it a cold, flu or allergies? Understanding the differences will help you avoid unnecessary medications or those that might make your symptoms worse.

Allergies are triggered by something in the environment. In summer, grasses and ragweed are common culprits. With allergies, your immune system overreacts, which can cause wheezing, itchy, runny nose, and watery or itchy eyes. Allergies last as long as you're exposed to the allergens. Pollen from plants can last for six weeks. Colds and flu rarely last more than a couple of weeks. It's important to treat allergies because allergic symptoms can interrupt sleep and people with allergies are more susceptible to sinus infections. Experts in the allergy field advise that before taking any allergy medication, including over the counter meds, be sure there are no contraindications to any other meds currently being taken.

Viruses cause colds and flu. As a rule of thumb, the symptoms associated with

the flu are more severe. Both illnesses can lead to a runny, stuffy nose, congestion, cough and sore throat. But the flu can also cause high fever that may last for 3-4 days, along with a headache, fatigue and general aches and pain. These symptoms are less common when you have a cold (note: our flu shot clinics are scheduled for Sunday, Oct. 2 at Trinity, 8-12 in the gym, and Saturday, Oct. 8, 5-7 p.m. and Sunday, Oct. 9, 8-12, both in the church office at Good Shepherd.)

People 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. According to the C.D.C., between 50 and 70 percent of seasonal flu-related hospitalizations have occurred among seniors. The flu, especially, can make chronic health problems worse. If you have multiple health issues or a compromised immune system, a flu shot can be an appropriate choice for you; ask your physician. Unfortunately, flu vaccine is less effective in seniors, but this should not preclude them from getting vaccinated.

There are a few prevention strategies to help keep cold and flu from spreading this fall and winter. The CDC recommends that you: 1) Always wash your hands, especially after nose-wiping, using the bathroom and before eating and preparing food. 2) Disinfect your environment. Clean commonly touched surfaces such as sink handles, door knobs and sleeping mats. 3) Use instant hand sanitizers to stop the spread of germs. 4) Use paper towels instead of sharing cloth towels. Prevention also means keeping your immune system strong and healthy. So, don't smoke and avoid secondhand smoke. Also, avoid antibiotics if they are not needed. Eat a healthy diet and get plenty of exercise, as both help keep your immune system strong in all seasons.

Celebrations

Baptism

Violet Mensie - September 25, 2016
Daughter of Josh & Lauren

Marriage

Kurt Fatzinger & Amy Wright
September 10, 2016

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Good Shepherd

LUTHERAN CHURCH, ELCA

Manchester, Missouri