



Shepherd's Staff

September 2016

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Pastor Rich Wolf
Senior Pastor
rwolf@gslcelca.org

Where Are We Going?
And How Do We Get There?

What will Good Shepherd look like in the future?
What are our short term and longer term goals?
And how will we accomplish them?

These are the kinds of questions that I along with Church Council and the Strategic Planning Team have been seeking to answer. Of course, prayer and the guidance of the Holy Spirit is essential every step along the way. Self-discernment is also important. Asking ourselves questions like:

- What are our strengths?
- Where can we improve?
- What obstacles and opportunities lie ahead?

Those are the very things that the Church Assessment Tool (CAT) was designed



to determine. We received a lot of data and listened to the thoughts and perceptions of the congregation.

Several things were quite clear. The people of Good Shepherd love their church deeply and are committed to seeing it grow and thrive. They are also clear about her Mission (whether they remember the exact words or not) - Good Shepherd's mission is "Following Christ, Growing in Faith, and Sharing God's Love." The people of GSLC have been working together to put those words into action for a very long time. And as a result, this church has made a real difference in many peoples lives.

At the same time, the CAT survey seemed to indicate that the congregation is looking for more pastoral leadership and direction. That seems quite understandable in view of the rather lengthy pastoral transition. (Another way to put it-many folks are wondering where the new pastor(s) are going to lead us, and aren't quite sure yet where that will be.) I understand this. Trust takes time to build, and it is earned rather than simply given. But I also know that we cannot simply "hover in place" until then. Today, more so than ever, time is truly of the essence. We cannot wait long to start to move forward again in mission.

With that in mind, (as God gives me the grace to do so), I intend to do my very best to point us in a positive direction, building on the strengths that GSLC has in abundance.

Very soon, we will focus on some short term, achievable goals that will get us moving forward in ministry. None of them is particularly earth shattering, but they reflect the (rather accurate) perceptions people shared in the survey.

You may have already have heard about them referred to as W.H.I.R.L.

- W Improving the quality of our Worship
- H Providing Healing to those broken by life's circumstances
- I Increasing active Involvement in the work of the church
- R Providing opportunities for more meaningful Relationships among our members
- L Developing and mentoring new Leaders for the future

Very soon we will share more specific details of how we are going to accomplish these goals. At first glance they may seem like baby-steps, (and maybe they are), but this is only the beginning. There is much more that we can and will do. I for one, am excited about the future of GSLC. How about you?

Pastor Rich



During VBS the week of July 25th here at Good Shepherd, Becky Howard and her able volunteers turned our unassuming building into the Surf Shack, "Catch the Wave of God's Amazing Love!" for children from the church and surrounding community. I attended the family night program and was impressed and encouraged by the enthusiasm of these kids. Through the week they collected food items for the ministry of Otis Woodard, continued by his sons, and stuffed animals for local law enforcement to give to children they encounter on the job. God is good, all the time! All the time, God is Good! Way to go campers and Becky Howard!

The Call Committee continues the call process for an associate pastor. Catherine Franz has joined the committee as a youth representative in the place of Kari Christensen, who is off to Ball State this Fall. We continue to pray for the Committee and look forward to a successful search for the right person to join and help lead our vibrant ministry.

The Campaign for Growth is set to kick off in October. Our campaign is bolstered by our CAT Survey and the resulting areas of emphasis and goals. Recently, Milt Blood shared the following with me: "People give to success. They want to support organizations that accomplish things." From ongoing events like Men's Bible Study (currently studying a book by our own Tom Schoenherr) and monthly collections for local food pantries, to annual events like VBS and Habitat/Thrivent Builds, our congregation is busy. This month is the God's Work, Our Hands event on September 10/11th. In October, we will pack over 600,000 + meals to feed hungry kids thru Feed My Starving Children.

October is also Pumpkin Patch time, when we become the 'pumpkin church' to the local communities. I am continually in awe of our accomplishments!

One of my personal goals is for Good Shepherd to become a more involved congregation with our local Synod. Did you know that Good Shepherd is the third largest congregation in the Central States Synod? How about the fact that we are the number one contributor of benevolence to the Synod? I think we can do even more with them, like putting forth members to serve on the Synod Council and working to help the Synod grow Area 10 (Northeastern Missouri), as well as continuing to help and reach out to ELCA congregations here in the greater St. Louis area. Please let me know your thoughts and ideas on how we can accomplish increased collaboration with our Bishop and Synod.

Stewardship Committee

Growth: "The process of growing. Increase, expansion."

Over the next few months, you will hear stories from members of Good Shepherd in temple talks, newsletter articles, and blogs. These stories are intended to showcase how each of us can, and have, contributed our time, talents, and treasures to Good Shepherd, and how the "Growth Campaign" can lead us into the future.

Many of you know me as a (former) member of Council, bell choir, or as an assisting minister, while others of you have watched me wrangle my kids in the front pew each week. A few years ago, my younger son listened intently to a temple talk on how we see our church now vs how we will see it in 5 years. As I listened, I also watched him. He drew a picture of "now" - where he saw a realistic representation of people in the pews with Pastor in front and a table of donuts behind a wall. Then he drew the "future" picture where each pew was jam-packed with stick figures and right next to Pastor was a table labeled "Donuts!" This may have been a six-year-old's idea of how to grow the church, but I use it now as an example of how each of us should not to be afraid to share our ideas to help the church move forward.

During our campaign, we prayerfully ask that you consider sharing your personal "donut vision" with your brothers and sisters in Christ - why you love GSLC, where you see us going in the future, and how we will continue to enable our mission to grow in faith, follow Christ, and share God's love. Your vision may not include a table of donuts by the rail, but growth, whether it be through donations of time or resources, are needed. Growth is achieved by combining what we have with something new. Nothing in life is certain, there is always risk involved; however, what is certain, is that God is faithful and won't let us fall as we journey towards the future together.

In Christ,
Christina Kling-Garrett
Co-chair Stewardship

Service Team - Judy Leach

There are always many service-related activities going on that the Team helps to organize or coordinate! The Back to School donations were distributed to Normandy School District students on August 6. Thanks to all who contributed!! The Meal a Month food bin was full to overflowing at the end of July. The 470 people served by the St. Trinity food bank in Carondelet appreciated the MANY donations!! Coming soon: Habitat for Humanity will have another build day which volunteers can sign up for. And there will be a Fish Fry on Sept. 25 to benefit With God's Little Ones.

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 August was "Health." The Service Team researched several non-profits that provide health care to under served populations and chose to support the Crudem Foundation and Nurses for Newborns.

The Crudem Foundation - Founded in 1968 by the Brothers of the Sacred Heart,

this Foundation built and runs a 125 bed hospital in the town of Milot in northern Haiti. The hospital houses a Nutrition Center for malnourished children, staffs a mobile clinic that serves rural villages and runs a program for the prevention and treatment of HIV/AIDS. In addition it recruits and organizes medical mission teams to serve in Haiti.

The Service Team typically meets on the first Tuesday of every month. Our next meeting will be on Tuesday, September 6 at 7:00 PM in room 205. Please join us!!

God's Work, Our Hands Sunday, September 11th



Come join us for our fourth annual Good Shepherd "God's Work, Our Hands" Sunday! This year, there are opportunities for service projects here at church during the Sunday morning education hour (9:30-10:30). Hands from our two-year-old Sunday School class through our adult learning groups will be involved! Throughout the weekend, we will also be highlighting some of the ongoing hands-on ministries here at Good Shepherd. In fact, we will be collecting the following items to help support these wonderful ministries: double-fold wide bias tape; grosgrain ribbon (1-1/2" to 2"); 3 skeins of LION BRAND Homespun Yarn; 100 washcloths, 100 deodorants, as well as monetary donations to help support the community garden. You will also have the opportunity to sign-up for the many hospitality opportunities for the Feed My Starving Children pack (October 19-23). There are so many ways we can reach out with our hands, hearts and feet to do God's work ... we hope you will join us!

Meal of the Month September



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.

Needed Items:

macaroni & cheese, Stove Top
Stuffing, cranberry sauce, spaghetti
noodles, boxed cereal

Donated To:

Wings of Love, Youth Care
Center, St. Louis
(International Crisis Aid Inc.)

Fish Fry

Sunday, September 25 at 12:30 p.m. Mark your calendars now for a Fish Fry to

raise funds for Fish Farms in Madagascar. Fish Farms enable communities to both feed and provide funds for the community. At that time - we will, also, share pictures from the Madagascar trip. More information to come.

Intergenerational Mission Trip - Summer 2017

Interested in going on a mission trip with GSLC folks middle school age and up? Want to put your faith into action in an exciting way? Plans are currently underway for a summer 2017 trip to be determined. The intergenerational mission trip (for youth entering 6th grade in August 2017 and up; individuals or families) will again be partnering with World Servants. If you would like to be part of the planning team for this week of service, fellowship, regrowth and renewal, please check out the information booth in the Narthex.



Dresses for Missions

The Sewing Mission Team meets on the third Tuesday of the month at 9:00am in Room 150. They sew dresses & other items for children in great need in other countries. If this is something that interests you, please join! Donations to support this mission are also welcomed. Contact Sandi Bahr @ sandi_bahr@hotmail.com.



FMSC MobilePack Event

It's not too late! Turn hunger into hope with your own two hands.

October 19th - October 23rd we will be packing 600,000 meals. Two hour shifts: both sitting and standing positions are available.

We need your help. If you wish, we have cards in the Narthex (at the FMSC display), that you can use for friends/family gifts for Birthday/Christmas - letting them know that gifts were designated to FMSC. Checks can be made out to GSLC with our Mobile Pack Event Number: 1610-103AU with FMSC noted on the check.

Each meal costs \$.22 (less than a quarter). So wouldn't it be fun to challenge your family or friends to a quarter contest? How many can you collect by our Pack Date? Do you work for a company that matches volunteer hours? Can you get a team of friends to support you with this ONCE a YEAR OPPORTUNITY?

Each adult packs approximately \$50 worth of food. Have you posted or shared this event on your Facebook or Twitter account?

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

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.

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.

Habitat for Humanity

Seeking to put God's love into action, Habitat for Humanity brings people together to build homes, communities, and hope. YOU can help Habitat for Humanity Saint Louis fulfill its mission by volunteering on one or more of the following Saturdays:



Build date: Sept. 17

Build location: Just south of the Chain of Rocks Bridge off of Riverview.

Hours: 7:45am - 3:30pm; a full day commitment is required.

No building experience is necessary. All volunteers must be at least 16 years old. Sign up in the Narthex so you don't miss being part of this amazing project! There are a limited number of volunteer spots available for each day. You will be notified via email with additional instructions, directions and waiver information. This year Good Shepherd is teaming up with 3 other churches (Salem Methodist in Ladue, St. Timothy Episcopal and Manchester United Methodist) to provide financial support and volunteers for the Build. Questions? Contact Jean Krammer at jean.krammer@gmail.com or 636-236-9897.

Our Neighbors, Our City

Next session is Monday, August

29th. The dialogue about racism continues. Speakers and topics to be announced. Babysitting provided, as well as light snacks. 6:30 pm - 8 pm in Room 150.



Our Neighbors, Our City

DISCUSSIONS ABOUT RACISM

August 29, October 3, November 7, December 5

Rm 150 6:30 - 8 pm Babysitting & Light Snacks Provided



Welcome Ministry Team

A Wink From The Ministry Team

Have you ever completed a jigsaw puzzle, built with Lego blocks, or played Scrabble or Words with Friends? The individual pieces, blocks, or tiles are colorful, different, and even unique. However, when they are combined and connected to each other they become something even more special. Science uses the term "synergy" when two or more things interact or cooperate to produce a combined effect greater than the sum of their separate effects. That's how God's presence in our lives adds to everything we do and experience. This synergy is evident every time we participate in worship, service projects, education classes, small or large group activities, or share our love and support with others.

The personal relationship between God and each of us is also the model of how we can be blessings to others by including them in our lives, prayers and Church. You certainly don't have to be a member of Good Shepherd to be part of our community of God's children, but many find that a formal relationship adds an extra dimension to their experiences here. Therefore, we are holding new member orientation sessions on August 21st at noon and August 28th at 9:30am, followed by the opportunity to join on Sunday, September 11. Help to spread the Word!

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.

Music Ministry
Jamie DeGeer



Director of Music Ministry
jdegeer@gslcelca.org

2016 Annual Christmas Cantata

Choir

Kick-off Event Thursday - October 6th



Music & CD Pick-Up starting at 6:15 pm - Hallway Outside Room #205	Cantata Listening at 7:00 pm Kick-Off Choir Rehearsal 8-9:00 pm Music Room #208
Dinner at 6:30 in Room #205 RSVP By Monday, October 3rd jdegeer@gslcelca.org	Regular Cantata Choir Rehearsals Singers 6th Grade and up Thursdays at 8:15 pm Music Room #208
Orchestra Kick-Off Event Saturday - October 29th 9:00 AM - 11:30 AM Music Room #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! Contact Jamie DeGeer 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-TBA.

Children and Family Ministry
Becky Howard
Director of Children & Family Ministry



bhoward@gslcelca.org

Youth Club / Confirmation Instruction starting this month! Youth Club is our mid-week Christian education, fun and fellowship program offered to children in grades two through eight (grades 6, 7 and 8 will receive Confirmation instruction as part of this program). The goal of this volunteer-led ministry is to help our youth develop a positive relationship with God, peers and adults, and to understand that they are awesome children of God with much to share. The opportunity for mid-week fun and friendship is a bonus!

PREP (Primary Religious Education Program) is our mid-week program for youth in grades two through five starts each Wednesday at 5:00. Our PREP youth will begin their evening in the gym for games, then on to music before heading to dinner at 6. Dinner will be from 6-6:30, followed by faith growth and fun from 6:30-7:30. PREP meets for two 8-week sessions - the fall session will begin on September 28th. Parents, please join us for an important meeting in the sanctuary from 7-7:30 on September 28th!

SOS (Servants Of the Spirit) is our middle school ministry program for youth in grades six through eight and meets from 5-7:30 for 13 weeks in the fall and 13 weeks in the winter/spring. Our 2016-17 year will begin on September 7. We invite all parents to join us for an important parent meeting on September 7 from 6:45-7:30 in the sanctuary. SOS evenings start out with Confirmation instruction, led by our Pastors and staff. Each week, we share a family style meal from 6-6:30, followed by after-dinner programming that includes opportunities for team building, fellowship, service and a variety of ways for youth to share their gifts in worship, in the community and with each other! Please contact Becky Howard at 636-391-6685 for more information!

Youth Club Cooks Needed! We need dinner teams to help prepare and serve meals to our Wednesday evening groups of 75-80 folks. This is a great opportunity to serve our awesome young people, get to know others in the congregation, and eat a yummy meal. Easy-to-follow recipes provided! Contact Becky Howard if you are able to plug in for a Wednesday evening or two per month (help is needed from 4:45 - 6 and 6-7:30) from September 7 - December 7 this session!

Youth Club in September Wednesday evening faith, fun and fellowship program for youth in 2nd - 8th grades:

- | | |
|--------------|---|
| September 7 | First night for 6th, 7th & 8th grade SOS Confirmation class (parent meeting from 6:45-7:30) |
| September 14 | Week two of SOS |
| September 21 | Week three of SOS (school spirit night) |
| September 28 | Week four of SOS/first night of PREP (2nd-5th grades)
PREP parent meeting from 7-7:30 |

Looking to Round Up Some Sunday Morning Shepherds! To make our Sunday morning Children's Ministry program run as smoothly as possible (and to bless our young members with a great learning environment), we are looking for adult shepherds to come spend Sunday mornings with us. Shepherds would not

have class preparation, but would assist our class leaders in the classroom from 9:20-10:40 to greet our Sunday School children, assist in craft and game times, and hang out with us through our mornings together (class time ends at 10:40). If you, or someone (parent, grandparent, godparent, college student or anyone) love learning and laughing with kids, please contact Becky Howard. You can sign up for once monthly, twice monthly, once every other month - whatever works best for you!



Sunday School in September

Classes meet from 9:30-10:40, age two through adults!

September 4	Labor Day Holiday Weekend/no class
September 11	God's Work, Our Hands Sunday for Little Lambs - High School Youth / opportunities also for adult members
September 18	Classes in session
September 25	Classes in session



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



BUILDING BLOCKS
PRESCHOOL

Building Blocks Preschool anxiously awaits the start of school! With a new year, comes a plethora of new things. First, a new logo was designed by Good Shepherd's very own Brandon Wade with Mighty Megaphone! You'll notice our logo resembles Good Shepherd's recent logo adoption. Building Blocks Preschool cares about building a strong foundation using multi-sensory experiences and building a relationship with others and Jesus himself. A big thank you to Brandon Wade, also a Building Blocks Preschool parent, for his expertise on the project. Our families will soon be able to purchase t-shirts advertising our wonderful school.

Also debuting this year is our new Handwriting Without Tears preschool curriculum! After professional training, the multi-sensory program will be used in our discovery room, music room and preschool two, three and four classrooms.

Last, but not least, we welcome the many new families coming to Building Blocks this year. We look forward to a wonderful year!

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



- September 4 NO FLY Sunday school or Night
- September 11 God's Work, Our Hands Day of Service 9:30 am - FLY will help the little ones with their projects (meet in FLY room) 4:15-6pm C+ Praise Band rehearsal (sanctuary) 6:30-8pm - FLY Night Service Project
- September 18 6:30-8pm FLY Night (FLY room)
- September 25 4:15-6 pm C+ Praise Band rehearsal (sanctuary) 6:30-8 pm - FLY Family Bonfire (North Hill-bring lawn chairs)
- Summer 2017** Next summer's FLY Youth Works trip will be July 9-14 in Cairo, IL. This trip is open to current 8th - 12th graders. Deposits are due soon so see Pastor Amy for more information if you are interested.

Sunday Morning Adult Education

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

September 4	No Class - Labor Day Weekend
September 11	We welcome ELCA Church of Russia (ELCR) Archbishop Brauer and his wife Tatiana to our class!  Archbishop Brauer will also speak on September 11 at Good Shepherd from 4-6 pm specifically highlighting the ministry of "Equipping for Service." Appetizers and refreshments served. Please RSVP by phone at (773) 380-2820 or by email to globalchurch@ELCA.org no later than September 7th.
September 18	"Joe's Place" supporting homeless teenage boys in graduating from high school and creating positive futures.
September 25	"International Partners" (pending)

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

Bible Studies

Monday Night Bible Study resumes on September 12th at 7:30pm 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 on summer break and will resume on September 8th at 10:00am, in Room 205. (Meets the 2nd and 4th Thursday)

Praying Moms Bible Study is on summer break and will resume on September 1 at 9:30 am in Room 107. (Meets each Thursday)

Rebekah Circle is on summer break and resumes in September.

Naomi Circle will meet on Thursday, September 8 at 9:30 am at the home of Judy Puyear. 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 begins again on Thursday, September 8 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! Please join us on September 8. All are welcome!

CG's Trip to the St. Louis Public Library -



September 15th

Would you believe we have the town jewel of this country right here in St. Louis? It is the St. Louis Public Library. The C.G.'s are going to visit the library September 15th. This library is one of a kind in artistry and you will be blown away by it's splendor. In 2009 it was renovated for seventy million dollars to its original grandeur in time for their 100 year anniversary in 2016. Tours for 10-12 people last about an hour. Please sign up at the CG bulletin board by September 6th to insure we have tour guides. Admission is free, however, a free will donation is appreciated. We will meet at 10 AM at church to car pool. The library is handicapped accessible and there are elevators to all three floors. Lunch plans are TBA! Call Diana Runge: (636) 357-3518 or Donna Heinicke (636) 532-8436.



Norma E. Anderson, RN, PhD **Parish Nurse**

I recently began collecting information about the Zika virus for this month's column. Some of you may already be aware that I subscribe to a large number of monthly health newsletters. This morning the U.S. announced that at least 14 cases of Zika virus have been diagnosed here in our country – cases that were not connected with travel in South America. They have currently warned people in south Florida to take precautions against mosquitoes because they may be infected with the virus; this is especially important for pregnant women. One of my newsletters is the Harvard Women's Health Watch. A recent lead article is about this Zika situation and I'd like to share it with you all.

"You're no doubt aware that a mosquito bite can transmit the Zika virus and that pregnant women infected with the virus may have babies with microcephaly – incomplete brain development. Although Zika is getting the most attention this summer, mosquitoes and ticks carrying the pathogens responsible for other conditions, including West Nile fever, Lyme disease, encephalitis, and Rocky Mountain spotted fever, are still at large in areas of the U. S. While scientists work to develop vaccines against these illnesses, the best protection is still prevention. One thing everyone can do is to reduce their risk of exposure, according to Dr. Mary E. Wilson, of the Harvard School of Public Health. Getting the best protection depends on the type of bug you're protecting yourself against.

"Mosquito protection: Here are some time-tested ways to avoid mosquito bites. First, protect your skin. The same insect repellents we've relied on to keep away the Culex mosquitoes – which carry the West Nile virus – are also effective against Aedes – the mosquito genus that transmits Zika virus. When you're comparing products, look for those containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-3,8-diol (the active ingredient of eucalyptus oil). Those containing 20% DEET are a good choice for long-lasting protection. Before you go outside, apply sunscreen to your exposed skin, allow about 15 minutes for it to be absorbed, then apply insect repellent. Products that offer combined protection against the sun's ultra-violet radiation and bug bites may seem more convenient to use, but they aren't as effective. Next, treat your

clothing. You may also want to get a spray containing permethrin—a chemical that repels ticks and mosquitoes—for your clothing. One application remains effective even after several washings. Permethrin-treated clothing is also available through outdoor gear suppliers.

Insect-proof your property. Use air conditioning when possible. If you want to let the summer breeze in, make sure that all your doors and windows are screened. Standing water is a breeding ground for mosquitoes. Drain birdbaths, plant saucers, trash containers, and any other water collectors regularly."

I discussed tick protection some time ago. Ticks are no longer confined to rural areas; they are moving into urban parks and yards. Avoid underbrush; spray skin and clothing with DEET repellents, and permethrin-treated clothing offers protection against ticks as well as mosquitoes. Survey your skin; examine your skin thoroughly for ticks; then examine your pet; check your family dog with a thorough going-over to see if any ticks have hopped aboard. Veterinary insecticides that kill ticks, fleas, and their eggs are available as topical agents or in impregnated collars. Finally, go through your gear. Remember that ticks can hitchhike back from the woods in camping gear, blankets and clothing. It's a good idea to wash all fabrics in hot water. An hour in a hot clothes dryer should kill any ticks that survived the trip home with you. Have a safe and bug-free summer, free of mosquitoes and ticks that can cause disease.



You can now make a contribution to Good Shepherd with a quick text message! Thanks for your support!

Simply send a text to 636-492-2182 with the dollar sign and the amount you would like to contribute. Example: \$25. You'll be sent a text with a link to register. Click on the link and enter your cardholder name and credit or debit card information. You will receive a text verification and a receipt via email. For future giving, simply send a text with the amount you wish to give, and it will process automatically!

Celebrations

Baptism

Vivian Marie Davis - August 6, 2016
Daughter of Blake & Lindsey
Granddaughter of Jim & Joanna Brooks

Marriage

Susan Helferstay & Steve Kelpé
August 6, 2016

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Pastor Amy Stewart
Director of Youth Ministry

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Diaconal Minister

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Keith Kolander
Organist



Good Shepherd

LUTHERAN CHURCH, ELCA

Manchester, Missouri