



Shepherd's Staff

September, 2017

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Josh Brecht
Associate Pastor
jbrechtwolf@gslcelca.org

On the Way - Together

I was blessed by Good Shepherd to be able to attend the first Rostered Ministers Gathering of the ELCA in Atlanta this August. Pastor Amy and I were able to represent Good Shepherd and connect with ELCA leaders from all across the country. We worshiped, prayed, learned and discussed with sisters and brothers from a huge diversity of contexts. Our Presiding Bishop, Elizabeth Eaton shared an empowering and inspiring vision for the ELCA, reminding us that "we are church, we are Lutheran, we are church together, and we are church for the sake of the world."

Wednesday was particularly powerful. Our keynote speaker was the Rev. Dr. James Alexander Forbes, Jr. He was perhaps the most incredible preacher/speaker I have ever heard, moving many in the assembly to tears and a renewed sense of God's call. Rev. Dr. Forbes was a seminary professor and leader in many incredible ministries over the years, and he also happens to be African-American. Then we visited the Martin Luther King Jr. Center, all of which contributed to a profound sense of the beautiful diversity of God's church and our unity in Christ.

This was Wednesday. Just a few days later, a very different kind of rally took place in Charlottesville, VA. Neo-Nazis and the Ku Klux Klan marched, not hidden in secret places behind closed doors or beneath hoods, but walking proudly and shamelessly out in full public view. It may cause us to wonder if we are living in hopeless and troubled times. It is easy to lose hope in light of the ferocity of hatred we have seen. Is all the reconciliatory work we have done for naught? Is the dream of Dr. King and the potency of his sacrifice fading?

Hopelessness and despair hang suspended in the air around us, but I wonder if we might be experiencing something else. I wonder if these painful events are not,

in fact, signs of the end, but rather birth pangs of a better tomorrow. What if these flashpoints are actually exposing old festering wounds that can finally be healed? What if we are on the cusp of the next great leap forward in God's kingdom vision for justice and unity?

"Now is the time, the Kingdom of God is at hand (Mk. 1:15)."

When I see the work of Good Shepherd and the Church, I am convinced God is on the move. When I see the whole Church coming together in worship and prayer, the joy of kids in VBS, the number of kids fed through Feed My Starving Children, and the passionate work of Our Neighbors, Our City, I believe that the power of God is stirring up something incredible. If we continue to prayerfully follow the leading of the Spirit, and in the words of Paul to the Philippians, "be of the same mind, having the same love, being in full accord and of one mind...let the same mind be in you that was in Christ Jesus," we are going to see incredible things at Good Shepherd, in our church, the ELCA, and in our world. Brothers and Sisters, may we be of one mind, the mind of Christ, roll up our sleeves, and be church for the sake of the world.

Grace and Peace,
Pastor Josh



Jim Anderson
Council President

Your Church Council has just returned from our annual Council Retreat. Council and our rostered staff spent Friday evening through Saturday afternoon at the LaSalle Retreat Center in Wildwood. During Friday evening's session, we worked to discern a longer-term vision for Good Shepherd. What will GSLC look like in 5 to 10 years? What hopes and dreams do we have for our Church? How will we engage the wider community and continue to emphasize our strong missional outreach?

We discussed the intersection of the Council, Congregation and Staff. Each has responsibility to the others. The Council is responsible for the health and welfare of the church. The Staff is responsible to carry out the mission of the ELCA and Good Shepherd. The Congregation is responsible to support its elected leaders in fulfilling their mission, as well as support the staff in pursuing our Christian mission as a congregation of the ELCA. Above all else, all power in the Church belongs to Jesus Christ, its head.

Included in these responsibilities is that we trust each other to do our best to achieve our mission. We empower the staff to carry out our mission in partnership with the members of Good Shepherd, with the knowledge that they have accountability to the Council and Congregation.

On Saturday morning, we continued our study of "The Agile Church: Spirit-Led Innovation in an Uncertain Age" by Dwight J. Zscheile. (Pastor Zscheile is professor of congregational mission and leadership at Luther Seminary.) In today's dynamic cultural environment, churches must be more than faithful - they must be agile. That means embracing processes of trial, failure and adaptation as they form Christian community with new neighbors. And that means a whole new way of

working as Church. We are caught in a turbulent time, with a constant drone of messages, news and competing priorities for individuals and families. We need to balance both inward and outward focus. We should not be afraid to step out in faith and fail. True innovation requires a high tolerance for failure, with the understanding that we will learn, grow and pick ourselves up after falling. We will grow stronger with every endeavor, as we work to bring Jesus' message to our community and world.

Before breaking for lunch we discussed the status of WHIRL, and what lies ahead for each component. We celebrated the success of the efforts to date.

We concluded our retreat with discussion of a framework for a strategic plan for Good Shepherd. We developed a number of goals for Good Shepherd. Our time horizon is from three to five years into the future. We will be working over the next few months to refine these goals with a timeline of presenting them to the Congregation in early 2018.

Thanks to council and rostered staff for great dialog. Thanks to Pastor Rich for leading our visioning session and Pastor Josh for leading our study session on the Agile Church. I'm indebted to our President-Elect, Glenn Kraft, for helping frame our strategic plan efforts and to Suzie Everingham, our Chaplain for seeing to the details of the retreat.

We welcome Joe Ackerman to Council. Due to Susan Fickert being elected Secretary at our June Congregational meeting, she vacated the last year of her at-large member term. Joe was elected unanimously by the Council and was able to join our retreat. We look forward to his contributions and leadership.

Continue to pray for your leaders and staff as we step out boldly in mission with you! Following Christ, Growing in Faith, Sharing God's Love.

WHIRLing Forward

Almost one year since our kick-off, I'm pleased to report that each team has fostered significant forward movement in each area of WHIRL as a response to the congregation-wide survey completed July, 2016. Here is a brief update:



W- Worship- While a clear definition of what "Exceptional Worship" means continues to evolve, the contemporary task force has researched elements of what other area churches offer, hosted forums with 11:00 a.m. attendees and have better clarity what changes may be considered. The worship experience can offer a wide variety and is a quite personal one. Worship changes will continue to evolve as thoughtful options are considered.

H- Healing- 2 initiatives, "Cancer, Now What?" and "Stephen Ministry" has been successfully launched. To date, 47 Cancer- Now What books have been distributed with many heartening stories from readers. The leadership and training for Stephen Ministry has been completed, with training for the ministers scheduled for this fall.

I-Involvement- 118 groups have been identified and catalogued. A directory has been assembled and available in the narthex and at the GSLC website. A

clearinghouse has been developed to collect member interests to better match interests with needs. And efforts to consolidate Servant Keeper and Power Church data is happening to improve tracking of member interests.

R- Relationships- Brews & Hymns, Father Figures and a renewed focus on Small Groups has kept this group quite busy. A video about GSLC is also being produced to assist us in celebrating our church internally and sharing more about our mission on our website.

L- Leadership-The LDC team have been fostering leaders through recruitment with a renewed focus to encourage development of younger leaders. This group is also considering a less structured approach to increase the number of future leaders.

As we look forward to 2018, it is evident that while Worship and Leadership are working in existing committees, that Healing, Involvement and Relationships will need to be continued in new permanent committees. Exciting momentum is building and we desire to continue to WHIRL forward into next year.

Thanks to everyone for your brave commitment, your daring ideas and for the energy you have brought to the WHIRL endeavors.

Glenn Kraft

Wartburg Theological Seminary

Good Shepherd set up a scholarship fund at Wartburg Theological Seminary in Dubuque Iowa using funds from the sale of property during the merger of Mount Tabor and St. Luke's churches. That fund has grown to over \$60,000 at Wartburg. Funds from that scholarship have helped Brian Hornbecker during his educational journey. Our prayers of support and generous financial assistance allowed Brian to answer God's call in his life while minimizing the financial burden that often accompanies the seminary journey. Brian graduated from Wartburg on May 14, 2017.



We continue to look for ways to support our church in the development of seminarians to help lead our church into the future.



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

Christmas Cantata Choir Kick-Off - Thursday, Oct. 12th
6:30 PM - 9:00 PM

You don't have to sing in a choir year round to participate in the annual Christmas Cantata. This might be an opportunity to get your feet wet after not singing for a few years, or if you don't have time for a year round commitment, this is a way to keep

active in something that you enjoy while getting to know some people with a similar interest.

Event Schedule

- 6:30 pm Dinner in room #205 ... please r.s.v.p. for the meal by October 9th!
7:00 pm Music/CD pick up and listening in room #205
8:00 pm 1st Choir Rehearsal in the music room #208

If you have questions, contact [Jamie De Geer](#). The Cantata Orchestra will begin rehearsing in November ... see next month's newsletter for more information!

2017 - 2018 Music Opportunities -

All of our music groups are gearing up to begin meeting again in September. If you are interested in participating in any of these groups, refer to the rehearsal times below. If you need more information about any of these groups, please feel free to contact the director(s). All groups are open to potential members at any time and you are welcome to visit a group without committing. We have many different opportunities and are open to new ideas if there is not something listed that interests you.

Faith Choir (Adult SATB Choir) Rehearses monthly on the 1st & 3rd Thursdays, 7:00 pm to 8:30 pm; Sings 2x month at 9:30 Worship; No summer rehearsals; Kick-off for the Fall Season is Thursday, September 7th, Jamie De Geer, director.

Celebration Chorus (Bass Clef TTBB Voices) Rehearses monthly on the 3rd Thursday, 8:15 pm to 9:30 pm Sept.-May; 7:30 pm to 8:45pm June-August; Sings at 5:30 and 9:30 Worship; 1x month Sept.-May; 2x month June-August; Carter Pederson, coordinator (636) 532-4976.

Ladies of the Lord Singers (Treble Clef Voices) 6th grade and up; Rehearses 2x month on Sundays; 12:00pm - 1:00pm; Sings 1x per month year round; No summer rehearsals Jamie De Geer, director.

Tone Chime Choir Rehearses 3 Mondays/month; 9:00am - 10:00am; Plays 1x per month; October through June [Dianne Unverfehrt](#), director.

Hand Bell Choir Rehearses 1st, 2nd and 4th Mondays 6:30pm - 8:00pm; plays 1x month year round [Kelly Witt](#), director.

New Instrumental Group Forming... Flute Choir! Intermediate to advanced levels, come join us! Rehearsals will be on Wednesdays-weekly to start and less frequently as the group develops ... 6:45 pm to 7:30 pm; The current plan will be to play in worship every 6 weeks or so at the 5:30 pm and 8:00 am Worship Services. For more information contact Jamie De Geer, or [Rachel McClellan](#), Flute Choir Director.

Vocal Leaders needed 9th grade and up; Lead Congregational Singing at some 5:30, 8:00 and 9:30 worship services; Rehearsals scheduled as needed...Contact Jamie De Geer to volunteer.

Sound Operators needed 9th grade and up; Operators needed for all worship services & some special services; Training and mentoring provided... Contact [Andrew Leach](#) to Volunteer and arrange training.

Power Point Operators needed 9th grade and up; Once a month commitment to start equipment and advance PPT slides at 5:30 and 11 worship services; Training and mentoring provided...Contact [Andrew Leach](#) to volunteer and arrange training.



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



God's work.
Our hands.

During the Sunday School hour on September 10th, hands of all sizes and abilities (age two through high school) will be part of the ELCA's annual focus on serving others as part of the God's Work, Our Hands outreach effort.



From 9:30-10:30, hands will be busy decorating pots for fall flowers to share with residents at Meramec Bluffs Senior Living Center, creating pet toys for animals at local shelters, creating prayer pillows for residents at area homeless shelters, and packing lunches and hygiene kits for the homeless through Trinity Souldard's outreach program. Contact **Becky**

Howard if you would like to be part of this morning service by leading our young people!

Youth Club/Confirmation Instruction Starting up Soon! 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)

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 27th. Parents, please join us for an important meeting in the sanctuary from 7-7:30 on September 27th!

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 2017-18 fall session will begin on September 13. We invite all parents to join us for an important parent meeting on September 13 from 6:45-7:30 in the sanctuary. SOS evenings start out with Confirmation

instruction from 5-6 pm, led by our Pastors. 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!



Looking for Wednesday Evening Meal Help!



We are looking for help in preparing our Youth Club meals on Wednesday evenings. Ingredients and simple recipes are provided - all we need are hands willing to prepare, serve and clean-up after the meals. Great chance to meet new folks and to test our awesome new kitchen! We are looking for help on the following 2017-18 Youth Club nights: Sep. 27, Oct. 25, Nov. 29, Jan. 31, Feb. 28, & Mar. 21.

Sunday school is back in session! - Would you like to be a part of our Children's Ministry Team? We need You! From leading a Sunday morning class (ages range from 2 to high school!) ... making coffee and greeting folks on an occasional Sunday morning ... leading Wednesday evening Youth Club art, craft and service classes to serving as a middle school mentor. If you are interested in helping our children grow in faith, we'd love for you to join this fun and always rewarding ministry! Contact **Becky Howard** to find out more!



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



- Sep 10 9:30am, FLY helps younger friends with "God's Work, Our Hands" projects; 11am, FLY friends greet, read, serve Communion, and provide special music; 6:30-8pm, FLY Night kickoff!
- Sep 13 6:15-7:15am, Fresh Start kickoff at Einstein Bros Bagels, Ellisville
- Sep 17 early bird registration for the Gathering due today, 4:15-6:30pm, C+ Harmony Praise Band Kickoff (Sanctuary); 6:30-8pm, FLY night
- Sep 20 6:15-7:15am, Fresh Start at Starbucks, Dougherty Ferry
- Sep 24 6-8pm, Coalition youth event at GSLC (\$5)
- Sep 27 6:15-7:15am, Fresh Start at Six North Café, Ballwin

ELCA Youth Gathering Registration

Registration is available for the 2018 Youth Gathering in Houston, and is open for all 8th-12th graders. The early bird deadline is September 17th.



See Pastor Amy for more information. Scholarships are available to make this opportunity affordable for everyone!

Garage Sale - Many thanks to those who have participated in garage sales past. This year, FLY will be taking a break from the garage sale, to focus their time and energy on other fundraisers, including

a "Fat Tuesday" Pancake dinner on February 13th. Please feel free to share any saved treasures with other organizations around town, many of whom will even come pick them up for you! The Service Team has recently partnered with, and suggests, <http://homesweethomestl.org/> as an option for your items!

Our Neighbors, Our City

DISCUSSIONS ABOUT RACISM

Monday September 11. 6:30 – 8:00 pm

Room 150

Stewardship

Christina Kling- Garrett

We Offer With:

This summer I have been a frequent assisting minister at the 8:00 service. A few weeks ago, as I started to lead the offering prayer, I had a huge "a-ha!" moment. I truly doubt anyone noticed my eyes light up or heard the pitch of my voice change other than the soundboard operator, but for those that haven't been to 8:00 lately, it's become a very traditional service - LBW, setting 2 - and words that were once so ingrained in my head resonated new with stewardship and mission:

*"Merciful Father,
We offer with joy and thanksgiving what you have first given us - our selves,
our time, and our possessions, signs of your gracious love. Receive them for
the sake of him who offered himself for us, Jesus Christ our Lord.
Amen."*

I'll admit, growing up those words became second nature and were on repeat

each week. It wasn't until my "a-ha!" moment (and a good stint on stewardship), that those words actually sunk in. God gives us everything we need because He loves us; and we give Him back portions of that love, through our time, talent, or our treasures. It's so simple, but so easily glossed over.

We have officially kicked off the "Good to Grow" Capital campaign, and for the next few months the offering prayer at each service will represent that. The prayer, written by Pike Farr, reads:

*"Heavenly Father,
We thank you and praise you for blessing Good Shepherd congregation and our members, enabling us to share the Good News of Jesus Christ with others. We know that outreach to others is in accordance with your will. Father, our physical church is in need of repair and improvement. It's good to grow, and these improvements are badly needed. We want to have your blessing as we address these needs. So Father, we ask your special blessing on our funding efforts here at Good Shepherd. Send your Holy Spirit to open our hearts and our financial resources to support this effort. Thank you for your grace and guidance. We bless you and love you, and we know you love us. In Jesus' precious name we pray.
Amen."*

It's important to digest this set of words as well. The capital campaign and regular stewardship, while separate endeavors, are ultimately connected as we focus on where we want to take Good Shepherd in the coming years. We need the work of the capital campaign to improve our physical structure, but we also need to support the general fund, the staff, and the many programs that we provide through our weekly giving.

I challenge each of you to pray both prayers daily as we kick off the 2017 Stewardship campaign and move deeper into the Capital campaign. You'll hear more about the Stewardship campaign in the coming weeks, but until then: "For if the willingness is there, the gift is acceptable according to what one has, not according to what one does not have."- 2 Corinthians 8:12

Together in Christ,
Christina Kling-Garrett
Stewardship Chair

CANCER

Now What?

MINISTRY

Fran Schilson is one of those who's given two *Cancer-Now What?* books to people who are dealing with cancer. One recently told her: "I couldn't have made it through everything I've had to face without this book. Thank you so much for giving it to me." Then she wrote this in

a thank you note to Fran: "Thank you for your prayers. Also, I have really gotten so much from the book on cancer. It is a great reference and covers so many aspects of this journey. I even recommended *Cancer-Now What?* to my oncologist & consulting nurse at the Breast Center."

If you know of someone who's facing cancer, you could help him or her the way

Fran helped her friend-by giving that person a *Cancer-Now What?* book. Your gift may help that person "make it through everything" he or she has to face in dealing with cancer.

If you're not sure what to say or how to give the book, alongside every *Cancer-Now What?* book at the Information Desk is a Giver's Guide with simple suggestions to show how easy it is to give a copy of the book. Take a Giver's Guide, give *Cancer-Now What?*, and make a difference in the life of a person facing cancer.

Bible Studies & Adult Education

Sunday Morning Topical Discussion Group - 9:30 AM - Room 205 - Join us each week for warm coffee and interesting discussion on a variety of topics. Opportunity of growth, fellowship, learning and laughter! Check out the weekly bulletin for the upcoming class schedules.

Sunday Morning Bible Study - 9:30 AM - Room 214 - Reading and discussing Matthew Themes: Jesus is the promised Messiah, his teachings and his resurrection. Join us as we discuss what God is saying to us and how we can put it into practice. All are welcome! Questions? Contact Steve Spoerle at fsspoerle@gmail.com.

The Thursday Lunch Bunch began the study by Beth Moore titled *The Patriarchs: Encountering the God of Abraham, Isaac, and Jacob* on Thursday, August 31. This study covers the span of 11 weeks, discovering Genesis 12-20, and explores the concepts of blessing, covenant, and promise, and how each concept has a bearing in the New Testament. Every week each participant will delve deep into the book of Genesis with an interactive study for five days, then on Thursdays at 12 noon, the group will discuss that week's study and watch a video. If you are interested and would like to purchase a Participant's book, please let me know asap. The cost is \$15.99. Bring your lunch and drink and join us for this study! Any questions please contact Joanna Brooks at 314.640.4946 or email joannabrooks2000@gmail.com. All are welcome to join us on this faith building journey.

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 of: *Reclaiming the "C" Word Daring to be Church Again*, by Kelly A. Fryer. For info contact Shawn Geurkink at sgeurkink314@gmail.com.

Pumpkin Patch News 2017

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 these three projects:



- **2018 ELCA Youth Gathering in Houston.** Our high school youth will join with 30,000 ELCA youth to worship and learn together and to serve in the community.
- **With God's Little Ones mission project in Madagascar, Cambodia, and the Philippines.** Pastor Rudy & Dorothy Schaser are the founding partners of WGLO and they continue to travel and serve the people in these countries.
- **ELCA World Hunger in honor of the 500th anniversary of the Reformation.** From health clinics to microloans, water wells to animal husbandry, community meals to advocacy, ELCA World Hunger is supporting sustainable solutions that get at the root causes of hunger and poverty.

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.

Our Pumpkin Patch Dates:

- **Set-up Sunday, October 1st 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 the pumpkins: Friday, October 6th 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 4th at 6:30 pm & Sunday, October 8th 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 14th 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** to organize our upcoming Pumpkin Patch. Here's how it works:

1. Click this link to see our sign-up on SignUp.com:
<http://signup.com/go/MDxxeUK>
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.

There will be a volunteer coordinator with a computer at the Pumpkin Patch display in the narthex starting on September 30 to help with signing up.

For questions or for more information contact Karen Kallansrud at

**God's Love in
ACTION**

Consider becoming a Stephen Minister!

Stephen Ministry provides high quality, confidential,
Christ-centered care to people who are hurting.
A new training class is starting soon!

CHECK OUT THE NARTHEX DISPLAY!

If you would like to learn more about how to become a Stephen Minister, contact Pastor Wolf at 636-391-6685, rwolf@gslcelca.org. You can also check out the Stephen Ministry website at www.stephenministry.org.

Service Team - Janie Wolfangel

It is getting to be that time of year - the very busy time! The Service Team is supporting a few upcoming events, one is the Pumpkin Patch (a huge undertaking and always very successful, thanks to Karen and Gary Kallansrud.) Pumpkin Patch set up will be Sunday afternoon October 1st, pumpkins are scheduled to be delivered on Friday, October 6th. Please check the Narthex for more information and volunteer sign-up opportunities. The second event we will be supporting is the Habitat for Humanity Joint Project - 500th Anniversary of the Reformation. Please check the Narthex and your bulletin for exact work days, times and sign up.



The Food Bin donations for the month of September will benefit St. Trinity Lutheran Church. Items they need include: Plastic jars of jelly and pasta sauce. Canned prepared dinners, such as, chili, beef stew, spaghetti. They would also like canned tuna.

As you know there is a Monthly Benevolence Fund that the Service Team uses to allocate funds to agencies in need, each month has a theme and the theme for August was Health. Several agencies were researched that provide help to families in need and this month the Team allocated funds for The Crudem Foundation and Nurses for Newborns.

One of the agencies we supported in August was The Crudem Foundation. It is rooted in the healing ministry of Jesus Christ. The Mission is to be both a Catholic Hospital and a medical center, consistent with the ideals of the Order of Malta. Providing quality healthcare to the sick and poor in the Haitian community, and an

education center for all who serve healthcare in Haiti.

The Service Team meets the first Tuesday of the month. Our next scheduled meeting is Tuesday, September 9th 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.

Feed My Starving Children
MobilePack Event #1710-118AU
October 18-22, 2017
Hosted by Good Shepherd Lutheran Church



Hunger Crisis - Your Help is Needed More Than Ever

Droughts, Hurricanes, Conflict and War has resulted in a hunger crisis in parts of Africa, Haiti, and other parts of the world. Over 120 million are at the risk of famine. 1.4 million are children at imminent risk of death - 600,000 before Thanksgiving. This hunger crisis is being called the worst humanitarian crisis since World War II.

Famine has been declared in South Sudan, and three nearby countries inch closer to this designation every single day. In Haiti, families are starving while they rebuild their homes and restore their food sources destroyed by Hurricane Matthew. Children are desperate for food. There are an estimated 750,000 South Sudanese refugees currently in Uganda, and thankfully, FMSC partners are reaching thousands of these refugees with FMSC MannaPack meals.

Feed My Starving Children is responding to this crisis. Their partners have already requested an additional 10 million meals. They need us to pack as many meals as possible in this unprecedented time of crisis.

Our goal for the 2017 MobilePack is to pack enough meals to feed at least 2017 of these kids for a full year. To Make this happen it will take \$162,000 in donations and over 3,100 volunteers.

Donations to date will feed 900 kids for a year: 1,117 more to reach our goal!

- Only 22 cents pays for a meal.
- \$50 amount each volunteer packs
- \$80 feeds a child for one year

Come make a difference. Pack, Raise funds.
You are saving lives.

To register go to our [FMSC Website Page](#)

Register early, weekend shifts fill-up quickly. To get the shift schedule now go to our [FAQ page](#).

Questions? Email: [Suzie Everingham](#) or call her at 636-391-6685.





Autumn is almost here- can't you just picture sitting in your favorite chair (inside or outside) enjoying a new book? We'd love to have you join us at one of our monthly meetings - 7 pm in the Fireside Room here at church.

Sept 19: The Postmistress by Sarah Blake
Oct 17: The Last Days of Night by Graham Moore
Nov 21: Into the Water by Paula Hawkins
Dec 19: News of the World by Paulette Jiles

Questions or would like to be added to the email list? Please contact Emily at 636-326-4209 or emilyhaydenhorning@yahoo.com.

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

Area Lutheran and Catholic congregations will work together on a Habitat build. A kick-off celebration is being planned for the build site. If you have questions, please talk with Beckie Finland, Della Bretscher or Suzie Everingham.



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



Believe it or not, we are heading into fall. Temperatures are a bit cooler, a few leaves are floating to the ground, schools and fall sports are in full swing, and we are gradually adjusting to the changes. For some however, dealing with change can be daunting; such as a new job or school, a new residential setting, health issues, and even finding a new church. Good Shepherd is blessed to have a steady stream of visitors who have heard about our commitment to sharing God's message of love and caring. We are also committed to ministries that provide educational, spiritual, and fellowship opportunities. As a church community we continue to be blessed and therefore seek to be a blessing to others.

Please continue to greet, welcome and involve others with the love and kindness we share with our Lord. If anyone asks about membership opportunities, share that we have another orientation session **on Sunday, September 24 and October 1**. Those interested in joining will be received **on Sunday, October 15**.

"Therefore welcome one another as Christ has welcomed you, for the glory of God." Romans 15:7

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.

ABC Christmas Books

We will begin working on the ABC books on Tuesday, September 12 in Room 150 at 9am. Please join us and invite all interested in helping to make these books for our 3 Year Old Sunday School children to join us!



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



What is Building Blocks Preschool?



A few spots remain! Contact [Kathy Rebholz](mailto:krebholz@gslcelca.org) for an appointment!



Health Notes
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Parish Nurse

If you are one of the millions of people (especially women) with the degenerative joint disease called osteoarthritis (OA), you know how much of a toll it takes. OA of the knee is one of the top five causes of disability among community-living adults; more than 75% of OA patients report having some type of limited mobility, according to the Centers for Disease Control and Prevention. Unfortunately, OA cannot be cured, but there are several approaches that can help ease your pain, improve your mobility, and even slow the disease's progression.

If you have pain and you think OA is the cause, it's important to have an evaluation, since knowing the cause will determine the course of treatment, say rheumatologists. For example, if you have rheumatoid arthritis, which is an

autoimmune disease that causes inflammation in the lining of your joints, you will have different treatment options than if you have the more common OA, which is characterized by deterioration of the cartilage that protects the ends of bones in your joints.

Exercise can slow progression of OA. It may sound strange, but it's true: Moving your painful, stiff joints, can reduce your pain and improve range of motion and flexibility. Rheumatologists tell us that strengthening the muscles around an arthritic joint can relieve pain and stiffness, and also may slow the progression of the disease. If you think you can't exercise because of your OA symptoms, think again. There's always an exercise you can do. Some good options for OA patients include aquatic (water) exercises and /or using a stationary bicycle or elliptical machine. These activities reduce the pressure on your joints.

If you need to focus on your upper extremities (arms, shoulders, upper back), many gyms now have machines that are like bicycles for your upper body– you "pedal" with your hands instead of your feet. However, you don't have to join a fitness club or buy expensive equipment. Walking can help ease your symptoms if you have arthritis in your lower extremities (hip, knee, ankle), and it will benefit your health in many other ways: Walking also improves circulation, lowers blood pressure, can help stop or slow bone loss and reduce the risk of fractures, and tones muscles that support your joints. It is highly recommended that patients with OA in their lower extremities avoid high impact sports, such as running and singles tennis. Listen to your body; for assistance, you can ask your doctor for a referral to a physical therapist who can make recommendations for exercises that are safe and will be effective for you. After a few sessions, you can then do the exercise on your own at home.

Medications for pain control include acetaminophen (Tylenol) which is the safest option. NSAIDS, such as ibuprofen (Advil, Motrin) and naproxen (Aleve) can be used, as long as there are no contraindications. NSAIDS are not recommended for patients who take anticoagulants, such as warfarin, or who have a history of bleeding or who have heart failure or high blood pressure. Physicians try to avoid using opioid drugs, such as Percocet, Oxycontin, Vicodin, Lortab and Actiq– due to the risk of abuse, addiction or overdose. Topical agents that are applied externally to painful areas include a gel that contains the anti-inflammatory drug diclofenac, a cream that contains capsaicin and a patch that contains lidocaine, an anesthetic. Some joints, such as knee and ankle, do well with braces or other support devices, but one size does not fit all; consult someone who specializes in orthotics who can prescribe which type of device will be most helpful for you. Some patients get relief from acupuncture; if you try this, six or eight sessions will tell you if this will help you. If you are overweight, losing weight – even five or ten percent of your total body weight– can have a significant effect. Finally, consider seeing a rheumatologist, a doctor who specializes in treating arthritis and will focus on your OA.

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