

# Shepherd's Staff

**SUNDAY, AUGUST 28, AT GOOD SHEPHERD!  
10:00 AM WORSHIP & CHURCH PARTY FOLLOWING**



The Monthly Newsletter of Good Shepherd Lutheran Church

August 2022



**Josh Brecht**  
**Lead Pastor**

**To my beloved partners in ministry,**

Habits are a powerful force in our lives, and one that we often take for granted. Many habits are so common, so second-nature we are not even aware of them. The past two+ years of disruption have given us pause to rethink many of our daily habits, haven't they? Some by choice, but some we've simply had to stop or start. Have you noticed any changes to the habits in your life? Early in the pandemic when many of us were almost always at home, our family decided to get a puppy, intentionally building new habits of rhythm and responsibility into our kids' lives. Without so many evening meetings, I noticed I was getting into the unhealthy habit of watching Netflix and eating a snack before bed every night! Which was part of the impetus to examine my own habits and choose something better. I started exercising more regularly and eating differently. At first this was SO hard! But over time, a new habit was formed and now it just happens. Habits of health have been a great, positive change in my life. It is amazing that when something becomes a habit, even something like exercising, it becomes difficult to not do it. Why? Because it is a habit.

What about our spiritual habits?

Perhaps you have daily spiritual practices such as prayer before eating or before bed? Maybe reading a daily devotional or scripture? One of the biggest challenges for the Church through the pandemic has been that most of us were forced to stop the habit of coming to Worship each weekend. Or perhaps you had to stop a habit of that bible study or Sunday school. As we approach the end of summer and begin to move into the next season, I have a challenge for us.

My prayer is that all of us will commit to a new (or renewed) spiritual habit this fall.

Maybe you recommit to worshipping regularly. Maybe you commit to daily prayer or scripture. Maybe God is inviting you to serve at Good Shepherd in a new way.

Imagine what God can do in this community if every single one of us renewed or began just one habit this fall!

There has never been a more exciting time to dive in! This fall is so, so exciting!

- Feed The Need STL (FMSC Pack) is happening Sept 8-11!
- Team Emily's (Emily Horning and Emily Hintz) are kicking off a full year of ministry with FLY, RiSE, SHiNE, Sunday school and more!
- Pastor Varinia Espinosa will be coming on board as Pastor of Congregational Care!

The world needs the love of God so much today. We need the love of God so much today! Our mission statement is: Following Christ, Growing in Faith, and Sharing God's Love.

Jesus is calling you today. Wherever you are in life, Jesus is saying, "Come and follow me." God has incredible ministry for us to do. God has plans for our lives, our community, and our city, and God has given you gifts through the Holy Spirit to make an impact for good in this world.

What habit is God placing on your heart today? How is Jesus calling you to dive in to do ministry and grow spiritually? May you hear the voice of Jesus calling, and follow him into the life God has for you.

In Christ,  
Josh Brecht  
Lead Pastor

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### A Special Video Message From Sharon Misuraca...

There's still a little bit of summer left! In all of your travels, remember that we are still connected as the Body of Christ and that it takes all of us to make ministry happen, both apart and together. Member Sharon Misuraca, shares a few ways you can do just that.



### Feed the Need STL By: Dianne Unverfehrt

### Turn Hunger into Hope with Your Own Two Hands

Join us at our Feed the Need STL MobilePack sponsored by Good Shepherd Lutheran Church, September 8th through the 11th.

We will hand-pack rice, soy, dried vegetables, vitamins and minerals into bags that are shipped to FMSC partners. In just two hours you will help feed hundreds of the neediest children around the world. For small kids and those of you who may not want to stand, we have sit-down jobs like labeling bags before they are filled. More active jobs include measuring and scooping ingredients, weighing, sealing, and boxing. For even more action, be a



part of the “warehouse crew” and help refill the ingredient boxes. Gather friends or family and sign up together. It takes 6 to 10 people for each packaging line.

You can sign up and meet new friends at your table! Children 5 years and older can help pack. This is a fun service project for groups such as neighbors, sports teams, Scout troops and school or church groups. We will also feed the hungry in our own community by collecting food for Operation Food Search. [Download the list](#) of needed items. Drop off donations in the blue Operation Food Search barrels at the pack.

To register for packing, sign up at <https://feedtheneedstl.org/event-info/>. Kennedy Recreation Center is located at 6050 Wells Road, St. Louis, MO 63128. Turn hunger into hope!

Sign Up Now!



### Red Cross Blood Drive - August 27 at Good Shepherd 8:30am -2:00pm

The blood drive is sponsored by Good Shepherd & Manchester United Methodist on Saturday, August 27, from 8:30am-2:00pm. For an appointment, visit [redcrossblood.org](http://redcrossblood.org) and enter CHURCHESUNITED, or call 1-800-733-2767.



### "Fill Our Empty Drawers" for Home Sweet Home, St Louis - Vicki Haugen

Thank you to all who support Home Sweet Home, a local nonprofit organization connecting partner agencies in the St Louis Region with donated furniture and household items. Referred clients have desperate needs, for different reasons, and from a variety of backgrounds. Items are needed most by children, survivors of domestic abuse, veterans, people experiencing homelessness and offenders looking for a new start.

When I delivered the donated kitchen items recently, I did my usual volunteering. This includes "shopping" in the warehouse with a client. This veteran client had just obtained a job as a cook in a local hotel and found a new apartment. After choosing furniture, bedding etc. he was very appreciative of the many kitchen items. It was very fulfilling to be able to offer hope in these items. HSH continues to offer household items to 20-25 families a week. They



strive to provide dignity in letting these individuals choose their own items to fill their needs. Thank you, Thrivent, as well for your *Help in Filling the Drawers!*

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## Adult Sunday School Forum September 18th Good Shepherd - Room 205

### Understanding Alzheimer's and Dementia

Learn about "Understanding Alzheimer's and Dementia." The St Louis Alzheimer's Association will be presenting an introductory workshop during the Sunday School hour in room 205. Learn about the impact of Alzheimer's, the difference between Alzheimer's and Dementia, the disease stages and risk factors and more. To register, contact Robin Spence 314.249.7304 or [rspence400@juno.com](mailto:rspence400@juno.com).

Everyone is welcome. Please invite friends outside of church if they are interested.

Visit their website: [alz.org/CRF](http://alz.org/CRF)

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## Chronologically Gifted Urb & Annette Molitor

### August Activity: Sunflower Hill Farm Winery

On Thursday, August 18th, at 11:00am, we will go to a luncheon at Sunflower Hill Farm Winery, 245 Terry Rd, Augusta, MO. Please sign-up by Sunday, August 14th. The Menu choices are on the CG Bulletin Board at Good Shepherd. Price is \$21 per person payable at the restaurant (Lunch includes soup, sandwich, & home-made Billy Goat chips). Your drinks, tax and gratuity are not included in the price. Carpooling will be available, leaving Church at 10:15am. Questions: Annette Molitor 573-289-5140 (text or call).

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## A "Wink" from the Welcome Ministry Team By Elliott Haugen



### Alas and Alleluia

We are past the midpoint of the Dog Days of summer! In the Northern Hemisphere, this phrase refers to July and August when there is hot and humid weather. Ancient Greeks and Romans thought the Dog Days meant drought, bad luck and unrest – a time when dogs and people would be driven mad by the excessive heat. Aren't we lucky that now we merely feel hot and sticky!

The Dog Days can make us feel slow, run down, or dreading the start of a busy fall. Fortunately, we have just had a jolt of energy from the children and youth of Good Shepherd. Vacation Bible School youth did enough joyous singing and dancing to inspire all of us. And the amazing presentation by the Music Camp participants on July 16 and 17 sent us out with joyful messages of hope and songs of assurance. It is wonderful having this energy flow through the congregation. Several members mentioned it is great to be part of this faith community that includes the energy of children and youth.

This month the Welcome Team will be reintroducing pew flyers that remind us that

young people have a place in our worship services. We want all children to feel welcomed, loved and included since many relationships with God start at an early age. As Children of God, we all need, are nurtured by, and can contribute to worship. Worshipping together affirms that we are all part of God's loving family. It is wonderful when someone, especially a youngster, begins this journey. Please check out this "Welcome Children" pew flyer about how you can help children feel part of our worship service.

In conclusion, I want you to share something which may be of interest to others. This month we will hold another new member orientation for those interested in joining or learning more about Good Shepherd. Part 1 will be at noon, Sunday, **August 7** (room 205) - it provides a chance to meet the pastors and staff, to share information, and to get answers to questions. Lunch and childcare are provided. Part 2 is at 10 am, Sunday, **August 14** (Fireside room). Those wishing to become members will be welcomed at the **10 am worship** service on Sunday, **August 28**. Anyone interested in these sessions should indicate that on a Connect Card, contact the office or let me know.

Good Shepherd Lutheran Church | 636-391-6685 | [goodshepherdlutheran.com](http://goodshepherdlutheran.com)