



Shepherd's Staff

LENT

ALL WHO HUNGER

HAPPY ARE THOSE WHO
HEAR THE VOICE OF THE GOD OF JACOB,
WHO SAYS, HOPE IS IN THE LORD,
AND WHO TRUSTS IN HIS GOD, WHO MADE
HEAVEN AND EARTH, THE
SEA, AND ALL THAT IS IN
THEM; WHO KEEPS FAITH
FOREVER; WHO EXECUTES
JUSTICE FOR THE
OPPRESSED; WHO GIVES
FOOD TO THE HUNGRY. THE
LORD SETS THE PRISONERS
FREE; THE LORD OPENS THE
EYES OF THE BLIND. THE
LORD LIFTS UP THOSE WHO
WERE BOWED DOWN; THE
LORD LOVES THE RIGHTEOUS.
THE LORD WATCHES OVER
THE STRANGERS; HE UPHOLDS
THE ORPHAN AND THE WIDOW.

The Monthly Newsletter of Good Shepherd Lutheran Church

February 2023



Amy Stewart
Pastor of Discipleship

All Who Hunger, A Lenten Journey

Lent is almost here. The somber journey of Lent, the beautiful intensity of Holy Week, and the joyous celebration of Easter all provide rich opportunities to experience God's presence in our lives more deeply, and encourage us to ponder the call to follow Jesus. One of the key ways we follow Jesus at Good Shepherd is feeding those who hunger.

Jesus fed the hungry, both in body and in spirit.
Jesus gathered with people from all walks of life for table fellowship.
To all who hunger, Jesus says, "come to me."

So this Lent we gather around the theme, 'All Who Hunger.'

We WORSHIP Jesus as the one who provides.

We EXPERIENCE the joy of belonging as we gather around meals.

We SERVE with Jesus as we feed the hungry through reverse offerings & Feed the Need STL.

We INVITE others into this beautiful journey through a 1,000 volunteer challenge for the mobile pack!

Good Shepherd will have several unique opportunities for you to grow spiritually and participate in ministry during this season of intentional discipleship.

- **Ash Wednesday** worship, with the imposition of ashes, on Feb 22 – 12pm and 7:30pm
- Daily congregational **"Praying in Color"** Scripture reading/prayer practice
- **Lenten Wednesday** gatherings:
 - 12pm "All Who Hunger" worship – Mar 1, 8, 15, 22, 29
 - 5:45pm dinner fellowship/worship in the gym, followed by Pastor Josh's class, **"Making Sense of the Cross,"** at 6:30pm in Rm 205 (we'll meet the

first week in the choir room). **Sign up** in the narthex; community help is needed to provide the meal Mar 1, 8, 15, 29

- **Maundy Thursday** worship on Apr 6 – 12pm and 7pm
- **Good Friday** worship on Apr 7 – 12pm and 7pm
- **Children's Easter Celebration** on Apr 8 – 10am
- **Easter** worship on Apr 9 – 8am, 9:30am, and 11am

There will be more information and reminders coming as each of these opportunities gets closer. We hope you will make plans to participate, as we prepare to follow Jesus to the cross, empty tomb, and out into God's kingdom!



Josh Brecht
Lead Pastor

Five Ways to Find Time for God when you Don't Have Time.

It had been almost 20 years since I have owned a watch, but last year I finally bought a smart watch. (A Samsung Galaxy watch for those of you wondering.) It did not make me any smarter. However, it did help me live a bit healthier. It counts my steps each day. I use it to track runs, bike rides, and hikes. I can glance at a text without digging an over-sized phone out of my pocket and thereby avoid the gravitational pull of news feeds and social media notifications. Oh, and it also shows the time.

Time. It feels like we never have enough these days, but let me share with you an ancient, metaphysical secret of the universe. We have the exact same amount of time that our ancestors had! Jesus and the disciples had the same number of hours in a day. Your ancestors and mine had the same number of minutes in an hour. The Osage and Quapaw peoples who lived on this land centuries before my family had the same number of days in a year. Yet we always feel pressed for time.

Once upon a time (pun intended), competition for our attention was not nearly as intense as it is today. Sundays were largely reserved for family or faith activities. Families ate most evening meals together around the kitchen table. Most sports were a season, rather than a lifestyle.

Time is the same, but our rhythms have changed.

What does this mean for the Church? What does this mean for us as followers of Jesus? It is tempting to think, "we just need to reprioritize, do things like we used to." While it is important to prioritize, to live at a sustainable, healthy pace, and learn how to say no to good things so you can say yes to great things, the world has changed. The world always changes. The Church, guided by the Spirit, always discovers new ways to live out our calling in our own time and place.

The primary question for the Church today is not, "how do we get people here more?"

The primary question for the Church today is, "how do we help people connect with Jesus more?" How do we help people connect with God wherever they are whenever they can?

In **Acts 17:28**, Paul says, "For 'In him we live and move and have our being.'" In **Matthew 28:20**, Jesus said, "And remember, I am with you always." This means God

is present with us whenever and wherever we are. God is moving around us whether we are in a church building on Sunday morning or not. My calling is not to be the spiritual expert who does ministry for people on God's behalf. My calling is "to equip the saints for the work of ministry, for building up the body of Christ," as Paul says in ***Ephesians 4:12***.

This means my dream is not to simply get more people here, but to help people connect with Jesus more. My dream is to help people grow spiritually, and discover their calling, so that we can all do ministry in our daily lives.

- How are you setting aside time to connect with God in prayer?
- Where do you notice God's presence in your daily life?
- What opportunities is God giving you to do ministry in your job, neighborhood, or family?
- How can you stay connected to our Good Shepherd community whether you are here or not?

Here are five tools we use at Good Shepherd to help you connect with God wherever you are and whenever you take time.

1. **Sermon Podcast:** Each week we post an audio podcast of Sunday's message. Great to listen on a walk, a run, a daily commute, or that flight.
2. **Grow Spiritually Podcast:** A monthly at-home devotion to get families talking about faith together. Great for after dinner conversation.
3. **Facebook Wednesday Word:** Most Wednesday's we share a short video message with questions and scripture for the week.
4. **YouVersion Bible App:** One of the best bible apps available with devotions and reading plans. Set Good Shepherd as 'my church' and connect with other members of GSLC.
5. **Prayer:** Good Shepherd Connect has a prayer button where you can ask for prayer, view our prayer list and pray for others, and listen to guided prayer practices.

When we pause, even for a moment, and shift our perspective from the anxiety of demanding schedules to the stillness of God's time something miraculous happens. Time, which seemed so scarce a moment ago, becomes ours in abundance. I hope you find that holy time each day to connect with God and experience that peace which surpasses all understanding.

In Christ,
Pastor Josh

Feed the Need MobilePack Is Now A Spring Pack!

For the first time ever, our pack will be held April 13 - 16th at the Greensfelder Recreation Complex in Queeny Park.

Our goal is to pack 1 million meals and to feed nearly 3,000 children for a year! We will also be helping hungry people in the St. Louis area by collecting canned food for Operation Food Search.



Good Shepherd's first pack was a youth event way back in 2007. 100,000 meals were

packed which fed about 274 children a hot meal a day for a year.

Since that first year we have packed an amazing 8.5 million meals and fed more than 23,000 children for a year!

We need your help now, especially in these three areas...

- Volunteer at some of the 7 shifts
- Donate to help pay for the ingredients
- Invite your neighbors, friends, families, schools, businesses to come and pack meals

For more information, go to our website: <https://feedtheneedstl.org/>, and thank you Good Shepherd, for always bringing hope to those who have none.

Welcome Team Wink Article Elliott Haugen



Happy Valentines Day/Month!

Since February is also the shortest month, this month's Wink will be short too. So, what's with the wink image? Well, this smiley wink is a brief form of communication that implies a hello or friendly greeting. It is a good metaphor for Good Shepherd's Welcome Ministry. The smiley wink has changed over time to acknowledge Christmas, Halloween, and mask-wearing, but it, and these Wink updates, remind us of the continuing importance of welcoming and sharing smiles and eye contact within Good Shepherd.

The apostle Paul wrote the Bible's book of Romans to provide direction, encouragement, and guidance to a growing community of Christian believers. It was the longest of his many writings, but in the spirit of brevity, I will emphasize the following:

"Contribute to the needs of the saints; extend hospitality to strangers." Romans 12:13

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

I will end with a prayer: "Ever-present God, we gather, not as strangers, but as members of your family. We are blessed to have been welcomed by others who reflect your teachings, love, and caring. May you continue to lead, awaken, and bless us to be a welcoming place of people, passion and prayer. Amen."

**To access your Good Shepherd Connect "member profile",
click the button below:**

Good Shepherd Connect Profile

Weekly Services Sunday 9am (traditional) & 11am (contemporary)
goodshepherdlutheran.com | 636-391-6685 | [Calendar](#)