

The GOOD NEWS

of Good Shepherd Lutheran Church, Loudonville, NY

October 2018

“The grass withers, the flower fades, but the word of our God stands forever.” Isaiah 40:8



Autumn is a time of transition as we change from one season to the next. The brilliant colored leaves in nature are an artistic masterpiece. As the transformation progresses, the crunching leaves will soon be beneath our feet. The grass too will turn from green to brown, and the summer flowers are gone. This cycle in nature happens every year. For some

it is a welcome relief from the heat of summer, and for others it is met with a tinge of sadness. Change is not only inevitable, but necessary for new growth. The Greek philosopher, Heraclitus, said, “No man ever steps in the same river twice, for it’s not the same river and he’s not the same man.” This quote means that every moment we are changing. Every breath we take is a new breath that we take in and out. Yet, in the midst of all this change, the word of God abides forever. And that word is faithfulness, love, compassion, mercy, and grace. God is with us through the changes, and in fact, God’s Holy Spirit calls us to continually be changing, and transforming in order to renew ourselves and our world. We are constantly in a state of reformation. Join us on Sunday, October 28th for worship as we take time to celebrate not only the historical Reformation, but the ongoing one. Three of our youth will be also be confirmed in their faith that day. What an exciting journey!

Blessings and Peace,

Pastor Edwina

PLEASE KEEP IN YOUR PRAYERS:

- **The family and friends of Ericka Mackey** who passed away in August. We ask that you keep them in your thoughts and prayers. Cards may be sent to Maria Mackey at 9 Consaul Road, Albany, NY 12205, and Colleen Ward at 2 Jeanne Jugan Lane, Ashfield Apts. #224, Latham, NY 12110.
- **Keith Kelly** is recuperating from illness. Cards can be sent to 52 Old Birch Lane, Albany, NY 12205
- **Dorothy Wimble** is recovering from back surgery. Get well wishes may be sent to 38 Dowling Street, Albany, NY 12205
- **Maureen Behrens** is recovering from surgery. Cards may be sent to 23 Dutch Meadows Drive, Cohoes, NY 12047
- **Carol Phelps** is on the road to recovery following surgery. Cards can be sent to 812 Al Constantino Drive, Schenectady, NY 12308
- **Maria Mackey** who is recovering from surgery. Cards may be sent to 9 Consaul Road, Albany, NY 12205



Sunday, October 30th Reformation Sunday & Confirmation

Wear Red and Feel the Spirit!

**Join in the celebration as Lauren Bradley,
Logan Rudat, and Will Quinn are confirmed!**

Fall Yard Clean-Up

It's that time of year to rake the leaves, collect the pine cones, and clean up before winter. Join us on **Saturday, October 20th at 9:00 am** for yard clean up. Leaf-raking is scheduled for **November 17th at 9:00 am**. Refreshments will be provided!





October Birthdays

- | | |
|-----------------------------|------------------------|
| 3 – Wendy Connelly | 14 – Elizabeth Redding |
| 4 – Jordan Kirker | 16 – Samuel Meliara |
| 4 – Trenton Kirker | 16 – Neil Olsen |
| 4 – Madison Kowalski-Hughes | |
| 5 – Michael Goellner | 21 – Aakash Chohan |
| 5 – Mason Kirker | 24 – Emily Terry |
| 5 – John Ludwin | 26 – Jeanne Guenther |
| 6 – Pam Zepf | 26 – Brandon Spofford |
| 8 – Marcus Pasqualino | 26 – Alyx Therriault |
| 9 – Olivia Yarter | 27 – Emily Quinn |
| 12 – Blake Wiegert | 27 – Laura Szesnat |
| 14 – Mike Gerrish | 27 – Jill Terry |
| | 28 – Robert Bahan |



| Financial Report for August 2018 | | | |
|----------------------------------|-------------|--------------|--|
| | This Month | YTD | |
| Expenses | \$13,201.09 | \$105,151.24 | |
| Revenue | \$9,546.41 | \$99,743.12 | |
| <u>Surplus +</u> | | | |
| Deficit - | -\$5,408.12 | \$-5,408.12 | |



**Don't forget to set your clocks
BACK one hour on November 4th!**

Blessi



Blessing of the Animals

Sunday, October 7

St. Francis of Assisi, patron saint of animals and the environment, is remembered on his feast day on October 4th. This year we will be having our first **Blessing of the Animals on Sunday, October 7th at 3:00 pm on the front lawn** of the church. Bring your pets (on leashes or in carriers) to receive a special blessing. Invite your friends and neighbors too.

Annual Cocoa House Halloween Party

This year's Annual Cocoa House Halloween Party will be on **Saturday October 27th at 2:00 PM**. We will be playing a lot of games, like musical chairs, boo bingo, pumpkin relay races and “toss the ring on the witch’s hat” and everyone will have opportunities to win prizes. There will also be a Halloween piñata filled with candy, which is everyone's favorite. We will have many tasty treats and hot cocoa, milk and apple cider. We will conclude the Halloween Party with our traditional Halloween Parade and costume contest where everyone is awarded a certificate for their special costume. So please join us and invite family, friends, and neighbors and come on out for this "spook-tacular" event.



Sunday School

Our new Intergenerational Sunday School program is off to a great start! Children of all ages and adults are invited to join together at 9:15 am each Sunday in the Fellowship Hall to grow together in our faith with fun activities that focus around a particular Bible story related to the theme of the month. The theme for October is Generosity. **Join us for this Faith and Fun Time!**



Confirmation

Confirmation Orientation was held on Sunday, September 23rd and the first Cluster Confirmation class was held on Sunday, September 30th at 12:30–2:00 pm here at Good Shepherd. A pizza lunch was provided through the cluster. Once again we are using the Collaborate Curriculum. The focus this year is on Lutheran Living that teaches the basic principles of the Lutheran Church.

Confirmation for those who completed their second year – Lauren Bradley, Logan Rudat, and Will Quinn - will be held on Reformation Sunday, October 28th.

Splash/Cradle Roll News

Splash Kids joined in the fun on Community Day in Sept. We will return to our regular meeting time at 10:30 on the second Saturday of the month October 13th. A nature walk to Shaker Elementary playground is planned. If weather is inclement, we will meet in nursery. All children three and under are invited. Looking forward to seeing you all!



From the Music Corner

“Music is what tells us that the human race is greater than we realize.” — Napoleon Bonaparte”

We continue to extend invitations for you to sing with us. Choir rehearsals are Thursday evening from 6:00 p.m. to 7:00 p.m. and Sunday mornings from 10:00 a.m. to 10:15 a.m. The children’s choir will rehearse the 4th Sunday of the month from 9:30 a.m. to 9:45 a.m. This is part of the Sunday School milieu.



We will introduce several new choral pieces during fall and Advent. Several of you have provided lists of your favorite hymns and we continue to incorporate them into the music schedule. Please forward lists of favorite hymns to the attention of the music director’s mailbox at Good Shepherd Church.

If you are called to participate in our music ministry (vocal choir or instrumentalist), please speak to myself, Pastor Edwina or any of the choir members after service. You can also leave a message at the Church office.

Carl Rorie Alexandrov, Director of Music

Qi Gong Classes

Classes start Saturday September 8th and run every Saturday for six weeks at Good Shepherd from 9:30 AM to 10:30 AM. Qi Gong is a traditional Chinese practice that combines breathing techniques, flowing movements, stretching and meditation. Qi Gong improves your health, increases your energy and vitality, helps you to reduce tension and relax. It is easy to learn and accessible to all ages and fitness levels. Classes are \$15 each or \$60 for the six week package.

The sessions will be led by Maria Patrick, Certified Health Coach and Qi Gong Instructor. Participants should wear comfortable clothing and may bring a yoga mat. Registration is required and you can call or text Maria at (518) 629-5800. Email is CoreFourHC@gmail.com. Website is CoreFourHealthcoaching.com or MariaPatrickHealthCoach.com.

Just Breathe: Contemplation at Good Shepherd

Thinking Differently

I think, therefore I am. Rene Descartes

I used to think what Descartes thought, but then began to think for myself... Michael Gerrish



I

This month I turn 68. I have to admit that what I think about and the conclusions I reach have shifted as I grow older and that is good. Who wants to have the same thoughts over and over?

And yet, we frequently ARE visited by the same thoughts, over and over. Researchers estimate that up to 95% of the thoughts we encounter aren't really thoughts at all, just floating blips we allow to capture our attention. Is that what Descartes had in mind? I hope not.

Thankfully, my 68 years have revealed another path. If we sit quietly, calm our minds, focus on the breath, and let thoughts pass, we can become open to what our hearts feel, say, and long for. This approach helps attune our thoughts with our hearts. And, our open hearts can offer clarity of purpose to our judgmental minds.

Just Breathe meets for 45 minutes or so each Wednesday at 7PM at Good Shepherd. We gather in friendship, and make way for the Peace that passes all understanding. Regardless of what thoughts float your way, you are welcome here. We invite you to join us.

Here's one final thought...

Faith is an oasis in the heart that will never be reached by the caravan of thinking. Khalil Gibran

Thank you.

Michael Gerrish

Tuesday Morning Bible Study

Everyone is welcome to join us Tuesdays from 11:am to 12:15 pm. Along with reading from the New Testament and sharing related discussions; we also reach out to others in need with prayers, cards and a personal note.

Any questions or in need of a ride, please contact Carolyn Wolfe 518-977-3951.

Men's Breakfast

The men of the church are invited to join together on the first and third Saturday of each month at 8:00am at the church. October meetings are October 6th and 20th. The men take turns cooking breakfast, and we also have pot-luck gatherings as well. The food is accompanied by great fellowship and prayer. If you would like more information, please contact Mark Kaercher (518-786-9956).



September & October Cluster Collection

The Albany Lutheran Cluster Churches are collecting items for the Emergency Overflow Shelter (slated to open November 1st) during the months of September and October. The shelter has depended on this particular collection effort because purchasing many of these items is not covered by grants. The generosity of the members of the Cluster churches has been so wonderful with all the outreach projects we have throughout the year, we hope that it will continue with this one.

The shelter manager has specified the following items are needed the most...

- Laundry products (liquid, powder and pods & dryer sheets)
- Liquid Bleach
- Solid “jelly” air fresheners (no plug-ins please)
- Lysol (or other brand) spray disinfectants
- Bathroom Cleaner
- Clorox or Lysol Wipes
- Liquid Pine-sol
- Toilet Cleaner/ Toilet Brushes
- Handi Wipes

Church Council News

At the September meeting, the Council focused attention on the many ways we are living out our mission at Good Shepherd -- through worship and music, Christian Education, fellowship, service to others, and outreach and evangelism. It was a pleasant and productive meeting!



- Danny Patrick, our Building Use Coordinator, updated us on rental agreements that bring members of the community into our “mission station” and generate much needed revenue for our programs and activities.
- The new Intergenerational Sunday School Program is underway. They are still looking for people to assist with teaching a monthly class with one of our main teachers Marie Wertman & Susan Kelly.
- We are still looking for a Youth Group Leader to lead activities once a month.
- Updates from various teams showed how active the church is in outreach.
- A Special Committee is currently reviewing the Building Use Policy and Fee Structure for Building Rentals. The Council will vote on proposed revisions to the policy and fee structure at the October meeting. Questions about the current policy and the proposed revisions may be referred to Dave Ferrill, Chairman of the Special Committee at 518-459-4865 or to the church office at 518-458-1562.

Marjorie Raymond, President
518-435-0906

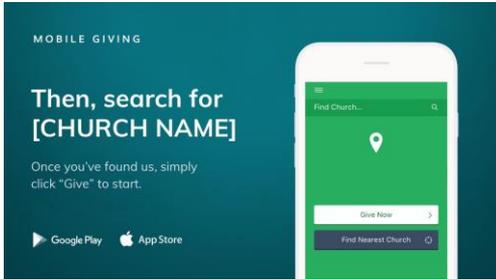
Council Members: Robert Beach, Kathy Crouse, Atif Dean, Jeffrey Emptage, Dave Ferrill, Pastor Edwina Landry, Danny Patrick, Marjorie Raymond, Elaine Sacco, Maryanne Sangiacomo, Mark Silo, Pauline Wanjugi, Marie Wertman, Pam Zepf,

*"The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to the measure of the full stature of Christ."
(Ephesians 4:11-13)*

Tithe.ly Giving – New Online Giving Option



Watch for more information in the weeks to come!



News from the Senior Shepherds

The Senior Shepherds held their first meeting on September 28. The next meeting will be on October 26 at 11 am. We will discuss speakers and other projects for the upcoming year. All are welcome.

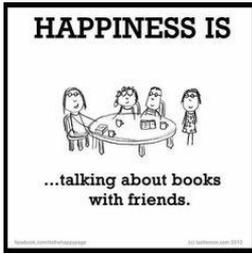
WELCA

Qi Gong Exercise/Breathing Session - Join us **Tuesday, October 23, at 7 p.m.** in the Fellowship Hall for a Qi Gong class, an ancient Chinese Martial Art that focuses on aligning breathing with movement to provide benefits in exercise, energy and concentration.



Maria Patrick, a certified health coach and owner of Core Four Health Coaching, will lead the session for us. Please register by contacting the church office at office@gscl.org or calling 518- 458-1562. Sponsored by Good Shepherd's Chapter of Women of the Evangelical Lutheran Church in America.

New Book Club



Join us for a new book club at GSLC focusing on topics of social importance. We are inviting all in our community with the vision of having a truly diverse group that encompasses all faith traditions as we learn, grow, and have fun together. The first book we will be reading and discussing is “Fragrance in the Dessert” by Debbie Fowler who will be joining us! This book is based on

the experiences of Debbie Fowler whose eyes were opened to the wide-spread problem of sex-trafficking not only overseas, but right here in our local communities. Debbie Fowler is the founder of Wide Eyes Open in Schenectady, whose mission is to help victims of sex-trafficking. Our first meeting will be on **Tuesday, Oct. 2nd at 7:00 p.m.** Come and join us at Good Shepherd Lutheran Church as we discuss this fascinating and informative book.

Thrivent Grants

The many outreach projects of our congregation are made possible in large part by grants from Thrivent Financial. Every Thrivent member is eligible to apply for two \$250.00 Action Team grants per year. These are easy to apply for, and if you need help please ask Carol Phelps, Danny Patrick, or Pastor Edwina.

If you are not a Thrivent member, but would still like to help apply for a grant, you can become a Thrivent Associate Member. **Associate membership is \$19.95 and with that membership you are able to apply for a one \$250.00 Thrivent grant for our congregation’s outreach projects.** Contact Thrivent either by phone or at Thrivent.com for more info.

Faith Matters: Lost and Found

As much as we might try to avoid upsets or prevent losses, they happen. Up/down, in/out, win/lose, birth/death are common life patterns. In fact, these patterns are the shape of the spiritual journey.



Barbara Brown Taylor describes the experience this way: *"Like every believer I know, my search for real life has led me through at least three distinct seasons of faith, not once or twice but over and over again. Jesus called them finding life, losing life, and finding life again, with the paradoxical promise that finders will be losers while those who lose their lives for his sake will wind up finding them again. [Matthew 16:25] In Greek the word is psyche, meaning not only "life" but also the conscious self, the personality, the soul. You do not have to die in order to discover the truth of this teaching, in other words. You only need to lose track of who you are, or who you thought you were supposed to be, so that you end up lying flat on the dirt floor basement of your heart. Do this, Jesus says, and you will live."*

Last month Barbara Brown Taylor joined Richard Rohr, Brian McLaren, Mirabai Starr and Barbara Holmes to explore this transformational pattern of living/dying/resurrection. And we are watching their conversations ... and discussing what their teachings mean for our own life experiences ... during Faith Matters sessions.

Join us Sunday mornings during the Education Hour at 9:15 am. Refreshments and snacks are always plentiful.

Stewardship

The Stewardship Team is focusing on a new theme each month as we live into Year Round Stewardship. The theme for October is Stewardship of our Finances/Generosity. Make sure to check out the bulletin board in the Fellowship Hall for ways you can be a good steward (caretaker) of your finances.

Garden News



The growing season is winding down and plans for next year are germinating.

Produce has been distributed to Capital Roots program and the Colonie Senior Center. Pumpkins were shared with our Sunday school children. The layout has

expanded to include red raspberry and blackberry section. The perimeter was cleared near the garden to reveal some black raspberries. Garlic chives (attracts pollinators), oregano and more kale were added. The garden will be laid to rest with a cover crop to prepare for next year. Overall, it has been a good first year. Thank you to Brian Rhodes and Paul Spofford for the fencing. Paul's gate really makes a difference! Can't wait to hear your input for our garden next year. A short planning session will be scheduled, or contact me at any time with your ideas. Nature doesn't exist in a vacuum. Like our lives it grows and develops with nurturing and the companionship of others. God gently nudges us from within to grow to our true selves.



Fall Blood Drive

Good Shepherd will be hosting the next American Red Cross Blood Drive on **Wednesday, October 24th from 1:30 - 6:00PM.** New and experienced donors are welcome. Invite your neighbors, friends and relatives as all summer there has been a great shortage of blood.

Rapid Pass is an option online the day of the blood drive so you can pre-register which will shorten the check-in time. Walk-ins are always welcome.

If you would like to donate for the first time or have questions concerning donating please contact Carol Phelps at 518-355-3901.

Social Justice

Our church was represented at the Clean Air/Clean Energy forum held in front of the Governor's mansion in September. What is a good life if we can't breathe? Letting our voices speak for God's creation is a responsibility that can't be left for someone else. Acting locally, complements the national church to act nationally and globally. To see the important work the church is involved in, visit ELCA Advocacy Blog. On a local level, continue contacting your representatives to be God's voice in our rights for clean food, clean air, affordable housing, a just immigration system, equality in all fields and all the issues that flood before us daily. We don't have to do it all; we just need to do something. Especially inform yourselves and act on several issues in the legislative process currently: the Public Change Rule (affects immigrants), Voter Registration (info at: ELCAvotes resources) and the Farm Bill Update (info at ELCA Advocacy; a petition initiated by faith leaders across the country has been started). Please sign the petition to support nutritional health of all people. Also continue your support of Pray, Fast, Act. What a powerful energy God has put in us. Through prayer, divine inspiration and our human effort amazing things happen.

Next Newsletter Deadline: Monday, October 15th

Call the Church Office at 458-1562 or e-mail office@gscl.org
if you have item(s) for publication.

We want to thank Maryanne Sangiacomo
and "Missy" for their many hours of hard
work power-washing our church patio.
They sure brightened things up!!



THANK YOU!

Summer Lunch Program Thanks

As you read in last month's newsletter the Outreach and Evangelism Committee reported that this year's Summer Lunch Program was a great success. Again, we want to thank the congregation for your donated food items, support and prayers for this special program. We also want to thank all of the people who applied for Thrivent Action Grants that were used to obtain school supplies, food, sweat shirts, tee shirts, and underwear for the children. They are Margaret Vogel, Bertie Cole, Maureen Behrens, Carolyn Wolfe, and Danny Patrick. Last, but certainly not least, a great big thanks goes out to all of the volunteers and staff who made this program such a big success week after week. And they are Rick Covey, Cliff Brant, Meg Winters, Kathy Westerholt, Bertie Cole, Carol Phelps, JoAn Walker, Marilyn Graver, Betty Suarez, Barbara Rasmussen, Kirsten Andersen, Mary Long, Elaine Sacco, Pastor Landry, Kathy Williams, and Danny Patrick. A special thanks to Mary Long who provided crafts every week for the children, to Danny Patrick's sister-in-law, Mary Gianetto, who provided many books for the children, and to Sunny Delory who helped fill back packs with school supplies. We thank you all from the bottom of our hearts for the many ways people got involved in this ministry and we look forward to doing this program next summer.



God's work.
Our hands.

Thank you to everyone who participated in God's Work. Our Hands Sunday! Adults and children made 90 "Bags of Thanks" for nurses as our service project. We filled them with sandwiches, snacks, a drink, and notes of thanks. The children also made special cards to thank the nurses. Members then delivered them to Albany Medical Center, Memorial Hospital, St. Peter's Hospital, and Loudonville Assisted Living. The staff were extremely surprised and appreciative of this kindness!

THANK YOU!

Hillenbrandt Scholarship Ice Cream Social

Thank you for your generous support for the Hillenbrandt Scholarship fund at our Ice Cream Social. We hope you enjoyed the treats. We know our students appreciate the financial, spiritual, and moral support that Good Shepherd provides. Please remember that we will continue to accept donations in the offering plate on Sundays, through contributions as part of simply giving, through your purchase of car wash tickets (the Holidays approach!) and through the collection of bottles and cans. Thanks also to Bonnie, Patty, and Shahnaz for your help.

Chris Kleinhenz

Eighth Annual Community Fun Day

The Outreach and Evangelism Committee would like to thank everyone who played a part in planning and putting together this year's Community Fun Day. As in past years, families, friends and neighbors turned out to enjoy lunch, activities, information, and fellowship. A more detailed wrap-up will be provided in next month's newsletter!

UPCOMING EVENTS

All Saints Sunday - One of the traditions of the church on All Saint's Sunday is to remember friends and family who have died over the past year. On **November 4th** here at Good Shepherd, we offer prayers of thanksgiving and remembrance and light a candle for those who have passed.



If you wish to have someone remembered during this service, please call the church office at 518.458.1562 by October 28th or email us at office@gsclcl.org so they can be listed in the bulletin.

**Blessing of the Animals –
Sunday, October 7 – 3:00 pm**

**WELCA Event –
Tuesday, October 23 - 7:00 pm**

**Red Cross Blood Drive
Wed., October 24 - 1:30pm to 6:00 pm**

**Cocoa House Halloween Party
Saturday, October 27 - 2:00 pm**

All Saints Sunday - November 4 - 2018

Just Breathe - Wednesdays 7:00-7:45 pm

MISSION STATEMENT

“We are a community of God’s faithful people called by Christ to love, welcome, and care for all.”