

The GOOD NEWS

of Good Shepherd Lutheran Church, Loudonville, NY

September 2018

“Now faith is the assurance of things hoped for, the conviction of things not seen. Indeed, by faith our ancestors received approval. By faith we



understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible.” Hebrews 11:1-3

September is always a busy time for teachers, parents, and students as the rhythm of school begins again. Individuals and families return from vacations to settle into familiar routines. There is a constancy to life. Yet, the paradox is that as familiar as these patterns may be, the one thing that is truly constant in life is change. All life, all growth, involves change. We can rely on it, even though we may not know what that change will be. Faith is the compass that guides us through these changes. Faith is “the assurance of things hoped for, the conviction of things not seen.” Faith allows us to see God’s dreams, our dreams, before they even manifest.

Faith Formation is one of the most important things we do because it is out of our faith that all things flow. It’s how we stay connected to our Creator, to each other, and all life. The ministries we are involved in are a direct result of our faith in what God is doing through us. That’s why our Stewardship and Christian Education theme for September is Faith. How can we be good stewards of our faith? How can we better learn, live out, and share our faith with others?

Faith allows us to persevere and to see the outcomes before they even happen. God is doing so much through the faithful people of Good Shepherd Lutheran Church, and I can only imagine what amazing things are yet to come as we continue to journey together in faith!

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 104 Shaker Run, Albany, NY 12205, and Colleen Ward at 2 Jeanne Jugan Lane, Ashfield Apts. #224, Latham, NY 12110.
- **Stephanie Farrell** is home from the hospital and on the path to recovery. Cards may be sent to 58 Miracle Lane, Loudonville, NY 12211
- **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

Thank you from Barbara Emptage: “I wish to send a sincere thank you to all who sent me get well wishes for my recent hospitalization, surgery and physical therapy which is ongoing. While a month was spent out in Minnesota before I was able to come home, the cards received there, as well as here, helped to brighten my days.”

CONGRATULATIONS GRAD!

Congratulations to **Olivia Yarter** who graduated from Colonie High School and is heading off to SUNY Oswego. Go Olivia!!



Financial Report for June 2018			
	This Month	YTD	
Expenses	\$13,737.51	\$79,952.92	
Revenue	\$10,971.95	\$79,342.67	
<u>Surplus +</u> Deficit -	-\$610.25	\$-610.25	

Financial Report for July 2018			
	This Month	YTD	
Expenses	\$11,997.23	\$91,950.15	
Revenue	\$10,854.04	\$90,196.71	
<u>Surplus +</u> Deficit -	-\$1,753.44	\$-1,753.44	



September Birthdays

- | | |
|---------------------|--------------------------|
| 5 - John McGrath | 18 - William Kleinhenz |
| 6 – Pastor Edwina | 18 - Carol Stubbs |
| 9 – Elena Kleinhenz | 20 Linda Plue |
| 10 - Jamie Crouse | 21 – Elizabeth Kaercher |
| 13 - Ron Lagerroos | 21 – Kathy Westerhold |
| 17 - Sonny DeLory | 23 - Maryanne Sangiacomo |
| | 29 - Louis Reiss |



Just Breathe: Contemplation at Good Shepherd

Reunion

It is not about being correct, it is about being connected. Richard Rohr



This summer I attended my high school graduating class's 50th reunion. About one third of the graduates returned to celebrate at two different places: a craft brew pub on Friday evening and the local Elks Club on Saturday. There was plenty of laughter in each room. Messages were shared from those who were unable to attend...and classmates who had passed on were remembered.

A comedian once joked that the only reason to go to a class reunion was to see the people you ended up beating in the game of life. This idea says there is just one path, just one way to be: the winner. I disagree: you go to hear the stories about the game each person has learned to play. It is not about being correct, it is about being connected.

Weekly meditation practice at Good Shepherd is like that, too. We get together in a quiet space, relax, and wait. We listen to a few words to move us in the same direction, while acknowledging each one's path is different. It is not about being correct, it is about being connected.

Just Breathe meets at Good Shepherd for 45 minutes or so each Wednesday at 7PM. That means we have an opportunity for "reunion" every week! Whether you are just beginning to think about your life's journey, or an experienced traveler on the way home, we invite you to sit with us and share some encouraging words. After all, it's not about being correct, it is about being connected.

Thank you.

Michael Gerrish

From the Music Corner

“Without music, life would be a mistake” —
Friedrich Nietzsche”



We continue to extend invitations for you to sing with us. We will resume choir rehearsal on 9/6/18 at 6:00 p.m. We will convene at 10:00 a.m. on Sunday mornings for brief rehearsal before Service.

We will introduce several new choral pieces during Fall and Advent. We will continue to sing **Setting VI**. This is a familiar setting that we have sung in the past.

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

Just a reminder that we will return to our regular worship schedule on Sunday, September 9th. There will be two services: 8:00am and 10:30am.



**God's work.
Our hands.**

Rally Day and God's Work. Our Hands Sunday!

Rally Day! – Sunday – Sept. 9th at 9:15 am - Join us for the beginning of a **new intergenerational Sunday School Program** at GSLC. Children, Youth, and Adults are all invited to grow in faith together in a fun and creative way. Each month will have a particular theme, and Bible stories will be based on that theme. These themes will correspond with our monthly stewardship themes. For the month of September the theme is faith, as we focus on being good stewards of our faith. We'll learn together through different activities each week- games, crafts, drama, music, etc. Think mini VBS!

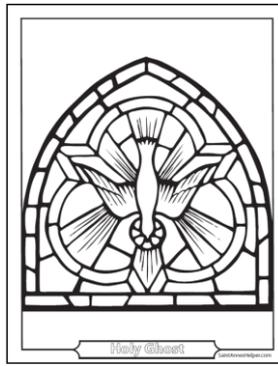
We'll kick off by participating in a service project for **God's Work. Our Hands Sunday** as we join with ELCA congregations around the country in a time of putting our faith in action through service for others.

We'll also have a **Blessing of the Backpacks** at our 10:30 am worship service, so have children bring their backpacks for a special blessing as they begin the new school year!



Youth Group

This year we are including children and adults of all ages in our Intergenerational Sunday School Program. That means our older youth will be involved in the fun and learning too! Youth Group will meet once a month during the Sunday School time. Plans are still underway as to who will be teaching the group, so stay tuned for more details to come.



Confirmation

It's hard to believe that another year of Confirmation will soon be underway. This year the only churches in the Albany Cluster that have students are Holy Spirit and Good Shepherd. Therefore, for this year, all classes will be held here at Good Shepherd. **Orientation for students and parents – including those who will be confirmed in October – will be on Sunday, Sept. 23rd at 12:30 pm.** The first Cluster Confirmation class will be Sun., Sept.30 from 12:30–2:00 pm.

Please note that this is a new earlier time. We are aware of the challenges that parents have faced after services of driving home and then returning to drop off youth after lunch. **The Cluster is now supplying a pizza lunch for the Confirmation Group. Youth can now stay after worship and enjoy a nice lunch before class starts.** We're looking forward for another exiting new year as we grow together in our faith.

Tuesday Morning Bible Study

Come join us each Tuesday starting September 11th from 11am to 12:15pm in the Blue Room sharing a cup of coffee/tea (and treats too). We reach out to others with a card, personal note and prayer for those who may be in the hospital, recovering at home or may just need cheering up. Also, our personal growth in our faith is supported as we read together and discuss chapters in the New Testament.

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. Our first gathering will be held on Saturday, September 15th. The men take turns cooking breakfast, and we also have pot-luck gatherings as well. The food is also accompanied by great fellowship and prayer. If you would like more information, please contact Mark Kaercher (518-786-9956).

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.

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
- Liquid Pine-sol
- Solid “jelly” air fresheners (no plug-ins please)
- Lysol (or other brand) spray disinfectants
- Bathroom (shower & sink) Cleaner
- Toilet Cleaner
- Toilet Brushes
- Clorox or Lysol Wipes
- Handi Wipes (heavy duty, multi-use)



WELCA

Thank you to all who joined our August meeting for the presentation by Pastor Edwina on the ELCA Draft Social Statement on Women and Justice. Our **September meeting** will be held **Tuesday, Sept. 25th at 7:00 pm**. This meeting will focus on planning a new **Cookie Walk Fundraiser** that will be open to the community in December. Please join us to find out more about this and help with the planning.

Berry Festival Thank You



The Outreach and Evangelism Committee would like to thank everyone who came to this year's Berry Festival and those who gave free will donations. As a result of your generosity we received \$723.00 that has gone towards this summer's Lunch Program at the Schuyler Inn in Menands. Out of the money received we were given a special donation for 100 dollars from the Capital Church on Vly Road in Colonie that was earmarked especially for school supplies for the children at the Schuyler Inn.

A special thanks to all of the volunteers who picked, cut up and served berries; and those who made the delicious biscuits; and those who helped out cleaning up after the Berry Festival. They are as follows: Carol Phelps, Bertie Cole, Barbara Rasmussen, Carolyn Wolfe, Marilyn Graver, Colleen Ward and her sisters Sharon Fowler and Susan Rudd, Susan Perkins, Mary Long, Elaine Sacco, Meg Winters, JoAn Walker, Maryanne Sangiacomo, Atif Dean, Betty Suarez, Marjorie Raymond, Cliff Brant, Pastor Landry and Danny Patrick. Another big thanks goes out to our administrative assistant Kathy Williams who made up posters that were put up in the community. Everyone had a great time and we look forward to our Fourteenth Annual Berry Festival.

Stewardship

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

Church Council News

At the August 21st Council meeting, reports and updates were provided on many of the exciting ministries and programs at Good Shepherd, including:

- plans for a new exercise program to be offered in September and October
- our new electronic giving option ([Tithe.ly](https://www.tithe.ly)) --now available online and as an app on smart phones
- the upcoming Rally Day (9/9) and Community Fun Day (9/29)
- our new Community Garden and opportunities to care for others
- plans for an intergenerational Sunday School program, and
- upcoming programs of our local unit of the Women of the ELCA.



Shahnaz Dean was appointed to serve on the Hillenbrandt Scholarship Committee. She will fill the unexpired term of Jeniece Goellner through January 2020. Jeniece served as Chair of the Committee until she moved out of the area earlier this year.

The Council reviewed and approved Roles and Responsibilities of the Personnel Committee. This new committee will assume the staffing responsibilities that were previously handled by the Mutual Ministry Committee. Special thanks to the members who developed these guidelines: Gail Koser (Chair), Marie Wertman, Steve Layne, Marjorie Raymond and Pastor Edwina.

The Council also approved a revised policy statement for Healthy Communications and Conflict Resolution. In 2016, members of the congregation completed a Congregational Vitality Survey and 55 members of the congregation met in October 2016 to review the results. Participants at the meetings agreed that our church does many things well. However, they also agreed that we need to improve conflict resolution skills in our congregation. The new policy statement recognizes that conflict is a natural part of change and growth and outlines ways to communicate effectively to resolve conflict.

Carolyn Wolfe attended the Council meeting and shared information about the revised policy statement. The Council extends its appreciation to the Special Committee members who developed the new policy: Carolyn Wolfe (Chair), Jessica Kaercher, Steve Layne, Susan Perkins, Marjorie Raymond and Pastor Edwina!

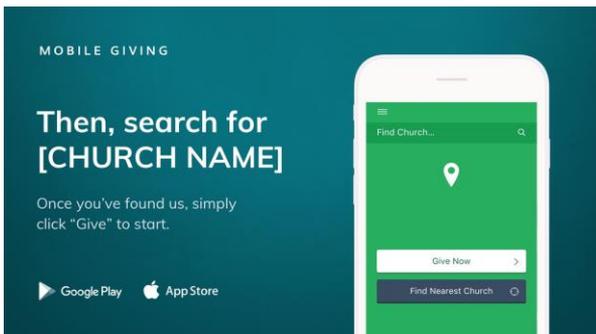
Marjorie Raymond, President

"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)

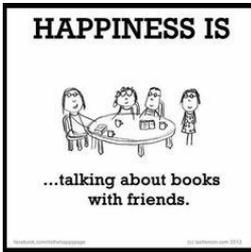
Council Members: Robert Beach, Kathy Crouse, Pam Zepf, Jeffrey Emptage, Dave Ferrill, Pauline Wanjugi, Danny Patrick, Marjorie Raymond, Atif Dean, Elaine Sacco, Maryanne Sangiacomo, Mark Silo, Marie Wertman, Pastor Edwina Landry

Tithe.ly Giving – New Online Giving Option

Watch for more information in the weeks to come!



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 Desert* by Debbie Fowler.

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.** Please contact Pastor Edwina for more information on how you can help our congregation do even more for others.

News from the Senior Shepherds

Welcome back to everyone. Our next meeting for the Senior Shepherds is September 28th at 11 am. Please come with suggestions for speakers, activities and projects for the coming year. All are welcome!



Faith Matters: Conspire to Change

How do we change and grow? How does faith fit into the up/down pattern of transformation?

Faith Matters discussions will be exploring these practical, life-affirming questions using video from The Center for Action and Contemplation's Conspire 2018 Conference in Albuquerque. We'll hear Barbara Holmes, Brian McLaren, Barbara Brown Taylor, Mirabai Starr, and Richard Rohr, all impressive writers, speakers, faith leaders. We'll apply their teachings to our own experiences of dying and resurrections.

We will be working with this rich material in an informal way ... watching, listening, discussing, sharing ... making it easy to drop into the conversation for some or all sessions. No advance study material, no formal "class", no right/wrong answers. Just curious people welcoming other curious people.

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



Eighth Annual Community Fun Day

The Outreach and Evangelism Committee is putting the final touches on this year's Community Fun Day which will be held on **Saturday September 29th from. 11:00 AM to 2:00 PM.** Some of you who might be new members of Good Shepherd may want to know exactly what the Community Fun Day consists of. This is a fun day for everyone and a special way to thank the community (both in-house and folks that reside in the surrounding area) who support the many events that we have throughout the year. It is also an opportunity to share information about the many faith opportunities that Good Shepherd provides, as well as the many ministries that we are involved in. Lunch will be available for everyone consisting of hot dogs, potatoes nuggets, homemade lemonade, coffee, and cookies from 11:00 AM to 2:00 PM.

We will also be having informational tables about organizations in the area, flu shots (need to bring your health insurance card), pony rides and a childrens' craft table. Some of the informational vendors this year are the Albany County Sheriff's Department, Thrivent Financial, Rite Aid (flu shots), Mi Sci Museum, Toast Masters, Drama Kids, Alzheimer's Association, Kitten Angels, YWCA, and U.S. Committee For Refugees and Immigrants.

So please mark this date on your calendar! Come out and join the fun and welcome our neighbors from the community. Hope to see you all on September 29th!

Garden News



With thankfulness, we acknowledge Brian Rhodes and Paul Spofford for completing the fencing around the garden. It has saved our garden from the ravages of some ravenous rabbits!

Deliveries have been made to the Colonie Senior Center who appreciate vegetables for their homemade lunches. As more ripen, hope to share with other ministries. So far the tomatoes are doing their best, but the basil was good too until the heat came. Broccoli, kale and pumpkins are on the way to do their part. It is getting well watered with all this rain, so what it really needs are some weed warriors or garden angels (whatever you prefer) and maybe a name. If you have a suggestion or you'd like to help with this ministry, call the church office for info. Please take peek at our garden and maybe you'll catch sight of some of the monarchs that are visiting too. Your help and expertise is always greatly appreciated.

Splash Play Group

We met at the church for some water play, snacks and explored the garden. Found out we like green beans and picking flowers! Our next get together is to be announced at a later date.

If you would like to participate in our group, please contact Elaine Sacco or Monica

Wertman. All children 3 and under are welcome and we encourage moms or dads to bring your toddler to help them ease into the world of socializing with others in a gentle atmosphere. It's also an opportunity for parents to feel support and friendship. Come join us!





Social Justice

Each month the ELCA issues a recommendation to Pray, Fast and Act in support of an important need facing people of our country and the community beyond our borders. We live in such a fast paced world with new issues hitting us daily, making it seem overwhelming. But when we take a step back and just focus our attention on just one issue it helps to open our eyes to the fact this God's world and he has our back. Issues will come and go, but God is constant. His love continues through millennia. We see some heartbreaking things in the news and wonder where this will all go. And yet God is there to guide when we are open.

An ancient way to open ourselves to God's plan is through prayer and fasting. All cultures have used prayer and fasting; so it gives us a sense of unity not only with the past, but also with all people of our present world. There is documented evidence that the act of praying lowers one's blood pressure and helps one feel more calm. New evidence has been discovered that fasting has many benefits also. It may help with diabetes, obesity, Alzheimer's, and energy levels. As with all fasting, it is not for children and adolescents, pregnant and nursing women and people with health issues. Fasting is simply letting the body rest from the work of digestion and focus on repair. Like what prayer does for our souls. It can be just replacing one or two meals with fluids, knowing that God has made us a strong people ready to face the challenges before us. So when the 21st of the month rolls around and the ELCA Action Alert is announced, it would be of great personal benefit to try this ancient practice. You will not only open yourself to a deeper understanding of God's compassionate love and guidance, but also unite with thousands of believers past and present to walk toward a better world.

Life Line Screening

Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Good Shepherd Lutheran Church on **September 25, 2018**.



Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete.

In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/communitycircle or text the word circle to 797979

Summer Lunch Program

By the time that you receive this newsletter we will have just one more lunch left at the Schuyler Inn in Menands for this summer. The lunch program has been a great success. The children and their parents have been so appreciative of the great tasting meals, books and the children's crafts. We will be providing the children tee shirts, underwear, sweatshirts, and backpacks filled with school supplies. The backpacks have been donated by Fidelis Health Care and the other items have been purchased as a result of Thrivent Action Grants that were obtained by members of the congregation.



A very big thanks goes out to all of the members of the congregation who donated food items as well as the many volunteers who got involved with preparing and serving the lunches. We will have a full list of all of the volunteers and folks who obtained Thrivent Action Grants in the next newsletter after the summer lunch program has been completed for this year. This ministry was truly a blessing due to the many members of this congregation. The Outreach and Evangelism Committee thank you all from the bottom of our hearts for the many ways people got involved in this special ministry.



Save the Date – Fall Blood Drive

Good Shepherd's Fall Blood Drive will be **Wednesday, October 24th 1:30PM - 6PM**. All healthy individuals over 17 and weighing 110 pounds are eligible to donate. The interval for single red cell donations is 56 days and for double red donations is 112 days. This summer due to severe weather conditions, the blood supply has been very limited.

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

**Next Newsletter Deadline:
Monday, September 10th**

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



Dear Friends,

Thank you for your generous contribution of \$180. to the Lutheran Summer Gathering which will be used toward scholarships in furtherance of the Gathering's goals to provide Christian community and a fun, relaxing vacation for spiritual and physical renewal . Your support is greatly appreciated.

Yours in Christ, Beth Smayda, Planning Committee

Dear Hillenbrandt Committee,

Thank you so much for the scholarship. Your constant support means so much to me. The church has created such a strong core for myself that I am not scared, but excited for the next year.

Cameron Kaercher

Dear Friends at Good Shepherd,

Thank you for your kindness and generosity shown to the South End Children's Cafe. Since opening in November of 2015, we have served over 19,000 healthy meals along with daily homework help, enrichment programs, exercise and fun! We hope you know how special you are to us...the South End Children's Cafe is only possible because of friends like YOU!

Tracie Kellar

Regular Worship Schedule Returns –
8:00 & 10:30am- Sept. 9

**Sunday School Rally Day &
God's Work. Our Hands Sunday
September 9 at 9:15am**

**Blessing of the Backpacks –
September 9 – 10:30am**

**Community Fun Day
Saturday September 29, 11:00 AM to 2:00
PM**

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

MISSION STATEMENT

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