

The GOOD NEWS

of Good Shepherd Lutheran Church, Loudonville, NY

February 2019



“But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine....Because you are precious in my sight, and honored, and I love you...” Isaiah 43:1, 4a

In elementary school I looked forward to Valentine’s Day with excitement as everyone in the class would exchange Valentines. When I had children of my own, I would plan a special Valentine dinner for them with all the food cut in the shape of hearts. It’s great to show people how much you care for them. Yet, for many adults the pressure of this Hallmark holiday can leave one feeling down. Many are alone, and this day reminds them of that fact. That’s why this message from God conveyed through the prophet Isaiah is so special. “I have called you by name, you are mine. You are precious in my sight, and honored, and I love you.” This is a love note from God. We could receive no better Valentine than this. It’s impossible to feel alone, when you receive a note like this from the Divine!

Our stewardship theme for February is Relationships. It’s fitting for this month as we think about Valentine’s Day. Our relationships with each other need to be nurtured each and every day, not simply one day a year. This is especially true for our relationship with God. As we nurture our relationship with God, as we grow closer to God through many different spiritual disciplines, our hearts are transformed, and our relationships with others improve as well. Take time this month to nurture your relationship with God with daily prayer, Scripture reading, and weekly worship, and experience the love of God which is beyond compare.

Blessings and Peace,
Pastor Edwina

PLEASE KEEP IN YOUR PRAYERS:

- **Evelyn Burgos** who is home recovering from a recent hospitalization due to heart issues. Get well wishes may be sent to 21 Danielwood Drive, Loudonville, NY 12211
- **Dorothy Wimble** who is still suffering with back and mobility issues. Get well wishes may be sent to 38 Dowling Street, Albany, NY 12205
- **Maureen Behrens** as she continues with treatments. Cards may be sent to 23 Dutch Meadows Drive, Cohoes, NY 12047
- **Carol Phelps** for continued health following treatments. Cards can be sent to 812 Al Constantino Drive, Schenectady, NY 12308
- **Dick Dunn** for continued health following rehab. Cards can be sent to 6026 Bane Berry Drive., Schenectady, NY 12303.
- **Barbara Murray** who is in Glendale Rehab. Cards can be sent to her at Glendale Rehab (Room 215), 59 Hetcheltown Road, Schenectady, NY 12302
- **Bertie Cole** for continued health following surgery. Cards may be sent to 3 Daisy Lane, Loudonville, NY 12211.

Weather Alerts

In case of inclement weather and possible worship cancellations, please listen to the following channels:

Capital News 9

WFLY – FLY 92

WGY – 810 WGY

WRVE – The River



WXXA TV

WTEN TV

WRGB TV

WNYT TV

Happy Birthday!

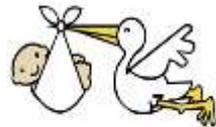
February Birthdays

- 1 – Cliff Brant, Jr., Marna Redding
- 2 – Jeniece Goellner, Brian Rhodes
- 3 – Jordan Wagner
- 4 – Karie Robertson
- 8 – Easton Ahl
- 12 – Marilyn Graver
- 13 – Jack Stubbs
- 14 – Jack Redding
- 17 – Leighann Yost, Peter Crouse, Mark Bradley
- 21 – Marilyn Loecher, Robert Plue
- 22 - Georgia Carr
- 24 – Hope Caufield
- 25 – Laraine Frohne
- 26 – Mark Kaercher, Charles Rhodes



Congratulations

Congratulations to Alice Ngowi and William Mwandambo on the birth of their daughter Iyana Clare Mwandambo born Jan. 3, 2019 at 11:32 am. She weighed 6 lbs. and was 19” long.



Congratulations to Maggie and Al Gallucci on the birth of their daughter, Mya Ann Gallucci born Jan. 20, 2019 at 10:23 pm. She weighed 7 lbs. and was 21.25” long.

News from the Senior Shepherds

We want to thank everyone who bought items at our small craft table at the Cookie Walk. We collected \$228.00.



We are sponsoring a **Souper Bowl** Sunday soup donation on **February 3rd**. Please donate cans of soup which will be given to a local food pantry.

Our next meeting will be on February 22nd at 11:00 and please bring a sandwich and join us.

Church Book Club



The next meeting of the Book Club is scheduled for **Tuesday, February 5th at 7:00 pm** in the Blue Room. The selected book is "A Tidewater Morning" by William Styron. The book is a compilation of three stories of youth (based on the author's experiences) - a 20-year-old, a 10-year-old, and a 13-year-old. Styron is winner of a

Pulitzer Prize, and well-known as author of Sophie's Choice. Refreshments will be available too!

Transportation Ministry

We would like to start a new Transportation Ministry here at Good Shepherd for people who need rides to and from our worship services. If you are interested in helping in this ministry, or if you or someone you know is in need of a ride, please contact Mark Kaercher.



Pork Dinner

Outreach and Evangelism will be sponsoring a **Pork Dinner on Sunday, February 24th**, 4:00 pm – 6:30 pm.

The menu will include pork, sauerkraut, mashed potatoes, vegetable, rolls, applesauce, dessert, coffee, tea, milk.

Tickets will be \$12 for adults, \$6 for children 6-12, and under 6 free. Take out will also be available.



Please mark your calendars and tell your friends and neighbors we'd love to have them join us for this delicious meal. Proceeds will go to the general fund. For more information please see or call Carol Phelps 518-355-3901.

February Qi Gong

Regularly practicing Qi Gong is a wonderful way to start the New Year! You will be burning holiday calories, boosting your metabolism, increasing your bone density, improving your balance, and enhancing your immune system.

**Join the
"Saturday Morning Qi Gong Club"
at 9:30 am**

**Every Saturday in February
Classes \$10**

**All classes will be held at
Good Shepherd Lutheran Church
510 Albany Shaker Road, Loudonville, 12211**

Presented by Maria Patrick
Certified Holistic Health Coach and Qi Gong Instructor

The January meeting of the Women of the ELCA was devoted to business reports, election of a Nominating Committee, wrap-up items from 2018, and publicity for 2019 activities.

A presentation by Albany County Sheriff Craig D. Apple, Sr., originally scheduled for the January 22 meeting, has been rescheduled due to a conflict that arose for the sheriff. Sheriff Apple's presentation on the current Heroin and Opioid Epidemic will be held on **Tuesday, March 26 at 7:00 p.m.** All members of the congregation and their friends, as well as the community, are invited to attend. So that we can make arrangements for seating and refreshments, please contact the **church office at 518-458-1562 or office@gslcl.org** to confirm your attendance.

Our February meeting on Financial Strategies for Women will be held on **Saturday, February 23 from 2 to 4 p.m.**, featuring Paula Heighton, Financial Associate with Thrivent. A brief business meeting will follow, focusing on elections for the positions of Coordinator, Secretary, Treasurer, and Planning Committee. Refreshments will be served and fellowship time will be included. Please contact the church office to confirm attendance so that we advise the presenter and make arrangements for seating and refreshments.

Save the Date for TEA & TALK! We have a date change this year, from summer to spring! The 3rd annual Tea & Talk event will be held on **Saturday, April 27**. All women of Good Shepherd, their friends, women from other congregations, and community members are invited to attend. This "afternoon tea" in the British tradition features brewed teas, finger sandwiches, fruit, and baked goods. A sign-up sheet will be posted in the narthex in March. More info to come soon! Questions? Contact Susan Perkins at 607-376-3485

Altar Flowers

The new flower donation chart for 2019 is posted in the narthex. This is a special way to remember important occasions, loved ones we have lost, and to support the church as well. After you have signed up for a particular Sunday, payment of \$18 should be placed in a flower envelope and put in the collection plate. A supply of envelopes can be found on the wall near the sign-up chart. Please be sure to include the date of the flowers on your check and on the envelope. After the 10:30 service, the flowers may be taken by those who donated them for the altar that day. If special arrangements need to be made, or if you have any questions, contact Pam Zepf.



Worship Server Volunteers Needed

Updated sign-up sheets for volunteers for worship servers are posted by the coat rack in the Narthex. No prior experience is needed and we need your assistance every week. It's also easy to sponsor the Fellowship Hour! Just bring some snacks to share, juice, and Half & Half for the coffee. A member of the Parish Life Committee will help with set-up and clean-up. Please sign up – we have many opportunities in February for volunteering!



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.

From the Music Corner

“Music . . . can name the unnamable and communicate the unknowable.”
Leonard Bernstein

Very grateful to Good Shepherd for the most generous holiday gift.



Our winter schedule is in full swing!
Choir rehearsals are Thursday evenings from 6:00 p.m. to 7:00 p.m. and Sunday mornings from 10:00 a.m. to 10:15 a.m. We have included children's choir rehearsal as part of Sunday School. We rehearse on Sundays from 9:45 a.m.-10:00 a.m.

Much appreciation to our cantors, Atif Dean, Sunita Dean, and Susan Perkins, who lead us in responsorial psalm. Also to the choir for beautiful music during Christmas. We will continue to sing Setting III until Lent.

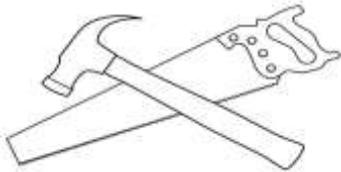
Several of you have provided lists of your favorite hymns and we continue to incorporate them into the music schedule. Please forward lists of favorite hymns to the attention of the music director's mailbox at Good Shepherd Church.

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

Financial Report for December 2018			
	This Month	YTD	
Expenses	\$15,955.87	\$164,023.15	
Revenue	\$17,629.47	\$157,911.79	
<u>Surplus +</u>			
Deficit -	\$-6,111.36	\$-6,111.36	

***It's not too late to send in your 2019 financial pledge card!**
 Even if you give electronically, please fill one out and return it today as we prepare our 2019 Ministry Plan, which includes the budget. Extra cards are available in the narthex.



Please help replenish the Building and Equipment Fund that is used for our building or “mission station”. Special envelopes are in your envelope boxes for November, in the seats in the sanctuary, and on the table in the narthex. Thank you!

Church Council News

At the January meeting, the Congregational Council had a lengthy discussion about our Mission Focus, with special attention to the topic of Healthy Communications within the congregation and in the community.

Council members have received a copy of the letter of resignation from the Council from Kathy Crouse. Pastor Edwina, President Marjorie Raymond and the Council members noted with appreciation her service as a Council member and her many contributions to the congregation.

Bishop John Macholz of the Upstate New York Synod sent a letter to the church to advise us of Pastor Edwina's 5th anniversary as an ordained minister in December 2019. Plans for a celebration of this milestone will be shared in the coming months.

Pastor Edwina presented the Nominating Committee report, and Rob Beach presented the proposed 2019 Budget and Ministry Plan which was approved by the Council. The Council also approved building use requests from Club Scientific, upon the recommendation of our Building Use Coordinator, Danny Patrick.

The Council members in attendance made tentative plans for a Council Retreat on March 2. These plans will be finalized after the election of Council members at the Annual Meeting.

Stewardship

Our stewardship focus for February is Relationships. God created us to be in relationship. How are we good stewards or caretakers of the relationships God has entrusted to us? Do we treat one another with respect, kindness, compassion, and love? Relationships of any kind require healthy communication and listening to one another. When Jesus said, “Love one another as I have loved you.” (John 13:43) he was referring to agape love. This Greek word refers to the selfless, unconditional type of love that helps people to forgive one another, to respect one another, and to care for one another without requiring anything in return.

How are we good stewards of our relationship with God? The Triune God – Father, Son, and Holy Spirit or Creator, Redeemer, Sustainer – is a God of dynamic relationship. During the month of February take time to nurture your relationship with God and let God transform your heart.

Sunday School News

During the month of February, our Intergenerational Sunday School will be focusing on stories from the Bible that relate to our monthly stewardship theme of Relationships.

We’ll be studying stories like Ruth and Naomi, and David and Jonathan. We’ll have fun activities for younger

children, as well as ones for older children and adults. We’d love to see the Youth join us while we wait to get the Youth Group started again.

We meet promptly at 9:15 on Sunday mornings, and have fifteen minutes with our wonderful Music Director, Carl, learning songs that the children and youth sing during worship services. So join us as we all grow in faith together!

If you are interested in assisting the teachers one or more Sundays per month, please contact Susan Kelly or Marie Wertman.





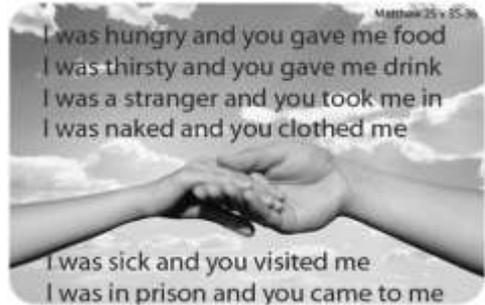
Men's Breakfast

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. This month's meetings are **February 2nd and 16th**. The men take turns cooking breakfast, and we 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).

Men's Shelter Needs

Again this year, some of the cluster churches will be preparing meals for the residents of the Overflow Shelter at First Lutheran Church in Albany. The meals need to be prepared for about 25 people and consist of an entree, vegetable or salad and dessert. It has worked out well when three people prepare a meal so that no one is doing the whole meal. The food is very much appreciated by the men at the shelter. We are in need for a meal on February 12, March 12 and April 9. If you could help out with any part of these meals, please speak with Danny Patrick. Many thanks to Marjorie Raymond and Marie Wertman who provided the dinner for November and for Sue Brant who made the salad and Judy LaHart who provided the dessert. Also a thanks goes out to Jessica Kaercher and Marjorie Raymond for bringing the meal to the shelter. Thank you to Rick Covey for providing the entree and salad for the December and January meal. Good Shepherd provided the dessert for the December dinner from the cookies that were left over from the cookie walk. We also want to thank Sue and Paul Spofford for providing the dessert for the January dinner. Again, if you would like to help with this special ministry, please speak with Danny Patrick. Thank You.



Social Ministry: January/February Cluster Collection

The Schuyler Inn, located in Menands, is an emergency housing shelter for families. Many of these families are there as a result of severe financial difficulties or natural disasters (such as fire or flood). They often arrive with nothing but the clothes they are wearing and are in great need. Please consider donating: Packages of diapers (all sizes), baby wipes, diaper rash ointment, socks for adults, body wash, shampoo toothpaste and toothbrushes.

Social Justice

Social justice is more than helping someone; it's about fixing a problem. Here at Good Shepherd we are going to take on the problem of too much plastic in the world.



God calls us to care and respect creation, but plastic is choking the oceans and especially the Pacific Ocean. Sea life are eating it, getting tangled in it and dying from it. Plastic breaks down into smaller and smaller particles and is found in all oceans around the world. It is getting in our food supply. Plastic, as a petroleum product, contains many harmful chemicals. Synthetic fabrics made from these same chemicals give off fibers as they are laundered and end up in our water supply. Here at Good Shepherd we want to follow our Covenant of Creation and work on this growing problem. To start, we ask everyone to stop using single use plastic items like store bags and straws (both of which are not recycled). Next we'd like you to share info on the danger of plastic in our environment and ways we can rise above it. In February, scientists are coming together to work on solutions and we will be taking steps here to end plastic pollution. Little steps toward making a difference! Bless you.

That Food Cart by the Coat Rack

You might recall seeing a shopping cart next to the coat rack in church. Many of you have graciously donated a variety of food and personal care items, filling it up each month. Did you ever wonder where the stuff goes? Here is the answer...

Toward the end of each month, a volunteer gathers the gifts and delivers them to The Sister Maureen Joyce Food Pantry on Sheridan Avenue in Albany. The greatest need is during the end of the month, when money is tight, food is short, and the bills keep coming. During my last trip to the center I noted:

- Construction on and around the center makes entry difficult. The handicap ramp has been removed to facilitate worker movement.
- A woman with an artificial leg used a walker to climb the stairs; many of the clients at the center are disabled and/or physically challenged elderly.
- Everyone who entered the center was greeted with a smile.
- Volunteers work quickly. By the time I brought in a second bag of baby food, the first bag had been stocked and was being distributed.
- Most of the staff are volunteers; two young men on a LDS mission assignment worked alongside older men and women from area churches.
- Each time I carried in another donation I was thanked by staff. There were many “**Thank You’s!**” as I carried in bags loaded with baby food, shampoo, cereal, and canned goods.

Each time I visit the center, I learn something new about our community’s gifts and its needs. Each time I visit, I am asked to convey thanks to Good Shepherd for the bounty we share with them. And, each time I leave I am reminded that our neighborhood is bigger than the faces we know and the places that are familiar.

Thank you Good Shepherd for bringing in and sharing your gifts. To find out more about The Sister Maureen Joyce Food Pantry, visit their Facebook page at: <https://www.facebook.com/SMJCenter/>, or ask Michael Gerrish the next time you see him. Thanks again!

Just Breathe: Contemplation at Good Shepherd



From Practice to Presence

When Oneness Emerges, Resistance is Futile

To his students, James Finley is affectionately known as Uncle Finley because, like a favorite uncle, his words echo in our deepest places. In less than 100 words, *James Finley describes how meditation—another name for contemplation—is simply any practice that opens us up to Presence:*

There is something about simply sitting still, quietly attentive to your breathing, that tends to evoke less agitated, less thought-driven modes of meditative awareness. Resting in this awareness offers the least resistance to God. . . .

And:

As our resistance to God's quiet persistence diminishes, our experience of ourselves as other than Christ dissolves into a meditatively realized oneness with Christ. Little by little, or all at once, we come to that point of blessedness and freedom in which we can say, along with Saint Paul, "For me to live is Christ" (Philippians 1:21). . . .

After the busy-ness of the holidays, perhaps we all need to practice being present to something deeper in order to live, like Saint Paul, in Christ. Just Breathe meets for 45 minutes or so at 7PM at Good Shepherd nearly every Wednesday. We invite you to join us for a quiet sit and some heartfelt conversation. Uncle Finley won't be there, but he sends his best.

Thank you.
Michael Gerrish

Faith Matters: New Beginning

Faith Matters: Rhythm or Resistance?



In a recent Faith Matters session we listened to Brian McLaren speak about encountering the divine through the rhythm of creation ... nature's God-given repeating cycle of birth/death, ascent/descent. And we were reminded Jesus' first teachings invite us to join in this flow ... to change, to transform, to open up. Metanoia!

This led us to notice the many ways we put (waste?) energy into holding, keeping things "as is", controlling ... stopping the flow. We gather in "stuff". We push to maintain traditions even when interest or meaning may have waned. Liturgy changes make us uncomfortable. Habits -- even when harmful -- hold us. We resist changes benefiting the environment because they are "inconvenient". We look for certainty before we act. And none of this seems in tune with the rhythm of creation.

So how do we change, transform, open up? The exploration with Brian McLaren continues ... join us Sunday mornings during the 9:15 a.m. Education Hour.

9th Annual Pancake Supper



The Outreach and Evangelism Committee will be hosting our 9th Annual Pancake Supper on **Tuesday, March 5th** from 4:30PM to 6:30PM. The meal will consist of pancakes, sausage, bacon, and applesauce and beverages (coffee, milk, & orange juice). The cost is \$8.00 for adults and \$5.00 for children 6 to 12. Children under 6 free. Gluten free pancakes will be available; take out dinners available too! The proceeds of the dinner will be given to the Help Center (food pantry) at the Capital Church on Vly Road in Colonie. Please mark this date on your calendar and invite your family, friends and neighbors to come out for a great meal and fellowship. If you would like to help out with the dinner please speak to Danny Patrick.

Thrivent Choice Dollars

What did Our Thrivent Action Grants Do in 2018?

The Kleinhenz Family

We funded a BSA Eagle scout project to create a Pocket Park along the Rails to trails recreation path between Albany and Voorheesville. This included a Picnic Table, A bike rack and a large Planter Box.

We bought a MSR SE200 Community Chlorinator that Elena will be taking with her to rural Puerto Rico. This unit will create chlorine from water and table salt and will purify enough water for 200 people for 5 years!

We funded the Nickle social supplies that were used to support the Hiltenbrandt Scholarship.

We funded backpacks for School children

We purchase supplies for the Ice cream Social to fund the Hiltenbrandt Scholarship

We purchase supplies to teach youth basic home repair skills like rewiring lamps, re-glazing windows light repairs on furniture and basic plumbing. Many of the materials were purchased from the Restore store and the Upcycled furniture was donated back to the Restore store.

We funded a BSA Eagle scout project to create storage shelving at the Overflow shelter.

We purchased food that will be used to put on 1-2 dinners at the Men's shelter. Cooked and Served by Scouts

We purchase supplies for several boxes for the Seafarers Christmas and for a local animal shelter

We bought door prizes for a cake auction run by a service fraternity to send underserved rural kids to summer camp.

So what did yours do last year?

DON'T LET THEM GO TO WASTE!

Tithe.ly

Our online giving is up and running!

More and more people are carrying around less cash, but that no longer means you can't make a donation to our congregation. You can go to our website www.gslcl.org via your computer or phone and make an electronic donation. You can also download the app from the App Store on your phone – tithe.ly



It's secure and easy. Try it out today.

Hoffman Car Wash Helping Hands Fundraiser – Proceeds will now go to the Hillenbrandt Scholarship Fund. Tickets available from Chris Kleinhenz or online at <http://www.hoffmanhelpinghands.com/fundraiser.cfm?id=375> Exterior \$10 – Interior \$25. They make great Christmas and birthday gifts!!

Next Newsletter Deadline: Monday, February 11

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

MANY THANKS!

Thank you for all who participated in the Annual Meeting of the Congregation of Good Shepherd Lutheran Church held on Sunday, January 27, 2019. The delicious potluck luncheon that followed was a wonderful time of fellowship. It was a pleasure looking back on the wonderful ministry that took place in 2018, and the new exciting things to come in 2019!

Dear Pastor Edwina and people of Good Shepherd – Thank you for all the prayers, phone calls, visits, texts and inquiries following my surgery and during my treatments. All the love and concerns helped to give me strength to endure the process. All of you have been a blessing to me.

Blessings to all of you,
Carol Phelps

Dear Brothers and Sisters in Christ -

On behalf of the Capital Area Council of Churches, thank you for the generous gift of household supplies and leaning products to be used in our Emergency Overflow Shelter. It is only through the financial support and prayers of congregations and individuals that we are able to carry out our ministries.

Rev. Dr. Judith Johnson-Siebold, President

Dear Pastor Landry and Friends –

Your gift of 8 gift cards for Walmart and Price Chopper, and 8 gift bags were greatly appreciated by the families who rely on us and who, quite frankly, have very little. Thank you for your support of St. Paul's Center, and for supporting our families in need.

Tracy J. Pitcher, MSW, Executive Director

Words cannot express my gratitude to the members of Good Shepherd Lutheran Church for your most generous Christmas gift. I am so blessed to be called to serve here with all of you.
Peace, Pastor Edwina

Very grateful to Good Shepherd for the most generous holiday gift.
Carl Rorie Alexandrov, Director of Music

Thank you to the congregation for your generous holiday gift. It was appreciated more than words can say.
Kathy Williams, Administrative Assistant

To Good Shepherd Pastor and Congregation,
Thank you so much for the love gift. We appreciate it so much. We wish you blessings upon you all for the year 2019.
Love, The Riggins Family

Have you seen the newly renovated Children's Room? If not, please take a few minutes to stop by and check it out. It is now a bright and inviting space for children to play.

Special Thanks to our anonymous donors who gave money to renovate the room. Thank you to Steve and Nancy Layne for stripping the old wallpaper off the walls, painting, and purchasing a bright new area rug, and Legos. Thank you to Pastor Edwina for her artistic room design.