



March 2019

“Who knows? Perhaps you were born for such a time as this.”

Esther 4:14

This quote, spoken by Mordecai to Esther, is an invitation to us all to think about the use of our time. Esther became queen and had a choice to make. Was she going to keep silent or was she going to speak up? In times like this we must rely on God’s wisdom, just like Esther. Time is precious. It is a gift from God, and we are entrusted to use it wisely.

During the month of March our stewardship focus is time. It is ever changing. We are reminded of this on March 10th when our country springs ahead to daylight savings time. This switch has an effect on us. Humans and animals alike feel the change of the shift of time, and it can be a bit unsettling. On Wednesday, March 6th, we switch to another kind of time – Lent. During this Church season we pause and slow down to draw closer to God. But who is God? Since childhood many of us have had a particular image of God, but God is more than we can imagine. This year, our Cluster Mid-Week Lenten Series will focus on our understanding of God. We invite you to expand your understanding of God, and see that God is more than our limited minds have always perceived. This has the potential to change what we see as *our* time as *God’s* time. When God permeates everything, time and space is changed to Holy Time.

This season of Lent, let us take the time to get back to basics - to remember we have been created by God, belong to God, and are loved by God. As we draw closer to God, we will more fully understand who God is, and who we are as people of God so that we can use our time wisely as we carry out our mission from God.

Blessings and Peace,
Pastor Edwina

PLEASE KEEP IN YOUR PRAYERS:

- **Maralyn Walker** who is in rehab at Daughters of Sarah Nursing Center. Cards can be sent to 180 Washington Avenue Ext., Room Gold 206, Albany, NY 12203
- **Joel Medina** who is home recovering from a recent hospitalization due to an appendectomy. Cards may be sent to 19 Tillinghast Avenue, Albany, NY 12204
- **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

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

Don't forget that Daylight Savings Time begins Sunday, March 10th (set your clocks ahead Saturday night!)



Happy Birthday!

March Birthdays

1 – Pauline Wanjugi	18 – Atif Dean
3 – Michelle Wiegert	20 – Steve Layne
5 – Logan Rudat	22 – Susan and Sara Kelly
6 – Charlie Rappazzo	24 – Doug Meredith
10 – Russell Crouse	29 – Bryce Gallucci
16 – Richard Szesnat Jr.	



News from the Senior Shepherds

We want to thank the congregation for the large donation of soup for Souper Bowl Sunday. We have delivered 106 cans of soup to the Help Center on Vly Road.

We delivered 30 heart pillows, blankets, puzzles and puzzle books to the Veteran's Hospital in honor of Heart month. It was decided we will start doing more crafts at our meetings. At the February meeting we stuffed pillows.

Church Book Club

The Book Club will meet Tuesday, **March 5**, at 7 pm in the Blue Room. We will discuss "A Weekend in Winter," by Maeve Binchy. The story takes place in Ireland and deals with relationships and hope. The author is celebrated in Ireland and has a substantial following in USA, as well. We will have refreshments, too.



A Nominating Committee for 2019 leadership elections was chosen during the January meeting. The committee includes Elaine Sacco, Susan Spofford, and Marie Wertman, who worked conscientiously to develop a slate of candidates for election at the February 23 meeting. Results will be included in next month's newsletter.

Listening & Learning: Join us for expert insight into the American Drug Crisis Albany County Sheriff Craig D. Apple, Sr. will be the featured speaker at the meeting scheduled for 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@gscl.org to confirm your attendance.

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, on or before March 31.

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.

9th Annual Pancake Supper

The Outreach and Evangelism Committee will be hosting our 9th Annual Pancake Supper on **Tuesday, March 5th** from 4:30PM made possible through a Thrivent Action Grant wonderful volunteers who setup, prepare, cook, serve and cleanup!



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.

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.



* Reminder: There are no flowers during Lent.

From the Music Corner

“Music is a way to dream together and go to another dimension.”

– Cecilia Bartoli



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 welcome Samantha and Elizabeth who recently joined the choir.

We have incorporated children's choir rehearsal as part of Sunday School. We rehearse **Sunday's 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 sing **Setting II** during 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 mail box 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

EASTER FLOWERS ORDER FORM



This year there will be a choice of **Tulips, Daffodils, Mums or Lilies**. All will be 6" pots in Spring colors. Each Plant is **\$12.00**

To order complete this form below and deposit, with your check or cash, in the offering plate. If you prefer, send it to the church office.

The order deadline is Sunday, March 31

Name: (Please Print) _____

Number of Tulips: _____

Number of Daffodils: _____

Number of Mums: _____

Number of Lilies: _____

Total No. of Pots _____ x \$12.00 = \$ _____

(Make checks payable to Good Shepherd)

IN MEMORY OF:

IN HONOR OF:

Please call Carol Phelps with any questions 518-355-3901.



“Reimagining the Unimaginable” (Expanding Our Image of God Through Scripture)

Wednesday Evenings – 6:00 soup / 7:00 service

March 13th – First Lutheran Church
Preacher: Rev. Edwina Landry

March 20th – Good Shepherd Lutheran Church
Preacher: Rev. David Preisinger

March 27th – Holy Spirit Lutheran Church
Preacher: Rev. Jo Page

April 3rd – First Lutheran Church
Preacher: Rev. Lori Kochanski

April 10th – St. John’s-On-Sand-Creek
Preacher: Rev. John Medwid

Worship Server Volunteers Needed

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 for worship servers!



Ash WEDNESDAY



ASH WEDNESDAY SERVICES

Communion & Imposition of Ashes

6th March 2019

7:00 PM

Church Council News

In my first Council Column for 2019, I would like to take the opportunity to thank the people of Good Shepherd for their faithful dedication to doing God's work. Under Pastor Edwina's leadership, our church has developed so many wonderful ministries. I encourage you to look at the calendar and look through this newsletter to find your mission. We each have special talents to offer. Being a part of a committee, helping with worship, attending a class... these help us connect with each other and with God.

During this season of Lent, consider attending the mid-week Lenten services. It is a great opportunity to connect with members of the church cluster over some delicious soup, and to celebrate a beautiful worship service in the Holden Evening Prayer.

Looking ahead, the council will be holding their annual retreat on March 2nd. We will have a full agenda of items and will work to develop plans to support the church congregation in the upcoming year. I am also hoping to hold three council forums during the year, in May, September, and again in January prior to the annual meeting. But if you have something you wish to discuss, please reach out to myself or any members of council.

Lastly, I wish to take this opportunity to thank Marjorie Raymond for her past leadership as Council President. She led us through a difficult time of transition as a congregation. So thank you Marj!

Peace,
Mark Kaercher



Sunday School News

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



We'll be studying stories like the Good Samaritan and Esther "For Such a Time as This". 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 **March 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 are preparing meals for the residents of the Overflow Shelter at First Lutheran Church in Albany. The meals need to be prepared for about 15 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 March 12 and April 9. If you could help with any part of these meals, please speak with Danny Patrick.

A special thanks to Marc Kleinhenz and Paul Koch who supervised the following Boy Scouts, who helped to prepare the shelter dinner for February. They are Nate Sullivan from Troop 1075, who also completed an Eagle Project at the shelter for the shelving and totes to organize the donated materials, as well as Max and Carter from Troop 81 in Ravenna who are working on their cooking merit badge. Another big thanks goes out to Marc for delivering the meal to the shelter!



Social Ministry: March/April Cluster Collection

The Cluster collection for March and April will be items for the St. John/St. Ann's Food Pantry that ***cannot be purchased*** with SNAP benefits (aka: food stamps). Items that are especially helpful are diapers, baby wipes, feminine hygiene products, and general hygiene products like soap, shampoo, deodorant, toothpaste, toothbrushes and toilet paper. Other good choices are laundry detergent, dish soap, cleaning products and paper towels.



Transportation Ministry

We have started a 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.



Social Justice

We have all witnessed the unusual weather patterns over the last decade. For some it just means enduring the inconvenience this causes, for others like indigenous peoples throughout the world and small farmers, it means the end of their way of life. Weather will impact us all to varying degrees economically, socially and spiritually.



Here at Good Shepherd we are striving to become a “Caring for Creation” congregation. Last month the over use single use items like plastic bags and the enormous amount of damage they cause to our water was highlighted. This month please start checking household and beauty products for their chemical content. Many also contain micro beads of plastic that go directly in our water supply and our oceans. A personal covenant will be available for you to take and commit to helping God’s creation. What ideas do you have to create change? If you would like join in this effort to make a difference, please contact the church office.

Nationally, the Lutheran church is hard at work on a long list of social issues. To see details of our ELCA mission and goals check out ELCA Advocacy Update for February. Their work is ambitious and inspiring. Truly following God’s call to action. To participate in local marches and letter writing campaigns look up Citizens Action Network. God’s work; our hands.

Stewardship

The Stewardship Focus for March is “Time”. How are we good stewards of our time? How can we be better caretakers of the time God has given us? How will we use the time of Lent to draw closer to God? Check out our stewardship bulletin board in the Fellowship Hall.

Just Breathe: Contemplation at Good Shepherd



T-Shirt Wisdom

"What's said is said, what's done is done, you can't relive the past."

Eric Andersen/Lou Reed

Like most Baby Boomers, I have many T-shirts. One of my favorites is from musician Eric Andersen. Printed above his photo is the phrase, "You Can't Relive the Past". That's a bold message to put on a shirt, but so true. We live in the present; the past is history.

Why do we try to relive the past? Why do we replay old memories like a favorite song? Blame it on the monkey mind. It wants order and control, but when it focuses on the unchangeable past, it ignores the dynamic now. The now, not the past, is the real present.

So how can we accept the present and honor the past without reliving it? Contemplation is a good starting place. To sit in silence, quiet the mind, and just breathe is truly a gift. And each time you sit, it's new!

I'm not saying that reflection is a bad thing; after all, it is the Lenten Season. However, Lent's reflective nature centers on re-forming us for the future. So, Lent might be the perfect time to try contemplation.

Just Breathe usually meets on Wednesdays for 45 minutes or so at 7PM. During Lent we will shift our schedule and meet on Monday evenings at 7 pm to accommodate the Lutheran Cluster worship services. We invite you to join us for a quiet sit and some heartfelt conversation. And if you need to do penance for Lent, maybe you can give up trying to relive the past.

Thank you, and peace.
Michael Gerrish

Faith Matters: Hope

"Everything will be okay in the end. If it's not okay, it's not the end."

~John Lennon



Faith Matters discussions are diving into hope-filled waters with beloved spiritual writer Anne Lamott. Anne's latest book, "Almost Everything: Notes on Hope", continues to explore the paradoxes and complexities of life ... this time compiling for her grandson and niece what she knows that's worth knowing.

"Almost everything will work again if you unplug it for a few minutes, including you." ~Anne Lamott

We'll share readings from the book, watch and listen to interviews with Anne, laugh at some of her latest Facebook musings ... and consider how hope works as an antidote to life's anxieties, fears, and disappointments.

"I am stockpiling antibiotics for the Apocalypse, even as I await the blossoming of paperwhites on the windowsill in the kitchen."

~Anne Lamott

We HOPE you will join us ... Sundays during the Education Hour. Refreshments provided.



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!

March 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 March
Classes are \$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

***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.

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 Hilibrandt 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 funded backpacks for School children

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

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, March 11

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

MANY THANKS!

Dear Brothers and Sisters in Christ: On behalf of the Capital Area Council of Churches, thank you for your \$100 contribution toward the 2019 Rev. Martin Luther King, Jr. Scholarship. As we begin our 78th year, we are grateful for the ecumenical network that has grown in the Capital District. We thank you for being part of it. You are a blessing to others!

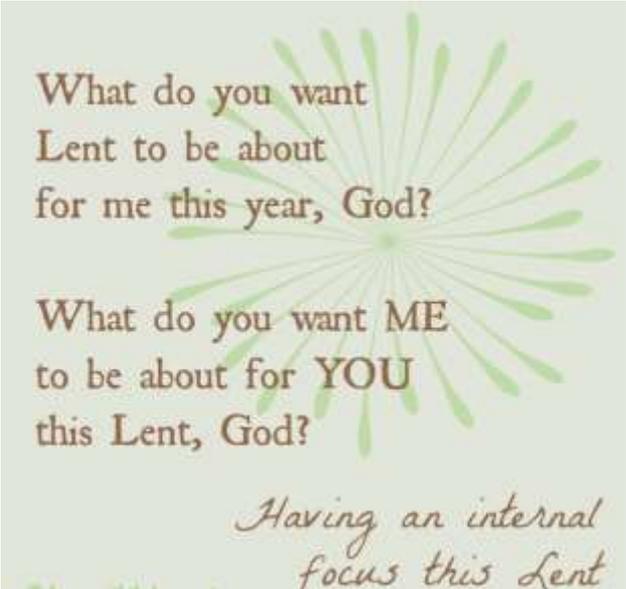
Margaret Danes, President

Dear Good Shepherd Congregation,

Sometimes, even a pastor needs some extra pastoral care. I cannot begin to thank you all for your prayers, cards, and the many ways you have helped me during my recent illness of pneumonia. From picking up medicine and groceries, to supplying me with homemade soups and other food, your compassion ministered to me. As I continue to fully recover from this, I am nourished by your support as together we live in and share God's amazing grace.

Blessings and Peace,

Pastor Edwina



What do you want
Lent to be about
for me this year, God?

What do you want ME
to be about for YOU
this Lent, God?

*Having an internal
focus this Lent*

MARCH 2019

- **9th Annual Pancake Supper – March 5 – 4:30-6:30 pm**
 - **Ash Wednesday Service – March 6 - 7:00 pm**
- **Women of the ELCA present: “The American Drug Crisis”–**
Sheriff Craig Apple – March 26 – 7:00 pm
- **Mid-Week Lenten Soup 6 pm/Services 7 pm – March 13,**
March 20 & 27, April 3 & 10 (See inside for locations)
- **March 31 – 2:00 pm – Hudson-Mohawk Spring Conference**
Assembly at Good Shepherd
- **Just Breathe changed to Mondays at 7 pm during Lent**

MISSION STATEMENT

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