



July/August 2019

“Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.” James 1:17

Summer is officially here, and for many people that means vacations, taking time to spend with family and friends, and time spent outdoors enjoying the beauty of creation.

In our congregation, many regular programs like Sunday School, other Faith Formation classes, and choir rehearsals take a couple months break. Yet, other programs like the Summer Lunch Program are in full swing. Our summer worship hours change, along with variations in our liturgy. Yes, summer brings about changes – in temperatures, work habits, and attitudes. There is one constant in our lives, and that is God. In the letter from James we read that in God there is no variation or shadow due to change.” God’s steadfast love, God’s mercy, God’s grace never waivers. No matter where we are, and no matter what changes we go through, we can always rely on God.

As we travel, and play, and even work, take time to breathe in the blessing of God. And let’s take time to worship and praise God from whom all blessings flow!

Blessings and Peace,

Pastor Edwina

PLEASE KEEP IN YOUR PRAYERS

- **Carolyn Wolfe** who is recovering from knee surgery. Cards can be sent to 119 Rockefeller Road, Room 112, Delmar, NY 12054
- **Richard Walker** who is recovering from knee surgery. Cards can be sent to 7 Medaille Drive, Apt. 204, Watervliet, NY 12189.
- **Barbara Emptage** who is recovering from hip surgery at Daughters of Sarah. Cards can be sent to 22 Morocco Lane, Schenectady, NY 12304.
- **Betty Cadwallader** who is in rehab recovering from a recent fall. Cards may be sent to her at Schenectady Center for Rehab, Room 308, 526 Altamont Avenue, Schenectady, N
- **Joan Vanapeldoorn** who is recovering from hip surgery. Cards can be sent to 7 Pettibone Drive, Albany, NY 12205.
- **Gwen Graham** who is recovering from a recent hospitalization. Cards may be sent to 6 Winner's Circle, #313, Albany, NY 12205

Hearing Loop

In early May, Upstate Hearing Loops installed a hearing loop in the sanctuary. The cost of the loop was covered by generous members of the congregation. It allows those with hearing aids to receive the audio directly to their hearing aids. For those with hearing difficulty, but do not have hearing aids, the church has four receivers that can be used along with earbuds or headphones. This will improve accessibility in our church and we are blessed to have this in our worship space!



SUNDAY MORNING SUMMER SERVICES WILL BEGIN ON JULY 7TH. THERE WILL BE AN 8:00 AM SERVICE AND A 9:30 AM SERVICE.

September Newsletter Deadline: Monday, August 12
Call the Church Office at 458-1562 or e-mail office@gslcl.org if you have item(s) for publication.



July Birthdays

- 1 – Sharon Rasmussen
- 4 - Antoinette Vinciguerra
- 5 - Cameron Rhodes, Amy Rudat
Carolyn Wolfe
- 6 - Cameron Kaercher, Ralf Miller
- 7 – Annabel VanSickle
- 10 – Mary Benoit
- 11 – Timothy Caufield
- 12 - Nancy McGrath
- 13 - Hayley Beach
- 14 – Siera Morales
- 15 – Clayton Buff
- 17 – Samantha Carey
- 21 - Marc Kleinhenz, Nirvan Sadhak
- 23 –Carl Phelps
- 25 - Christopher Kowalski

August Birthdays

- 2 - Bonnie Siiss
- 3 – Caitlyn Gelfund
- 4 – Marcia Bahan
- 5 – Elaine Sacco
- 7 – Lynne Salerno
- 9 – Beverly Quinlan
- 10 – Robert Howland
- 18 – Mildred Vigars
- 20 – Betty Cadwallader
- 21 – Joan Walker, Anita Dean-Chohan
- 23 – Torrina Adams, Jeffrey Ludwin
- 26 – Kelsey Dwire
- 27 – Bill Siiss
- 29 – Truman Crouse

Fourteenth Annual Berry Festival

The Fourteenth Annual Berry Festival will be on **Saturday, July 13th from 4:00 PM to 7:00 PM.**

Tasty strawberries, blueberries and raspberries will be served on homemade biscuits topped with your choice of either vanilla ice cream or whipped cream. This yearly summer event has always been a fun time for many people who attend every year from the community as well as the congregation.



If you have never come to one of our Berry Festivals or if you come every year, we encourage you to jot this date down and come out for some great berries and wonderful fellowship.

There will be a free will offering and the proceeds will be going to benefit the many ministries of Good Shepherd. If you are interested in helping out, please talk to Danny Patrick.

Garden News

Pumpkins, potatoes, parsley...Oh, my! It's good to see them sprouting and growing along with some tomatoes, kale, rosemary, sage, onions, zucchini, radishes, strawberries and carrots. Cool rainy weather has been good for transplanting, but has slowed growth however they are holding their own. Three 4x4 garden squares are available to adopt or to just contribute plants for them. Garden tending is every Wednesday at 6:15 or whenever you'd like to make friends with a weed. Please let us know what you'd like to see growing in the garden.

Thank you, God for the wonder of life found in each and every little seed.

Church Security - Keys

Earlier this spring, a Key Audit Committee (Pastor Landry, Mark Kaercher, Dave Ferrill, Danny Patrick, Jeff Emptage) was formed to look at the state of our building access. The committee learned that more than 100 keys to the church have been issued over the years. So in an effort to improve security, on **July 12th** the locks to the front door, back door, and kitchen door will be replaced. Keys to the church will be stamped "Do Not Duplicate". The cost of this work is being covered by a generous donor. Keys will be assigned to the following:

- Church Staff
- Members of Church Council
- Committee Chairpersons
- Openers & Closers
- Building Renters
- Flower shop
- Shaker Elementary

Keys will be distributed on **July 12th** (12-4PM) and on Saturday **July 13th** (9-2PM)

Men's Breakfast

The men's breakfast will not take place during July and August but will resume in September. 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. If you would like more information, please contact Mark Kaercher (518-786-9956)

Tuesday Morning Bible Study

The Tuesday Morning Bible Study will continue to meet during the summer at 11:00 am. 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. We welcome you to join in an exciting journey through the Book of Revelation in August. Any questions, please contact Carolyn Wolfe 518-977-3951.

Church Book Club

There is no Book Club in July. In August we will be meeting on **August 20th at 7 pm** and discussing the book “Canal Town” by Samuel Hopkins Adams with a field trip included. We’ll meet at the church at 6:30 pm and travel to a piece of the Erie Canal in Waterville.



There, we’ll hear from speaker Jerry Steele about the experiences of the Maplewood School children who helped excavate that section of the canal. Jerry (retired now) was the principal of the elementary school when the excavation was done. Afterward, we will go over to the Purple Pub nearby for food and discussion. The Purple Pub is a family-style restaurant and bar, and the prices are not high. It opened in mid-1970s and has been run by same family ever since. We hope many will read the book, and join in on this fun adventure!

Sunday School News

Another year of Sunday School has come to a close. We’ve enjoyed the new Intergenerational approach, and hope you have too. Good Shepherd worshippers have really enjoyed the children singing on special Sundays, and we are so grateful to Carl, our Director of Music, for working with them. Over the summer, we’ll talk about some more ways to make this program even better for everyone. We need your help though – by bringing your children, their friends, and parents to participate in Sunday School. It’s a great way to spend quality family time with your children and other adults in faith formation. And we really need some more helpers with leading a class; you don’t have to be a teacher to do this, just a love of children.

Rally Day will be on Sunday, September 8th, which is also God’s Work Our Hands Sunday throughout the ELCA. Once again, we’ll kick off the start of Sunday School with a service project. Last year we made “Bags of Thanks” for nurses and staff at area hospitals and nursing homes and they loved them, so we will do that again. If you’d like to apply for a Thrivent Action Team Grant for that, let us know.

Please prayerfully consider helping us out with Sunday School, and contact us with any ideas you have. Susan Kelly and Marie Wertman.

Science & Art Summer Camps at Good Shepherd

Club Scientific and KidzArt are hosting Summer Camps at Good Shepherd during the weeks of July 8-12, July 22–26, July 29 - August 2, and August 5-9.

Camps are offered for ages 5 through 14, including Young Engineer Inventor, Coding and Gaming with Robots, Emergency Vet, and Chef Scientific. Information is available at the church and on online at

www.Colonie.ClubScientific.com and www.Colonie.KidzArt.com.



The Music Corner

“Words have always had the power to change the world.”
-Terry Pratchett, *Soul Music*

A “shout out” to our Good Shepherd choir for providing reflective choral pieces. Also, to our many cantors who lead us in responsorial psalms.

During the summer there will not be adult choir rehearsal on Thursday evenings or Sunday Mornings. The children’s choir will also recess until the regular church schedule resumes after Labor Day.

Wishing a great summer!

Carl Rorie Alexandrov, Director of Music

Church Council News

Serving as President of the Church Council, I have become acutely aware of all of the work of our congregation that takes place both within and outside the walls of our church. Church is so much more than what happens on Sunday mornings. There are many committees that meet regularly, there are organized events, and there is a lot of work that goes unnoticed and unrecognized. I just want to say thank you to everyone who helps promote our mission through their works and their words.

As I write this, I am reminded of one of my favorite passages from the Bible: 1 Corinthians 12:15-26. I invite you to read it and think of our congregation.

As we look ahead to the second half of the calendar year, we have much to anticipate. Some highlights include

- The kick-off of a new Stewardship campaign
- Installation of a traffic light at our intersection
- A regular game night gathering
- Our Ministry Fair

These events bring an opportunity to become involved in the life of our church. We have much to be thankful for and much to look forward to. Enjoy your summer!

Peace,
Mark Kaercher

Splash Play Time – Toddler Meet-Up

Our next Toddler Meet-Up is **July 13** at 10:45 in the church. We look forward to getting to know each other better and trying some new activities.

All children four and under are welcome!

Come all you little cuties for some fun and to make new friends.



Good Shepherd Joins the RSVP Program

Good Shepherd is now a volunteer station for the Capital Region RSVP Program. RSVP is a national volunteer agency designed to provide individuals age 55 years and older with the opportunity to share their abilities, interests, and experience with their communities. Three RSVP volunteer jobs are currently available at Good Shepherd: Food Service Assistant/Server, Gardener/Landscape Assistant, and Office Worker/Office Support. For more information about the program or to sign up as an RSVP volunteer, please contact Marisa Geraghty of the Colonie Senior Services Program at 518-459-2857, Ext 308 or our RSVP Volunteer Coordinator, Marjorie Raymond, 518-435-0906.



News from the Senior Shepherds

At our May meeting it was decided to give \$150 to Books for Troops.

The Senior Shepherds sold Hot Meatball Subs at the Nickel Social Raffle on June 8th. We enjoyed providing such a delicious lunch and received rave reviews! We want to thank Kathy Silo for making the meatballs and Robert Beach for getting the sub rolls from Bella Napoli Bakery.

We plan to have craft days on July 26th and August 23rd. We will meet at 9:30 in the morning. Our next meeting is September 27th at 11:00 a.m.

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!!

Summer Lunch Program

The Outreach and Evangelism Ministry Team continues to put the final touches on this year's summer lunch program at the Schuyler Inn Motel on Broadway in Menands every Thursday in July and August, except for the Fourth of July.



Schuyler Inn 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. We provide a nutritious lunch for 100 that is prepared at church each week. We also get the children underwear, socks, sweatshirts and/or hoodies, as well as a backpacks filled with school supplies.

In the past, members of the congregation have been very generous with food donations and we are again asking for food, as well as children and adult books. Food suggestions are individual boxes of juice; chocolate, vanilla, and butterscotch puddings; fruit cups; raisins; gluten free items and cheese sticks; as well as bags of chips, granola bars pretzels, cheese and peanut butter crackers. We have found that the children do not like applesauce so we will not be asking for applesauce. A box will be in the narthex/front hallway for any food donations starting in June.

We are in great need for volunteers on Thursdays, who could lift large pans of food and load them into cars and help to unload these pans of food when we arrive at the Schuyler Inn. If you could help out with this specific task or any other part of the lunch, like preparing, serving and cleaning-up, please speak to Carol Phelps or Danny Patrick. Your help will be appreciated if you can volunteer just for an hour or the whole time.

We thank everyone in advance for your food and book donations, help and all of your support and prayers as we continue this special ministry.

Women of the ELCA - Tea and Talk

Good Shepherd's unit of Women of the ELCA will host its Third Annual Tea & Talk on Saturday, July 20, from 2:00 to 4:00 p.m. All women of Good Shepherd, their friends, women from other congregations, and the community are welcome!



Following the model of afternoon tea from the British Isles and Ireland, a variety of brewed teas, finger sandwiches, savory items, and sweet treats will be available as guests mix and mingle. A free will offering will be collected at the event.

If you are interested in attending, a sign-up sheet is available in the church lobby, or you can let us know by contacting Susan Perkins, WELCA Coordinator, at susanjperkins@aol.com or at (607)376-3485, or by calling the church office at (518)458-1562. An estimated count number is helpful for us in planning for adequate seating and refreshments.

We look forward to seeing you on July 20th!

Property News

Kevin Wertman is our new property chairperson thank you Kevin! If you have any property concerns, or would like to help out with the team, he can be reached at 518-470-4161.



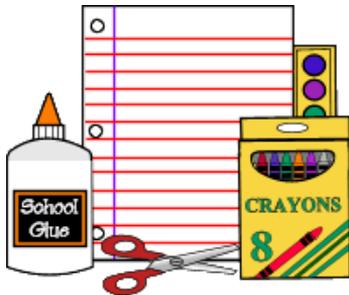
Please help replenish the Building and Equipment Fund that is used for unbudgeted and unexpected needs as they come up for our building or mission station. Special envelopes are in your envelope boxes, in the seats in the sanctuary, and on the table in the narthex. Thank you!

July/August Cluster Collection

Throughout July & August the Lutheran Cluster congregations will gather items for the Giffen Memorial and the Delaware Community Schools in Albany.

Needs include:

- *black & white composition notebooks
- *3-hole loose-leaf paper
- *folders
- *index cards (5x7)
- *crayons
- *colored pencils
- *markers
- *glue sticks
- *pencils
- *paper plates
- *napkins
- *boxes of tissues
- *small brown lunch bags



Social Justice

As we work to protect God's creation, we also need to explore and appreciate it. God made us in harmony with the world around us. So it is no wonder we respond to it. Our blood pressure self regulates, our mood is uplifted by the extra vitamin D, our eye sight improves as we view scenery at greater distance and our overall health goes up a notch every time we go outside. We are blessed with so many places to explore in our proximity, but just sitting outside listening to the sounds of nature also brings us into a serene, prayerful state. It is no wonder that a Swedish high school student acting out of frustration with leader's inaction, asked that every Friday be a Good Friday by taking action to protect what we have. Take time to pray for leaders to make right decisions, contact them with your concerns, live chemical free and waste free and in peace with others. Set aside time on Fridays to appreciate God's gift to us. One world, one people, one chance. Enjoy the summer!



Just Breathe: Contemplation at Good Shepherd



Thoughts and Prayers?

*“Almost cut my hair; happened just the other day.”
David Crosby*

So...I shaved my head. You might see me in the next few months and wonder what the heck happened, so I'll tell you. Two of my closest friends are in the middle of Lymphoma treatment, one of them for the second time. Both lost all of their hair. A morale boost and a good laugh were in order, so I cut my hair to be in solidarity with them. Dana and Eddie loved my haircut photos. Shared laughter eased the pain.

When we witness the trials of another, we often offer “thoughts and prayers”. It is an easy response in an uneasy situation when we don't know what else to do. But sometimes we need to do more. A small act of kindness or a silly gesture like shaving your head can raise the spirits of someone in need of company. The journey to wellness can be a lonely one; traveling companions are a priceless gift. Solidarity in action!

I think of contemplative gathering as a similar journey to wellness. We meet in friendship and solidarity to face what is real. Around a common table, whether silent or in conversation, we see that we are not alone. When circumstances trouble us, we see that they are not permanent roadblocks, just rumblestrips. Being awake helps us remain on the path.

Just Breathe offers a friendly place to release worry and just be. We sit without judgment, hear a few encouraging words, ding a bell and rest in silence. After a few minutes, the bell sounds again and we share some thoughts. We find echoes of the familiar in our different lives. Whether in sadness, joy, heartache, or abiding love, connection creates solidarity.

Just Breathe meets every Wednesday at GSLC for 45 minutes or so at 7PM. We invite you to join us for a quiet sit and some heart felt conversation. No dress code, no dues, and all are welcome. You can even wear a hat if you are having a bad hair day. Thank you, and peace. *Mike Gerrish*

Stewardship

The Stewardship Ministry Team is very committed to continue emphasizing to the members of Good Shepherd that stewardship is not primarily about paying the congregation's bills but how we as a community of faith together can do God's work. It is about how we can together live out God's call to love God and our neighbors. It is not just what is given to the congregation, but how generous we are with all that God has entrusted to our care both inside and outside of the church walls and in our homes. Stewardship is the way we use all of our resources - time, talents, possessions and money - to love God and our neighbor.



Themes

The stewardship themes for July and August are Creation and Community. What do you think of when you hear the word creation? Some may say the creation story, some may say the mountains, lakes, animals, humans and different habitats. One of my favorite hymns is "This is My Father's World" which sums up that fact that creation was created for us, and the world is God's not ours but we have a responsibility to take good care of what God has provided for us. We need to think about the ways we can be good stewards of all that God has created. How are you being a good steward of creation? What steps can you take to make sure all of creation is protected and cared for?

Who are the people in our community? Creation is one aspect of our community, but who are the others? As we focus on the theme of community in August, let's get to know our neighbors better. Invite them to worship at Good Shepherd, try out our Just Breathe Spiritual Practice group, have fun with us at our church picnic, or any of the other events we have going on. Get to know those in our community, and share stories together. Let's use our resources – like Thrivent Action Team Grants - our time, and our talents to benefit those in our community, as we answer God's call to be good stewards of our community.

Looking Ahead in Stewardship

Financial Stewardship

Who wouldn't like to find some money? On Monday, Sept. 9th at 6:00 pm Thrivent Financial Associate, Paula Heighton, will be giving a workshop here at Good Shepherd called "Finding Money to Save." She'll be discussing ways everyone can save money no matter what your financial status, how to better manage credit, eliminate debt, and budgeting. Paula will also discuss how just doing one thing different can help improve your financial life. Don't miss this exciting workshop on how to find money to save so we can be better financial stewards. Food will be provided.

Commitment Sunday

During the month of September the Stewardship Team will be discussing different aspects of stewardship, and highlighting what stewardship and faith means to different members in our congregation. This ministry team would like you to save the date of **Sunday September 29th**, as that has been designated as Commitment Sunday., where you will have the opportunity to return your pledge card for the 2020 year. In this special worship service Pastor Landry will bless the generous gifts that are reflected on the pledge cards and a blessing for all of you who give of your resources, time and talents to this community of faith. We are looking out various ways on the three Sunday's prior to Commitment Sunday how we can best relay our sentiments about Stewardship in the preceding paragraph. If you have any questions or suggestion please feel to talk to any member of the ministry team: Danny Patrick, Chair, Susan Perkins, Carol Phelps, William Mwandambo, Mark Kaercher, Marjorie Raymond, Colleen Kromrey, and Pastor Landry.



Fair Trade – Fair Chocolate

Chocolate is big business. Three-quarters of it is produced in Africa, particularly Ghana And Cote d'Ivoire, for a handful of multi-national companies selling to consumers in Europe and North America. Average American per capita consumption is 10 pounds annually ... for some of us, that's a minimum!

Chocolate is a poverty problem. Ivory Coast small-farmers (about 12 acres per farm) selling to large multi-national companies earn only \$0.78 per day, well below the *extreme* poverty line. Price and weather fluctuations add to their challenges.

Chocolate is a child labor problem. Although big companies agreed in 2001 to reduce child labor 70% by 2020, even more children (over 2 million) are engaged in hazardous work clearing land, carrying heavy loads, working long hours or at night. Some children are even sold into slavery.

Chocolate is an environmental problem. Since 1990 Cote d'Ivoire has lost 85% of its forests (similarly for Ghana) ... and only 200-400 elephants remain from an original population of hundreds of thousands.

For questions or special orders of Equal Exchange products, contact Michael Gerrish (mrg@whyart.com, 518-366-2853) or Carol Gerrish (Carol@TransformingWork.com, 518-266-0305)

Attendance for May 2019			
Date	8 am	10:30am	Total
5/5/19	32	62	94
5/12/19	30	51	81
5/19/19	31	69	100
5/26/19	29	28	57

Financial News

Financial Report for May 2019			
Operating Fund			
	May	YTD	
Expenses	\$14,338.54	\$68,648.98	
Revenue	\$11,931.40	\$68,324.10	
Surplus + Deficit -	\$-2,407.14	\$-324.88	

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.



We now have the added availability of a QR code to make the opportunity to contribute more convenient. You will see the below message in your weekly bulletins and on our website.

*Donate here to
support the
various ministries
of Good Shepherd
Lutheran Church*





Upstate New York Synod

Evangelical Lutheran Church in America

God's work. Our hands.

2019 Synod Assembly News

The 2019 Upstate NY Synod Assembly was held on May 30 – June 1st. Pastor Edwina, along with two delegates from Good Shepherd, Atif Dean and Marjorie Raymond, attended as voting members. Bishop Macholz was unable to be present at this year's assembly to be with his family as his daughter Barbara's battle with breast cancer neared its completion. He and his family continue to be in all our prayers since her death a couple of weeks ago. Bishop Jim Hazelwood of the New England Synod as well as Vice President Tom Madden led the assembly.

Once again this year, the Upstate NY Synod invited assembly goers and churches to participate in an appeal to support ELCA World Hunger. The goal for this year was \$40,000 and by the end of the assembly we came in just shy with \$39,770.75 collected. Pastor Edwina, and our delegates contributed to that appeal on behalf of Good Shepherd Lutheran Church. Part of the money collected came from Bishop Macholz and his wife Lin who pledged to donate \$5.00 for every person who wore sneakers to the plenary hall on Saturday morning. That total came to \$1175.00. Thank you Bishop Macholz! Pastor Edwina and our delegates also brought a big box of can tabs that Good Shepherd collected as part of the 2019 Assembly Service Project to help hunger initiatives.

Rev. Norma Malfatti, Director for Evangelical Mission, used her cell phone to create and share a video introducing video storytelling as a witnessing tool for modern times. She encouraged individuals to share their "Faith Alive" moments by writing down their personal stories about encountering the love of Jesus on cards and posting them in the assembly hall. Several individuals then shared these stories with the assembly. We'll be trying to utilize this technology here at Good Shepherd.

Opening and closing worship at Synod Assembly was upbeat and exciting with some great jazz music features brass instruments of trumpet and trombone. The evening plenary concluded with the beautiful Holden Evening Prayer service. A prayer chapel space was also set up for those who wanted a quiet place to pray throughout the assembly. Pastor Edwina served as one of three chaplains at the assembly this year. The chaplains were available for individual prayer, offered a time of prayer and anointing on Friday, participated in the worship services, and led the sending service of the assembly.

Keynote speaker, Rev. Dr. Julius Carrol and Rev. Dr. Kenneth Simurro gave an informative and eye-opening presentation, "A Lutheran Witness During Slavery in the United States of America." Many interesting workshops were offered, and several resolutions were passed at the assembly this year made easier with the help again of electronic voting machines. A resolution was passed to support the Earth Charter, which urges individuals and congregations to pray for and work toward efforts to protect the earth. Doing so directly impacts people's health and economics. A resolution was also passed to support and memorialize Social Statement on Women and Justice. The 2020 Mission Plan was approved by the assembly with some budget cuts including cuts to the Capital Area Council of Churches due to decreased giving by congregations. It is amazing how much the Synod does with all the money they receive from congregations!

There's so much more we could write about the Upstate NY Synod Assembly – including Atif Dean being nominated and accepting a position to serve on Synod Council - but you need to come and check it out for yourself! Each year one male and one female delegate attend with Pastor as a voting member to the assembly. Next year is an important assembly as there will be a Bishop election. Please prayerfully consider being a delegate at Synod Assembly next year, and let Pastor Edwina know if you are interested. Childcare is available, and they do wonderful activities with the children.

Congratulations

Aidan Beach, Morgan Behrens, and Elena Kleinhenz who were awarded Hillenbrandt Scholarships on Sunday, June 23rd. Good Shepherd is so proud of you, and wishes you much success as you embark on your new endeavors.

Iyana Clare Mwandambo, and Inok Lusajo Kyoso who received the Sacrament of Baptism on June 30th.

Imara Ikupa, Inok Lusajo Kyoso, Nirvan Sadhak, Kaitlyn Spofford, Joshua Pasqualino, Alexander Pereira, and Patrick Pereira who received the Sacrament of Holy Communion for the first time on June 30th.

Aidan Beach, Sierra Morales, Elena Kleinhenz, and all our graduates. Well done!

Atif Dean who was nominated at the Upstate NY Synod Assembly May 30 – July 1st to serve on the Synod Council of the Upstate NY Synod for a four-year term.

Marjorie Raymond, who was recognized by the town of Colonie Senior Resources Department on June 7th, for her selfless contribution and volunteer commitment to the Colonie Senior Citizens Club.



Upcoming Events

Good Shepherd Annual Picnic



The annual GSLC Picnic is scheduled for **Sunday, August 25** immediately following the 9:30 service. Again this year it will take place in our own beautiful back yard! This year we're having a Hawaiian theme so wear your tropical clothes! Please bring your favorite dish! There will be games, and music too. Come, invite your friends, and enjoy!

Monday Game Nights

Do you love to play board games? Do you love Scrabble or cards, but need someone to play with? Good Shepherd is planning on hosting a Game Night on Monday nights in the fall starting on **September 23rd** around 6:30 pm. Game nights are a big event all around the



country. This event will be open to the community, and it is sure to be a lot of fun. There is already quite an interest from many at Good Shepherd, but we need volunteers to be there on Monday nights to greet people and make sure things run smoothly. This will be a great way to get to know those in our community! Please contact Pastor Edwina if you are interested in helping out.

Rally Day

God's Work – Our Hands – Sunday, **September 8th**

9th Annual Community Fun Day

Please mark your calendars as this year's Ninth Annual Community Fun Day will be held on **Saturday September 28th from 11:00 AM to 2:00 PM**. This is a fun day for everyone and a special way to thank the community that supports the many events that we have throughout the year. We invite our neighbors, friends, families in the surrounding neighborhood to join us as we will be having children's activities, informational tables about organizations in the area, flu shots, pony rides and a lot of information about this community of faith. We will also be serving hot dogs, chips, french fries, homemade lemonade, coffee and Okies from 11:00 AM to 2:00 PM.

The Outreach and Evangelism Ministry Team is in the process of getting informational vendors for this year's Community Fun Day. Who do you know and what ideas do you have for organizations that might want to be part of this fun event? So far we have Rite Aid who will be providing flu shots (need to bring health insurance card), Albany County Department of Aging, Drama Kids, Albany County Substance Abuse Prevention Program, Umbrella/RSVP, and Mi Sci Museum. If you have any ideas or names of people we can contact, please speak to Carol Phelps or Danny Patrick.

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 28th!



- Solar lights for yard
- Rain barrel for the garden
- Canopy pop-up tent for our events
- Small tables & chairs for fellowship hall
- Regular size tables & chairs for fellowship hall
- Composter
- Garden tools – hand tools, hoe
- Bird bath
- Air conditioning for sanctuary

Qi Gong

Boost your metabolism, increase your bone density, improve your balance, and enhance your immune system! **Join the Saturday Morning Qi Gong Club at GSLC** every Saturday starting at 9:30 am. Classes are \$10.00 each. This is a wonderful spiritual practice, led by Maria Patrick, Certified Holistic Health Coach & Qi Gong Instructor

"The Qi Gong RX Retreat!"

This is a six-hour Wellness Retreat which will provide you with natural lifestyle, nutrition and Qi Gong "prescriptions" to keep you healthy and help you to heal.

Come find out how to live your healthiest life!



Saturday, August 3, 2019

9:30 am -3:30 pm

**at the Good Shepherd Lutheran Church,
510 Albany Shaker Road, Loudonville**

**\$75 per person - includes light breakfast
refreshments, lunch, and afternoon snacks**

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

This Wellness Retreat will provide you with nutritional information on a variety of health projects, including Heart Disease, Cancer Prevention, High Blood Pressure, Diabetes and Restorative Sleep. You will learn the proper foods to eat to help improve your health as well as a Qi Gong routine for each health project.

**Email Maria at CoreFourHC@gmail.com
to RESERVE YOUR SPOT TODAY
RSVP by Saturday, July 20th
Must have a minimum of 10 participants**

Thank You!

Thank you to everyone who supported the Nickel Social Raffle, Bake Sale, and Meatball sandwich lunch on June 8th!! It was a successful event and so much fun! Thank you to everyone who donated their amazing items to add to the raffle tables and to all the folks who gave time during the week to get everything organized.

Thank you for all of your cards throughout the years to our mom. She loved reading them. She was in pain for so long and we watched her slowly fade away. She is in peace now. Thank you again.
The family of Marion J. Krug (Karen Medina and Ron Krug)

Dear Friends at Good Shepherd – Thank you for your generous donation of \$124 to the Regional Food Bank. Your ongoing support helps to provide food and other resources to many struggling people in our community.
Mark Quandt, Executive Director

Good Shepherd Congregation – Thank you for your donation of pull tabs to Ronald McDonald House of Albany. Each time you pull a tab you are helping provide a home away from home for families of seriously ill children. Please know you are helping to make a big difference!
Carol Beller, RMHC

