

Good Shepherd Lutheran Church

Weekly Update

*Our mission is to be more visible, to become more connected,
and to draw closer, with Christ as our center.*



Evangelical Lutheran
Church in America
God's work. Our hands.

Wednesday, August 4, 2021

BREAD ^{OF} Life

"When we look around, we see many people in whom the Holy Spirit does not appear to dwell. They look dead, as though they were dragging around a corpse, their own body. The practice of the Eucharist is to help resurrect these people so they can touch the Kingdom of Life. In the church, the Eucharist is received at every mass. Representatives of the church read from the biblical passage about the Last Supper of Jesus with His twelve disciples, and a special kind of bread called the Host is shared. Everyone partakes as a way to receive the life of Christ into his or her own body. When a priest performs the Eucharistic rite, *his* role is to bring life to the community. The miracle happens not because *he* says the words correctly, but because we eat and drink in mindfulness. Holy Communion is a strong bell of mindfulness. **We eat and drink all the time, but we usually ingest only our ideas, projects, worries, and anxieties. We do not really eat our bread or drink our beverage.** If we allow ourselves to touch our bread deeply, we become reborn, because our bread is life itself. Eating it deeply, we touch the sun, the clouds, the earth, and everything in the cosmos. We touch life, and we touch the Kingdom of God. When I asked Cardinal Jean Danielou if the Eucharist can be described in this way, he said yes."

The author of this quote is Thich Nhat Hanh, the famed Vietnamese Buddhist monk.

I shared this reading on Sunday. It is a good reminder that Christ is everywhere and present.

LV
PD



An update from the Worship and Music Committee:

The Worship and Music Committee continues to monitor Covid-19 conditions in our local area and guidance from the CDC and others as we attempt to balance the health and safety of our members with our desire to return to normal worship practices. In our meeting on July 12th, we reviewed the current situation and have decided that masks will now be optional during indoor worship for those who have been vaccinated. Anyone who wishes to sing the hymns will still be required to wear a mask while singing. Unvaccinated people are still required to wear masks throughout the service. We will continue to offer both prerecorded services and outdoor services as scheduled. As we gradually return to the way things were before the pandemic, we will continue to be vigilant for the health and safety of all, and if local conditions should change for the worse, we may need to put restrictions back in place. However, we hope that conditions will continue to improve and we will be able to return to regular programming in the Fall. Thank you for your patience and understanding through what has been a very challenging time.

There are several options for you to join us for online worship:

- 1) Go to the Good Shepherd website www.gslc-ct.org. Click on youtube on the menu under News & Events to be directed to our church's YouTube page.
- 2) Go to our Facebook page <https://www.facebook.com/Good-Shepherd-Lutheran-Church-220717937953573/> Scroll down until you see the post with the current "Church Service (date)" click on this to be directed to our church's YouTube page.
- 3) To find us directly on Youtube <https://www.youtube.com/> enter Good Shepherd Monroe CT in the search field and you will be directed to our page, then select the worship video you would like to see. Subscribe to our channel to make it even easier.

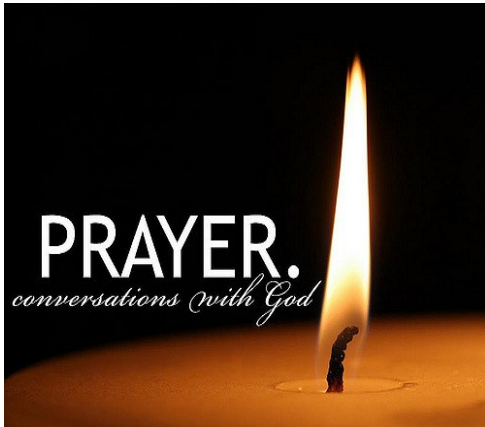
Whichever worship choice works best for you, we are delighted to have you worship with us!

Please keep our committee in your thoughts and prayers as we continue to provide guidance to the best of our abilities. We are delighted that our congregation has remained healthy through this crisis and look forward to the day when these considerations are no longer necessary.

Yours in Christ,
The Worship and Music Committee
Susan Chin, Chair

Summer Worship Schedule for in person worship: (subject to change)

Aug 8: 9:30 Worship OUTdoors
Aug 15: 9:30 Worship INdoors
Aug 22: 9:30 Worship OUTdoors
Aug 29: 9:30 Worship INdoors
Sept 5: 9:30 Worship OUTdoors



A Community of Prayer

For those in need of healing and comfort:

Members and Friends of the Congregation: Joan, Vic, Lauren, Ray, Tim, Marie, Audrey, Elizabeth, Gordon, Sarah, Miriam, Jim, Darcy, Scarlet, Jason, Brian, David, Cate, Cecilio, Donna, Anthony, the Wilk family, Linda, Todd, Noreen and family, Maureen, Lynn, Barbara, Scott, Johanna, Glen and Durbin.

Military (on active duty), Fire fighters, and Police: Ryan, Teddy, Tyler, Ben, Kenny, Brian, Bill, Ken, John, Glen, and Vic.

Front Line workers in the COVID-19 pandemic: Diane, Alicia, Brittany, Loretta, Jay, Alyssa, Monica, Rachel, June.

Pour out your Spirit on all people living with illness, as well as their loved ones and caregivers. Help them to know that you claim them as your own and deliver them from fear and pain; for the sake of Jesus Christ, our healer and Lord. Amen.

He heals the brokenhearted and binds up their wounds.

Psalm 147 vs. 3

Do you wonder how to put a loved one, friend, neighbor, or yourself on the prayer list?

Simply email the church office at office@gsllc-ct.org. If you would like a prayer card sent to your loved one, friend or neighbor, please include the full name and address. Prayer requests may also be made by phone (203-268-7596) and will be included by the church office.

For privacy, only the first name of each individual will be listed.

Do you have something you would like to discuss with Pastor Doug?

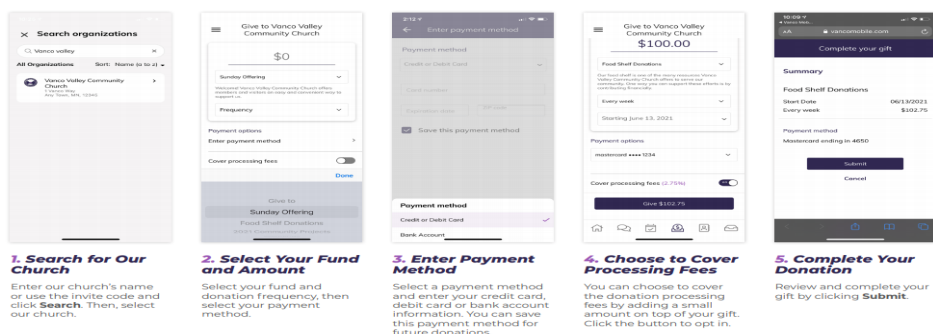
Should you be in need of pastoral care, please contact Pastor Doug Ryniewicz by cell phone (860-

NEW ONLINE GIVING PLATFORM –

We are in our second week of offering a new online giving platform. In case you haven't heard...We have partnered with Vanco, an ELCA preferred vendor, to give you the option of using their free mobile app to make donating to Good Shepherd easy and contactless. Simply download the Vanco Mobile App, select "Good Shepherd Lutheran Church – Monroe" and follow the prompts to donate. If you are hesitant to download the app, just go to our website, www.gslc-ct.org, scroll down to the Vanco link, click and donate. The traditional ways of giving, like bringing, or mailing envelopes to Church still stand. Vanco is just another way to make giving easy. If you do choose to use Vanco for online giving, please know that the Church will incur a fee per transaction. However, you can offset this cost by selecting the "cover processing fees" option at checkout. If you are interested, please see the information below. Also, feel free to contact Stephanie in the office with any questions you may have!

HOW TO GIVE USING VANCO MOBILE

Support our ministries from anywhere. Go to the App Store or Google Play to download the Vanco Mobile app for free.



VANCO
FAITH

Vanco offers new online giving option for ELCA congregations

2/19/2019 10:00:00 AM

CHICAGO – The Evangelical Lutheran Church in America (ELCA) has formed a preferred vendor agreement with Vanco, an eGiving software developer and payment processor serving more than 20,000 churches across the country. The agreement offers Vanco's GivePlus suite of eGiving solutions to ELCA congregations.

The ELCA churchwide organization has sought new working relationships with companies that serve ELCA congregations. Vanco has proven its commitment to the ELCA over the last 20 years by processing payments for nearly 4,000 ELCA congregations.

Preferred vendor agreements with a few select companies are being pursued to enhance operating efficiency, leadership effectiveness, congregational vitality and financial sustainability. Special pricing, communications and promotions will accompany each agreement.

Vanco's GivePlus suite provides churches with a full range of eGiving solutions, allowing congregations to accept gifts and payments through credit and debit cards, websites, card readers, text messages and a mobile app.

As part of the agreement, ELCA congregations will receive special discounted rates from Vanco on new or additional GivePlus eGiving services.

Vanco makes handling donations easy for church administrative staff and offers churches new ways to increase donations by making it convenient for members to donate. GivePlus also integrates with the most popular names in church management software to reduce the amount of time spent on reconciling offerings.

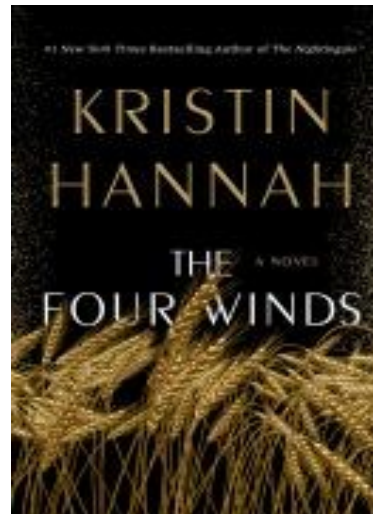
Upcoming Events



Larry Black invites everyone to join him at **Larry and Trudi's Annual Pool Party for the youth of Summerfield Methodist Church on Saturday, August 21, from 1-4 pm.** All guests are asked to please bring a dish to share. (either salad or dessert.) Larry will provide meats for the grill.

Please RSVP and indicate what you plan to bring to Susan Chin: suejchin@hotmail.com or 203-583-0298.

Don't forget your swimsuit and towel!



The Good Shepherd Book Club will meet next on September 7th at 2:00 p.m.

We will discuss "The Four Winds", by Kristin Hannah. Weather permitting, we can meet outdoors, or indoors if that is preferable.

We welcome new members and look forward to seeing all our avid readers on 9/7/21!

It is now official...Nina has retired. We thank her for all her hard work and dedication to Good Shepherd throughout the last 21 years. We will truly miss having her smiling face in the office and wish her nothing but the best on her retirement!

*** Please see below for a note from Nina...**



Dear Good Shepherd family,

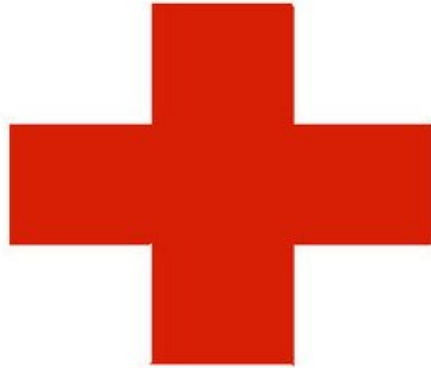
Thank you so much for your well wishes, cards, emails, phone calls, visits, beautiful gifts, and thoughtful retirement advice. It has been a great joy to interact with each of you and a delight to serve Good Shepherd for the past 21 years. GSLC is a warm, caring congregation and it is a blessing to be a part of the Good Shepherd family. It's also great to know the job of Office Administrator/Assistant Treasurer is now in Stephanie's very capable hands.

Ken and I are thrilled to be entering this new chapter of our lives and are looking forward to the coming adventures.

Thank you again!

Nina

VOLUNTEER NEEDED -



**American
Red Cross**

Together, we can save a life

The Good Shepherd will host a Blood Drive in Gibiser Hall on 11/13/21.

We are looking for a volunteer to run this event. This means readying the hall in advance and unlocking the Church for the Red Cross at about 6:45am that morning. The volunteer does not need to stay at the Church during the drive, as the Red Cross brings their staff to run it. The volunteer would need to do a quick building check / light cleanup afterwards and lock up the Church at around 2pm, or 2:30. If interested, please call Stephanie in the office to discuss details.

Reaching Out, Serving Others:

Covenant to Care Update

BACKPACK "THANK YOU"

Thanks to everyone who took a name tag for our Covenant to Care kids. You never disappoint those in need, and they are very grateful!

Please put your backpack in the narthex toward the front of the church by August 15th. And thank you for your support of these kids!



Food for Summerfield

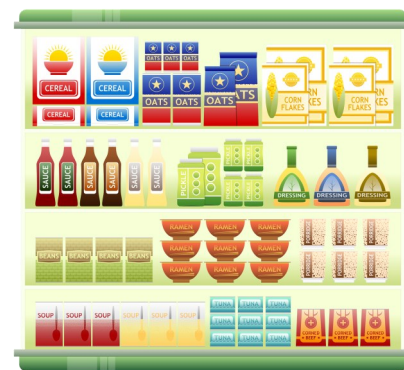
There is an ongoing need for nutritious food for the kids at Summerfield. Protein is especially needed. GSLC Council has challenged the congregation to provide funds for the purchase of nutritious food. GSLC will match donations from members for up to \$250 per month. Pastor Gaston has told us that \$500 per month would meet their nutritious food needs. If you wish to donate please write a check to GSLC with the notation "Food For Summerfield", or place cash in the Summerfield box.



Shepherd's Pantry

The need is great!

The Monroe Food Pantry provides emergency food assistance for over 100 needy individuals and families in Monroe each month. The Social Ministry and Community Outreach Committee invite you to contribute items to the Shepherd's Pantry located in the narthex. You may drop them off during office hours, or on Sunday mornings. The items are delivered to the Monroe Food Pantry once a month.



- Juice (apple, cranberry, etc)
- Mayonnaise, Mustard, Ketchup
- Canned Vegetables
- Grape Jelly, Strawberry Jam
- Hamburger Helper, Knorr Pasta/Rice Sides, Macaroni & Cheese
- Egg Noodles
- Rice (brown or white)
- Hot & Cold Cereal
- Bread Crumbs
- Canned Tomatoes (crushed, whole, diced, stewed, paste)
- Chicken, Beef, or Vegetable Broth
- Cooking Oil
- Canned Fruit (regular or low sugar - preferably in juice)
- Canned Beans, including baked & refried
- Baking Supplies - including sugar & flour
- Syrup (regular or sugar free)
- Pancake Mix
- Jarred Pasta Sauce
- Salad Dressing (any flavor)
- Ground Coffee, Tea (regular, decaf), Instant Coffee & Hot Chocolate
- Canned Soup
- Ensure
- Snack Items
- Personal hygiene products - including feminine hygiene products
- Household cleaning supplies

Sunday, August 8, 2021 Eleventh Sunday after Pentecost

Prayer of the Day: Gracious God, your blessed son came down from heaven to be the true bread that gives life to the world. Give us this bread always, that he may live in us and we in him, and that, strengthened by this food, we may live as his body in the world, through Jesus Christ, our Savior and Lord.

First Reading: 1 Kings 19:4-8

Psalm 34:1-8(8)

Second Reading: Ephesians 4:25-5:2

Gospel: John 6:35, 41-51



Ephesians 4:25-5:2

So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

John 6:35, 41-51

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."