

**Evangelical Lutheran  
Church in America**

God's work. Our hands.

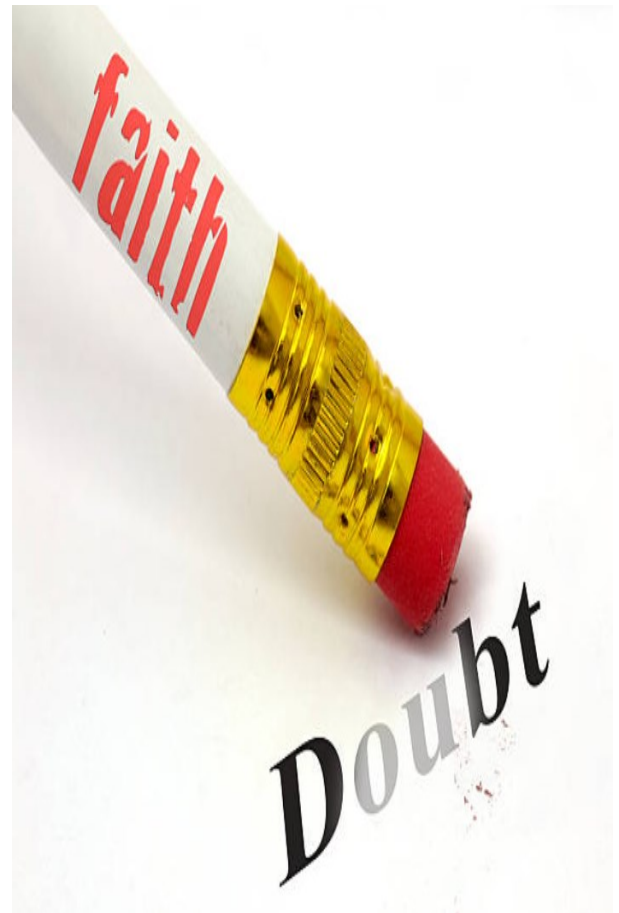


## Good Shepherd Lutheran Church Weekly Update Wednesday, October 19, 2022

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

“Some days I am not sure if my  
faith  
is riddled with doubt, or  
whether, graciously,  
my doubt is riddled with faith.  
And yet I continue  
to live in a world the way a  
religious person  
lives in the world; I keep living  
in a world  
that I know to be enchanted,  
and not left alone.  
I doubt; I am uncertain; I am  
restless,  
prone to wander. And yet  
glimmers of the holy  
keep interrupting my gaze.”

**- Lauren Winner,  
theologian**



**Sharing a reflection that has helped me lately.**

**LV,  
PD**



## **Worship Information -**

**\* On September 11th, we began recognizing our Fall schedule. That means there are two Worship services every Sunday. Please choose from the 8am, or 10:30am service. Also, please see next newsletter page for the Choir and Sunday School schedules.**

Hymnals are available for use. Please note that if you are uncomfortable using the hymnals, there will be a limited number of freshly copied "Hymn Packets" available upon request at each service.

Please continue to read Friday's weekly "Worship E-mail", or check our Facebook Page for any updates / changes.

### **If you prefer to join us for prerecorded online worship instead, you can:**

- 1) Go to the Good Shepherd website [www.gslc-ct.org](http://www.gslc-ct.org). Under "News & Events", click on youtube 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 it 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. From there, 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!

---

## **Prayer List -**

**Please keep the following people in your thoughts and prayers:**

**Helen, Cliff Jr., Audrey, Miriam, Hassinger Family, Lane Family, Lee Family, Margaret, Desi, Bill C's Family, Todd, Nicolette, Mike's Family, Kelly, Sue, Andrea, D.A., Robert, Kathy, Beverly, Doree, Amy, Mark, Scarlet, Ryan, Louis, John, Sharon & Rosemary.**



### **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. You can reach him by text, or phone at: 860-595-9560. His email is: [dearynos@gmail.com](mailto:dearynos@gmail.com)



**Our regular Fall Worship schedule is in effect. There are two services on Sundays. Please choose from the 8am, or 10:30am service.**

**10/23/22 - Sunday School and Confirmation classes** will be held at 9:15am. (and every 2nd and 4th Sunday of each month.)

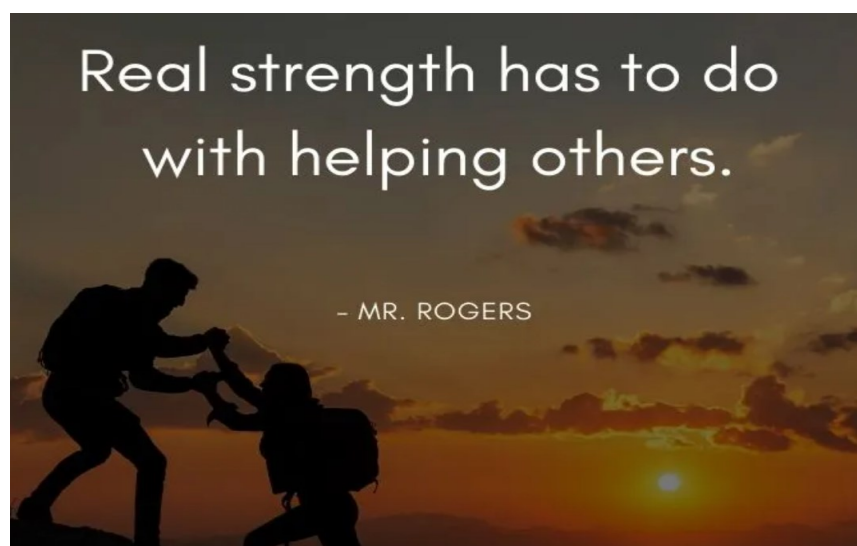
**10/30/22 - Reformation Sunday and Commitment Sunday.** Please join us at 9:30am to bake and eat symbolic and delicious "Reformation Pretzels".

**11/1/22 - Book Club will meet at 2pm to discuss Joyce Maynard's "Count The Ways". New members are welcome!**

**11/12/22 - Red Cross Blood Drive will take place - NO quilting.**

\* **Choir practice** - held on Sundays at 9:30am.

\* **Shepherd's Flock Quilters** - generally meet at 10am each Monday, and Saturday. **QUILTING WILL NO LONGER TAKE PLACE ON WEDNESDAYS.** \* For quilting on Mondays, please contact Barbara by phone, or text at: 203-305-0321. If you prefer to quilt on a Saturday, please text Donna Duessel at: 203-482-5598.

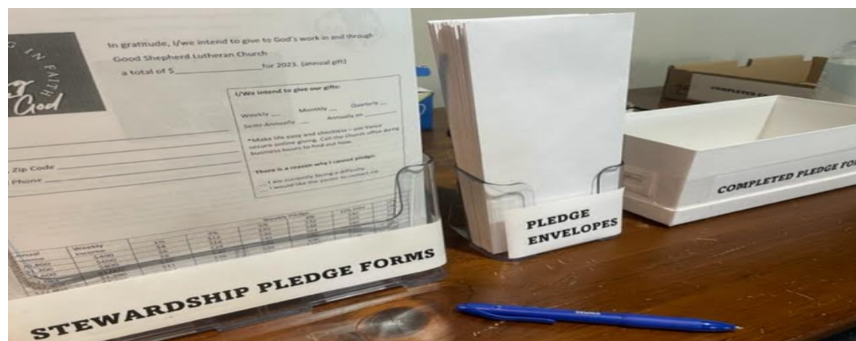


# A FEW NOTES FROM GOOD SHEPHERD -

\* **Financial News** - Year to date giving is down dramatically. Our Church Council and Executive Board have been having serious conversations on what that means for the future of GSLC. If you are behind on your pledge, please consider a contribution to GSLC soon. It would help our congregation tremendously and would be VERY much appreciated!



\* **"Commitment Sunday" is coming up on October 30th.** Please check your mailbox for your annual stewardship campaign packet. Extra pledge packets and envelopes can also be found in the narthex.



\* **Please update your contact info!** If you haven't done so already, please grab a form in the narthex, update your contact info and leave it in the "completed contact forms" box. Thanks for your attention!

GOOD SHEPHERD IS UPDATING OUR FILES -

**time to UPDATE**

MEMBERS OF HOUSEHOLDS WHO ARE CURRENTLY ON THE MAILING LIST FOR THE "COMMITMENT SUNDAY" PLEDGE PACKET FOR "COMMITMENT SUNDAY" MUST UPDATE THEIR INFO.

We are updating our files and hope you can help kindly fill out this form and email, mail, or bring it in to the GSLC office at your earliest convenience! Thanks for your attention!

Name \_\_\_\_\_  
Household Family Members' Names \_\_\_\_\_  
Address \_\_\_\_\_  
Home Phone Number \_\_\_\_\_  
Cell Phone Number \_\_\_\_\_  
Email Address \_\_\_\_\_

Check one  
\*Above info for GSLC office use only      \*Permission to give to GSLC members

COMPLETED CONTACT INFO FORMS

**ATTENTION GSLC MEMBERS - KINDLY FILL OUT A FORM AND PLACE IN "COMPLETED FORMS" BOX. THANK YOU!!!**

GOOD SHEPHERD IS UPDATING OUR FILES -

**time to UPDATE**

We are updating our files and hope you can help kindly fill out this form and email, mail, or bring it in to the GSLC office at your earliest convenience! Thanks for your attention!

Name \_\_\_\_\_  
Household Family Members' Names \_\_\_\_\_  
Address \_\_\_\_\_  
Home Phone Number \_\_\_\_\_  
Cell Phone Number \_\_\_\_\_  
Email Address \_\_\_\_\_

Check one  
\*Above info for GSLC office use only      \*Permission to give to GSLC members



## Blood Drive

### Good Shepherd Lutheran Church

Held in the Church Hall  
 466 Elm Street  
 Monroe, CT 06468

**Saturday, November 12, 2022**  
**7:45 a.m. to 1:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: GoodShepherd to schedule an appointment.



Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org](http://RedCrossBlood.org)/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



[333] - Order ID: 1416876 - Item ID: 6260030 - Qty: 1 of 1 - 03337992 - 2015-APL-0195B - AKC3 - 202203

**Give Something that Means Something®**

1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

**American Red Cross**

## Here's your 2022 Program Recap

Your hard work and dedication this year has helped make our blood supply stronger and more resilient, and we couldn't fulfill our lifesaving mission without partners like you! As a Premier Blood Partner, we know you stand with us in service to your community and patients in need – thank you!

Here's where you stand in our Premier Blood Partner Program this year:

Blood Donations made at your blood drives this year:	62
Number of upcoming blood drives scheduled:	1
Number of donations projected at these drives:	36

SEPTEMBER-OCTOBER 2022

# THE UPPER ROOM®

WHERE THE WORLD MEETS TO PRAY



## Rest

Rest does not come naturally to me, and I never make it a priority. I love to work; I love to-do lists; I love staying busy. Even my hobbies are physically demanding, and rarely does a vacation involve much downtime. I have two speeds: *stop* and *go*. Early in the summer, I packed my food and gear and set out on a five-day camping trip where I would spend most of my time hiking and cycling. I had made a lengthy list of trails I wanted to hike and set an ambitious goal for the number of miles I would cycle. But on the first full day of my vacation, I tripped over a rock while hiking and broke my foot. Although I was still able to walk, it was painful, and I was mostly out of commission for the rest of the trip. I wasn't happy about it.

The pain in my foot was less than the irritation I felt over the fact that I wouldn't be hiking or cycling anytime soon. I lay in my hammock and read — in a huff because of my circumstances. But then it occurred to me that for the first time in I couldn't remember how long, I was actually relaxing while on vacation. I went to a nearby picnic area and spent time reading one of my favorite poets. Later I sat by a mountain stream for a long time and did nothing but watch the water flow over the rocks. It was peaceful and renewing and, admittedly, wholly unfamiliar. My body felt better and so did my mind.

Inspired by the art on the cover of this issue, I reread the chapters in Exodus that recount the events of Mount Sinai, in particular the commandments that God gave to Moses. (See Exodus 19–21.) Among the commandments was “Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work” (Ex. 20:8-10, NRSV). I think this is probably the commandment that I break most often. It's at least one of the easiest for me to break and to justify doing so because my to-do list always seems really important and rest mostly unproductive.

I don't think God breaks our bones to get our attention, but I did learn something from my experience: I can make

time for stillness and rest, and nothing bad happens. Nothing important falls through the cracks. It isn't a slippery slope that leads to idleness or a poor work ethic. It isn't a sign that I am becoming negligent or lazy or irresponsible. Rest is a gift from God that honors God and honors our tired bodies and minds. That God gave us a day for rest is clear evidence to me of how much God cares for us and wants us to care for ourselves. That God gave it to us in the form of a command also tells me that God knew how inclined some of us might be to ignore the gift.

I tend not to realize my need for rest until it's too late. But I am striving to be more proactive by taking regular intervals of time for stillness and renewal. This has taken the form of a nap, finding a nice spot outdoors to read and feel the breeze, or having a cup of coffee as I let my mind wander from one thought to the next — all small acts that have made a big difference for me. Rest might look different for each of us depending on our needs. Regardless of the form it takes, I hope we all will find time and a place for the rest that God wants us to have. In Genesis, after creating the heavens and the earth, God rested. If God needed rest, so do we.

## QUESTIONS FOR REFLECTION:

1. Is making time to rest something that comes easily for you? What does rest look like for you? When have you struggled to find time to rest?
2. When have circumstances forced you to rest? What parts of this experience were uncomfortable for you? How did it change the way you think about rest?
3. Name some scripture verses that speak about rest. Which of these do you find most helpful in terms of your own relationship with rest? Which do you find most challenging?



— Andrew Garland Breeden  
Acquisitions Editor

# al's angels



## Al's Angels Needs Local Delivery Drivers with their own vehicles Saturday November 5th at Noon



**Dear Angels,**

**As you know on Saturday November 5th, we will be assembling over 1500 Thanksgiving Meal Bins. This year our meal assembly event will take place in the Jennings Beach Parking Lot - Fairfield**

**If you have a SUV, Pick- Up truck or similar vehicle and spare some time on Saturday November 5th at Noon...we would love your help. We will provide you with the delivery names and addresses**

**As a reminder, our meal bins weigh between 50-60 lbs. We need about 10 local delivery drivers. If you can drive and deliver bins on November 6th at Noon....Please send me an email with the subject line "local delivery driver "**

**Please send the email to Al DiGuido at [adiguideo@yahoo.com](mailto:adiguideo@yahoo.com)**

**Thanks  
Al**

## Shepherd's Pantry -

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.

## \*October Monroe Food Pantry Needs -

- Juice (apple, cranberry, etc.)
- Mayonnaise, Mustard, Ketchup
- Canned Vegetables (corn, carrots, olives, peas, green beans, etc.)
- Canned Beans (kidney, pinto, chickpeas, cannellini, black)
- Grape Jelly, Strawberry Jam
- Hamburger Helper, Knorr Pasta/Rice Sides, Macaroni & Cheese
- Egg Noodles
- Rice (brown or white)
- Hot & Cold Cereal
- Breadcrumbs (Italian or regular)
- Canned Tomatoes (crushed, whole, diced, stewed, paste)
- Chicken, Beef, or Vegetable Broth
- Cooking Oil
- Canned Fruit (regular or low sugar - preferably in juice)
- Baked Beans, Refried Beans, Pork and Beans, Chili with or without beans
- 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. We are particularly low on bars of soap, toothpaste, floss, shampoo/conditioner, deodorant
- \*Household cleaning supplies

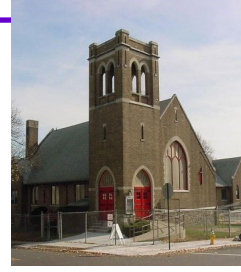


**Any donation is appreciated. Thank you!**





## Ways to Help Summerfield -



**Snacks for Summerfield are needed!** We are collecting snacks for the youth of Summerfield. If you would like to donate, please add your snack items to the marked blue bin in the narthex.

**Also, there is an ongoing need for nutritious food/protein for the kids of Summerfield.** GSLC Council has challenged the congregation to provide funds for the purchase of nutritious food. GSLC will match donations from members 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 out to "Good Shepherd Lutheran Church" with the notation, "Food For Summerfield". Thank you!

**\* Financial Statements are still available on the wood table in the narthex. They cover the period through 8/31/22.**

**If you can not get to Church and need yours mailed, please contact the office.**

## VANCO - ELCA PREFERRED ONLINE GIVING PLATFORM -



Please feel free to try our online giving platform, Vanco. Vanco is an ELCA preferred vendor, that gives 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](http://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, but have questions, please feel free to contact Stephanie in the office!

## Sunday, October 23, 2022 - Twentieth Sunday after Pentecost

**Prayer of the Day:** Holy God, our righteous judge, daily your mercy surprises us with everlasting forgiveness. Strengthen our hope in you, and grant that all the peoples of the earth may find their glory in you, through Jesus Christ, our Savior and Lord.

Jeremiah 14:7-10, 19-22

Psalms 84:1-7(5)

2 Timothy 4:6-8, 16-18

Luke 18:9-14



### 2 Timothy 4:6-8, 16-18

As for me, I am already being poured out as a libation, and the time of my departure has come. I have fought the good fight, I have finished the race, I have kept the faith. From now on there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give me on that day, and not only to me but also to all who have longed for his appearing. At my first defense no one came to my support, but all deserted me. May it not be counted against them! But the Lord stood by me and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth. The Lord will rescue me from every evil attack and save me for his heavenly kingdom. To him be the glory forever and ever. Amen.

### Luke 18:9-14

He also told this parable to some who trusted in themselves that they were righteous and regarded others with contempt: "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, was praying thus, 'God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax collector. I fast twice a week; I give a tenth of all my income.' But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted."