

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



Good Shepherd Lutheran Church Weekly Update Wednesday, February 2, 2022

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

Today is "Groundhog Day". Although the observance probably has ancient pagan origins, it corresponds to Candlemas Day. (candle - Mass)

On this day, people would come to church with candles that would be needed for the remainder of winter (a lot, or not too many?) The priests would bless their candles.



Germans chose the hedgehog as the symbol for spring arrival. If you've never seen the movie Groundhog Day, I recommend it! It speaks about what Christians call the "Paschal Mystery". The cycle of death - rebirth. Included, is the idea that time gives us space to learn about ourselves and make choices to change, grow and heal.

May Spring arrive soon! Both literally, and spiritually!

LV
PD



***Confirmation and Sunday School** - next gathering will be on Sunday, February 13th. See you then!

*** For the Winter months ahead** - if you see a "Winter Weather Advisory" on your smart phone, or on the news, please consider that Worship may be cancelled. If you are in doubt, feel free to call PD, Donna, or any member of the Worship Committee. Please don't assume. We will post Worship changes on the Good Shepherd - Monroe Facebook page. If feasible, we will also make efforts to call /email our members. Please stay safe!

Worship Information -



We have two in person Worship Services per week. They are held on Sundays at 8am and 10:30am. When joining us for indoor Worship, please follow Covid safe protocols, which include:

Members should opt for KN95, N95, or surgical masks, rather than cloth masks. Masks MUST be worn in the building at all times, over the mouth and nose. Social distance should be observed in the Sanctuary and Narthex. (Lobby area) On the way to Communion, please follow the taped crosses on the floor of the center aisle. Choir will not sing, but members may hum, or softly sing hymns while remaining fully masked. Please do your part in helping keep our members safe!

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. 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.

Prayer List -



He heals the brokenhearted and binds up their wounds.

Psalm 147 vs. 3

Please keep the following people in your thoughts and prayers:

Audrey, Miriam, Scarlet, Ryan, Sharon and Rosemary.

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

Simply email the person's first name to the church office at office@gslc-ct.org, or give us a call at 203-268-7596. If you would like a prayer card sent to your loved one, friend or neighbor, please include the full name and address.

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



Regular Worship schedule - Sunday Services are held at 8am and 10:30am. (* If the weather is bad, please check our Facebook page, or call a member of Worship & Music to see if there is a schedule change.)

2/13/22 - Sunday School & Confirmation classes held at 9:15am.

2/27/22 - Sunday School & Confirmation classes held at 9:15am.

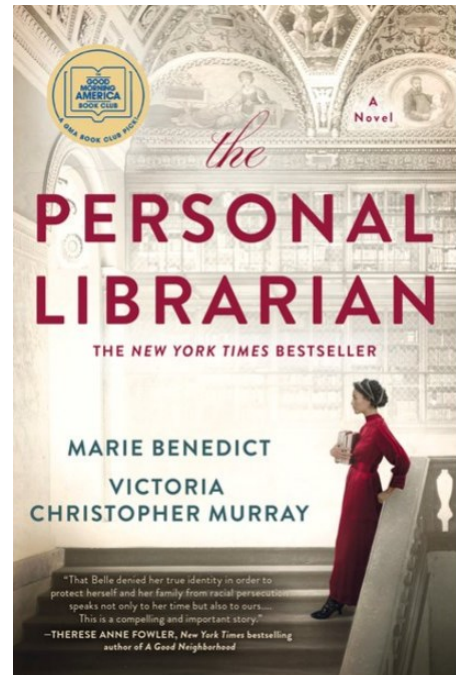
Choir Practice - Currently suspended, due to Covid safe protocols.



Shepherd's Flock Quilters - generally meet at 10am each Monday, Wednesday and Saturday. * Please contact Barbara Abraham by phone, or text at: 203-305-0321 if you wish to come on a Monday morning. If you'd like to join on a Wednesday, contact Ellie Noll at: 203-888-7009, or Eileen Holleran at: 203-426-0005. If you prefer to quilt on a Saturday, please text Donna Duessel at: 203-482-5598. Anyone is welcome!

Book Club -

March 1st at 2pm - We will discuss, "The Personal Librarian", by Marie Benedict and Victoria Christopher Murray. New members are welcome!



The remarkable, little-known story of Belle da Costa Greene, J. P. Morgan's personal librarian--who became one of the most powerful women in New York despite the dangerous secret she kept in order to make her dreams come true, from *New York Times* bestselling author Marie Benedict and acclaimed author Victoria Christopher Murray.

In her twenties, Belle da Costa Greene is hired by J. Pierpont Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Morgan Library. Belle becomes a fixture on the New York society scene and one of the most powerful people in the art and book world, known for her impeccable taste and shrewd negotiating for critical works as she helps build a world-class collection.

But Belle has a secret, one she must protect at all costs. She was born not Belle da Costa Greene but Belle Marion Greener. She is the daughter of Richard Greener, the first Black graduate of Harvard and well-known advocate for equality. Belle's complexion isn't dark because of her alleged Portuguese heritage that lets her pass as white--her complexion is dark because she is African American.

The Personal Librarian tells the story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths she must go--for the protection of her family and her legacy--to preserve her carefully crafted white identity in the racist world in which she lives.

• Author: Marie Benedict,Victoria Christopher Murray • ISBN:9780593101537 • Format:Hardcover • Publication Date:2021-06-01

LOST AND FOUND -



The watch above was found at the Church. Please call Stephanie in the office if you recognize it, as we'd like to get it back to it's rightful owner.

The Monroe Senior Center Presents:

'My Fair Lady' at the Bushnell

my
fair
lady



Saturday, March 12, 2022 | Price \$199 pp

Information & Reservations

Pat Martin | 203-452-2815

Meal Choice Needed Upon Registration

Depart: 10:00am, Monroe Senior Center
235 Cutlers Farm Road, Monroe, CT

Estimated Return: 6:00pm

Tour Includes:

- Motor-coach
- ToD Tour Director
- Reserved Orchestra Seats
- Lunch
- All Gratuities (Including Driver and Tour Director)

Trip Activity Level: 

This morning we depart for Hartford, CT, where we will enjoy lunch prior to a matinee at the Bushnell Theatre.

Before the show, enjoy lunch at the **USS Chowder Pot IV**, which has received many reader's polls awards. *Please choose from:* Baked Stuffed Shrimp, Broiled Salmon Filet, or Chicken Cordon Bleu. All entrees will be served with: Clam Chowder, Rolls with Butter, Chef's Choice Potato, Chef's Choice Vegetable, Dessert, Coffee, Tea, and Decaf.

This afternoon we take our reserved orchestra seats in Mortensen Hall at **The Bushnell Theatre**, for the wonderful stage production of **'My Fair Lady'**. Straight from Lincoln Center Theatre, comes this 'sumptuous new production of the most perfect musical of all time,' says Entertainment Weekly. The pompous professor Henry Higgins is so sure that he can transform a Cockney working-class girl into someone who can pass for a cultured member of high-society. Of course the lovely Eliza Doolittle accepts the speech lessons to improve her job opportunities. Higgins and Eliza clash before forming an unlikely bond. Director Bartlett Sher's production wouldn't be the same without including such classic songs as "I Could Have Danced All Night," "The Rain In Spain," and "Wouldn't It Be Lovely."

Disclaimer: We are in the business that plans far ahead of the tour's start date which can, at times, leave us with a change of itinerary, attraction, meal or accommodation. Due to any unforeseen circumstances, Tours of Distinction, Inc., must reserve the right to change the booked itinerary, attractions, restaurants or accommodations. In such an event, the alternative will be of equal or greater value. In the event a tour does not meet the minimum required of participants to operate the tour, Tours of Distinction reserves the right to cancel the tour and will do so no less than 45 days from departure. Any refunds to be issued from the company will be processed and sent no later than 30 days after the initial refund request. For full tour terms and conditions please visit: <https://www.toursofdistinction.net/travel-info/terms-and-conditions>

Tour arranged by:

**TOURS OF
Distinction**



U.S. commemorates 57th consecutive American Heart Month in February



It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans.

President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

Throughout the month, the American Heart Association's "Heart to Heart: Why Losing One Woman Is Too Many" campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually.

The first Friday of American Heart Month, Feb. 5, is also National Wear Red Day as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease. For more information on the event and other activities during the month, visit goredforwomen.org.

This year, the federally designated event is even more important due to the impact of the coronavirus on the public's heart health, including potential harmful effects on the heart and vascular system, according to recent research.

Also, during the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes – netting poorer outcomes and prompting the AHA to create "Don't Die of Doubt," a national awareness campaign that reminds people that hospitals are the safest place to go when you have [symptoms](#).

And while in lockdown, more people have engaged in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol and limiting physical activity, that can contribute to heart disease.

Meanwhile, heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's [Heart Disease and Stroke Statistics – 2021 Update](#).

The update, published in the association's flagship journal *Circulation*, reports that nearly 18.6 million people across the globe died of [cardiovascular disease](#) in 2019, the latest year for which worldwide statistics are calculated. That's a 17.1% increase over the past decade. And 523.2 million cases of cardiovascular disease were reported in 2019, a 26.6% increase over 2010.

During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

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.

The Monroe Food Pantry's needs for February include:

Oatmeal (regular and instant – original flavor or any variety)
Snack items (crackers, Goldfish, chips, nuts, etc.)
Ketchup
Mustard (yellow or brown)
Brownie mix
Strawberry and grape jelly
Baked beans
Pork and beans
Chicken or beef broth
Bread crumbs (regular or Italian)
Flour
Sugar
Salad dressings (Ranch, Blue Cheese, Balsamic Vinaigrette, Thousand Island, French)
Pasta and Rice sides
Olives (canned)
Jarred pasta sauce
Solid white tuna
Coffee (regular and decaf)
Black tea (regular and decaf)
Hot chocolate
Ramen noodles (chicken/beef/shrimp)
Paper towels
Toilet Paper
Cleaning supplies
Toiletries (deodorant/bar and hand soap/shampoo and conditioner/razors)

Thanks again for all your support. This community is amazing!



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 out to "Good Shepherd Lutheran Church" with the notation, "Food For Summerfield". Thank you!

FINANCIAL NEWS -

****2021 Financial Statements are available for pickup on the table in the narthex. If you aren't able to come into the Church, please call the office during business hours and let Stephanie know you would like yours mailed out.**

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, 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, February 6, 2022 - Fifth Sunday After Epiphany

Prayer of the Day: Most holy God, the earth is filled with your glory, and before you angels and saints stand in awe. Enlarge our vision to see your power at work in the world, and by your grace make us heralds of your Son, Jesus Christ, our Savior and Lord.

Isaiah 6:1-8[9-13]

Psalms 138 (2)

1 Corinthians 15:1-11

Luke 5:1-11



1 Corinthians 15:1-11

Now I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you—unless you have come to believe in vain. For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them—though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

Luke 5:1-11

Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. When he had finished speaking, he said to Simon, "Put out into the deep water and let down your nets for a catch." Simon answered, "Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets." When they had done this, they caught so many fish that their nets were beginning to break. So they signaled their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Go away from me, Lord, for I am a sinful man!" For he and all who were with him were amazed at the catch of fish that they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, "Do not be afraid; from now on you will be catching people." When they had brought their boats to shore, they left everything and followed him.