

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



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

A WORD FROM PASTOR DOUG...

Monroe Public Schools have lifted their mask mandate. Case rates in Monroe and throughout the state have fallen, as have the number of hospitalizations. The CDC has announced changes to the metrics utilized for mask recommendations. Therefore, we will now take a step forward for Worship.

For those that so desire, GSLC members can now take off their masks for most of the Worship Service. When singing the hymns, please continue to wear a mask and remove it for Holy Communion. If you would like to remain masked for the entire service, GSLC will support your decision as well.

We will return to the fuller Eucharistic sign of wine outpoured. A cup bearer will pour your wine into a little empty cup, as in days of old. The "Ministers of the Table" will be masked, however we will pronounce the words "given and shed for you" as you come forward and each of you receives.

For now, **we will keep the same "safe sign of peace"** that we have been using. Of course, as the last two years have taught us, this is provisional -"for now." We may have to backstep, or we may even get to take more steps forward... time will tell. ALL of you have been so patient and understanding of everything we have been put through in these last two years. Thank you!

LV
PD

Today is **Ash Wednesday**, the beginning of the holy season of Lent. Worship is at **noon and again at 7pm**. We will utilize a safe way to sign with ashes. This is a day of "prayer, fasting and almsgiving", the sacred tripod of Lent.

Zoom Bible Study: "The Parables of Jesus" will start 3/9/22 and run for four Wednesdays at 7pm. What are parables? What was this unique feature of Jesus' way? What are they not? How can we raise awareness of the Jewish heritage of parables, while raising our awareness of unconscious Christian bias against Judaism in the traditional interpretations that have been given them?

Confirmation & Sunday School - March 13, March 27. * Optional is March 20th, which is our famous "PRETZEL SUNDAY!" Come and enjoy making and eating this traditional Lenten food! Members of all ages are invited! (see page 3 for more details)



* **Ash Wednesday Services** will be held on 3/2/22 at 12pm and 7pm. Please wear masks. Ashes will be covid safe, as new, individual Q-Tips will be used to sign you with the cross. It will be a simple, but reflective Worship Service. Bring a friend, or a neighbor!



***Masks are now mandatory for singing hymns, but optional otherwise.**

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.

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

A Pretzel Story



Long ago in a place far, far away there lived a man named Brother Baker. He was a monk who worked in the church kitchen. Every Sunday morning, Brother Baker worked in the kitchen making bread. Every Sunday morning, next door to the kitchen the Sunday School children learned prayers and sang songs. This particular Sunday morning, Brother Baker was kneading the dough as he listened to the Sunday School children singing songs in the classroom next door. "Oh! I love this song!" he thought as he kneaded and kneaded and kneaded the dough. The music filled the air as the children sang "Of My Hands".

Brother Baker smiled as he kneaded the dough and listened to the children singing. "A song is really a prayer with music" he thought. "Oh how I love to hear the children sing their prayers!" Brother Baker thought of how happy the songs made him and he knew God must be very happy too. He thought "I would like to do something special for the children to thank them". But he did not know what to do. So he kneaded the dough and he thought and thought and thought. And then with delight, he heard the children begin to sing his very favorite song of all: "My God is So Great".

"Oh! I love to hear the children sing and pray!" He could just imagine the children with their arms crossed in prayer. Because long ago people prayed with their arms crossed and their hands touching each shoulder. Suddenly, he had a really wonderful idea. "I know what I can do..." Very carefully, he gathered up the leftover dough and began to form pencil-like strips, which he then twisted into a shape that looked like a child's arms folded in prayer. It had three open spots for the Holy Trinity - one for the Father, one for the Son, and one for the Holy Spirit. "I will call it a Pretiola!" he declared, which in Latin meant little reward. "I will give one to each child as a little reward for saying a prayer." And to the children's delight, he did just that.

Well, the children excitedly told their parents and word of Brother Baker's idea soon spread through the village. Over the years, the Pretiola traveled throughout Europe where in Germany it became known as the Pretzel, which is what we call it today. And so, we can imagine as cheerful voices join in prayer and song together, Brother Baker smiling joyfully and thanking the Lord for little rewards. In the name of The Father, The Son, and The Holy Spirit, Amen.

*** On 3/20/22 - All Sunday School children, Confirmation children and all GSLC members are invited to help bake pretzels with us on GSLC's "Pretzel Sunday". All ages are welcome! Please join us for our 9:30am start!**



Prayer List -

Please keep the following people in your thoughts and prayers:

Audrey, Miriam, Amy, Scarlet, Ryan, Sharon & 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



3/2/22 - Ash Wednesday In Person Services at 12pm and 7pm.

3/6/22 - Choir Practice at 9:45am.

3/9/22 - Lenten Zoom Bible Study Begins at 7pm.

3/13/22 - Sunday School & Confirmation classes held at 9:15am.

3/13/22 - Choir Practice at 9:45am.

3/16/22 - Lenten Zoom Bible Study at 7pm.

3/20/22 - "Pretzel Sunday" at 9:30am. Everyone is welcome!

3/20/22 - Choir practice at 9:45am.

3/23/22 - Lenten Zoom Bible Study at 7pm.

3/26/22 - GSLC Blood Drive

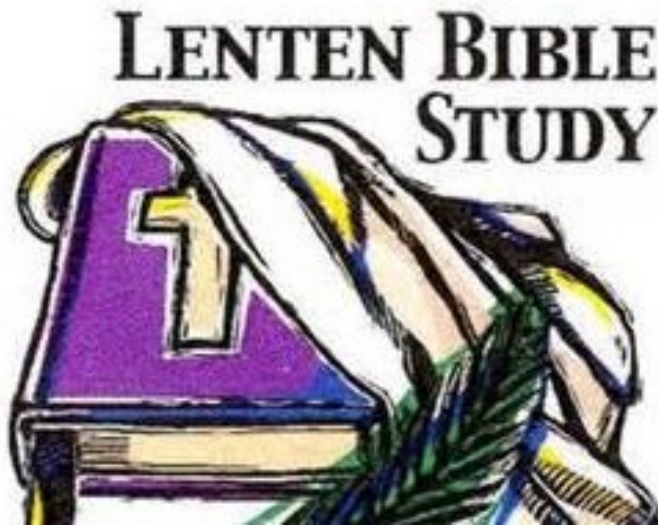
3/27/22 - Sunday School & Confirmation classes held at 9:15am.

3/27/22 - Choir practice at 9:45am.

3/30/22 - Last Lenten Zoom Bible Study at 7pm.

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!

*** Lenten Bible Study -**



A new Lenten Bible Study will be starting soon!

It will be led by Pastor Doug and since it will take place on Zoom, we hope to see a lot of familiar faces! Please join us at 7pm on March 9th, 16th, 23rd and 30th!

**** Please see our private Facebook group for Zoom invite. ****



GOOD SHEPHERD FOUNDATION

thrivent®

Contact

800-847-4836

Hope, Health and Help for The Good Shepherd Foundation in Haiti continues here at Good Shepherd during our annual Lenten journey.

Despite the desperate conditions there, God continues to move in miraculous ways that we will be hearing more about over the next 6 weeks. Please continue to keep this ministry in your prayers and consider making a contribution to support this vital service to the people of the Grand Saline community.

For those of you who may have an account with Thrivent, consider directing some of your Thrivent Choice dollars to The Good Shepherd Foundation. They are on Thrivent's eligibility list as qualified recipients. See the information below...

What is Thrivent Choice®?

Thrivent Choice® is a program of Thrivent Financial. With Thrivent Choice®, you can recommend where some of Thrivent Financial's charitable outreach funds go. Since 2010, more than \$330 million has been distributed to churches and nonprofits nationwide.

What are Thrivent Choice Dollars®?

Choice Dollars are the dollars made available to you from Thrivent's charitable outreach funds, based on your eligibility, to designate to the charity of your choice.

How do I know if I'm eligible to direct Thrivent Choice Dollars®?

Members become eligible for Thrivent Choice based on insurance premiums, contract values and Thrivent volunteer leadership. Members are designated Choice Dollars that they can direct to enrolled charities.



**American
Red Cross**

Communities Coming Together

Blood Drive

Good Shepherd Lutheran Church

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

**Saturday, March 26, 2022
7:45 a.m. to 1:00 p.m.**

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



Scan to be directed to
RapidPass®

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



Scan to schedule
an appointment.

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

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 NO LONGER ACCEPTS COUPONS ****

PLEASE DO NOT DROP COUPONS OFF AT GSLC. IF YOU WOULD LIKE TO HELP THE FOOD PANTRY, PLEASE SEE THE MONTHLY LIST OF NEEDS.

THANK YOU!!!

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

Raman noodles (chicken/beef/shrimp)

Paper towels

Toilet Paper

Cleaning supplies

Toiletries (deodorant/bar and hand soap/shampoo and conditioner/razors)



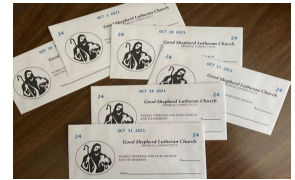
Thanks again for all your support. This community is amazing!

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!

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, March 6, 2022 - First Sunday in Lent

Prayer of the Day: O Lord, God, you led your people through the wilderness and brought them to the promised land. Guide us now, so that, following your Son, we may walk safely through the wilderness of this world toward the life you alone can give, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Deuteronomy 26:1-11

Psalms 91:1-2, 9-16(11)

Romans 10:8b-13

Luke 4:1-13



Romans 10:8b-13

But what does it say? "The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Luke 4:1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.