

Good Shepherd Lutheran Church

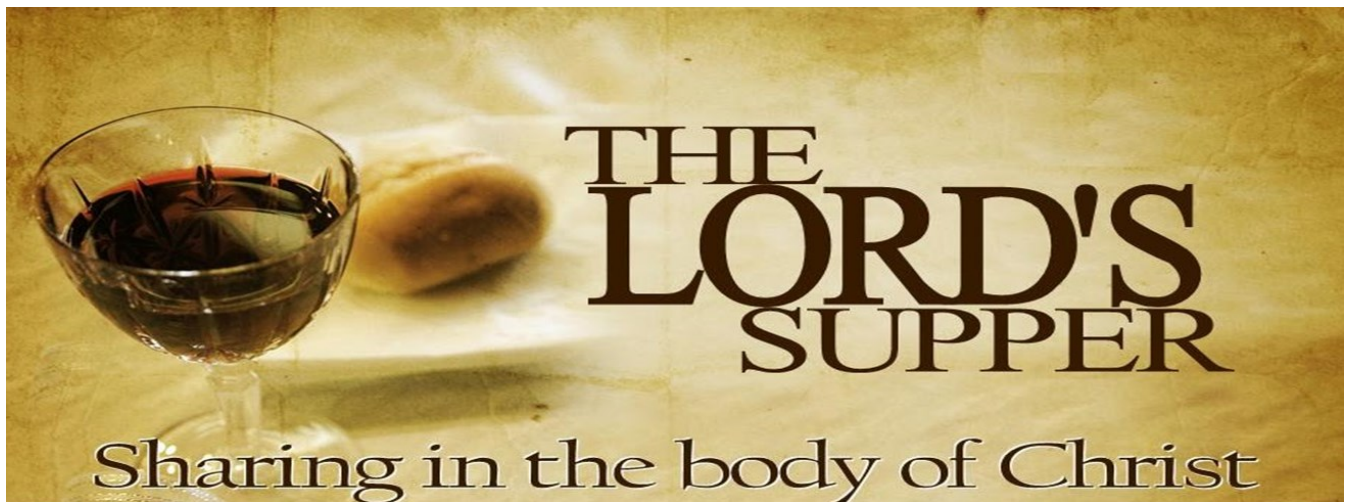
Weekly Update

*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, July 28, 2021



“ A family is a group of people who eat the same thing for dinner. “
Nora Ephron

**For the next few Sundays, as with last Sunday,
we get what are referred to as “the bread gospels”.
It’s all about God, bread and Jesus.**

**The ancient church, a small, persecuted sect, placed great emphasis on the weekly sharing together of a meal. The meal created family.
Even today we invite friends for supper or to go out to dinner. But the followers of the Way also believed that God in Christ also shared the meal with them, making them One together.
The Spirit brought life each time the Supper was shared. Strength was given not only to deal with hard lives but also to accomplish the mission of the church - reconciling the world of suffering and the Healer of our every ill.**

**For Christians “we would not know how to live” without this meal of bread and wine (St. Justin the Martyr)
I am the bread of life, Jesus says.
Invite someone this week to join with us for the Meal.**

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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.

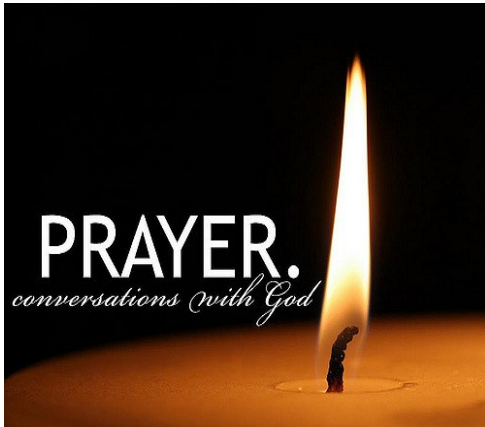
Whichever worship choice works best for you, we are delighted to have you worship with us!

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 1: 9:30 Worship OUTdoors - * Change to Outdoors
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: Darcy, Joan, Vic, Lauren, Ray, Tim, Marie, Audrey, Elizabeth, Gordon, Sarah, Miriam, Scarlet, Jason, Brian, David, Tricia, Cate, Cecilio, Donna, Anthony, Steve, 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?

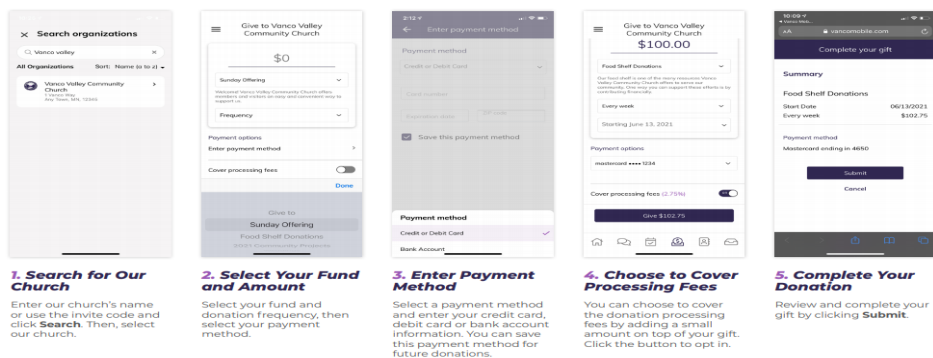
Should you be in need of pastoral care, please contact Pastor Doug Ryniewicz by cell phone (860-

NEW ONLINE GIVING PLATFORM –

We are excited to announce the launch of our new online giving platform. 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 and 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.

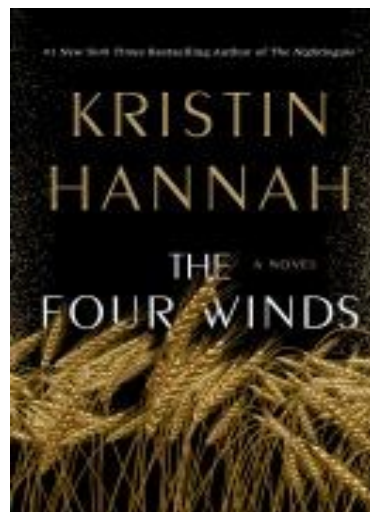
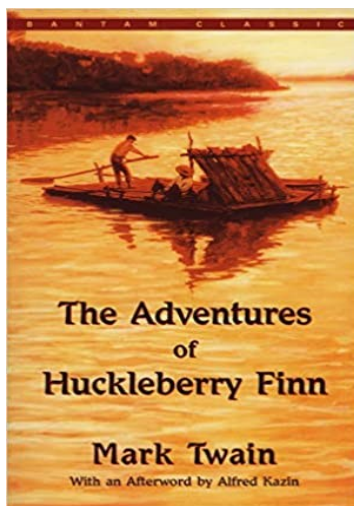
Please RSVP and indicate what you plan to bring to Susan Chin: suejchin@hotmail.com or 203-583-0298 and don't forget your swimsuit and towel!



The Good Shepherd Book Club's next meeting is on **August 3rd at 2:00 p.m.**

We will discuss "Huckleberry Finn" by Mark Twain. We will meet outdoors weather permitting, or indoors if it's preferable. We welcome new members!

On **September 7th at 2:00 p.m.**, we will discuss "The Four Winds", by Kristin Hannah. Please feel free to join us!



Reaching Out, Serving Others:

Covenant to Care

COVENANT TO CARE BACKPACKS

As in the past, we'd like to ask your help in providing backpacks and school supplies for our Covenant to Care kids as they head off to school in the "new normal."

The list of names is on a clipboard in the narthex, along with the name tags.

Please print your last name and phone number on the clipboard list if you take a tag so I can follow up if needed.

The due date is August 15. Please put your backpack in the narthex toward the front of the church. And thank you for your ongoing generosity.

-Jane Fieberts



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 needy individuals and families in Monroe. Their clients receive one week's worth of food per month and they serve more than 100 households per 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 on Sunday mornings. The items are delivered to the Monroe Food Pantry once a month.

The Food Pantry is looking for following items to fill out their inventory:

- canned fruit - apple sauce, mandarin oranges, pineapple
- canned vegetables (regular and low sodium) - beets, creamed corn, French cut green beans, olives, potatoes, Sauerkraut, spinach, sweet potatoes
- canned vegetables (regular and low sodium) - cannellini, pinto
- baked beans
- sodium stock/broth (regular and low sodium) - chicken, beef, vegetable
- canned fish - solid white tuna, salmon
- canned tomatoes (regular and low sodium) - crushed, whole, puree, sauce, paste
- jarred pasta sauce
- Ramen - beef, shrimp
- baking goods - brownie mix, cake mix, pancake mix, sugar
- packaged foods - Hamburger Helper, instant potatoes, Knorr rice/pasta sides, Pasta-roni, Rice-a-roni, bread crumbs
- salad dressing
- condiments - BBQ sauce, cooking oil, ketchup, mustard, hot sauce
- pancake syrup
- crunchy peanut butter
- beverages - ground coffee, black tea, apple juice, cranberry juice, low sodium V8, Ensure, shelf stable milk
- household cleaning products
- personal hygiene products - tooth paste, deodorant, razors, bar soap, shampoo, conditioner, face wash
- paper towels



*Food
Pantry
Needs*

*** Recently, there was a great article written about one of our members, Lillian Tesoriero. We thought it was very inspiring and we would love to share it with the congregation! Kudos to Lillian!**



WISDOM FOR TODAY
WE STAND ON THE SHOULDERS OF WOMEN LIKE LILLIAN

It all started with a simple question: "Did you mom work?" The story I heard in response made my jaw drop and my eyes glisten.

I was interviewing Vikki Lovvoll, a Data Science Executive in Healthcare, and that question prompted a "yes, my mom worked before she had children. Her story is a remarkable one."

We all know Ruth Bader Ginsberg and her dogged fight for equality under the law. Incredible.

The same can be said for this little-known story. It holds many lessons, not the least of which is the power of a single voice, a small voice that made a huge difference.

One Small Voice is the name of the paper **Lillian Tesoriero** submitted to her college English class which told the story of when she **took on her then employer Metropolitan Life** (MetLife as it is now called).



In 1968, Lillian, a secretary at the time, filed a claim against MetLife. **You see Lillian, when pregnant with her first child, was denied maternity benefits on her health plan.** Due to complications in her pregnancy, she required a hospital stay, for which she was denied coverage. Her pay was also suspended while she was in the hospital. She had to take vacation, in her words "to have some income with which to pay my sky-rocketing medical bills."

It gets worse. MetLife's plan included "dependent coverage," meaning the wives of her male colleagues at MetLife were covered under the same plan as Lillian's. In fact, the policy specifically stated **"Maternity benefits are payable only on account of dependent wives, not for women in the service of the company."**

So Lillian took on MetLife and their deep bench of lawyers and abundant resources. Having read about the 1964 inclusion of sex as a protected class in Title VII of the Civil Rights Act, Lillian believed that MetLife's exclusionary clause was not only unfair, it represented discrimination on the basis of sex. She filed a claim and represented herself, despite warnings from family and friends that she'd never win, at the New York State Division of Human Rights. They upheld her claim.

The company made appeal after appeal and the case eventually wound its way to the NY Court of Appeals, which refused to even consider MetLife's appeal as "a waste of everyone's time" (a total of 9 judges had already unanimously ruled in Lillian's favor.) At that point, the company caved and changed its maternity coverage, as they had been ordered to do time and again by each court's ruling.

A precedent was set for companies state-wide and in turn, the Equal Employment Opportunity Commission ran with it, which resulted in making it illegal for any company in the United States to offer benefits to male employees that it didn't offer to female employees. Lillian writes "the ruling also had the residual effect of encouraging Blue Cross to expand its maternity coverage."

Lillian was compensated for her hospitalization and the fees associated with the birth of her baby. More significantly to Lillian, and to us, her determination set a precedent of equality of benefits for the working women who followed her.

As a final note, when I asked Vikki about the impact of her mom's experience on her, she told me her mom's "whole motto was 'make a difference.'"

Brava Lillian! It was an honor and inspiration to hear your story. You showed us the power of speaking up and making a difference.

Janet Winkler
Co-Founder, Hacking Sophia

Katie Diamond
Co-Founder, Hacking Sophia

Sunday, August 1, 2021 Tenth Sunday after Pentecost

Prayer of the Day: O God, eternal goodness, immeasurable love, you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes only from you, through Jesus Christ, our Savior and Lord.

First Reading: Exodus 16:2-4, 9-15

Psalm 78:23-29 (24,25)

Second Reading: Ephesians 4:1-16

Gospel: John 6:24-35



Ephesians 4:1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

John 6:24-35

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always." 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."