



**MESSAGE FROM THE PRIEST**

Tuesday morning we woke up to snow falling overnight, it was a beautiful sight to see the prairie coated in the white stuff. Snow draped the trees in a lacework of white, mounded over the clumps of bear grass, and even clung to the branches of the ocotillo on the south side of the house. When the sun came out about 8:30 it was downright spectacular.

Monday I had commented to Tom that I hoped there would be more snow. Though Karisse and I both grew up in the tropics, we like the change of seasons, and I wasn't ready to let go of winter yet. I guess one should be careful not only for what one prays, but how.

But pray we must. Prayer changes things, mostly the prayer. As we move into this new year I urge you to pray. Offer to God the opportunities of the year along with its trials. Be bold in prayer—bold in praying for what you really believe to be the will of God, the best option you see and the wisest turn of events. But be even more bold in allowing the Holy Spirit to make you a part of the answer—the answer as God's love would cast it.

Recognition that we do not know everything and cannot foresee the future very well does not mean being timid in prayer, it means just the opposite. It means we cast ourselves into the great love of God with abandon, just as we are with all our hopes and fears, dreams and demons. It means we give ourselves wholly to a kind of reckless love for all of God's creation, no matter who or what they might be.

Love means to serve the highest good of another. Sisters and brothers, let us live the love of God!

Paul+

**A Message from The People's Warden**

The parishioners of Church of the Good Shepherd can give themselves a standing ovation! You have demonstrated your love, support, and approval to Good Shepherd over the past several years by never giving up and standing firm with your vestry, calling committee, and the members of the other committees which help our church to be strong enough to withstand a few "set backs." We all know the journey from a few years back to where we are today demanded a great amount of faith from each of us. Through that journey, we can better associate with those community members in the late 1880's and early 1890's who had a vision to build Good Shepherd. As we look around our beautiful church, we feel a sense of the commitment those first members of Good Shepherd made so that we today also share in their vision for Good Shepherd.

As we continue forward, all of us share a commitment for the preservation of this beautiful house of God. Good Shepherd is 125 years "young," and any structure of this age must receive continued care. Henderson Hall, where our office is located, was built around 1903, and it, too, requires constant maintenance. While our Parish Hall is much younger, having been built in 1963, it also requires constant upkeep. The People's Warden (Junior Warden) who is in charge of Building and Grounds relies on the vigilance of the parishioners of Good Shepherd. We cannot all be on the church grounds 24/7, so the old adage "two heads are better than one" is apropos in this situation. Many eyes are better than just two. As your current People's Warden, I rely on input from our parishioners, and I thank everyone who has assisted me over the past year.

Your vestry appreciates your support and prayers—yes, and even your input. As parishioners, do not hesitate to contact any of us with your thoughts for the continued success of the Church of the Good Shepherd. Our mission is to emulate Christ, the Good Shepherd, and we can do this through our love for the Church of the Good Shepherd and by all of us becoming emissaries for Christ within our community. Our head emissary Father Paul has embarked wholeheartedly in this endeavor; and, all we, as parishioners, need to do is follow his lead

Larry Himes

**Mission Sunday:** Mission Sunday is February 10<sup>th</sup>. Our special preacher at both services will be Randall Holohan, Mission Trip Coordinator for Honduras Good Works. Displays on our ministries will be set up in the parish hall for your perusal and information. Please plan time to get yourself up-to-date with what we are doing in the world in the name of Christ's love.

**Honduras Mission Trip Meeting:** After Church on February 10<sup>th</sup> there will be a meeting for everyone interested in going to Honduras this July. Randall Holohan will give us up-to-date information and answer questions. We will gather in the Parish Hall once Coffee Hour is over.

**RECRUITING CASA VOLUNTEERS**

Grant County has an urgent need for CASA volunteers. CASA stands for Court Appointed Special Advocate. CASA volunteers are assigned to an abuse/neglect case to represent the best interests of the child/children as the case proceeds through the court process. If you are interested in volunteering approximately six hours a month to help a child or children, or would like more information, please contact Win Taylor at 534-9803 or 388-4747.



**CHRISTIAN FORMATION**  
**February 2013**

**PREPARE for Lent...**

**1. Adult and Children/Youth SUNDAY SCHOOL**

The Adult Sunday School is a Kerygma class continuing their study on "Discovering the Bible". Their study meets in the Parish Hall at 9:15 a.m. with Deacon Tom as the leader.

Children/Youth Sunday School meets at 10:30 a.m. during the second service. The children come upstairs to fellowship with the congregation for communion.



**2. NURSERY**

Nursery is offered at 10:30 a.m. and will be available for any child not able to sit through the Sunday Service. The Nursery volunteers are members of the Church who volunteer for one Sunday each month. We **thank them** for their involvement and dedication to our little ones.

**3. LENT:**

Lenten material is available for you to use in your Lenten journey and preparation for Easter. Please find it in the foyer.

**PARISH HEALTH CORNER**

This article is for information only and is not intended to replace evaluation, diagnosis, and treatment by your health care professional.

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**REDUCING OVERDOSE RISK**

How many times have we heard stunned people interviewed on news broadcasts say "I never thought it could happen to me"? There are all kinds of things that can endanger our well-being, and some of these things are preventable.

One thing we can prevent is medication abuse or overdose. Did you know that New Mexico has the highest rate in the nation for deaths caused by overdose? These deaths are not because people were trying to kill themselves; 85% were accidental overdoses. Nor were the chemicals used the usual "street drugs," such as heroin or meth. Most of the overdosing comes from prescription medications, ranging from antidepressants to pain medications. And do not think the overdoses come from teenagers acting out. The average age of the unintentional overdosing is 43.7 years.

So scandalous is the rate of drug-induced deaths, New Mexico has mandated that all health care providers take at least 5 hours of continuing medical education in pain management in order to renew licensure to practice.

There are ways you can help prevent others from accessing your medications. While not minimizing aberrant patient behavior, it is critical that individuals account for any prescription medications in the household. Check your medicine cabinets or other places where medication is stored. If the medicines have served their purpose (eg, you are no longer taking a pain medication for your broken ankle) or if they are outdated or the dosage or brand has changed, safely dispose of them. Northern New Mexico has 4 permanent MedReturn locations; southern New Mexico has none. Approach your local legislators to insist they see to it that we have our own MedReturn in this area. Until that time, the CDC recommends that to properly dispose of medicines, you mix them with kitty litter or used coffee grounds, place the mixture in a sealed zip bag, and dispose of it in the trash. Do not crush tablets or capsules when doing this.

Anyone prescribed medication needs to know the name of the medicine, what it is used for, the dosage and how often one takes it. If you have many medicines to take or if you find you have trouble remembering what you are prescribed, write it on a slip of paper and keep it in your wallet. Also mark down any allergies to food or medicine you have. Then if you have an emergency visit, you will always be able to alert the health professionals so there is no inadvertent reactions. You should read the package inserts that are required by law to come with medications, even if you have been on the same medication for a time, in case there are any updates on side effects, or interactions with other medications or food. Unless the medication is to be taken "as needed," be sure to finish out the prescription! Do not hoard medicines "in case" you need them in the future. Many medicines cause serious reaction if taken with alcohol, so be mindful of what you are prescribed. Some medicines impair driving. NEVER share your prescription medications with anyone else. It is a Federal offense to dispense medicines without a license—a parent or guardian may dispense medicines to a child or someone unable to take the medicine on his own, but if the medicine has been prescribed for you, it is illegal to pass it on to someone else, no matter how well-intentioned you are. Certain pills may be scored to break them in order to take half a dose, and if your prescriber recommends you split the tablets, be sure only to do so if there is a score mark on the pills, and only score the tablet there. Losing any coating from the pill may weaken the dose.

**Lenten Programming:** This year we will offer our traditional worship, meal and speaker on Wednesdays during Lent. Please come be a part of this program.

<b>HAPPY BIRTHDAY</b>	14	Jack Pecka	
<b>February</b>	19	Karen Morant	
1	Marc Shay	19	Helen Wilson
3	Davis Beach		
4	John Bell		
4	Nicholas Seibel		



**Liturgical Notes for Lent:** (It is traditional during Lent not to use "Alleluia" in the liturgy. We will be observing this custom. Instead of the Gloria the "Lord have mercy" will be used.)

**Shrove Tuesday:** Pancakes at 5 followed by Imposition of Ashes for those who wish to receive them.

**Ash Wednesday:** Services with Imposition of Ashes at 12:05 (no communion) and 5:30 (communion)

**Lent 1:** Great Litany (incense used before the second service)

**Lent 2-5:** Penitential Order used at the beginning of the Service

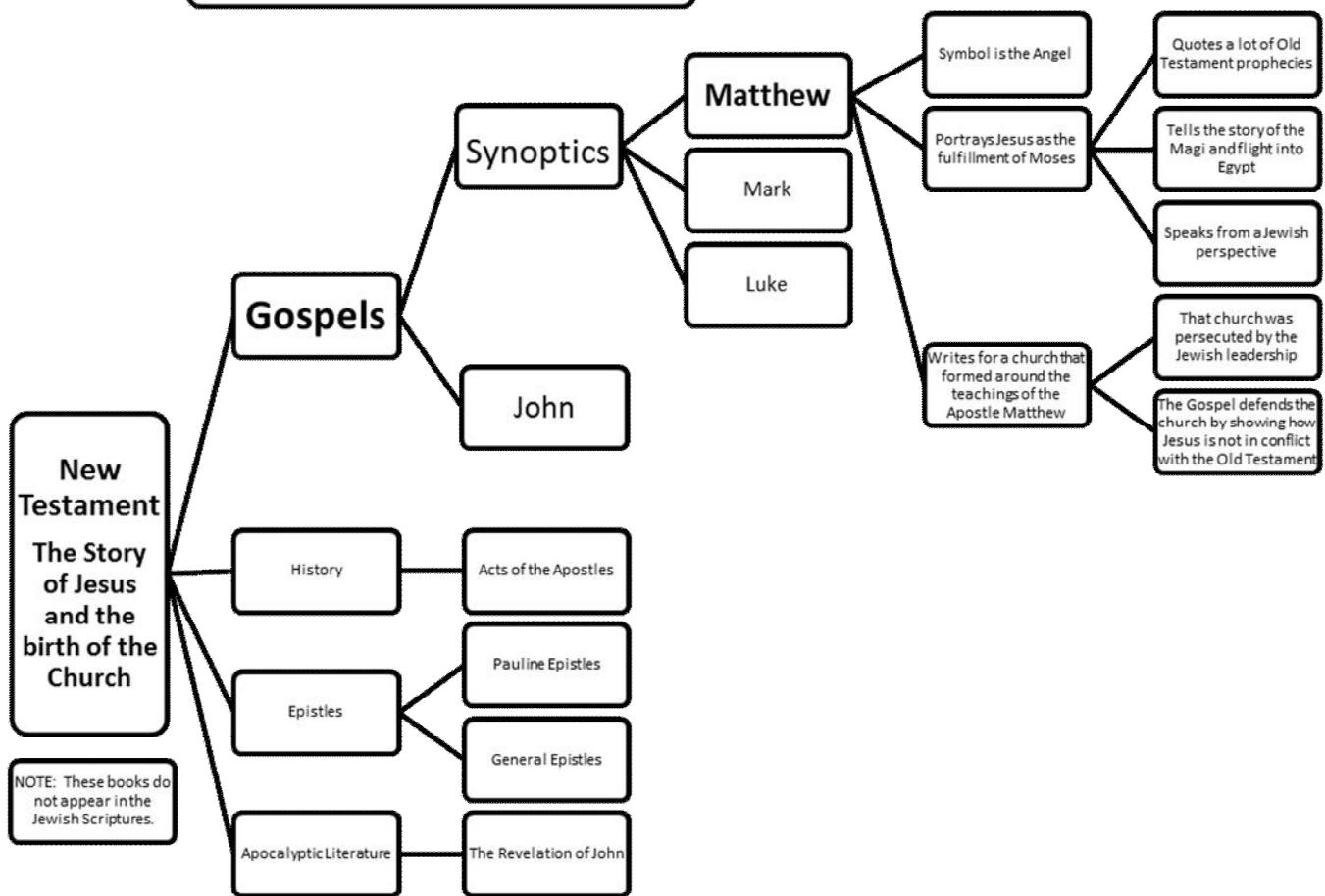
**Cross Cultural Hospitality Class:** During Lent Fr. Paul will be offering a course of study on the practice of spiritual hospitality between Anglos and Hispanics in the Church. In it he will present the results of his Sabbatical studies from the Summer of 2011. The training program has garnered the attention of National Hispanic Missioner Anthony Guillen, and has been commended by Bishop Michael Vono.

The whole course is five sessions long, beginning on the First Sunday of Lent and ending on Palm Sunday. Each session will be offered twice each week, once right after Church on Sunday, and again on Mondays at 5:30. Monday night's class will be offered in Henderson Hall. (On the two Sundays when Fr. Paul will be in Gila Hot Springs the Sunday session will take place at 3:00 p.m.) In light of our upcoming launch into Hispanic ministry and our participation in the Honduras Mission Trip in July attendance by as many people in the parish as possible is urged.



The Bible for Dummies...the Organization of the Bible in graphic form, coming to you in monthly installments in the Evangel...

We will be "unpacking" the Gospels in more detail than the other books because they contain the stories of Jesus, the center of our faith.



### SOLES4SOULS SHOE DRIVE

Have any shoes that don't fit or may need slight repair? Donate them to the shoe drive so we can send them to Soles4Souls in Tennessee, where they do any repairs and send them to folks round the world. The shoes may allow kids to go to school, or women to get jobs, or protect people from parasites boring into bare feet. Look for the box in the Parish Hall starting 20 February. The drive will run for one month. If you do not have shoes, consider donating some money to help defray shipping costs! Below is more information about the organization.

"Have your feet shod with the gospel of Peace." (Ephesians 6:15)

#### Our Mission

Soles4Souls collects new shoes to give relief to the victims of abject suffering and collects used shoes to support micro-business efforts to eradicate poverty. Soles4Souls' other two divisions, Clothes4Souls and Hope4Souls, provide the same relief and support through clothing and other necessities.

#### Our History

Soles4Souls has a simple concept: we procure shoes and get them to those in need.

In the aftermath of the 2004 tsunami that hit Southeast Asia, Wayne Eley, the Founder of Soles4Souls® Inc., felt compelled to do something. Like many of us, he did not know what to do. He was at home one night, watching TV and he saw a picture of a single shoe washing up on the beach. That triggered a few calls to some other executives in the footwear industry and the subsequent donation of a quarter of a million shoes to victims in the devastated countries.

A few months later when Katrina hit, Wayne called the same group of friends, and through our continued support, we have sent over a million pairs of shoes down to the gulf coast communities affected by the hurricane. In all honesty, he admits that he did not expect such an immediate and successful turnout. This left him wondering, why not start a non-profit and do this all the time? One year later, Soles4Souls was formally created.

It has been that simple: changing the world one pair at a time.

Soles4Souls receives large donations from footwear companies, retailers, churches, nonprofit ministries, civic groups, schools, and individuals and saw that this could become a full time organization. That's why Soles4Souls was created – to facilitate the donations from these groups to the people who desperately need footwear.

**FEBRUARY LAY READER AND ACOLYTE SCHEDULE**

DATE	LAY MINISTERS	GREETERS	ACOLYTES	SUNDAY SCHOOL/ NURSERY
FEBRUARY 3 8:00 AM 10:30 AM	Linda Shay Pat Brown Joe Pidutti	Barry Rimmel Margo Rimmel	Sarah Guck – Team Leader Kate Boyce – Crucifer Tobias Guck Autumn Laws	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Heather McClaren
FEBRUARY 10 8:00 AM 10:30 AM	Linda Shay Win Taylor Mary Ihlefeld	Mitzi Roberts Marianne Bray	Linda Shay Carol Coon Win Taylor	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Carol Barrington
FEBRUARY 17 8:00 AM 10:30 AM	Karisse Moore Carol Coon Lector: Ted Press- ler Mary Harrell	Dave & Pam Kuthe Dick & June Rhoades	Landon Moore Noah Holloway George Holloway	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Karisse Moore
FEBRUARY 24 8:00 AM 10:30 AM	Karisse Moore Sarah Guck Lector: Paul sher- rell Mary Ihlefeld	Dora Somerville Dora Somerville	Sarah Guck – Team Leader Kate Boyce – Crucifer Tobias Guck Autumn Laws	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Holly Peterson
MARCH 3 8:00 AM 10:30 AM	Linda Shay Pat Brown Jane Bates	Barry Rimmel Margo Rimmel	Linda Shay Carol Coon Linda Richter	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Heather McClaren

**Lay Readers, please note: the reader listed first will read the first lesson**

No idea from whence this came but it is a wonderful message and one that can be used as a meditation many times over.

- Mary Harrell

**BLESSED ARE YOU**

1. Blessed are you, pilgrim, when you discover that the journey opens your eyes to what cannot be seen.
2. Blessed are you, pilgrim, when what worries you most is not getting there, but rather getting there with the others.
3. Blessed are you, pilgrim, when you contemplate the path and find it to be full of new names and new mornings.
4. Blessed are you, pilgrim, because you have discovered the authentic pilgrimage begins where this one ends.
5. Blessed are you, pilgrim, when your backpack keeps getting emptier and your heart keeps getting so full that you don't know what to do.
6. Blessed are you, pilgrim, when you realize that one step back in order to help someone is worth more than 100 steps forward without a sideward glance.
7. Blessed are you, pilgrim, when you can't find enough words of gratitude for all that surprises you at every bend of the road.
8. Blessed are you, pilgrim, if you seek the truth, and if you make out of your path a life, and out of your life a path, seeking who is the path, the truth and the life.
9. Blessed are you, pilgrim, if you meet yourself on the journey and give yourself the gift of unhurried time so that the image of your soul will not be disturbed.
10. Blessed are you, pilgrim, when you discover that pilgrimage contains much silence, and that silence contains prayer, and that prayer contains the encounter with the Father who is already waiting for you.