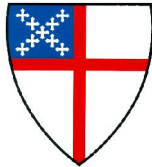


THE EPISCOPAL CHURCH OF THE GOOD SHEPHERD

THE CALL



JUNE 2013

MESSAGE FROM THE PRIEST

Living the Love of God: What does that mean?

I have been fascinated to watch the march of the sun up the eastern horizon since December 21st. On that day, from my house it rose south of Cooke's Peak. Today it rose north of the Kneeling Nun, and it has further to go. The only other place where I watched the sun come up over the mountains was on the equator in Ecuador, where it never varied more than 23.5 degrees from due east, the least variation possible on the globe. (Interestingly, the ancient Incas and even earlier civilizations had figured out this angle and represented it in many forms in architecture and carvings.) Here the sun marches from south to north and back again throughout the year and I can track it over the Black Range.

The inclination of the earth that causes this phenomenon is, of course, responsible for the seasons we experience here. That combined with our elevation gives us a climate in which my apple and peach trees flower and set fruit, and Karisse's roses splash color and fragrance in the back yard. It has provided a place to live for us here and now, for the Spanish before us, the Apaches before them, the Mimbrenos before them, and we don't know who before them. In fact, it seems the earth provides a way for humans to live in almost any land-based environment. All we have to do is adapt to it. Apart from humans, living things occupy every known corner of our planet, from the frozen Antarctic to the super-heated springs of water that bubble up along the intercontinental rift at the bottom of the oceans.

The earth, then, seems hospitable to humanity and to many forms of life. The Creator seemed to want life to flourish here—for life-giving is God's nature. It's all a long and complicated way of saying that God loves us and provides for our needs. If that is true, how, then, might we love the rest of creation with whom we share this wonderful place?

Next month: What else might it mean?

Paul+



CHURCH SERVICE AND PICNIC

SUNDAY, JUNE 9TH AT LITTLE WALNUT PICNIC GROUNDS

There will be a single service at 9:30am on Sunday, June 9th at the Little Walnut Picnic Grounds. Please bring your favorite picnic potluck dish (including main dishes) for a parish picnic that will follow the service. The church will provide plates and utensils.



* * * * Lay Eucharistic Visitor training follows the 10:30 service on Sunday, June 2nd * * *

EUCCHARISTIC VISITOR TRAINING

Eucharistic Visitors extend the fellowship of our Altar to shut-ins on Sundays after services. We are holding a training event for those who will be involved in this ministry on June 2nd after the late service. If you are interested please speak with Mary Harrell or Fr. Paul, and plan on attending the training.

SCHOLARSHIPS AWARDED

Four college scholarships for the year 2013-2014 were awarded on Sunday, May 19th, by the Episcopal Church of the Good Shepherd scholarship fund. Merrit Peterson and Cassie Jewell, sophomores at New Mexico State University, and Sam Boyce who will be a freshman at McMurry University in Abilene, Texas next fall, all received scholarships from the Katharine E. Muma Memorial Scholarship Fund. Each year, the Church of the Good Shepherd awards \$2000 in scholarships in memory of Mrs. Muma, a long-time Silver City educator who passed away in 2005. Merrit is majoring in English, Cassie is majoring in Nursing and Sam will be majoring in Civil Engineering. David Deitchman who will be a freshman at WNMU, with plans to become a Physician's Assistant, received a \$1000 scholarship from the Helen and Frank Griswold Scholarship Fund. This scholarship fund has been established through the generous donations



of the Griswold family, former local business owners. The Episcopal Church of the Good Shepherd is very proud to be able to help these hard-working students to further their educations. Merrit Peterson is the daughter of Richard and Holly Peterson, Cassie Jewell is the daughter of Ray and Catherine Jewell, Sam Boyce is the son of David Boyce and Kariann Sokulsky and David Deitchman is the son of David and Evadina Deitchman.

Left to right: David Deitchman, Sam Boyce, Rev. Paul Moore, Merrit Peterson and Cassie Jewell.

Also, on Sunday, May 19th, the church celebrated graduates and scholarship recipients with a delicious cake during the coffee hour after the 10:-30 service. Pictured at right, Merrit Peterson, scholarship recipient; Bud Salmon, 2013 SHS graduate, and Cassie Jewell, scholarship recipient. Not pictured, David Deitchman and Sam Boyce, both scholarship recipients and 2013 SHS graduates.



CONGRATULATIONS TO ALL!

CHRISTIAN FORMATION JUNE 2013

PREPARE for the period of "Ordinary Time" in the Church calendar...
As Christians, our life journey is a one of formation. We want to ensure that our journey is Christ-driven and leading to our continued formation as a Christian people. Our tools for formation are worship, prayer, and the study of God's Word and will for our lives. This becomes a journey of Christian Formation as we strive to be transformed into the people that Christ wants us to become.



1. ADULT AND CHILDREN'S SUNDAY SCHOOL

Summertime in the Church:

Deacon Tom's Kerygma class will continue to meet during the summer. This class meets at 9:15 between the Services. Feel free to join this class any Sunday you're available.

Children's Sunday School will **not** be meeting during the months of June, July, and August. Look for new events and materials this Fall. Hope to see you then!

Fr. Paul's book study is meeting on Tuesdays at 2 p.m. in Henderson Hall. Please feel free to join us even if you have scheduled time out of town this summer.

2. NURSERY

Nursery will **not** be available during the month of June. Nursery will resume in July and be offered during the second service for any child not able to sit through the Sunday Service.

FROM YOUR SENIOR WARDEN

I would like to paraphrase from a homily that I heard many years ago. There once was a corn farmer in Iowa who wanted to have the best corn and most profitable farm in the land. He studied, experimented, and worked years to develop the best hybrid corn and was finally successful. His neighbors were envious, visited him often, and asked him to share his good fortune with them. His attitude was that he had worked hard for this fine corn and he wasn't willing to share. This worked well for a period but eventually he could tell that his corn had returned to the shabby state of his prior corn and that of his neighbors. After much thought, he started out the door with some of his stored hybrid corn. His wife asked where he was going. He said, "If I am going to have good corn, my neighbors have to have good corn too."

Such is also true in our Christian life. If we want to improve ourselves, then we have to work not only to better ourselves, but also to better our family, friends, and neighbors, both locally and globally. We have many opportunities to do this in our church. Honduras Good Works, Hot Dogs and More, the After School Program, and the mission in Palomas are the most obvious, but all the things that everyone does to improve the worship and harmony in our church matter a great deal. The little things that we do during the week to help our family, friends and neighbors all help us to be better people indeed.

John Bell

AFTER SCHOOL PROGRAM

I am so proud to have been a part of the beginning of this After School Program! It was sooooo much fun figuring it: what to have when, how do we figure out meals, keep the kids safe, what do we do for chapel? Planning with all of you. Organizing behind the scenes. Meeting the new parents each year. The special confidences shared on the playground, in line, at chapel: about one of the kids dad's who's in jail, an older sister in the hospital, a child bullied at school. The chances this offered to minister to their needs. To teach prayer, to offer a listening ear and to be a friend!

WHAT A WONDERFUL ROAD AHEAD FOR ALL OF YOU! I envy you all for staying. I wish I could be a part of things as they grow! Best of luck to Sarah next year as she gets her feet wet! All of you – support her and encourage her as she gets used to things. I know you will have a WONDERFUL YEAR!

Blessings to you all – thanks for the chance to be a part of this, to minister, to learn and to share in God's glory. Thanks for the good times!

Heather McClaren

House for Rent - Awesome landlord seeks long-term, responsible renter

3 Bedroom house off Little Walnut Rd.

Huge backyard. \$550 + Utilities.

Available July 9th.

Call 388-1075 for info

This is **Heather McClaren's** old house." I can't say enough good things about the landlord. I have lived here 7 years and he is awesome!!! He lives in Arizona, and wants someone interested in a long term rental who will really take care of the place."

PARISH HEALTH CORNER

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

Hydration Tips for Summer

When heat and humidity soar, as they are in many areas of the country right now, the hydration tips for summer will help ensure that you'll be able to beat the heat.


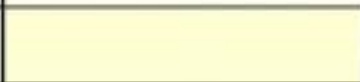
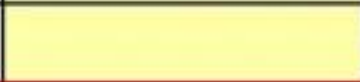





Our energy levels and sports performance suffers when you lose just 2% of your body weight (that equals a 2.5 pound loss for a 130-pound athlete). Even your metabolism falls flat when you're dehydrated. And you'd be surprised how quickly you can lose significant amounts of fluid when you're trying to do anything strenuous or if the heat index climbs to dangerous levels.

Here are 10 ways to stay well hydrated.

1. Two=Two. Two hours before activity, drink 2 cups (16 ounces) of fluids.
2. During exercise, drink 5 ounces of fluid every 15-20 minutes. Take advantage of breaks in your workouts to stay hydrated and keep your water bottle handy. Every large gulp or swallow = about 1 ounce of fluid.
3. Only the fluid you drink can keep you hydrated. Pouring fluids over your head to cool you off will feel good but won't keep you from getting dehydrated.
4. Plan a schedule of drinking so you drink before you get thirsty. Don't wait until you feel thirsty to drink fluids.
5. Choose sports drinks or light (calorie-reduced) sports drinks if you are a heavy sweater and your exercise is of long duration and high intensity, especially in hot, humid conditions. A well formulated sports drink provides 6 to 8% carbohydrate (14 to 19 grams of carbohydrate per 8 ounces) and 100 to 110 milligrams of sodium. Sports drinks help replace fluid, carbohydrate, and sodium lost during exercise.
6. If you like (and can afford) coconut water, it provides about the same calories as sports drinks but varies in sodium content and is generally very high in potassium. Some brands also contain fiber so you might find it upsets your stomach if you drink a large volume of it during exercise. Use our [guide to coconut waters](#) to help.
7. After exercise, drink 2 to 3 cups (16 to 24 ounces) of fluid for every pound of body weight lost during activity. Weigh yourself before and after a workout to find out how much water weight you usually lose.
8. Choose foods high in water; most fruits and vegetables are high in water with the added bonus of providing needed vitamins and minerals. A slice of watermelon on a hot summer day is great snack and fluid booster.
9. Don't over drink during long, strenuous exercise. Drink enough to stay hydrated but if you gain weight after exercise you are probably drinking too much.
10. Check out your urine. Monitor the volume and color of your urine to determine your hydration level using the urine color chart below.

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

HONDURAS FUNDRAISERS

You, the Church of the Good Shepherd, are sponsoring two fund raisers. The proceeds will go to help Hondurans medically, educationally and spiritually and help support those going to Honduras this summer. The first fundraiser is the "First Saturday" Garage Sale on Saturday, June 1st, 8 - noon. The second a lasagna dinner on Sunday, June 2nd from 5 - 6:30. Both events are at the church. Please support these efforts by bringing your favorite lasagna dish and helping us get the word out. The attached flyer can be used for distribution outside the church. If you can bring lasagna, please sign up in the parish hall. If any of you have items that you are willing to donate, we could also do a raffle. Please, we need your support, we cannot do this without you. God bless! Tom Bates

Dear Good Shepherd Family,

These 12 people are going on the mission to Honduras this year. We offer this list to you for your prayers.

- | | | |
|----------------|--------------------|----------------------|
| 1. Fr. Paul | 5. Dora Somerville | 9. Asa Barnes |
| 2. Sara Boyett | 6. John Bell | 10. Jean Barnes |
| 3. Tony Guck | 7. Rev. Tom Bates | 11. Mike Bell |
| 4. Josiah Guck | 8. Jane Bates | 12. Griffon Campbell |

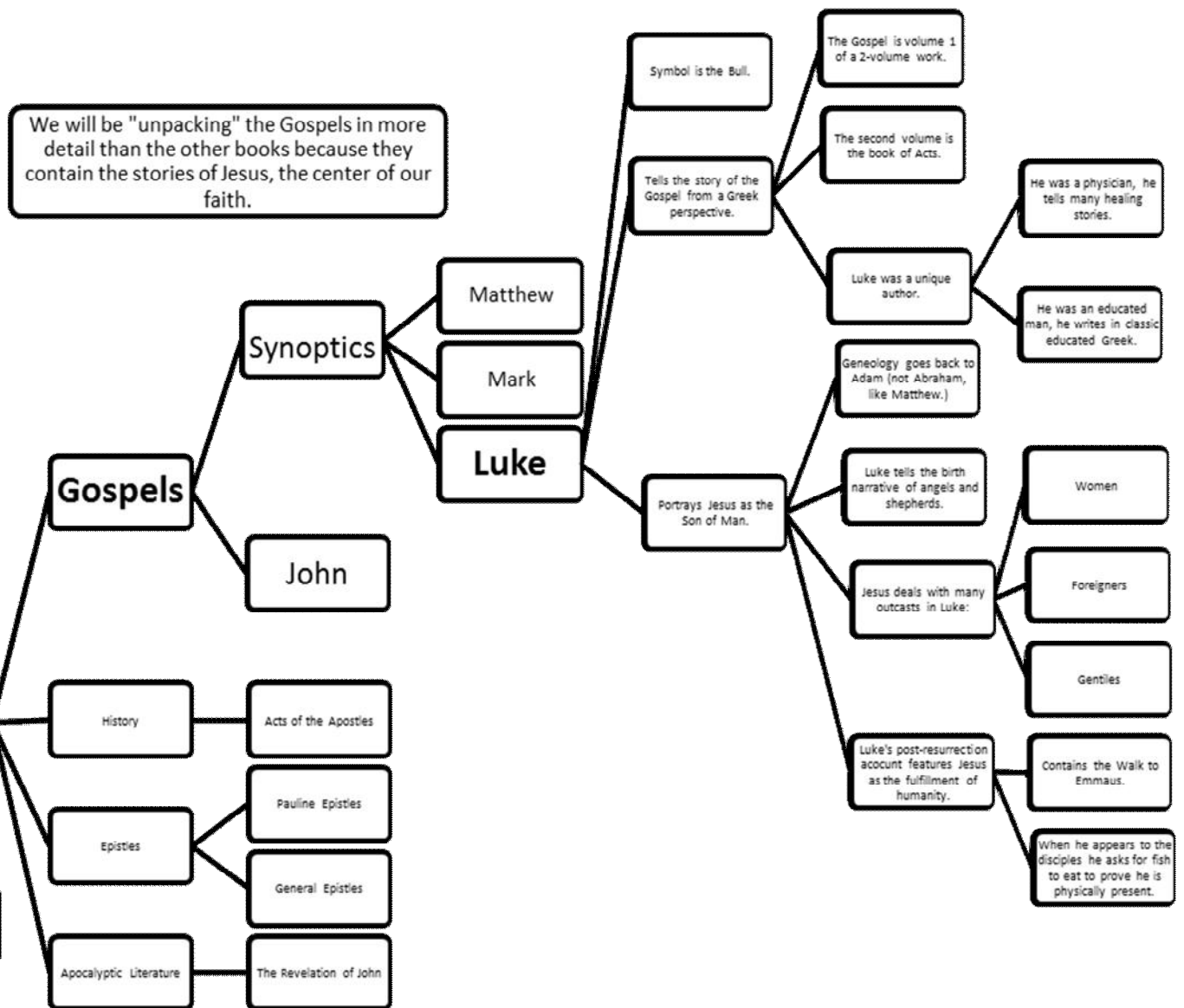
We also ask, if the Lord so moves you to help, that you think about an extra offering to help defray costs. The whole team of 65 people will leave from Houston, so we have some extra travel expenses getting to Houston and back. If you would like to help please make checks out to the Rector's Discretionary Fund. Thank you, Your Honduras Team

COLUMBARIUM EXPANSION

To apply for a reserved niche in the new columbarium, please contact Kathy Strange 538-3310, Bruce Tolhurst 388-8047, or the Church 538-2015. The Columbarium expansions have been ordered and should be ready for inurnment in six months. The cost of a columbarium niche is \$500.



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



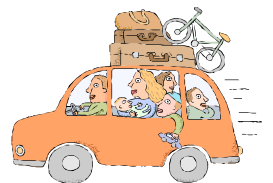
JUNE LAY READER AND ACOLYTE SCHEDULE

DATE	LAY MINISTERS	GREETERS	ACOLYTES	SUNDAY SCHOOL/ NURSERY
JUNE 2 8:00 AM 10:30 AM	Karisse Moore Pat Brown Joe Pidutti	Dora Somerville Dora Somerville	Linda Shay Carol Coon Win Taylor	9:15 AM Adult Kerygma Class
JUNE 9 9:30 AM SERVICE AT LITTLE WALNUT PICNIC GROUNDS	Carol Coon Lector: Paul Sherrell Win Taylor	Mitzi Roberts Marianne Bray	Little Walnut Ser- vice – TBA	9:15 AM Adult Kerygma Class
JUNE 16 8:00 AM 10:30 AM	Karisse Moore Jane Bates Mary Harrell	Dave & Pam Kuthe Dick & June Rhoades	Sarah Guck – Team Leader Kate Boyce – Crucifer Tobias Guck Autumn Laws	9:15 AM Adult Kerygma Class
JUNE 23 8:00 AM 10:30 AM	Linda Shay Linda Shay Lector: Sara Boyett Mary Ihlefeld	Barry Rimmel Margo Rimmel	Carol Coon Win Taylor Linda Shay	9:15 AM Adult Kerygma Class
JUNE 30 9:30 am Combined Service and Potluck	Carol Coon Lector: Ted Presler Mary Harrell	Sherry Terrazas and Betty Gnader	Linda Shay Carol Coon Win Taylor	9:15 AM Adult Kerygma Class
JULY 7 8:00 AM 10:30 AM	Karisse Moore Pat Brown Joe Pidutti	Dora Somerville Dora Somerville	Sarah Guck-Team Leader Kate Boyce-Crucifer Tobias Guck Autumn Laws	9:15 AM Adult Kerygma Class Nursery: Heather McClaren

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

GOING ON VACATION?

Don't forget to pay your pledge before you leave. If you wish, you may post date checks and we'll hold them. While you're off on your cruise, or safari, or cross-country motor home tour, the church still has bills to pay! Thank you, and SAFE TRAVELS!



HAPPY BIRTHDAY

June

3 Joe Pidutti
6 Judy Tucker
7 Carol Coon
9 Marianne Bray
11 Amelia Beach
13 Tony Trujillo
16 Donald Redwine

22 Bill Harrison
28 Margarita Silva-Potts
29 Elmer Coon
29 Erin Hall
30 June Rhoades



HAPPY ANNIVERSARY

June

3 Paul & Karisse Moore
6 Richard & June Rhoades
17 Joe & Nancy Pidutti
22 Bill & Marjorie Harrison

