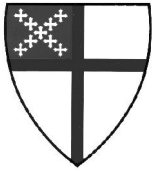


THE EPISCOPAL CHURCH OF THE GOOD SHEPHERD

THE CALL



SEPTEMBER 2013

MESSAGE FROM THE PRIEST

Living the Love of God: What does that mean?

I can just see a conversation among the members of the Trinity before the creation of the world. At the risk of being a little sacrilegious, let's go back to an imaginary day before C-Day (Creation Day.)

Father: You know, I love you, my Son and the Spirit is always with us, but I can't help but think that there's got to be more.

Spirit: I've got it, let's make someone, someone to share our love, to work with us, someone who would seek us out as we seek them out!

Son: Great idea! They would be free to choose to love us in return just like we love each other.

Father: You realize, of course, that if they are free they could choose not to love us.

Son: Yes, that is a risk.

Spirit: But anything less would be less than the love we share.

Father: What do you say? Now that we talk about it, it seems such a natural thing I can't imagine NOT doing it.

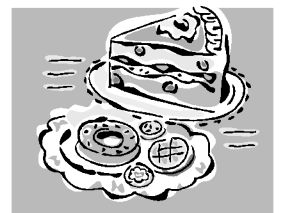
Son and Spirit: We're in, let's do it!

And so we seek to love everyone who comes across our path, people in church, people in town, people at the University, people in Tyrone, Bayard, Gila Hot Springs, Palomas, Honduras,—because that is how God loves us. It takes work, yes, and money, and sometimes it takes people we love far away when we might want them close, but the cost is worth it, because God loves us that way. It is the natural thing for the Church to do, and I can't imagine NOT doing it!

Next month: What else might it mean?
Paul+

Fifth Sunday Brunch—September 29

In September, we have another fifth Sunday, with a combined service at 9:30. This time, however, the brunch will have a different twist. One of our members has been blessed by being selected to go on a medical mission in October, this time to Vietnam! As a show of support, our Fifth Sunday Brunch will be a fundraiser, so mark your calendars for September 29th. Bring good food to share, and most especially bring a fabulous dessert for the First Annual Dessert Auction, conducted by Karisse Moore. Remember, this is a fundraising event, so be generous!



Afternoon Tea and Talk

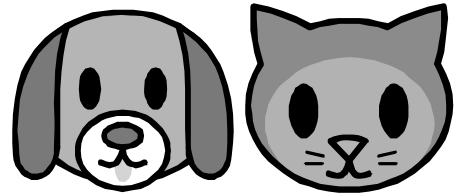
Saturday, September 7th, 2 to 5 p.m.



Please join with members of our congregation as well as women from area churches for this afternoon of tea and discussion. Shirin McArthur will direct the discussion on Hildegard von Bingen, abbess, preacher, healer, mystic and composer who lived in Germany during the twelfth century. We will listen to her music and prayers, and explore what she has to offer to twenty-first century women and men. The Daughters of the King will provide tea and utensils. Please bring finger foods to share, and your own tea cup.

Animal Blessing

St. Francis of Assisi has become the patron saint of care of animals and iconic of the person who is at one with creation. It has been traditional in many Episcopal churches to offer a blessing of animals on his day, October 4th, or a convenient day close to it.



We are going to offer this again on October 5th through the Ministerial Alliance. We hope to have many other congregations in the community involved.

We are making plans to offer a well pet clinic by a local veterinarian, booths by the High Desert Animal Shelter, Gila Wildlife Rescue, and other related organizations, and maybe even some give-aways.

A short liturgy with music will begin the blessing process, then clergy will fan out into the assembled pets and their humans to pray with each one.

Plan to bring your pet to the park on Oct. 5th at 10:00 a.m.

W.I.L.L. CLASS

Fr. Paul is teaching a WILL class on Comparative Religion. The class meets five times on Wednesday evenings from 6-7:30, at the Global Resource Building on WNMU's Campus, starting on September 11th. Enroll at the WILL office or online.

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.

FROM YOUR PRIEST'S WARDEN

We all know the story of Saul, later Paul, who is the "star" of the book of Acts and the author of many of the New Testament letters. Paul was responsible for spreading the life of Jesus and the evolution of Christianity throughout the Mediterranean World, especially to the gentiles. Probably few of us know much about Barnabas, the man willing to stay in the background and give others a second chance. In my opinion Barnabas is the most underrated character of the New Testament.

Saul, later Paul, had his conversion experience with Jesus on the road to Damascus. Later, when Paul came to Jerusalem to join the disciples, they were afraid of him. Small wonder they were fearful. He had just been on a rampage killing and persecuting all the followers of Christ that he could find. Barnabas offered him a second chance. He convinced the disciples to allow him to prove himself. Paul and Barnabas went on Paul's first missionary journey. Young John Mark was with them, but in the middle of the trip, he returned to Jerusalem.

At the start of the second missionary journey, Barnabas and Paul had a feud. Barnabas wanted to take John Mark but Paul wouldn't hear of it. He was unwilling to extend the second chance to John Mark that Barnabas had extended to him. Paul went with Silas on the second journey and most of the rest of Acts is all about Paul and his missionary activities. Barnabas quietly departed with John Mark. We never hear from Barnabas again. However John Mark may have been very important. Many of us think that John Mark was responsible for the authorship of the Gospel of Mark, our earliest gospel. Barnabas by his willingness to quietly provide a second chance to both Paul and John Mark may be secondarily responsible for much of our New Testament.

God needs leaders. There are people called to fulfill this role. Just as important—nay even more important are the people called by God and willing to give these potential leaders (and others) a patient second chance when they have made mistakes or just had a bumpy start .

The strength of the Church of the Good Shepherd is that we are full of people willing to extend our love and provide a second chance to the others who require that special boost in time of need. We all need a second chance at times. I thank God that I have been surrounded by people willing to give me a second chance, and I thank God for the people of the Church of the Good Shepherd.

John Bell

"Sharing the Faith" dinner



We are looking at having our first "Sharing the Faith" dinner in November. This dinner will be a congregational event to be held near Thanksgiving. Thanksgiving, being a traditional time to show and share our blessings, give us an opportunity to get to know how God has blessed others within our Church family. This first dinner will be in the Parish Hall with future opportunities to host small dinners in our homes or at the Church. More details will follow next month.

Church of the Good Shepherd Bazaar 2013

The **109th Church of the Good Shepherd Bazaar** will be held on Saturday, November 2nd, from 9:00am to 1:00pm. This fund raiser is always very successful. This year it enabled us to support Honduras Good Works, the After School Program and United Campus Ministry, buy a new laptop computer for the priest, and give back to our community including the Gospel Mission and El Refugio.

Thank you to all who have donated items so far this year. We've had several very successful garage sales, and we've sorted out lots of great Bazaar items, but we can always use more; especially nice quality books on all subjects, nice gift items, good quality used household items, "antiques", or whatever "bazaar collectibles" you can dig out of your closets, attics or basements. We also need crafts of all kinds for our craft tables.

As the Bazaar date gets closer, please remember that baked goods and crafts, cooked bacon, sausage, a ham and a turkey will be needed as well as volunteers to help out on the day of the Bazaar. There is a signup sheet in the Parish Hall with what we need and a schedule for volunteers. If you have a favorite thing that you want to do, please get signed up early!

The set-up days for the Bazaar will be Monday, October 28th through Friday the 1st of November, from 10:00am to 3:00pm in the Parish Hall. Extra help is always appreciated on Tuesday and Wednesday. Come for an hour, or for all day!

The Bazaar is a church-wide, fun and profitable event and we hope to see everyone involved.



THE NEARLY NEW & *UNIQUE* BOUTIQUE

The Bazaar will be here before we know it – Saturday, November 2nd, this year. One of the newer features of the bazaar is our BOUTIQUE which is a wonderful collection of the best – and most interesting – clothing and linens which have been donated throughout the year. It is located downstairs in the Sunday School rooms and it has become quite a popular feature of the bazaar.



Our inventory, of course, consists only of the items that you in the congregation and others in the community so generously donate. So, if you are cleaning out your clothes and linen closets this fall, remember the NEARLY NEW & *UNIQUE* BOUTIQUE and donate the items you no longer need to the Bazaar.

GOOD SHEPHERD SCHOLARSHIP DESIGNATED FUND

A new designated fund has been set up for a general scholarship fund to be called the Good Shepherd Scholarship. This will work in conjunction, and to augment, the two current scholarships, The Katharine E. Muma Memorial Scholarship and the Frank and Helen Griswold Scholarship. Please denote 'scholarship fund' on your check if you would like to help send church and community young people on to higher education.

Healthy Aging: 10 Tips For Growing Old Gracefully

<http://www.huffingtonpost.com/fifty/>

In the last two decades, people have not only been living longer but they also have been staying much healthier later in life, according to a recently released study. Previously, researchers found that very poor health usually hits people in the last several years of life. But now, thanks in large part to medical advances, poor health is more likely to occur only just before death.

So what can you do to make sure you are among those who live longer, healthier lives? We asked Peggy Buchanan, coordinator of vitality/wellness programming for Front Porch, this question. (Front Porch is a large not-for-profit provider of retirement living communities in southern California.) She responded with her top 10 tips for healthy aging. Here they are below.

1. Fight afternoon fatigue -- Fatigue is a common problem among older adults, especially after lunch. Having a glass of water and a high-antioxidant food like a prune can revitalize the body and stimulate the mind.
2. Exercise from the neck up -- Keeping the brain active and fit is imperative to the health of older adults. Not only does it stave off memory-loss illnesses like Alzheimer's and dementia, but it also fosters executive function. Try word games and recall exercises. For example, find 5 red objects during a walk in the neighborhood and recall them when back home.
3. Pole walk -- Walking poles allow for more balanced mobility than walkers or canes. Walking with poles engages the muscles of the upper torso, which increases upper-body strength and cardiovascular endurance. Consult a physician before making the switch to poles.
4. Dine in duos -- Those who share meals with others eat less than those who eat alone. This is an easy weight-loss tactic and one that fosters social interaction and engagement. While this is easy for those aging in community, older adults aging at home can plan to have meals with family or friends at least several times a week.
5. Break routine -- Routine limits brain stimulation. Introduce new foods or new ways of eating the same food. For example, replace canned peaches with freshly sliced ones. Also, try taking a different route to the grocery store or shopping center.
6. Sole Support -- As people age, the fat pads on the bottom of their feet compress, creating fatigue and pain. Consider wearing supportive shoes or inserting foot pads for better stability and comfort or socks that have extra padding and a wicking agent to keep feet dry and comfortable.
7. Fats: Out with the bad, in with the good -- Older adults with an increased genetic risk for dementia can reduce the risk by increasing the amount of Omega-3 fatty acids in their diet. These fatty acids, found in fish, nuts, olive oil and green leafy vegetables, can reduce brain inflammation, a possible cause of Alzheimer's disease.
8. Decrease salt and increase your salsa -- High blood pressure, which can lead to strokes and a significant decline in cognitive function, often increases with age. As adults get older, the sense of taste also fades, leading to a desire for more salt on food to enhance flavor. Decreasing salt intake by putting down the shaker -- and increasing exercise habits by shaking to a salsa beat -- will enhance cardio and cognitive health.
9. Balancing act -- In addition to exercises that build strength and improve flexibility and cardiovascular endurance, make sure to add balance activities to the daily routine. Good balance requires maintaining a center of gravity over the base of support. Tai chi, yoga, walking on challenging surfaces and water exercises all enhance overall balance.
10. Dance like there's no tomorrow -- Older adults getting regular physical exercise are 60 percent less likely to get dementia. Exercise increases oxygen to the brain and releases a protein that strengthens cells and neurons. Dance involves all of the above plus the cerebral activity present in learning and memory.

SEPTEMBER LAY READER AND ACOLYTE SCHEDULE

DATE	LAY MINISTERS	GREETERS	ACOLYTES	SUNDAY SCHOOL/ NURSERY
SEPTEMBER 1 8:00 AM 10:30 AM	Karisse Moore Pat Brown Linda Shay	Dora Somerville Dora Somerville	Karisse Moore Linda Richter Mary Ihlefeld	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery: Karen Morant
SEPTEMBER 8 8:00 AM 10:30 AM	Linda Shay Carol Coon Lector:: Sara Boyett Joe Pidutti	Mitzi Roberts Marianne Bray	Sarah Guck Toby Guck Win Taylor	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery: Carol Barrington
SEPTEMBER 15 8:00 AM 10:30 AM	Karisse Moore Mary Harrell Lector: Paul Sherrell Win Taylor	Dave & Pam Kuthe Dick & June Rhoades	Linda Shay Carol Coon Mary Ihlefeld	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery: Karisse Moore
SEPTEMBER 22 8:00 AM 10:30 AM	Linda Shay Mary Ihlefeld Sarah Guck	Barry Rimmel Margo Rimmel	Linda Richter Adrian Melon Autumn Laws	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery: Holly Peterson
SEPTEMBER 29 9:30 AM	Carol Coon Lector: Ted Presler Mary Harrell	Dora Somerville Dora Somerville	Mary Ihlefeld Linda Shay Win Taylor	9:30 AM Youth Sunday School Nursery: Karen Morant
OCTOBER 6 8:00 AM 10:30 AM	Karisse Moore Pat Brown Joe Pidutti	Dora Somerville Dora Somerville	Carol Coon Adrian Melon Autumn Laws	9:15 AM Adult Kerygma Class 10:30 AM Youth Sunday School Nursery: Holly Peterson

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



September Grant County Prayer Gatherings

All meetings begin at 8:30 am

September 3
 September 10
 September 17
 September 24

Family Life Fellowship
 New Hope Fellowship
 First Presbyterian
 Brewer Hill Baptist—arrive at 8 for breakfast



HAPPY BIRTHDAY

September

	19	Adele Giusto
	23	Autumn Laws
	28	Nualsri Wood
8	30	Fr. Gene Hutchins
10		Cynthia Ann Bettison
10		Net Hill
10		Mary Ihlefeld
10		Linda Keith
15		Ashley Olson
15		Vern Wood
18		Mitzi Roberts



HAPPY ANNIVERSARY

September

19 Kathryn and Don Strange
 27 Vern and Nualsri Wood



Do you have a birthday or anniversary in September but don't see your name here? Please call Cherie at the office, 538-2015, and get her to update the database to reflect your info. Thanks!