



Good Shepherd Lutheran Church
2238 Parade Road
Laconia, New Hampshire
 Serving the Lakes Region



FEBRUARY 2019 Newsletter

FROM PASTOR JENNIFER....

Pastor Coach

As many of you know, I've been enrolled in a training program at the Institute for Professional Excellence in Coaching as part of my continuing education for 2018-2019. (Like many other professions, ELCA Lutheran pastors are expected to engage in 50 contact hours of continuing education annually.) According to IPEC, coaching helps people tap into their inner purpose and passion and connect that with outer goals and tasks to bring about extraordinary and sustainable results. As you can imagine, I've incorporated many of the skills and tools that I've learned into my life and in my work with you. One thing you may have observed me doing is "reframing." How we choose to see the world affects our mood, our energy level, and our attitudes. (You may disagree with me on this, but before you do, spend some time imagining that it might be true!)

Here's an example: I was at my annual physical, and the doctor asked me how I was. I said "Oh, I'm ok." The doctor looked at me and said: "How do you feel when you wake up in the morning?" I stopped and thought for a moment, and said "Great! I feel great when I wake up in the morning." They said: "You don't hurt anywhere?" "No, I sleep well, I feel great when I wake up!" And I started laughing, delightedly! It hadn't occurred to me to be grateful for that, or to even notice the absence of pain. I'm still smiling about that- and it has reset my default response to the question "How are you?"

The second point I want to share is around the issue of choice. A person is more likely to be more engaged in something if they feel they have a choice about it. We learned to realize that we ALWAYS have a choice. The alternative might be very unattractive to the point where we've dismissed it without consideration, but there is always a choice. Again, think about this one! Do I have to do this? Do I need to do this? Do I want to do this? Do I choose to do this? How does your response to each of these questions feel? For me, when I realize that a task is something that I've chosen to do and I want to do it, the task is more fun, enjoyable, and often easier!

In John 10:10, Jesus says: "I came that you might have life, and have it abundantly!" Let's practice leaning into the abundant life that Jesus came to offer us.

**CONFIRMATION
 CLASSES IN
 FEBRUARY**

We have been working through the syllabus as outlined in the annual report, and for the month of February we will be focusing on the following three things:

- Meditation
- Images of God
- Hero Journeys

Confirmation class meets on Sunday mornings in between the two services.

Faith Formation meets third Sunday at 9:30 am. We have fun sharing and learning.



February Calendar

Everyone is welcome to all events

Sundays at 7:45 & 10:30 am - Worship services weekly

February Calendar

- 3 Confirmation Class (9:30 am)
- 3 Caring for Others (after 10:30 am Service)
- 4 Worship & Music (4 pm)
- 10 Confirmation Class (9:30 am)
- 10 Mingling Congregation Fellowship (11:30 – 2 pm)
- 12 Isaiah 61 Lunch (11:30 am)
- 13 Hands across the Table (4 pm)
- 17 Confirmation Class (9:30 am)
- 17 Faith Formation (9:30 am)
- 17 Third Sunday Church (10:30 am)
- 20 Council (7:00 pm)
- 21 Nibblers Group at Lyons' Den (11:30 am)
- 24 Confirmation Class (9:30 am)
- 24 Ministry Fair (9:00 am)
- 24 Mingling congregation Fellowship (11:30 – 2 pm)
- 28 Salvation Army Luncheon (11:30 am)

PLEASE READ THE WEEKLY E-BLAST FOR ADDITIONAL EVENTS AND OPPORTUNITIES AS THEY OCCUR.

Looking ahead:

Ash Wednesday and Lent

Ash Wednesday is the doorway into Lent, a 40 day journey towards Holy Week and Easter. This year Ash Wednesday falls on March 8th. We will have services at noon and 7.

We will have Wednesday mid-week soup suppers on March 13, 20, 27, April 3, April 10.

Calendar

CALENDAR EVENTS

From the Church Office Corner..... If you have an event that should be included on the Monthly Calendar, please let me know by phone, email or note on my desk. Thanks for helping me keep the Church Community informed of the monthly activities here at Good Shepherd.

Thanks, Nancy Poole
Office administrator
603-528-4078

office@goodshepherdnh.org

Church office is usually staffed
Monday-Thursday, 9-2 .

For Winter Closing Announcements

Go to

WMUR TV, Church Webpage & Facebook

NEWSLETTER SUBMISSIONS

Articles, announcements, photos or any newsworthy information/articles can be sent to Bev Nelson who is currently preparing the newsletter.

bjnelson61@roadrunner.com

Look for the next issue of the newsletter to be published February 1st. Articles will be due February 22nd. Thank you! Bev Nelson

Ministry Fair at Good Shepherd February 24th ! (9:00 am)



On the last Sunday of February, we're going to hold a Ministry Fair in the fellowship hall in-between services. There will be a Continental breakfast, games, prizes, and an opportunity to learn about all of the amazing things that are happening at Good Shepherd.

Why, you may ask, are we doing this? We have different styles of learning. Some of you love reading and absorbing the ministry information as printed in the Annual Report. Some of you like to fill out a "time and talent" form. Others of you prefer one-on-one conversations. Others enjoy games and prizes. Perhaps you like all of these options!

Here's the invitation: Show up for breakfast and fun on February 24th. There will be an opportunity to connect with ALL of what you've read about in the annual report! **You are hereby personally invited to show up, to learn, to connect, and to continue to expand your own ministry.**

If you are intimately connected with a ministry, please come up with a way to show what you're involved in, and to talk about that ministry. (Think creatively. If you want help or ideas, let me know.) Lee Krueckeberg is shepherding the various outreach activities, so if your passion is connected to outreach, please check in with Lee Krueckeberg.



But Jesus Said, "Let the little children come to Me, and do not stop them; for it is to such as these that the kingdom of heaven belongs." Mathew 19:14

THANK YOU Peter



St. James Welcomes Interim Rector

The Rev. Dr. Janet Lombardo has been called to St. James to serve as their Interim Rector, to lead and guide them during their transition. Janet has been an Episcopalian all her life. She and her family moved to Concord, NH in 1993 and have enjoyed living in New Hampshire ever since. Janet has a Doctorate of Ministry in Congregational Development. She has worked at many parishes throughout New Hampshire and was a Hospice Chaplain for the Concord Regional Visiting Nurses Association. In Claremont, NH, she served as a redeveloper/Interim for a Lutheran/Episcopal partnership. She also works as a consultant for Episcopal Church Foundation, helping congregations with Strategic Solutions.



CARING FOR OTHERS MINISTRY– feeding the hungry monthly

ISAIAH 61 LUNCH

February 12th at 11:30 A.M.

Casseroles, desserts, rolls, salads all welcome.

Servers Welcome.

PLEASE SIGN UP IF YOU CAN HELP.

Questions - talk to Lee Krueckeberg

SALVATION ARMY LUNCHEON

February 28th at 11:30 A.M.

Look for the sign up sheet in Fellowship Hall.

(See article below for details)

PLEASE SIGN UP IF YOU CAN HELP.

Questions - Talk to Mary Oswalt

FOOD PANTRY

Thank You Good Shepherd for continuing to donate items for the food pantry.
You are so generous and thoughtful.



God Bless you all!

Salvation Army Menu

February will be a fun month menu for Salvation Army. It will be soups, stews, chowders and chilis. Thank you all who signed up for participation for last months Salvation Army luncheon. There were 12 sign up spots and 5 people participated. If we are going to continue with this ministry, it would be very helpful to know the item of food and quantity prior to the event. Please use the sign up sheet. Our goal is to feed hungry people with food that is complimentary to each other. I would be more than happy to pick up your food items left at the church the morning we go to Salvation Army at 10 A.M. It becomes panic mode and very costly when items are missing and I do not think their will be enough food to serve and we have to pick up the last minute items. The date for Salvation Army is the fourth Thursday of the month. This month it is February 28th. Thank you, Mary Oswalt.

Fellowship Hour After 2nd Service



HELP IS NEEDED

PLEASE SIGN UP/VOLUNTEER TO HELP

1. provide items to serve
2. Set up
3. Clean up

Email elaine@hirshan.com sign up on the wall or call 603-986-6512. Thank you!



Need a Ride to Church and/or other church sponsored events?

Call church at 528-4078 to arrange a ride. Or call Bev at 253-4274

We love seeing you at church.

**NIBBLERS Luncheon Group
Meets February 21st at 11:30 a.m.**

All are Welcome! Bring a Friend!

Lyons Den

25 Dock Road, Gilford, NH 03249

Sign up on "clipboard" in Fellowship Hall

or call church to attend,

Need a ride - Call Church (528-4078)

'Little Hats, Big Hearts' campaign

The American Heart Association is looking for volunteers in New Hampshire and across the country to help with their 'Little Hats, Big Hearts' campaign. If you knit or crochet, you can volunteer your time and talents.

Colleen Gordon

Director of Communications

603.348.8818

colleen.gordon@heart.org



Joanne Wilhelm

603-689-5010 mobile

www.pamperedchef.biz/Joanne



- FOOD & FELLOWSHIP is looking for a host in 2019 . . . maybe a simple Friendsgiving or Game Day event with the Patriots? You pick the dates and time and a simple theme if you'd like and then the magic happens! Join your Good Shepherd friends both old and new. Contact Joanne Wilhelm if you can host or have any questions. This is for everyone!
- **Next Food and Fellowship will be hosted by Joanne & Bruce Wilhelm on Sun March 17 for a Corned Beef and Cabbage feast! Sign up in the Fellowship Hall to attend and bring a dish to share.**
- If you would like to host a future meal, there is a Jan-Dec list, simply choose a month and a date and a sign up sheet will appear! This is a fun way to get to know your church family in an informal setting over a shared meal.

Financial News from the Treasurer

Bruce Wilhelm

Happy New Year Tips from the Treasurer:

If you have expenses to be reimbursed by the Church, Nancy has simple, easy to fill out, Check Request forms in the Office. I will also be leaving a supply of these forms in the Treasurer's mail box. Either give the completed form (with receipts if for reimbursement) to Nancy or better still, just put them in the Treasurer's mail box.

For those of you who pay for Church supplies out of your own pocket, thank you! Many of you turn the receipts in to our Financial Secretary, Ralph Rathjen, for "credit" on your end of the year giving statement. This is fine, but it is usually best for all concerned if you just ask for reimbursement and then subsequently make a larger offering. This is an easier process for Ralph and allows us to better track both offerings and expenses. But regardless of how you want to handle your receipts, thank you for supporting Good Shepherd!



GIVE+ online giving is very convenient, however, there is a small, but real cost to Good Shepherd for this convenience. As mentioned during Annual Meeting, you can also setup regular scheduled contributions using your bank's online bill-pay feature, often at no charge. As with GIVE+, you can schedule these weekly or monthly and the bank will automatically send offering checks to the Church in your name. Whatever way you choose to support the ministry of Good Shepherd is fine with us. **Thank you for giving!**

Everyone loves receiving birthday and anniversary cards. Member Ministry is working on a very old list. We need your special dates. Soon we will begin updating this list. Watch for our call. Bev Nelson and Sharlee Hynes.

To all the February Birthdays and Anniversaries:



HANDS ACROSS THE TABLE NEWS

Good Shepherd and St. James will be cooking the dinner for H.A.T.T. on February 13, 2019 at St. Andre Bessette Parish Hall on Gilford Ave. in Laconia. doors open at 4 P.M. and dinner is served beginning at 5 P.M. Between Good Shepherd and St. James we need about 35 volunteers for kitchen, hot food table, beverage table and serving and bussing tables. This is an important ministry of our two churches for 7 years and has been well supported. Elaine Cote and Allan Cornelius are the team leaders for our group of volunteers and do the cooking along with Will and Erica Vollmerding. Allan is a member of the H.A.T.T. Board serving his second term.



There is a sign up sheet posted on the wall in the Fellowship Hall of Good Shepherd. If you haven't volunteered and would like to give it a try, sign up in the fellowship hall.

You will have a good timer!! Allan and Elaine

Belknap House News

Peter Halfman

Two births occurred this winter for Moms staying at Belknap House. BH had only 1 open bed until just recently, when two families had to exit on January 26th. BH is looking for another person to join the paid staff and also looking for more volunteers. Otherwise the shelter is pretty well supplied, the only current material need being more money, the type of donation which they always welcome! The recent shortage of support personnel the past month has provided me the "opportunity" to volunteer for many more hours there than I had originally anticipated!



Mingling our congregations for fellowship Games and Mosaic Opportunity



Good Shepherd invites everyone from St. James and Good Shepherd for a few hours of fun and fellowship. The mosaic that is progressing toward completion needs to have as many people as possible participate to let it be a true blending of our members' efforts into a thing of beauty to be put on display.

When: February 10 and February 24

From: 11:30 AM to 2:00 PM (+ or - 30 minutes or so)

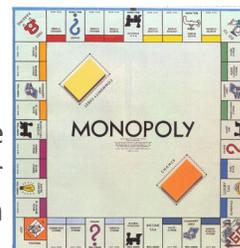
Who: Young and Old alike, guided by Sharon from St. James

Where: Fellowship rooms

What to bring: a bag lunch and your favorite board or card game

We will operate in rotation — there will be various games set up around the rooms with the mosaic situated centrally near the GSLC mailboxes. Everyone can take turns moving from game-to-game and in and out of the mosaic setting.

We ARE a community of one in Christ. When the mosaic hangs on a wall for everyone to see, we will all be able to speak with pride of the many ways that we work together and worship together. Come join in this fellowship opportunity as we get to know each other better while sharing a common goal.



CHURCH COUNCIL NEWS

Council Update:

Point of pastoral privilege:

I want to take a moment of your time to publicly thank Sharlee Hynes and Eddie Smith, our outgoing council members, for their leadership and faithful service. Eddie has been serving on council since my arrival. I appreciate his steady, grounded presence; his quiet and thoughtful nature; his openness to new ideas, and his willingness to speak his opinion. Sharlee has completed her second full term on council, and has been a consistently positive, kind and thoughtful voice. She has been a steady, hopeful voice, always thinking of the children, the future, and our interconnectedness. Please take time to thank each of them in person.

Krista Larsen, our council president, thank you for your willingness to continue to serve on council for a second term. Your positive outlook and insistence on moving forward are gifts to our congregation. Thanks for all the behind-the-scenes tending to the details inherent in this ministry!

New council members: Welcome! This will be fun!!! "Old" council members- thanks for your ministry of leadership. Hang on! We're in for a great year!

The Church Council's next meeting is Wednesday, February 20 at 7:00 pm.

2019 CHURCH COUNCIL

MEMBERS

*The Church Council normally meets 3rd
Wednesday every month at 7 pm.*

Sue Bucknam
Rebecca Frame
Lee Krueckeberg
Krista Larsen
Bev Nelson
Robin Rollins
Brian Sanford

Rebecca Schlenker Walkley
Treasurer: Bruce Wilhelm
Financial Secretary: Ralph Rathjen

Assisted Listening-NEW TECHNOLOGY

available to aid in listening at Good Shepherd

We have recently installed an assisted listening system in our sanctuary. If you have any difficulty hearing all or some of the morning service the system is designed to improve your reception of speech. The system consists of personal receivers, head sets and/or ear buds. The volume for each receiver can be adjusted to meet individual listening needs. The reviews from individuals who have used these devices have exclaimed that they work



fantastically. **Please give them a try.** Disclaimer: contrary to rumors the system is not capable of picking up the Red Sox games or your favorite music station.

If you need help, ask an usher. They will be able to help you enjoy this new technology.



ANNUAL MEETING POTLUCK

GOOD FOOD

GOOD CONVERSATION

GOOD FUN

THANKS TO EVERY ONE



Church Directory Corrections

Take
Note

Add: Linda Fischer lcfisher@mac.com

Correct: Fischer phone # 603-744-5584

Add Bascetta mail address: 152 Isabella Ave., Providence, RI 02908

NAME TAGS

Hello
my name is

Name Tags are found in your mailboxes. If you need a name tag, leave a note in Member Ministry mailbox or leave a message at the church office. We will gladly make one for you to wear. Thank you for taking the time to retrieve and wear yours. The Member Ministry Committee

Member Ministry Card Ministry

Remembering our Members with cards. Addresses can be found in directory or call office. Nancy can help you find addresses you need.

These folks are homebound or recovering from surgery or illness.

Walter Borchert

Irene McKinley

Mary Jean Robison

Richard Seiss

Arthur Stewart

Generosity
changes everything

Good Shepherd Lutheran Church

Contact Information:

2238 Parade Road, Laconia, NH 03246

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E-mail: office@goodshepherdnh.org

www.goodshepherdnh.org

Pastor: The Rev. Jennifer Hitt

pastor.jhitt@gmail.com

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