

Gethsemane Lutheran Church
3600 Hampton Ave., St. Louis, MO 63109
Phone: 314-352-8050; Fax: 314-352-8051
Email Address: Gethsemane@swbell.net
Webpage: www.gethsemanestl.org
Church Office Hours: 8:30am-1:30pm

Pastor Kendra Nolde
314-524-6817 prkendra-glc@swbell.net

MESSENGER NEWS

You can send your news and notes for the Messenger to glc-messenger@swbell.net. There is also a Messenger drawer by the church office. For best results, news should be in by the 20th of each month, but we'll do our best to get your news in whenever you submit it.

eMESSENGER

Please consider helping us save a tree and save on the cost of paper and postage. This happens if you choose to receive your Messenger only by e-mail. Just send us a message at glc-messenger@swbell.net.

WEEKLY E-NEWS

If you are not receiving our weekly e-news and would like to receive it, let us know by sending an email to gethsemane@swbell.net (and make sure that you put our address in your address book so that your spam filters let it pass through!).



A FAMILY IN CHRIST CARING FOR ALL PEOPLE

January 2010

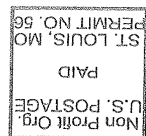
VOLUME #117: ISSUE #1

As I Close the Door

Dear Lord, as I close the door on the old year,
I ponder the things I've done . . .
The things I've said and the joys I've had.
I wonder, have I lost or won?
I've thought of new friends I have made,
And the old ones, staunch and true. . .
The paths of the old year made easier, Lord,
Because I have walked them with you.
I think of all the many times,
When my burdens were so heavy to bear,
And how my faith slipped away from me.
But somehow you were always there.
Now, as I open the door to this New Year,
And carefully peep inside,
I wonder what it holds for me. . .
I know that, Lord, whate'er it may be,
You'll be there to carry me through.

Special Congregational Meeting
Sunday, January 17, 2010
9:45 am (between church services)

The three items of business will be: 1) reception of 2009 Treasurer's Report; 2) adoption of 2010 Budget; and 3) vote on Funding Proposals for Building Accessibility Renovation. Watch for more information to prepare for this important meeting.



Gethsemane Lutheran Church
3600 Hampton Avenue
St. Louis, MO 63109
"Return Service Requested"

MERRY CHRISTMAS

By Matt Spicer

Soon very soon, we will celebrate Jesus Christ's birth.
 Because of His planned sacrificial life we now also have eternal worth.
 Think about the faith of the virgin Mary. The only one who knew with certainty of this immaculate conception.
 So that we are now married to God through this birth, and our lives become the joyful marital reception.
 Praise God, tell the world of this glorious day. Tell it loudly so all can hear it.
 The righteous gift of God will comfort your hearts boldly; doing this is a gift from the Holy Spirit.
 The Holy Spirit, the comforter is especially needed because we miss loved ones who aren't with us today.
 We therefore especially hold on to the words, "Thy Kingdom come; Thy will be done so we will meet again in heaven; this we pray."
 Soon, very soon we will celebrate Jesus Christ's birth.
 Because of this miraculous life we now have eternal worth.
 (Note: even though we are past Christmas Day, Matt's poem helps us take Christmas with us into the New Year!)

Week of Prayer for Christian Unity Service
Sunday, January 24, 2010
4:00 pm at Gethsemane
"You Are Witnesses of These Things"

This year we will join with our brothers and sisters from both St. Joan of Arc and Union United Methodist — each one of our congregations is a lighthouse for God's love on a corner of Pernod! 2009 marked the 10th anniversary of the Joint Declaration on the Doctrine of Justification by Lutherans and Roman Catholics; in 2009, the ELCA and United Methodists entered into a full communion agreement. How fitting that we worship and praise God together this year! Father Nick from SJA will bring the message; a combined choir will provide music as we sing songs of witness from around the world. There will also be a time of fellowship following the service.

CHILI COOK-OFF (Hot, Spicy, or Mild)
Sunday, January 31, 2010

Warm up this winter with something good & hot..... **CHILI!**
 Come join your Gethsemane friends in the fellowship hall at 12:00 PM, following second service. You can make your favorite chili recipe and enter to win fabulous prizes, or just come to eat and be a taster. All types of chili are welcome & encouraged! Regular, Cincinnati, white chicken, vegetarian, hot, mild, super secret, if you can make it or eat it, bring it! The more the merrier!

The Fellowship Committee will provide the crackers, shredded cheese, onions & sour cream for fixin's, and nice cold drinks to cool down the fire. Please contact Paula at ruralgurl@gmail.com/ 544-5036 or Lois at loja2@charter.net/ 487-5755 if you're bringing a chili, so we'll know how many to set up and provide for. It's sure to be a fun time, hope to see you there!

LAGNIAPPE

"a little something extra"



This Is So Embarrassing!
 Youth, young and old, performed the Christmas program during the 11:00am service on December 20th.

Dear Gethsemane:
 Please accept this gift for the HUGS program in loving memory of my parents: Lois and Hugh McCall. We are so thankful the program has been re-established to serve Gethsemane's homebound members.
 Blessings in Christ!
 Marv and Karen Lohmann

Congratulations...
 To Mark Manary on being named one of the ten "Luminaries" of 2009 by St. Louis Magazine for his work with Project Peanut Butter. Check out a copy of the article on the bulletin board in the church hallway!

An Edible Manger Scene??
 The Confirmation Class enjoyed making these edible delights at their Christmas celebration during class in December.

Something's Different!
 We're trying a different format for the Messenger this month due to the rise in postage and paper costs. Please let Pastor Kendra or Gary know what you think.



VICISSITUDES

(The changes or events that occur in our lives)

THANK YOU ... THANK YOU ... THANK YOU!!!

You, the Gethsemane Family, brought so much joy to 33 children and youth of the Benton Park Neighborhood with your outpouring of terrific gifts and clothing for our Joint Neighborhood Ministry Adopt-A-Child effort. Your gifts of 40 blankets will provide warmth for folks with no heat or living in drafty city apartments. Your gifts of 24 pillows will provide comfort for people to lay down their heads after the struggles of difficult days. Your gifts of \$1070.00 for the Gift Card Ministry will provide shoes, food, and hope during the cold days of winter. Your generosity was overwhelming, and we are extremely grateful for your help in reaching out to others.

More Thanks...

...to Charlie Wallis for cleaning up and raking leaves on the WHOLE church property by HIMSELF. Way to go Charlie. It looks great!
...to Phyllis Saathoff for trimming all the bushes on the church property before Christmas!
..to Jim Mantia and Jack Wind for helping out with light bulb changing in the Sanctuary. *And Let There Be Light.*

Congratulations...

To Adam Sandberg and Lilly Hine who were married in Columbia, MO on August 8, 2009. The wedding included parents and siblings only and it was a delight! Lilly is in her 2nd year of vet school, and Adam is seeking employment after passing the bar exam. They are living in Columbia.

January Birthdays

- 1 Charleene Liesner
- 4 Carol Frohlichstein, Royal Wobbe
- 5 Wilma Spicer
- 6 Lory Bowman
- 7 Nadine DeCambaliza, Walter Mueller
- 8 Blaine DeCambaliza, Allie-Vere Flinn
- 9 Diane Cook, Sophia Schier-Hanson,
Spencer LeCorgne
- 10 Brent Jenson
- 13 Claudine Hensel
- 18 Melissa Humbarger
- 21 Kaitlyn Taylor
- 24 Jen Meyer, Richard Schuessler
- 28 Alexander McElwee
- 29 Dan Flaxbart
- 30 Terry Hartz, Virgie Hopfer

January Anniversaries

- 26 Norm and Virgie Hopfer 19 yrs

Christmas Thanks and Worship in January

What an awesome celebration of the birth of Christ! Thank you to all who help to make our worship so meaningful: all the musicians (especially Ella and Ann), all the choirs, the Altar Guild, worship leaders, greeters, ushers. Thanks to Marianne Przetak and Ladue Florists for the sanctuary decorations. Thanks to Gary in the office (and the "Friday" bulletin helpers) for the bulletins. And thanks to all who lifted their voices in praise!

On Sunday, January 10th we celebrate the *Baptism of Our Lord*. Council members will be installed at both services, as we remember our baptismal mission to let our light shine!

During the Sundays after Epiphany, we will use a *Liturgy of Global Song* to remember that Jesus came as a light to the nations!

LIFE AT HOME ...

Church Council Highlights December 8, 2009

1. Welcomed newly elected Council members: Denise Buehrer, Chris Kleine, Debbie Schaller, Charlie Wallis and youth representative Luke Borkowski.
2. Heard an update on the bids for the Renovation Project. The committee has met with Reicon Construction. Some electrical issues will also need to be dealt with, which will actually help any future projects as well. The basic bid came in at \$318,000. Adding in a 4% possible overrun, we anticipate the project to be \$331,000. We are hoping to fund half the project with existing funds, and the other half from a capital fund campaign.
3. Set a congregational meeting for Sunday, January 17, 2010 in between services to 1) vote on 2010 budget, and 2) vote on necessary items for the Building Renovation/Accessibility Project.
4. Thanked everyone for their assistance with the Night in Bethlehem/Living Nativity and the Annual Meeting. What a busy weekend!
5. Reminded everyone about the retreat for the Council and the PMC Steering Team to take place on Sunday, January 10th, immediately following the 2nd service until 4:30pm. The next PMC Cluster Event is January 15-16.
6. Approved hiring Gary Borkowski as new office administrator. Approved a revised job description for the Sexton position. There will be some shifting of responsibilities. The office administrator will assume responsibilities for scheduling use of the building, purchasing supplies, overseeing needed facility work. The Sexton will be responsible for building security.
7. Continued discussion about 2010 budget, especially as relates to staffing and building maintenance.
8. Encouraged everyone to think and pray about the election of executive committee officers and liaison responsibilities to be determined at the January Council meeting.

Health Cabinet

Blessings on your New Year, and Peace and Joy in the name of our New Born King and Healer! January is indeed a time of new beginnings, as evidenced by the many resolutions we make...or are tempted to make. With this in mind, let us visit about **Whole Person Health**.

What was the Concept of Health in the Old and New Testament?

Since the beginning of time, the concept of health was related to the notion of wholeness and peace, *Shalom*, as it is possible in a relationship with our living God (Num. 6:26). God was seen as permitting illness, but also as the ultimate source of all healing and restoration. These ideas continued into the New Testament, with the additional image of Jesus, as our Healer, who always is seen as wholistic, compassionate, and powered by the Spirit of God. He healed people physically, but it was *never only physically!* At that time, as today, people struggled with explaining individual sin as the cause of suffering and illness. These are ideas that Jesus refuted, but He does remind us that illness and suffering are present, because of the reality of sin in our world. What can Christians do to be good stewards of their wholistic health??

Your Health Cabinet's 10 Self-Care Commandments

- Exercise most every day (fit, but slightly overweight people, have better health profiles than normal-weighted persons who are inactive)
- Avoid or reduce obesity
- Move to a "Garden of Eden" diet (obtain most of your calories from fruits, vegetables, and grains)
- Don't use tobacco
- Use alcohol minimally (as a beverage and not as a drug)
- Lead* your life, rather than being led (by your stressors and demands, or by other people)
- Healthy marriages are good for the heart, mind, soul, and body
- Stay connected: Worship, Bible Study, and Fellowship are healthy whole person practices! (active Christians have stronger immune systems, less depression, and better quality of life)
- Work rest into your life (it can be hard work, but it is as needed as sleep...sometimes our sleep is as tense as our awake time)
- Find a health care provider you trust and schedule annual screenings

If we can be of any help to you and your family, please contact Teri Wallis or any Health Cabinet member. "Don't be impressed with your own wisdom. Instead, fear the LORD and turn your back on evil. Then you will gain renewed health and vitality" (Prov. 3:7-8). We pray that you will be blessed in body, mind, and spirit in 2010.

IN OUR COMMUNITY...

Gateway EITC Community Coalition Offers FREE Tax Preparation

This local nonprofit organization can assist you with tax preparation if you make \$49,000 or less annually. The GECC is also available to assist you with other financial services such as opening a bank account or providing a free credit report. Call 314-539-4062 or visit www.gecc.us for more information.

AND IN OUR WORLD

Dear Family and Friends,

We celebrated Thanksgiving with our first harvest of corn from our newly acquired land. At snack time our whole village was treated to corn on the cob. We (the Rafiki mothers) picked and boiled at least one hundred ears. It was a sweet treat to eat fresh picked corn in December.

Our playscape, the biggest one in Ghana we think, opened the week before Thanksgiving. It boasts fourteen swings! Our newest children got lessons on swinging and all got lessons on safety. We memorized the playscape rules to play safely and fairly, to share, to obey our moms and watch out for swings! I had the privilege of being one of the first people to swing! We are thankful for the six male minimissionaries from Texas who constructed the playscape in a week's time.

.As we all watch, wait and prepare for the celebration of our Lord's Birth, our Rafiki Village Ghana is waiting while preparing for fourteen more children from northern Ghana. The Social Welfare Departments in three regions of Ghana are finalizing court documents for eight girls and six boys.

Please pray God will:

Enable our new children to learn English quickly. They often arrive with no English vocabulary except 'Please' and 'Thank you'.

Arrange all the details necessary to receive these next fourteen children before Christmas. We have seventy nine children now; we want to grow to ninety three.

Send qualified women and a qualified married couple to apply as Rafiki employees. We need a mother and assistant mother and married couple (for our boy's resident hall).

Bless the men who built the playscape.

Give a safe journey and restful Christmas week to my daughter Melinda. She is spending her school vacation with me! What a way to celebrate my sixth Christmas in Ghana!

As I wait, watch and work, I thank God for the privilege of serving Him here. You have made that possible! I am thankful for the many ways you support me. These new children need support also. You can access Rafiki at www.rafiki-foundation.org if you are interested in sponsoring an orphan, sponsoring me for my next term or wanting to visit me as a minimissionary.

Merry Christmas!!!

Love,
Nancy

CONFIRMATION & YOUTH

January Confirmation Class Schedule:

Confirmation Classes will be held on **Mondays, January 11 and 25**. (*Note:* this is a change from the original schedule).

Captive Free Concert

Wednesday, January 20, 2010

7:00 pm

Christ Lutheran Church, Webster Groves

Captive Free is the band that plays for Youthquake. The group consists of young adults who are spending the year touring the Midwest providing Christian music for youth events and congregations. **All ages** are welcome to come and hear this group in concert!

Reminder: GYG (High School Youth) meet each Sunday in the stage room at 10am. Come and help us plan for the "Souper Bowl of Caring" on Feb. 7th

South Cluster Confirmation

Epiphany Party

Sunday, January 3, 2010

4-6pm

Christ Lutheran, Webster Groves

We'll gather with junior high youth from area churches for games, Epiphany cupcakes, a "white elephant" gift exchange" and carols around the Christmas Tree.

Bring a wrapped "white elephant" gift (something wacky from around your house — nothing purchased) AND a new pair of socks to donate to S.O.C.K.S. (Serving Our Community's Kids).

YOUTHQUAKE

Friday-Sunday, January 22-24, 2010

Please pray for Mitchell Paulson, Paul Meuser, Zoe Bowman, Jocelyn Lampkin, Keith Paulson, and Lory Bowman as they prepare to attend this awesome event with youth from all over the St. Louis area at the downtown Millennium Hotel. **NOTE:** Pastor Kendra will meet with the youth and adults to prepare for the Quake during the Sunday School hour on Sundays, January 3 and 10. Be there!



Sunday School

Thank you to all the Sunday school children who participated in service events during December. We sent out 17 handmade Christmas cards to Gethsemane members, and decorated and filled 20 tote bags for children at Jefferson school. Thank you also to all of the participants in this year's Christmas program.

There will be another service opportunity for 3rd through 8th graders coming up in March. Several Gethsemane children participated in the "Be Like Jesus Servant Event" in O'Fallon, Ill last year. The event has become so popular that this year there will be two events, one in Illinois and one in Missouri. The event will be held on March 5th and 6th at Trinity Lutheran Church in Chesterfield. It begins Friday evening with songs, games and fellowship. Children then stay overnight at the church, and participate in several local service projects throughout the day on Saturday. All 3rd through 8th graders are encouraged to attend. Please see Christy Scheidt for further information and registration materials.

Many Gethsemane families participated in the *Night in Bethlehem* and *Living Nativity*. One of the craft projects involved making jars of Friendship Tea. If you would like to make a batch of this tea to share with others, the recipe is:

Friendship Tea

- ½ cup instant tea powder
- 1 cup sweetened lemonade powder
- 1 cup orange flavored drink mix (such as Tang)
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves

Combine all ingredients in a large bowl. Mix well and store in an airtight container. To serve, put 2-3 teaspoons of mix in a mug. Stir in 1 cup boiling water.

Reconciling in Christ

What is the Reconciling in Christ process (RIC)?

What does GLBT mean?

Why should Gethsemane become a Reconciling in Christ congregation of the ELCA?

What would happen if we do?

Who would this affect?

What is the process?

YOU are invited to learn the answers to these questions and YOUR questions on:

Sunday, January 24, 2009

10:00 am at Gethsemane

New Member Orientation

Sunday, January 31

1:00-3:30pm

(immediately following Chili Cookoff!)

This orientation is for all who are considering joining the Gethsemane faith community and will offer an opportunity to learn more about Gethsemane and its ministries, to get to know other folks, to explore our spiritual gifts, and to share our faith!

You are welcome to come for the Chili Cookoff first for some winter warmth and fellowship, and then stay for the Orientation. Please contact Pastor Kendra if you have any questions!

GLCW

On a cold, chilly and rainy December day the GLCW Christmas Luncheon at Brazie's was well attended by the ladies, and Pastor Jeff (Pastor Kendra's spouse!). Having a private room gave us freedom to walk around and visit with each other, especially those we do not see often, as well as singing Christmas Carols led by Pastor Jeff playing his guitar. Pastor Kendra led us in prayer acknowledging the ladies who were not able to attend, due to surgeries, and for those who are no longer with us. Thank you all for coming....It seemed everyone enjoyed their gifts along with their delicious lunch and especially the fellowship and visiting with each other.

*Blessings and Good Health for 2010,
GLCW*

Nominating Committee

The committee would like to THANK everyone who accepted the call for the 2010 nomination ballot at Gethsemane. We appreciate your commitment to accept the challenge to serve as a Council or Committee member. Serving God is a very special and personal decision and we hope this will be a fulfilling experience for you.

Thank you for letting us serve the congregation,
The 2009 Nominating Committee
Joe Eplin, John McElwee, Keith Paulson,
Lois Pfeiffer and Lois Wind

Fellowship

COFFEE HOUR EXPENSES

As everyone knows the cost of most items has gone up. For the past 10 years we have received about the same dollar amount "Free Will Offering" for the "Goodies" at coffee hour. Please remember to put something in the "kitty" if you are able! Remember donut prices have gone up within the past 10 years, along with the prices of all the other items used each Sunday morning. We want to continue to have the "Coffee Hour" so please consider the challenges of the costs. See you next Sunday with a hot cup of coffee, tea or chocolate!

COFFEE HOUR HOSTS

Please sign up to host coffee hour for 2010! To date, only a few months have been "claimed." It has been found best to split the task between setup and clean-up otherwise the time commitment is from before 8am until after 11am for the Coffee Hour Hosts (if you want to do both that would be great). Even though "Signup" is by the month, some people are adaptable to change a week with someone, if needed. Make it a group event! The "Host Signup" monthly list is in the upstairs hallway. Anyone is welcome to sign up for Donut Delivery also.

Don't be afraid to try something new! Easy to follow written instructions are located in the kitchen!

*Thanks for your help!
Fellowship Committee*

Friendly New Year Reminders!

PLEASE: Everyone's help is needed! If you are in charge of a church event, or helping with an event please try and keep the Church Facility clean...that means everything from the Library, Conference Room, both Kitchens, to the Sanctuary, Fellowship Hall and Hallways! Many people do take the time but remember, *It Takes A Village*.

So...

If you use it, please wash it and put it away!

If you move it, please put it back the way it was!

If you borrow it, please return it! (You can sign items out in the church office).

We want everything ready and available for the next event or group, especially Sunday mornings. If you get things out for your event then you are responsible for cleaning up the room and/or area when you are finished with your meeting/event. Extra tables and chairs for an event need to be taken down and returned to the appropriate storage area.

When using kitchen supplies and you are almost out of an item(s) please notify the person listed on the instructions (instructions are on the kitchen wall and pantry door) or you can replace it yourself.

Please remember the church is for all our members and guests and we continually need your help to keep the facility ready for each event.

Thank you!

Lutheran School of Theology Announces Winter Term Courses

Lutheran School of Theology offers biblical and theological courses for everyone, from interested lay persons wanting to learn more, to professional church workers and students. You are cordially invited to enroll in the following upcoming Winter term courses which begin January 19: "From Exodus to Exile: Surfing the Hebrew Scriptures" (Dr. Ben Asen), "Recognizing Ancient Heresies in Modern Dress" (Dr. Randy McGuire), and "Making Faithful Choices on Tough Issues" (The Rev. Dr. Michael Hoy). Brochures with registration forms are in the narthex. You may also call 314-725-9710 or email <registrar@lststl.org> or register online at ww.lststl.org