



A FAMILY IN CHRIST CARING FOR ALL PEOPLE

February 2010

VOLUME #1 17: ISSUE #2

Prayers for the Journey

Recently, someone sent me the following e-mail entitled "Lord, Prop Us Up."

Every time I am asked to pray, I think of the old fellow who always prayed, 'Lord, prop us up on our leanin' side.' After hearing him pray that prayer many times, someone asked him why he prayed that prayer so fervently.

He answered, 'Well sir, you see, it's like this.... I got an old barn out back. It's been there a long time; it's withstood a lot of weather; it's gone through a lot of storms, and it's stood for many years. It's still standing. But one day I noticed it was leaning to one side a bit. So I went and got some pine poles and propped it up on its leaning side so it wouldn't fall.

Then I got to thinking about that and how much I was like that old barn. I've been around a long time... I've withstood a lot of life's storms. I've withstood a lot of bad weather in life, I've withstood a lot of hard times, and I'm still standing too. But I find myself leaning to one side from time to time, so I like to ask the Lord to prop us up on our leaning side, 'cause I figure a lot of us get to leaning at times.

Sometimes we get to leaning toward anger, leaning toward bitterness, leaning toward hatred, leaning toward cussing, leaning toward a lot of things that we shouldn't. So we need to pray, 'Lord, prop us up on our leaning side, so we will stand straight and tall again, to glorify the Lord.'

Lent is a time to ask the Lord to "prop us up on our leaning side." We confess and take a hard look at those things in our lives that separate us from God and neighbor, that prevent us from living lives that glorify the Lord. The three disciplines of Lent — prayer, fasting, and acts of love— help to "prop us up on our leaning side." This year, our mid-week Lenten theme will be "Prayers for the Journey." Each Wednesday evening we will examine a different prayer and look at how it helps our "leaning side:" the Serenity Prayer, the Prayer of St. Francis, Prayers of Mother Teresa, the Prayer of St. Patrick, Martin Luther's Morning and Evening Prayers. I hope you join us for the journey so that at Easter we may stand straight and tall, glorifying the Lord with one voice!

Pastor Kendra



"SOUPER" BOWL OF CARING: Vote for Peyton Manning and the Indianapolis Colts or Drew Brees and the New Orleans Saints in this year's "Souper Bowl of Caring." Super Bowl Sunday, Sunday, February 7, bring in your donation of canned soup and add it to your team's box.

Donations of soup (and other canned goods) can be placed in the boxes in the Narthex. Even if your team loses the Super Bowl, it may still win the "Souper" Bowl with your help! There will also be a **'noisy offering'** on that day to benefit the ELCA World Hunger Appeal. The GYG (Gethsemane Youth) thank you for your support!

Lent Begins on Ash Wednesday, February 17, 2010

9:00 a.m. **White Breakfast:** A time of simple food and fellowship at the beginning of Lent. Please sign up on the bulletin board at church or on your worship form.

10:00 a.m. **Worship** with the Imposition of Ashes and Holy Communion. We gather around tables that are in the shape of a cross in the Fellowship Hall for this more informal service.

7:00 p.m. **Ash Wednesday Worship** with Confession, the Imposition of Ashes and Holy Communion.

NOTE: If you have your palms from last year, please bring them to Church on or before Sunday, February 14th so that we can burn them for this year's ashes.

PRAYER SUBMISSIONS REQUESTED: If you have a prayer that is special to you, or that you have written, that you would like included a Lenten Devotional, please submit before February 14th to Pastor Kendra. (place in her mailbox).

BREAST CANCER WALK –VALENTINE'S DAY SPAGHETTI DINNER

Sunday, February 14, 5:00pm-8:00pm

Again this year, the Health Cabinet will host a romantic spaghetti dinner to raise funds for Gethsemane's Team in the breast cancer walk in June.

Adults-\$8 Children (3-12)-\$5 Children under 3-Free.

The Menu includes Spaghetti, Meat Balls, Salad, Bread, Dessert,
Pink Lemonade, Coffee
(Carry-Outs available.)

Volunteers Are Needed:

Spaghetti Cook and Kitchen Assistants

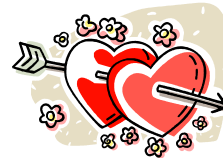
Singers and Musicians

Dessert Makers: Your Favorite Recipe

Decoration Committee

Clean-up Committee

Sponsors: Make a donation in honor/memory of your favorite Breast Cancer Survivor



Contact Lory Bowman (314-727-2979) to volunteer!

LIFE AT HOME ...

Church Council Highlights

January, 2010

(Note: Official minutes are placed on the hall bulletin board after approved at the next Council Meeting)

1. Reviewed Council role and function in orientation.
2. Elected officers for the 2010 year: President-Charlie Wallis; Vice-President-Peggy Lewis; Secretary-Denise Buehrer; Executive Committee At-Large-Norm Hopfer.
3. Decided on Committee Liaison assignments for 2010: Mutual Ministry-Charlie Wallis; Welcoming-Roger Shaw; Worship-Richard Schuessler; Communication-Jim Mantia; Education-Debbie Schaller; Fellowship-Rich Brown; Finance-Richard Schuessler; GYG-Luke Borkowski; Health Cabinet-Peggy Lewis; Gift & Memorial-Denise Buehrer; Property-Norm Hopfer; Partnership for Missional Church-Carolyn Schainker; Social Action-Peggy Zapf; Stewardship-Chris Kleine.
4. Approved a 2010 Budget to be proposed to the Congregational Meeting on January 17th.
5. Approved recommendations on funding proposals for the Building Renovation to be submitted to the congregation for approval on January 17th.
6. Heard that an initial forum introducing the Reconciling in Christ program will be presented in between services on January 24th. Council members were encouraged to participate.
7. Confirmed Rick Schuessler as Treasurer for 2010.
8. Heard that Luke Borkowski had contacted youth by e-mail for their ideas. Youth will be leading this year's "Souper Bowl of Caring" on February 7th.
9. Heard that the HUGS program had cost \$993 for 2009, and that there were over 130 calls in to hear services. With the \$13,000 grant to deliver this service, we are well on our way to having a long-term, strong program to assist homebound members to hear Sunday morning worship.
10. Heard that Pastor Kendra will be on a combination vacation/continuing education event from February 6-12. Pastor Sara Schier-Hanson will be the guest preacher while she is away. Heard that the Central States Synod is sponsoring a "synod wide Sabbath" from February 21-27, an intentional week designed to "shut-down" and refocus our lives of faith.

Congregational Meeting Highlights

January 17, 2010

1. Received the 2009 Treasurer's Report.
2. Adopted the 2010 Proposed Budget of \$245,500. Of that amount, \$20,300 is ELCA Mission Support and \$225,200 is General Budget Expense.
3. Approved the following recommendations on the Building Renovation Project: to accept the bid from Reicon Construction Company for \$324,000; to designate from existing funds the entire principal value of the Carlson Estate from the Endowment Fund (estimated at slightly over \$80,000); \$80,000 from the Health Cabinet; and \$15,000 from Gift and Memorial for the Building Renovation Project; and to conduct a three-year capital fund campaign for \$175,000 for the Building Renovation Project.

Health Cabinet

February is recognized as Healthy Heart month. In Proverbs, we are reminded that a cheerful heart is good medicine and that a person's heart reflects the person (17:22; 27:19). This month, we want to visit with you about **Personal Responsibility and Your Health**. Indeed, as we think about the contribution of our heart to our health, we are struck with several insights: (a) there is a strong relationship between our actions and our true values, (b) we can change both our actions and our values, and (c) our health is intertwined...our physical health is affected by our emotions, values, and relationships.

How does Personal Responsibility affect our Health?

The media frequently discusses health and lifestyle topics. We pick up newspapers and read about someone suing a company for making a beverage too hot, for causing their lung cancer, or for making them overweight. The sad truth seems to be, that we can bring much (certainly not all) of our poor health on ourselves. In fact, up to 60% of our poor health can be directly traced to lifestyle choices that we make.

What does God's word Teach us about Personal Responsibility?

We certainly do not want to give the impression that any or most diseases are the direct fault of the person, but rather that our Christian freedom encourages us to make healthy choices all day, every day. Certainly we can empathize with Paul, that the things we ought to do, we do not do, and things we should not do, we do (Romans 7:19). Thanks be to God that He provides the motivation and the will to do that which is good and healthy, all day, every day (Phil. 2:13).

Health Cabinet...Do you Have Any Suggestions for Me?

We have some ideas that we hope will help you in living well. Thanks for asking! In taking our health responsibility seriously, we think it would be helpful if we...

- Remember that our God is awesome, and HE wants us to live and be well

- Focus on what we can do, not what we cannot do

- Set small reachable goals and build in some rewards

- Work the words NO and LESS into our vocabulary

- Consider that our physical health is strongly related to nutrition choices, balancing rest and work, getting regular exercise, and stress management

- Health has always been more than physical, and we need to take responsibility for our emotional, relational, spiritual, and intellectual health, too!

In living our health, may we be encouraged with these words, "...prepare your minds for action; be self-controlled...do not conform to the evil desires you had...but...be holy" (I Peter 1:13-15). If we can be of any help to you in living well, please contact Teri Wallis or any member of the Health Cabinet. We pray that your health journey is affirming, satisfying, and a blessing to you and your loved ones.

“Art With Ella”

Sunday, February 28
12 noon - 3pm

In addition to being Gethsemane’s organist/pianist extraordinaire, Ella Rothgangel works a day job as Collections Information and Imaging Administrator at the St. Louis Art Museum. After worship on Sunday, February 28th, we will stop at Ari’s Restaurant on Hampton for a bite of lunch, and then go to the Art Museum. Ella will give a personal tour, showing pieces that have unique stories that one doesn’t often hear. One stop will be in the new exhibit “African Ceremonial Cloth.” The Art Museum is free; only cost will be lunch. Ari’s offers a relatively inexpensive Sunday brunch. All are welcome!

Chocolate for Lent: A Creative Approach to Your Lenten Journey

A Lenten Study based on the Oscar-nominated movie Chocolat

**Sunday mornings in Lent (2/21-3/21)
from 10-10:50 am OR**

**Tuesday mornings in Lent (2/23-3/23)
from 10-11:30 am**

Using themes from the 2000 Academy Award nominated film *Chocolat*, this unique study creates the space for deeper insights into self-discipline, self-giving, conversion, acceptance and maturing in Christ. It will be helpful for participants to watch the movie in full prior to the study. See Pastor Kendra if you would like to borrow a copy.

I Can Do That!

Volunteers are needed to supervise the nursery during mid-week Lenten services. The nursery will be available for infants – 5 year olds, from 6:45 p.m. – 8:00 p.m. during mid-week Lenten services. Two volunteer nursery supervisors are needed per evening on the following Wednesdays: 2/24, 3/3, 3/10, 3/17, 3/24, 3/31. To sign up for an evening please contact Christy Scheidt at (314) 781-5644

St. Paul was there...

...and so were Fred and Margaret Lenhart! On Sunday, February 14th, at 10am, Fred will share some pictures and stories of their trip to the Mediterranean last fall. Their trip included Athens, Rhodes, and Ephesus — sites where St. Paul visited and preached. During Epiphany, our epistle lessons have come from Paul’s letters to the Corinthians. Come and get a taste of the world in which Paul lived and spread the gospel!

GLCW

RACHEL CIRCLE

We welcome anyone who would like to join Rachel Circle.

Our next meeting will be Monday, February 22, at 11:00 am - Weather Permitting!

Change in the meeting place: Pietro's Restaurant, 3801 Watson Rd.

Call Norma Schenck at 314-892-3868 for your reservation!

Week of Prayer for Christian Unity Service January 24, 2010

Thank you to all who helped with hosting this year's joint service with St. Joan of Arc and Union United Methodist. Special thanks to Dawn Riske for putting together the service and music; to all of our musicians and choir members; to Don Bergstrom and Phyllis Saathoff for reading; to Luke Borkowski for serving as crucifer and drummer; to Kathy Lee and her able assistants for coordinating the reception; to all who helped as ushers and greeters. Over 100 people attended, including some who simply saw our church sign! The offering was designated for earthquake relief in Haiti.

Fellowship

The Fellowship Committee will meet on Sunday, February 21, 2010 at 10am, between services, in the Library...we need YOUR NEW IDEAS for a fun filled 2010.

The Lutheran Magazine

Remember to pick up your copy of *The Lutheran* magazine each month at the church. It will no longer be mailed to your home, but plenty of copies are available in the church entryway.

Renovation

On Sunday, 1/17, the congregation voted to proceed with the Building Renovation plan by accepting the bid of Reicon Construction Company, designating existing funds, and approving a capital fund campaign. The work will include a new elevator, an "area of refuge" outside the southeast sanctuary door, handicapped accessible restrooms for men and women on the main floor, and a new parking lot entrance. It is estimated that once work begins, the project will take about 100 days. Thank you to Ted Yemm and his Building Committee for their hard work and to Dawn Schuessler for agreeing to chair the Capital Fund Campaign. We will work hard to keep everyone apprised of next steps in the process!

Faith in Daily Life

My name is Lindsay Schuessler and I am a Teach for America Corps member. I teach elementary special education on the Southside of St. Louis. Urban education is something I am very passionate about, and this passion is closely tied to my faith.

In America, education is supposed to be the great equalizer and the primary vehicle for upward mobility. But, the reality today is that all too often, where children are born determines their educational prospects, and thus their futures. Across the country, the 13 million children living in poverty have academic and, therefore, life prospects that are dramatically different than those of their peers in wealthier communities. Only one in ten students from low-income communities graduates from college. Even though I am an elementary teacher I experience this gap daily because it starts early. Children living in low-income communities are already two to three grades behind their higher-income peers by the time they reach fourth grade.

Every day I drive to work past abandoned buildings, homeless people, graffiti, trash, and druggies. My students come to school in dirty old clothes, with empty bellies, or bellies filled with junk from the corner store (because Whole Foods does not exist on the Southside). They can't play outside because it is too dangerous. Most have dad's in prison. Many are homeless and after school go home to beg, or "peddle" as they say. It can be hard for me to see God at work every day through all of the ugliness. But if you look closely he is.

I know God is at work in a little girl named April. April came to me last year crying from a second grade classroom. She had her jacket and backpack on, tears just pouring down her face, and she wouldn't talk. I also remember that she had a massive spot of ringworm on her cheek. They told me she refused to take her jacket or back pack off or stop crying. It had been like this for 2 weeks since school started. The school social worker explained that April was 2nd grade age, and this was the first time she had ever been to school. The class was working on writing stories and April didn't know how to even hold a pencil. They were starting math with multi digit addition and April couldn't count to 10. They were reading books on their own and April couldn't even identify the capital letter A (even though her name starts with A). She was scared. They decided to place April in my class so she could get more support and be working at her level. After a morning of crying, April finally took her coat off and wiped away the tears and joined our class. She worked hard for weeks and weeks. She quickly learned how to write her first and last name, all her letters and numbers, and the pleasures of a book. April came to me at a low pre-K level. At the end of the year she left me at a mid-year first grade level. This means in only a year she grew over two years. She worked so hard to get there. *That* is God at work.

I see God at work in many of the people around me, working on the same mission. In Ms. Bequette and Ms. Belk, two kindergarten teachers who each have 34 kids in their classes. It is mass chaos but they still exhibit patience and kindness and always have a smile. In many of the families in our school, I see parents and grandparents who care deeply about their children, who want better for their children, and work tirelessly for their children. Finally, I see God at work in each child's face at my school. Every morning they come in, having gone through so much at such young ages, yet still smiling and giving me hugs, *That* is God at work.

If I was not a Christian, I don't know if I would make it through an hour at my job, let alone a day or a year. I pray hard and I pray often several times throughout the day. If I was not a Christian and looked closely for God at work, I might never see the beauty in what I do. Also, if I was not a Christian, I do not think I would have even heard God's call to teach in a low income area. I have been a Christian, all my life, so from my earliest years I learned that 1. Jesus loved the little children. As I grew a little older, I learned that 2. Jesus himself was a teacher. In my older years, I have learned that 3. Jesus worked for justice.

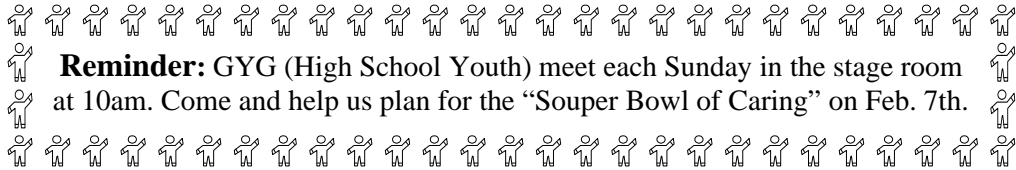
As my second year gets well under way, I realized I have learned a great deal about my faith in this segment of my life journey. Most importantly though, I have learned that it is the low-down, dirty, hard, depressing, lonesome, dismal, ugly times that God is most at work in our lives. You may have to look a little closer, but his work is there. And it is truly beautiful.

(Remarks from Lindsay's talk in worship, Labor Day weekend, 2009)

CONFIRMATION & YOUTH

February Confirmation Class Schedule:

Confirmation Classes will be held on **Mondays, February 1st and 15th.**


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.

Parent Guidance Support Group

For the past couple years, a Parent Support Group has met at Gethsemane on Wednesday evenings under the facilitation of Gerre Johnson, MA, LPC, NCC. Gerre is a St. Louis Hills neighbor, and he also leads a program called 610|6. This program deals directly with the challenges facing adolescents and teens as they transition towards adulthood.

The goal of the 610|6 program is to equip young men and women with skills that will serve them throughout their lives, specifically, in their relationships and self-knowledge:

An understanding of the affect of family of origin, and the role they have undertaken.

A clear understanding of healthy boundaries, as well as what constitutes an abusive relationship.

An ability to filter media messages that only seek to target and exploit young consumers.

Insight into their own thinking and behavioral patterns.

Our current generation of adolescents and teens will also carry the charge of parenting in an age of unprecedented change, and thus become the gateway for future generations. They will need the best guidance that we can give them.

For more information about the Parent Guidance Group, please contact Gerre Johnson at 971-2955 or gajohnsonma@aol.com.

IN OUR COMMUNITY...

Lutheran Campus Ministry's Trivia Night

Support LCM's yearly programs for students at local universities and colleges. Silent auction and door prizes throughout the evening. Soda and snacks available to purchase and/or bring your own food and drinks (including beer and wine).

Saturday, February, 20th, 7:00pm (doors open at 6:30pm)

Trinity Lutheran Church 14088 Clayton Road, 63017

\$15 per person or \$120 for a table of eight

"A time to mourn...a time to heal"

St. Gabriel's Grief Ministry

A Four Week Series on Wednesdays

Beginning February 3, 2010, 7:30-9:00 p.m.

Gabriel House, 4700 Tamm Ave.

Open to anyone in the Community who has experienced the death of a loved one in the past several years. To register and for more information, please call Beth Durban, Parish Nurse at 353-6303 ext. 125. We recommend that you plan to attend all 4 sessions.

AND IN OUR WORLD

Haiti Earthquake Relief: Disaster Response envelopes are available in the pews. One hundred percent of your donation to the ELCA Disaster Response Fund will be used for the relief efforts in Haiti. You may also give on-line at www.elca.org. The situation in Haiti is desperate, and your help is still urgently needed. Two other opportunities to make a difference in Haiti: **Thrivent Financial for Lutherans** will match members' gifts to the ELCA Disaster Response or to Lutheran World Relief, giving \$1 for every \$2 donated. **You can also support LWR right from your cell phone!** Just text **LWR** to **40579** to donate **\$10**. Remember to **reply YES** to the confirmation. It's quick and easy.

VICISSITUDES

(The changes or events that occur in our lives)

*Dear Friends of Gethsemane,
Thank you for your thoughts, prayers, cards, calls
and messages on my Caringbridge web-site during
my recent hospitalization at Barnes for video imag-
ing and EEG monitoring at the Epilepsy Center.
A special thank you to Pastor Kendra for her
prayers and visits and to Carol Frolichstein for de-
livering altar flowers.
Damien Gustafson*

*Thank you to Pastor Kendra for her continued pas-
toral care, support and spiritual guidance for me
and my family in my continuing recovery from stem
cell transplant. Thank you also for coming to our
home Christmas week for a visit, prayer, meditation
and to celebrate communion with our family!
Thank you also to the Gethsemane community for
your continued prayers and support. The latest re-
port shows a significant decrease in the multiple
myeloma counts and I have now been officially dis-
charged to the care of my oncologist! Thanks be to
God!*

*Thanks to the Flaxbarts for the book of Norwegian
jokes (now all I need is a Swede to explain most of
them to me). Looking forward to seeing all of you in
worship in the next few weeks.
Randy Moe*

Congratulations... to Colene Benad on her 30th anniver-
sary of working at Washington University!

Sympathy....to Bob and Cynthia Tanner and their family
upon the death of Bob's mother Eleanor. Funeral services
were held on January 8th.

February Birthdays

- 1 Damien Gustafson
- 5 Michael Borough
- 6 Nathan Keightley
- 10 John Salerno
- 13 Dawn Riske, Cynthia Tanner
- 14 K.T. Elliott, Helen Lett
- 16 Haley Dieringer
- 17 Vi Aronsson, Cory Blackwell
- 18 Anna Bohnert
- 19 Marie Mueller, Fred Tatum
- 21 Pamela Lane
- 22 Darlene McElwee
- 23 Scott Hanson
- 24 Randy Moe, Roger Shaw
- 26 Tom Wobbe
- 27 John Wind

February Anniversaries

- 20 Pastor Kendra and Pastor Jeff
22 years

THE GLC HEALTH CABINET
SPAGHETTI DINNER SPONSORSHIP
payment must accompany this form

_____ I WILL DONATE A DESSERT!

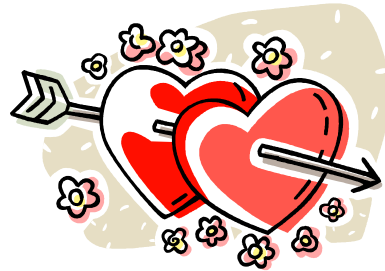
_____ I want to sponsor five pounds of Spaghetti

_____ I want to sponsor a gallon of Pasta Sauce

_____ I want to sponsor a pound of Meatballs

_____ I want to sponsor Five Loaves of Bread

_____ I want to sponsor a Bottle of Olive Oil



ALL SPONSORSHIPS ARE \$5.00 EACH
ALL SPONSORS WILL BE RECOGNIZED AT THE DINNER

Amount enclosed \$ _____ (payable to GLC)

Envelope Number _____

How would you like your name listed on the sponsorship sign?

In Honor of: _____

In Memory of: _____

Your sponsorship helps to provide more proceeds for Gethsemane's Team at the Breast Cancer Walk in June!

This form must be given to the church office no later than Monday, February 8, 2010.

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

MESSANGER NEWS

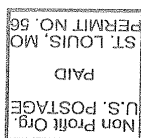
You can send your news and notes for the Messenger to glc-messenger@swbell.net. There is also a Messenger drawer by the church office. For best results, news should be in by the 20th of each month, but we'll do our best to get your news in whenever you submit it.

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!).



“Return Service Requested”

Gethsemane Lutheran Church
3600 Hampton Avenue
St. Louis, MO 63109