



A FAMILY IN CHRIST CARING FOR ALL PEOPLE

August 2010

VOLUME #117: ISSUE #8

Are You Staying Hydrated with the Spirit?

It has been a HOT summer! One of the first hot weeks was the week of Confirmation Camp in June. As one of the counselors gave the orientation, she stressed the importance of staying hydrated. She said: if you come to us and say you've got a headache, we're going to tell you to go drink water. If you come to us and say you've got a stomachache, we're going to tell you to go drink water. No matter what your complaint or ailment...go drink and keep drinking water!

I've been thinking of her words quite a bit this summer. And not just because of the temperature outside! Here at Gethsemane we've been involved in a process called Partnership for Missional Church, a journey to discover what God is up to around us and ask how can we help. We periodically go to events with the other participating churches. The pastors meet every so often with the Bishop or the PMC staff. And the first question is always the same: how's it going with your spiritual disciplines? Are you Dwelling in the Word and praying together? Are you taking time at everything you do to read scripture, listen to God and to one another?

Sometimes my reaction is "come on, already" we need to talk about other things — church finances, finding volunteers, our construction project, the Reconciling in Christ process. Don't ask me again about our spiritual practices. But then, after ConfirCamp, it hit me. The question that's really being asked is: are you staying hydrated? Drink! Keep on drinking the life-giving water of Word and Spirit. It's not that the other concerns are insignificant or don't need to be addressed. But if you aren't hydrated, you won't be in any position to want what God wants. After ConfirCamp, it hit me that this isn't another "should" or "ought" — I ought to pray more, we ought to start each meeting Dwelling in the Word. No, this is a matter of health, and maybe even of life and death. And God has given us these wonderful means of grace to stay hydrated, whole and well because God sent Jesus so that the world might have life, abundant life.

Are you thirsty? How are you staying hydrated? Pray persistently and without ceasing. Ask and keep on asking. Seek and keep on seeking. Knock and keep on knocking. Walk wet in your baptism and keep on drinking that life-giving water of the Spirit!

Pastor Kendra

Sundays in August

Sunday, August 1 Reception of New Members; Special Ensemble Music; VBS Slide-show in between services

Sunday, August 8 Meeting for Confirmation Students and Parents In Between Services

Sunday, August 15 **Blessing of the Backpacks:** All returning students and teachers are invited to bring their backpacks/computer cases for a special blessing at the start of another school year. We will also receive donations of tissues (white/unscented) for Jefferson School and food items for Mallinckrodt students. Our guest preacher will be Chaplain Peter Muschinske, an ELCA pastor who is Chaplain Programs Officer with the Navy, based here in St. Louis.

Sunday, August 22 **Blood Drive.** Our guest preacher will be Pastor Rebecca Boardman from Lutheran Campus Ministry, St. Louis. Prayers of Godspeed will be lifted up for Christopher Moe who will be leaving for final training before being deployed to Korea.

Sunday, August 29 **Blessing of Confirmation Students**

Pastor Kendra will be on vacation from August 9-23. She will be inaccessible by phone or e-mail while at Holden Village, WA from August 13-20. If you are in need of pastoral care, please contact the church office. Pastor Linda Anderson-Little from St. Mark Lutheran Church in Clayton will be on call for emergencies. She may be reached at 314-721-6974 (office) or 314-581-6365 (cell).

A Parent's Prayer

Our Father, who art in heaven
Where it's quieter than it is at home,
Thy kingdom come, thy will be done—
But meanwhile thy parents need help!
Give us this day our ration of wisdom
And forgive us our weaknesses
As we forgive those of our children.
Lead us not into vexation
But deliver us from despair.
For thine are the babies,
The teenagers and the parents,
Now and forever. Amen.

From Family Prayer by Dolores Curran

Give the Gift Of Life: Blood Drive

Gethsemane Lutheran Church will be holding their summer blood drive on **Sunday, August 22 from 8am to 1pm**, and your blood donations are needed.

The American Red Cross Bloodmobile will be parked on Pernod outside Gethsemane's main entrance on Sunday, August 22 from 8am to 1pm. We are partnering with Joan of Arc to bring in more blood donors this summer, and we ask that you please make an appointment to give. Donors need to be in general good health, free of cold or flu symptoms and must have an ID with them when presenting to donate. Mary Jane Thomsen will coordinate the blood drive and can be contacted for donor appointments. Please call her at (218) 213-4313 or email her at maryjanethomsen@hotmail.com for further information and to set up a time to give the gift of life on August 22.

Building a House Where All Are Welcome!

Construction Update: Upstairs bathrooms are now useable, but still need finishing touches! We expect the new elevator to arrive the first week in August.

Financial Update: Giving for the Renovation Project is \$40,141. Thank you for your continued support! Watch the "elevator climb" on the Giving Chart in the narthex.

CHURCH PICNIC and RALLY DAY

Sunday, September 12th

Tilles Park Pavillion

8:30am Worship at GLC

9:30 am Fellowship/Coffee

Hour at the Park

(Yes, this includes doughnuts!)

11:00am Devotion in the Park

11:45 am Lunch

(Tilles Park is just 3 blocks north of church on the same side of Hampton! The Pavilion is located in the back of the park; the restrooms are very close to the pavilion.)

RACHEL CIRCLE LUNCHEON

August 23, 2010 at Pietro's Restaurant

We are continuing our luncheons through the summer so please call our hostess **Wilma Shaw at 314-353-3980** and make your reservation.

Save The Date!!!!

Choir will be starting a new season! First rehearsal is

Monday, August 30th

(Angel Wings 6:00, Choir 7:00).

New singers and ringers are welcome. Child care is provided for the choir. Any questions call Ann at 314-963-0934 or e-mail at ptlall4@earthlink.com

Health Cabinet

Dear Friends in Christ,

This month, we would like to visit with you about **Prayer as a way to Manage Stress**. Scripture reminds us that God is indeed near us when we pray (Deut. 4:7), and that even Jesus made the time to go off by himself to pray (Matt. 14:23).

We can each identify several different signs of our stress-filled lives, such as (a) most adults working outside of the home, (b) caregiving needs of both children/youth and aging parents, (c) financial difficulties, (d) lack of time for family communication and relaxation, (e) diminishing health, and (f) growing distance between our faith values and the way we “spend” most of our time and energy. Undeniably, one small way we can deal with life’s burdens, is to stay connected with our power source, our Divine Savior, Physician, and Redeemer, Jesus Christ.

God has designed prayer as a specific and do-able way to deal with all that our life can offer. It is very interesting that new research is demonstrating that people, who meditate or pray, actually change their brain chemistry in a way that promotes more health and well-being, lowers blood pressure, and helps to enhance the quality and length of life. This new area of science is called Neuro-Theology. When we are encouraged to pray without ceasing, we are developing a healthy and spiritually enriching life pattern (I Thess. 5:17). Other benefits of an active prayer life include relaxation/peace, better focus/concentration (prayer is the REAL focus factor!), better vision/gaining God’s perspective, and improved ability to set our burdens at the cross and **leave them there**.

We recommend that we all consider the following Stress Management plan:

Be a student of your own stress: *Know where it hurts*, what causes the pain in your life, and the real choices you have.

Make a pledge to yourself to spend *some quiet time in prayer every day*, not as a burden, but as a mini-vacation.

Consider praying the psalms, or using a book such as *Face to Face: Praying the Scriptures for Intimate Worship* and integrate the sacred into all of your life.

Set aside a special place in your home where you go to be with God.

Include various aspects in your prayer: *Adoration, Confession, Thanksgiving, and Supplication*.

Don’t forget to share all that is on your heart, as well as quieting your heart, to hear God’s soft voice.

Let others know you are lifting them up in prayer, and enjoy the presence of Christ alongside you in a more tangible way.

Social Action

Living on Food Assistance Benefits-Part I, by Peggy Zapf

Millions of people in the United States and around the world receive food assistance each month. Gethsemane has always been committed to help in this effort, through our donations to Joint Neighborhood Ministry and Project Peanut Butter. But it is not easy to remember that more help is always needed. Recently, several Gethsemane members agreed to participate in a week-long project to live within the parameters of Missouri's food assistance program, in order to understand the efforts that are required. Here are some notes from those who participated.

-I spoke with my sister, who is a social worker in Kansas City. She helped me to work out the amount of food assistance that I would receive. Assuming that I worked full-time at a job paying minimum wage, I would receive about \$106/week for 3 people. She told me that the amount was high now because federal stimulus money was used to provide increases this year that would normally have occurred over a three-year period. There will be little or no increases in the next 2 years. There are restrictions so that no electronic benefit transfer (EBT) funds can be used for personal care items, cleaning supplies or prepared foods. I planned a week of menus and went shopping at Aldi's, where I spent \$87. Generally, I am not serving picky eaters but I had to go to Schnucks to buy the cereal and bread that one person wanted. My food bill is now up to \$92.

- Cooking from scratch every night didn't seem like it would be hard when I was planning meals. Then we had to hurry to pick up a family member one night. No time to cook a full meal, so we had omelets. Not very filling and I did not plan for many snacks since I was trying to be very conscious of necessary nutrition. I could not make it without taking a multivitamin each day, so I took it, even though I had not purchased it with my food budget. Vitamins are expensive, so if I had to choose, I might opt to buy food rather than vitamins. At the end of the week, I had to buy milk and fresh vegetables. Because I purchased too much protein at the beginning of the week, I went over my budget by \$4.

- After the week was over, our air conditioner went out and it wasn't fixed until Wednesday. During those 4 days, I really learned how difficult it is live within the limits of food assistance. It was too hot and humid to cook, or even to eat, in the house, so we ate out every evening. Living in that heat sapped all effort from me, and it was only 4 days. That is when it hit me. There is much more to this experience than just staying within a budget. Anyone can plan meals and purchase nutritious food when everything else is completely comfortable. But when you have to take a bus to the grocery store, bringing small children with you (at least 2 hours in the heat, including walking to and from the bus stop); when you have to deal with picky eaters, and still try to provide good nutrition; and especially when you have to cook and eat meals in a St. Louis summer, day after day, month and after month, without air conditioning, then I think you must be a better person than I am to make the effort every day.

I, too, attempted to live on the food stamp allotment, which I believed to be about \$37.00 for one week from Thursday, July 8th through Wednesday, July 14th. I purchased and ate mostly: cereal, milk, bananas, peanut butter & bread, Raman noodles, canned vegetables and \$1.00/box frozen Michelina's dinners.

Some personal observations:

--Due to the monetary limit and the hot weather, my diet was mostly prepackaged food and was very limited.

--I really focused on just getting through the week. I cannot imagine those constraints for an unforeseeable amount of time.

--I, too, took a daily multivitamin and being a fairly sedentary "senior" I did not worry about my nutrition, especially since I was only doing this for a week, but I cannot imagine the challenges of providing nutritional food, not to mention ENOUGH food, for children or teens or even adults with physically demanding jobs.

--I was very conscious of my good fortune in not only having a job, but also in living in a location where a wonderful grocery store is within walking distance. I want to build on this experience by continuing to try to be more conscious of what I consume and to also be involved in efforts to end hunger.

Linda Ford

Reconciling In Christ

WHAT DOES THE BIBLE SAY ABOUT HOMOSEXUALITY?—Part 2

This is the second of a two-part brief synopsis of the material presented by Rev. Don Thuss during several classes at Gethsemane. Part 1 appeared in the July Messenger. It will be useful to have a Bible available as you go through this.

LEVITICUS 18:22 AND 20:13 – THE HOLINESS CODE

Point

This text clearly states that homosexuality is an “abomination” and that those who engage in this activity should be put to death and “their blood is upon them.”

Counterpoint

This passage is a part of Leviticus known as the Holiness Code. Historically, it was written for the Israelites during their 40- year wilderness journey from Egypt to the land of Canaan.

The Code served a very specific and time-sensitive purpose. They were to dramatically distinguish themselves from the cultures and religions of Egypt and Canaan, both of whom worshipped idols. (Read Lev.20:22-24)

Both the Egyptians and the Canaanites had fertility cults, which employed male temple prostitutes (called, holy ones).

Lev.18:22, which forbids “lying with a man as with a woman,” is immediately preceded by a verse that condemns a Canaanite cult practice (Lev.18:21), and is immediately followed by a verse that condemns an Egyptian cult practice (Lev. 18:23). That suggests that Lev.18:22 is also a reference to a cult practice.

The word “abomination” is a translation of a Hebrew word (toevah) that is used exclusively in reference to pagan cultic practices.

The Holiness Code forbade a number of things that were specific to that time and that place, such as not getting round haircuts, not planting two crops in one field, not making clothes out of more than one fabric, etc. For people today to select one law and drop the rest suggests a clear and disingenuous bias.

The New Testament’s take on the Holiness Code is that the old laws have been replaced by the law of love through Jesus Christ. Jesus, himself, reminds the Jews that purity no longer depends upon what goes into the mouth, but by what comes out of the heart.

ROMANS 1:26,27 PAUL’S VIEWS

Point

Paul condemns dishonorable passions where women and men are acting “contrary to nature” and concludes that those who do such things “deserve to die.”

Counterpoint

It’s important to know why Paul is writing this letter to the Romans. He states his purpose and theme in Romans 1:16,17. (Read passage) The Gospel is the power of God for salvation.

He immediately follows that announcement with the announcement that the wrath of God will fall on those who know this truth but deliberately choose to turn away from it. They replace honoring the immortal God with honoring images of their own creation. So, God gave them up to their impurity because they exchanged the truth with a lie. (Read Romans 1:18-25)

Romans 1:26,27 (and 28-32) describes behavior which is condemned because it is done by those who knowingly and willingly reject the God of truth.

The issue here is not meant to focus on the sexuality but on the lie of idolatry that drives it.

The sexuality is described as “degrading passions” and mentions two forms – sex that is “contrary to nature” and “shameless acts by those consumed with passion.” (Read Romans 1:26,27)

The phrase “contrary to nature” is referring to heterosexual women and heterosexual men who are having intercourse with same sex people, contrary to their normal or natural sexuality.

The phrase “consumed with passion” describes people whose sexuality is out of control, whose sexuality has taken control of their lives, moving God out of focus.

These sexual behaviors could easily describe the kind of sexual activity that would be commonplace in the temples familiar to Paul and to the audience receiving his letter.

Again, the comments that Paul makes about sexual activity is secondary to the idolatry that drives it.

1CORINTHIANS 6:9 AND 1 TIMOTHY 1:10 – Paul

Point

Paul lists homosexuals and sodomites among those who will not inherit the kingdom of God.

Counterpoint

The two Greek words under consideration are “malakoi” and “arsenokoitai”, translated male prostitutes and sodomites in the New Revised English Version of the Bible. Both of the Greek words are problematic, in that they are hard to translate accurately.

Malakoi is a common Greek word in the New Testament and elsewhere. It is translated in many different ways and literally means “soft.” In a specifically moral context it would mean “loose” or “losing self control.” It would be difficult to justify a specific connection to homosexual behavior.

Arsenokoitai is another hard word to translate, but for a different reason. It is used only twice in the Bible, both times by Paul. There is no indication that the word was used in any literature outside the Bible, either before or after Paul. One translation is “abusers of themselves among men” and another is “sodomite.” (Remember that the sin of Sodom was not sexual.)

The ELCA Taskforce on Sexuality, after years of study, reached this conclusion: “The meaning of the terms “malakoi” and “arsenokoitai” in 1Cor. 6:9 are unclear. Neither term undisputedly denotes “homosexual males” in general. They are not conventional impressions for “homosexuals” since there was no concept of, or generic term for, “homosexuals” or “homosexuality” in antiquity.”

RESOURCES

If you want to look into this subject in greater detail, Pr. Thuss recommends the following resources:

The Good Book by Peter Gomes

www.religioustolerance.org – hot topics – the impact of religion

www.soulforce.org– What the Bible Says

Sunday School

When you think of your childhood what do you remember about it? Did you go to church with your family? What are your earliest memories of the bible? Do you remember stories about Jesus? These are all questions I have pondered because now I have children and I wonder how they will answer these questions as adults. I like to think that the ground work I am laying now will make them good Christians in the future. One of the most important things I think I am doing for them is taking them to church. However, just taking them to a church service is not enough for them. They need to get their daily dose of Jesus on a much more personal level. They do this every Sunday in Sunday school. I was not fortunate enough to go to a church as a child that offered Sunday school and therefore, really did not get how church was for me. What a gift we have at Gethsemane! This gift takes the time and talent of many people. Now is the time to look into your heart and see if you could help bring Jesus through teaching to all the wonderful children of Gethsemane. There is a place for everyone to be involved. We are planning on making more opportunities for people who have a talent in music, crafts, games and even those that are not sure of their talents but just would like to be involved. We are looking for teachers, substitute teacher, helpers, and those who have a Sunday or two to help with a craft or activity. This is an opportunity for those of you who have never or at least not recently participated in Sunday School to be involved. If you would like to help please contact Laura Begley 314-752-9335 or Begley@prodigy.net to find out more information on how you can help. We will be having a meeting for all who are interested on **Monday, August 9 at 7:00pm**. If you are not able to attend but are still interested in participating just let Laura know.

Sunday School Registration is open!

Please fill out the form and return to church as soon as possible. This is a great opportunity for your children to start developing relationships with peers in their church community. Children must be at least 3 years old and potty trained. Sunday School Rally day and church picnic are September 12, 2010 and classes start the following Sunday on September 19th.

Joint Neighborhood Ministry

August emphasis for the JNM Pantry is...**Backpacks & School Supplies** (loose leaf paper, spiral notebooks, folders, crayons, markers, pencils, scissors, glue sticks, back packs, etc.). Please bring items on either August 1st or August 8th as items need to be delivered to JNM by August 9th. Underwear and socks for children are also needed. Volunteers are needed for the Back to School Fair on Saturday, August 14th — please contact Fred Lenhart or JNM at 771-3987.

In Our Community...

TRIVIA NIGHT

On Saturday, August 14, **JustFaith** at St. Gabriel will host a trivia night to benefit the not-for-profit MicroFinancing Partners of Africa (MPA) organization, founded here in St. Louis in 2003. MPA empowers Africa's poorest people to lift themselves out of poverty with small loans. Proceeds will be used for microfinancing loans for families to purchase a cow through the Uganda Cow Project. For more information, check out the website at www.microfinancingafrica.org. Trivia Night begins at 7pm. Tables, consisting of up to eight players, are available at a low, low price of \$80. Bring your own food and beverages. To reserve a table, contact Carrie at 314-479-7511 or jftrivia@yahoo.com.

Pumpkin Planting at Mallinckrodt School

If you have an opportunity, stop across the street and see the pumpkin patch planted by Gethsemane over at Mallinckrodt School! The vines are shooting up, and we hope the students will be able to enjoy pumpkins for various class projects this fall. The pumpkin patch is along the fence on the Hampton side of the building.

Has your family been touched by depression? On August 14, Lutheran Family will be one of the hosting agencies for **The Walk for Depression**. This event will be held Saturday, August 14 at Tower Grove Park. Walkers pledge funds to the organization of their choice (like LFCS) and walk to help raise awareness about mental health illness in our community. At the same time **The Walk** is taking place, a mental health Expo will be held and will include exhibitors from 40+ different agencies that offer services and support for individuals dealing with mental illness. To register, call Dee Restrepo at 314-754-2757 (deer@lfcs.org) or go to www.TheWalkStl.org

Angel Food Ministry is a food distribution ministry available to all people regardless of income level. There are several distribution points throughout the area and Mount Tabor UCC, 6520 Arsenal, 63139 is the newest location. Information is on the table in the narthex or go to www.angelfoodministries.com for more information.

Confirmation & Youth

With the start of school, it's also time for the beginning of another year of confirmation classes and ministry! On **Sunday, August 8**, there will be a meeting for confirmation youth and parents in between church services. Please reserve **Saturday, August 28th from 9am-3pm** for an opening day-long retreat with St. Mark's Lutheran Church, Clayton. And on **Sunday, August 29th**, we will bless Confirmation students for their 2nd year of studies, fellowship, and service.

VICISSITUDES

(The changes or events that occur in our lives)

To the Gethsemane Congregation,

Thank you so much for your continuing thoughts and prayers during my recent surgery, and now during my time at home recuperating. The surgeon said the surgery was very successful and he got all of the mass. I am feeling a bit tired, but pain-free. God is good! Thank you again for the emails, phone calls, and especially the prayers.

*Blessings,
Charlie (and Teri) Wallis*

Congratulations to Dawn Schuessler on her 25 year anniversary at Washington University!

We extend the hope and comfort of the resurrection to Mardi and Mark Manary upon the death of Mardi's mother, Ruth Bunch. Funeral services will be held Saturday, July 31st at 11am at Irwin Funeral Home in Granite City, IL.

August Anniversaries

5	Thomas Meuser and Christy Scheidt	21 years
6	Joe Epplin and Margaret Zapf	27 years
7	Dave and Jan Bornemann	45 years
	John and Sharon Salerno	45 years
13	Ed and Stina Roach	27 years
14	Michael and Kimberly Elliott	17 years
17	Blaine and Nadine DeCam-baliza	9 years
19	Ron and Charleene Liesner	21 years
20	Charlie and Teri Wallis	22 years
21	Roy and Mary Ruckdeschel	39 years
27	Michael and Debra Schaller	27 years
	Bob and Marianne Pzretak	21 years
28	Todd and Ami Boehlje	17 years
	Dan and Susan Flaxbart	39 years

August Birthdays

1	Ami Boehlje, Ella Rothgangel, Rollie Walston
3	Destinee Henson-Smith
4	Jan Bornemann
6	Jan Dallman
7	Brianna Hudson
8	Isabelle Lawrence
11	Sheila Smith
12	Mateo Mantia
16	Colleen Yemm
17	Grant Drikow
18	Laura May
19	Norm Hopfer, Mardi Manary
20	Mary Carter
21	Sue Ann Hoffmann, John McElwee
22	Devon Drikow
23	Nancy Bond
24	Mykaela Williams
25	Noah Schuessler, Robbie Smith
26	Bob Lewis, Justin Tatum
27	Riley Boehlje
29	Dave Bornemann
30	Conner Lawrence, James Perretta, Lois Wind
31	Bob Stefanowicz

Komen Walk/Race for the Cure

In addition to proceeds from the Spaghetti Supper, the Happy Hoofers raised \$505.00 for the Race for the Cure this year! The list of participants or donors is: Colene Benad, Dorothy Bergman, Jane Kurt. Mary Scanlan, Denise Buehrer, Barbara Buehrer, Lory Bowman, Jane, Matt, Tessa and Addie O'Neill, Jennifer and Keith Paulson, Haley and Corey Dieringer, Christy Scheidt. They joined 70,000+ on June 12th.

—Jennifer Paulson



On Sunday, July 18th, we welcomed Ella Eileen Vicknair through the Sacrament of Holy Baptism. Ella is the daughter of Kirsten and Brent Vicknair (who are members of Holy Trinity Lutheran Church, Chicago), and granddaughter of Mary and Roy Ruckdeschel. May God bless her growth in grace.

Hero Headquarters: Where Kids Join Forces with God!

Vacation Bible School is underway! Come see the Closing Program on Friday, July 30 at 7 pm — or the slideshow in between services on August 1st!



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

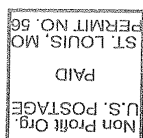
You can send your news and notes for the Messenger to glc-messenger@swbell.net. There is also a Messenger drawer by the church office. For best results, news should be in by the 20th of each month, but we'll do our best to get your news in whenever you submit it.

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
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