



A FAMILY IN CHRIST CARING FOR ALL PEOPLE

October 2010

VOLUME #1 17: ISSUE #10

October Journey Toward Health and Wholeness

The Health Cabinet will be sponsoring a variety of activities in October in honor of the Festival of St. Luke, Physician and Evangelist which occurs on October 18th.

Health Assessment and GO! Challenge! On Sunday, October 3rd, copies of a Health Assessment will be available to fill out during Fellowship/Education Hour. Then, find some friends – either here at Gethsemane, at work, at school, or in your neighborhood – for the GO! Challenge! The Challenge is a four-week tracking system for healthy habits such as exercise, nutrition, sociability, learning, centeredness and rest. As a team or as an individual, identify a stretch goal. Each week, report your “star” count on the chart at church. The team and individual with the most stars overall will be honored at the end of the month. It’s your chance to work on that one healthy thing you keep putting off!

Candlelighting for Mental Illness and Special Presentation, Sunday, October 10th. During October, Lutheran congregations are encouraged to take a Sunday to light candles and pray for people with mental illnesses or brain disorders and their families – to raise awareness, to reduce stigma often associated with these illnesses, and to pray for recovery and understanding. During Fellowship/Education Hour, there will be a *special presentation by Emily and Kevin Smith of the Karla Smith Foundation*, which provides support to family and friends of those with mental health problems or who have lost a loved one to suicide. Come and hear about their support groups, as well as strategies for living a hopeful, balanced life in the midst of mental health problems.

Healing Prayer will be offered on Sunday, October 17th as part of our communion liturgy. People are invited to come to the altar for anointing and laying on of hands with healing prayer.

Life at Gethsemane

Blessing of the Animals Service Sunday, October 3 at 3:00 pm On the Front Lawn

In honor of the Feast Day of St. Francis (on October 4th), patron saint of animals...

Animal companions blessed...

Prayers for health, long life, and happiness for our beloved animal friends...

Light refreshments, including dog & cat treats, following the service...

All are welcome, even if you don't bring a pet!



A monetary offering will benefit Stray Rescue.



Church Council Highlights September, 2010

1. Received a Treasurer's Report which showed that while expenses are within budget, year-to-date giving is \$9600 under what is needed. It was noted that over \$51,000 has come in for the "Building a House Where All Are Welcome" Renovation Fund. Budget requests for 2011 are due by November 1st.
2. Pastor Kendra encouraged council members to attend the "Toward Financial Sanity" workshop by Nathan Dungan, and the Reconciling in Christ Panel Discussion/Storytelling Event. She announced that the Wednesday morning Bible Study group will stop meeting; many thanks to Nellie Hohnsen for her faithful ministry of teaching through the years!
3. Construction updates were given. All carpeting in the building is scheduled to be cleaned on September 22nd; we are also looking at other cleaning needs once the construction is completed. Property committee is getting bids to replace the old red wooden doors on the original building.
4. The Council approved a search process for a Parish Nurse. The position would be 10 hours a week, and partially funded through the Health Cabinet. Focus for the position would be individualized health education; resource for life transitions, and health advocate with medical professionals. The position will be advertised through ELCA and ecumenical partners, as well as the Deaconess Parish Nurse Network. An interviewing committee will consist of Ted Yemm, Teri Wallis, Peggy Lewis, and Pastor Kendra.
5. The Staff Review Team will be preparing for this year's review with all staff.
6. Approved a request from Kim Elliott for Girl Scout Troop Leaders to meet at Gethsemane on the 2nd Tuesday of each month in the Fellowship Hall, September-May.
7. Received an update on the Partnership for Missional Church Process and voted to "adopt" Malinckrodt School. New "lead persons" for the process need to be discerned and recruited.
8. The Nominating Committee for next year is being activated to begin its work.

Gethsemane T-Shirts Now Available!!



The new Gethsemane T-shirt is not only a fashion statement, but a reflection of our Gethsemane and ELCA identity! It bears the Swedish colors of yellow and blue! And it has both the Central States Synod Logo (Changed by love...Sent in Love...To Serve) and the ELCA Logo (God's Work. Our Hands). Buy one for \$10 and wear it proudly (but in true Lutheran fashion—not too proud!)

Sundays in October

Sunday, October 3 We will begin using Setting 4 in the ELW for most of the remainder of the Pentecost season. In between services, take a Health Assessment and sign up for the GO! Challenge.

Sunday, October 10 We participate in the Lutheran Candlelighting for Mental Illness. You are invited to light a prayer candle for those you know who are struggling with mental illness and/or their family members. In between services, come to a special presentation by Emily & Kevin Smith of the Karla Smith Foundation.

Sunday, October 17 Anointing & Healing Prayer stations will be offered after communion.

Sunday, October 24 Worship will feature a celebration ensemble leading us in a more contemporary worship experience.

Sunday, October 31 Reformation Sunday! In between services, prizes will be awarded for the GO! Challenge, as well as a special Luther trivia competition. In honor of Gethsemane's 116th anniversary, we will sing the Gethsemane hymn "God, You Made this World a Garden."

RACHEL CIRCLE LUNCHEON

October 25, 2010, 11:00am

Pietro's Restaurant

Please call our hostess and make your reservation.

Marie Mueller at 314-842-5712

Women's Coffee & Study

Wednesday mornings, 10-11:30am

This group of women meets weekly for coffee, conversation, and study — rotating among members' homes. Currently, we are reading the Book of Job after watching "Whirlwind," a Nooma DVD. If you are interested, please contact Ami Boehlje, Kim Elliott, or Leslie Wobbe for more information.

Partnership for Missional Church: The Journey Continues

On Sunday, October 3rd, members of the Partnership for Missional Church Steering Team will share reflections and learnings from the journey during worship. We have been engaged in this process for over one and a half years — what is God up to with us?

The next Partnership for Missional Church Cluster Event will be Friday-Saturday, October 15-16 at Good Shepherd Lutheran Church in Manchester. We will hear what our partner congregations have been doing as "missional experiments" and share our own experiences in supporting public school children and their families at Mallinckrodt School. If you are a family with children in the St. Louis city public schools, would you be interested in a monthly hour-long gathering for prayer? Talk with Pastor Kendra, Mary Kelly, Jack Jaworski, Carolyn Schinker, Kate Hartz, Bill Burmeister, or Charlie Wallis.

Building a House Where All Are Welcome!

Construction Update: Upstairs bathrooms are now useable and finishing details are being completed daily. Elevator installation should be finished within the next week with inspections to follow.

Financial Update: Giving for the Renovation Project is \$53,458. Thank you for your continued support! Watch the "elevator climb" on the Giving Chart in the narthex.

CALLING ALL RINGERS!

We are looking for bell ringers for the Belladeers bell choir. Belladeers rehearses on Sunday mornings in between services for a half hour rehearsal. This group is open to experienced and new bell ringers. Please talk to Ann about giving bell ringing a try (ptllall4@earthlink.net or 314-753-3681).

Health Cabinet

Clinical Depression

A Health Message from the International Parish Nurse Resource Center

What is it?

- It is one of the most common ailments suffered and is found in all ages.
- It affects how you think and behave at work and play.
- It can be a long - term condition or a one - time situational concern.
- It can make you feel that working, making friends, or engaging in any activity takes too much effort.

Those at risk have:

- biological relatives with depression.
- stressful life events such as a death in the family or a loss of a job
- a major life change or a terminal / chronic illness such as cancer, heart disease, Alzheimer's or HIV/AIDS
- personality traits of low self - esteem, dependent nature, or self - criticism
- frequent use of alcohol or drugs
- recently given birth

Signs & Symptoms

Clinical depression is diagnosed when these symptoms linger and are exhibited daily for two or more weeks:

- A loss of or no interest in what used to be enjoyable.
- Difficulty sleeping – too much, too little, frequent waking during the night
- Difficulty focusing on issues & making decisions
- Unintentional weight gain or loss
- Feeling fatigued, restless, irritable, sluggish, worthless
- Frequent crying
- Difficulty doing your daily work or maintaining relationships
- Thoughts of suicide

Treatment

- These feelings can occur at various times in your life.
- If they persist, see a physician for a diagnosis and a treatment plan.
- See someone qualified to treat depression (physician, psychiatrist, psychologist, social worker).
- Your treatment plan may include medication, psychotherapy, brain stimulation, or complementary options.
- Do not self - treat through alcohol as it will make your depression worse.
- Have an open conversation with a loved one exhibiting these symptoms. Encourage them to seek help.

Prevention

- Learn to control the stress in your life and your reaction to it
- Simplify your obligations when possible
- Develop friendships and support systems – don't become isolated
- Be active – exercise can improve your mental health
- Maintain a healthy diet and regular sleep habits
- Incorporate relaxation activities into your day

For more information on depression visit:

Mayo Clinic, www.mayoclinic.com

National Alliance on Mental Illness, www.nami.org

Personal Meanings & Emotions in Life Space Mobility

Volunteers are needed for a phone interview study. Mobility is important for being independent and engaged in meaningful activities, especially for senior adults experiencing changes in health and function that sometimes come with advancing age. Dr. Tom Meuser, a researcher at UMSL and member of Gethsemane, has received a grant from the National Center on Senior Transportation, a subsidiary of Easter Seals, Inc., to find out what senior adults believe about personal mobility in aging.

Prospective volunteers must be age 60 or older and reside in a community setting (e.g., personal home or apartment, independent retirement community). Participation involves completing a questionnaire administered by phone. Those completing the questionnaire will receive a \$10 department store gift card.

Those with questions, or who are interested in volunteering, may call the Study Coordinator at [314-516-7456](tel:314-516-7456).

PARISH NURSE POSITION: Gethsemane Lutheran Church is accepting applications for a part-time (10 hours/week) Parish Nurse. Applicants must be an RN, have completed (or be willing to complete) a Parish Nurse course, and be able to work as part of a pastoral team. Please contact Pastor Kendra Nolde at Gethsemane Lutheran Church, 3600 Hampton Ave., St. Louis, MO 63109, 314-352-8050, or prkendra-glc@swbell.net.

Gifts & Memorials

In the period of July-September, 2010, gifts have been received:

For the Building Renovation Fund "Building a House Where All Are Welcome":

—In honor of Norma Schenck, by Edna May Otto

—In memory of Gus Niebuhr and Debbie Dalba, by Lillie Niebuhr

For the Gift & Memorial Fund:

—In memory of Don Holmstrom, by Ruth Johnson

If there are any questions, please contact the church office.

Looking Ahead – Save the Date!!

Friday-Saturday, November 5-6 South Cluster Revival/Renewal Weekend: Spark the Spirit in PRAYER

Sunday, November 7 All Saints' Sunday and Dedication of Renovated Spaces! Everyone is invited to bring a picture(s) of loved ones who have died to surround us in the communion of saints.

Saturday, November 20th, 6:30 pm "Uncle Jim LIVE: Let There Be Fun." A family concert with Jim Mayer; a celebration event for the Building a House Where All Are Welcome Campaign.

Reconciling In Christ

Reconciling in Christ is a program for Lutheran communities of faith to answer the inclusive call of the gospel by welcoming believers of all sexual orientations and gender identities. Gethsemane is in a process of prayer, dialogue and education to make a decision to adopt this designation.

Upcoming events

Sunday, October 24, 2010, 6:00 pm at Gethsemane

“We’ve Been There: What It Is Like for My Church to be Welcoming”

A panel presentation by pastors, leaders and representatives of churches who have made this decision to be designated a Reconciling in Christ congregation.

Sunday, November 14, 2010, 1:00 pm at Gethsemane

“How to talk about issues of gender identification and sexual orientation”

A conversation with experts and parents with experience in these conversations. *Intended for parents, grandparents and anyone who talks with kids of any age!*

12:00 pm lunch Child care will be provided.

A special thank you to those who participated in the panel and shared their stories on September 26th. Also, thank you to those who organized, provided the meal, and did set-up and clean-up.

Thanks...and more Thanks....

...As we approach the end of the summer growing season, we offer special thanks to Charlie Wallis for mowing the lawn, and to Blaine DeCambaliza and Rob Schainker for their assistance. Thanks to Phyllis Saathoff and Dawn Riske for trimming bushes. And thanks to all those who participated in “Adopt-a-Garden” and took responsibility for a piece of our landscaping!

...Thanks to Nellie Hohnsen for her years of teaching the Wednesday morning Bible Class! Her wit, wisdom, and faithfulness are deeply appreciated.

...As we (hopefully!) approach the completion of the Renovation work, we thank the ad hoc “building committee” that met regularly with the architect and contractor: Gary Borkowski, Jim Mantia, Conrad Otto, Charlie Wallis, and Jack Wind. Special thanks to Gary in the office for his daily monitoring of project details.

...Thanks to the Altar Guild for ordering and placing the new chancel candles, which are oil-filled rather than beeswax. These candles will be much easier to light and to clean. (But, please, ushers and acolytes — no more candle tipping to reach the wicks!)

...Thanks to Debbie Schaller for donating the jewelry for the Ice Cream Social raffle. Her name was mistakenly left off the ICS sponsors’ list in last month’s Messenger.

...To all those who use Schnuck’s E-Scrip cards in support of Gethsemane! If you shop at Schnucks, consider getting an E-scrip card from the church office. A small percentage of all purchases is returned to Gethsemane.

“I have not stopped giving thanks for you, remembering you in my prayers.”

Ephesians 1:16

***Gethsemane Continues to Host
Lutheran Family & Children's Services
Counseling Office***

For the past 2 years, counselors from LFCS have seen clients at Gethsemane as a satellite city location. LFCS has recently received grants to offer counseling services for free to anyone whose home has been foreclosed. They have also received funding to place mental health support persons in each Lutheran school. For more information, or to make an appointment, contact the main LFCS office at 314-787-5100.

Swedish Proverb

**Fear less, hope more;
Eat less, chew more;
Whine less, breathe more;
Hate less, love more;
And all good things are
yours.**

Confirmation and Youth

Confirmation Classes

**Wednesdays, October 6 and 20 6:30-8:00pm
At St. Mark's Lutheran Church, 6337 Clayton Rd.**

Middle and High School Service Project: Feed My Starving Children Food Packing Event

**Saturday, October 9 2:30-4:30pm
Good Shepherd Lutheran Church, 327 Woods Mill Rd., Manchester**

**Reminder: The \$70 registration fee for YouthQuake is due by Sunday, October 17th.
(Checks payable to Gethsemane.)**

Lutheran Colleges

You are invited to attend a College Fair and Workshop. Events include workshops on College and Career Planning and on Financial Aid, and opportunities to meet with representatives from individual colleges. For more information, visit www.lutherancolleges.org/events

Fair and Workshop Sites

St. John Lutheran Church
15800 Manchester Rd.
Ellisville, MO 63011
12:00 noon Lunch
1:00pm Financial Aid Seminar

LCMS International Center
1333 South Kirkwood Rd.
Kirkwood, MO 63122
6:45pm Registration
7:00pm Financial Aid Seminar
7:30-9:00pm College Fair

“Uncle Jim” in Concert at Gethsemane

Jim Mayer, aka Uncle Jim, is an award-winning children's artist whose two #1 Hits have established him as a trusted presence in the lives of families. Jim's shows contain positive messages about character development, being a kid, friendship, family, and of course, just being happy. Uncle Jim's Mission is: Finding Joy and Wonder in Everyday Life.

Many of you know Jim Mayer, a former member of Gethsemane and son of Sammy Mayer. The term "Uncle Jim" is not a figurative one; Jim has twenty nieces and nephews and he knows what kids like! He's become quite successful as a children's music performer in addition to his day job with Jimmy Buffett.

His first children's CD, "Uncle Jim – Funky As A Diaper" (Mailboat Records) reached #1 on XM KiDS Radio (twice!) and is the recipient of an iParenting "Hot Product" Media Award and a Children's Music Web Award. All of the material on "Funky As A Diaper" has been child tested and some of the songs have even been co-written with Jim's nieces and nephews. In addition to appearing on numerous television shows, some of Mayer's career highlights have been: touring with and opening for The Moody Blues and Chicago as a member of PM (1989), performing as a Coral Reefer band member at President Clinton's Inauguration (1992) and President Clinton's White House Birthday Celebration (1995), performing with Joni Mitchell in a benefit for the New Orleans Homeless (1994), performing with Robert Greenidge, Michael Utley and Grammy winning artist Ralph MacDonald at the Trinidad-Tabago Jazz Festival (1996), and being featured on the XM Kids Rumpus Room Concert Series.

Mayer has played on over thirty studio recordings. Some recent recording credits include upcoming CD releases from Little Feat and JD Souther. And in his spare time, (spare time, what's that?) he's engineered and produced eleven CDs in addition to his own.

Jim resides in Nashville where he works continually to improve the lives of children and their parents with music and videos. He loves dogs, climbing trees, and chunky peanut butter.

Uncle Jim will be performing in concert at Gethsemane on Saturday, November 20, at 6:30 pm. A ticket order form is included in this Messenger and will also be in upcoming Sunday bulletins. A portion of the proceeds of the concert and CD sales will go to the *Building a House Where All Are Welcome* Building Renovation campaign and to a performance for the children at Froebel Elementary School on November 19.

Joint Neighborhood Ministry

October emphasis for the JNM Pantry is...*Bar Soap, Toothbrushes and Toothpaste.* As is always the case, Joint Neighborhood Ministry is delighted to accept any and all non-perishable food and personal care items. So, if you find a "buy one-get one free" or "on sale" item or two this month, please place in the grocery cart in the upper level hallway. Your generosity is appreciated!

In Our Community...

ELCA South Cluster Faith & Finances Series

Sunday, October 24

12:30-2:00pm (Light Lunch beginning at 11:45am)

“Wills, Estates, & Gift Planning Seminar”

At St. Mark's Lutheran Church Fellowship Hall, 6337 Clayton Rd. 63117

Led by "Joyce" JP Palmer, ELCA Planned Giving Expert. Lutheran Planned Giving reminds us that there is one time in our lives when we must give away all we have accumulated during our lives. As Christians, we know our inheritance is eternal in heaven. Yet, as stewards of the gifts that God has entrusted into our care, we must plan for the time when we will not be able to care for those we love. The “*Wills, Estates, & Gift Planning Seminar*” will share accurate and concise information about Wills and how Lutherans are strengthening the ministries of the Lutheran Church through special provisions in their Wills.

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

Spark the Spirit in Prayer

2nd ELCA South Cluster Renewal/Revival Weekend

November 5-6, 2010

The emphasis this year will be on the power of prayer to renew us, our community, and our world.

Friday, November 5 7:00 pm Join Bishop Gerald Mansholt in a service of prayer and healing for self and others at Holy Trinity Lutheran Church.

Saturday, November 6 12 noon We begin with a brief service and send-off by our ELCA Revivalist at Gethsemane Lutheran Church before dispersing for various prayer activities: leading prayer at area hospitals and nursing homes, doing a neighborhood prayer walk, making packages for those serving in the military, walking a labyrinth.

Saturday, November 6 5:00 pm Grand welcome back at St. Thomas/Holy Spirit, joining in prayer for the nation and the world.

VICISSITUDES

(The changes or events that occur in our lives)

Hey this is Chris Moe. I just wanted to thank everyone for their prayers and the wonderful send.off. Your support and prayers in this endeavor are truly a blessing. I feel so blessed to know that my family belongs to Gethsemane. It's never easy to leave your family, but I do it knowing that our family at Gethsemane prays for me and takes care of my family. It means more than you can imagine.

I am down in San Antonio Texas completing the Army's AMEDD Basic Officer Leader Course (BOLC, pronounced BO LICK). Everyone going into the Army who works in the medical field goes to this course-doctors, nurses, optometrists, pharmacists, and 70B Medical Service Corps officers such as myself. Things are going well so far. I am currently acting as my 4th Platoon's Platoon Sergeant, which means I assemble everyone, take attendance, and run the everyday workings of the platoon under the guidance of my platoon leader and the help of my squad leaders. I have an excellent Platoon, and excellent platoon leader, and excellent squad leaders. Overall I'm very pleased with BOLC and the people I am with.

My address is:

Chris Moe

2250 Stanley Rd. Unit 794

Fort Sam Houston, TX 78234-6410

I love getting and sending mail!

God Bless,

Chris Moe

October Anniversaries

7	Mary Jane Thomsen and Michael Borough	5 years
15	Tom and Leslie Wobbe	11 years
17	Terry and Kate Hartz	29 years
22	Brian and Rosalind Roberts	27 years
28	Randy and Kathleen Moe	30 years

October Birthdays

1	John Wilbers
3	Don Kurt, Micah Manary
5	Anne Halvachs
6	Anna Fehr, Mike Hogan
8	Austin Brendel
9	Don Bergstrom, Justin Henson, Steve Hetager
11	Corey Dieringer, Julia Epplin-Zapf, Elizabeth Hetager, Christopher Moe
12	Joan Williams
13	Theresa Diehl, Ashley Stefanowicz
14	Natalie Fenton, Jack Jaworski, Mitchell Paulson
16	Matt Spicer
18	Gavin Drikow, Maya Drikow, Mary Jane Thomsen
20	Cody Bowman, Julian Meyerstrom
21	Rich Brown, Aaron Meuser
22	Maurice Flinn
26	Mary Lyon
29	Jill Burgard
30	Gert Kriese, Lucas Hopfer
31	Phyllis Saathoff

We extend the hope and comfort of the resurrection to the family of the Rev. Arthur M. Holmer.

Pastor Holmer served as pastor at Gethsemane Lutheran Church from 1953-1962. He was preceded in death by his beloved wife, Alice, last February. Addresses for Pastor Holmer's children are available from the church office.

Six Lutheran Kittens Need Loving Lutheran

Homes: Born August 1 to the McGuires' foster cat, they were delivered by Randy and taught catechism by Marilyn. Adoption from the St. Francois Society will cost \$125, which includes spay/neuter and all shots. Call Randy (314-422-4473) or Marilyn (314-775-8917) to inquire.

Picnic 2010

THANK YOU people of Gethsemane for making our annual church picnic a success!

Special thanks to:

The Good Lord for the perfect weather!

Pastor Jeff for presiding over the fun and thoughtful informal worship service.

The GLC kids for leading us in motion as we sang & prayed.

The Fellowship committee & all helpers for weed wacking, clean up of pavilion area , moving, setting up, cleaning, & tearing down.

Robbie's Catering for a scrumptious meal.

The dessert makers for the best of sweet treats.

Game bringers for the extra added fun.

And a shout out to everyone who attended, you put the "fellows" in fellowship!

Thanks & applause to you all!

-Lois, Paula & the Fellowship Committee.



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

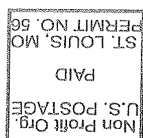
You can send your news and notes for the Messenger to glc-messenger@swbell.net. There is also a Messenger drawer by the church office. For best results, news should be in by the 20th of each month, but we'll do our best to get your news in whenever you submit it.

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!).



“Return Service Requested”

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