



A FAMILY IN CHRIST CARING FOR ALL PEOPLE

January 2011

VOLUME #118 ISSUE #1

A New Year's Prayer

As we strive to live our lives well...Walk closely with us, God.
As we enjoy the treasures we've found in the field of faith...Walk closely with us, God.
As we journey into the unknown territory of a new year...Walk closely with us, God.
As we hurt in the process of loving our enemies...Walk closely with us, God.
As we learn to accept our weaknesses and our strengths...Walk closely with us, God.
As we open our hearts to the messengers you send to us...Walk closely with us, God.
As we stay faithful to our relationship with you...Walk closely with us, God.
As we give ourselves to the poor and the powerless...Walk closely with us, God.
As we keep searching for the truth...Walk closely with us, God.
As we try to live in the heart of the scriptures...Walk closely with us, God.
As we accept your constant love for us...Walk closely with us, God.
God of this new year, we are walking into mystery. We face the future, not knowing what the days and months will bring to us or how we will respond. Be love in us as we journey. May we welcome all who come our way. Deepen our faith to see all of life through your eyes. Fill us with hope and an abiding trust that you dwell in us amidst all our joys and sorrows. Thank you for the gift of being able to rise each day with the assurance of your walking through the day with us. God of this new year, we praise you. Amen.

—Joyce Rupp, Fresh Bread, Ave Maria Press, 2006

Special Congregational Meeting

Sunday, January 16, 2011

10:00 am (between church services)

At this meeting we will receive the 2010 Treasurers' Report and vote on the 2011 Budget. Please plan to attend.

A Night in Bethlehem

In spite of the chill in the air, A Night in Bethlehem was a wonderful start to December. Special thanks to Kim and Mike Elliott for outdoor arrangements and Bethlehem activities, to Celeste Vossmeier for the delicious lentil soup, to kitchen managers Jean Chouquette, Mary Thuss, and Margaret Lenhart; to the Welcoming Team for cocoa and cookies (especially Pauline Farmer who poured the hot chocolate); and to the McDowell family for being the “holy family” for the evening. Next year — a reunion of all our “holy families” through the past 5 years!



January Events

Week of Prayer for Christian Unity Service
Sunday, January 23, 2011
4:00 pm at Union United Methodist
3543 Watson Rd.

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! The preacher will be Rev. Carl Schenck, a Methodist pastor who is a professor at Eden Theological Seminary. A joint choir will provide special music.

New Member Orientation
Sunday, January 30
1:00-3:00pm
(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 for some winter warmth and fellowship, and then stay for the Orientation. Please contact Pastor Kendra if you have any questions!

"Welcoming" Party
Saturday, January 22, from 7:00pm-10:00pm
at the home of Roy Geers, 1647 Monaco, Warson Woods.

You are invited to attend an evening of FOOD, FUN, GAMES, & DANCING to welcome those who have recently become a part of the family of faith at Gethsemane. Bring an appetizer to share! Call the church office (314-352-8050) by Jan. 21st to let us know if you will be attending.

CHILI & COOKIE COOK-OFF
(Hot, Spicy, or Mild along with a Sweet Treat)
Sunday, January 30, 2011

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 and/or cookie 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! We had such a great turnout last year and wonderful varieties of chili, from novice tasters to professional testers, so let's hope this year will be an even bigger and better event.

The Fellowship Committee will provide the fixin's: crackers, shredded cheese, onions & sour cream, plus 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 planning to enter a chili and/or cookie for the judging, so we can make labels to identify the kind of chili or cookie, designate a number for voting, and make sure we have enough electrical outlets, tables, etc. It's sure to be a fun time, hope to see you there! Remember...CONTACT us by January 23rd if you can HELP with this event and/or bring chili or cookies.

Thank you,
Fellowship Committee

P.S. We are planning events for this year so please give us your ideas. See you on the 30th!

**RACHEL CIRCLE WILL NOT
BE HAVING A JANUARY LUNCHEON**
Please remember the reason for the season.
Hope everyone has a Blessed and Safe
Christmas Season!

Health Cabinet

Blessings in the Name of our new born Savior, Jesus Christ! As we begin this journey together into the New Year, we want to visit with you about another type of trek...one to good health. One of the best ways to protect and promote health is by staying active, and one of the best ways to do so is by *Staying in Step with the Lord*. Indeed, Proverbs reminds us that, "...a prudent man gives thoughts to his steps." (Prov. 14:15).

10,000 Steps to Health

There is ample scientific evidence to support that for most people, walking can be an excellent form of exercise. It is simple, can be done alone or with other people, requires little equipment, and national health experts now recommend that we get a 30-minute brisk walk every day. A healthy diet and physical activity such as brisk walking can reduce the likelihood of experiencing some chronic diseases by 50-70%! To begin enjoying the health benefits, the average person needs to walk approximately 10,000 steps per day (about 5 miles). Without an intentional exercise program, most of us only take 4,000-6,000 steps per day. Additional steps are needed to improve our health and lose weight.

Your Health Cabinet's Prescription for Beginning your Walking Program includes:

- Checking with your health care provider first
- Using a pedometer to keep track of your daily steps
- Checking your equipment: do you have good shoes? Reflective clothing?
- Starting small and gradually increase your goals by 200-500 more steps per week
- Considering multi-tasking: walk your dog with a family member and catch up on each other's activities, or take a meditative walk!
- Accountability: Tell someone about your plan and ask them to help hold you accountable
- Keep at it! It takes several months to turn a behavior into a new habit
- Considering working a prayer walk into your wholistic health program

Staying in Step with the Lord

It has been said, that the best health advice is to take all of our steps, no matter how large or small, hand in hand with the Lord. Galatians 5:2 encourages us with these words, "Since we live by the Spirit, let us keep in step with the Spirit." We can improve our health by walking more, and also by being aware of our "walk with the Lord". With all of your steps, why not challenge yourself to intentionally recognize the power of the Lord alongside you. If we can be of any help to you in walking, please contact a member of the Health Cabinet. We would love to share in your physical and spiritual walk!

Life at Gethsemane

Annual Congregational Meeting Highlights

Gethsemane's annual meeting was held on Sunday, December 5th, following a delicious potluck lunch. Key items included:

1. Dwelling in the Word with 2 Corinthians 4:1-12.
2. Electing Council Members. Congratulations to Richard Schuessler, Richard Brendel, Keith Paulson, Mark Cutelli, Betsey Bartholomew, Darlene McElwee, and Luke Borkowski. Thanks to those who are completing their terms: Roger Shaw, Norm Hopfer, and Peggy Lewis. Thanks to Blaine DeCambaliza for finishing an unexpired term, and to Chris Kleine.
3. Designating monies in the Scholarship Fund for a Parish Nurse, leaving \$500 in the Fund for future needs.
4. Initial presentation of a 2011 Budget.

"Be the Difference" (formerly known as Time and Talent)

Thank you for filling out your "Be the Difference" Volunteer forms as part of this year's Stewardship Every Member Response. Forms have been collated and information will be given to committee chairs and council members in January. If you have newly signed up to serve in worship leadership, watch for information in the mail and feel free to ask Pastor Kendra if you have any questions. Training for Assisting Ministers and Lectors will be held after the start of the year.

Sundays in January

Sunday, January 2

2nd Sunday after Christmas

BLOOD DRIVE!

Sunday, January 9

Baptism of our Lord

Council members installed at both services, as we remember our baptismal mission to let our light shine!

Between services: Confirmation Meeting

Sunday, January 16

2nd Sunday after the Epiphany

Between services: Congregational Budget Meeting

Sunday, January 23

3rd Sunday after the Epiphany

Between services: "Sermon on the Mount: Does Jesus Really Expect Me To Turn the Other Cheek?"

Sunday, January 30

4th Sunday after the Epiphany

Between services: Presentation by Joyce Johnson, National Alliance on Mental Illness (NAMI) on services available to families dealing with mental health issues, as well as the work and services of NAMI.

Rock 'n Roll (up your sleeves!)

BLOOD DRIVE

Sunday, January 2 8am-12noon

Contact Mary Jane Thomsen (314-213-4313) or maryjanethomsen@hotmail.com to make an appointment. Start the year by giving the gift of life! All presenting donors will receive a "Rock and Roll" To-shirt!

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 through a welcoming statement.

Sunday afternoon movie: For the Bible Tells Me So

January 9, 2010

12:30 pm – 3:00 pm in the Fellowship Hall

Watch the film, pizza lunch, discussion after.

Childcare available!

In this Sundance documentary, director Daniel Karlake goes to the Bible to examine the ways in which conservative Christian groups have used -- and sometimes exploited -- holy Scripture to deny human rights to gays and lesbians around the world. Highlights include interviews with V. Gene Robinson, the first openly gay bishop in the Anglican Communion, and Chrissy Gephardt, the lesbian daughter of former U.S. Rep. Dick Gephardt.

Opportunities for Adult Learning & Faith Sharing

Sunday Mornings at 10:00am:

Sunday, January 23 — “The Sermon on the Mount: Does Jesus Really Expect Us to Turn the Other Cheek?” A Bible Study and conversation with Pastor Kendra.

Sunday, January 30 — Resources for families dealing with mental illness and health challenges, with Joyce Johnson from NAMI, National Alliance on Mental Illness

Wednesday Women at 10 am Wednesday mornings:

A group of younger women who gather weekly for Bible study and faith sharing, often meeting in one another's homes. For more information, contact Pr. Kendra or Leslie Wobbe.

Faith Sharing Group at 7 pm on occasional Thursday evenings:

This group decides on books to read and discuss together. They meet in one another's homes. Talk to Joe Eplin or Fred Lenhart for more information.

Confirmation and Youth

Confirmation Classes will be held on Wednesday, January 5 and 19 from 6:30-8:00pm. Location to be announced.

All Confirmation students and parents are asked to meet with Pastor Kendra during the Sunday School hour on Sunday, January 9th in the Conference Room to go over plans for the remainder of the year.

Junior High Epiphany Party: On Sunday, January 9th from 4-6pm, junior high youth will be celebrating the Epiphany Season with the youth from other ELCA south cluster congregations at Christ Lutheran Church. We'll have games, skits, and cupcakes. Everyone is asked to bring a "white elephant" gift and socks to be donated to S.O.C.K.S. — Serving our Community's Kids. It's free and fun so bring a friend!

Thanks to all who supported the Parents' Night Out fundraising event! We raised \$150 for our summer mission trip to Jackson, Michigan with the ELCA South Cluster.

GIFT & MEMORIAL

Received September through December 2010

A gift has been received for the HUGS program in honor of Lois and Hugh McCall by Marv and Karen Lohmann

A gift has been received for the Health Cabinet in honor of Lois and Hugh McCall by Marv and Karen Lohmann

A gift has been received for a new garden in honor of Edna May Otto by Norma Schenck, Joan Williams, Jack and Lois Wind

A gift has been received for the Building Fund by Neil and Linda Gustafson and John and Sharon Salerno

A gift has been received for the Memorial Fund in remembrance of Debbie Dalba and Gus Niebuhr by Lillie Niebuhr

A gift has been received for the Memorial Fund in remembrance of Jennifer and in honor of Adam, Luke, Abigail and Rebecca by John Sandberg and Celeste Vossmeier

A gift has been received for the Memorial Fund in remembrance of Dave Borneman by Florence Frederickson

A gift has been received for the Memorial Fund in remembrance of Herta Kriese by Gert Kriese

A gift has been received for the Memorial Fund in remembrance of loved ones by Vi Aronsson

A gift has been received for the Memorial Fund in remembrance of loved ones by Edna May Otto

A gift has been received for the Memorial Fund in remembrance of Jeffrey G. Williams by Joan P. Williams

A gift has been received for the Memorial Fund in remembrance of Ronald Fehr by Kim Rose

A gift has been received for the Memorial Fund in remembrance of Harold W. Schenck by Norma Schenck, Joan Williams, Lois and Jack Wind

A gift has been received for the Memorial Fund in remembrance of Dave Borneman by Jean Chouquette

A gift has been received for the Memorial Fund in remembrance of Edna Geers by Roy Geers

A gift has been received for the Memorial Fund in honor of Norma Schenck by Edna May Otto

IN OUR COMMUNITY...

Lutheran School of Theology for... personal discovery, practical ministry, and professional growth.

Winter Offerings:

“Out of the Whirlwind: Fear and Faith in the Book of Job” taught by Dr. Ben Asen, on six Wednesdays, 7:00-9:30 pm, January 19-February 23 at Grace Episcopal in Kirkwood.

“Being the Church in Polarized Times: Lessons from the Past” taught by Dr. Mark Ruff on five Tuesdays, 7:00-9:30 pm, February 1-March 1 at Bethel Lutheran, University City.

“Faith, Politics, and the Economy” taught by Rev. Dr. Michael Hoy, on four Thursdays, 7:00-9:30 pm, February 3-24 at an Illinois location to be announced.

To register, go on-line at lststl.org or fill out a registration form at church.

THE ST. OLAF CHOIR

The St. Olaf Choir from St. Olaf College in Northfield, Minnesota, will be appearing in concert at Manchester United Methodist Church, 129 Woods Mill Rd., on Friday, February 11, at 7:00 p.m. during their upcoming annual national tour. Tickets are now available at stolaftickets.com.

CAMP WARTBURG WINTER RETREATS Waterloo, Illinois

A Women’s Weekend, “Faith for Our Freakouts,” February 18-19, 2011, \$50 per person. Women live in a world threatened by fear. Fear assaults our lives with pressure, stress and anxiety. This weekend we will identify our own individual fears, develop a game plan to seek God’s power, and move forward toward replacing numbing fear with a strong faith.

Men’s Retreat, “Like Jonah...you are a man on a journey,” February 25-26, 2011, \$40 per person. Dr. Reed Lessing is your retreat presenter. Study God’s Word. Fellowship. “Manly” activities — if you dare, free activities will make you feel like an adventurous kid again.

For more information, contact Camp Wartburg at 618-939-7715 or email us at wartburg@htc.net. Registration forms are also available at church.

AND IN OUR WORLD

*Merry Christmas 2010
Rafiki Village Ghana*

Be still before the Lord and wait patiently for him..." Psalm 37:7

Dear Family and Friends,

Thank you for your faithfulness in prayers and financial support this past year! God has answered mightily! We number 114 resident children, 50 day students, fifteen parents, eleven teachers, ROS, cooks, laundry woman, security men, maintenance and ground crew... We stand in amazement watching what God is doing here! God has enabled us adults to teach and train up these children. We see your faithfulness to our gracious Lord every day!

Please ask God to quickly bring qualified Senior High and Primary School teachers. Our School Year begins the second week of January 2011.

Thank the Lord for three women who are Mothers in Training! Please ask the Lord for wisdom as I train these new parents; as I continue to train the old parents.

Please ask God to provide sponsors for our newest fourteen children: Augustine, Augustus, Dennis, Ellen, Gideon, Mabel, Mary A., Mary K., Mavis, Nancy, Perpetual, Rachael, Rebecca, and Yaw. Please continue to support me. My current funding for my fourth term (2010-11) is 56%. Visit our website to see me and our children. <http://www.rafiki-foundation.org/AboutUs/staff.aspx>.

May God prosper you and me in the new year! May God establish the work of our hands!

With love,

Nancy

(Nancy Bond is a Gethsemane member who works as a long-term missionary with the Rafiki Foundation in Accra, Ghana.)

Social Action

Adopt-A-Family Accolades. What an incredible community! On a snowy, frigid, blustery Sunday morning people showed up with bikes, black bags loaded with gifts, boxes of food, blankets, pillows, and gift cards in abundance for the Joint Neighborhood Adopt-A-Family Project. You are a blessing to so many folks and your determination in carrying through deserves blue ribbon recognition, thank you so much!

Thanks to cookie baker and candy makers extraordinaire, Peggy Zapf and Margaret & Fred Lenhart. The cookie sales generated \$700, plus \$580 in matching funds from Thrivent, to benefit Gateway 180 Homeless Services. Candy sales produced \$425, plus \$425 in matching funds from Thrivent, to benefit Joint Neighborhood Ministries.

VICISSITUDES

(The changes or events that occur in our lives)

A big thank you to the carolers that stopped by my apartment on Sunday the 19th to sing. I sure was surprised. Thanks again.

Vi Aronsson

Thank you again to the Gethsemane community for your thoughts, prayers and support earlier this year during my recovery from a stem cell transplant. My family and I are most thankful for all you have done!.

Randy Moe

Thank you to Deaconess Phyllis Saathoff for her visits this past year, for our conversation and celebrating communion.

Randy Moe

Thank you to Pastor Kendra Nolte for her visits, counsel, spiritual guidance, communion devotions and prayers during the numerous transitions for our family this year. Kathleen, Randy, Carolyn & Christopher Moe

Notes from the Office:

Updated Church Directories are available upon request.

Please pick up your 2011 Offering Envelopes in the church hallway.

All contributions to be credited to 2010 need to be received in the church office by Tuesday, December 28th.

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, 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 20 years

New Email address for Teri and Charlie Wallis is ctwallis88@charter.net

Address Change for Carolyn Moe:
401 Crest
Kirkwood, MO 63122
(314) 835-9954

There are only three things you need to let go of: judging, controlling, and being right. Release these three and you will have the whole mind and twinkly heart of a child.
—Hugh Prather

Our Life in Pictures

Thankful Tree

Our thankful tree overflowed with gratitude during this year's Stewardship program. If you haven't done so yet, please fill out your Commitment Card and your "Be the Difference" Volunteer Form for 2011!



Women's Christmas Luncheon

A good time was had by all! Pastor Kendra led a devotion on the "Colors of Christmas" and Laura Begley gave a Pampered Chef demonstration. Watch for more information in next month's Messenger.



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

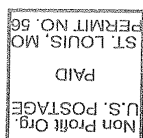
You can send your news and notes for the Messenger to glc-messenger@swbell.net. There is also a Messenger drawer by the church office. For best results, news should be in by the 20th of each month, but we'll do our best to get your news in whenever you submit it.

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