

GETHSEMANE LUTHERAN CHURCH MESSENGER

A FAMILY IN CHRIST CARING FOR ALL PEOPLE

May 2011

VOLUME #118 ISSUE #5

In Concert:
Gateway Ringers

Charles Peery, Director
Sunday, May 1, 2011, 3:00 p.m.
Gethsemane Lutheran Church



Join us for *Bell-issimo!*timeless melodies for and about
bells by Vierne, Mozart, Bizet and others.

www.gatewayringers.org

A free-will offering will be collected.

May at Gethsemane

Sundays in May

Sunday, May 1st **2nd Sunday of Easter**
Youth Plant Sale Distribution
and Car Wash
3:00 pm Gateway Ringers Concert

Sunday, May 8th **3rd Sunday of Easter**
Mother's Day
"Building a House Where All Are Welcome":
One year anniversary celebration

Sunday, May 15th **4th Sunday of Easter**

Sunday, May 22nd **5th Sunday of Easter**
"Thank You" Celebration for Ella!

Sunday, May 29th **6th Sunday of Easter**
One Service Only at 10:00 am
Rite of Confirmation

Thank you, Ella! Celebration

Sunday, May 22nd will be Ella Rothgangel's last official Sunday as organist at Gethsemane. We are not saying "farewell," as Ella will remain a part of the Gethsemane faith community. But we do want to say "thank you" and voice our appreciation for her 8+ years of service and ministry. A special reception in Ella's honor will be held between services on this day.

Youth Mission Trip Meeting **Sunday, May 15 1:30-3:30pm**

This important meeting will continue our preparation for going to Jackson, MI at the end of June!

Building a House Where All Are Welcome: First Year Celebration!

It seems hard to believe that one year ago, on May 2, 2010, we had Commitment Sunday for the Building Renovation Project! To date, close to \$90,000 has been contributed toward our goal of \$200,000. Wouldn't it be great to surpass the halfway mark by the end of the first year?

On Sunday, May 1st, we will kick off the anniversary with a Celebration Concert by the Gateway Ringers. Then, in worship on Sunday, May 8th, we will give thanks for all the generous hearts and hands that have been a part of this project!

Confirmation Schedule

In preparation for the Rite of Confirmation, class will be held on Wednesdays, May 4 and 11, and on Sunday mornings May 8 and 15 in between services. A "Confirmation Luncheon" will be held on Saturday, May 21st from 11:30am-1:00 pm for Confirmands, their families, and mentors. (We will do this luncheon jointly with students from St. Mark's.)

Finish up those sermon notes and mentor conversations!

RACHEL CIRCLE LUNCHEON

Monday May 23 2011
at Pietro's Restaurant
Please call our hostess
Lillie Niebuhr at 314-481-0430 to
make your reservation.

Life at Gethsemane

Church Council Highlights April, 2011

1. Began with devotions and Dwelling in the Word.
2. Received a Treasurer's Report which showed that giving is \$4600 behind budgeted needs through the end of March.
3. Approved a recommendation from the Health Cabinet that Gethsemane contract with the Deaconess Parish Nurse Network to find a parish nurse. This position would be 10 hours per week; the covenant would be for three years. (See Health Cabinet article for FAQ's).
4. Received an updated balance sheet on the Renovation Project. To date, \$95,000 in gifts have been received. We are still waiting for one final invoice from Reicon constructors. The current net balance in the Renovation Fund is -\$66,565. The Council approved a recommendation from the Finance Committee that we continue to borrow the money internally and pay ourselves back taking into account the amount of income distributions (dividends and capital gains) that would have been received if the money had not been borrowed and what actually was received while the money was borrowed. This amount is to be calculated and then paid on a quarterly basis.
5. A celebration to mark the 1st year anniversary of the Capital Fund Campaign will be held in early May.
6. Affirmed Pastor Kendra's desire to apply for a spiritual renewal program entitled "Women Touched By Grace." If accepted, Pastor Kendra would participate in this 2 and ½ year program in lieu of a typical sabbatical.
7. Affirmed a letter of transfer for Justin, Melissa, and Owen Lang to Living Word United Methodist Church of Wildwood.
8. Voted to offer the position of organist/pianist to Dawn Riske, upon recommendation of the Worship Committee.
9. Discussed possible persons to serve as voting members to this year's Central States Synod Assembly, June 3-5 in Kansas City.

Welcome to Dawn Riske, as Gethsemane's new organist!

We are pleased to announce that Dawn Riske has been offered (and accepted) the position of organist/pianist. Dawn is a familiar face and presence! She is a member of Gethsemane and has substituted several times at our organ bench. Dawn is also a Deaconess through the Lutheran Deaconess Association and teaches music in the St. Louis City Public Schools.

GLCW WOMEN'S SPRING LUNCHEON

Everyone is Welcome!

WEDNESDAY, JUNE 8, 2011, 11:00 A.M.

Pietro's Restaurant

Reservations: Please Call Norma Schenck
314-892-3868 By June 1, 2011
If you would like to carpool,
call Norma for arrangements.

Health Cabinet

“How to Care for your Childs Teeth,”

(Taken from the American Dental Association Web Site)

The ADA recommends that a dentist examine a child within 6 months of the eruption of the first tooth and no later than the first birthday. A dental visit at an early age is a “well baby checkup” for the teeth. Besides checking for tooth decay and other problems, the dentist can demonstrate how to clean the child’s teeth properly and how to evaluate any adverse habits such as thumb sucking. Your child’s baby teeth are important. Children need strong, healthy teeth to chew their food, speak and have a good-looking smile. Baby teeth also keep a space in the jaw for the adult teeth. If a baby tooth is lost too early, the teeth beside it may drift into the empty space. When it’s time for the adult teeth to come, there may not be enough room. This can make the teeth crooked or crowded. Starting infants off with good oral care can help protect their teeth for decades to come.

Tooth decay is a disease that begins with cavity-causing bacteria being passed from the mother (or primary caregiver) who has these bacteria in their mouth, to the infant. These bacteria are passed through the saliva. When the mother puts the baby’s feeding spoon in her mouth or cleans a pacifier in her mouth, the bacteria are passed to the baby.

Another factor for tooth decay is the frequent, prolonged exposure of the baby’s teeth to liquids that contain sugar, like sweetened water and fruit juice and potentially milk, breast milk and formula.

Tooth decay can occur when the baby is put to bed with a bottle, or when a bottle is used as a pacifier for a fussy baby. The sugary liquids pool around the teeth while the child sleeps. Bacteria in the mouth use these sugars as food. They then produce acids that attack the teeth.

Infants and toddlers who do not receive an adequate amount of fluoride may also have an increased risk for tooth decay since fluoride combines with the outer covering of the tooth (enamel) and make the tooth more resistant to the acid attack.

The good news is that tooth decay is almost completely preventable. Following are some tips to help prevent tooth decay in your child::

- When your child can be counted on to spit and not swallow toothpaste (usually not before age 2) begin brushing the teeth with pea-sized amount of toothpaste The American Dental Association recommends fluoride tooth paste.

- Brush your child’s teeth until he or she is at least 6 years old.

- Place only formula, milk or breast milk in bottles. Avoid filling the bottle with liquids such as sugar water, juice or soft drinks.

- Encourage healthy eating habits that include a diet with plenty of vegetables, fruit and whole grains. Serve nutritious snacks and limit sweets to mealtimes.

Peace be to you in the name of the Father, Son, and Holy Spirit.

May is a month known for its new flowers, green grass, and budding leaves. Farmers are tilling and planting crops and grains. Also, May is recognized nationally as Blood Pressure Awareness Month, Mental Health Month, Arthritis Month, Older Americans' Month, Senior Health and Fitness Day (May 25th), and Mother's Day on the 8th. So we ask, is there a correlation between church attendance and health of mind, body, and soul?

Psalm 122:1 states, "I was glad when they said to me, Let us go into the house of the Lord." A study done by Robert Hummer at the University of Texas showed that non-church attendees had a 50 percent higher risk of mortality than regular churchgoers. Worshiping and gathering together in church gives support and sociability to each other. "And let them make Me a sanctuary, that I may dwell among them" (Exodus 25:8).

Duke University Medical Center reveals in one of its studies that religious activities such as prayer, attending worship, and bible reading improve health and lower blood pressure. Also, shared religious activities and faith help to prevent depression, and emotional distress, dispel fear of death, and help to maintain one's self-esteem, as reported from a study done by the University of Connecticut.

"Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching" (Hebrews 10:25).

Happy Mother's Day! Also, the 60th Annual National Day of Prayer will take place Thursday, May 5th. Millions will unite in prayer from coast to coast. The theme, "A Mighty Fortress is Our God", is based on the verse from Psalm 91:2 which states: "I will say of the Lord, He is my refuge and my fortress, my God, in whom I trust."

Frequently Asked Questions about a Covenant with Deaconess Parish Nurse Ministry Network to provide a Parish Nurse for Gethsemane.

At the April Church Council meeting, the Council approved the recommendation of the Health Cabinet that Gethsemane covenant with the Deaconess Parish Nurse Ministry Network (DPNMN) for 3 years to provide a Parish Nurse for Gethsemane at 10 hours per week. No applicants had surfaced as we looked for a parish nurse on our own. Gethsemane has previously been in partnership with the Network and was actually the first Lutheran congregation in the Network when it started.

What does the DPNM provide? The network will provide previously screened applicants, from which we will interview and select a candidate. The network also provides: orientation and mentoring for the first year; networking, monthly continuing education meetings; annual clinical parish nursing update; annual two day spiritual retreat; mileage reimbursement to attend DPNMN monthly meetings and educational events; tuition reimbursement for nursing, theology or social work classes taken for credit; liability insurance; a \$250 program grant to be used in the congregation; access to DPNMN grants. The DPNMN currently has applicants to provide for us to consider.

What does Gethsemane provide? Gethsemane pays for salary, FICA, and mileage and provides appropriate office space. We provide a Health Cabinet to work with the Parish Nurse in our health and wellness programs and goals.

Who supervises the Parish Nurse? Pastor Kendra will be the on-site supervisor for the nurse. The DPNMN also provides supervision, a 6 month and a 1 year evaluation. Either party can terminate the agreement at any time, with or without cause, subject to 60 days prior written notice.

Any further questions? Please contact Pastor Kendra, or Ted Yemm (Health Cabinet Chair). We want to make sure everyone has enough information as we move forward with this process!!

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.

Proposed Welcoming Statement for Consideration (Revised as result of 3/27/11 meeting)

Christ's welcome knows no boundaries! Therefore, our welcome knows no boundaries and we invite all people to full participation in the life of the congregation.

We at Gethsemane Lutheran Church in Saint Louis embrace...

- People of any race or ethnicity...
- People who are male, female, transgender, or any other gender identity...
- People of any age...
- People wherever they are, or wherever they have been, on their faith journeys...
- People who are single, married, widowed, divorced, separated, or partnered...
- People who are straight, gay, lesbian, bisexual, or any other sexual orientation...
- People with a variety of political perspectives...
- People who have, or had, addictions, phobias, abortions, or a criminal record...
- People who are homeowners, renters, living with parents, or homeless...
- People who are fully-abled, disabled, or of differing abilities...
- People of differing educational backgrounds...
- People of any socio-economic condition...
- People who are created and loved by God!

As we celebrate and seek to preserve the beautiful, amazing diversity of God's creation, we pledge to ourselves and to all others that we will strive to live as a reconciling people in our life together and in our outreach to the world. We are committed to being a radically loving and welcoming community of faith.

Comments & Questions from 3/27/11 (items in bold)

regarding draft of Welcoming Statement presented at that meeting, and **responses** following each item

Will the statement be posted or is it for internal consumption only? We need a copy for our further consideration.

The reason the RIC (Reconciling in Christ) committee did not distribute copies of the welcoming statement draft at the meeting on 3/27 was because it was just that, a draft. We were seeking input from the congregation with expectations that it would be changed. We did not feel the need to hand out something that was not the final statement or that could look completely different in the end. We also did not want people who were not at the meeting to see it and think that it was the final statement or that it had been officially adopted.

How do you distinguish a welcoming statement from a mission statement? A mission statement is typically an organization's statement of purpose, specifying its objectives. Gethsemane has an existing mission statement which this welcoming statement does not propose to replace or change. The statement being proposed would be our congregation's declaration to ourselves and to others about who we are and how we want to relate to others in matters of diversity, specifically in relationship to lesbian, gay, bisexual and transgender people, but also in relationship to others who may have felt unwelcome by religious organizations.

What was the driving factor of listing? It seems too long. Less might say more.

After looking through several sample statements from various churches we found the statements that specifically stated/listed various identities and backgrounds were the clearest *and* had the most impact. Our fear was that someone may read the statement that says we "welcome all," and wonder if there is a hidden "but" that excludes them. We want to be clear that we really do welcome all people. By listing, we can clearly specify some people who may have had negative experiences with being welcomed in churches.

In addition, we find that Gethsemane really is a church that is welcoming to all people. Although the RIC process focuses on sexual orientation and gender identity, our welcoming statement does not have to be limited to this. So we felt it was a good chance to express our tremendous welcome to all, especially those who may have felt unwelcome in a church at some point.

Finally, as someone at the meeting pointed out, the list may seem long at first glance but as a public statement it shows that we have gone through a deliberative process in its creation. This is the subtext of the statement that guests will recognize.

There is worry about leaving someone out. It should be more generic/broad. Generic might be more open. We should consider the St. Louis demographics (e.g. Bosnians are missing). Religions are listed but there is not a general statement ending that list (i.e. Muslims are not listed). We should also include people who have no faith. etc...

The RIC committee found this input to be particularly helpful and we went back through the statement to make sure that each listing was general or ended with a general statement. We have made each list point generic while still maintaining the effect we were looking for. Please refer to the final version to see each listing.

Is there specific verbiage that has to be used to be official RIC?

Yes, we must welcome people of all sexual orientations and gender identities in the welcoming statement for us to be recognized as an RIC congregation. There are no restrictions to going beyond sexual orientation and gender identity to welcome other identities, as we have done.

Are they requiring a welcoming statement or can it be in the mission statement?

Yes, the Affirmation of Welcome is central to the Reconciling In Christ program. Any Lutheran group that adopts a statement that includes the naming of LGBT people as welcome to full participation is eligible to be designated as Reconciling in Christ after review by Lutherans Concerned North America.

God's love should be expressed somewhere in the statement. You could say "loved by God" with created by God.

The RIC committee loved this idea and added it to the final listing point.

Perhaps the last statement of created by God should go at the top of the list.

The RIC committee felt the final statement works best at the end of the list as a summarizing point for all the other listing points. It summarizes everyone on that list, covers any one that is left out, and echoes our belief that God created us all and loves us all. We also felt it would be hard to determine which list item to end with if we moved that item to the beginning of the list.

What are we saying we are welcoming people to? Worship? This needs to be better explained.

The RIC committee thought this was an excellent point and our statement needed clarification in this area. We want to make it clear that all people are welcome to Gethsemane, which means all people are welcome to full participation. Many people have been told they will be welcomed in a church and have been treated kindly, but later found out they cannot serve on committees, serve as a lector, commune, participate in church functions, etc. We want to be clear that our welcome is a full and complete welcome. So, we have added to the second sentence "...and we invite all people to full participation in the life of the congregation."

(Continued on page 8)

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Rather than focus on a statement, behavior matters more.

This is a great point and the RIC committee thinks that the statement is an important part of our “welcoming behavior”. It provides a focus and a framework for how we will welcome others. We look forward to the culmination of the voting process so that we can focus more on other “welcoming behaviors” that will help make us more welcoming to others. The statement is an important formality in our journey to welcome all God’s children to his house. However, this statement will mean nothing if we do not fulfill it through our actions!

I am struggling with the need for a welcoming statement.

What the RIC committee wants people to understand most is that although the statement is important for our congregation, it is most important for the people outside the walls of our church. We all have parts of our identity or past that we fear we will be negatively judged-- whether we are gay, have been divorced, were raised another religion, have a child out of wedlock, are homeless, have a mental illness, etc. Many people have had negative experiences with the church and have spent most of their life being shunned, excluded, or turned away because of who they are. The Bible has been used against them and they have been treated in such negative ways that they are often reluctant or even scared to walk through any churches doors. An invisible wall has been built between them and the church. At Gethsemane we know we would welcome whoever came through our doors with open arms. However, there is this invisible barrier that is keeping people from walking through the doors and experiencing our welcome. By becoming an RIC congregation we can tear down these walls, ease people’s fears, change opinions about the church, and share our welcome and God’s love with all people. By publicly declaring our welcome to all people we have so much to gain!

Please direct other questions, comments or concerns to any member of the committee: Lindsay Schuessler, Linda Ford, Rollie Walston, Sharon Salerno or Peggy Zapf, or place written message in the RIC box located on a table in the Narthex or directed to the Gethsemane church office. A majority vote of a quorum at a legally called congregational meeting is required to adopt.

IN OUR COMMUNITY...

Send Me Saturday — May 21, 2011

“In the same way, let your light shine before others, that they may see your good deeds and praise your Father in Heaven.” –Matthew 5:16

On Saturday, May 21st, our church has committed to join with hundreds of Lutherans and other Christians across the St. Louis region to let our light shine by serving our communities as a part of Send Me Saturday. Projects are available at 12 sites throughout the area ranging from light home repair, to gardening, to carpentry, to landscaping, to cleaning, and more. There are projects suited to everyone regardless of age, ability, skill level, or experience. If you have the heart to serve, this event is perfect for you!

Those who participate will begin the day with a brief devotion and breakfast from 8:30-9:00 at their project site, followed by project work from 9:00-1:00 and lunch/celebration from 1:00-2:30. As a result of your prayer support and volunteer service, by the end of Send Me Saturday, seniors will be living in safer homes, cemeteries and green spaces will be beautified for the enjoyment of all, and our neighbors will know that we serve them because, in His love, God serves us.

Registration is open until May 11th. For more information and to make your commitment to participate in Send Me Saturday, please visit www.SendMeStLouis.org.

Join CHADS For A Celebration Of Hope!

On May 21st, friends, families and loved ones embrace our hope for a future free from teen suicide! Major General Mark Graham and his wife are guest speakers sharing their family story. This event is for kids of all ages **from 1-99!**

DATE: Saturday, May 21st **TIME:** 5pm - 9pm; Registration begins at **4pm**

WHERE: Creve Coeur Park - Tremayne Shelter

WHY: Proceeds will fund child and adolescent suicide prevention programs and research grants

COST: \$25 registration fee; receive a logo t-shirt, along with full access to all activities

As an individual, or start a team, or join a team "Volunteers for Hope" - you can raise money for early-onset depression research and win great prizes even if you're not at the event. People from all over the US can participate in the **KIDS WALKING FOR KIDS** fund-raising drive, and we encourage everyone to celebrate their success.

Provided are Counselors/Doctor Booths, and other family oriented resource booths.

Enjoy live bands and entertainment, Ronald McDonald, Fred Bird, mini Shiner's Cars, Jump on the popular Euro-Bungee, Climb the Rock Wall and bounce in Inflatables. There will be Carnival Games, make your own Luminary, Face-Painting, Prizes, Minute-It-To-Win-It Games, Children's Area - Bubble Wands, Military Family & Father's Day Card Making, Wooden Hope Throw, Hula Hoops, Packets from the Fire Dept. Items, Blings for the Hair, Craft Area, Frisbees and more. How about participating in the Sack Races, Team/Family Building Races, bring your dog to our Critters Who Care area, sit on a Fire Truck, and play Beach Volleyball all in the surroundings of Creve Coeur Park. Food can be purchased by none other than our church caterer, Robbie.

If you would like to sponsor a "Smile Marker" or an "Event Activity" please go to the website www.chadscoalition.org under the KWK logo or call the office.

The evening will close with a memorial ceremony and memorial walk for loved ones lost by suicide followed by an awe-inspiring fireworks display donated by Gateway Fireworks.

Making a Difference: Sharing your time, talents and treasures!

This Thrivent Workshop is being sponsored by the ELCA South Cluster of congregations. This workshop can help you: identify the values that are most important to you; explore ways to share your resources to make a difference; create a personal giving plan. Refreshments will be served, and **attendance prizes (2 Cardinals baseball tickets for Friday, June 24th and a Cardinal jersey)** will be awarded to 2 lucky participants!

Thursday, May 5, 2011 at 7:00 pm
Bethel Lutheran Church, 7001 Forsyth.

St. Louis Tornado Relief: Information will be in this Sunday's bulletin about ways to participate in response to the Good Friday tornados that affected the St. Louis area! Watch your E-news and Sunday bulletins!

VICISSITUDES

(The changes or events that occur in our lives)

Many Thanks....

—to Carolyn Pirkle, Carol Frohlichstein, Teri and Charlie Wallis for planting flowers in the pots and front yard in time for all to enjoy on Palm and Easter Sundays.

—to Rob Schainker for helping with the cleaning of the floors in the fellowship hall and hallway.

—to Ken Bauer and Don Thuss for painting the fellowship hallway outside the kitchen

—to Lois and Jack Wind along with the Fellowship committee for guiding the GYG through and helping with the Easter breakfast.

—to Ruth Hanson and Nadine DeCambaliza for making the First Communion banners, and to Jen Meyer, cake baker extraordinaire!

—to all who shared their time and gifts with our Holy Week and Easter worship! It was truly a “Hallelujah” chorus!

Welcome!

...Congratulations to Jill and Ryan Burgard on the birth of Josiah Deane on Friday, April 22nd. Josiah's big brother is Jackson.

...Congratulations to Alexandra Emma Boehlje and to Nolan Gainey Harris who were received through the Sacrament of Holy Baptism on Sunday, April 3, 2011.

Congratulations! To Emma Hanson on the awesome article in the St. Louis Post-Dispatch on Wednesday, April 27 about her cookie-baking goal!

Clean-Up Day at Mallinckrodt School!

Saturday, May 7th, we are invited to join parents at Mallinckrodt for an outdoor clean-up day from 10am-1pm. We will be cleaning up the grounds and parking lot and installing a raised garden bed. There will be raking, gathering debris and brush and small tree trimming. Bring yard bags, rakes, trimmers, blowers, etc!

First Communion



First Communion

On Palm Sunday, April 17th, ten of our second graders were welcomed to the Lord's Table for their first communion.

Social Action

EASTER BASKET THANK YOU – Thank you to the many people who donated items for the Easter baskets for the children at the Gateway 180 “Homeless No More” Shelter. During April we collected baskets, grass, plastic eggs, candy, healthy snacks and toys. People from Gethsemane, family members and coworkers contributed so much that we have a head start on next year’s baskets. A special thank you to the children and parents in the 3rd—6th grade Sunday School classes, who contributed things for the ‘older kids’ Easter packs. On April 21, Kim Elliott put together 20 packs stuffed with goodies. On April 22, several people put together 50 additional baskets in the Fellowship Hall. Special thanks to Lynn Martin and her nephew, Avery, Julia Epplin-Zapf and Rudy Zapf (Peggy’s sister) and to Fred Lenhart and Ken Bauer, who helped to pack and transport the baskets to Gateway. (Good thing we covered the boxes with plastic bags, because there were some curious questions from kids at the shelter during delivery.) Chastity, a volunteer coordinator at Gateway, met us and was so happy to get the baskets. Thank you all for making this possible. It really made a great Easter moment for me. —Peggy Zapf



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

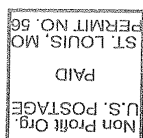
You can send your news and notes for the Messenger to glc-messenger@swbell.net. There is also a Messenger drawer by the church office. For best results, news should be in by the 20th of each month, but we'll do our best to get your news in whenever you submit it.

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
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