

GETHSEMANE LUTHERAN CHURCH MESSENGER

A FAMILY IN CHRIST CARING FOR ALL PEOPLE

December 2011

VOLUME #118 ISSUE #12

ANNUAL CONGREGATIONAL MEETING

Sunday, December 4th

One Worship Service at 10:00 a.m.

Followed by Lunch and Meeting 11:30am—1:30pm

All voting members are encouraged to attend this annual meeting of the congregation which will include the election of Council members, initial consideration of 2011 budget, and committee reports. Meat (chicken) will be provided for lunch; everyone is asked to bring a potluck dish.



Middle Eastern Dinner & Living Nativity

Saturday, December 3rd

5:00pm Dinner in the Fellowship Hall, with activities for children

6:00 Living Nativity in the Sanctuary, followed by cookies, hot chocolate, and live manger animals outside

Choir Cantata: Night of the Father's Love

Sunday, December 11th at 8:30 & 11 am Worship

Invite your friends and neighbors to this special presentation of our Advent hope and Christmas joy!

Christmas Worship Services

Christmas Eve Saturday, December 24th

4:00pm and 10:30pm

"From Heaven Above"

Lessons and carols, candlelighting and Holy Communion

Sunday, December 25th Christmas Day

10:00 am

The Shepherds: "Fear Not, A Savior Is Born!"





WOMEN'S CHRISTMAS LUNCHEON
Wednesday, December 7th
Time: 11:30 A.M.

Joey B's, 189 Concord Plaza

Reservations: Please Call Norma Schenck **314-892-3868** By December 1st
 Please Let Us Know If A Ride Is Needed

Advent Bible Study & Holden Evening Prayer

Join us on Wednesdays, November 30, December 7, 14, and 21. The **10am Bible Study** will use "The Journey: Walking the Road to Bethlehem" by Adam Hamilton. The study focuses on the people and places of the Christmas story, sharing historical, biblical, and archaeological insights. The study uses a DVD that was filmed on location in the Holy Land.

An abbreviated study will be repeated at **6:30pm Wednesday evenings, followed by Holden Evening Prayer from 7:00-7:30pm.**

St. Louis Hills Advent Presentation:

"The First Christmas: What the Gospels Really Teach Us about Jesus' Birth"

Thursday, December 8th at 11am at Hope UCC

Rev. Peter Van Horne, interim rector at St. Mark's Episcopal, will talk about this topic, using insights from Marcus Borg and John Dominic Crossan. A light lunch follows the presentation.

"Blue Christmas" Evening Prayer
Wednesday, December 21st at 7pm

At this final Holden Evening Prayer service, there will be an opportunity to pray for healing and to lift up our griefs. We will be joined by our brothers and sisters from Hope United Church of Christ.

Second Annual
Gethsemane Craft
Boutique

Make plans now to attend the second annual Gethsemane Craft Boutique on December 11, 2011; items will be for sale in between services and an hour after the last service. Handmade ornaments, greeting cards, paper cut-outs, jewelry, fair trade items from Plowsharing Crafts, Guatemalan crafts to support Lutheran Campus Ministry, and more!

Christmas Caroling

Sunday, December 18th at 2:00 pm

We share beloved carols of Christmas with our homebound members in the neighborhood — a great way to share the good news of Christmas!

Sundays in Advent

The "Fear Not" Angels of Christmas

One of the choir's favorite songs in this year's Christmas Cantata is called "Angels Are Making Their Rounds." The words to the song tell the story of the "Fear Not" angels who spoke to Zechariah & Elizabeth, Joseph, Mary, and the Shepherds. Each week we will focus on the angel's message to a different participant in the Christmas story.

You are invited to bring an **angel ornament** to put on Gethsemane's Christmas Tree beginning Sunday, December 11th!



WELCOME NEW MEMBERS!

On Sunday, October 30th, we welcomed Richard Lima, Doug Yarwood, Jane Goellner, John, Karen Flotte and John Wesley Posey to the Gethsemane faith community.

On Sunday, November 27th, we welcomed Janet Burle, Jessica Burle, and Karen Keller as new members. God's blessings to Jessica, who was baptized in the Christian faith. It was wonderful to see her sponsor, Ann Thomas, return to St. Louis for the baptism!

New member information has been omitted for privacy.

Confirmation and Youth

Confirmation Class will meet Wednesday, November 30, December 7, and December 14 from 6:30-8:00 pm. Parents are invited to join students for the opening Bible Study and Holden Evening Prayer each week.

GYG (Gethsemane Youth Group) members are selling Butter Braid coffee cakes to raise money for the ELCA Youth Gathering next summer in New Orleans. Talk to Luke Borkowski, Paul Meuser, Mitchell or Alex Paulson, or Haley Dieringer for more information!

Check the bulletin for the upcoming date of the GYG Parents Night Out. Get some shopping done or just enjoy a quiet evening during the hectic holidays.

Stewardship 2012: Press On Toward the Goal

A big cheer for Team Gethsemane and putting yourself in the game. What amazing team spirit, with over 130 members participating in the Tailgate celebration on November 20th. Thank you for the scrumptious selection of food. It was a better spread than I've seen at any Ram's football games. Hopefully participating in the Stewardship activities over the past five weeks has inspired a renewed commitment to the Gethsemane mission in 2012.

Staying with the sports event theme, here are some Stewardship stats as of November 20th:

- ◆ There have been 69 2012 Pledge/Commitment cards received, including eight new pledges.
- ◆ There were 57 "Be the Difference" volunteer sheets turned in at the Tailgate celebration.
- ◆ Team Gethsemane was well represented on the Home Turf, with 153 people/figures on the field. (We met the goal of 150, way to go team!!!)

If you have not completed a Commitment Card or Be the Difference (Time & Talent) sheet, it's not too late. They can be turned in at the Annual Meeting on December 4th or dropped off at the Gethsemane Office.

Thank you again for your time, talents, and commitment to making a difference here at Gethsemane and we look forward to see how each of us can continue to reach for the end zone to the glory of God.

Go Team Gethsemane!!

Social Action

2011 brings 27 children from Joint Neighborhood Ministry who wish to be adopted. Again, we are focusing on children and youth through high school. We have other options also. We have a Gift Card Ministry to food stores, shoe stores, and Walgreens. The Blanket and Pillow Ministry is asking for any size washable blanket and new pillows. Many people will have to keep their heat down or will not have heat at all. Please sign the sheets at the back of the Church for whatever ministry interests you. All gifts are due to Church on December 11th. Gifts will be transported to JNM on the 18th of December and they will be distributed on the 20th. If you are available to help with any of these activities please contact the Bauers (314 638 1410) or the Lenharts (314 843 8052). Thank you for the many ways in which you reach out to help others.

CHRISTMAS COOKIES AND SNACK MIX BAGS THE TRADITION CONTINUES

Butterhorns, Pecan Puffs, Almond Crescents, Spritz, Noel Wreaths, Cranberry Bars, Butter-scotch Logs, Fudge, Speculaas, Candy Canes, Snowflakes, Swedish Sugar Cookies, Springerle... and more. Trays of Cookies like Grandma made. Crunchy, Peanuty, White Chocolate Snack Mix (Don't open the bag in the car, or it will be empty when you arrive home!)

Trays of Christmas cookies and bags of Christmas snack mix will be available for sale on December 18th between services. Sales will benefit Joint Neighborhood Ministry and Project Peanut Butter. Matching funds are being donated by Thrivent Financial for Lutherans. Cookie trays will be sold for \$20/tray and bags of snack mix will be \$5/bag. If you want to purchase trays or bags, please fill out the order form which is available at church in the bulletin and place in the collection plate. Cookie trays will also be available for pick up on December 21st between 6:30 and 8:00 p.m. in the Fellowship Hall. Contact Margaret Lenhart (843-8052) or Peggy Zapf (351-6598)

An Advent "Fear Not" Prayer

Lord, I live in trust that you are with me in life and in death. I regret that I am filled with fear of the future. I don't want fear to control my life, so I place this day and its plans into your hands. I commend it all to you and relinquish my need for control. In the name of Jesus, the Savior, I pray. Amen.

From the Parish Nurse

Winter coats and car seats

Well, winter has officially arrived, and with it come heavy coats and snowsuits. While they are a necessity to keep our kids warm and dry, they are not for kids travelling in car seats.

The truth is, it's not safe to put thick coats, snowsuits or blankets under the harness straps of a car seat because the straps need to stay snug on the child. Coats and heavy snowsuits actually compress in a crash, which can create a lot of extra slack. This could cause your child to be ejected from the car seat in a crash.

Here's what you can do to ensure safe travel with your kids during winter months:

- Bring your infant carrier car seat into the house after each use. Young children, especially infants, are not able to regulate their body temperature. Placing them in a cold car seat can be dangerous. For older infants and toddlers, warm up your car before buckling them in their seat.
- Dress an infant in warm, normal clothing like long pants and a sweatshirt. Buckle him or her into the infant seat and cover the entire seat with a blanket, tucking in the sides around the baby. Then you can put other blankets over the top as needed. Make sure nothing is behind your baby's back.
- There also are car seat covers that fit over the top of the child once they are snugly buckled in. Again, it's important to make sure nothing is behind your baby's back.
- For older infants and toddlers, take their coats off before buckling them into the car seat. Once the harness is snug, put their coat back on them backwards over their arms. Yes, I know it seems funny but it works!
- When buying winter coats, remember to keep thickness in mind. Polar fleece is thin but warm, so it works well keeping kids safe and warm in their car seats.
- Have your car seat installed or checked by a certified child passenger safety technician. Call to schedule a free appointment.

For more child passenger safety information, visit www.safekidstl.com

We want every child to travel safely this winter.

(written by Jane Howard, car seat educator, Children's Health Education Center)

NOTE: Please take a moment to introduce yourself to our new Parish Nurse, Carol Connolly. You'll recognize her from the Parish Nurse nametag she'll be wearing. Office hours are still fluctuating, but will generally be on Thursdays.

Living Our “Reconciling in Christ” Identity

Bullying in Children

Dr. Peggy North-Jones presented an informative and entertaining adult education session at Gethsemane in November. Dr. North-Jones is a mental health consultant and family life educator (and sister-in-law of Linda Gustafson and Sharon Salerno). Dr. North-Jones generously requested that the honorarium given to her (from a gift to Gethsemane in honor of RIC), be used to purchase books that she will recommend for Gethsemane’s library.

Following is a reprint of the handout she provided:

Guideposts for Fostering Resiliency in Children

Be empathic.

Communicate effectively and listen actively.

Help change “negative scripts”.

Love children in a way that they feel special and appreciated.

Accept children for who they are and help them set realistic expectations and goals.

Help children experience success by identifying and reinforcing islands of competence.

Help children recognize that mistakes are experiences from which to learn.

Develop responsibility, compassion, and social conscience by giving opportunities to contribute in a meaningful way.

Teach problem-solving and decision-making skills.

Discipline in a way that promotes self-discipline and a sense of self-worth.

(From *Raising Resilient Children*, 2001. Robert Brooks Ph.D. and Sam Goldstein, Ph.D.)

All children need to grow up feeling a sense of:

Belonging

Belonging is a fundamental human need at all stages of development. Children need opportunities to feel they belong to family, school, and community. This happens not by being told, but by being experienced.

Mastery

Mastery means developing competence. Developmentally, infants and children have a drive towards mastery, often expressed as “let me do it myself!”. This needs to be encouraged with guidance and support.

Independence

The goal of independence is not to become “self-sufficient” but rather to gain power over one’s self. Independence, in the sense of being responsible for self, is learned through being given opportunities to practice decision-making.

Generosity

All children need to develop a sense of their own “goodness”. This is accomplished by giving and making contributions. All children need a chance to give.

(from the work of Dr. Martin Brokenleg, Ph.D. 2006)

Communities, schools and families can create environments that nurture the development of all 4 of these areas. Children who grow up in these settings have the opportunity to be the very best they can be.

IN OUR COMMUNITY...

National Lutheran Choir Christmas Festival

Gloria: And On Earth Peace

Saturday, December 17, 2011 at 2pm and 5pm

Christ Church Cathedral

The 67-voice National Lutheran Choir, under the direction of Artistic Director David Cherwien, presents a program entitled: *Gloria: And On Earth Peace*.

Tickets for the Choir's concerts are available in advance for \$20 (general admission) by calling 1-888-747-4589 or ordering online at www.nlca.com. Doors open 45 minutes prior to performance. The Choir's St. Louis concerts are sponsored by Thrivent Financial for Lutherans, KFYO-AM 850 radio and Classic99.com, Lutheran Senior Services and by many individual supporters.

Concordia Christian Book and Gifts: Children's Christmas Event

Saturday, December 17th from 10:30-11:30 am

The event will include story time, caroling, Christmas cookies and crafts. Additionally, every child will receive a free copy of *A Christmas Wonder* book and ornament. CPH is located at 3558 South Jefferson Ave. Questions? Call 314-268-1268.

Mustard Seed Theatre Company presents GODSPELL!

November 18-December 11, 2011

Thursday-Saturday at 8pm; Saturday & Sunday at 2pm

\$25 Adults/ \$20 seniors & students

Saturday matinee is "Bring a Can/Pay As You Can"

IN OUR WORLD...

ELCA Good Gifts: Gifts that Make a Difference

The ELCA is a church that is called to do God's work in the world. Together as the ELCA, we do more than we could ever do alone: grow our congregations, inspire new leaders, and care for those around the world who live with hunger and poverty.

ELCA Good Gifts are a creative way to do just that. Your gifts go beyond your regular congregational offering to support the ministries of the ELCA that mean the most to you and your loved ones.

Each ELCA Good Gift changes at least three lives: the life of the person helped by your gift, the life of your friend or loved one, and your own. Gifts include animals in God's global barnyard, water, health care, the ELCA Malaria Initiative, growing the church, disaster response, and more.

Check out www.elca.org/goodgifts and give a Christmas gift that makes a difference!

Remember Our Homebound Members

During this Christmas season, please remember our homebound members and friends in your prayers and with a card:

Homebound members information has been omitted for privacy.

Remember that HUGS is a free service available to anyone who can't make it to church but would like to listen in on the service. No special equipment is needed. Please call the church office for information and instructions.

VICISSITUDES

(The changes or events that occur in our lives)

Thank you!

...to Rob Schainker, Jim Mantia and Jack Wind for brightening our worship experience by changing the burned out light bulbs in the sanctuary.

...to Mark and Elke Overton for giving a tour of their store and museum, *Saxquest*.

...to Lutheran Senior Services for donating copies of a daily devotional for the 65+ crowd, entitled *Hope-Full Living*. This devotional is for Christian seniors is written by aging fellow pilgrims for every day of the year. Pick up your copy at church.

...to the Stewardship coaches: Keith Paulson, Lisa Mantia, Steve and Emily Arff for their creativity and commitment with this year's Every Member Response.

Gifts & Memorials

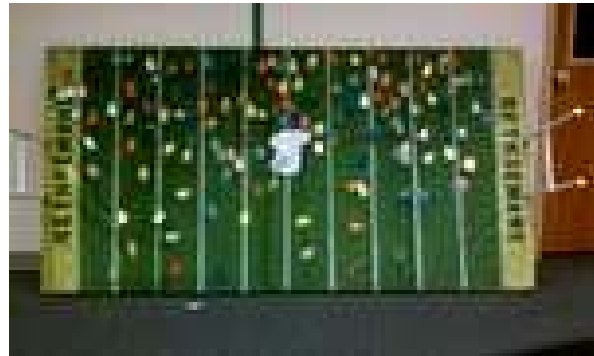
—a gift was received from Jim Menown in honor of his parents, James and Frances Menown.

Congratulations! To Hal and Robin Morgan on the birth of a grandson, Sam. Sam and his parents Katie and Heath are doing well!

Peace and comfort...to the Bauer family upon the death of Ken's mother, Irene in Medicine Hat, Alberta, Canada. They rejoice in her long life and faithfulness.

November Events

Plenty of food and fun was had at the *Press On Toward The Goal* Tailgate Party on November 20th. The only thing missing were the flat screens to check the replays.



Plenty of music and information (and saxophones) were had at the *Saxquest* tour. Thanks to Elke and Mark Overton for a great afternoon.

A Prayer for the Lighting of the Christmas Tree

God, our Creator,
We praise you for this Christmas tree.
It is a sign of your everlasting, evergreen presence. It is a sign of the reign of heaven, sheltering the creatures of the earth under its open arms. It is a sign of the cross, shining with the light of your grace and mercy.
Gracious God, let your blessing come upon us as we illumine this tree. Send us your Son, the tender shoot of Jesse, who brings us light and life.
May all who stand in its light eagerly welcome the true Light which never fades. We ask this through Christ our Lord.
Amen.

Remember: You are invited to bring an angel ornament to decorate Gethsemane's Christmas tree, as we remember the "Fear Not" Angels of Christmas!



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
314-571-9205 prkendra-glc@swbell.net

MESSENGER NEWS

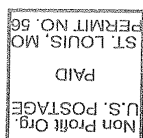
You can send your news and notes for the Messenger to glc-messenger@swbell.net. There is also a Messenger drawer by the church office. For best results, news should be in by the 20th of each month, but we'll do our best to get your news in whenever you submit it.

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