



A FAMILY IN CHRIST CARING FOR ALL PEOPLE

February 2012

VOLUME #119 ISSUE #2

*“Star light, star bright, first star that I see tonight.
I wish I may, I wish I might, have my dreams come true.”*

Certainly, there is something special about stars – something that brings hope, inspiration, dreaming, awe, wonder, guidance. Our theme this Epiphany has been “Led by a Star – to be a Star.” We remember how the magi were led to worship the infant Jesus by a star. We celebrate how Jesus is manifest as the Light of the World. And, in turn, through our baptism we are called to let our star light shine.

Living in the covenant of our baptism, Gethsemane folk have been invited to join in five faith practices this Epiphany:

To read the Gospel of Mark

To pray for and learn about our Central States Global Partners, our Companion Synods of the Kotte District of the Evangelical Lutheran Church in Papua New Guinea and the Eastern Region of the Evangelical Lutheran Church in Russia and Other States.

To write or call one of our Gethsemane members whom God has placed on your heart.

To review your constellation of friends and support.

To worship each Sunday you are in town.

Will you join the fifteen of your brothers and sisters who have committed to these faith practices? It’s not too late to add your star to the doors into the sanctuary! Each week, a reflection question and reading guide for the Gospel of Mark is posted on our Facebook page (as well as in the Epiphany brochure you can pick up here at church). Further information about our Companion Synods is found in this Messenger. The prayer list printed in the weekly worship folder can give you ideas for people to whom to reach out.

This past week as I made an evening visit, someone commented to me: isn’t it amazing, that even with all the lights in the city, you can still look up and see a star? It is amazing, and I look up and out and see stars here in the city at Gethsemane: advocating for children in public schools, contributing time and food at Joint Neighborhood Ministry, delivering Caring Casseroles, sending cards and prayers, singing and playing praise to God, and more.

With the Spirit’s help, we all can sing:

*I want to walk as a child of the light. I want to follow Jesus. God set the stars to give light to the world.
The star of my life is Jesus. (ELW 815)*

Pastor Kendra

February @ Gethsemane

Sundays in February

During Epiphany, we continue to use a "Global Liturgy" of songs from around the world to remember that Jesus is manifested as Lord of all nations. As we hear stories of healing from Mark's gospel, we offer the opportunity for healing prayer during communion. A prayer station will be located at the communion rail for those who wish to come for anointing and prayer.

Sunday, February 5 **"Souper Bowl of Caring"**

Healing Prayer

Between services: ELCA Youth Gathering Meeting; Social Action Committee Meeting

Sunday, February 12

Healing Prayer

Between services: "Healthy Communities Workshop: Our Budget, Our Value\$"

Sunday, February 19 **Transfiguration Sunday**

Our liturgy will be a Celebration Service with a musical ensemble.

Between services: "Healthy Communities Workshop: Our Budget, Our Value\$"

Note: If you have your palms from last year, bring them by this Sunday to be burned for ashes for Ash Wednesday.

Sunday, February 26 First Sunday in Lent

Lent Begins on Ash Wednesday, February 22

9:00 a.m. **White Breakfast:** A time of simple food and fellowship at the beginning of Lent. Please sign up on the bulletin board at church or on your worship form.

10:00 a.m. **Worship** with the Imposition of Ashes and Holy Communion. We gather around tables that are in the shape of a cross in the Fellowship Hall for this more informal service.

7:00 p.m. **Ash Wednesday Worship** with Confession, the Imposition of Ashes and Holy Communion.

SOUPER BOWL OF CARING

In 1990, a Super Bowl Sunday prayer inspired a group of young people (at a Presbyterian church in South Carolina) to do something more than celebrate a football game. They created the *Souper Bowl of Caring* and mobilized youth across the country to raise more than \$71 million for people in need.

The GYG is again working in cooperation with a nation of youth to support the SOUPER BOWL OF CARING event. **This canned food drive is held on February 5th, NFL Super Bowl Sunday.** We ask you to bring non-perishable food items to church and vote for who you think will win the big game by placing your items in the specified team's box — the New York Giants or the New England Patriots. Regardless of the score, we will all be winners as the food will go to support local food efforts at Joint Neighborhood Ministry. A special noisy offering will also be collected with money going to the ELCA World Hunger Appeal. Let's help out and have some fun this SOUPER Bowl Sunday! Go Team Gethsemane!!

**EVEN SMALL ACTS OF LOVE
MAKE TRUE GIANTS AND PATRIOTS!**



Join Us for the Annual Valentine's Spaghetti Dinner!

This year's spaghetti dinner will be Sunday, February 12 from 4:00 to 7:00 p.m. Dinner includes Rich Schuessler's delicious spaghetti (meat or veggie sauce), salad, freshly baked bread, a variety of desserts, coffee, tea and pink lemonade. The price is \$8 for adults and \$5 for children 12 and under (3 and under are free). Carry-outs are available, but if you dine in you'll also be able to enjoy the wonderful musical talents of many of our members. It's a wonderful evening of good food, good friends, great entertainment - and all for a good cause. This year, proceeds from the Dinner will go to the Moe family for help with medical expenses. We will honor all cancer survivors in their journeys to "make today count" with love!

Want to get even more out of this event? Get involved! We need lots of volunteers to make this evening happen. We'll need servers, cooks, musicians and a clean-up crew. This is a great way for new members to get involved! If you can help, please call Lory Bowman at 406-1399.

Make plans now to join us for this fun, *fulfilling* event!

Chocolate and Wine Tasting Sunday, February 19th, 5:00-7:00 pm Kakao Chocolate, 7272 Manchester, Maplewood, MO

Make plans to attend a fun evening of chocolate and wine tasting. Profits are designated for the upcoming GYG trip to the ELCA Youth Gathering in New Orleans.

*Get your chocolate binge taken care of before Lent.

*Make it a special Valentine's Day gift.

(Gift notes will be available upon request.)

\$20 per person or

"Family Special"! Drop off the kids at Gethsemane where the GYG will be available for babysitting while you go to the tasting. Includes admission for two to the tasting and babysitting. All for \$50.

Reservations can be made during fellowship hour with GYG members or through the church office, 314-352-8050 or gethsemane@swbell.net

First come, first served! Limit, 30 max. participants.

Life at Gethsemane

Church Council Highlights January, 2012

1. Began with devotions and prayer.
2. Reviewed the role and responsibilities of the Church Council.
3. Council expressed appreciation for the work of Kim Kolander as sexton and facilities manager over the years, and wished him the best in his new employment.
4. Council heard about the upcoming South Cluster Youth Summit to take the next step in hiring a cluster youth worker.
5. Elected the following as the Executive Committee for 2012: President – Richard Brendel; Vice-President – Mike Elliott; Secretary – Denise Buehrer; Member At-Large – Betsy Bartholomew. Rich Schuessler was re-appointed as Treasurer.

Decided on the following assignments to serve as Committee Liaisons:

- ◆ Mutual Ministry – Richard Brendel
 - ◆ Welcoming – Betsy Bartholomew
 - ◆ Worship – Debbie Schaller
 - ◆ Education – Luke Borkowski (Sunday School); Hal Morgan (Adult Ed)
 - ◆ Fellowship – Darlene McElwee
 - ◆ Finance – Richard Schuessler
 - ◆ GYG (Youth) – Paul Meuser
 - ◆ Health Cabinet – Mike Elliott
 - ◆ Property – Denise Buehrer
 - ◆ Social Action – Paul Lenhart
 - ◆ Stewardship – Keith Paulson
7. Received a year-end Financial Report which showed 2011 income as \$228,183 and expenses as \$237,105. While expenses were held under budgeted amounts, income shortfalls resulted in a deficit of \$8900. This deficit will come out of our general fund.
 8. Approved a budget to present at the congregational meeting on January 15, 2012. The proposed budget for 2012 is \$236,400, which is actually a decrease from the previous year. Even so, the projected budget carries a \$5900 deficit. Conversation followed about forming a special “fundraising committee” to have at least one big event to cover the deficit. Expressed great appreciation for the work of Rich Schuessler and Dan Flaxbart on our finances. (Note: the proposed budget was adopted at a Congregational Meeting on January 15, 2012, along with volunteers for the special fundraising committee. Anyone interested should speak with Debbie Schaller or Mark Cutelli)
 9. Heard various committee reports.
 - 10. NOTE: Council decided to change the meeting date for February so as not to conflict with Valentine’s Day. Instead, Council will meet on Thursday, February 16th at 7:00 pm**

Social Action

SOCIAL ACTION MEETING - SUNDAY, FEBRUARY 5 - Please join us as the Social Action Committee meets in the Conference Room at 10:00 a.m. between services on Sunday, February 5th. We will be planning some events for the upcoming months, and value everyone's input. Among the items are: packing food at the St. Louis Area Foodbank; upcoming events during February at Christ Church Cathedral; the Valentine's Day Spaghetti Dinner (how to help and possible One-for-One for Joint Neighborhood Ministry's food stores; upcoming Adult Education workshop to prepare to speak with Missouri legislators about the state budget; letter-writing for Bread for the World; Reconciling in Christ. **WHETHER YOU ARE INTERESTED IN SOME OF THESE ACTIVITIES, OR ALL OF THEM, PLEASE COME AND SEE HOW YOUR WORK CAN BRING GETHSEMANE'S SPIRIT TO THE WORLD.** Thank you.

Healthy Communities Workshop -- Our Budget, Our Value\$

All are welcome to attend a 2-part workshop presented by Metropolitan Congregations United on February 12th and 19th from 9:55 to 10:55 in the Chapel at Gethsemane. The workshop is a time to discuss what the members of our community hold sacred, learn about the Missouri budget process, and prepare to share our values and priorities with our Missouri legislators. To prepare for those goals, please think about the following questions and bring your ideas with you to the workshop. Thank you.

1. What is sacred to you?
2. How has the current economy affected you?
3. How has the economy impacted what is sacred to you?

Please be prompt so that we can begin on time and honor our guests' commitment to be with us.

“Seeking our Past, Creating our Future” Saturday, February 11th from 8:30am-12:30 pm Christ Church Cathedral

Dr. Ernest “Rip” Patton, a former Freedom Rider who was jailed in Parchman Prison for his witness will share his experiences and lead an examination of dismantling racism today.

Faith can give us courage to face the uncertainties of the future. It will give our tired feet new strength as we continue our forward stride toward the city of freedom. When our days become dreary with low-hovering clouds and our nights become darker than a thousand midnights, we will know that we are living in the creative turmoil of a genuine civilization struggling to be born.

The Rev. Dr. Martin Luther King, Jr.

Confirmation and Youth

Confirmation Classes will be held on Wednesday, February 1st and 15th from 6:30-8:00pm at GLC.
Meeting for Youth and Adults attending the ELCA Youth Gathering, Sunday, February 5th, 10:00 am in the Youth/Stage Room. Everyone needs to be there so we can start getting our hearts ready for this awesome event.

IN OUR COMMUNITY...

NAMI St. Louis (National Alliance on Mental Illness)
Family-to-Family Education Course
FREE for family and friends of persons with
Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Co-occurring Brain Disorders and Addictive Disorders

The NAMI Family-to-Family Education Course is a twelve-week, 2 1/2 hours per week, experiential education course for family and friends of individuals with serious mental illness. The course uses a combination of lecture, interactive exercises and structured group processes. We invite you to call for more information.

Classes start Saturday, March 3, 2012 and end Saturday, May 19, 2012; 10 am-12:30pm
St. Joan of Arc, rectory basement, 5800 Oleatha

There's Not Enough Time...and other ways we keep ourselves from God...

Want to spend more moments in quiet connection with God, but there NEVER seems to be enough time to do it? Pastor and Spiritual Companion Tom Schoenherr will reveal the transforming power of creating Sabbath in our lives, and the wonder that God can reveal when we step away from the crazy pace, and into awesome peace. Life Coach Jill Farmer (former Gethsemane member!) teaches tools for getting more time in your life for the really important things, like faith and family. Tackle big projects, learn to make unpleasant tasks more palatable, and most importantly, learn how to create time for communion with God (without quitting your job or ignoring family obligations.) Explore how a Sabbath practice can connect you to peace and prosperity in ways that the "rat race" never will.

When: 9:30am-3pm Saturday, March 31, 2012

Where: Mercy Center, 2039 Geyer Road

Cost: \$49 (includes lunch and refreshments)

Registration can be done through e-mailing: jillfarmer@sbcglobal.net

IN OUR WORLD...

The Central States Synod encourages us to celebrate Epiphany as a "Season of Global Awareness," a time to nurture our relationships with our Companion Synods.

The Far Eastern Deanery of the Evangelical Lutheran Church in Russia

Russia is about twice the size of the United States (including Alaska) with about half as many people. There are fourteen time zones that span the country. The Central States Synod has had a companion relationship with St. Paul Lutheran Church in Vladivostok, plus the eight other congregations in the Far East of Russia: St. Marie's, Ussurijsk; St. Luke's, Arsen'yev; St. Katharine's, Komsomol'sk; St. Johann, Khabarovsk; Blagoveshchensk; St. Matthew's, Chita; St. Mark's, Magadan; Sokol.

St. Paul's, Vladivostok, was founded over 140 years ago by Germans that were either deported or went there for economic opportunity. The current building was completed in 1907. Stalin closed it in 1935, and the communists used it as a military museum. After the breakup of the Soviet Union in 1988, St. Paul was restarted in 1992 and the building was given back in 1997. St. Paul currently has about 200+ members. A variety of ministry is being done, including music ministry, children's ministry, youth ministry, prison outreach, and hosting a German cultural center. In the summer they have a week-long summer camp for children.

Prayer Requests:

1. For the hungry, the unemployed and those that suffer with addictions;
2. For those who are in power, that they maintain awareness of the needs of the people;
3. For all who have suffered and are in despair and have lost their hope and faith;
4. For overall leadership of the churches in the Far East of Russia;
5. That the church in the Far East of Russia will continue to serve as a beacon of light as it proclaims the gospel of Jesus Christ and brings hope and salvation to those that hear it.

The Kotte District of Papua New Guinea

Papua New Guinea gained its independence from an Australian-administered UN trusteeship in 1975. Over 5.4 million people inhabit Papua New Guinea. Pidgin is the official language while more than 700 indigenous languages are spoken. The economy is largely agricultural; more than five million Papuans live by subsistence farming. Poverty and malnutrition are of concern.

The Evangelical Lutheran Church of PNG is the largest Protestant church with approximately 900,000 members. Evangelism, education, and health services are three main ministries. The church is working hard to develop leadership for the future. Pastors are trained to preach, lead worship, and distribute the sacraments. They are also taught agricultural skills, education, and basic health.

There is an active Woman's Department where women are nourished in their faith and given instruction in hygiene, nutrition, and child care. Tambourine bands are becoming popular. They give a new opportunity for self-expression as women and youth combine Christian songs with traditional dance movements.

Prayer Requests:

1. For Pastor Muhuejuc Myhucjupe, president of the Kotte District, and for all pastors and leaders.
2. For guidance as the church deals with a variety of religious movements and controversies.
3. For the leaders in government, church, tribes, and villages as they deal the great changes in their society and threats to the environment, including exploitation of their rich natural resources of gold, silver, copper, rainforest and fish populations by foreign commercial interests.
4. For the health of the people and improved health care as people live with numerous life-threatening diseases and health risks including HIV-AIDS, Malaria, and Dengue Fever.
5. For the youth who are often caught between western materialism and traditional tribal life.
6. For unity among the more than 700 different tribes and languages that make up the population.
7. For our missionaries, Nancy Anderson and Rod Norby.

Stories of Faith and Life

A Stray Rescue

(This devotion was shared by Deb Schaller at the January Council Meeting)

I've been reading up a lot lately about the Stray Rescue program here in St. Louis. For those of you not familiar with this organization it is one that devotes its time to primarily rescuing stray dogs (and sometimes cats) in the St. Louis area. What Stray Rescue is not? ...It is not a Dog Catcher...and it is not a posh puppy palace. It is...a down-to-earth-place that performs a wonderful service by providing healing, nourishment and care to animals that are often found in very dire circumstances. Some people even say that Stray Rescue performs miracles with some of the animals that they have taken off the streets.

In case you didn't know by now, I am a huge animal lover. The kind of animal lover that has been known to pull over to check out a wandering dog for a tag (if I can get close enough) or take an injured wild rabbit or dove into a vet. So, it is understandable why I am drawn to an organization like Stray Rescue. However, as I read through heartbreaking story after story on their website about the condition that they have found some of these animals in, I started thinking about the concept of being rescued. Almost all of the pets rescued by this organization have been abused or neglected in some way and in account after account it seems that these animals truly realize that they have been saved and given a new lease on life. Amazingly, they learn to trust again and become remarkably calm, very loyal, and devoted pets when they find their forever homes.

I hope you sort of understand where I am going with this? As I read through the rescue stories and the wonderful understanding and appreciation that these animals seem to have about the concept, of whatever you want to call it, ... being saved, reprieved, or rescued... it occurred to me that I have felt that sort of surge of sheer relief, thankfulness, peace and comfort. It is a feeling that I have experienced when I fully and finally allowed myself to give something totally over to God.

Unlike some of the poor animals wandering the streets, you and I actually know where to go for help... where to seek our nourishment. But while I cannot attest to the experience of others, I have found myself often not willing to admit, or remember, that I have really found my secure and "forever home"...

I think that all of us have been in circumstances where we felt ... out there ...alone ...or simply overwhelmed... with some life struggle...

In events where I have found myself in some sort of emotional torment, for whatever reason, (sometimes silly reasons) I am reluctant to really let God in. Sure, I may find myself praying about it but yet not really praying... because I am not quite there...not quite ready to be rescued. I guess at this point you might say I am praying but that I am still straying ...

And then comes what I would call a "Dah" moment. After carrying it around ...by worrying, grieving, stressing, or feeling as though I have been emotionally crushed, I finally give in by earnestly and wholeheartedly giving it to God. The moment that I really give it to God I feel an almost overpowering sense of relief, a surge of emotional energy that is difficult to put into words ... but in doing so, I would say that it is like I am breathing in God.

There are times I think everyone needs to feel this sense of having been rescued; like being covered by a warm and secure blanket. The Good News, I have found, is that when you just allow yourself to reach out to that Open Hand you will find that God is the best Stray Rescuer of them all.

Debbie Schaller

Happy New Year from your Parish Nurse

This is the month of new starts. We have enthusiasm for all the ways we plan to better ourselves, our resolutions are fresh. All too often, however, we over-do, “rush to health”, become discouraged or even injured, and abandon our goals.

I'd like to talk about fitness and balance in our daily lives. We know that regular exercise can reduce our risk of heart disease, diabetes, and some types of cancer. Research has shown that fit but overweight people enjoy better health than thin people who are not physically active. Finding an exercise that you enjoy doing is important, you have a better chance of staying with it.

An important thing to remember, however, is that we should strive to keep all things in balance.

The following suggestions can make a difference.

1. Get a proper amount of sleep. You know what you need to feel rested and alert. If you find yourself nodding off during the day, you are probably sleep-deprived.
2. See food as food, an enjoyable part of life, but not a best friend. If you are not on a specified weight-loss diet and want to lose weight, you can eat what you normally eat, but in smaller portions. Using smaller plates helps to cut quantities.
3. Spend time alone each day. Thirty minutes is minimal, and an hour and a half is best. Meditate, pray, nurture the precious soul that you are.
4. Do something fun each day. We grown-ups tend to forget that sometimes!
5. Do something strenuously physical each day. Doing 30 minutes of moderate physical activity 5-7 days a week is enough to enjoy many health benefits.
6. Do something social each day. Call, write, email, or text a friend. Volunteer, join a club, go to lunch. We need each other.
7. Start a Gratitude Journal. At the end of each day, write 5 things for which you are grateful. This can be life changing. Send a thank you note to someone who has been a blessing to you.

If you have made mistakes or not lived up to your expectations, don't give up! **Forgive and forget.** Forgive yourself for past failings and forget your past behaviors. Christ makes all things new, so give yourself permission to make a fresh start.

Blessings to you all this New Year,
Carol Connolly, Parish Nurse

VICISSITUDES

(The changes or events that occur in our lives)

Thank you to Ann Luciani and choir members for singing in this year's Week of Prayer for Christian Unity Service at St. Joan of Arc. Also, thanks to Joe Epplin and Jack Jaworski for participating. Next year will be Gethsemane's turn to host this annual event.

We extend the hope and comfort of the resurrection to the family and friends of Madge Ogan.

Madge entered the gates of heaven on January 5th; funeral services were held on January 9, 2012.

Madge had served as choir director and organist at the former Advent Lutheran Church and other congregations, as well as playing for numerous funerals at Ziegenheim & Sons. She was the widow of Pastor Leland Ogan (who was also buried on a January 9th, 15 years ago), and the mother of four. Music, hospitality, and fun were hallmarks of Madge's life, and we give thanks for her! *Very good, Madge!*

On Sunday, January 15th, we welcomed **Nathaniel Thomas Unsicker as a new brother in Christ through the Sacrament of Holy Baptism.** Nathan's parents are Sarah and Tom; his brother is William (who turned 3 years old on the 15th as well!). May God bless Nathan's growth in grace!

If you missed Pastor Kendra's tour of the "Windows of Gethsemane," you can still check out the story of the windows via the Gethsemane website or Facebook page!

Danke, Merci, Gracias, Tack, Dziekuje, Thank you...

...to Don Thuss and Ken Bauer for setting up and taking down the Christmas decorations this year.

...to Lois and Jack Wind for the beautiful Christmas wreaths on the parking lot doors.

Coffee hour hosts are needed for February!

Please remember that you can split the host duties with someone or sign up for a single week.

Looking Ahead:

A New Member Orientation will be held on Sunday, March 4th from 3:30-7:00 pm, including a light dinner. Child care will be provided if needed. Watch for more information!

Rachel Circle

There will be NO luncheon in February.

THE GLC HEALTH CABINET
SPAGHETTI DINNER SPONSORSHIP
payment must accompany this form

- _____ I WILL DONATE A DESSERT!

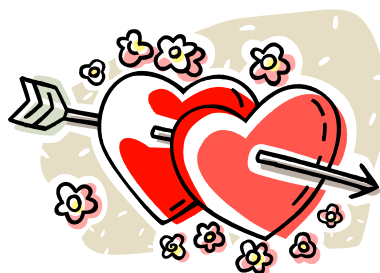
- _____ I want to sponsor five pounds of Spaghetti

- _____ I want to sponsor a gallon of Pasta Sauce

- _____ I want to sponsor a pound of Meatballs

- _____ I want to sponsor Five Loaves of Bread

- _____ I want to sponsor a Bottle of Olive Oil



ALL SPONSORSHIPS ARE \$5.00 EACH
ALL SPONSORS WILL BE RECOGNIZED AT THE DINNER

Amount enclosed \$ _____ (payable to GLC)

Envelope Number _____

How would you like your name listed on the sponsorship sign?

In Honor of: _____

In Memory of: _____

Your sponsorship helps to provide more proceeds for medical assistance for the Moe family.

This form must be given to the church office no later than Monday, February 6, 2012.

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

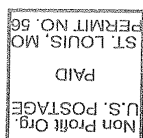
You can send your news and notes for the Messenger to glc-messenger@swbell.net. There is also a Messenger drawer by the church office. For best results, news should be in by the 20th of each month, but we'll do our best to get your news in whenever you submit it.

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
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St. Louis, MO 63109