



# MESSENGER



**GETHSEMANE LUTHERAN CHURCH**  
**A FAMILY IN CHRIST CARING FOR ALL PEOPLE**

DECEMBER 2007

VOLUME #1 14: ISSUE #12

## Spiritual Gifts of Waiting

I hate waiting. I'll move from line to line at *Shop and Save* to try to find the shortest possible wait. I'll exit the highway when there's a traffic jam and take side streets, even though it will probably take me longer, because at least I'll be moving and not forced to sit still and wait. I want things to happen **NOW** and get impatient with processes and people whose sense of time is different from mine. I obviously could use a good dose of Advent.

In her book, *Seven Spiritual Gifts of Waiting*, Holly Whitcomb writes: "The season of Advent, more than any other time of the church year, invites us to embrace the spiritual discipline of waiting. The season of Advent will not be rushed. The Advent carols must be sung, the Advent candles must be lighted week by week, and the doors of the Advent Calendar must be opened day by day. Christmas will finally come when all the expectant Scriptures have been read and when the baby has finally been born" (page 11).

Even though I hate waiting, I love the spiritual practices of Advent – lighting the candles on the Advent wreath, opening the doors of the Advent calendar one-by-one. They remind me that waiting is not passive. They help me live in the tension between "I just can't wait" and "All I can do is wait." Advent and its waiting are counter-cultural and have gifts to offer us. This Advent, based on Whitcomb's book, we'll consider some of those gifts: the gift of living in the present, the gift of compassion, the gift of patience, and the gift of trust in the midst of loss of control. Each week at worship, there will be spiritual practices given for you to engage at home. If Gertrude Mueller Nelson is right in saying "Waiting is the ingredient necessary to a life of quality," perhaps this Advent waiting can help us along the journey to that abundant, life of quality that Jesus intends.

May the God who loves us help us all learn how to wait in Advent expectation.

*Pastor Kendra*

### CONGREGATIONAL MEETING

**Sunday, December 2<sup>nd</sup>**

**Worship at 10:00 a.m. -- Followed by Lunch and Meeting**

All voting members are encouraged to attend this annual meeting of the congregation which will include the election of Council and Committees and the adoption of the 2008 Budget. Lunch will be provided by the Council (we will ask for a free will offering).

### ***SAVE THE DATE***

**GYG Babysitting for Holiday Shoppers:**

**Saturday, Dec. 1, Noon-3pm**

**Annual Meeting, Sun., Dec. 2**

One service at 10:00am  
Followed by Lunch (Free will offering) & Meeting

**Advent Adventure/Live Nativity**

**Saturday, December 8**

4:00pm Crafts & Activities  
5:00pm Dinner & Devotions  
6:00pm Outdoor Nativity

**Women's Christmas Luncheon  
Wed., Dec. 5, 11:30am**

**Alternative Christmas Gifts  
Sundays, December 9 & 16**  
Between services

**"An Adult Christ at  
Christmas" Bible Study  
Sunday, December 16**  
Between services

**Sunday School Christmas  
Program  
Sunday, Dec. 23, 11:00am**

**Christmas Eve Services  
Monday, December 24**  
4:00pm Lessons & Carols  
11:00pm Candlelight  
Communion

**Christmas Day Service  
Tues., December 25 at 10:00am**

# Advent & Christmas at Gethsemane

## ADVENT ADVENTURE & LIVING NATIVITY

**Saturday, December 8<sup>th</sup> 4:00-6:30 pm**

Set aside time to prepare away from the hustle and bustle of the season!

This event is for all ages! We'll begin with some Advent/ Christmas crafts that everyone can enjoy, eat a simple meal together, share candlelight devotions

around our tables, and then go outside to witness a live nativity (with Mary, Joseph, Baby Jesus, shepherds, and live animals), hear the Christmas story, and sing carols. Hot chocolate and cookies will be served outdoors. Invite your friends and neighbors to join us for this special evening!



## ECUMENICAL ADVENT WORSHIP

Hosted by Clergy & Laity Alliance of St. Louis Hills  
Worship is from 10:00-10:30am, with simple refreshments following the service.

**Thursday, Dec. 6**, at St. Mark's Episcopal Church, Fr. Bernie Schloemer, St. Gabriel Church, preaching

**Thurs., Dec. 13**, at St. Andrew Presbyterian Church Rev. Kendra Nolde, Gethsemane Lutheran Church, preaching

## HELPS FOR YOUR ADVENT JOURNEY!

Are you looking for ways to keep your family's and your focus on the Christ in Christmas?

*Use an Advent wreath*, lighting an additional candle for each week in Advent, and using a daily prayer or devotion.

*Advent Devotion Books* will be available on Sunday, December 2<sup>nd</sup> at worship. "Flames for the Faithful" goes along with your Advent wreath and helps you grow in the hope of Advent that glows in our hearts.

*Advent Bible Reading Guides* will be distributed. This bookmark of daily Bible readings follows the theme of "Flames for the Faithful" as well.



## ALTERNATIVE CHRISTMAS GIFT-GIVING

**Sundays, December 9<sup>th</sup> and 16<sup>th</sup>**  
**Fellowship Hall Between Services**



If you are looking for ways to give meaningful gifts that will also help make a difference in the world, come to the Fellowship Hall in-between services on either Sunday, December 9<sup>th</sup> or 16<sup>th</sup>. Gifts available will include: Café Sola Fide -- Coffee from Panama; Fair Trade Chocolate Bars that benefit farmers in West Africa; Peter Mayer CDs to benefit our youth group; and a small assortment of gifts from Plowsharing Crafts and International Partners in Mission.



For other ideas, go to [elca.org](http://elca.org) and check out ELCA Good Gifts, the Giving Catalog of the Evangelical Lutheran Church in America **OR** see the information about Christmas gifts for Joint Neighborhood Ministries elsewhere in this newsletter.



# Sundays in December—

Starting in Advent, we will be using Setting 4 from  
WOV: Light of Christ.

**Sunday, December 2<sup>nd</sup>**

**First Sunday in Advent**

One Service Only at 10:00am

Spiritual Gift of Waiting: Living in the Present

**Sunday, December 9<sup>th</sup>**

**Second Sunday in Advent**

Spiritual Gift of Waiting: Compassion

Special guest Joe Cistone, director of International Partners in Mission will bring greetings both in worship and during the Fellowship Hour.

Between Services: *Alternative Christmas Gift Fair*

**Sunday, December 16<sup>th</sup>**

**Third Sunday in Advent**

Spiritual Gift of Waiting: Patience

Between Services: *Alternative Christmas Gift Fair*

**Adult Class—“An Adult Christ at Christmas”** Using Raymond Brown’s book of the same name, we will look at Matthew’s infancy narrative to help us grow spiritually and unlock us to love.

**Sunday, December 23<sup>rd</sup>**

**Fourth Sunday in Advent**

Spiritual Gift of Waiting:

Trust in God in the Midst of Loss of Control

Sunday School Christmas Program at the 11:00am

Service: *Dreams of Christmas-The Rest of the Story*

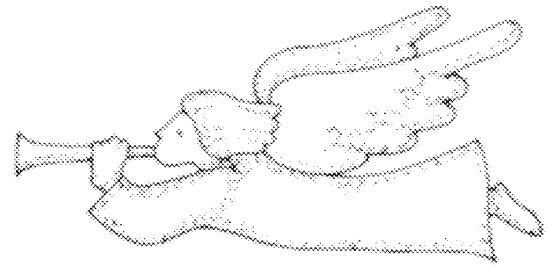
## Join the Choir this Holiday Season

If you like to sing, but haven’t joined the choir, sing and celebrate the coming of Christ with the choir for this Christmas and Advent Season. There are benefits to singing with the choir now:

- ❖ Choir members get to sing Christmas songs and carols (on average) 3 weeks longer than the general population!
- ❖ Singing is a stress reliever – something we all need!
- ❖ And...we have fun singing and praising God.



Come rehearse with us on Mondays at 7:30pm. If you have any questions, call Ann at (314) 963-0934.



## CHRISTMAS WORSHIP SERVICES

**Monday, December 24<sup>th</sup>**

**Christmas Eve**

4:00 pm Candlelight Lessons and Carols

11:00 pm Candlelight Holy Communion

**Tuesday, December 25<sup>th</sup>**

**Christmas Day**

10:00 am Carol Service of Holy Communion



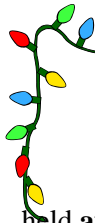
## GLCW WOMEN'S CHRISTMAS LUNCHEON

Everyone is Welcome!

Wednesday, December 5, 2007, 11:30am, at  
Frailey’s Restaurant  
24 Kenrick Plaza.

For reservations, please call Norma Schenck  
at 314-892-3868 by  
Sunday, Dec. 2, 2007.

# Preparing for Christmas Caroling & Decorating on December 16<sup>th</sup>



Everyone is invited to join in two of Gethsemane's Advent traditions: decorating the Sanctuary for Christmas and caroling at the homes of some of Gethsemane's older members.

This year the two events will both be held **after the second service on December 16<sup>th</sup>**. A light lunch will be provided. Following lunch, those who wish to stay and decorate the church will be put to work, and those who wish to carol will be given song-sheets. No singing experience required! This is an excellent way to spread the cheer of Christmas, as well as preparing our hearts (and our church) for Christmas.



## LIFE AT HOME ...

### Church Council Highlights

November 13, 2007

(Note: Official minutes are placed on the hall bulletin board after approved at the next Council Meeting)

1. Continued discussion of book entitled *Power Surge: Six Marks of Discipleship for a Changing Church*, focusing on the topic of developing leaders.
2. Received correspondence from Bishop Gerald Mansholt of the Central States Synod thanking us for our "second mile" gift to the Synod.
3. Approved a budget for 2008 to be recommended to the congregation for adoption.
4. Reviewed the minutes from the last meeting of the Financial Resources Task Force, and voted to recommend to the annual meeting engaging outside assistance to help us focus the purpose and structure of the Endowment Fund in the first quarter of 2008.
5. Heard a report from the Stewardship Team. There were 158 people in attendance for the Celebration Luncheon on November 4<sup>th</sup>. Thanks to Gordy Sandquist for serving as our guest leader. Commitment Cards and Time & Talent Sheets are still coming in. To date, however, 89 cards have been received showing an increase of \$13,000 or 8% in pledged giving.

6. Made plans for the Annual Meeting on December 2<sup>nd</sup>, with one service only, followed by lunch and meeting.
7. Approved finding funds up to \$2500 from a Gift & Memorial to purchase new chairs for the choir in the balcony.
8. Heard about the development of a Disaster and Evacuation plan being written by Ted Yemm in consultation with the Health Cabinet/Health & Wellness Committee.

## "Facing Your Giants" Book Study

"Facing Your Giants" by Max Lucado uses the biblical story of David to help us face the "giants" in our lives: the bills you can't pay, people you can't please, habits you can't break, failures you can't forget, a future you can't face. Like David, we can face our giants even if we aren't the strongest, smartest, best equipped, or holiest. Copies of the book are available at Amazon.com or any local bookstore. **We will finish our study on Monday, December 3rd** from 10:30am-12 noon in the downstairs Orange Sunday School room.



## SCHNUCKS COMMUNITY CARD

Please pick up a Schnucks "eScrip" community card at the church, activate the card and present it every time you shop at Schnucks. Schnucks contributes a percentage of your purchase to Gethsemane every time you use the card. **THIS COSTS YOU NOTHING!!!!**

## Children / Sunday School

### Sunday School Spotlight

This month's Sunday school spotlight shines on Lisa Lawrence, one of the co-teachers for Gethsemane's preschool Sunday school class. Lisa and her family first came to Gethsemane in the fall of 2005 at the invitation of their neighbors, Sharon and John Salerno. Lisa said, "We felt an immediate connection with this church family, and quickly knew this was the place for our family to grow in faith together." Lisa's immediate family includes her husband Steven and children Ella and Conner, but



they have brought other family members to Gethsemane, including new members Teri and Charlie Wallis.

Lisa is a social worker who works in mental health services research at the school of social work at Washington University. She also volunteers with the Alzheimer's Association as a support group facilitator.

In her free time, Lisa enjoys shopping and spending time with her husband and kids. Some of their favorite places to spend time together include the Science Center, Forest Park, the Zoo, Suson Park and the library. They also enjoy cooking, baking, art projects and listening to music. We're happy that Lisa has found time in her busy schedule to share the message of God's love with our youngest Sunday school members!



The Sunday school children (seen here in rehearsal) shared the song *Praise The Lord* during the 11:00 service on October 28. Thank you for your joyful praise!

During October, 4<sup>th</sup> and 5<sup>th</sup> grade students participated in a "Getting to Know Your Bible" class with Pastor Kendra. They reviewed their own new Bible and highlighted selected passages. The Bibles were presented to the following students during the church services on October 28: Zoe Bowman, Nathan Keightley, Jocelyn Lampkin, Paul Meuser, Mitchell Paulson and Sophia Schier-Hanson.

## Sunday School Christmas Program

This year's Sunday School Christmas pageant will be held during the 11:00 service on Sunday, December 23. An initial rehearsal for children in grades 1-5 will be held during the congregational meeting on Sunday, December 2. Additional rehearsals will be announced as they are scheduled.

**JOIN US!!!!** If you have a child between the age of 3 years (before Aug. 1 and potty-trained) and in 6<sup>th</sup> grade, we would love to have him or her join us for Sunday School. Sunday School meets every Sunday at 9:50 a.m. for an hour of fun, stories, singing, exploring, and learning. If you have not completed a registration form for your child who attends Sunday school, please fill out

a form or e-mail the following information to Christy Scheidt at [meuserscheidt@yahoo.com](mailto:meuserscheidt@yahoo.com):

*Child's name, birth date and grade in school*

*Parent's name(s)*

*Address, phone number and e-mail*

*Medical concerns/allergies*

## CONFIRMATION

**CONFIRMATION CLASSES** will be held on Mondays, December 3 and 17 from 6:30-8:00 pm. We will be making further plans to attend Youthquake from January 18-20, 2008 at the Clayton Crowne Plaza Hotel. Class members will be participating in the "Adopt-A-Family" program for Joint Neighborhood Ministries by providing comic books and socks for one family. **Matching Funds from Thrivent Chapter # 30663 will supplement the class "Quarters for Hunger" Mission Project.**

## Babysitting

Saturday, Dec. 1 from Noon-3pm

This is a service for Gethsemane families. Families are asked to bring canned goods to donate to the Food Pantry.

## YRU 14

It's time again for our annual ELCA Metro St. Louis Coalition

Youth Retreat at Lake Williamson Christian Center Carlinville, IL.

Date: January 25-27, 2008

Cost: \$100.00 per person (nonrefundable)

Music: Buckman Page

Message: The Langdon Brothers

Reservations: to Kim Rose by Dec. 13, 2007, so they can be mailed together. (The cost increases on Dec. 17<sup>th</sup> to \$110.00 per person.)

Departure: 4:45pm on Jan. 25, 2008, with a supper stop in Litchfield, Ill.

Questions: Contact Kim Rose at 314-351-1023

For those who have never attended one of these retreats, this is a fun filled weekend getaway of music, recreation, a servant event, small group discussions about YRU not using your gifts. The rec hall has basketball, volleyball, pool tables, swimming pool, hot tub, snack room, & a rock climbing wall. Saturday evening everyone plans worship with your small groups. This is not a traditional worship service and is fun to see what each group comes up with.

# Health Cabinet

## **Health Cabinet Holiday Bake Sale Home-Baked Cookies and Treats for a Cause**

*Springerle, Spritz, Butterhorns, Noel Wreaths, Pecan Puffs, Chocolate Bars, Speculaas, Orange Pretzels, Candy Cane Cookies, Almond Crescents, Ribbon Cookies, Streusel Hearts, Brownie Truffles, Cranberry Bars, Fudge, Cashew Triangles, Poinsettia Rounds, Etc.!*

Remember all those special people in your life with a gift of homemade cookies or treats for the holidays. Order your cookies and trail mix early for office parties, teachers' gifts and family gatherings. The Health Cabinet will again be selling beautiful cookie trays in 2 sizes and bags of white chocolate trail mix. Funds raised will be used for Hurricane Disaster Relief through the ELCA, **and will be matched by Thrivent Financial for Lutherans, Branch #306633.**

Orders must be turned in by **December 9.**

(Unfortunately, we were not able to fill all the last minute requests last year, so order early and order often!) All cookies and treats will be available for pick-up between services on December 16 or December 23.

Small tray (30 cookies) -- \$10

Large tray (60 cookies) -- \$20

White Chocolate Trail Mix -- \$5/bag

(Please note that many of the cookie varieties contain nuts.)

## **STRESS, DEPRESSION AND THE HOLIDAYS:**

### **12 tips for coping**

For some people, the holidays bring unwelcome guests — stress and depression. And it's no wonder. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands — work, parties, shopping, baking, cleaning, caring for elderly parents or kids on school break, and scores of other chores. Some practical tips can help you minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would. When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if you know the holidays have taken an emotional toll in previous years.

Tips you can try to head off holiday stress and depression:

1. **Acknowledge your feelings.** If a loved one has recently died or you aren't able to be with your loved ones, realize that it's normal to feel sadness or grief. You

can't force yourself to be happy just because it's the holiday season.

2. **Seek support.** If you feel isolated or down, seek out family members and friends, or community, religious or social services. Consider volunteering at a community or religious function. Getting involved and helping others can lift your spirits and broaden your friendships. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don't have to go it alone.

3. **Be realistic.** As families change and grow, traditions and rituals often change as well. Hold on to those you can and want to. But accept that you may have to let go of others.

4. **Set differences aside.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Practice forgiveness. Set aside grievances until a more appropriate time for discussion.

5. **Stick to a budget.** Before you go shopping, decide how much money you can afford to spend on gifts and other items. Don't try to buy happiness with an avalanche of gifts. Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. Expect travel delays, especially if you're flying.

7. **Learn to say no.** Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful, bitter and overwhelmed.

8. **Don't abandon healthy habits.** Don't let the holidays become a dietary free-for-all. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and schedule time for physical activity.

9. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

10. **Rethink resolutions.** Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your whole life to make up for past excess. Instead, try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame.

11. **Forget about perfection.** Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Accept imperfections in yourself and in others.

12. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for

several weeks, talk to your doctor or a mental health professional.

### **Take back control of holiday stress and depression:**

Remember, one key to minimizing holiday stress and depression is knowing that the holidays can trigger stress and depression. Accept that things aren't always going to go as planned. Then take active steps to manage stress and depression during the holidays. You may actually enjoy the holidays this year more than you thought you could.

*Excerpts from the Mayo Clinic holiday advice.*

## **What Helps With Memory Loss?**

So many studies extol the benefits of exercise, memory games, activity, even eating carrots to prevent memory loss. In a world of instant gratification, we all want a simple answer. The truth is much more complicated. At this time, there are many things which may slow memory loss, please note the word, may. Activity, addressing depression early, a healthy diet, and regular exercise all could give an individual the upper edge.

New medicines seem to slow the progress of memory loss, but these are not always effective for everyone. No drug as of yet, will rejuvenate lost memory.

If you fear you are beginning to experience memory loss, I advise you to talk to your doctor. Ask for a neurological evaluation to rule out non-Alzheimer memory loss conditions. Seek out additional resources. Call or e-mail the Alzheimer Association for information. Talk to me or another Health Cabinet member.

If you have a family history of memory loss, diagnosed as Alzheimer's or not, start to talk to your doctor now. Your doctor can help you best, if he has early baselines on your abilities.

Keep yourself informed of new research. Just as the treatment for cancer has radically changed the outcome for patients, so have new treatments for memory loss.

As with many diseases, as our knowledge grows, the quality of life for persons with Alzheimer's or other memory loss conditions improves.

In the meantime, keep active, learn a new hobby, exercise, and eat your carrots!

*Mardi Manary, Parish Nurse*

## **Blood Drive:**

Once again, I would like to thank everyone who gave blood at the November Blood Drive. We obtained 17 units from 19 attempted donors. I am deeply grateful for the consistent support that this church gives to this important activity. This year, our church has donated 53 units of blood. Thank you again, *Mardi Manary, Parish Nurse*

## **With Hands Uplifted We Pray For...**

**Those in need of healing and intercession...** Ami Boehlje; Bob & Mary Bollinger; Rich Brown; Paula Brud-Brown; Marion Grana; Damien Gustafson; Lawrence family; Beulah Mattson; Vickie Mayer; Gladys Mohl; Gus Niebuhr; Shirley Roberts; John Salerno; Matt Spicer; Jeannette Swallow; Tatum family; Teri Wallis; Gloria Watson; Roberta Wolters.

**Our Friends** –Bill and Pat; Jocelyn Boehlje; Dennis; Sally Wollfrum; Delores; Jeff, Claudie; Mil Johnson; Eatos family; Grace Gill; Neil Gustafson; Jesse; Wilma Hopfer; Mary Jones; Betty Hecht; Kent & Jane Humbarger; Gillian, Robin; Helen; Glen Kolander; Ken Schramm; Ann; David Mayer; Family of Charla; Michael Cradick; Steve Fisher; Anna Marie Lawrence; Connor Henderson; Emma Marion; Jean Gardner; Lisa Oberfeld, Roy & William Oberfeld; Toni Muir; John Hammerschmidt; Grace Berger; Monica Johnson Hanulik, Megan Schermer; Dennis, Dan, Tony, Ron, Rosemary; Carole Jackson; Joe Wilson; MPhil Scharf; Erica Dallman; family of Doris Friederichs; Scott Akers; Duff Shepherd; Malorrie Mangano; David & Barb Sheffield; Gerard; Kathy; Marsha; Dave; Don; Vi Clegg; John Hovey; Heidi Hendricks; Beverly

**For continued healing in our church and country.**

**For those seeking guidance & discernment, peace and comfort.**

**For all those for whom this holiday time is filled with anxiety or unrest, grief or conflict.**

**For those serving in the military or in Iraq and the safe return of all** – Major Roger Bodenschatz and family, SPC Brendan Sass, SPC Dietrich Sass, Matthew Ginther; Matthew and Christopher Rosso; Dan

**For the children of Casa Quivira in Guatemala and their waiting families during this time of legal uncertainty.**

**Our mission partners** – Pr. Ernesto & Norma Weigandt in Panama; Drs. Mark Manary & MacDonald Ndekha: Project Peanut Butter in Malawi; Nancy Bond: the Rafiki Foundation in Ghana

**Our World** – For an end to extreme poverty, in Africa and elsewhere; For peace in Iraq, in Darfur, in the Middle East.

## **Valentines Spaghetti Dinner:**

### **Make Your Plans Now!**

When: Saturday, February 9, 2008 5-8 p.m.

Where: Gethsemane Lutheran Church Fellowship Hall

Cost: \$8.00 Adults, \$5.00 Children 3-12, Children under 3 free

Plans are underway for our annual Breast Cancer fundraiser! Not only is this a fun way to give to the Komen Foundation, it is a great evening. We will again have great food, music, and company. Put this date on your calendars. Come out to show your support for the Gethsemane Komen Walk team, the **Happy Hoofers!**



## ... IN OUR COMMUNITY

### A "BLUE CHRISTMAS SERVICE"

**Friday, December 21  
7:00 pm at Hope UCC**

Many churches in the past decade or so have begun to offer "Blue Christmas" services. These services provide space for those who may be grieving, hurting, lonely, or simply not connected with the public joy of the Advent and Christmas seasons because of their life situations. In coming together, we are free to acknowledge our pain and receive comfort from the surrounding community of faith. This simple service provides quiet opportunity for prayer, song, and silent reflection as it seeks to nurture one's hurting spirit.

This year, through the Clergy and Laity Alliance of St. Louis Hills, a Blue Christmas service will be offered on what is traditionally the darkest night of the year: Dec. 21<sup>st</sup>. Come be nurtured by the light of Christ.

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### Hunger at the Holidays

As I sit at my desk pondering what to write about hunger and the holiday season, I find that I am not qualified to write this article. Why? Because I have never truly been hungry. Of course, I have stated that I'm starving or that

I'm hungry, but really that is not the case. Having hunger pains when it is meal time and then sitting down to a meal does not constitute hunger. A truly hungry person has gone without food or has a minimum amount of food days on end. Can you imagine living in a household that has very little food to put on the table and that the amount you can eat is limited? I can't, but then again I have lived the life of abundance. We have families that come to Joint Neighborhood Ministry who are truly hungry. The little boy who comes with his mother and tears open the bread wrapper so he can stuff his mouth full. The homeless man who has not had a meal for days opens the cans in the intake area and gulps the food down. Many of those who struggle daily with low income or no income find it difficult to feed their families daily, and the holidays are no different. We do what we can to provide special food for the holidays for those who sign up for our programs, but do we do enough? Food Pantries are just the band-aid. The issues of poverty and hunger need to be solved in this country.

*Joan Hensley, Joint Neighborhood Ministry*

## ... AND IN OUR WORLD

### Christmas With Katrina II:

#### A Mission Experience

5 Churches, 5 Days

Making the Difference of a Lifetime!

Wednesday, Jan. 2, 2008 – Sunday, Jan. 6, 2008

Last year, nearly 30 folks from our Southside ELCA Cluster of Congregations went to Bayou la Batre to work with Lutheran Disaster Response. This year's trip will be to Biloxi, Mississippi. We will be staying at "Camp Biloxi" affiliated with Good Shepherd (LCMS) Church. You must be 16 yrs of age to participate, or get special permission from the Camp Biloxi directors. It is hoped that for every 4-5 workers, we will have one "team leader" who is more experienced. The cost is \$60 for 3 days room and board while in Biloxi, plus transportation and meals on the way down and back. Come with a willing heart to do anything that is needed!

Brochures are available at the church. Pastor Kendra and her family are going again this year. Please register with her before December 15<sup>th</sup>!

**An Orientation Gathering for participants from the churches will be held on Sunday, December 9<sup>th</sup> from 4:30-5:30 pm at Gethsemane.**

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### ENDOWMENT FUND MATCHING GIFT PROGRAM

**For December**

#### International Partners in Mission

IPM was founded in 1974 by former missionaries, Jim Mayer and Paul Strege and others. IPM identifies and selects community based, interfaith projects around the world for funding and technical support by linking them in partnerships with individuals, families, congregations, schools, and like minded organizations around the world. IPM strives to provide an alternate, effective, and personal way to develop partnerships that promote justice, peace, and hope in three different program areas: Children, Youth and Women.

IPM looks for projects that address the root causes of injustice and works for social change as well as inter-faith collaboration and participation of the local community. From 10 projects in 9 countries in 1974, IPM currently sponsors 60 projects in more than 25 countries. There is an opportunity for interested folks to visit the project sites by joining one of IPM's Immersion Experiences.

For additional information, call Sammy Mayer--314-843-5495 or e-mail [sammymayer@aol.com](mailto:sammymayer@aol.com).

Southside ELCA congregations are also planning an **Immersion Trip Experience** with IPM to El Salvador in the Fall/Winter of 2008. The trip will be 7 days and costs under \$2,000 per person. We will need a minimum of 10 and a maximum of 20 persons. If you think that you would be interested, please contact Pastor Kendra.

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## Lutheran Planned Giving Central States Synod November 2007

### ***How to Find the Right Attorney***

Sometimes people drag their feet in creating or updating their will because they do not know where to go to get good help. The fact that the phone book lists the names of various lawyers is no help – These are simply strangers; names and numbers with no personal connection. First, it is important to locate an attorney who specializes in estate planning. If you have a cavity and need dental care, you would not go to a foot doctor but would find a dentist. The same is true regarding a will and other estate-planning documents. You want someone who is skilled in this area, someone who knows the right questions to ask and is current with tax laws and document requirements.

Joyce "JP" Palmer, Regional Gift Planner for ELCA Lutheran Planned Giving knows the kind of attorney you need to help you with estate-planning matters. And, she can provide you with a set of questions to help you find someone you can feel good about and trust. In helping you, however, she will not recommend one attorney. She will serve as a guide and facilitator to help you find someone you like. She can provide a list of names for you to call with questions to ask regarding services and rates. The important thing is for you to be comfortable with the attorney and to have confidence in her or his professional expertise. You may want to talk with your closest friends and perhaps they could direct you to someone you would like. Or, if you have a long-term relationship with a bank, you might ask the manager for a recommendation of a good estate-planning lawyer. In any case, it is a good idea to have a short visit with any attorney you do not know before you engage her or him as your legal advisor. Take the opportunity to learn about her or his services and to see whether you feel comfortable with the person. By the way, there should be no charges for this initial visit, but ask about this when you make your phone call. Finding the right attorney may take a little extra effort, yet you will be glad you spent the time – especially when you sit down to share confidential information about your assets and your distribution wishes. For assistance about your attorney needs and/or to request a free copy of a Will Information Kit, contact ELCA Lutheran Planned Giving Regional Gift Planner Joyce "JP" Palmer, Director/ELCA Regional Gift Planner, 3210 Michigan Ave., Suite 407, Kansas City MO 64109-2055  
Phone: 816-861-6584 or Toll-free: 866-915-3548  
Cell: 816-204-5181 E-mail: jcpalmer49@aol.com

**ELCA Lutheran Planned Giving** is a service to ELCA congregations and individuals to help them plan for themselves, loved ones and the work of the Lord, by providing education and consultation in the area of stewardship of accumulated assets. All services are available without cost or obligation.

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## ELCA Documentary on Uganda Forgiveness to Air on NBC Television on Dec. 2

CHICAGO (ELCA) -- NBC affiliate television stations will begin broadcasting "Uganda: Ready to Forgive" on Dec. 2. The 60-minute documentary about the faith and spirit of the Acholi people of Northern Uganda is a production of the Evangelical Lutheran Church in America (ELCA).

Through 20 years of war, death, rape, torture and child abduction, rebels known as the Lord's Resistance Army forced 2 million people into internally displaced person camps. Yet, the Acholi people are united in a belief that the only real solution is reconciliation and forgiveness.

"The program was recorded on location in Northern Uganda," said Tim Frakes, writer and producer, Tim Frakes Productions, Lombard, Ill.

"In this story, the Acholi people offer lessons of forgiveness that we can learn from," Frakes said. "Most stories from Africa emphasize Western nations helping Africans," he said. "This is an example of Africans helping us."

The host of the program is Immaculée Ilibagiza, a survivor of the 1994 Rwandan genocide and author of "Left to Tell: Discovering God Amidst the Rwandan Holocaust."

"The Acholi people of Northern Uganda have been through so much, and to be able to capture this amazing story of forgiveness and reconciliation was truly a blessing. Now our task is to bring their story to a wider audience," said Ava Odom Martin, director for public media, ELCA Communication Services.

"If the Acholi people can forgive the Lord's Resistance Army for the torture and massacre brought upon their community and get on with their lives, then hopefully someone else may be touched by their action and find forgiveness for an injustice done to them," said Martin. "This is truly an African story of grace."

The ELCA is one of 35 member communions of the National Council of Churches of Christ in the USA (NCC). The NCC is a founding partner of the Interfaith Broadcasting Commission (IBC), which provides television programming to the affiliates of three major broadcast television networks. NBC's "Horizons of the Spirit" series provides four hours per year for documentaries produced by the IBC faith groups.

Martin said "Uganda: Ready to Forgive" will be available for broadcast on NBC affiliate stations through May 2, 2008. "Please contact your local NBC station for specific dates and times in your area," she said.

This production was made possible in part through a grant from Faith and Values Media, the United States' largest coalition of Christian and Jewish faith groups dedicated to media production, distribution and promotion. The ELCA is a member of Faith & Values Media, a service of the National Interfaith Cable Coalition, Inc., formed in 1987.

# LAGNIAPPE

## Where Did the Worship Committee Dine In November?

Before each monthly meeting, members of the worship committee gather at a local restaurant for dinner. We try to go to a different restaurant each month, preferably one that is not familiar to everyone. In November, we went to La Gra Italian Tapas, 1227 Tamm Avenue in Dogtown. La Gra is not the typical Italian restaurant that you will find on the Hill. Everything is affordably priced, with an emphasis on small plates (appetizers). Large plates (entrees) include two salmon dishes, a steak, several pasta specialties, and a build your own pasta bowl. The pasta bowls offer a choice of three types of pasta and four types of sauces for \$5.99. Additional items can be added to the pasta for an additional charge. Choices include meatballs, chicken, or buffalo mozzarella for \$1.99; sautéed portabellas, peppers, and onions for \$3.99; and shrimp, scallops, or salmon for \$6.99. The pasta bowls are very large and could easily provide dinner and a couple of lunches.

Our small group tried several of the hot and cold small plates. The antipasto platter came on a chilled slate tile and had four types of cheese cubes, three types of meat, a variety of olives, and a few cloves of roasted garlic. It was more than enough for all of us to share.

The other cold small plate that was sampled was the

prosciutto wrapped melon. It came on a long, rectangular plate with the melon balls separated by fresh figs and drizzled with a honey-balsamic vinegar sauce. The only hot small plate that was ordered was the La Gra sampler combo. It consisted of chicken speidini, beef speidini, shrimp la gra, and bruschetta topped with minced olives. One diner ordered the spaghetti and meatballs and had her special request of penne instead of spaghetti easily accommodated. Her request for a half order of garlic cheese bread was also not a problem. The marinara sauce is a little spicy but tasty, but the bowl could have used a little more sauce for the amount of pasta in the bowl. Two other diners had the penne with peas, mushrooms, and prosciutto in a roasted garlic cream sauce. There was nothing to suggest that would have improved the dish, and it was rated excellent by both diners.

Dessert at La Gra is limited to four choices: flourless chocolate cake, cheesecake, tiramisu, and cheesecake lollipops. The cheesecake lollipops were irresistible for two in our party and were just the right size to finish off the meal. They're Tootsie-Roll Pop sized balls of cheesecake robed in chocolate on a lollipop stick, are made by the nearby Sugaree Baking.

La Gra is only open for dinner, but is connected to the next door coffeehouse, where you can get breakfast and lunch items, and all of the desserts offered in the restaurant. You can check out the dinner menu at [www.saucemagazine.com/website.php?e=3442](http://www.saucemagazine.com/website.php?e=3442).

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## What are the Millennium Development Goals?

This is the second in our series on the 8 Millennium Development Goals, unanimously adopted by the member states of the United Nations to be achieved by the year 2015.

**MDG Two: Achieve Universal Primary Education:** Ensure that all boys and girls complete a full course of primary schooling. Did you know that in our world today:

- One in four adults in the developing world - 872 million people – can't read or write?
- Around the world today, at least 104 million children ages 6 through 11 do not have access to basic education, and 57 percent of these children are girls? Only 37 of 155 developing countries provide primary education for all.
- Universal primary education would cost \$10 billion a year (half what Americans spend annually on ice cream)?
- Young people who have completed primary education are less than half as likely to contract HIV as those missing an education? Universal primary education would prevent 700,000 cases of HIV each year, about 30 percent of all new infections in this age group?

*"Then little children were being brought to [Jesus] in order that he might lay his hands on them and pray. The disciples spoke sternly to those who brought them; but Jesus said, "Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs.""* (Matthew 19:13-14)

Most of us take very seriously our obligation to give our children the education and solid foundation for a future life that they deserve. But for most of us, financial resources rarely enter into the equation of primary and high school, as public schools in our nation are free. A huge portion of the world's people don't have this luxury.

What will it take to achieve universal primary and secondary education? At the heart of the world's education gap are economic inequities that make universal primary education immensely challenging. In most of the developing world, funding for education is highly inequitable, with the poorest 20 percent of impoverished populations receiving far less than 20 percent of public-education spending and the top 20 percent receiving far more than 20 percent. Moreover, most developing countries spend far less on primary education than they do on secondary and higher education, a discrepancy that harms the primary beneficiaries of basic education: the poor.

Fees for education – enrollment fees and costs for uniforms and books – are a principal deterrent to primary education for the poor throughout the developing world. Countries in Africa that have eliminated school fees such as Kenya, Uganda, and Mozambique, have seen extraordinary and immediate increases in primary-school enrollment rates.

The solutions to the educational disparity in the developing world, while not complex or costly, touch on nearly every other area of the MDGs. Thus, Goal Two is a foundational Goal that must be fulfilled for all others to be fulfilled. Fulfillment will at the same time, however, require progress in other Goal areas. Developing comprehensive international strategies for the crisis of orphans and vulnerable children worldwide will have a significant role in achieving universal education. Legislation passed by the U.S. Congress in 2005 with strong backing from the faith community is designed to move the world in that direction. Additionally, greater cancellation of the debts owed by impoverished countries to wealthy international creditors would free up significant resources for education.

Additionally, a series of “quick win” strategies recommended in 2005 by the UN Millennium Project could help make significant progress in boosting primary-school enrollment rates. The two most important of these recommendations are a worldwide initiative for the elimination of all primary-school fees, and a massive expansion of school-meals programs using locally grown food.

Goal Two: How is the world doing? Trends in this area are better than in most of the Goal areas, yet progress is uneven and behind schedule in at least half the world’s regions. Still, the successes thus far – and proven strategies such as the elimination of school fees – suggest that this Goal is imminently attainable.

- Part of the world is on track. This includes North Africa, East Asia, Latin America, the Asian portion of the former Soviet Union, and West Asia (though progress in West Asia is slowing).
- Sub-Saharan Africa, Southeast Asia, South Asia, and Oceania (Australia and New Zealand) are making progress but not at rates fast enough to meet Goal Two by 2015.
- The European portion of the former Soviet Union is seeing primary school enrollment rates fall, the only region of the world with negative progress on Goal Two.

#### **MDG Success Story: Tanzania**

Tanzania is one of 11 countries to complete the current debt relief program. According to the World Bank, Tanzania has had \$3 billion of its debt canceled. As a result, Tanzania has increased funding for poverty reduction by 130 percent over the last six years and focused savings on increased education spending and the elimination of school fees for elementary-school education. Almost overnight, an estimated 1.6 million kids returned to school. By 2003, 3.1 million children were back in school. The net enrollment ratio has risen from 58.8 percent in 2000 to 88.5 percent in 2003. With debt relief savings in 2002 and 2003, Tanzania built 31,825 classrooms and the number of primary schools increased from 11,608 in 2000 to 12,689 in 2003, a net increase of 1,081 schools. Also in these two years, 17,851 new Grade A teachers were recruited and 9,100 science-teaching kits were supplied. The pass rate in primary school exams rose from 19.3 percent in 1999 to 40.1 percent in 2003. This rate would have been higher if the pass rate standard had not been raised in 2004.

*-- President’s Office, The United Republic of Tanzania, in letter dated February 17, 2004.*

Questions: Think about the role that education has played in your life and the lives of your family members. If you have children, imagine what it would be like if you could not afford to send them to school from the ages of 5 to 12. Imagine a life in which you could not read street signs or the instructions on a medicine bottle, understand arithmetic, or grow up with a basic understanding of the history and geography of your country? How do you think literacy affects economic progress?

Advocacy: Visit Bread for the World ([www.bread.org](http://www.bread.org)) or the Basic Education Coalition ([www.basiced.org](http://www.basiced.org)) to begin learning more about hunger and educational disparities in the world. Commit to sharing this information with others in your community and taking some of the most current advocacy actions recommended by these groups. These are always hot topics in the U.S. Congress, and your voice needs to be heard!

*(This article excerpted from God’s Mission in the World, prepared by the Episcopal Church Office of Government Relations & the Evangelical Lutheran Church in America (ELCA) Washington Office)*

## WORSHIP LEADERS: DECEMBER 2007

<b>DECEMBER 2: 10:00AM</b>		
<b>ANNUAL CONGREGATIONAL MEETING AND LUNCHEON FOLLOW THE SERVICE</b>		
A.M.	Don Thuss	
ACOLYTE	Abby Sandberg	
LECTOR	Joe Epplin	
BREAD	Dell Roth	
WINE	Matt and Wilma Spicer	
FLOWERS	Don and Jane Kurt	
FLOWER DEL.	Steve Hetager	
VAN DRIVER	Norm Hopfer	
NURSERY	Dell Roth	
GREETERS	Keaton and Ruth Hanson	
USHERS	Jon Begley	Walter Mueller
USHERS	Lory Bowman	Fred Tatum
USHERS	John McElwee	

<b>DECEMBER 9</b>	<b>8:30</b>	<b>11:00</b>
A.M.	Jan Bornemann	Terry Garland
ACOLYTES	Will Bartholomew	John Frohlichstein
LECTORS	Dan Flaxbart	Ami Boehlje
BREAD	John and Sharon Salerno	
WINE	Shirley Roberts	
FLOWERS	Jim and Lisa Mantia	
FLOWER DEL.	Ruth Johnson	
VAN DRIVER	John Sandberg	
NURSERY	Natalie Fenton	
DOUGHNUTS	Lois Wind and Shirley Roberts	
COFFEE HOUR	Norm and Virgie Hopfer	
GREETERS	Mary Brice	Kunle Abioye
GREETERS	Marie Mueller	Carol Frohlichstein
USHERS	Jon Begley	Todd Boehlje
USHERS	Lory Bowman	Gary Borkowski
USHERS	John McElwee	Luke Borkowski
USHERS	Walter Mueller	Rob Schainker
USHERS	Fred Tatum	

<b>DECEMBER 16</b>	<b>8:30</b>	<b>11:00</b>
A.M.	Rollie Walston	Carolyn Schainker
ACOLYTES	Emma Hanson	Alexandra Paulson
LECTORS	Jan Bornemann	Todd Boehlje
BREAD	Cindy Tanner	
WINE	Jim and Lisa Mantia	
FLOWERS	Lois Pfeiffer	
FLOWER DEL.	Rose Lubbes	
VAN DRIVER	Don Kurt	
DOUGHNUTS	Lois Wind and Shirley Roberts	
COFFEE HOUR	Norm and Virgie Hopfer	
GREETERS	Carolyn Moe	Pauline Farmer
GREETERS	Kathleen Moe	Keith Paulson
USHERS	Jon Begley	Todd Boehlje
USHERS	Lory Bowman	Gary Borkowski
USHERS	John McElwee	Luke Borkowski
USHERS	Walter Mueller	Rob Schainker
USHERS	Fred Tatum	

<b>DECEMBER 23</b>	<b>8:30</b>	<b>11:00</b>
A.M.	Ken Bauer	Terry Garland
ACOLYTE	Carmen Lampkin	Emma Tanner
LECTOR	Emma Hanson	Deb Schaller
BREAD	Mary Thuss	
WINE	Rose Lubbes	
FLOWERS	Brian and Rosalind Roberts	
FLOWER DEL.	Tom Meuser	
VAN DRIVER	Jack Wind	
DOUGHNUTS	Lois Wind and Shirley Roberts	
COFFEE HOUR	Norm and Virgie Hopfer	
GREETER	Gus Niebuhr	Terry Garland
GREETER	Lillie Niebuhr	Bill Burmeister
USHER	Jon Begley	Todd Boehlje
USHER	Lory Bowman	Gary Borkowski
USHER	John McElwee	Luke Borkowski
USHER	Walter Mueller	Rob Schainker
USHER	Fred Tatum	

<b>DEC. 24-CHRISTMAS EVE</b>	<b>4:00pm</b>	<b>11:00pm</b>
A.M.	Matt Spicer	Rollie Walston
CRUCIFERS	Matt Hartz	Julia Epplin-Zapf
TORCHBEARERS	Cody Bowman	Abby Sandberg
TORCHBEARERS	John Frohlichstein	Luke Borkowski
LECTORS	Fred Lenhart	Mark Manary
BREAD	Cheryl Bauer	
GREETERS	Edna May Otto	Martin Oberfeld
GREETERS	Fred Praechter	John Sandberg
USHERS	Mary Brice	Rich Brown
USHERS	Lois Pfeiffer	Norm Hopfer
USHERS	Shirley Roberts	Virgie Hopfer
USHERS	Roger Shaw	Megan Yemm
USHERS	Wilma Shaw	Ted Yemm

<b>DECEMBER 25 – CHRISTMAS DAY</b>	<b>10:00am</b>
A.M.	Fred Tatum
ACOLYTE	Emma Hanson
LECTOR	Rosalind Roberts
BREAD	Laura Begley
VAN DRIVER	Walter Mueller
GREETERS	Jack and Lois Wind
USHERS	Kuan Chang, Martin Oberfeld
USHERS	Bill Scanlan, Roy Geers

<b>DECEMBER 30</b>	<b>8:30</b>	<b>11:00</b>
A.M.	Don Thuss	Vicki Herrmann
ACOLYTES	Julia Epplin-Zapf	Anna Burmeister
LECTORS	John Sandberg	Johnny Frohlichstein
BREAD	Howard and Gloria Watson	
FLOWERS	Schuessler Family	
FLOWER DEL.	Keith Paulson	
VAN DRIVER	Norm Hopfer	
DOUGHNUTS	Lois Wind and Shirley Roberts	
COFFEE HOUR	Norm and Virgie Hopfer	
GREETERS	Bill Scanlan	Jack Jaworski
GREETERS	Mary Scanlan	Kathy Lee
USHERS	Jon Begley	Todd Boehlje
USHERS	Lory Bowman	Gary Borkowski
USHERS	John McElwee	Luke Borkowski
USHERS	Walter Mueller	Rob Schainker
USHERS	Fred Tatum	

# DECEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Noon-3:00pm GYG Babysitting Service
<b>2</b> <b>ONE SERVICE at 10:00am</b>  ANNUAL MEETING Luncheon follows the service.	<b>3</b> 10:30am <i>"Facing Your Giants"</i> Book Study 12:30pm Senior Bells 5:30pm Youth Bells 6:30pm Confirmation 6:30pm Adult Bells 7:30pm Choir Rehearsal	<b>4</b> 7:00pm Worship Committee	<b>5</b> 11:00pm Women's Christmas Luncheon  No Bible Study  7:00pm Health Cabinet	<b>6</b> 10:00am Ecumenical Worship at St. Mark's Episcopal	<b>7</b> Pastor's Day Off	<b>8</b> 4:00pm Advent Adventures Live Nativity
<b>9</b> 8:30 AM & 11:00 AM Worship Between Services: Alternative Christmas Gift-Giving 4:30pm Biloxi Trip Orientation	<b>10</b> 12:30pm Senior Bells 5:30pm Youth Bells 6:30pm Adult Bells 7:30pm Choir Rehearsal	<b>11</b> 7:00pm Church Council	<b>12</b> 10:00am Bible Study	<b>13</b> 10:00am Ecumenical Worship at St. Andrew Presbyterian	<b>14</b> Pastor's Day Off	<b>15</b>
<b>16</b> 8:30 AM Worship Between Services: Alternative Christmas Gift-Giving 10:00am - Adult Class: <i>"An Adult Christ at Christmas"</i> Noon-3:00pm Hanging of the Greens and Christmas Caroling	<b>17</b> 12:30pm Senior Bells 5:30pm Youth Bells 6:30pm Confirmation 6:30pm Adult Bells 7:30pm Choir Rehearsal	<b>18</b>	<b>19</b> 10:00am Bible Study	<b>20</b>	<b>21</b> Pastor's Day Off	<b>22</b>
<b>23</b> 8:30 AM & 11:00 AM Worship 9:50am Sunday School 11:00 AM Worship with Sunday School Christmas Program	<b>24</b> <b>CHRISTMAS EVE</b> 4:00pm Worship-Lessons and Carols 11:00pm Worship-Candle- light Holy Communion	<b>25</b> <b>CHRISTMAS DAY</b> 10:00am Worship	<b>26</b> No Bible Study	<b>27</b>	<b>28</b> Pastor's Day Off	<b>29</b>
<b>30</b> 8:30 AM & 11:00 AM Worship 9:50am Sunday School	<b>31</b>	<b>Jan. 1</b>  CHURCH OFFICE CLOSED	<b>Jan. 2</b>  Biloxi Trip (thru Jan. 6)  No Bible Study			

Gethsemane Lutheran Church  
3600 Hampton Ave., St. Louis, MO 63109  
Phone: 314-352-8050; Fax: 314-352-8051  
Email Address: [Gethsemane@swbell.net](mailto:Gethsemane@swbell.net)  
Webpage: [www.gethsemanestl.org](http://www.gethsemanestl.org)  
Church Office Hours: 8:30am-2:00pm

**Pastor Kendra Nolde**

314-524-6817      [prkendra-glc@swbell.net](mailto:prkendra-glc@swbell.net)

**Parish Nurse Mardi Manary**

314-646-7191      [MManary@sbcglobal.net](mailto:MManary@sbcglobal.net)

**Organist Ella Rothgangel**

314-353-4499      [erothgangel@earthlink.net](mailto:erothgangel@earthlink.net)

**Bell Choir Director Dawn Schuessler**

636-256-8140      [dschuessler@wustl.edu](mailto:dschuessler@wustl.edu)

**Choir Director Ann Luciani**

314-963-0934      [ptlall4@earthlink.net](mailto:ptlall4@earthlink.net)

**Council President Ken Bauer**

314-638-1410      [kenbauer@sbcglobal.net](mailto:kenbauer@sbcglobal.net)

## MESSENGER NEWS

You can send your news and notes for the Messenger to [glc-messenger@swbell.net](mailto:glc-messenger@swbell.net). There is also a Messenger drawer by the church office. For best results, news should be in by the 20<sup>th</sup> 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](mailto:glc-messenger@swbell.net).