

MESSENGER

GETHSEMANE LUTHERAN CHURCH

A FAMILY IN CHRIST CARING FOR ALL PEOPLE

MARCH 2009

VOLUME #1 16: ISSUE #3

Spending Lent...

Unemployment...Investment Loss...Home Foreclosures...Bailouts and Buyouts...Recession...

The global economic crisis is on everyone's mind these days. In the midst of uncertainty and anxiety, God's people turn to the Almighty for guidance, courage, and strength. And Lent affords us the opportunity to consider God's economics—how God's good and gracious reign comes to us in the cross of Jesus Christ—how we are called to help distribute, share, and participate in that good and gracious reign by taking up our cross and following Christ.

I have always loved this quotation by author James Carroll: "I am spending Lent as if it were my last coin. I am turning it over in my hands, in my mind. I am thinking how little it will get me. I am thinking how much I need. I have never been down to my last coin before. I have never been this close to God, or far from him..."

There are those this Lenten season who are literally down to their last coin. People who are hungry and don't know where their next meal will come from. Families without a home. Refugees, not only without a home, but without a country. People in despair or emotional distress who don't know where the hope and energy will come from to see them through another day.

But we walk through Lent with ashes on our foreheads to say that, in some way, we are—each one of us—down to our last coin as we stand before God, our maker and redeemer. Ashes remind us of our humanness and finitude. Ashes remind us of our sin. Ashes remind us that our very life is dependent. As Martin Luther said, "We are beggars, this is true." We need God's "stimulus plan;" God's new life, resurrection life. God's "stimulus plan," the riches of God's grace, this alone can satisfy, strengthen, and bring the abundant life God intends for all creation.

"I am spending Lent as if it were my last coin. I am thinking how little it will get me. I am thinking how much I need." How will you – how will we – spend this Lent?

Pastor Kendra

SAVE THE DATE

Midweek Lenten Soup Suppers and Holden Evening Prayer
Wednesdays, March 4, 11, 18, 25, April 1
6:00pm Supper
7:00pm Evening Prayer

Blood Drive
Sunday, March 8
8:00am - Noon

First Communion Class
Sunday, March 15, 22, 29
3:00-4:00pm

Sunday School Clean-Up Day
Saturday, March 14

New Members Received
Sunday, March 15

St. Louis Hills Ecumenical Lenten Service Way of the Cross
Thursday, March 26
10:00am
In Francis Park

March at Gethsemane

MARCH SUNDAYS

God's Stimulus Package:
The Economics of the Cross

During Lent, we will be using Setting 4 of *Evangelical Lutheran Worship*. Because of the penitential nature of the season, we will receive Holy Communion at the Altar Rail.

March 1st: 1st Sunday in Lent—
Mark 1:9-15
“The Devil’s Ponzi Scheme”

March 8th: 2nd Sunday in Lent—
Mark 8:31-38
“God’s Profit/Loss Sheet”
Children’s Message

March 15th: 3rd Sunday in Lent—
John 2:13-22
“Market Collapse”

March 22nd: 4th Sunday in Lent—
John 3:14-21
“God’s Saving(s) Plan”

March 29th: 5th Sunday in Lent—
John 12:20-33
“High Yield Investment”

There will be no Adult Education in March; however, the Chapel will be open with Prayer Stations for your reflection and prayer.

Lenten Devotional Booklets from LAMP (Lutheran Association of Missionary Pilots) are available in the church entryway.

Lenten Table Tents with Prayers for the Hungry from Bread for the World are also available.

LENTEN MIDWEEK WEDNESDAYS

“The Twenty-third
Psalm”

**Wednesday evenings
Beginning March 4 and
continuing through April 1:**

6:00 pm Soup Supper in the Walter Eckman Fellowship Hall
7:00-7:45 pm Holden Evening Prayer in the Sanctuary
(Child Care for those under 5 available downstairs)

Prayer Stations available in the Chapel before and after worship.

The beloved Psalm 23 is called a Psalm of Confidence. In a time of anxiety and uncertainty, what could be better than to read, pray and study this wonderful gift? Each Wednesday, we will focus on a different verse. By the end of Lent, each person will be able to

say the psalm “by heart.” Prayer stations (sacred space) will be set up in the Chapel beginning March 4th. This space is available for you to use for reflection and prayer, a space apart in the midst of busy, frantic lives. Instructions for the stations will be posted on the Chapel doors.

St. Louis Hills Ecumenical Way of the Cross

Thursday, March 26 at 10:00 am
Francis Park

This year, we will gather at Francis Park on Nottingham (across from St. Gabriel the Archangel Parish) to walk the Way of the Cross. Each participating congregation will lead prayer from one of the stations. The Way of the Cross is an opportunity to pray and reflect on the Jesus’ last day as he went to the cross on Calvary, and to link Jesus’ suffering to suffering that still occurs in our world. Come prepared to walk very short distances and be on your feet for about 40 minutes. Dress for the outdoor weather.

ENDOWMENT FUND MATCHING GIFTS

We are happy to report that members of the congregation responded to the second year of this program by contributing over \$12,129 to the ministries that were identified as eligible for a match. (There may also be members who made direct contributions to these and other ministry opportunities that are not included in these totals). With the matching funds of \$10,000 added to this total, \$22,129 was donated to these ministries. Below is a summary of the total amounts received and the amount of funds that were matched.

Mission	Income from Contributions	Match from Endowment Fund	Total
World Hunger	\$345.00	\$345.00	\$690.00
Project Peanut Butter	\$3,075.67	\$2,382.07	\$5,457.74
Rafiki	\$1,955.00	\$1,635.88	\$3,590.88
Panama	\$913.00	\$913.00	\$1,826.00
JNM	\$2,180.97	\$1,786.34	\$3,967.31
Thrivent/Habitat	\$1,980.85	\$1,653.09	\$3,633.94
CHADS	\$1,678.60	\$1,284.63	\$2,963.23
Total	\$12,129.09	\$10,000.00	\$22,129.09

While the Endowment Fund Matching Gift Program will not be continued in 2009 due to budgetary constraints, we hope that members will continue to support these ministries either by sending contributions directly to the ministry or by making a contribution to Gethsemane and designating it for the ministry of your choice.

“FILLED WITH THE SPIRIT: SOUTH CLUSTER REVIVAL”

St. Thomas/Holy Spirit, Christ, and Gethsemane gathered for 2 days/3 events of revival and renewal on February 6-7.

On Friday, February 6, Pastor Mary Anne Nelson-Loefke called us to remember who we belong to. Eight baptisms marked this Celebration of Holy Baptism. Candles, water, bells, pictures and sounds of waterfalls all added to the atmosphere of this special evening service.



On Saturday morning, over 120 folks gathered at the St. Louis Food Bank for Word in Action. Over 22,000 pounds of food were sorted, food that will eventually provide over 21,000 meals in the St. Louis area. Special thanks to the Gethsemane Social Action Committee and friends for providing the delicious breakfast and lunch! During worship, moving testimonies were given by Fred Lenhart (Gethsemane) about seeing and being the face of Jesus in delivering Christmas gifts at Joint Neighborhood Ministry and by Sara Reinking (St. Thomas/Holy Spirit) about remembering the hungry in Malawi when she is about her daily life as a student at SLU.

At the Closing Service, Pastor Rayford Grady reminded us of how Jesus enters into and blesses us in our brokenness through the gift of Holy Communion. Prayer stations afforded the opportunity for healing prayer.



LIFE AT HOME ...

Church Council Highlights

February 10, 2009

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

1. Received correspondence from the Central States Synod indicating that our Revised Constitution has been approved.
2. Received a Treasurer's Report that indicated 2009 January income was \$1000 less than last year's January income, and \$3000 under budgeted needs. Finance Committee and Council will be carefully monitoring our 2009 Financial situation, encouraging committees to economize on spending, and looking for ways to increase giving and funding possibilities.
3. Approved participation in the Thrivent "Simply Giving" program which provides congregants the opportunity to use an Electronic Fund Transfer for their giving. This program carries no cost to the congregation or to individuals.
4. Thanked Peggy Lewis for her leadership from Gethsemane in the South Cluster Revival; thanked the Social Action committee and volunteers for providing food; recognized that over 40 Gethsemane folks participated in various Revival services.
5. Thanked Tom Meuser and Conrad Otto for their work installing new computers in the Pastor's Office and Parish Nurse's office.
6. Heard that this year's confirmands will be paired with an adult "mentor" for faith-based conversations.
7. Watched a DVD from the Central States Synod about its mission and mission support.
8. Determined that the PMC Steering Committee to date consists of Peggy Zapf, Kate Hartz, John McElwee, Cindi Fenton, and Charlie Wallis. The Listening Team consists of Mardi Manary, Don Thuss, Gary Borkowski, Rodney Jones, and Julia Epplin-Zapf. It will be up to the Teams to determine if they need to select more members for the work necessary, and to select their leadership. Council offered prayers and their excitement for the first PMC Cluster Event on Feb. 13-14.
9. Heard from the Ad Hoc Property Improvement Committee that "ballpark" figures for considered accessibility renovations ranged from \$290,000 - \$320,000. Ted Yemm is pursuing an energy audit, continuing to receive suggestions and feedback.
10. Welcoming Team is helping to host the New Member Orientation on February 22nd.
11. Property Committee rejoiced in new members to their committee!

"MOMS"

MINISTRY OF MOTHERS SHARING

Friday, March 20th, 7:00-9:00pm

St. Louis Bread Company at Chippewa and Lansdowne
Need a night out? Just want to have a cup of coffee and talk with the girls? Want to get to know more of the women in our Gethsemane community? Here's your chance. There will be a casual meeting for moms, grandmothers and great-grandmothers every THIRD Friday of the month at the St. Louis Bread Co. on the corner of Chippewa & Lansdowne from 7-9pm. This is a casual group getting together to talk about the joys and challenges we face as mothers, whether our children are babies or middle-aged! Come any time. No reservation necessary. We'd love for you to join us any month you can. Oh, and leave the kids at home. This one's for YOU! More info? Call Leslie Wobbe at 314-481-0708.

FROM THE CHURCH OFFICE

Lutheran Magazine: Gethsemane subscribes to *The Lutheran Magazine* for each of its families, at \$7.95 for each subscription each year. (Individual subscriptions cost \$15.95 per year.) It would be really wonderful if you would be willing to contribute \$8-\$10 to help cover the cost of *The Lutheran Magazine*. Enclosed in this Messenger is an envelope in which you may enclose your contribution.

Phone Tree: We recently installed Phone Tree in the church office. This system allows us to send telephone messages as reminders about upcoming events, meetings, deadlines, etc.

Archives: If you are interested in helping with getting documents in the church office better organized, please call Jean in the church office.

Partnership for Missional Church (PMC)

The first cluster event for PMC was held Feb. 13-14 at Hope Lutheran Church in St. Charles. Members of each congregation's **Steering Team** and **Listening Team** participated. Fifteen congregations and over 160 people were present. The focus for PMC's first year is LISTENING—to God, to one another, to our cluster partners, and to our neighbors. The initial tasks for each congregation include: Dwelling in the Word (Luke 10:1-12), 24 Listening Interviews, a "timeline/history" event, and gathering membership and demographic information for a "Church Future-Finder" computer report.

FELLOWSHIP

Watch your Sunday Bulletins for the March Fellowship Meeting Updates!

Easter Breakfast on April 12th is closer than you think! While some plans are still being made for the Breakfast, we'd like to thank the **Youth Group** for their commitment to work with the Fellowship Committee. Proceeds from the Breakfast will benefit their trip to New Orleans for the ELCA Youth Gathering. So be sure to make plans to attend the Breakfast and support the Youth Group!

What about plans for our **Picnic**....please give us your ideas!

ICONS IN THE CHAPEL

Please stop and see the two icons in the Chapel. They previously hung in Pastor Dennis Young's office, and were gifts to Gethsemane from his mother, Betty. Icons are focal points for prayer.

Thank you from PROPERTY

Freezer - A huge THANK YOU to the person or persons that silently but thoroughly cleaned the Fellowship Hall Freezer. All the "freezer frost" is GONE. Marvelous! It was a great surprise and I just want to thank you for the daunting task. We all know that really took some time and patience to get rid of the frost. Thanks again and all the members thank you!

Youth -- The Property Committee wants to thank the Youth (few in number) but fabulous workers for the cleanup of leaves around the church grounds this past weekend. The parents and youth that supported this clean up task worked so efficiently together. Don't forget to ask who was "jumping on the leaves in the dumpster like crushing grapes." Take a look around the grounds of GLC and see how clean it looks.

Children / Sunday School

On Sunday, February 15th the Sunday school children were busy rehearsing "This Little Light of Mine". They were getting ready to share their gift of song with the congregation on the following Sunday. In the coming months, there will be several opportunities for congregation members to let their lights shine for the Sunday school children.



nursery volunteer on a **Wednesday evening in Lent**, 6:45 - 8:00p.m., contact Christy Scheidt, 781-5644.

3. Once again we need a few good **men** to teach Sunday school on **Mothers' Day, Sunday, May 10**. This will allow the Sunday school teachers along with other women of Gethsemane to enjoy a special time of devotion and reflection together. Contact Laura or Christy to volunteer.

1. There will be a "**Spring Cleaning**" Day for the Sunday school on Saturday, March 14th. The goal is to clean the nursery, fireplace room and Sunday school office. If you can help or for more information, contact Laura Begley, 752-9335

2. Sunday school teachers and other volunteers will be staffing the nursery during the Wednesday night mid-week Lenten services. If you are willing to serve as a

First Communion Instruction

Any child, 2nd grade and above, is welcome to prepare to receive the Sacrament of Holy Communion. Classes will be held on Sundays, March 15, 22, and 29 from 3:00-4:00 pm; children will receive their First Communion on Palm Sunday. Please talk with Pastor Kendra for more information.

Small Groups, Bible Study, and Book Discussions

- > The **Thurs. Faith Sharing Group** also continues to meet. Call Joe Epplin at 351-6598.
- > Have you read the best-selling book *The Shack*? If so, would you be interested in getting together to talk about it – its presentation of the Trinity, forgiveness, heaven? Let Pastor Kendra know by phone (352-8050) or e-mail (prkendra-glc@swbell.net) so that you can help get a discussion organized!
- > The **Wednesday morning Bible Study** continues to meet at 10:00am on Wednesday mornings. This Study is led by Nellie Hohnsen and also reads through the Bible with side trips down other interest areas!

Confirmation

During Lent, there will be no Monday night Confirmation Classes. Confirmands will be meeting with their mentors during the Sunday School hour.

GYG



Butter Braids for our Beds - will be coming soon. Look for samples at the Easter Breakfast...orders will be taken in April for delivery in time for Mother's Day. Butter Braids for our Beds will help us to offset our hotel costs for the trip to New Orleans in July.

Thank you in advance for your support!

Health Cabinet

ARE THOSE MULTIVITAMINS A WASTE OF MONEY?

The February 9, 2009 issue of *Archives of Internal Medicine* disputes claims that multivitamins protect postmenopausal women from common forms of cancer, heart attacks, or strokes. And the numbers of deaths during an 8 year study were the same in vitamin users as in non-users. Although these findings apply only to women, other studies have failed to show benefits of these multivitamins in older men.

These results are not at all surprising for several reasons. No large study has shown that multivitamins significantly benefit healthy men and women. Despite the fact that physicians have recommended the use of vitamin B6 and B12 to lower homocysteine which is associated with heart disease and stroke, recent studies show that, while these vitamins do lower homocysteine levels, they do not prevent heart attacks or strokes.

Studies have also now proven that the antioxidants vitamin E and beta-carotene thought to reduce the risk of cardiovascular diseases and cancer are not protective--and may in high doses be harmful.

No one denies that an adequate intake of vitamins is essential; however, vitamins can and **should be obtained from eating enough healthy foods** rather than from swallowing vitamin supplements.

What about the claims about vitamins being a

great source of energy? Despite the hype, researchers proved long ago that energy comes from calories, not vitamins. The highly touted cholesterol-lowering effects of substances added to some multivitamin supplements? Still unproven.

All this is not to say that specific vitamins supplements are never desirable. Vitamin supplementation can be valuable in certain situations:

Folic acid supplements in women who are pregnant or plan to become pregnant can help to prevent serious neural-tube defects that affect the baby's brain and spine.

Supplements that contain more vitamin D and calcium than is present in regular multivitamin pills can help older men, and especially women, avoid osteoporosis and bone fractures.

Supplements of vitamins C and E, beta-carotene, zinc, and copper may slow the progression of vision loss in people with early macular degeneration. It is easy to be drawn in by the hype, but the healthiest diet is a balanced diet including all the essential nutrients, with the recommended 5-7 servings of fruits and vegetables per day.

Blood Drive

at Gethsemane: Sunday, March 8, 2009 8:30-Noon

There are many excuses for not giving!

There are so many good reasons to give!!

Eat breakfast before donating. Please bring photo ID.



It is Race time again! Time to form your team!
 The 2009 Susan G. Komen St. Louis Race for the Cure will be held on Saturday, June 13, 2009!

Last year, St. Louis raised over \$3.3 million and more than 64,000 people participated in the 10th Annual Komen St. Louis Race for the Cure! Teams were a huge part of last year's success, with more than 1,000 formed!

Online registration will go live on Friday, March 6 and, beginning that day, you can form your team.

Thank you for your involvement in Susan G. Komen for the Cure - you really do make a difference!



The Dawns!!!



**BREAST CANCER WALK
 VALENTINE'S DAY SPAGHETTI DINNER**

Grazie, Grazie, Grazie
 Pranzo degli spaghetti un successo!

Yes, the 2009 Valentine's Day Spaghetti Dinner was a brilliant success. We raised just over \$1,000.00! I think it is safe to say that a wonderful evening was had by one and all and this year's event will go down in history as the most **romantic** Valentine's dinner ever! Thank you to everyone that contributed – sponsors, ticket buyers, shoppers, decorators, the “Sauce Man,” the “Bread Queen,” kitchen helpers & servers (especially the kids!), our **outstanding** entertainers and the clean-up crew. This event couldn't happen without everyone's participation.

Midway through the evening, Mardi told me she would understand if I needed to take a break from this

ELVIS!



event. “No way,” I said, “it's my favorite!” I am so grateful to everyone for making this event so special! Here's to next year.

Thank you again, Lory

OUR SPONSORS

VIOLA ARONSSON
In Memory of Loved Ones
BARTHOLOMEW FAMILY
KEN AND CHERYL BAUER
In Honor of Anna, Gracyn, and Harper
TODD AND AMI BOEHLJE
In Memory of Our Grandmothers
DAVE AND JAN BORNEMANN
In Honor of Gethsemane's Survivors
DENISE BUEHRER
THE DECAMBALIZA OHANA
In Memory of Nordis M. DeCambaliza
THE ELLIOTT FAMILY
In Honor of Kim's Mom and Mike's Grandmother
DAN AND SUSAN FLAXBART
In Memory of Lynn Flaxbart
LINDA FORD In Memory of Debbie Dalba
ROY GEERS
CARRIE, CHUCK AND LOLA
In Memory of Henrietta Hegdahl
CLAUDINE HENSEL
In Memory of Ralph Hensel
MICHAEL HOGAN
In Honor of Logan and Other Children with Autism
In Memory of Thomas Hogan
NELLIE HOHNSEN
DON AND JANE KURT
In Memory of Robin Lynn Williams
PEGGY LEWIS
In Honor of Pam Bonnot
JOHN AND SUSAN LOSCUITO
In Memory of John Loscuito
JIM, LISA & MATEO MANTIA AND ALEX MUDD
In Honor of All Survivors

THE MEUSER-SCHIEDT FAMILY
In Honor of Edie Scheidt and Annette K.
CAROLYN MOE AND RANDY & KATHLEEN MOE
In Honor of Carl Moe and Bob Cradick
In Memory of Maxine Moe and LaVerne Cradick
WALTER AND MARIE MUELLER
GUS AND LILLIE NIEBUHR
In Memory of Our Daughter, Debbie Dalba
JANE AND ADDIE O'NEILL
In Honor of Grandpa, Howard Watson
EDNA MAY OTTO
DONNA PARRONE AND JEFF HIRSCH
In Memory of Henrietta Hegdahl
KEITH PAULSON AND JENNIFER DIERINGER
In Honor of Our Children
SHIRLEY ROBERTS
In Honor of All Survivors
PHYLLIS AND DAWN
BILL AND MARY SCANLAN
In Honor of Malorrie's Upcoming Bone Marrow Transplant
NORMA SCHENCK
JOYCE SHERSTAD
HERB AND MARY BRICE SIEBERT
In Honor of GLC Volunteers
BOB AND CYNTHIA TANNER
In Honor of Pr. Kendra, Kim Rose, Peggy Cole
In Memory of Lori King
DON AND MARY THUSS
In Honor of Carol Freund (Mary's sister)
In Memory of Mert Trierweiler (Don's sister)
MARY LOU YOUNG AND CHRIS KLEINE
In Honor of Nancy Hoffman
In Memory of Ritchie Lampertz and Mary Mahon

The Most Romantic Moment of the Evening!!!

After serenading us with *Love Me Tender*, Keith Paulson got down on his knee and proposed to Jennifer Dieringer. She accepted!!!

As Keith said, the time was perfect, with all of their children present, Jen's parent



Thanks to our youth for helping out!

Valentine's Breast Cancer Fundraising Dinner

The Valentine's Dinner was a great success! It would be impossible to heap too much praise on Lory Bowman, our dinner captain. Once again, she pulled together a great team. Thanks also to her family, who helped her in this endeavor. A new treat this year was Rick Schuessler's fantastic spaghetti sauce! A returning favorite treat was homemade bread, made by Peggy Zapf and her elves. The dessert makers outdid themselves (chocolate covered strawberries, homemade angel food cake, a cheesecake that was fantastic, and on and on). Sigh!

The music was fantastic; our special thanks to Dawn, Ella, and their wonderful crew. Everyone said the music was the best ever!!

And if that were not enough, a truly romantic moment when Keith Paulson proposed to Jennifer Dieringer in the middle of a song! Seriously! It was so beautiful!

Another wonderful night of fellowship, fun, music, and joy for all to enjoy. Thanks to the servers, kitchen helpers, dessert makers, and sponsors. Without you, none of this could happen. Thanks to Jean Chouquette, who tries to keep the paperwork straight. Thanks to all of you who joined us for this special night.

We even raised money-almost \$900 for the "Happy Hoofers", our Komen Walk team!

In Christ, Your Health Cabinet

Jeff, Heidi, Team Jaylenore, and Mr. Bill

During my time in Malawi, I was struck by the impressive contributions of Mark's students, volunteers and workers. In January, 4 students worked; Jay and Eleanor (known as Team Jaylenore), Heidi, and Bill. Jeff, a volunteer photographer/documentarist also joined us.

Every day, five-six days a week; these teams pull out at 5am. They slog along dirt tracks to clinic sites so remote that the Malawian government cannot fully staff them. By 7am, these sites are teeming with mothers seeking help for children near death. The days are busy, long, and wearing. At the end of each day, the trucks must be cleaned and restocked for the next day. Then come dinner, data entry, showers, and collapse into bed. Not much time for a personal life and no real privacy.

Devotion to the project is evident in every aspect of these young people's lives. Dinner conversation often returns to the activities of the day. Discussions of the sickest children, the successes, ways to improve the clinics are interjected into the quiet eating of the day's one meal. Little of American life ever enters into their conversation, except to talk of dearly missed loved ones.

Camaraderie is the next most obvious element of the relationships. From the youngest, Bill (Mr. Bill), to Heidi, Mark's fellow, there is mutual respect, concern, and support. Teasing about Bill's forgetfulness, Heidi's compulsiveness, Jeff's constant endeavor to get the perfect picture, and El's unfailing ability to keep a fleet of ancient trucks working fill the house with laughter. Jay is the source of calm, gentle support and the driest wit.

As I watch these young people, I feel assured that Project Peanut Butter will be in good hands, when Mark and I can no longer travel and oversee the work. Perhaps that is the true test of success; that Project Peanut Butter will outlive us.

Mardi Manary, Parish Nurse

IN OUR COMMUNITY ...

Joint Neighborhood Ministry

March is MAC 'n CHEESE and INSTANT POTATOES month!

Gethsemane's food pantry emphasis for Joint Neighborhood Ministry

Please include an extra box of macaroni & cheese and/or instant potatoes as part of your shopping list this month for donation to Joint Neighborhood Ministry. You may place donations (of ANY non-perishable food and personal care items) in the grocery cart in upper level hallway. Thank you, as always, for remembering our less fortunate neighbors!

From Care and Counseling: "Emotional

Communication and Children" on Thurs., March 12, 6:30-8:30pm at Care & Counseling, 12141 Ladue Rd. The \$40/person (\$50/couple) cost includes a Parent Handbook. This workshop, presented by Sharon Kirsch, MA, LPC, is adapted from Bringing Baby Home Workshop and is for parents of infants, toddlers, and preschoolers. Learn the importance of understanding your child's emotions, learn the 5 steps to being an emotion coach to your child during difficult feelings and situations, discover your parenting style, and help your child problem-solve in difficult situations. To register, call 314-878-4340 by March 5.



**WOMEN OF FAITH:
Making a Difference
Through Service**

Tuesday, March 24
8:30am – 2:30pm
Cardinal Rigali Center
20 Archbishop May Drive, 63119



Panelists:

Sue Rundblad, Jewish Faith

Coordinator, Harvey Kornblum Jewish Food Pantry
Jan Ruasmussen, Catholic, St. Patrick Center
Jackie Zeitinger, Protestant Christian, Meals on Wheels
Anjum Hassan, Islamic Faith

Agenda to Change: Being Honest with Ourselves
Beth Chamblen, Baha'i Faith, Families in Crisis

Moderator: Elizabeth Westhoff, Catholic

Asst. Dir. of Communications, Archdiocese of St. Louis

Registration and lunch are \$10 a person.
Registration forms are in the church office.

The Central States Synod offices have MOVED!

The new address is: 21 N. 12th Street, Suite 210, Kansas City, KS 66102.

The telephone numbers are 913-948-9701 and toll-free at 866-915-3548.

Offices are on the second floor of the Bethany Medical Office Building.

VICISSITUDES*

* The changes or events that occur in our lives.

Our sincere thanks to everyone at GLC for your thoughtfulness and support since October 2008 to date.

- GYG for raking our leaves
- Pr. Kendra for her visits and communion to our home and SLU where Gus was confined for 10 days.
- Mardi Manary for her many trips to our home, doctors and SLU Hospital during Gus' illness. She was a great support to us during a very trying time at SLU.
- Keith Paulson for bringing altar flowers to our home and a great visit.
- Fred Lenhart for his visits, trips to doctors, plus much needed support one day at the hospital. Also to Paul and Fred for picking up four months of papers, soda cans, and many months of clean medicine bottles for the Humane Society.
- HUGS program on Sunday at 11:00am.
- Ella Rothgangel for taking Gus for treatments plus her visits to the hospital.

We have missed being at the 8:30 Sunday services, the coffee hour, and the friendship and fellowship with member of GLC. We sincerely appreciate everyone who has called, visited, sent cards, food, etc.

*God's Blessings to you all,
Gus and Lillie Niebuhr*



Thanks to the Gethsemane Lutheran Church for all the love and support while I worked in the St. Louis area. I'm retired now, back in the Sparta area to my home church Peace Lutheran in Steeleville, IL.

Sorry I haven't written sooner.
Thanks again for being a part of my life.
God's love to all of you.

Darlene Finley

CONGRATULATIONS, NANCY!

Nancy Bond will be one of nine new members inducted into the Affton Alumni Hall of Fame at a reception on March 9th at Sunset Hills Country Club. Nancy, a 1964 graduate of Affton High School, is being honored for her work in Accra, Ghana where she serves as the health director of the Rafiki Foundation, a missionary organization which brings education and medical care to impoverished African children.



A Life Worth Celebrating

Suska Vallach (Vajda) was born in 1909 in Dobra Niva, in the Austria-Hungarian Empire. She immigrated to the US with her parents at age 3. She grew up in Ilasko, MO. A gritty factory town, tiny Ilasko was subdivided into small ethnic areas. Czechs, Hungarians, Italians and Slovaks lived side by side, each with their own church. Susie grew up cherishing her family, community, church, and her fascinating new country. She treasured most her little school, taught in a patchwork of English, Slovak, Italian, and Hungarian. She often missed school, kept at home by her father to help her mother run a boarding house or to care for her 4 younger sisters. At 11, she was removed permanently from school to work at home. Leaving school was, she would comment later, the most painful loss of her life. Her favorite time of day was after dinner, when she would help her sisters with their homework. The teachers sent home books for her. She would study on her own, struggling to keep up with her age group.

When Susie was 15, her father began to bring a succession of “potential husbands” to dinner, usually well-off men from the village. Susie refused to be bartered off and chose instead a very poor, but very godly man; John Vajda. John shared Susie’s love of God and desire for education. Against her father’s wishes Susie married John.

They began struggling to make their way in the world; John worked in the cement factory, Susie sewed cement bags from home. In addition, they farmed their small farm and sharecropped another farm. When Susie’s father decided to pull another daughter from school, John and Susie made him a deal. They would do all the extra work at the boarding house, if the other 4 sisters could finish school all the way through high school. John and Susie added to their daily chores the cleaning of the boarding house and the laundry for the boarders, as well as Susie’s family.

To most of us, this would seem insurmountable. Yet every night they began to study together. By the end of their 67-year marriage, they had studied science, math, history, literature, bible history, economics, healthy eating, theology, carpentry, and engineering. They read constantly. They ended each night with a bible verse and prayers.

They would instill this love of learning into their daughters and grandchildren. They would invest well and save money. Money to them was a tool for God. They never altered their modest lifestyle, yet generously gave to church, Lutheran charities, their family, and their neighbors. Their most treasured relationship was their family, but their only grandson held a special place in their heart. They believed that God had sent him to be their “son” and they lavished upon him their values, passions, skills, and their faith.

Susie died at age 99 years, 11 months. Her eulogy praised a woman of faith, common sense, and determination. Her legacy lives on in the lives of the people she touched, but most strongly in her beloved grandson, Mark Manary.

Mardi Manary

LAGNIAPPE

Where Did the Worship Committee Dine This Month?

In February, the Worship Committee “restaurant of the month” was Trattoria Marcella, 3600 Watson Road. A well established restaurant, Trattoria Marcella has always been a little too expensive for our budgets. Since the economy has tanked, the more expensive restaurants are getting creative in order to keep customers coming in. Trattoria Marcella’s contribution to this effort is a \$10 menu that is available Tuesday-Thursday each week. There is a limited number of \$10 entrees, but everyone should be able to find a suitable choice. This is the list of entrees that was posted on the 1/26 Post-Dispatch restaurant blog:

- Meatballs with Tomato Sauce over Creamy Polenta with freshly grated Parmigiano Reggiano
- Linguine with Pancetta, Roasted Chicken and Spinach in a Mushroom Brodo
- Penne Rigate with Shrimp, Broccoli, Garlic and Herbs in Lemon-Butter
- Potato Gnocchi Bolognese - slow cooked meat sauce topped with fresh Ricotta cheese and Parmigiano
- Farfalle Allessandra - Smoked Salmon, Asparagus and Black Olives in a Lemon Cream
- Chicken Soto - dusted with aromatic bread crumbs, char-broiled then topped with mushrooms in a Roasted Garlic Lemon Sauce with Asparagus
- Trattoria Steak - with Green Peppercorn Demi-Glace, Hand Whipped Potatoes and Asparagus

A testament to the popularity of this restaurant lies in the addition of two spouses to our dining group for this outing. Between the six of us, we sampled five of the seven entrees. The potato gnocchi was true Italian comfort food. The linguini had plenty of pancetta to provide the extra bacon flavor that can improve almost anything. The chicken soto and the trattoria steak were both elegantly presented and were as good as the menu description makes them sound. The farfalle had bits of asparagus and black olives that were tasty by themselves, but the smoked salmon’s strong flavor tended to overwhelm them when taken together in one bite. The garlicky lemon cream sauce was what really made the dish memorable. The entrée portions are not large, but adequate for most diners. They do not come with salad, so the restaurant makes up for the lower entrée price by enticing diners with the salad special of the evening. Two of us couldn’t resist a salad special made with field greens, apricots, walnuts, pancetta, and apple vinaigrette.

It was easy to get a reservation for 5:30 pm, but by the time we left, the restaurant was filling rapidly. Weekend reservations require more advance planning. Service was good and very efficient. We let our server know that we needed to be finished by 6:45 and we were actually out by 6:30 without feeling rushed. You can see their regular menu at <http://www.trattoriamarcella.com/>.

MARCH 2009

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 AM & 11:00 AM Worship 9:45am Sunday School	2 5:00pm Belladeers Bell Choir 6:30pm Angel Wings Bell Choir 7:30pm Choir Rehearsal	3 7:00pm Worship Committee	4 10:00am Bible Study 6:00 Soup Supper 7:00pm Holden Evening Prayer 8:00pm Health Cabinet	5 6:45pm Property Committee	6 Pastor's Day Off	7
8 8:00am-Noon Blood Drive 8:30 AM & 11:00 AM Worship 9:45am Sunday School	9 5:00pm Belladeers Bell Choir 6:30pm Angel Wings Bell Choir 7:30pm Choir Rehearsal PMC Steering Team Meeting	10 7:00pm Council Meeting	11 10:00am Bible Study 6:00 Soup Supper 7:00pm Holden Evening Prayer	12	13 Pastor's Day Off	14 Sunday School Clean-Up Day
15 8:30 AM & 11:00 AM Worship 9:45am Sunday School New Members Received 3:00pm First Communion Class	16 5:00pm Belladeers Bell Choir 6:30pm Angel Wings Bell Choir 7:30pm Choir Rehearsal	17	18 10:00am Bible Study 6:00 Soup Supper 7:00pm Holden Evening Prayer	19	20 Pastor's Day Off 7:00pm MOMS Gathering	21
22 8:30 AM & 11:00 AM Worship 9:45am Sunday School 3:00pm First Communion Class	23 5:00pm Belladeers Bell Choir 6:30pm Angel Wings Bell Choir 7:30pm Choir Rehearsal	24	25 10:00am Bible Study 6:00 Soup Supper 7:00pm Holden Evening Prayer	26 10:00am Ecumenical Lenten Service in Francis Park	27 Pastor's Day Off	28
29 8:30 AM & 11:00 AM Worship 9:45am Sunday School 3:00pm First Communion Class	30 5:00pm Belladeers Bell Choir 6:30pm Angel Wings Bell Choir 7:30pm Choir Rehearsal	31	April 1 10:00am Bible Study 6:00 Soup Supper 7:00pm Holden Evening Prayer			

Gethsemane Lutheran Church
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Pastor Kendra Nolde

314-524-6817 prkendra-glc@swbell.net

Parish Nurse Mardi Manary

314-646-7191 MManary@sbcglobal.net

Organist Ella Rothgangel

314-353-4499 erothgangel@earthlink.net

Choir & Bell Choir Director Ann Luciani

314-963-0934 ptlall4@earthlink.net

Council President Carolyn Schainker

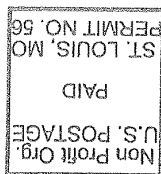
314-352-4183 cschainker@sbcglobal.net

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.



“Return Service Requested”

Gethsemane Lutheran Church
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