

MESSENGER

GETHSEMANE LUTHERAN CHURCH

A FAMILY IN CHRIST CARING FOR ALL PEOPLE

AUGUST 2008

VOLUME #1 15: ISSUE #8

HOW TO BEAT THE HEAT!

- + Refresh your mind by reading the “Good News” in the Bible.
- + Face the billowy breeze of the Holy Spirit.
- + Swim continuously in God’s love.
- + Shower yourself with God’s beautiful blessings.
- + Drink from the springs of living water that will quench your thirst forever.
- + Keep cool and calm in the middle of an argument.
- + Break the ice with someone with whom you are holding a grudge.
- + Create a pleasant climate in your home where joy can grow.
- + Splash on all God’s gifts and become a sweet smelling fragrance.

Pastor Kendra



Faith in One Clown Troupe

Having the Faith in One Clown Troupe visit and perform at GLC was an incredible and inspiring experience. Check out a picture of our church on their webpage at <http://faithinoneministries.com/id3.html>. Thank you to all who provided housing!!

SAVE THE DATE

VACATION BIBLE SCHOOL

Monday-Friday

July 28-Aug. 1, 9am-Noon

ICE CREAM SOCIAL

Friday, August 1, 5:30-9:30pm

CHURCH CLEAN UP

Saturday, August 2, 9:00am

EUCCHARISTIC MINISTERS MEETING

Sunday, August 10, 10:00am in
the Fellowship Hall

“GOT PURPOSE?”

Report from Church Council
Sunday, August 17, 10:00am in
the Fellowship Hall

ADULT EDUCATION PLANNING

Sunday, August 31, 10:00am in
the Fellowship Hall

RALLY DAY-ONE SERVICE

Sunday, September 7, 10:00am
Followed by a Church Picnic

NEW MEMBER ORIENTATION

Sunday, Sept. 14, 3:30-7:00pm

Sundays in August: “Make a Joyful Noise”

Each Sunday in August we will make a joyful noise using a variety of musical expressions.

Sunday, August 3rd 12th Sunday After Pentecost *Camp and Sunday School Music Sunday*

Remember those songs you learned in Sunday School or at camp – *Jesus Loves Me, This Little Light, I’ve Got the Joy, Joy, Joy, Peace Like a River?* You are even invited to wear your summer “picnic” clothes!

Sunday, August 10th 13th Sunday After Pentecost *Old Time Gospel Sunday/Children’s Sermon*

Yes, this includes hymns like *Leaning on the Everlasting Arms, Blessed Assurance, Just As I Am*. There will also be a quartet providing special music.

Sunday, August 17th 14th Sunday After Pentecost *Celtic Music Sunday/Blessing of the Backpacks*

Celtic (Irish) spirituality and music has been meaningful and rich as it has been rediscovered in recent years; we pray it will be meaningful and rich for you as well. We even hope to have some Irish dancers!

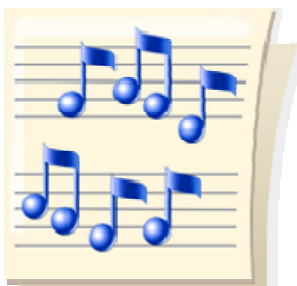
Once again, children, youth, and other students are encouraged to bring their backpacks for a special blessing at the beginning of another school year.

Sunday, August 24th 15th Sunday after Pentecost *Favorite Hymn Sunday*

To request a favorite hymn to be included in this service, make your request (one per person, please!) on your worship information card on either the 10th or the 17th. Pastor Sara Schier-Hanson will be our guest preacher as Pastor Kendra attends Pastor Jeff’s retirement celebration at Zion Lutheran Church.

Sunday, August 31st 16th Sunday after Pentecost *Classical Music Sunday*

Our organist, Ella Rothgangel, will get out some of her favorite classical pieces, and we’ll sing hymns to Bach, Mozart, and Beethoven tunes.



LIFE AT HOME ...

FAITH SHARING GROUP

Gethsemane Faith Sharing Group meets one more time this summer, on July 31st at 7:00pm at Starbucks, 1 South Old Orchard, Webster Groves. We enjoy getting together and sharing faith, scripture, and reflections for an hour to an hour and a half.

Thanks, Joe Epplin

MEETING FOR EUCCHARISTIC MINISTERS

Sunday, August 10th

10:00 am in the Fellowship Hall

We will gather to check in with one another. Anyone interested in learning more about this ministry is welcome to sit in!

GOT PURPOSE?

Report from Church Council

Sunday, August 17th

10:00 am in the Fellowship Hall

Remember our Got Purpose Gatherings from the Easter season? The Church Council has met in retreat and prayer to discern God’s purpose for Gethsemane. They invite you to come and see the ideas from all the gatherings, do a mission walk through their work, and reflect on a new purpose statement for Gethsemane.

ADULT EDUCATION PLANNING

Sunday, August 31st

10:00 am in the Fellowship Hall

Come and share your ideas for adult Sunday morning forums and classes for the coming fall.

Looking Ahead:

Rally Day

Sunday, September 7—One Service Only at 10:00am
Followed by a Church Picnic

New Member Orientation

Sunday, September 14, 3:30-7:00 pm

Children / Sunday School

I'd like to share a story with you about my friend, Norm. Norm was a member of my home congregation in Iowa. He was a warm, caring man who always had a smile on his face. He was also an enthusiastic Christian who valued sharing God's word with others. No visit to my parents' church was complete until I had exchanged hugs with Norm.

Many years ago, Norm was diagnosed with Multiple Sclerosis. Over the years I watched as my friend gradually became more unsteady on his feet, had to retire from his job, began using a wheelchair and then lost much of his independence with daily activities. Through all of this, Norm continued to smile, laugh, and share the love of God with others. My friend Norm passed away just before Thanksgiving in 2006 and is now living with God. I still think of him often and the way he displayed God's love.

You may wonder how Norm came to be an important person in my life. He was not a close friend of my parents, and his children were not my playmates, as they were younger than I. Norm was not my coach or choir director. I came to know Norm because he was my Sunday school teacher. Each week, Norm shared his love for God and God's love for me in our Sunday school class. These lessons and Norm's continued witness have remained with me into my adult life.

When Norm agreed to teach my Sunday school class, I doubt he intended to affect my life forever. What he did do was agree to share God's love with me and other children each Sunday morning. Gethsemane's Sunday school program will begin again this coming fall. I ask you to prayerfully consider what gifts you may have to share with the children of Gethsemane. Who knows, you might just make a life-long friend as well.

Christy Scheidt

Gethsemane's Sunday school classes will be starting up again this fall on Sunday, September 14! If you would like to be involved as a teacher, helper or substitute, please contact Christy Scheidt (781-5644) or Laura Begley (752-9335).

Sunday School Registration!

If you have a child between the ages of 3 years (before Aug. 1 and potty-trained) and 11 years (starting 6th grade), we would love to have him or her join us for

Sunday school. Sunday school meets every Sunday, beginning in early September, at 9:50am for an hour of fun, stories, singing, exploring, and learning.

Please complete a registration form and return it to the church office, even if your child has participated in Sunday school in previous years. This will help us determine class sizes, teacher needs, and ensure we have contact information to keep parents updated.

If you have any questions, please contact Christy Scheidt (781-5644), Laura Begley (752-9335) or the church office (352-8050).

GYG

JESUS - JUSTICE - JAZZ - The 2009 YOUTH GATHERING will be held in New Orleans and is scheduled from July 22- 26th. The St Louis area buses will be heading south on July 20th. For 2009, any youth finishing 8th-12th grade in the 2008-2009 school year are invited to attend.

The pre-gathering activities in the greater St Louis area begin in August and



registration opens on September 15th. It is important that we have a good estimate of the number of youth attending as the Planners anticipate that the Event will "SELL OUT!" Please keep thinking and praying about whether God is calling you to participate! Talk with Pastor Kendra, Lisa Mantia, or Kim Rose if you have any questions.

PICNIC AND GAMES IN THE PARK

Sunday, August 17 12 noon–3:00 pm at Fenton Park Middle School and High School Youth

Come for our "debut" South Cluster Youth Co-Op Event! We'll be doing "low ropes"/challenge activities. Bring \$3 for the cost of lunch—sandwiches, chips, soda, and Ted Drewes ice cream!!

PRE-GATHERING METRO ST. LOUIS COALITION EVENT

Sunday, August 24 6:00-8:00 pm at Hope Lutheran Church, St. Charles

We'll learn more about the Gathering, start meeting other youth that will be going, and worship our awesome God at Hope Lutheran's new Family Life facility.

Ice Cream Social

The Social Event of the Season!

We all know VBS has become quite an event at Gethsemane! Plan on sharing in the wrap-up festivities at this year's Ice Cream Social, Friday, August 1, from 5:30pm-9:30pm. What a wonderful way to celebrate together. As usual, we will have lots of food, games and fun. Everyone is welcome and much help is needed to make this a fun, safe event. Please call Ron or Lory Bowman at 314 727-2979 and sign-up now!



Health Cabinet

ALZHEIMER'S MEMORY WALK ...

Save the date: Saturday, September 13, 2008

This year the Walk moves to Forest Park. Many GLC members, family and friends have been affected by Alzheimer's or other forms of dementia. The Memory Walk is a great opportunity to raise money for research and treatment of the disease and gather information and resources. It's also a great way to join friends and enjoy a walk in the park. Please join GLC's team this year. For more info, contact Christy Scheidt or Mardi Manary.

Wheels For The World: We are once again collecting walkers, canes, wheelchairs and crutches for Wheels for the World. This organization refurbishes used ambulation aids, and then donates it to developing countries for those in need. We will take donation until the end of August.

Next Blood Drive: The final blood drive for 2008 will be Sunday, November 9, 2008.

IN OUR COMMUNITY ...

Joint Neighborhood Ministry (And Jefferson School)

**Gethsemane's August pantry emphasis is SCHOOL
SUPPLIES & UNDERWEAR!**

That's right--we will split the bounty between these 2 organizations as we help needy kids get ready for the new school year. Suggested items include:

**back packs pencils markers
crayons glue sticks
underpants (especially for younger kids),
t-shirts and socks, all sizes both sexes.**

Please place your donations in the container located near the grocery cart in the upper level parking lot hallway.

Non-perishable food and personal care items are always welcome as well. We are grateful for your generous support.

"Dress for School Success" will include distribution of children's school clothing and shoes, lunch, a blessing for the families and children and more...

Where: Trinity Lutheran Church, 801 Blair Avenue, Alton, Illinois 62002

When: Saturday, August 9 from 9:00 AM to 1:00 PM

Needed:

- > Childrens' clothes and shoes, ages infant to 12 years old. Donations can be taken to Trinity, Alton or Our Lords Lutheran Church, Maryville, IL by Monday, August 5th.
- > Monetary donations for food for lunch to be provided at the event can be mailed directly to Trinity with "Dress for School Success" in the memo line.
- > Volunteers to set up and clean up.

To volunteer and/or if you have any questions, contact Don or Elaine Baden at 618-622-4998 or debaden@charter.net.

Thanks...thanks...thanks... We took 22 energy efficient light bulbs to Gateway Homeless Services...and when we delivered the huge garbage bag full of plastic bags to Joint Neighborhood Ministries, they were thrilled – they had just run out of bags!

River's Edge Via de Cristo (Way of Christ)

Women's Weekend

September 4-7, 2008

LaSalle Retreat Center, Eureka, MO

Who should attend a weekend?

Christians who believe their spiritual lives need strengthening; who have many unanswered questions about prayer, study and sharing their faith; who understand being a Christian involves responsibility and would like to have both the spiritual foundation and moral reserve to carry this out in their lives; who are willing to dedicate their lives to God in an on-going manner, are the best candidates to attend a Via de Cristo.

What happens at a Weekend?

While there, you spend three busy, but very enjoyable days. You live and study together with much singing, prayer, worship and discussion. Discussions center around the talks given by laity and clergy. The talks center around the grace of God, its reality in your life, and how you can live the life of grace, imparting grace to others. You have the opportunity to participate in the daily celebration of Holy Communion and you begin to understand the real presence of Christ in His Body of believers.

Summary:

We ask you to keep an open mind and heart in making your decision. Many of those who attend also wondered whether they should go. Now that they have, they want to share this wonderful gift from God. Please understand that their experience was unique, and all discussions in the world will not become a substitute for your Weekend. You need to experience it yourself to obtain its full and life enriching value.

Applications and brochures are available from Pastor Kendra. Or you may talk with Joan Williams or Ami Boehlje who attended last year's Women's Weekend.

Hearing Assist Devices now available!

If you experience difficulty hearing during worship services, ask one of the ushers for a "Listen!" hearing assist device, which consists of a small pack (about the size of a cell phone) and an ear piece. If you will be regularly using one of the devices, you are welcome to identify and keep your ear piece in a specially marked plastic bag for your use each Sunday. Talk to Gus Niebuhr to learn how the system works!

JustFaith

"The Parable of the River Children"

One summer in the village, the people gathered for a picnic. As they leisurely shared food and conversation, someone noticed a child in the river, struggling and crying. The child was going to drown!

Someone rushed to save the child. Then, they noticed another screaming child in the river, and they pulled that child out. Soon, more children were seen drowning in the river, and the townspeople were pulling them out as fast as they could. It took great effort, and they began to organize their activities to save the children as they came down the river. As everyone else was busy in the rescue efforts, two townspeople started to run away along the shore.

"Where are you going?" shouted one of the rescuers. "We need you here to help us save these children!"

"We are going upstream," they shouted back, "to see why the children are getting in the river!"

Where do you see yourself in this story? Are you saving babies who need immediate attention or are you rushing upriver to see the source of the problem? Or have you just never noticed the babies in the river?

JustFaith offers an opportunity for parishioners to answer these questions. You are invited to go on a rich spiritual journey and look more closely at the troubling issues of our times through the lens of compassion and ecumenical social teaching. JustFaith provides a lively and challenging format to read, discuss, pray, experience and be formed by our faith tradition that, when lived out, changes lives, inspires faithful witness, and transforms the world through love and service.

Participants have the privilege of being nurtured in a small group as they journey through this program with readings, videos and meeting people in our area. Former participants have said it is the best and most meaningful formation experience they have had and it has changed their lives.

**Come learn more on Saturday, August 9
from 8:45 am to 1 pm
at St. Francis Xavier (College) Church
(St. Louis University at Grand and Lindell)**

See www.ccstl.org/advocacy for details or contact
Pat Dougherty at 314.367.5500 x148
pdougherty@ccstl.org

AND IN OUR WORLD ...

MARK MANARY in THE LUTHERAN MAGAZINE (Aug. 2008):

Spreading good health

Peanut butter makes a difference

The name Project Peanut Butter sounds like a school activity. But, in fact, it's a revolutionary method for saving thousands of children that was instituted by pediatrician Mark Manary.

The member of Gethsemane Lutheran Church, St. Louis, along with his wife, nurse Mardi Manary, made a two-year mission trip to Tanzania. In 1994 he started working with a new medical school in the small southeastern African country of Malawi. He learned that the recovery rate for malnourished children who received hospital treatment was about 20 percent. He believed that number could be better.

"We could stop children from dying but rarely could we get them to recover," Manary said. "We needed to try a home-based therapy so we could get the kids out of the hospital where they did nothing but lie near other sick kids and pass germs around."

Manary discovered a food product from France that has peanut butter as a primary ingredient. Mixed with vitamins, milk powder, sugar and oil, the foodstuff constitutes a complete meal. In one year the 20 percent recovery rate jumped to 95 percent. Manary then worked to replicate the peanut-butter product and found a similar recovery rate. A year later, during a food shortage, the new treatment went head-to-head with methods by major relief agencies with the same, overwhelmingly positive results.

The way the treatment works is that when a trained village health aid spots a malnourished child, he or she gives the family the peanut-butter food, with directions to feed the child 250 grams a day. The treatment continues until the child gains enough weight.

Though there were skeptics early, Manary's discovery now is lauded. Last year the U.N. System Standing Committee on Nutrition, the World Health Organization and UNICEF issued a joint statement establishing the doctor's protocols and formula as the most effective way to treat severely malnourished children.

The Manarys founded Project Peanut Butter (www.projectpeanutbutter.org) to raise funds to buy ingredients for the product.



Pediatrician Mark Manary talks with a Malawian mother about the peanut-butter product he developed that helps children recover from malnutrition.

Jeff Favre

Also check out the 5-page article about Mark and PPB in the *Washington Univ. in St. Louis Magazine* (Summer 2008) on the GLC website or the hallway bulletin board.

LAGNIAPPE

Worship Committee Tidbits

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. We didn't meet in July, so instead of a review, here are a few random thoughts.

- Pappy's Smokehouse – best BBQ ever!
- Crown Candy Kitchen BLT & chocolate banana malt–best lunch
- Soulard's Restaurant–best bread pudding (peaches instead of raisins)
- Syberg's – best wings
- Frazer's – best meatloaf
- Blues City Deli – best muffaletta
- Michael's – best Greek salad with gyro meat
- Olympia Kebob House – best saganaki
- Dewey's – best pizza
- Sweetie Pie's/Delmonico's (tie) – best soul/comfort food
- Scottish Arms – best cock a leekie (go there to figure this out)
- Laclede Street Bar & Grill – best homemade chips (burgers are really good too)
- La Bonne Bouchee – best fancy bakery (& good French food)
- McArthur's Bakery – best bakery for cakes for a crowd
- Pueblo Solis – best Mexican
- Trattoria Marcella – best Italian
- Aya Sofia/Café Natasha's Kabob International (tie)–best Middle Eastern
- Mai Lee/Lemongrass (tie) – best Vietnamese
- Happy China – best Chinese buffet
- Wei Hong Seafood Restaurant and Bakery – most interesting place to eat Chinese; also has good food
- Everest Café and Bar – most interesting combination of ethnic foods (Nepalese, Indian, Korean)
- Stellina Pasta Café – most interesting sandwiches and daily lasagna special

AUGUST 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00am-Noon VBS 5:30-9:30pm ICE CREAM SOCIAL	2 9:00am Church Clean-Up
3 8:30 AM & 11:00 AM Worship Camp and Sunday School Music	4	5	6 7:00pm Health Cabinet	7 6:45pm Property Committee	8 Pastor's Day Off	9
10 8:30 AM & 11:00 AM Worship Old Time Gospel Music Children's Sermon 10:00am Meeting for Eucharistic Ministers	11	12 7:00pm Council Meeting	13	14	15 Pastor's Day Off	16
17 8:30 AM & 11:00 AM Worship Celtic Music Blessing of the Backpacks 10:00am "Got Purpose?" Report Noon-3:00pm South Youth Co-op Event	18	19 7:00pm Worship Committee	20	21 7:00pm El Salvador Meeting	22 Pastor's Day Off	23
24 8:30 AM & 11:00 AM Worship Favorite Hymn Sunday 6:00-8:00pm Pre-Gathering Youth Event	25	26	27	28	29 Pastor's Day Off	30
31 8:30 AM & 11:00 AM Worship Classical Music Sunday 10:00am Adult Education Planning	Sept. 1 CHURCH OFFICE CLOSED LABOR DAY					

Gethsemane Lutheran Church
3600 Hampton Ave., St. Louis, MO 63109
Phone: 314-352-8050; Fax: 314-352-8051
Email Address: Gethsemane@swbell.net
Webpage: www.gethsemanestl.org
Church Office Hours: 8:30am-3:00pm

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

Bell Choir Director Dawn Schuessler

636-256-8140 dschuessler@wustl.edu

Choir Director Ann Luciani

314-963-0934 ptlall4@earthlink.net

Council President Carolyn Schainker

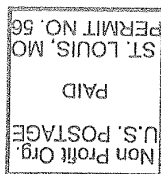
314-352-4183 cschainker@sbcglobal.net

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
3600 Hampton Avenue
St. Louis, MO 63109