

# MESSENGER

## GETHSEMANE LUTHERAN CHURCH

A FAMILY IN CHRIST CARING FOR ALL PEOPLE

AUGUST 2009

VOLUME #116: ISSUE #8

### From the Pastor



They were called “Servant Companions” -- volunteers who gave their time to help in a myriad of ways at this year’s ELCA Youth Gathering in New Orleans. They loaded buses and accompanied Servant Life projects; they taught at Learning Centers; they staffed the Interaction Center; they conducted registration; and so much more. They wore the blue “Servant Companion” T-shirts!

When you think about it, it’s an interesting combination of words.

**SERVANT.** The theme verse for the Gathering was Philippians 2:4-5: *“Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus...”* The Gathering’s purpose was to be “servant school” focused on compassionate justice.

**COMPANION** – which literally means “to share bread with.” One of the speakers, Donald Miller, shared a reflection from writer Anne Lamott who tells about how refugees are often given a piece of bread to hold on to as they sleep. They not only need bread to eat for their bodies, but bread for their spirit, reassurance that someone cares and they are not alone. We are called to be such “holy bread” for one another, Miller said.

Servant Companions – maybe that’s a good way to describe our Christian vocation, not only in New Orleans, but wherever we find ourselves – at school, at work, in our neighborhoods, with our congregations. Check it out – this year’s VBS staff is wearing blue T-shirts! Maybe we all should!

Live Christ. Love Christ. Share Christ. Be Christ.

Pastor Kendra

### **SAVE THE DATE**

**Vacation Bible School**  
Monday-Friday, Aug. 3-7  
9:00am – Noon

**Ice Cream Social**  
Friday, August 7  
5:30pm-9:30pm

**Photos from Youth Gathering and VBS**  
Sunday, Aug. 9  
Between Services

**Blessing of the Backpacks**  
Sunday, Aug. 16

**Favorite Hymn Sunday**  
Sunday, Aug. 23

**Confirmation Meeting**  
Sunday, Aug. 23  
Between Services

**Trivia Event**  
Sunday, Aug. 30  
Between Services

# August Sundays

## Sunday, August 2

Sermon Topic: "David: Create in Me a Clean Heart"  
Commissioning of VBS Volunteers

## Sunday, August 9

Sermon Topic: "David: Family Matters"  
VBS Songs in Worship  
During Fellowship Hour: See pictures from the ELCA National Youth Gathering in New Orleans and from Vacation Bible School

## Sunday, August 16

Sermon Topic: "Solomon's Prayer for Wisdom"  
Blessing of the Backpacks: Children, youth, and other students are encouraged to bring their backpacks for a special blessing at the beginning of another school year.

## Sunday, August 23

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 9<sup>th</sup> or 16<sup>th</sup>.

Between church services there will be a meeting for 7<sup>th</sup> graders and their parents about this year's Confirmation program.

## Sunday, August 30

Join us between services for Gethsemane's own multigenerational Trivia Event!! Questions for all ages!!

*A Children's Message Series continues through August, teaching about different parts of our worship service.*

## LIFE AT HOME ...

### ICE CREAM SOCIAL

*Life is Short...Eat More Dessert!*

**FRIDAY, AUGUST 7, 2009**

**5:30PM – 9:30PM**

The Ice Cream Social is going back to its roots, and we need your help! On Friday, August 7 we will cap off another fantastic VBS week with an Ice Cream Social, from 5:30pm to 9:30pm, featuring fresh baked pies, cakes, cookies,

Ted Drewes frozen custard, soft drinks, as well as games and pony rides for the kids. The VBS closing program is at 7:00pm. So have dinner and come over to Gethsemane for dessert.



**Volunteers Are Needed!** Please consider signing up for a shift. We will need people for a variety of jobs, so please call Lory Bowman at 314-727-2979.

(Please note that there will not be a BBQ at the Ice Cream Social this year!)

### FELLOWSHIP COMMITTEE

The Fellowship Committee will meet on Sunday, August 16<sup>th</sup> between services in the Library. Please come and help plan for the picnic food, games, and fun! We need everyone's opinions and ideas.

*Thanks, Lois & Paula*

### CHURCH PICNIC and RALLY DAY

**Sunday, September 13<sup>th</sup>**

**Tilles Park Pavillion**

**8:30am Worship at GLC**

**9:30 am Fellowship/Coffee Hour**

**(Yes, this includes doughnuts!)**

**11:00am Devotion in the Park**

**11:45 am Lunch**

(Tilles Park is just 3 blocks north of church on the same side of Hampton! The Pavilion is located in the back of the park; the restrooms are very close to the pavilion.)

**Thanks to a generous donation,** the Picnic will be catered once again (something like last year)! Everyone is grateful for this donation towards a fun outing of fellowship. So all you need to do is bring **yourself**, a

**lawn chair** for your comfort (picnic tables are at the pavilion), along with a **snack or a dessert**. Food, drinks, paper products and utensils will be provided.

We are asking:

- if anyone has pop-up tents and are willing to bring them that day, in case of rain or to keep the rain away, it would be helpful
- if anyone is willing to help move tables, chairs, coffee pots, games and other items to and from the park, it would be greatly appreciated.

Please contact Lois Wind at 314-487-5755 / e-mail [winjbirdie@charter.net](mailto:winjbirdie@charter.net) or Paula Brud-Brown at 314-603-6627 / e-mail [ruralgurl@gmail.com](mailto:ruralgurl@gmail.com).

**REMEMBER: Comfortable Dress for the day!  
Bring a snack or dessert and your lawn chair.....**

8:30am Service at GLC for RALLY DAY  
 9:30am Fellowship/Coffee Hour in the Park  
 11:00am Devotion in the Park (No Communion)  
 11:45am Lunch, followed by games and fun

Some Games - volleyball, washers, hula hoop, and more  
 Great walking trail  
 Space to play baseball, kickball -- bring your gloves, balls, and other items for park activities

## MOMS

**MOMS** (Ministry of Mothers Sharing) meets Friday, Aug. 21st (3<sup>rd</sup> Friday of each month) from 7-9pm at the St. Louis Bread Co. at Chippewa/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 GLC community? 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.

## MUSIC

### Calling all singers and ringers!

A new choir season will be starting soon. All choirs rehearse on Monday evening.  
 If you have any questions, call Ann at 314-963-0934 or e-mail at [ptlall4@earthlink.net](mailto:ptlall4@earthlink.net)

Belladeers Bell Choir (5:00pm - 6:00pm) - Have you always wanted to learn to play bells or are relatively new to playing bells? Belladeers is looking for new ringers!

Angel Wings Bell Choir (6:00pm - 7:00pm) - Have you played bells before or do you read music? Angel Wings

### Thanks to those who "left the building" to serve at the Cleanup Day at Immanuel Lutheran Church

Keith and Alex Paulson, Lory and Ron Bowman, Carolyn Pirkle, Denise Buehrer, and Pastor Kendra joined with over 50 other volunteers from St. Louis area ELCA churches.



Before



After



### What I Did This Summer:

Don't forget to bring pictures and worship bulletins to place in the display in the Fellowship Hall!!

# SUNDAY SCHOOL

## SUNDAY SCHOOL “WARM UP”

Can you believe Sunday school is just around the corner? As I write this, the temperature is creeping above 90 degrees, that familiar St. Louis humidity is hanging in the air, and I’m making final preparations for my summer vacation. I know from past years, however, that once I get back from vacation it will be VBS, back-to-school preparations, first day of school, Labor Day and time for Rally Day in short order!

To get everyone in the mood for Sunday school, play a little matching game with the pictures below. Can you match the pictures below with the event and year in which they occurred?

When you are finished, please complete a registration form for you Sunday school aged children (age 3 and up) and return it to the church office. You can also email your registration information and direct any questions about Sunday school to Christy Scheidt at [meuserscheidt@yahoo.com](mailto:meuserscheidt@yahoo.com). Please register your child whether it’s their first or tenth year attending Sunday school. This will help us to determine class sizes, curriculum needs, and assign appropriate spaces for classrooms.

### Sunday school matching:

- 1) Pre-K/K service project, 12/07
- 2) Singing rehearsal – “This Little Light”
- 3) Christmas program 2007
- 4) 3<sup>rd</sup> – 6<sup>th</sup> grade class discussion, 9/08
- 5) Palm Sunday 2009
- 6) 1<sup>st</sup> communion class 2009



A



B



C



D



E



F

Answers for Sunday school matching:  
1.D 2.F 3.B 4.A 5.C 6.E

# GYG



Natalie, Matt, Carmen, Alex M., Alex P., Lizzie Timm, Rachel Hartz, Keith Paulson, Pastor Kendra, and 37,000 youth & adults returned from New Orleans and the 2009 ELCA Youth Gathering ready to serve!

Each day, 12,000 folks went out into the New Orleans community to serve in Jesus' name. For our Servant Life project we attended a Day Camp at Pard Park in the Jefferson Parish. We watched their camp dance contest and then painted benches for the park. Afterwards, we drove through the 9<sup>th</sup> Ward that experienced so much damage during Hurricane Katrina and is still devastated. You can still check out the Blog from our trip at: [gygneworleans.blogspot.com](http://gygneworleans.blogspot.com)

Thanks to all the folks at Gethsemane who supported us with your financial gifts and prayers. With your help, we contributed over \$225 to "Change to Change the World" through the ELCA World Hunger Appeal, donated over 100 new books for a Reading Fair in New Orleans City Park, and gave a Sunday offering of \$250 that supported a variety of mission projects around the world. Lizzie also had her hair cut and donated her locks to children in need.





## BIRTHDAY PARTY FOR EVERYONE!

When the Fellowship Committee asked for fun ideas, Susan Flaxbart suggested having an "Everybody's Birthday

Party". 12 months, 12 tables, 12 cards with markers to draw and 12 blank cakes with icing and sprinkles to decorate. Everybody goes to their birthday month table and the fun begins! The idea was a hit with the committee and judging by the happy faces, sticky hands and full tummies, it was a hit with the congregation as well.



## STORIES OF LIFE, HOPE, AND FAITH

*By Rachel Hartz*

Life has a tendency of throwing us curveballs. I was, in fact, thrown a few more than I needed earlier this summer. I realize that I announced that I would be participating in Lutheran Volunteer Corps this August doing case management with the elderly in Seattle. I found out in late May that my placement had actually fallen through due to lack of funding. Although I knew this was a possibility, I had hoped for the best. LVC put me back in the pool of applicants just in time to do round three interviews. I interviewed with three placements, in Omaha, the Twin Cities, and Seattle. I decided that I liked the Twin Cities placement the best and crossed my fingers that that was where I would be placed. As it turned out, I was placed back in Seattle at a placement I didn't feel was the right match for me. One of my big reasons for doing LVC was to figure out which area of social work I wanted to pursue and to get more hands on experience. I didn't feel that this particular placement would give me that, nor did I feel I was the best person for the job. After much soul searching, as well as disappointment, I withdrew my application from LVC. This was difficult to swallow as I had been planning on being part of LVC since November of 2008.

I realized what I needed was an opportunity to get experience working directly with the elderly in a community in which I had a large support system. It dawned on me that where I could have both was Waverly, Iowa, where I attended college. Waverly has a large amount of social services agencies, and I still have a lot of connections and friends there. I proceeded to fill out applications, do interviews, and even go apartment hunting.

Amazingly enough, everything fell into place smoothly. I was offered a job at Bartles Lutheran Retirement Community and found a great little apartment. Starting in August I will be living in Waverly, working as a resident assistant at Bartles, and volunteering at a hospice center. I am excited to take a year to do some exploration, live simply, find my niche in social work, and grow in my faith. God stayed with me through my days of uncertainty and disappointment. He gave me the strength to be able to face the twists and challenges that were thrown at me and the clarity to make my own decisions. I am happy that I will be able to make this next year my own.

# Health Cabinet

## Seeking Adult (60+) Volunteers for Study on Personal Mobility & Life Space

Mobility is important for being independent and engaged in meaningful activities. This is true for everyone, but especially for senior adults experiencing changes in health and function that sometimes come with advancing age. It is important for seniors and their families to consider and plan for mobility needs.

A researcher at UMSL, Dr. Tom Meuser, Director of the Gerontology Graduate Program, has received a grant from the National Center on Senior Transportation, a subsidiary of Easter Seals, Inc., to find out what senior adults believe about personal mobility in aging. Read on or view the attached flyer for participation details.

Rather than asking about how people get around, however, this study will focus on the personal meanings attached to being mobile within a desired life space. For some, staying at home and going to a few places nearby brings joy and meaning to life. For others, the ability to travel to distant places is very important for personal well-being. Desired life space – where one goes on a regular basis – is just as important as how one travels.

What do senior adults believe about their mobility needs and wants? How do these beliefs change during the aging process and in response to health challenges? These are important questions to consider as new systems are developed to support senior adults in remaining mobile and productive in the future.

**Prospective volunteers must be age 60 or older and reside in a community setting (e.g., personal home or apartment, independent retirement community).**

There are two ways to participate: (1) by taking part in a 2-hour focus group discussion; or (2) by completing a questionnaire at home and mailing it back. Focus groups will be scheduled in Fall, 2009, and questionnaires will be mailed in Winter, 2010. The attached flyer provides all the details.

Those with questions, or who are interested in volunteering, may call the Study Coordinator and Investigator, Dr. Tom Meuser, at 314-516-5280.

## **ANOTHER “SAVE THIS DATE”!**

**Alzheimer’s Memory Walk:**

**Saturday, September 12, 2009**

Our Team, “Gethsemane Remembers” will be participating in this event, as well!

**VOLUNTEERS NEEDED:** For research study on..

## ***Attitudes & Feelings about Mobility Changes in Aging***

**Tom Meuser, PhD**, Clinical Psychologist, Director of Gerontology Graduate Program, and Associate Professor of Social Work at the University of Missouri—St. Louis  
Office: 314-516-5421 E-mail: meusert@umsl.edu

- Are you age 60 or older?
- Do you reside in your own home, condo, or rented apartment?
- Have you experienced changes in your mobility at home and/or in going to places in your community?
- Do you think about how your health and the aging process may impact on your mobility in the future? Or, is your future mobility not a source of concern?

**The researchers involved in this study would like to know what you think and feel about mobility in aging!**

**Why this study?** While much is known about how senior adults maintain their mobility, relatively little is known about their attitudes and feelings concerning mobility change. What impact does mobility change really have on individuals? Such information is important to help adults remain as mobile as possible.

**What will I do?** Volunteer participants will be asked to participate in one of two ways: (1) by taking part in a 2-hour focus group discussion; or (2) by completing a questionnaire at home and mailing it back.

**Are there risks?** We will be discussing common, everyday experiences in aging — all focused on mobility and the space in which people live. Some mild emotional discomfort is possible. You need not answer any question that causes discomfort.

**Benefits to me?** Increased awareness about mobility and its importance in aging. Participants completing a focus group or returning a completed questionnaire will receive a \$20 gift card as a token of thanks.

**I want to do it!** Contact Dr. Meuser at **314-516-5280**. You will be asked to complete a brief telephone questionnaire as a first step.

Volunteers will be considered for enrollment in this study until January 30, 2010. *Please share this information with others who may be interested. Thank you!*

Also, on our website version of the August Messenger, you can read “*Is It Time for Grandma to Park the Buick?*” an article from the Spring 2009 edition of The Magazine of the University of Missouri-St. Louis about Dr. Tom Meuser and his work at UMSL.

**IN OUR  
COMMUNITY ...**

**50 Days of Prayer for the ELCA  
Churchwide Assembly,**

**August 17-23, Minneapolis, Minnesota:**

*O God, you open the hearts of your faithful people by sending into us the light of the Holy Spirit. Direct the Evangelical Lutheran Church in America by the light of that Spirit, that we might have a right judgment in all things and rejoice at all times in your peace; through Jesus Christ, your Son, our Lord. Amen*

\*\*\*\*\*

**Joint Neighborhood Ministry**

**August is School Supplies Month  
for JNM at GLC!**

School starts in August! Suggested items include: back packs, pencils, notebooks, markers, crayons, and glue sticks. 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. Your continued support of this ministry is so important and so gratefully received.

\*\*\*\*\*

**Marriage Enhancement Workshop**

*“Where do We Go From Here?”*  
(Every Journey Needs a Good Compass)

Sundays, September 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>  
3:00pm to 5:45pm

At the Arden Mead Center for Youth and Community  
#17 Selma Ave. (across from Webster Groves HS)

Join Us to:

- Learn how to talk about the tough stuff
- Learn ways to keep your relationship fresh
- Get the most out of your relationship
- Enjoy life together

Registration: By September 8<sup>th</sup>

Call (314) 754-2758 (or contact Pr. Kendra  
Space is Limited!!!!

(Refreshments and Childcare are free.)

Presented by Lutheran Family and Children Services of  
Missouri and Saint Louis Healthy Marriage Coalition.

**LC-Gateway St. Louis Chapter  
Interdenominational Picnic**

To gather and celebrate the entire GLBT-  
welcoming church community in St. Louis  
Sunday, August 30<sup>th</sup>: 5:00-7:00pm

Bethel Luth. Church: Forsyth & Big Bend in U-City

This will be an enjoyable opportunity to make connections and learn about each other's plans for this important work. We can also share information about the RIC training that Bethel will host in October.

Bethel will provide brats; please bring a side dish, dessert or drink to share. As always, everyone is welcome, especially straight allies! To help judge bratwurst quantities, please RSVP to [office@bethel-ucity.org](mailto:office@bethel-ucity.org)

# AND IN OUR WORLD

# VICISSITUDES\*

\* The changes or events that occur in our lives.

## PROJECT PEANUT BUTTER UPDATE

Summer is here and for Project Peanut Butter this means the “migration” of young enthusiastic students to Malawi and this year, Sierra Leone, where the new production lines are being assembled. At both sites, there have been temporary set-backs: damaged pieces of equipment, incorrect fittings, and difficulty getting new equipment to function in less than optimal situations. Yet, we will have both factories up and running in August. The hungry season is over, which allows us to slow down the production of RUTF in Malawi. This allows us to consolidate raw materials and lay out the new production line pieces on the storage area floors for inspection and assembly. (Imagine a giant jigsaw puzzle.)

Mike, Chelsea, and Zachary continue to struggle with the erratic water and electric supply in Sierra Leone.

Christa, Joy, Stephanie, and Bobby are settled in Malawi and very busy in the field. They continue to oversee research trials of different RUTF formulas. We hope to have a formula specific to HIV+ adults soon.

We are thankful for the decrease in new cases of malnutrition presenting at the clinics. This means that at least for awhile there is adequate food available in the villages.

In all the business this summer, we never lose sight of the fact that it is your generosity that allows our work to continue.

*With deepest thanks,  
Mark and Mardi Manary*



### *Thank You from Wilma*

Would like to thank all of you at Gethsemane for the beautiful flowers, cards, food and prayers when I was in the hospital.

A special thanks to Mardi for her loving care and concern.

*God's blessings to all of you. Wilma*



# AUGUST 2009

## *Monthly Planner*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 8:30 AM & 11:00 AM Worship	<b>3</b> 9:00am–Noon VBS	<b>4</b> 9:00am–Noon VBS	<b>5</b> 9:00am–Noon VBS  2:00-3:30pm Women’s Bible Study  7:00pm Health Cabinet	<b>6</b> 9:00am–Noon VBS  6:30pm Property Committee	<b>7</b> 9:00am–Noon VBS  5:30-9:30pm ICE CREAM SOCIAL  7:00pm VBS Closing Program	<b>1</b>
<b>9</b> 8:30 AM & 11:00 AM Worship  Fellowship Hour: See photos from the ELCA Youth Gathering and VBS	<b>10</b>	<b>11</b> 7:00pm Council Meeting	<b>12</b>	<b>13</b> 7:00pm Mutual Ministry Committee Meeting	<b>14</b>	<b>8</b>
<b>16</b> 8:30 AM & 11:00 AM Worship Blessing of the Backpacks  Between Services – Fellowship Committee Meeting in Library	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 7:00pm MOMS Group	<b>22</b>
<b>23</b> 8:30 AM & 11:00 AM Worship Favorite Hymn Sunday  Between services: Meeting for parents of 7 <sup>th</sup> graders about Confirmation	<b>24</b> 7:00pm Choir Rehearsal	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b> 8:30 AM & 11:00 AM Worship  Between Services “Trivia Event”	<b>31</b> 6:00pm Angel Wings Bell Choir 7:00pm Choir Rehearsal					

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-3:00pm

**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)

**Choir & Bell Choir Director Ann Luciani**

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

**Council President Carolyn Schainker**

314-352-4183      [cschainker@sbcglobal.net](mailto:cschainker@sbcglobal.net)

## MESSENGER NEWS

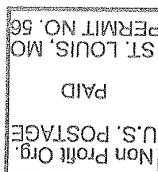
You can send your news and notes for the Messenger to [glc-messenger@swbell.net](mailto:glc-messenger@swbell.net). There is also a Messenger drawer by the church office. For best results, news should be in by the 20<sup>th</sup> of each month, but we'll do our best to get your news in whenever you submit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

## WEEKLY E-NEWS

If you are not receiving our weekly e-news and would like to receive it, let us know by sending an email to [gethsemane@swbell.net](mailto:gethsemane@swbell.net) (and make sure that you put our address in your address book so that your spam filters let it pass through!).



“Return Service Requested”  
Gethsemane Lutheran Church  
3600 Hampton Avenue  
St. Louis, MO 63109