

# MESSENGER

## GETHSEMANE LUTHERAN CHURCH

A FAMILY IN CHRIST CARING FOR ALL PEOPLE

JANUARY 2009

VOLUME #1 16: ISSUE #1

### A New Year's Resolution: Worship to Adore God Part 2

That was the title of my January article in 2008. So, how did your year go?

I was struck by the following as a Personal Worship Evaluation Form. Although it may sound a bit tongue-in-cheek, the intent is serious. We want not only to *imagine* that God is present during worship, but also to grasp that God actually **IS** present.

This form was designed to help sensitize worshipers to their own preparation for worship, to give you a tool to see yourself as integral to the worship experience of the whole body of Christ, and to change the perspective from being the "audience" in worship to making God the audience!

#### Personal Worship Evaluation Form

Rank "1" as low and "5" as high. Imagine this is God speaking to you:

- You prepared yourself for worship long before you arrived at church.
- You arrived on time for your appointment with me.
- You expressed your adoration of me with enthusiastic singing.
- You confessed your sin to me with complete honesty.
- You heard the announcements as invitations for your growth and my service.
- You humbled yourself in reverence at the reading of my Word.
- You recognized the unique Word that I prepared for you in today's sermon.
- You gave thanks for the ways you saw me at work during the past week.
- You shared your needs in faith that I hear and can handle them.
- You opened your heart to my closing benediction.

In the magazine article describing the use of this form, the author said he received comments from "Wow, this really made me aware of my own responsibility in worship" to "It makes me feel guilty before I even start to worship." But perhaps the best response was from a woman who handed back a blank survey and said with a smile, "Give me another one next week..."

*Pastor Kendra*

### SAVE THE DATE

**Junior High Epiphany Party**  
(at Christ-Webster Groves)  
Sunday, Jan. 4, 4:00-6:00pm

**"In God's Name"**  
*DVD & Discussion*  
Sundays, Jan. 11, 18, and 25  
10:00am in the Chapel

**Relationship Workshop**  
Mondays, Jan. 12, 19 and 26  
5:30pm – 8:15pm  
At Christ-Webster Groves

**YouthQuake**  
Friday-Sunday, Jan. 16-18

**Week of Prayer for  
Christian Unity Service**  
at St. Joan of Arc  
Sunday, Jan. 18, 4:00pm

**New Member Reception and  
Party**  
Saturday, Jan. 24, 7-10pm

**"Spark the Spirit" Weekend**  
Fri., Feb. 6 and Sat., Feb. 7

**Partnership for Missional  
Church (PMC)**  
Weekend Event  
Friday-Saturday, Feb. 13-14

**Valentine's Dinner**  
Saturday, Feb. 14

# January at Gethsemane (and looking ahead!)

## JANUARY SUNDAYS

**Sunday, January 11<sup>th</sup>** : We celebrate the *Baptism of Our Lord* . Council members will be installed at both services, as we remember our baptismal mission to let our light shine!

**Sundays, January 18 and 25: *Sundays after Epiphany.*** One theme of the Sundays after Epiphany is global mission; we remember that Jesus came as a light to the nations.

## Sunday Mornings

from 10:00-10:45 am

**Sundays, January 11, 18, and 25: “*In God’s Name.*” DVD and Discussion led by Don Thuss and Ken Bauer. In the Chapel.**

Twelve of the world’s most influential religious leaders, including ELCA Presiding Bishop Mark Hanson, are featured in this special program. It marks the first time that this distinct group of leaders has appeared in one broadcast. These spiritual beacons speak out about violence and hatred and reveal their own thoughts about faith, peace, unity, tolerance and hope. Viewers will see them in intimate settings, including their homes and personal places of worship. Ultimately, through the eyes of these 12 very different religious figures, the filmmakers discover the common ground among believers around the world.

## Week of Prayer for Christian Unity

Service with St. Joan of Arc

Sunday, January 18, 2009 at 4:00 p.m.

“That They May Become One in Your Hand”

This will be the third year that Gethsemane and St. Joan of Arc have gathered to mark the Week of Prayer for Christian Unity. This special service is a wonderful opportunity to meet and greet our neighbors across the street. This year will be hosted by St. Joan of Arc; Pastor Kendra will bring the message. There will also be a light reception following the service.

## “SPARK THE SPIRIT”

ELCA Southside Cluster Revival Event

Friday, February 6 and Saturday, February 7

A weekend to renew body, soul, and mind together as we Spark the Spirit within us!

**Friday, February 6, 7:00 pm**—St. Thomas/Holy Spirit hosts the opening worship celebrating Baptism. An evening filled with the light of candles, the sound of water, bells, etc. Worship will be preceded by a light supper and followed by dessert.

**Saturday, February 7, 9am-12 noon** – A servant event will be held at the St. Louis Food Bank, followed by a brief service of the Word. Gethsemane will be providing leadership and food for this morning.

**Saturday, Feb. 7, 5:00 pm** – A closing worship service will be held at Christ Luth.-Webster Groves, focused on Holy Communion, will be followed by a closing dinner. **Guest preachers** will join us from the ELCA, special folks with the gift of preaching for renewal and revival. Rev. Rayford Grady from the Lutheran Church of the Holy Spirit in Chicago and Rev. Mary Anne Nelson-Loetke from Niagara Falls, New York will be our guests.

## Partnership for Missional Church (PMC)

Enough congregations have signed on to form a St. Louis Cluster of 15+ congregations. Truly, the Spirit is on the move! Gethsemane’s Church Council is beginning the process of discerning people to participate in two teams for the first year: a **Steering Team** and a **Listening Team**. The first cluster event will be Fri.-Sat. Feb. 13-14, 2009 at Hope Luth. Church in St. Charles.

We are looking forward to being a part of this network of congregations listening to God’s specific call to us, letting God send us and, through the Holy Spirit, empower us to participate in God’s mission in the world, so that both our outreach and our life together as a church are a witness to Jesus Christ.

## New Member Reception and Party

Saturday, January 24, 2009 from 7:00pm-10:00pm  
at the home of Roy Geers, 1647 Monaco, Warson Woods.

All members of GLC are invited to attend an evening of **FOOD, FUN, GAMES, & DANCING** to welcome new and prospective members of the church. Please, be our guest! Call the church office (314-352-8050) by Jan. 22 to let us know if you will be attending.

# Advent & Christmas at Gethsemane

**Christmas Thanks ...** What an awesome celebration of the birth of Christ! Thank you to all who help make our worship so meaningful: all the musicians (especially Ella and Ann), all the choirs, the Altar Guild (Ecclesiastical Stagehands) and helpers, worship leaders, greeters, ushers, and actors. Thanks to Marianne Przetak and Ladue Florists for the sanctuary decorations. Thanks to Jean in the office (and her “Friday” bulletin helpers) for the bulletins. And thanks to all who lifted their voices in praise! On a personal note, thank you for your cards and thoughtful wishes and gifts – truly a sign of the giving of the season! --*Pastor Kendra*



This year's **Advent Dramas** came from “Waiting for the Light: Four Voices of Advent” by Todd Adam Decker. Above are Balthazar, Caspar, and Melchior, magi out of the land of Persia. Thanks to the Avalon Theatre Company for providing the door!

## Advent Adventure and Living Nativity

were on Saturday, December 6<sup>th</sup>, the Feast Day of the real St. Nicholas, Bishop of Myra around the year 342 A.D. During our devotions, St. Nicholas visited to tell us some of his story, and how his love for God and neighbor led to his becoming a symbol of anonymous gift giving.

*Thanks to all: Sunday School, Welcoming Team, Kate Hartz and her Food Crew, Mike & Kim Elliott, Paula and Rich Brown, and Pr. Jeff Lindgren*



# LIFE AT HOME ...

## Annual Meeting Highlights

The Annual Meeting of Gethsemane Lutheran Church was held on Sun., Dec. 7<sup>th</sup>.

1. Reviewed and affirmed a Purpose Statement: God's purpose is that Gethsemane Lutheran Church be a dynamic place for all peoples where God's Grace is shared in the community and in the world.
2. Received a Treasurer's Report indicating congregational giving for the year-to-date is \$185,388, which is about \$4500 under budgeted needs. It is anticipated that a strong December of giving can help us end the year in the black.
3. Elected the following individuals to serve in leadership: Rich Brown, Jim Mantia, Carolyn Schainker, Peggy Zapf, Richard Schuessler (Church Council); Jan Bornemann and Ruth Johnson (Endowment Fund Trustees); Dan Flaxbart (Audit Committee); Lois Pfeiffer (Gift & Memorial); Joe Epplin, John McElwee, Keith Paulson, Lois Pfeiffer, Amy Schoenherr, and Lois Wind (Nominating Committee).
4. Thanked those who have served and are now completing their terms: John McElwee and Keith Paulson (Church Council); Edna May Otto (Gift & Memorial).
5. Approved a Budget for 2009 of \$261,500. This budget includes a 3% increase in staff salaries and \$19,400 as ELCA/Synod Benevolence, which represents 8% of our congregational budget, but

continues growth toward 10% as determined by last year's meeting.

6. Had the second vote to approve an update Constitution for Gethsemane consistent with the ELCA Model Constitution for Congregations.
7. Approved a motion to designate the remaining money from the sale of the Tholozan House as a Building/Capital Improvement Fund, to be spent with the authorization of the Church Council.
8. Received committee reports.
9. Saw initial architect's plans for handicapped accessibility, elevator, and new parking lot entrance.

## Holiday Adopt-a-Family for Joint Neighborhood Ministry

While we are well aware that there is a major recession taking place in our country, God's people at Gethsemane are surely opening their hearts and hands to those in need. You contributed:

67 boxes of cereal

32 blankets

\$1050.00 in gift cards

AND adopted 28 children at Joint Neighborhood Ministry, as well as participating in all of the other activities that have taken place at Gethsemane. The spirit of our Lord is certainly at work in our midst. Many thanks to all of you for your help and support in this important ministry of love.

## Small Groups, Bible Study, and Book Discussions

- > A new **Faith Sharing Small Group** will begin on Wednesdays at 7:00 pm. If you are interested, please contact Jack Jaworski at 352-7737 or [ljackj@sbcglobal.net](mailto:ljackj@sbcglobal.net) to find the start-up date. This group will meet every other week.
- > The **Thursday Faith Sharing Group** also continues to meet. Contact 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-gl@swbell.net](mailto:prkendra-gl@swbell.net)) so that you can help get a discussion organized!
- > Starting Wednesday, January 14<sup>th</sup> from 7:00-8:30 pm, a **Bible Study** on "Opening the Book of Faith" will begin. Have you ever wondered how to read the Bible? Have you ever wanted to read through the Bible, verse by verse? Have you asked if Lutherans have a particular way of approaching scripture? Join Pastor Kendra as we embark on this venture together as our way of joining the ELCA Book of Faith Initiative. No prior experience necessary! We will determine at the first gathering how often we will meet.
- > The **Wednesday morning Bible Study** meets at 10am and will resume on January 7<sup>th</sup>. This Study is led by Nellie Hohnsen and also reads through the Bible with side trips down other interest areas!

# Children / Sunday School

## PREPARE!

Are you ready? “Getting Ready” seemed to be my ongoing theme for November and December this year. Life was a checklist of things to do – organize volunteers for the 6<sup>th</sup> grade fundraiser, Aaron’s concert, Advent Adventure crafts, Paul’s recital, PTO room parents, bake cookies...not to mention work, groceries, laundry and the other things that go along with being a Mom. On top of everything, we got a new puppy the weekend before Thanksgiving. She’s very cute, but what was I thinking? I realize this frenzied pace is no different than that of any other parent, or any other person in our busy society.

Then it was the third weekend of December. I couldn’t believe I had made it to the home stretch. I was nearing the end of the checklist...let’s see; next on the list was the children’s Christmas program rehearsal. Then I heard the words of John the Baptist – Prepare! The children were telling the story of John, calling me to prepare a highway, make ready my heart for Christ. In all of my getting ready, I hadn’t taken time to really prepare; to prepare for the wonder of Jesus born in Bethlehem.

Fortunately, our God is a loving, forgiving God. I found the time to prepare, to adore, and to celebrate the Christ child, the true meaning of Christmas.

*Christy Scheidt*



“See the Lamb of God who takes away the sin of the world. See your Savior, Christ the Lord. And adore Him!”

## Confirmation

**South Cluster Epiphany Party, Sunday, January 4<sup>th</sup> from 4-6pm.** We'll gather with middle school youth from St. Thomas/Holy Spirit, Christ, and Trinity for games, an Epiphany cake, and (yes!) even a burning of the Christmas tree! Bring your own drink and a wrapped "white elephant" gift. (A "white elephant" is something wacky from around your house—nothing purchased!)

**Youth and parents** will meet together between services on Sunday, January 11 to plan for the remainder of the year, including plans for the Rite of Confirmation.

**Confirmation Classes** will be held on Mondays, January 5 and 26, from 6:30-8:00 pm.

**YOUTHQUAKE** is Friday-Sunday, January 16-18. Please pray for Alex P., Christine B., Kady D., and Luke B. as they prepare to attend this awesome event with youth from all over the St. Louis area at the Airport Marriott Hotel. The theme for this year's Quake is **ONE: Lord, Body, Hope** based on Ephesians 4:4-6. The special service project will focus on items for Nurses for Newborns.

## GYG



**On Sunday, January 11**, between services youth (and parents of the youth) attending the ELCA Youth Gathering in New Orleans will meet to plan upcoming fund-raisers.

## Health Cabinet

### **TAI CHI**

#### **FUNDAMENTALS RESTARTING**

On January 11<sup>th</sup>, Tai Chi Fundamentals classes will once again be offered on Sunday evenings for six weeks. Those wishing to learn or review the first section will begin at 6:30pm and those continuing on to the second and third sections will meet at 7:30pm. Cost for 6 classes is \$30. Please contact Ted Yemm at (314) 623-1802 to register as space is limited.

**What is Tai Chi?** Tai Chi is an ancient Chinese exercise that focuses on relaxation, balance, and body awareness.

**Who Practices Tai Chi?** Anyone can practice Tai Chi. Modifications can be made to accommodate all ages and ability levels.

**Is any special equipment needed?** Tai Chi only requires an open space three feet by three feet.

**What are the benefits of practicing Tai Chi?** Tai Chi has been documented to reduce falls, improve blood pressure, and reduce stress hormones.

**SAVE THE DATE: Feb. 14, 2009**  
**VALENTINES DINNER!**

In 2009, Valentine's Day is on Saturday!  
What a perfect time to join us at GLC for an evening of great food and fine music.

All proceeds go to support the Susan Komen Breast Cancer Research Foundation!

### **BACK (IN)TO AFRICA**

I will be in Malawi from January 15<sup>th</sup> until February 1<sup>st</sup>. During this time, Mary Brice, Shirley Roberts, and Teri Wallis will all be available to answer questions and offer support. It has been a long time since I have been to Malawi and I am so excited. Please keep me in your prayers during this time!

*Mardi Manary, Parish Nurse*

### **New Year's Resolutions**

It is that time of year again! We all set out in writing or in our minds the great plans we have for improving our lives in the next year. We all know the odds; less than 13% of all New Year's resolutions last over three weeks.

Why bother? Why, because, if we do not strive, we cannot succeed! We all see the areas of improvement needed in our lives. We all want to change something.

Tips for success in achieving New Year's Resolutions:

1. Set no more than two resolutions at a time.
  2. Divide goals into simple steps with definable goals, such as ... "I will walk for five minutes on the treadmill for two weeks-5 times a week." .... "I will increase my time on the treadmill by five minutes a week, after the first two weeks."
  3. Record your progress. Use a small notebook or use your calendar.
- Do not quit, just because you stopped or did not get started the way you wanted. Start again! You cannot fail, if you do not quit trying!



## Tips for Safe Snow Removal

- 1 Those who have a history of heart problems or those who are pregnant SHOULD NOT shovel snow.
- 2 If you don't have to shovel, DON'T. Wait for the plow or use a snowblower.
- 3 Remember, snow shoveling is classified as moderate to vigorous exercise. You should not jump right into this activity.
- 4 Warm up indoors before starting in order to prevent or reduce muscle soreness and damage. Start with easy running in place, gradual stretching, and pushups. Then for a more specific warm-up, use the shovel and gently mimic shoveling movements.
- 5 Dress warmly, in layers that can be removed if necessary. Covering the mouth and nose with a scarf will help warm the air you breathe. Also, wear shoes or boots with traction to reduce the potential for slipping and falling on slippery surfaces.
- 6 Drink a glass of water before starting, have another while working and another when you finish. It is still possible to become dehydrated even in cold temperatures, especially when working strenuously.
- 7 Avoid large meals, alcohol and tobacco before and after shoveling snow – they can all put an added stress on your heart.
- 8 Use a good shovel. Try finding one with a curved handle so your back stays straighter. Plastic blades are lighter than metal. Smaller scoop sizes will reduce the temptation to take scoops that are too large for you to handle. A scoop of wet snow can weigh up to 25 pounds.
- 9 Start out s-l-o-w-l-y. Rest frequently, every two or three minutes. Pay attention to your breathing pattern, trying to exhale as you lift the snow and inhale as you return for another scoop.
- 10 Bend your knees and hips when picking up the snow. DON'T bend at the waist. Whenever possible, push or sweep snow rather than lifting it in the shovel. There are special tools available to make manual snow removal easier and less hazardous.
- 11 Avoid throwing snow over your shoulder, throwing long distances, or twisting your body.

\* These instructions are provided for informational purposes only. They are not intended to replace personal instruction from your doctor or physical therapist. If you have any pain or questions, please contact your doctor or Rehab1Network.

## Tips for a Healthy New Year

Flu season is upon us and the flu shots have been given, but many wonder, "Is that the only thing I can do?" The short answer to this question is NO. While the flu shot can help protect from certain common strains of the respiratory influenza, it has no effect on the common cold or stomach viruses. There are, however, many other steps that you can take to decrease your chances of getting sick this year.

Hand washing is consistently proven through research to be the single most effective way to stop disease transmission. Hand washing effectively kills germs and bacteria whether done with soap and water or alcohol based hand sanitizers. In a recent study from Australia, it has been asserted that hand washing, masks, and gloves will be more effective in stopping a pandemic outbreak than antiviral drugs.

It is also important to be aware that germs can live on any surface making many areas breeding grounds for disease. Public surfaces that are touched often by many different people can be some of the most efficient disease transmitters around. These places include ATMs, office phones, playground areas, and computer keyboards (I'm sanitizing as I write.) Areas in your home that allow for germ breeding include the kitchen sink, counter tops, the bathtub, and doorknobs. Making a point to clean these surfaces in your home frequently or wash your hands after touching frequently used surfaces in public can go a long way toward keeping you healthy this year.

So what is one to do? Live in a bubble? It is important to be aware of the places that you can encounter germs and bacteria. By diligently cleaning the surfaces that you can and making a point to wash your hands throughout the day, you can improve your chances of remaining healthy this year. You should **always** wash your hands before and after eating, after using the restroom, and after close contact with people, especially children. Additionally, sanitizing after touching surfaces like ATMs and computer keyboards reduces your chances of illness.

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

Thanks to all who supported the 2008 Health Cabinet cookie and trail mix sale. A special thanks to Florence Frederickson for making her special Swedish cookies and to Margaret and Fred Lenhart for making all the trail mix. The Health Cabinet raised over \$1,400.00 to support the Rafiki school and Nancy Bond in Ghana, which will be supplemented by the Gethsemane Endowment Fund. Enjoy those treats and Merry Christmas.

*Peggy Zapf*

# IN OUR COMMUNITY ...

## RELATIONSHIP ENHANCEMENT WORKSHOP

Sponsored by the ELCA South Cluster  
*Newly married? Married for years? Engaged?  
Where do we go from here?  
Every Journey Needs a Good Compass!*

When: Mondays (Jan. 12, 19 and 26, 2009)

Time: 5:30pm to 8:15pm

Where: Christ Lutheran Church, 1 Selma Ave. in  
Webster Groves (at Lockwood)

**SPACE IS LIMITED!!!** Registration is required to  
attend. Call (314) 754-2758 or contact Pr. Kendra.

**FREE** -- Refreshments and Childcare

- > *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*

### **Help Survivors of St. Louis Flooding!**

The St. Louis area is in need of **volunteer** case managers to assist families that were impacted by the Hurricane Ike storms of September. This involves working with families to access the resources needed to return to their pre-disaster status. Case managers must attend an all-day training on January 10, 2009 and submit to a national background check. Persons with social services or other service background desired, but others may also participate. If interested, please contact Jim Eckrich, Director of Disaster Services for Lutheran Family and Children's Services at (314)754-2726 or [jime@lfcs.org](mailto:jime@lfcs.org).

*Registration is now open for*

## *Lutheran School of Theology*

### **Epiphany 2008 Term**

Courses for Lay and Clergy

**“Saints For Today: Exploring Famous Saints and their Models of Spirituality”** - Rev. Dr. Warren Crews, 6 Tuesdays, 7-9:30 PM, beginning January 13 at Christ Lutheran Church, 1 Selma Ave, Webster Groves, MO. Tuition: \$98.60 (Includes book).

**“Israel in Exile: A Crisis of Faith”** - Rev. Dr. John Bracke, 6 Thursdays, 7-9:30 PM, beginning January 8 at Trinity Luth. Church, 14088 Clayton Rd., Chesterfield. Tuition: \$81.

**“How to Handle Conflict in the Congregation”** - Rev. Dale Kuhn, 2 Saturdays, 9AM–12PM beginning Jan. 17 at Care and Counseling, 12141 Ladue Rd., Creve Coeur. Tuition: \$33.

**“Church History Part 1”** - Rev. Robin Morgan, 5 Saturdays, 9AM – 3PM, beginning Jan. 10 at St. John's Luth. Church, 2477 W. Washington St., Springfield, IL. Tuition: \$150.

Brochures with registration forms are in the narthex.

For more information or for scholarship applications call the LST office at: **(314) 725-9710**

or email: [registrar@lststl.org](mailto:registrar@lststl.org)

or call Penny/Keith Holste, Administrators at **(314) 962-0918**, [pkholste@hotmail.com](mailto:pkholste@hotmail.com)

or register online at: [www.lststl.org](http://www.lststl.org)

# AND IN OUR WORLD ...



## Mission Interpreters: God's Work. Our Hands. Stories of Faith in Action Young Adults in Global Mission

In Matthew 28:19-20, God calls us to participate in His mission by sharing the good news of Jesus Christ in word and deed. “Global mission” refers to the way the Evangelical Lutheran Church in America (ELCA) responds to God's call to mission outside the United States. For youth, the ELCA

Young Adults in Global Mission program (YAGM) provides young adults with year-long service and learning opportunities in an international context.

YAGM is open to ELCA members ages 19-30 who have at least one year of post-high school experience and are active in their church or campus ministry. As they offer themselves

in service, the young adults learn more about themselves, their relationship with God and their place in God's world. They are transformed by their experiences and by the relationships they develop with the people in their host country.

The program challenges the participants to become globally formed and globally informed. In turn the ELCA benefits from young adult leaders who have the ability and facility to relate to people across culture, race, language and faith. This cadre of young adults who appreciate the richness of diversity will greatly assist the ELCA in providing a global perspective on issues facing the church and society.

The young adult program has grown and evolved in its nine-year history. Beginning in 1999 with 10 volunteers who worked in church or social service ministries in the United Kingdom, the program has expanded in numbers and scope with 38 volunteers currently serving in 8 countries: Argentina, India, Jerusalem/West Bank, Kenya, Mexico, Slovakia, South Africa and the United Kingdom. Since the program's beginning, 267 young adults have volunteered through this program.

A wide range of ministry opportunities are available to the young adult volunteer such as working with youth and children in church settings, refugee ministry, social justice and development, environmental concerns, homeless, health awareness, teaching English, music, before- and after-school programs, vulnerable children and adults, among others. They work in a supervised setting during their one-year inter-

national service opportunity. Individuals are placed according to interest, skills, gifts, or growth areas in a foreign country.

Young Adults in Global Mission (YAGM) uses the model of accompaniment and had a cost of \$10,000/individual in 2008. Each YAGM is required to raise at least \$4,000 towards the cost for their participation in the program.

Participants grow in faith as they engage in various church-based and ecumenical partnerships, supported in community and with a commitment to simple living. Information about the YAGM program is available on the web at:

<http://archive.elca.org/globalserve/youngadults/index.html>.

The Central States Synod currently has one young adult serving in YAGM, Blair Fingland. Blair is serving in Edinburgh, Scotland at Bethany Christian Centre. This is a recovery centre for men struggling with addictions. Blair recently shared that it has been one of her greatest joys, as well as one her biggest struggles to serve God in this way because the majority of the men who have completed the Bethany program and leave the centre clean have done so because they have come to know Jesus and believe in the freedom that God gives (2 Corinthians 3:17). To read more of Blair's story, visit: <http://www.css-elca.org/missioninterpreter.html>.

We thank the individuals and congregations in Central States Synod for their mission support, which helps to make this international ministry of the ELCA possible.

*"Let your light shine before others so that they may see your good works and give glory to your Father in heaven." Matthew 5:16 CSSMI#29 1/09*

## VICISSITUDES\*

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

### Thank You Notes

Sincere thanks for your thoughtfulness. Thank you for the flowers. It brightened the hospital room. I am recovering and will probably be in Kansas City until after Christmas.  
*Denise Buehrer*

It seems we are again writing a big thank you for all the blessings we have received these past months.

... leaf raking by the young people.  
... communion brought by Pastor Kendra.  
... 2 delicious Thanksgiving dinners.  
... transportation for doctors' visits when needed.  
... listening to the church service through the new HUGS program (made us feel like we were there with you!)

How do we show our appreciation for all we have received? How blessed we are! We miss everyone and hope one day we can attend Gethsemane in person. For now, we can only say "thank you" and hope you had a blessed Christmas and look forward to a happy and healthy New Year. *Bless everyone, Paul and Ann Fehr*

### ***Congratulations, Howard Watson!***

Howard was awarded a 2008 Quality of Life Care Givers Award for his dedication and compassion at Bethesda Southgate. These awards are presented by the St. Louis Long Term Care Ombudsman Program, the Voice of Compassion.

### ***Congratulations, Mark Manary***

Mark J. Manary, M.D., has been named the Helene B. Roberson Professor of Pediatrics at the Washington University School of Medicine.

### ***Good-Bye Henrietta!***

Henrietta H. joined our Gethsemane family in March of 2008. She moved to St. Louis from Seattle at the insistence of her only daughter, who was worried about Henrietta's failing health.

She missed her own home at first, but then settled into a happy routine of Gethsemane and time with her only granddaughter. As Henrietta began to open up, her intelligence and wit became evident. She was also an accomplished artist.

Henrietta died in December, her last hours spent in the loving arms of her daughter, Carrie.

Good-bye, Henrietta! I wish we had more time with you. We will miss your mischievous wit and charm.

# JANUARY 2009

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday                               | Friday  | Saturday   |
|--|--|---|--|--|---|--|
|  |  |   |  | <b>1</b><br>CHURCH<br>OFFICE<br>CLOSED | <b>2</b><br>Pastor's Day Off                    | <b>3</b>   |
| <b>4</b><br>8:30 AM & 11:00 AM Worship<br>9:45am Sunday School<br><br>4:00-6:00pm Junior High Epiphany Party at<br>Christ Webster Groves   | <b>5</b><br>5:00pm Belladeers Bell Choir<br>6:30pm Angel Wings Bell Choir<br>6:30pm Confirmation<br>7:30pm Choir Rehearsal   | <b>6</b><br>7:00pm Worship<br>Committee                               | <b>7</b><br>10:00am Bible Study<br><br>7:00pm Health Cabinet   | <b>8</b>                               | <b>9</b><br>Pastor's Day Off                    | <b>10</b>  |
| <b>11</b><br>8:30 AM & 11:00 AM Worship<br>9:45am Sunday School<br>10:00am <i>In God's Name</i> DVD and<br>Discussion, in the Chapel<br>Between Services-Youth Gathering Meeting<br>Between Services-Confirmation Meeting<br><br>6:30pm Tai Chi (Beginning)<br>7:30pm Tai Chi (Continuing) | <b>12</b><br>5:00pm Belladeers Bell Choir<br>6:30pm Angel Wings Bell Choir<br>7:30pm Choir Rehearsal<br><br>5:30pm Relationship Workshop<br>(Christ-Webster Groves)  | <b>13</b><br>7:00pm Church Council<br>Meeting                         | <b>14</b><br>10:00am Bible Study<br><br>7:00pm-8:30pm Opening<br>the Book of Faith, the<br>Bible, in the GLC Library | <b>15</b>                              | <b>16</b><br>YouthQuake<br><br>Pastor's Day Off | <b>17</b><br>YouthQuake                                      |
| <b>18</b><br>8:30 AM & 11:00 AM Worship<br>9:45am Sunday School<br>10:00am <i>In God's Name</i> DVD and<br>Discussion, in the Chapel<br>4:00pm Week of Prayer for Christian Unity<br>Service at St. Joan of Arc<br><br>6:30pm Tai Chi (Beginning)<br>7:30pm Tai Chi (Continuing)           | <b>19</b><br>5:00pm Belladeers Bell Choir<br>6:30pm Angel Wings Bell Choir<br>7:30pm Choir Rehearsal<br><br>5:30pm Relationship Workshop<br>(Christ-Webster Groves)  | <b>20</b>   | <b>21</b><br>10:00am Bible Study   | <b>22</b>                              | <b>23</b><br>Pastor's Day Off                   | <b>24</b><br>7:00pm-10:00pm<br>New Member<br>Reception/Party |
| <b>25</b><br>8:30 AM & 11:00 AM Worship<br>9:45am Sunday School<br>10:00am <i>In God's Name</i> DVD and<br>Discussion, in the Chapel<br><br>6:30pm Tai Chi (Beginning)<br>7:30pm Tai Chi (Continuing)  | <b>26</b><br>11:00am Rachel <i>Circle (Ann<br/>Fehr, hostess)</i><br>5:00pm Belladeers Bell Choir<br>6:30pm Angel Wings Bell Choir<br>6:30pm Confirmation<br>7:30pm Choir Rehearsal<br><br>5:30pm Relationship Workshop<br>(Christ-Webster Groves) | <b>27</b><br>9:00am-12 noon LFCS<br>Disaster Preparedness<br>Workshop | <b>28</b><br>10:00am Bible Study   | <b>29</b>                              | <b>30</b><br>Pastor's Day Off                   | <b>31</b>  |

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## 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).