

MESSENGER

GETHSEMANE LUTHERAN CHURCH A FAMILY IN CHRIST CARING FOR ALL PEOPLE

MAY 2009

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At the Intersection of Fear and Hope

“So (the women) went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid.” Mark 16:8

When I read that line from the Gospel Lesson on Easter Sunday, I couldn't help but think to comments by ELCA Presiding Bishop Mark Hanson that I had just heard a couple weeks before. In speaking to clergy and laity on a Sunday afternoon in March, Bishop Hanson addressed living in these difficult economic times by saying that “we are being called to bear witness to our faith at the intersection of fear and hope.” Wasn't that the situation on that first Easter morning when the women left the tomb? They were afraid – what does this mean? What will happen to us now? The world as they knew it had changed. And, they were hopeful – could it be that death really does not have the last word? That Christ is alive and risen with gifts of healing, peace, and compassion?

Bishop Hanson talked about how it is important to name our fears, but not to become our fears. We need to be mindful of what fears can do to us. Fear can cause us to withdraw into ourselves so we become preoccupied with our survival. Fear can drive us to lash out in anger so we become mean-spirited and distrustful. Fear can cause us to long nostalgically for the past rather than let ourselves be shaped by a living memory of the past.

Bearing witness to our faith at the intersection of fear and hope. Isn't that our situation as the Easter people of God? When the risen Christ encountered his fearful disciples that first Easter evening, he said to them “Peace be with you.” He acknowledged their fears, but did not spend much time dwelling on them. He showed them his hands and side and said, “As the Father has sent me so I send you.” But they were not sent on their own, for Christ breathed on them the gift of the Spirit and sent them with the promise of the gospel.

At the intersection of fear and hope, we at Gethsemane are participating in Partnership for Missional Church. Dwelling in God's Word in Luke 10:1-12, we are trying to listen for how God is sending us as Easter people to proclaim peace, to announce “Do not be afraid,” to be vulnerable and receptive to the hospitality of others, and to cross boundaries.

Go in peace. Share the good news. Be the Easter people of God. Alleluia!
Alleluia!

Pastor Kendra

SAVE THE DATE

Bread for the World

Letter-Writing

May 3, Between Services

Dedication of Letters

May 10

Swine Flu Presentation

Sunday, May 3, 10:00am

In the Library

Mother's Day Program

Sunday, May 10

10:00-10:50 In the Chapel

CONFIRMATION DAY

ONE SERVICE ONLY

Sunday, May 31, 10:00am

May at Gethsemane: Sunday Mornings

Sunday, May 3rd

4th Sunday of Easter

In-between services, the Social Action Team will sponsor an opportunity for letter writing for this year's Bread for the World Offering of Letters.

Sunday, May 10th

5th Sunday of Easter

On Mother's Day, all women in the congregation are invited to a special program between services for their spiritual renewal! We give thanks for the gifts of divine and human motherly love. During worship, we will dedicate the letters sent for this year's Bread for the World Offering of Letters.

Sunday, May 17th

6th Sunday of Easter

This Sunday is traditionally "Church Music Sunday" because Psalm 98 declares: "Sing a new song to the Lord...lift up your voice, rejoice and sing!" We will thank all those who have participated in our choirs and with instrumental music during the past year.

Sunday, May 24th

7th Sunday of Easter

We conclude our Easter "week of weeks" by once again celebrating the sacrament of Holy Baptism.

Sunday, May 31st The Day of Pentecost/Rite of Confirmation One Worship Service Only at 10:00 am

Five of our young people will affirm their baptism in the Rite of Confirmation. They have completed two years of study and service projects and will now participate even more fully in the life and mission of the church.

Please pray for Luke Borkowski, Christine Burmeister, Addie Rose O'Neill, Alexandra Paulson, and Emma Tanner. *"Father in heaven, for Jesus' sake, stir up in these young men and women the gift of the Holy Spirit. Amen."* For a final project, the confirmands are working on a banner to present to the congregation. Special thanks to Ruth Hanson for directing them in this project!!

Special Mother's Day Program for All Women

Sunday, May 10th

Dr. Marilyn McGuire

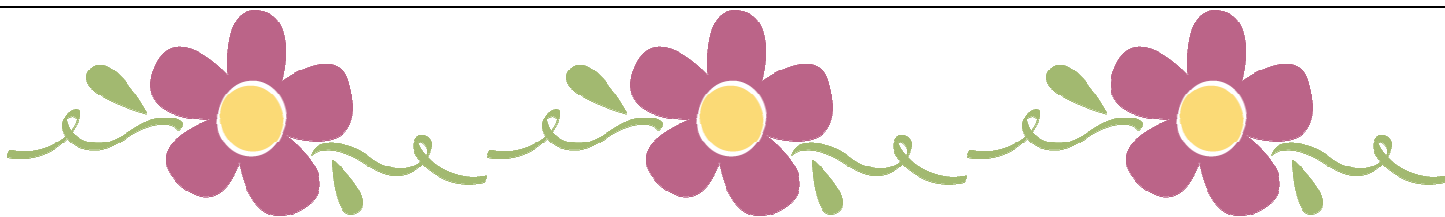
"Woman of Faith: Katie Luther"

All women (mothers, grandmothers, daughters, aunts, sisters and nieces) are invited to experience a time of renewal from 10:00-10:50 am in the chapel.

A special thanks to the men who will be teaching Sunday School classes that morning!

Wednesday Night Bible Study Resumes!

We will meet on Wednesdays, May 13 and 27 from 7:00-8:30 pm. Come join us as we continue to "Open the Book of Faith" in the Gospel of Mark.



GLCW WOMEN'S SPRING LUNCHEON

Everyone is Welcome!

WEDNESDAY, JUNE 3, 2009, 11:30 A.M.

Brazie's, 3073 Watson Road

Program: "Cutting for a Cause" by Mary Roth is a display of fine sewing and garments.

**Reservations: Please Call Norma Schenck 314-892-3868 By Sunday, May 31, 2009
If you would like to carpool, be at the church at 11:00am.**

LIFE AT HOME ...

First Quarter Financial Update

Many of us are so stunned and shell shocked by the numbers in the billions and trillions of dollars that continue to bombard us in the current economic crisis, that we instinctively want to cover our head and run for cover whenever more numbers are bantered about. While the numbers we deal with as a congregation are on a significantly smaller scale, we do want to keep those interested informed of where we stand because they do impact decisions we may eventually have to make regarding our ministry together.

As we have done before, we want to begin by thanking all who have continued to give in these times of financial uncertainty. Our congregation has no other way to survive than through your generous offerings shared in the faith and trust that God will provide. We recognize that members face different circumstances that may affect their ability to give at this time.

With that in mind, we want to report on how we are doing through the first quarter of 2009. In terms of giving, we had about 26% of our pledged giving units (25 of 96) who were at their pledged level, about 29% (28) who were above their pledged amount by \$3,186, and about 45% who were below their pledged amount by \$7,506 resulting in a shortfall of \$4,320 in pledged giving for the first quarter. In addition, there were 49 units with no giving, including some who made a pledge, and 39 units who did not pledge but had made a contribution.

Through the first quarter of 2009, we anticipated budgeted expenses of \$65,375 and actually spent \$67,546, so we have over spent our budget to date by \$2,171. We have over spent the line items for maintenance and utilities by \$5,386 during this time, while the youth ministry line item reflects a surplus of \$2,157 due to the fundraising they have been doing for the Youth Gathering this summer. Other line items reflect smaller difference between budgeted and actual expenses.

Our combined income for the first quarter was \$57,919, which included \$1,904 in interest and miscellaneous income above the amount anticipated, but not the \$3,750 budgeted from endowment fund support. When the shortfall from pledged income is added in, our actual income was \$5,828 below the \$63,747 that was budgeted. When comparing income to expenses using the figures noted above, our current budget shortfall is \$7,999. Fortunately, we began the year with a cushion so we have been able to pay all our bills.

A more complete financial report is posted in the hallway near the drinking fountain. Feel free to contact our treasurer, Rick Schuessler, or me with questions.

Your faithfulness and generosity in giving help us continue to be a dynamic place for all peoples where God's grace is shared in the community and the world. Please consider a special gift – no matter how large or small—to help us overcome our current deficit.

Dan Flaxbart, Finance Chairperson

VACATION BIBLE SCHOOL 2009



VBS Needs and Wants You!

**On your Mark ... Get Set ... GO!
TO STUDIO GO! GAME SHOW**

August 3-August 7, 2009: 9:00 am to Noon

The program is "STUDIO GO! -GAME SHOW". where children (and adults) will discover that if you team up with Jesus and GO FOR IT! ...everyone wins!

WE NEED TEAM-PLAYERS....Please let us know that you will volunteer....

NEED (As soon as possible) LIST:

- 1) Leader(s) for Snacks
- 2) Leader(s) for Crafts
- 3) Teachers

Please call Kate Hartz 314-664-2935 or Debbie Schaller 314-832-6649 to volunteer. NOW, PLEASE.

WISH LIST:

- 1) **Someone to build a Spinning Game Wheel** (we have the directions)
- 2) **Someone to be in charge of decorating**
- 3) **Helpers**
- 4) **Actors to play daily (short skit) reoccurring roles**

EASTER VIGIL

At this year's Easter Vigil, we lit the first fire of Easter, heard the stories of our salvation history (including an awesome rendering of Shadrach, Meshach, and Abednego done with puppets by the Elliott family), welcomed five new brothers and sisters in Christ through the Sacrament of Holy Baptism, and celebrated Holy Communion. Thanks to ALL who shared the word and participated in this special night.

The "first fire" of Easter to light the Paschal Candle.



Children / Sunday School

First Communion: Congratulations to **Brenna B., Justin T. and Spencer L.** who received their first communion during Holy Week. Brenna and Justin celebrated their first communion on Palm Sunday, and Spencer was baptized and received first communion at the Easter Vigil service.

The children each wrote a first communion prayer as a part of their instruction class. Their prayers are written below:

Dear God, Thank you for our friends and family. Help those who are in need. Guide us through hard times. Amen (Brenna)

Dear Lord, Thank you for giving friendship and love. Help me to prevent war and let there be peace. Sincerely, Spencer

Dear God, Thank you for life. Thank you for food and for human beings in the world. You help us always. Amen (Justin)



Palm Sunday: The Sunday school children sang and played a variety of percussion instruments for the worship service on Palm Sunday. Thanks for adding your voices to our worship!

Easter Sunday: On Easter Sunday, the children put their creative talents to work making bookmarks, decorating Easter bags and making cards

for Gethsemane members. We sent out 17 handmade cards to GLC members from the Sunday school children.

Mothers' Day: Thank you to all of the men who have volunteered to teach Sunday school on Mother's Day, Sunday, May 10. Marilyn McGuire will be speaking about Katie Luther, Martin Luther's wife. According to Marilyn, Katie did some very interesting things. Thank you to all the Gethsemane men who have volunteered to teach Sunday School on this day, so the teachers can have a day off and enjoy this event! The Sunday school teacher moms will be able to enjoy a morning of fellowship with each other. What a nice gift you are giving them!

Sunday School Finale: The last day of Sunday school for the year will be on Sunday, May 17. Thank you to all the teachers, music leaders, helpers and substitutes who have helped lead our children closer to God this year. Your dedication and sharing has made a great difference in the lives of Gethsemane's youngest members.

Thank you to

Deb Schaller and **Kate Hartz** for cleaning the Sunday School/VBS Office. It looks amazing!

Laura Begley and **Christy Scheidt** for another outstanding school year serving as co-directors of the Sunday School.

Kim Elliott and her class for cleaning the supply closet and finding awesome treasures.

GYG



JESUS, JUSTICE AND JAZZ:

Thanks for your support for both the Easter Breakfast and Butter Braid sales. The New Orleans bound youth truly appreciate your generosity.

New Orleans has received thousands of volunteers over the past 3½ years, many being Lutheran, but nothing like the 37,000 people that will be serving during the three days of the ELCA Youth Gathering! It's hard to imagine what it will be like in July when busloads of people enter the city with hearts of compassionate justice.

EASTER BREAKFAST

CHRIST IS RISEN, CHRIST IS RISEN INDEED,
ALLELUIA!

WOW – What an Easter morning gathering at GLC -- The wonderful messages and music at the services along with the Easter Breakfast in between. The Walter Eckman Fellowship Hall was filled --- a wonderful feeling for all.

Thank you to everyone who contributed the muffins, coffee cakes and breads to add that special “sweetness” to our meal. We hope everyone enjoyed the variety at breakfast along with the Fellowship.

The Youth did an outstanding job of setting up, serving the drinks and helping those in need, along with the never ending task of clean up. With leadership and organization by Lisa and Jim Mantia, the Youth are showing us how much this trip means to them to be able to attend the New Orleans - Jesus, Justice, Jazz Youth Gathering. We also want to thank the people who helped along with the members of our Committee.

We are very thankful for all those who attended the Easter Celebration, shared in the Fellowship at Breakfast and made generous donations to help the Youth defray the cost. We are very thankful to everyone at Gethsemane for making this a special morning!

The Fellowship Committee....

If you have ideas for Fellowship Gatherings please let us know – on your attendance card, a note in committee mailbox or please join us at our meeting on Sunday, June 7, at 10:00am.!



A New Way
to Give
Electronic Giving
Program

Our church is embracing a giving option that may be more convenient for many of our parishioners - Electronic Giving. This new giving option will work in the same manner as mortgages, loan payments, or insurance premiums that are automatically withdrawn from your checking or savings account.

To sign up for this new giving option and have your donations transferred electronically to the church account on a regular basis, please fill out an authorization form and return it to the church office. You choose the donation frequency (weekly or monthly) and the donation amount for each fund you wish to support.

Important Benefits of Electronic Giving

Electronic Giving makes life easier for you and yields very significant benefits for our church.

Benefits for You:

- The satisfaction of giving to God first
- Easier to fulfill stewardship commitments
- Strengthens participation and support in the church
- Allows you to contribute even when you're away
- Easier personal budgeting
- More secure than bringing cash or checks to church

Benefits for our Church:

- Cultivates consistent giving
- More predictable cash flow for better planning
- Less work for office staff
- Secure and easy cash maintenance

MOMS

MOMS (Ministry of Mothers Sharing) meets Friday, May 15th (3rd 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 Gethsemane community? Here's your chance for a casual meeting of moms, grandmothers and great-grandmothers to talk about the joys and challenges we face as mothers! 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.

Health Cabinet

THE HAPPY HOOFERS: WALK or VOLUNTEER 11th Komen St. Louis Race for the Cure-June 13, 2009!



More than 65,000 people, including 4,500 breast cancer survivors, are expected to turn out for this year's race. For registration information and deadlines, please visit www.komenstlouis.org or call Mardi Manary, Parish Nurse 314-799-4888.

The 5K Race, will begin at 8:45am and the Fun Walk starts at 9:15am. Up to 75% of the net money raised by the St. Louis Affiliate of Susan G. Komen Race for the Cure stays in the St. Louis area to fund education, screening, treatment and support groups.

This year, some members are opting to work at the booths rather than walk. If you would prefer this option, please see Mardi Manary.

Swine Flu Information

What is Swine Flu?

Swine Flu or Swine influenza is a group of zoonotic viral diseases which means this viral disease can spread from birds (avian flu) to pigs to people and then back again. Swine Influenza also has the ability to gene mutate and gene swap, so that people can have more than one type of the virus at the same time. To understand this, imagine a bowl with colored candies in it. You can reach in and choose one color or you can grab a handful and get a handful with several colors. This is what happens with swine flu. When a pig, person, or bird is infected, they may get a pure strain or parts of several strains. There are over two dozen varieties of swine-avian influenza that humans can catch and they mix and match with each other. This gene mutation and swapping makes swine flu difficult to kill.

How is Swine Flu spread?

Swine flu is spread by "droplet infection". This means that it spreads like by contact with the respiratory secretions of an infected person. Exposure to swine flu happens when you come into contact with the respiratory excretions of a person, pig, or bird with the swine flu. This includes contact with sneezing, coughing,

even breathing. It can also spread if you touch something with the swine flu on it and then touch your face or mouth. The most common animal to human transmission occurs from touching an infected animal. Most human swine flu is spread from person to person.

SHOULD I BE WORRIED?

At this time, it is advisable to use caution, but not to go into panic mode. The CDC recommends:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol-based hand cleaners are also effective. You may want to use these before meals in public places.
- Avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth.
- If you're immune compromised due to health issues or your prescriptions medicines, avoid unnecessary trips in public.

What are the symptoms?

The symptoms of swine flu are similar to the symptoms of any flu; fever, lethargy, lack of appetite, coughing, runny nose, sneezing, and sore throat. Vomiting and diarrhea are uncommon symptoms.

Is there an immunization?

No, your annual immunization (Flu Shot) prevents the human forms of flu, not the swine versions. The WHO (World Health Organization) could possibly develop an immunization to a type of swine flu, but most likely, the virus would have gone through several transitions before the immunization was available.

The Good News!

- > Good hygienic practices can limit the spread of influenza.
- > Antiviral medications are VERY effective against swine flu.
- > We have hospitals equipped to offer excellent supportive care to persons with the flu during an episode of the flu; such as intravenous fluids, oxygen, supportive medication.

What should I do if I think I have Swine Flu?

Contact your physician. Most likely he will simply reassure you that it is not Swine Flu, but your caution could protect others.

IN OUR COMMUNITY ...

Forum on ELCA Proposed Social Statement on Human Sexuality and Task Force Recommendations

**Monday, May 11, 2009 at Hope Lutheran Church
Hwy. 94, St. Charles, MO**

1:30-3:00 pm OR 7:00-8:30 pm

Sponsored by the Central States Synod and hosted by
Bishop Gerald Mansholt.

Joint Neighborhood Ministry

The “Good Cents” Recipe Contest

Unfortunately, JNM cannot give you “a penny for your thoughts,” but they will give you a penny for your recipe. For the next 5 months, JNM is sponsoring a recipe contest. They are calling it the “Good Cents” Recipe Contest, because we are looking for **Cheap, Easy, Nutritious, Tasty** menu ideas and **Shopping tips** that they can share with those who come to their pantry. The rules are simple, and anyone can enter. Just send a copy of your recipes/menus with any special shopping tips to Joint Neighborhood Ministry, 2911 McNair, St. Louis, MO 63118, or by email to jnm49@sbcglobal.net (please write recipe in the subject box). The deadline is August 31, 2009. They will print all winning recipes in future issues of their newsletter. Participants will be invited to their bi-annual Community Meal in October that will feature these recipes as part of the menu. Oh yes, pennies will be awarded at this event as well.

LFCS “Light the Night”

is an “old-fashioned-family-picnic” to benefit the 1,858 children waiting adoption in the state of Missouri.

WHERE: Carondelet Park

WHEN: Saturday, May 2, 2009, from 5:30pm-9:30pm

Free Admission Family-Friendly

Live Motown Music (The Melvin Turnage Band)

Food and Drink Carnival Games and Prizes

Races – 2-legged, potato sack, wheelbarrow

Glow in the Dark t-shirts

Lighting of 1,858 Luminaries at Dusk (You may sponsor a luminary for \$25; for every 5 luminaries sponsored, your family will be entered into a drawing to win a Wii (must be present to win).

To register or learn about sponsorship opportunities, go to www.lfsmo.org.

FROM CAMP WARTBURG

8th Annual Golf Classic is Mon., May 18. Get your foursome together for beautiful weather, great food, nature trivia, prizes, and a spectacular day supporting Camp Wartburg at the Camp’s 18-hole, 4-person scramble. Tee off at Acorn’s Golf Links near Waterloo, IL, is at 1pm. A \$100 donation includes noon lunch, cart, golf, beverages throughout and a fantastic dinner. More info: contact John Mohl at 618-939-7715 or john_mohl@lcf.org. Registration forms-in the church office.

2009 Summer Camping Program

2009 Camp Brochures and Registration forms are available in the racks in the hallway.

Why you should send your child or grandchild to Camp Wartburg:

- Camp Wartburg is conveniently located within an hour of nearly anywhere in St. Louis and southwest Illinois. Nestled in the beautiful rolling hills of southern Illinois near Waterloo, Camp Wartburg seems far away to campers, but comfortably close to parents.
- The spiritual life of your child will be nurtured. Energized, college-age Christian counselors will lead small groups in all activities. Camp Wartburg’s 108 acres of woods, fields, and hiking trails offer an awesome study of God’s beautiful creation.
- Camping programs are offered for children and youth, grades 1-12. Specialty camps include Equestrian, Fishing, High Ropes, Mall Rats, Native American, Night Owl, Painting, Sketching, Spelunking, Sports, Theatre Arts, and more! Trip Camps for Grades 7-12 include Appalachian Odyssey, Colorado Rocks, and Missouri Quest.

KIDS WALKING 4 KIDS

This is the time to start building your team, raising funds for the community! The fund raising campaign starts now and will end with the Kids Walking for Kids Celebration. This is for ALL ages and the celebration is a Family Fun Event. Get Involved, Help Save A Life!

Communities Healing Adolescent Depression and Suicide (CHADS)—It’s our MISSION to advance the prevention and knowledge of adolescent depression and suicide through awareness, education and research.

WIN COOL STUFF! Family Fun -- Meet Aeneas Williams, Former Rams Player, Rock Climbing Wall, 3 Live Bands, Children’s Zone, Luminary Walk, Fireworks and MORE!

CHADS – 2009 EVENT: SATURDAY, MAY 9, 2009

5:00–9:00pm at Creve Coeur Park

Check out www.ChadsCoalition.org for updates/info!

AND IN OUR WORLD ...



breadfortheworld
HAVE FAITH. END HUNGER.

BREAD FOR THE WORLD: Letter Writing is Sunday, May 3!

Offering of Letters is Sunday, May 10!

Brothers and Sisters in Christ, The Gethsemane family has long maintained a tradition of service to the poor. Your support of Project Peanut Butter, the Rafiki Foundation in Ghana, and the Café Soledad Coffee Project in Panama shows the earnest and ongoing commitment of this congregation to those in need. I know that some of you have shied away from supporting Bread for the World due to the “political” nature of the requests in the past, supporting or not supporting certain bills, appropriation of funds to one cause or another.

This year, Bread for the World is not asking for money, is not asking for a certain bill, program, or issue to pass or fail. This year, we are asking you to remind Congress that the poor are with us and need our support. We are asking that as they spend the money that they already have, they place the health and welfare of the neediest, the poorest on the table.

I believe God asked us to feed his people as individuals, as a church, and as a nation. Please consider adding your voice to this offering of letters. Your brother in Christ,

Mark Manary

Date
Dear Senator Bond **or** Dear Senator McCaskill:

In 2008, USAID partnered with Project Peanut Butter, a charity based out of St. Louis, to save the lives of children in sub-Saharan Africa who are dying of malnutrition. Every batch of therapeutic food leaves the factory with a sticker which declares to the world that the United States is seriously committed to helping low-income nations reduce hunger and poverty. But our nation’s foreign assistance programs are seriously outdated and could be better coordinated in order to be more effective. It is time for Congress to look at making poverty reduction a **primary** goal of foreign assistance.

I’m asking that you make something our nation has been doing well even better.

Please work to bring U.S. foreign assistance up to date and ensure that development is elevated to a national priority, alongside defense and diplomacy, in our foreign policy. You can help provide more economic opportunities in low-income countries and help the impoverished lift themselves out of hunger and poverty.

Sincerely,
Your Name
Your Address

Here is a sample letter that you can use as a basic format for your letter(s). You can also write your own version. Please take the time to hand write your letter(s) if possible. Congressional leaders are more likely to personally read handwritten letters.

Including your name and address is important, because it lets the senators’ office know you are a constituent. Also, you will receive a reply from the senator’s office.

If you write your letter(s) at home, please return to Gethsemane by Sunday, May 10. We will mail for you (and provide the postage!) and this way your letters get included in the “offering” during worship services on May 10 and can be included in

Gethsemane’s and BFW’s official letter “count”.

If you prefer, you may **write your letter(s) at Gethsemane on May 3 between services, either in the Fellowship Hall or in the upstairs Council room.**

Peggy Zapf will be **baking bread that morning** to give us the strength to pick up those pens!

FROM NANCY BOND: Dear Pastor Kendra,

Thank you, Gethsemane and the Endowment Fund leaders for the generous donation to Rafiki for me. Especially during these world wide economic hard times, I am grateful for the opportunity to continue to serve the Lord here. Teaching the Word every day is a privilege, honor and responsibility. It is wonderful to have the freedom to do that.

My April newsletter has been posted. Here is the link. www.rafiki-foundation.org/ros/Bond/bond.html
Christ is Risen!

Nancy

From CHADS Coalition

Dear Pastor Nolde:

Thank you for the donation from your congregation. CHABS Coalition, a 501 (c)(3) non-profit organization, is committed to educating the community on the warning signs of teen depression, raising funds for early-onset depression research, and preventing the senseless loss of young lives to suicide. Did you know that 1 out of 8 teens suffers from clinical depression? Tragically each year in St. Louis an average of 30 adolescents commit suicide. Were you aware that more adolescents age 15-19 die from suicide than from the top 8 medical causes of death combined? And sadly the fastest rate of increase in suicides is among those 10-14 years old. Yet early-onset depression is one of the lowest-funded and researched medical illnesses.

Thanks to your generous support, your donation will be used to provide research grants to university doctors studying early-onset depression, and to fund community outreach programs in area schools.

Once again, your donation is greatly appreciated. We look forward to continuing to work together to educate the community and save young lives.

*Sincerely, Marian McCord and Larry McCord
Founders, CHAD S Coalition for Mental Health*

From Joint Neighborhood Ministry

Dear Friends,

On behalf of the staff, Board of Directors, volunteers and the neighbors we serve at Joint Neighborhood Ministry, we thank you for your continued, generous support of this organization. Because of your gift, we can give food, utility and rental assistance and provide special programs and services to those in need.

Spring is here. The flowers and trees are budding and new growth is taking place. We continue to meet new people who need help with food and utilities. Philip came to us seeking help with a food emergency. While he came for food, he realized that we could help him with a large utility bill. He was referred to other agencies, since we could not pay the full amount. Philip was also looking for a job, so he was referred to Near Southside Employment Coalition. Philip left with food and renewed hope for the future.

Again, we sincerely appreciate and thank you for your kindness. If you have questions or would like to volunteer, please contact us at 314-771-2987.

Sincerely, Joan Hensley, Executive Director

From Thrivent Builds

Pastor Kendra Nolde and parishioners of Gethsemane Lutheran Church,

Thank you for your continued dedication to the Thrivent Builds with Habitat for Humanity program in 2008 and 2009!

As a result of the partnership between Habitat for Humanity and Thrivent Financial for Lutherans, 323 additional families became proud homeowners in 2008. This year, 314 additional families will have a safe, decent, affordable place to call home, four of which will be in St. Louis city. Through the Thrivent Builds program, Thrivent Financial provides 65 percent of the home cost, with another 10 percent of the home cost and the majority of volunteer labor contributed by the Lutheran community, such as with Gethsemane’s generous donation.

We are truly grateful and blessed to have such support from your congregation. We hope that you will continue to stay involved with the program in the future!

Thank you for all you do! *God Bless,
Allison Clark, Lutheran Community Services Specialist*

From ELCA World Hunger Appeal

Dear Gethsemane Lutheran Church:

Thank you for your recent gift to the ELCA World Hunger Appeal. With your gift, our church will lend a hand where help is needed most.

Your gifts for ELCA World Hunger help fight hunger in over 50 countries—and in every synod of the ELCA—with a special focus on reaching people most in need and working efficiently and effectively. When people are connected with basic resources like land to farm, clean water, seeds, health care, livestock, micro-credit, education, access to markets and good jobs, they can build their own lasting solutions to hunger. Your gift helps people break free from hunger. Your generosity makes a life-saving difference.

When almost one billion people face hunger in our world today, it’s a problem that affects us all. Thank you for being part of the solution.

*In Christ’s service,
Nancy D. Arnison, Director, ELCA World Hunger Program*

VICISSITUDES*

* The changes or events that occur in our lives.

Reminder: HUGS IS UP AND RUNNING!

HUGS (Hooking Up Gethsemane Service) has been re-established due to a generous gift from the estate of Mr. Ed Granroth. Homebound members are able to call in and be

connected by conference call to hear GLC’s 11:00am Sunday morning service. For more info about participating, contact Mardi Manary or Gary Borkowski. It’s as simple as a phone call!

From Gladys M.

Dear Pastor and Fellow Members:

I have been thinking for some time about your many kindnesses to me, especially during the last few years as I have struggled with health issues. At this time in my life, it could be easy to give in to self-pity and the feeling that my value as a person is diminished. It could be easy to give in to isolation and lose my connection to my church family . . . a connection that has meant the world to me since the early 1960s when Marvin and I made St. Louis our home.

Thankfully, you wonderful people have maintained that connection even when I falter. I am so grateful for your thoughts and prayers that lift my spirits and give me strength.

Thank you for the program providing a ride to church for those who can no longer drive themselves. It is a God-send! Thank you so much for employing a parish nurse like Mardi Manary who brings not only her wealth of medical knowledge but also the smiles and caring and empathy of an entire congregation when she visits. Thank you for Pr. Nolde, whose message always strikes a chord in my life and increases my understanding of God's love. Thank you for your visits and the gift of Sunday's altar flowers from time-to-time as they are always a joyful surprise. Thank you for reserving a seat at coffee hour when I am able to attend Sunday morning church.

From the bottom of my heart, I thank you.

Sincerely, Gladys

LAGNIAPPE

A paraphrase of Psalm 100 arranged for responsive reading:
Even when I forget the steps and foul up the patterns, square dancing is fun.

Two guitars and a washtub bass,
a country fiddle, an old-time caller.

Come on, everyone, join the dance.

Dosie-do and allemande left,
swing your partner, bow to your corner.

Clap those hands and stamp those feet.

God calls the square dance of our lives;

God swirls our varied colors like a kaleidoscope.

We dance our complex patterns to God's grand design.

**Step onto God's dance floor with a song in your heart
and a smile on your face,**

for God loves a good time too.

God is in the sweat and the swinging,

in the sawdust and the singing.

God is the dance of life.

**Whether you join the dance or sit on the sidelines,
the beat goes on,**

and fills the night with music!

by Jim Taylor from *Everyday Psalms*, Wood Lake Books,
1994

DANCING FOR LIFE: Square dancing will add 10 years to your life, a surprising new study shows. Dr. Aaron Blackburn in an article from the USDA News states, "It's clear that square dancing is the perfect exercise. It combines all the positive aspects of intense physical activity with none of the negative elements." Dr. Blackburn said square dancing is a low impact activity requiring constant movement and quick directional changes that keep the body in shape. The study was based on their physical examinations which indicated that both female and male square dancers could expect to live well into their 80s. Male dancers wear Western shirts with ties that match the colorful skirts of the women. Part of the fun is dressing for the dance.

Where Did the Worship Committee Dine This Month?

In April we went to Local Harvest Deli, 3137 Morganford. Local Harvest Deli is an offspring of Local Harvest Grocery, located just across the street, which specializes in local produce and meats and organic foods of all kinds. The deli continues that theme. The goal is to have 50% of its food come from within 150 miles of St. Louis and use free range and organic ingredients when possible. They are not a completely vegetarian restaurant, but do offer several vegan/vegetarian friendly menu items. It is a tiny place that feels more like a coffeehouse than restaurant, with free wi-fi to entice customers to linger a little longer. You can get breakfast all the time, lunch every day, dinner Tuesday-Saturday, and brunch on Saturday and Sunday. There is a small case filled with pastries, muffins, cookies, and other goodies and a selection of interesting sounding parfaits and smoothies. They have a selection of wine and craft beer for those wanting something stronger than smoothies and coffee.

Three in our group ordered a different item from the dinner menu and one person ordered the soup/salad combination. Dinner entrees included a large piece of very cheesy vegetarian lasagna served with a spring mix salad; a smoked chicken salad sandwich topped with local radish sprouts, beet greens, and aoli and served with very pickley pickled beets and roasted potato salad on the side; a house smoked brisket sandwich topped with gouda cheese, horseradish sauce and a few pieces of field greens and served with side orders of the roasted potato salad and fruit salad of apples and grapes. The soup/salad combo consisted of a bowl of gingered potato soup and a salad made of local radish sprouts, pears and vinaigrette. Iced tea was supposed to be plain tea, but turned out to have a very minty taste. Our server was extremely accommodating and actually made fresh lemonade to order for one of us. Desserts include pies made by Sugaree, a bakery that specializes in wedding cakes, but sells handmade pies on Fridays and Saturdays. Local Harvest was serving strawberry rhubarb pie that evening and one diner couldn't resist (while another diner already had Sugaree pies at home and opted to wait until later for dessert). One diner ordered a mocha latte and the server was once again very accommodating, making it with unsweetened cocoa powder and skim milk. A special treat was finding a container of agave nectar on the table to use for sweetener.

Local Harvest Deli buys food locally from small farms and artisans, uses organic ingredients and biodegradable packaging when possible, and recycles everything they can. Their web site is very informative and tells you all you could want to know about their menu, catering operation, and business practices. Find them at <http://www.localharvestcafe.com/cafe.htm> and the grocery at <http://www.localharvestgrocery.com/>.

MAY 2009
Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pastor's Day Off	2
3 8:30 AM & 11:00 AM Worship Between Services-Bread for the World Letter Writing 9:45am Sunday School 10:00am Swine Flu Presentation	4 6:30pm Angel Wings Bell Choir 6:30pm Confirmation 7:30pm Choir Rehearsal	5	6 10:00am Bible Study 7:00pm Health Cabinet	7 6:30pm Staff Support	8 Pastor's Day Off	9
10 8:30 AM & 11:00 AM Worship Bread for the World- Dedication of Letters 9:45am Sunday School 10:00am Mother's Day Program	11 5:00pm Belladeers Bell Choir 6:30pm Angel Wings Bell Choir 7:30pm Choir Rehearsal	12 7:00pm Council Meeting	13 10:00am Bible Study 7:00pm Bible Study	14	15 Pastor's Day Off 7:00pm MOMS Gathering	16
17 8:30 AM & 11:00 AM Worship 9:45am Sunday School LAST DAY OF SUNDAY SCHOOL FOR THIS YEAR	18 5:00pm Belladeers Bell Choir 6:30pm Angel Wings Bell Choir 6:30pm Confirmation 7:30pm Choir Rehearsal	19 7:00pm Worship Committee	20 10:00am Bible Study	21	22 Pastor's Day Off	23
24 8:30 AM & 11:00 AM Worship	25 CHURCH OFFICE CLOSED MEMORIAL DAY	26	27 10:00am Bible Study 7:00pm Bible Study	28	29 Pastor's Day Off	30
31 CONFIRMATION ONE SERVICE ONLY 10:00AM						

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Webpage: www.gethsemanestl.org
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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.