

# GETHSEMANE LUTHERAN CHURCH MESSENGER

A FAMILY IN CHRIST CARING FOR ALL PEOPLE

SEPTEMBER 2009

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## Rewire Not Retire

It seems hard to believe that a year ago at this time, my husband Jeff was preparing to retire! Where has the year gone? His “retirement” actually only lasted for four months; since January he has been serving as the part-time intentional interim pastor at Holy Trinity Lutheran Church. I’m reminded of a coffee mug we once had: Old clergy never really retire – they only go out to pastor! But isn’t that also true of the Christian life for *all* believers? We don’t “retire” from the life of faith; we “rewire” into different opportunities. Walt Schoedel of Lutheran Senior Services calls it “rewiring,” and tells people to focus on the little word “look.”

**Look Up!** See Jesus on whom your faith depends from start to finish and cling to it. (Hebrews 12:2)

**Look Ahead!** See where you are going as you run the race of life and persevere. (Philippians 3:14,15a)

**Look Around!** See the wonders of the universe and enjoy. (Psalm 19:1)

**Look Out!** See the temptations of life and resist them. (1 Peter 5:8)

**Look Back!** See how God has been with you in your life’s journey and be thankful (Deuteronomy 4:9; Psalm 105:5)

**Look Beyond!** See opportunities to volunteer your time and talents and gifts and be a participant. (Matthew 25:34-40; James 2:1, 14-17; Psalm 71:18)

I encourage you to take a moment and look up those scripture passages in your own Bibles. And as we enter into another fall season, I pray that we may all be “rewired” for life, love, and service.

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

*Pastor Kendra*

## SAVE THE DATE

### Trivia Event

Sunday, Aug. 30  
Between Services

### “Tools of Your Trade”

Sunday, September 6

### Discussion of ELCA Churchwide Assembly

Sunday, September 6  
Between Services in the Chapel

### Alzheimer’s Association Memory Walk

Saturday, September 12

### Church Picnic

Sunday, September 13  
8:30am Worship at GLC  
9:30am Fellowship at Tilles Park  
11:00am Devotions at the Park  
11:45am Picnic at Tilles Park

### Blessing of 3-Year-Olds

Sunday, September 20

### Blessing of Confirmation Students

Sunday, September 27

**FOLLOW-UP DISCUSSION OF ELCA CHURCHWIDE ASSEMBLY:** On Sunday, September 6<sup>th</sup>, between services (in the Chapel), Pastor Kendra will lead a discussion and present video clips from the Churchwide Assembly that recently concluded. If you have questions or would like to share your reactions, concerns, or joys, please come! Please read Bishop Mansholt’s letter to Central States Synod leaders enclosed with this newsletter.

# September Sundays

Sunday, September 6

## **A Labor Day Worship Experience: CAUTION! GOD AT WORK!**

The theme of the service is discovering what God is up to in our everyday lives. As part of this unique celebration, **please bring with you a tool of your trade.** Doesn't matter what it is, just as long as you use it in your daily life and can get it through the doors! If you're a stay-at-home mom or dad, bring a stroller, a diaper bag, or a vacuum cleaner. If you're a teacher, bring your lesson plans. If you're a yard care worker, bring your lawn mower – or something smaller! You get the point. At the service, we'll be blessing these tools of our daily labor. This service is something that is being shared throughout the Central States Synod as part of a new missional emphasis to help "inspire and equip people to be a part of what God is up to in their everyday lives." See additional resources elsewhere in the Messenger.

Sunday, September 13

Welcome Back to Church/Rally Sunday  
8:30 am Worship at Gethsemane/Final Sunday with "Now the Feast and Celebration"  
11:00am Picnic Worship at Tilles Park

Sunday, September 20

*Sunday School Classes begin!*  
*Update, Overview, and Next Steps in the Partnership for Mission Church Journey (during Fellowship Hour).*  
We will bless and gift 3-year olds as they begin their Sunday School experience. Welcome Riley B., Lancelot F., Avery W., and Samantha Y.

Sunday, September 27

We will bless and gift our new group of Confirmation students as they begin a new phase of their faith journey. Please pray for Zoe B., Jocelyn L., and Paul M.

## LIFE AT HOME ...

### **Church Council Highlights: August 11, 2009**

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

1. Opened the meeting with "Dwelling in the Word" on Luke 10:1-12, our theme passage for the first year of Partnership for Missional Church.
2. Received, with regret, a letter of resignation from Jen Dieringer as one of our nursery attendants.
3. Reviewed the Treasurer's Report and had a lengthy conversation about a \$6900 shortfall in giving through the end of July. Even though 2009 giving is almost \$4000 more than last year at this time, it is not enough to meet our increased ministry needs. Council members were asked to come to the next meeting with ideas for both encouraging increased giving as well as cutting expenses.
4. Heard that the office will be leasing a new color copier at no increased expense to the budget.
5. Richard Schuessler reported on risk management policies and volunteered to gather information from various committees.
6. Kate Hartz presented an update on our participation in the Partnership for Missional Church. Information gathered from the Timeline Event, Listening Team, and Church FutureFinder will be presented in between services on Sunday, September 20<sup>th</sup>. Small groups for spiritual discernment will be gathered from

September 27<sup>th</sup> through October 4<sup>th</sup>. The next PMC Cluster event is in October.

7. Heard that Callies Architects are close to completing the architectural drawings for the renovation and will be putting them out to bid.
8. Staff Reviews will be taking place at the end of August, beginning of September.
9. Voiced thanks and appreciation to Kate Hartz and Deb Schaller for another successful Vacation Bible School and Lory Bowman for chairing the Ice Cream Social.

### Council Corner

- The Church Council would like to highlight the 2009 church budget through July. We had a budgeted regular and loose income of \$127,000 with an actual income of \$120,000. This means we are about \$7,000 behind our budgeted regular and loose income. Our overall general fund is over budget by \$6,500. Please reflect and pray on your regular giving.
- We are encouraging members of the church to become innovative and creative in ways we can reduce expenses or generate income. Share your ideas with one another and with a council member.
- Did You Know: The donuts we all have come to expect and love run an expense of over \$300 a month.

## NOMINATING COMMITTEE

### UPDATE:

We are asking the congregation's input on potential candidates for the following list of groups. Being involved in your church gives individuals an opportunity to meet and work with new people as well as supporting the vision of Gethsemane.

We have listed below a short description of each group and if you have any questions please ask existing members working within those committees or you may ask the Nominating Committee members. Please help us define potential candidates to guide and lead Gethsemane for our future.

If you are interested or know of someone to recommend for one of these areas please let us know by contacting the Nominating Committee (in writing, tell one of us, or put a note in our mailbox by the office).

**Church Council:** Serve 3 year terms; Eligible for re-election (1 time consecutively); 12 Members

- Council is the main congregational decision-making body representing the membership; Must maintain agenda and minutes for every meeting; Responsible for the oversight of the ministry and the vision/mission planning of the congregation; Maintain ongoing communication with the congregation concerning mission, goals, finances, overall status of church business, and congregational and staff issues;
- Each Council member serves as a liaison with a committee. As a liaison, provide guidance to a committee chair regarding goals and fiscal responsibility; also communicate status of committee goals, budget and key issues at monthly council meetings
- Council members are to be members faithful in worship and giving. Council meets once a month on the second Tuesday. Four positions will be open; current members may stand for re-election. You may also see the duties of the Council listed in the Constitution or ask for a copy.

**Audit Committee:** Serve 3 year term; Eligible for re-election; 3 Members

Monitor the financial systems of the congregation, including supervising an annual audit of the financial records of the congregation and to make recommendations. Three members not on the Church Council; one member elected each year.

**Memorial & Gift Fund:** Serve 3 year term; Eligible for re-election; 7 Members

Meet as needed to consider requests for items to be funded through Memorial and Gift and refer recommendations for major items to Council for approval. Make sure gifts are acknowledged and recognized in appropriate ways. Two persons are needed to serve.

**Nominating Committee:** Serve 1 year term; Eligible for re-election; 6 Members

Prepare a slate of candidates for open elected positions for the annual meeting by asking the congregation their ideas; start to

prepare in July or August to allow members discussion and research time for evaluating candidates for the various committees. Four members needed to serve 1-year term, two or more should be outgoing members of council.

You may also see the duties of the Council & Committees listed in the Constitution or ask one of us for a copy. Please prayerfully consider who you would recommend for one of these groups. We need your help!

*Thank you, Nominating Committee 2009*

Joe Epplin, John McElwee, Keith Paulson, Lois Pfeiffer, Amy Schoenherr, & Lois Wind

## Partnership for Missional Church Update and Next Steps

Through interviews and the timeline event our Partnership in Missional Church committee has sought out your thoughts and ideas about our life here together at Gethsemane. Now the Steering and Listening teams are ready to share a summary of what we have learned. Please join us in the fellowship hall between services on September 20 for a presentation and discussion. We invite all members and encourage your involvement. There will be opportunities for small groups to discuss the PMC summaries between services on September 27<sup>th</sup> and October 4<sup>th</sup>. Your thoughts and ideas are very important as we continue our spiritual discernment of where God is leading us – please join us!

## WEDNESDAY MORNING BIBLE CLASS

*The time has come, the walrus said,  
To speak of many things - -  
of shoes and ships and sealing wax*

*Lewis Carroll*

and what St. Paul has said. We're in the Corinthians' letters where they all and we should do better. So ... beginning on September 9<sup>th</sup>, we'll get our heads together and read more of what Paul wrote. This class is open to one and all if you are free from 10:00am – 11:30am. Just bring yourself and what you know or don't know.

*See you there! Nellie (Hohnsen)*

**RACHEL CIRCLE** will meet on Monday, September 28<sup>th</sup>, 11:00am, at the St. Louis Bread Co. (Chippewa and Lansdowne). Please call hostess Madeline Paffett at 481-5005.

# CHURCH PICNIC and RALLY DAY

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

Tilles Park Pavilion

**REMEMBER:** Comfortable Dress for the day!

8:30am Worship at GLC

9:30 am Fellowship/Coffee Hour

at the Park (Yes, this includes doughnuts!)

11:00am Devotion in the Park

(no communion)

11:45 am Lunch

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

**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. A free-will offering will be collected to help cover additional expenses.

Some Picnic Tables are at the pavilion. Food, drinks, paper products and utensils will be provided.

If you like, bring chips or dessert, lawn chairs, games.

We are asking:

- if anyone has pop-up tents and is 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 [wijnbirdie@charter.net](mailto:wijnbirdie@charter.net) or Paula Brud-Brown at 314-603-6627 / e-mail [ruralgurl@gmail.com](mailto:ruralgurl@gmail.com).

## **Directions to Picnic from GLC:**

The Park borders Marquette and Hampton;

Marquette is a one way street; so you need to

Go East on Pernod (from church alley go **right**)

**Left** on January ... then **Left** on Marquette

Tilles Park and the pavilion are on your right

Preferred Parking is in the driveway! (For those in need)

Restrooms are very close to the pavilion

**Please let us know how many in your family will attend on your blue worship card or the sign-up sheet on the door to the Fellowship Hall.**

**Hope to see everyone there!**

## MUSIC

### Calling all singers and ringers!

A new choir season has begun!!!

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 would love to have you ring!

Choir (7:00pm - 8:00pm) - If you love to sing and want to be a part of a fun group of musicians, choir is for you! The balcony will still accommodate more voices. Child care is provided.

## SUNDAY SCHOOL

**SUNDAY SCHOOL** will begin soon! If you have Sunday school age children who are 3 years old (potty trained) and older and would like to attend Sunday school, please fill out a registration form and return it to the church office or to Christy Scheidt. (Forms are on the table in the Narthex.) You may also email your information to [meuserscheidt@yahoo.com](mailto:meuserscheidt@yahoo.com). Please register your children even if they have previously attended; this will help us determine class sizes, teacher and curriculum needs.

Sunday school teachers, helpers and substitutes are needed for all ages! If you are interested in helping in any way or would like more information, please contact Christy Scheidt (314) 781-5644 or Laura Begley (314) 752-9335.

## MOMS

**MOMS** (Ministry of Mothers Sharing) meets Friday, Sept. 18<sup>th</sup> (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.

## SOCIAL ACTION COMMITTEE

The Social Action committee will meet on Sunday, September 27<sup>th</sup> at 10:00 am in the Council meeting room. Thanks to all who attended our August meeting. Great discussion! Everyone—and we mean everyone ☺--is welcome on 9/27!

### **Reconciling in Christ Program: What is the Reconciling in Christ (RIC) Program?**

To say that a congregation is Reconciling in Christ (RIC) means that it has publicly declared that gay, lesbian, bisexual and transgendered (GLBT) people are welcome in its full life and ministry. It bespeaks a spirit of hospitality and a willingness to live out that welcome in meaningful ways. Our sister congregation Bethel Lutheran in University City has been an RIC congregation for more than 18 years!

### **Gethsemane already says we are “a family in Christ caring for all people.” All people are welcome here. Why should we single out gay, lesbian, bisexual and transgender (GLBT) people?**

Too many GLBT people and their families live with the pain of having believed that “all people” meant them, only to discover otherwise. No one should have to guess about the boundaries of inclusion of a congregation. A clear welcome matters to GLBT adults who, seeking to share their faith and gifts with the church, often wonder if they will meet with silence or condemnation. It matters to GLBT youth who need the guidance of faith relationships, but fear the same disapproval. It matters to families which too often hid the fact that they are cut off from support and sharing which would enrich them and the congregation. It matters to all Christians who believe that God’s affirmation of the gifts of loving relationships are not restricted to those who are heterosexual and who look to their church to witness to God’s inclusive love and to help them to better understand and live it.

**Gethsemane is beginning the discussion about becoming designated as RIC.** The Social Action Committee is looking for folks interested in learning about the process for a congregation to be designated as RIC: who may be interested in assisting in the planning, implementing and even the leadership processes. We want to send several representatives to the “Welcoming Church Program Training,” Oct. 9-11 at Bethel Luth.

**If you would like more information, please contact Pastor Kendra in the church office (314-352-8050), or any member of the Social Action committee, or Linda Ford, chair (863-1806), or Peggy Zapf, council liaison (680-9760 or email [Margaret.zapf@att.net](mailto:Margaret.zapf@att.net)).**

Also, check out [www.lcna.org/ric.shtm](http://www.lcna.org/ric.shtm)

## ICE CREAM SOCIAL

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

### A **BIG** Thank You To All!

Thanks to everyone who helped, this year’s Ice Cream Social was a **SWEET** success! I cannot tell you how much your participation means. Even though we went back to our simpler plan of dessert and games, this event is still a huge undertaking and wouldn’t be possible without lots of volunteers. And speaking of desserts, I’ve never seen so many wonderful, delicious things in one room. Our kitchen was overflowing with goodies. Our motto this year was *eat more dessert* – and we did! Thank you to all the wonderful helpers and bakers. *Lory*



## CHILI & COOKIE COOKOFF Happening in October!

Get your favorite recipes ready for taste testing and share your special ingredients!

Watch for more details to come.....

### *What I Did This Summer:*

Final Call: Don’t forget to bring pictures and worship bulletins to place in the display in the Fellowship Hall!!

## Lifelong Learning

If you would like additional resources to help you more deeply discover where God is and what God is doing in your everyday life, here are some additional resources for you.

### **Books:**

*The Centered Life: Awakened, Called, Set Free Nurtured*, Jack Fortin

*The Purpose Driven Life*, Rick Warren

*Practicing His Presence*, Brother Lawrence

### **Websites & Congregational Programs:**

[www.centeredlife.org](http://www.centeredlife.org)

[www.dependablestrengths.com](http://www.dependablestrengths.com)

### **Blogs:** <http://faithasawayoflife.typepad.com>

### **Podcasts (search on iTunes):**

gspn.tv – About the Church

gspn.tv – Family from the Heart

gspn.tv – Almost Daily Devotional

gspn.tv – Full Time Mom

## Confirmation and GYG

### *I'm Confirmed, Now What?*

If you're a high schooler or have been confirmed and are looking for a place for YOU to talk about what matters to you and what God is up to in your life, come to the Stage Room (back of the Fellowship Hall) and help make it your own! Megan Yemm will be your group guide and will see you there at about 9:50 am on Sunday morning September 20th! You can contact Megan at [mmyemm@swbell.net](mailto:mmyemm@swbell.net) with your ideas and interest. Megan even promises to bring baby Lillian along sometimes!

### *Junior and Senior High Picnic*

Sunday, September 27, 2009 .... 12:30-3:00pm

Blackburn Park, Webster Groves

We'll be kicking off a year of activities with our South Cluster churches! Bring a sack lunch; Ted Drewes Frozen Custard and drinks will be provided.

## LUTHERAN COLLEGE FAIR

Tuesday, September 22

St. Paul's Lutheran Church, 12345 Manchester Road  
Des Peres, MO 63131

6:45 p.m. Registration Begins  
7:00 p.m. Financial Aid Seminar  
7:30 – 9:00 p.m. College Fair

### “COLLEGES THAT CHANGE LIVES” COLLEGE FAIR

Monday, September 14, 2009, 7:00 p.m.

Doubletree Hotel & Conference Center-St. Louis  
16625 Swingley Ridge Road, Chesterfield, MO 63017  
(west of Clarkson, just north of I-64)

The CTCL event is free to the public, and pre-registration is not required.

The program begins promptly at 7:00pm with a 30-minute information session; a college fair begins immediately afterwards, lasting approximately 1.5 hours. For more details on the program's format, go to [www.ctcl.org/events/programs](http://www.ctcl.org/events/programs).

## Health Cabinet

### **Alzheimer's Memory Walk: September 12, 2009**

Alzheimer's disease is the cruelest of thieves. It steals our loved ones from us in small pieces, taking first their independence, then their memories, their dignity, and at the end, their lives. Research has made great headway in stemming the symptoms of this disease. Much more work is needed.

We are asking for your support, your donations, and your feet. Join us for the St. Louis Alzheimer's Association Memory Walk September 12, 2009. If you cannot walk, please consider a donation to this worthy cause. The sign-up sheet is available the next two Sundays at church.

Our hope is not only that in the next few years will there be medications available to give hope to those now suffering from this terrible disease, but to offer to our children a world free of Alzheimer's.

*In Christ, The Health Cabinet*

### **July Blood Drive**

We are above all things consistent! Once again, Gethsemane donated 15 units of blood. This translates to 45 lives helped by our church. Again, thank you for your generosity! Our next Blood Drive will be November 1<sup>st</sup>.

### **MUCH ADO ABOUT EXERCISE!**

Recently, much publicity was given to a medical study which insinuated that exercise was not helpful to weight loss. The article hypothesized that since people who exercise are hungrier; they eat more and negate the effects of the exercise. Certainly, weight loss is based on the simple equation of:

**Calories burned - calories eaten = weight loss.**

Even if your caloric intake=your caloric output, there are good reasons to exercise.

1. Studies show that regular moderate exercise seems to slow memory loss. Studies from the University of Pittsburgh show a direct relationship between exercise and cognitive function.
2. Studies show even minimal exercise (30 minutes, 5 times a week) lowers risk of premature death from a variety of age-related illnesses.
3. Regular exercise strengthens the heart muscle and increases the “good” cholesterol level.
4. Regular exercise decreases your chance of developing type II diabetes by 34%.
5. Studies indicate that regular exercise may decrease the severity of a stroke.
6. Regular exercise, especially weight bearing such as walking, increases bone strength in all age groups.
7. Regular exercise improves mood and has been successfully used in conjunction with medications to treat depression.
8. Regular exercise promotes better sleep!
9. Exercise is fun!!

SO, the Health Cabinet encourages you to “take a hike”!

## The Myth of “Getting Over It”

was written by a mother and addresses the loss of a child. I think it is relevant to any death. This article sheds a realistic light on grief; not only death. Loss remains with us, be it death of a loved one, loss of a job, marriage. Cathy Seehuetter gently reminds each of us that grief and loss fade but are always with us. Please let this article guide your words to others, but also comfort you.

*In Christ, Mardi Manary, Parish Nurse*

### STORIES OF LIFE, HOPE, AND FAITH

#### The Myth of “Getting Over It”

It has been almost a decade since my daughter Nina was killed on a freeway in Florida, not far from the ‘Magic Kingdom’ that she enjoyed so much, from her first visit as a young child, to her last visit there as a 15-year-old, the day before her sudden senseless death. Since that time, barrels of tears have been cried and soul-searing pain experienced since that horrific day in May. Through my almost ten years of grief work, I have met and listened to other bereaved parents, siblings and grandparents I have met through our chapter meetings and trips around the country to TCF conferences, I have heard their many questions, echoed by my own, of ‘why’, ‘what if’, the “would’ve-should’ve-could’ve-s”, and hundreds of other cries of grief that burn inside each of us. But the one I hear time and time again is the frustration with the myth of “closure” or when will we be ‘over it’?

Using the term “closure” trivializes grief; it says that we can easily put a lid on our feelings, wrap them up in a neat little package, and put them away and behind us, just as if our loved one never existed or mattered. My former boss asked my best friend two months after Nina died why I wasn’t over her death yet! My friend nearly gasped and said, ‘This wasn’t her goldfish that died; this was her daughter!’ Those who can use “closure” and “getting over it” so freely obviously have never experienced the depth and pain of grief.

After almost ten years since Nina’s death, I realize many people think that I should be WAY past “over it” and have attained “closure” by now. But equal to my aversion to “closure,” I have always disliked that “it” part. “It” happens to be our precious children, whom we loved and always will, and nurtured from the day we learned of their very existence. To me, the word “it” means a “thing” - not a beloved child or grandchild or sibling. Therefore lies one of my big problems with being asked if I am “getting over it.” Do we ever get over the loss of our child? Do we ever have a day where we don’t miss them and don’t wish with every fiber of our being that they were back here on Earth with us, loving, laughing, hugging, smiling? That is a complete impossibility!

That being said, however, it does get more bearable with time. I stop short of saying that it gets “easier.” When our beloved died it was as if someone reached inside of our chests, literally ripped out our hearts

and stomped on them leaving us with a void impossible to fill. This is not the natural order of things. Our children were never, EVER supposed to die before us.

When I say bearable, I mean that we learn to live without our child and learn to live with some measure of pain and longing every day. Because we loved so much, we hurt so much. I know that sounds grim to most others who are not bereaved, but to those of us further out from the death of our child, I think it is an accurate description. We have been left with a gaping wound; for example, like an open fresh laceration on our arm, it bleeds and hurts terribly for some time and then is replaced with a scab. Then something happens to remind us of the day of their death, or something happens to tug at our heartstrings such as the milestones they missed (i.e., first day of school, graduation, marriage, and/or parenthood) and the scab is peeled away and we are left with the open wound again. It will still throb and hurt some, but not to the extent as when the injury first occurred. This same process happens over and over again, and finally we are left with a scar where there had once been that lesion. That scar will be with us forever; there is much less pain, it is not as apparent to the outside world, but it is there--and we are acutely aware of its existence.

Does that scar make us unable to function on a day-to-day basis? Of course not. Do we occasionally have those grief days (though much fewer and far between than early on in our grief) where we need to curl up away from the world and have a good cry? Yes, occasionally, and that day could be our child’s birthday or anniversary of their death, one of the major holidays, or just about any day for no apparent reason. Do we find laughter and joy again? Absolutely. But will we ever get over “it”? No way ... nor should any of us be expected to! We will find meaning again in our lives, but we will love and miss our child, brother or sister, or grandchild forever.

Getting to a place like this in our grief does not come easily. It takes a lot of work on our part ... sometimes blood, sweat and lots of tears. It may take being involved with a support group, such as my lifesaver, The Compassionate Friends. Maybe it is a faith-based group that works for you; journaling, the numerous excellent books available regarding child loss, the support of faceless friends giving grief support through a chat line on the Internet, or a good understanding grief counselor. What it boils down to is that, whatever it takes (short of harming us or someone else) to get you through the endless days and nights of early grief, do what works for you. I know you have heard it many times, but there is a reason that it is called grief “work.” Because that is what it is: the hardest work we have ever done. We can’t go over it, around it, or under it. We have to face it head-on. Only then will we be able to discover a glimmer of light at the end of the tunnel and reinvest in life again.

Get over “it”? As one wise bereaved mother, for whom it had been 9 years since the death of her child, wrote: “...Not in 9 years, or in 90, or in 900.”

*With gentle thoughts, Cathy L, Seehuetter*

# VACATION BIBLE SCHOOL



During this year's Vacation Bible School, more than 140 children were joined by nearly 70 adults and teen volunteers to team up with God to *GO!* for it! They accepted daily challenges to:

- GO!* Lead!**
- GO!* Risk!**
- GO!* Tell!**
- GO!* Obey!**
- GO!* Serve!**

and make a difference. They met real-life servants, participated with friends in service projects and used their Serving Feet to *GO!* serve in the community. They played fun-filled games, enjoyed yummy snacks, and created unforgettable crafts that remind them to *GO!*

They took home the promise that God is with them wherever they *GO!*

This year's VBS mission was Joint Neighborhood Ministry which operates a Food Pantry in the Benton Park Neighborhood and provides school supplies and Christmas presents for the needy.

Thanks to all who donated items and those who sponsored CDs and t-shirts. We are in awe of your support and felt uplifted by your prayers.

We are tremendously grateful to our many volunteers for sharing their time, energy, and faith with all of us at **Studio *GO!***

We at Gethsemane cannot thank **Debbie Schaller** and **Kate Hartz** enough for their many, many years of outstanding leadership of our VBS program.



# IN OUR COMMUNITY ...

## ***ELCA St. Louis Metro Coalition Update***

Changes are happening in the Metro Coalition, as Deacon Terry Moore (who has served as Director of the Coalition for the past 10 years) has accepted a position as Director for Evangelical Mission in the Central Southern Illinois Synod. The Coalition will be in a process of discernment on how best to move forward. Key emerging ministries in the Coalition are supporting inner-city ministries at Immanuel Luth. on the north side and the new mission start/Fair Trade Store/Coffee House at the Bridge in New Town with the Reformed Church in America. Thanks to Terry for his years of leadership and service! The Annual Meeting of the Coalition is scheduled for Sunday, Sept. 27<sup>th</sup> from 3-5pm.

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## **Joint Neighborhood Ministry**

September emphasis for the JNM Pantry is ... **Cereal!**  
As is always the case, Joint Neighborhood Ministry is delighted to accept any and all non-perishable food and personal care items. So, if you find a "buy one--get one free" or "on sale" item or two this month, please place in the grocery cart in the upper level hallway. Your generosity is appreciated!

Trivia Night to Benefit JNM  
is Sat., Oct. 10<sup>th</sup>. Save the date and watch for details!

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## **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)

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## **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.

\*\*\*\*\*

## **Get out of the house!**

**A place to gather for unemployed people.**

Free Coffee & Conversation, Networking, Skill sharing, Mutual Support

TUESDAYS 9 a.m. to 10 a.m.

Where: @ St Mark's Church, *An Episcopal Church where Each Person is Valued,*

4712 Clifton Avenue, St. Louis MO 63109

[www.saintmarks-stl.org](http://www.saintmarks-stl.org)

For details, call 832-3588 or send message

to [saintmarksstl@saintmarks-stl.org](mailto:saintmarksstl@saintmarks-stl.org)

All Welcome! Open to people of all religions and people of none.



\*\*\*\*\*

## **MS 150**

I will be participating in the Bike MS Gateway Getaway Ride also known as the MS 150 as part of Team Christner (my employer). This event is a 2-day bicycle ride on Sept. 12th and 13th that raises money for Multiple Sclerosis Society. The money raised goes for both research and programs to help people living with the disease today. Any donation will be greatly appreciated. Donations can be made on line at [http://main.nationalmssociety.org/site/TR?px=6144832&pg=personal&fr\\_id=9605](http://main.nationalmssociety.org/site/TR?px=6144832&pg=personal&fr_id=9605).

*Thank you, Denise Buehrer*

# AND IN OUR WORLD

## INTERNATIONAL PARTNERS IN MISSION

For 35 years, IPM has partnered with children, women, and youth around the world to promote justice, peace, and hope. To celebrate that legacy, we are pleased to announce our 35<sup>th</sup> Anniversary Luncheon will take place on Saturday, October 3, 2009, featuring John (Jody) Kretzmann of Northwestern University's Asset-Based Community Development Institute, as our honoree and keynote speaker. The event will feature an hour of "Mix, Mingle, & Mission" from 11:30am-12:30pm. The luncheon program will run from 12:30pm-2pm. The event will be held at Schroer Commons at Eden Theological Seminary in St. Louis, MO. For information and tickets, contact IPM at 1.866.932.4082.

## *VICISSITUDES\**

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

***Thank You to Jennifer Dieringer*** who recently resigned as one of Gethsemane's Sunday morning Nursery Workers. Jen has worked in the nursery for the past four years. What with teaching in the Riverview Gardens School District, getting married to Keith Paulson, and blending a family with 5 kids, her plate is full (and joy-full!).

\*\*\*\*\*

## ***Thank You .....***

Dear Gethsemane Lutheran,

Just a short note to say thanks for allowing us to stay at your church on the night of July 19<sup>th</sup>. We had a wonderful time at the National Youth Gathering in New Orleans, as we hope your youth and staff did also. Isn't it amazing what a difference we made in the New Orleans area? Thanks again!

*In God's Grace,  
1<sup>st</sup> Lutheran, Beaver Dam, Wisconsin.*

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## **HUGS IS UP AND RUNNING!**

A reminder that 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 Gethsemane's 11:00am Sunday morning service. For more information about participating, please contact the church office. It is a very simple process and folks that have participated speak of how well the system works! Stay connected even when you have to stay at home!

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## *LAGNIAPPE*

### **Where Did the Worship Committee Dine This Month?**

Before each monthly meeting, members of the worship committee gather at a local restaurant for dinner. In July, we finally were able to go to Onesto Pizza and Trattoria, 5401 Finkman at Macklind. Onesto has been on the top 10 lists of both the Post-Dispatch and Riverfront Times. The chef is Vito Racanelli, whose family runs the local Racanelli pizza chain. Many of his recipes come from his mother's kitchen or Sicily, where he spent some time sampling authentic Italian food. The restaurant is in the middle of the Southampton/Princeton Heights neighborhood, so you have to go looking for it. A to-go case is in the front of the building, so you can take home ingredients to make your own meal or take home some more of what you liked best from your meal there. Chef Racanelli bakes pizzas in a special oven nicknamed Johnny Cash (it's all black) and smokes meat in a large smoker nicknamed June Carter Cash (also all black). They make an effort to use fresh, local ingredients and recycle/reuse/ reduce as much as possible. Onesto's menu make it look like a pizza, pasta, and sandwich type of restaurant (which it is at lunch), but at dinner, it also becomes a gourmet restaurant.

We managed to put together a fairly large group for this outing, and everyone came away pleased and very full. We were greeted with plates of small knots of hot pizza dough covered in garlic butter. One of the appetizers, arancini, has received a lot of attention in other reviews, so we gave it a try. Arancini is an orange-sized ball of rice and Parmesan cheese wrapped around ground beef and peas, deep fried, and served on a ladle of Bolognese sauce. The chopped Italian salad had lots of salami and pepperoni and a flavorful tomato balsamic vinaigrette dressing. The eggplant parmigiana sandwich was enough for dinner and lunch the next day. We sampled a couple of the specialty pizzas and enjoyed the crust and unique ingredients. The pizzas are a New York style of pizza and made only with mozzarella cheese. One of our diners makes it a point to try the lasagna in every Italian restaurant he can, and the lasagna at Onesto made it to the top of his list – quite an accomplishment in a city with so many great Italian restaurants. You can check out the menu and learn more about special events at their website, [onestopizza.com](http://onestopizza.com).

# SEPTEMBER 2009

## Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Aug. 31</b>	<b>1</b>	<b>2</b> 7:00pm Health Cabinet	<b>3</b> 6:30pm Property Committee	<b>4</b>	<b>5</b>
Pr. Kendra will be out of the office.						
<b>6</b>  8:30 AM & 11:00 AM Worship Blessing of your "Tools of Your Trade" Between Services: Discussion of ELCA Churchwide Assembly in the Chapel	<b>7</b>  <b>CHURCH OFFICE CLOSED LABOR DAY</b>	<b>8</b>  7:00pm Council Meeting	<b>9</b>  10:00am Bible Study	<b>10</b>  9:00am-Noon GLC hosts Lutheran Leaders in Mission	<b>11</b>  Pastor's Day Off	<b>12</b>  Alzheimer's Association Memory Walk
<b>13</b>  8:30 AM Worship at GLC 9:30am Fellowship Hour at Tilles Park 11:00am Devotions at Tilles Park 11:45am PICNIC at Tilles Park	<b>14</b>  5:00pm Belladeers Bell Choir 6:00pm Angel Wings Bell Choir 7:00pm Choir Rehearsal	<b>15</b>  7:00pm Worship Committee	<b>16</b>  10:00am Bible Study	<b>17</b>	<b>18</b>  Pastor's Day Off  7:00pm MOMS Group	<b>19</b>
<b>20</b>  8:30 AM & 11:00 AM Worship Installation of Sunday School Staff Blessing of 3-year-olds 9:45am Sunday School  Between Services: PMC Update	<b>21</b>  5:00pm Belladeers Bell Choir 6:00pm Angel Wings Bell Choir 7:00pm Choir Rehearsal	<b>22</b>	<b>23</b>  10:00am Bible Study	<b>24</b>	<b>25</b>  Pastor's Day Off	<b>26</b>
<b>27</b>  8:30 AM & 11:00 AM Worship Blessing of Confirmation students 9:45am Sunday School  10:00am: Social Action Committee  12:30-3:00pm South Cluster Youth Picnic	<b>28</b>  11:00am Rachel Circle <i>(Madeline Paffett, hostess)</i>  5:00pm Belladeers Bell Choir 6:00pm Angel Wings Bell Choir 7:00pm Choir Rehearsal	<b>29</b>	<b>30</b>  10:00am Bible Study			

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

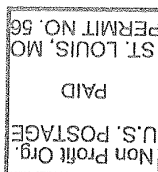
You can send your news and notes for the Messenger to [glc-messenger@swbell.net](mailto:glc-messenger@swbell.net). There is also a Messenger drawer by the church office. For best results, news should be in by the 20<sup>th</sup> of each month, but we'll do our best to get your news in whenever you submit 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”  
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St. Louis, MO 63109