

Lutheran Church of the Good Shepherd

November 2021 Newsletter

*"For everything there is a season . . .
a time to heal . . ."* Ecclesiastes 3:1-3

Dear Good Shepherd family,

Joyce and I thank you for your prayers and support during this time of healing. We are so thankful that we are surrounded not only by the love and support of this spiritual community, but also by the healing expertise of our medical community. Day by day, we know that God is with us.

Mindful of HIPPA privacy guidelines, here is Joyce's statement shared during worship at Good Shepherd on October 24:

Update re Joyce, in her words:

After a month of antibiotics and lots of testing, and two weeks in the hospital, the diagnosis is non-infectious, "organizing pneumonia". This is a term used for unidentifiable sources of pneumonia. It is not covid related.

Because antibiotics and my own immune system have been unsuccessful in stopping the infection, I have now been placed on a 3-month steroid treatment. This was done through consultation with pulmonary and infectious disease specialists at Essentia and Mayo Clinic lab analysis.

Implications for me, as Joyce's only "close contact:"

This steroid treatment promises to remove the infection. It will also compromise her immune system. She will have no in-person contact aside from myself until her immune system can be restored even after the 3-month treatment ends. She will be safe at home and will do fiber arts projects and decluttering now taken to a new level in light of facing this life-threatening disease.

Since I am the only person who will have any proximity to Joyce in the coming months, I must take even more seriously masking and 6' distance in public interactions. And I ask that you do as well for the sake of everyone during flu season and continuing pandemic. I got my flu shot last Monday. I'll get the Pfizer booster tomorrow to protect my own immunity and that of others. Joyce will not be given a booster or flu shot until her immune system can recover from the steroid treatment. This is a journey we are on together along with many others who face immunity concerns at this time, especially those yet unvaccinated. Joyce and I thank you for your prayers for healing for her and for all who face life-threatening illness. She appears to be responding well to the steroid treatment even after two days. We are blessed with highly competent and compassionate health care in our community and with the support of our faith community.

In the week since this statement was read I have received my booster vaccination, and Joyce has continued to respond favorably to the steroid treatment, most notably in being able to sleep through the last few nights without supplemental oxygen. We realize that we are facing a six month period of increasing immune vulnerability for Joyce. I will carefully observe masking and social distancing protocols, and will limit my exposure by working from home when possible. In general I will be in the church office most mornings, but will always be reachable by phone, email or text. I appreciate that Vision Council and the Experiencing God Leadership Team have resumed meeting by Zoom during this time.

May the healing power of Jesus Christ reach to our lives, our community, our nation, and our world!

Pastor Dave



We are excited to announce that LCGS will be worshipping at

ONE WORSHIP SERVICE ON SUNDAYS at 9:30am!

Starting November 28th, 2021 The 1st Sunday of Advent and our Church Calendar Year!

Lutheran Social Service in Duluth has a long and proud history of serving kids. We trace our history to *Bethany Children's Home* in Duluth in 1916—which opened in partnership with local congregations. For over 100 years, Lutheran Social Service has provided safe shelter for children when a parent's life has been disrupted by a crisis – Including unforeseen events, such as a job or home loss, divorce, illness, or death.

To build on this important work, LSS is thrilled to be planning a new facility in Duluth by expanding family services to support family resiliency, stability and child well-being. But we need your help. Could you make a gift to help us build this new resource in our community?

The new facility will be a tremendous asset to the community—providing safe shelter for children alongside prevention and early intervention support for families. A broad array of services are planned, including:

- Emergency care for children when their parents are unable to provide care
- Prevention and early intervention services for families
- Parent coaching
- Behavioral health
- Family visitation
- Reunification support
- Referral to other helpful community services



The new space will also replace the current LSS Bethany Crisis Shelter in Morgan Park that has been serving children since the 1970s and was originally designed as a split-level, single-family home. After five decades in our current space, new space is greatly needed to provide greater flexibility to effectively address the needs of the youth we serve and meet current building standards.

With your generosity, expanded services for children and families at Bethany will meet the needs of future generations of northeastern Minnesota's children and families and strengthen our community for years to come.

Please give now.

Thank you for caring about children and families in our community!

Kathryn Tiede

Kathryn.Tiede@lssmn.org

Salvation Army Bell Ringing - December 4th & 11th (our 22nd year)

The bell ringing season starts each November and runs through Christmas Eve, when the red kettles are packed away for the season. Volunteers are the difference between an empty kettle and one that raises about \$30 per hour – enough to provide a family with two bags of groceries, or shelter an individual for a night. When you volunteer to stand at a kettle, you're not just ringing a bell... you're changing lives.



Are you looking for a way you can do ministry during the holidays? One easy way is ringing bells for the Salvation Army. Lutheran Church of the Good Shepherd members, families and friends have the opportunity to donate one or two (or more) hours of time to assist with this critical work. We will cover two Saturdays at one location, Cub Food on Central Entrance (inside!) - December 4th & 11th, from 10:00 AM to 8:00 PM.

The Salvation Army has COVID-19 safety protocols in place for this Red Kettle season - wear an appropriate mask at all times, wear winter or disposable gloves at all times, sanitize the bell prior to ringing with the provided sanitizer, utilize provided hand sanitizer when appropriate, maintain at least six feet of safe social distancing when a donation is being made (if you need to step back, please do).

Look for the signup sheet in the gathering space beginning in mid-October; or, call Marcia K. Semerau at 218-576-5531 and sign up to offer your help for one or two hours for this worthwhile cause. THANK YOU!



Lutheran Church of the Good Shepherd continues the exterior work to make our entrances inviting. We are looking for birch branches, evergreen, pine cones, etc to use by the doors. We also need a variety of green pine branches in November. If you have anything to share please call Cyndi Venberg at 218-391-8953. Thank you.

Youth and Family Ministry

Sunday, November 14: Wrapped in God's Love

Have you ever needed a little reminder that you are wrapped in God's Love?

Join us for worship on Sunday, November 14

We will have a special gift for all 4 year olds*, 6th graders, and even adults*!

A little something you can hold on to and remember that God Loves You – You are wrapped in God's Love.

*Yes – this is a little different this year. In the past, the "Wrapped in God's Love" milestone has been primarily for 6th graders. This year, we'll have little sheep stuffed animals for 4 year olds, and prayer shawls for adults. This is all part of the new, expanded milestone ministry here at Good Shepherd. Every milestone this year will have something for kids *and* something for adults.

Confirmation Announcements:

This fall in Confirmation, we are focusing on "how to" be like the Good Samaritan. Not just helping people who are physically hurt on the side of the road, but how to help friends and peers with whatever they are struggling with these days - mentally, emotionally, and spiritually. This month we'll hear lessons on how to listen, and how to "go to an innkeeper" for help when someone's hurt is just too big to handle on your own. May we all remember to be caring, trustworthy adults that youth can come to with their own struggles - and the struggles they hear about from their friends.

Support Our Youth

Even in the midst of a pandemic, we are amazed and blessed to have 8 high school students: Ella Abenth, Adam Bergstrom, Greta Hendrickson, Haakon Julsrud, Thea Kramer, Molly McNamee, Will Packer, Ben Westholm and 2 adult leaders Amy Packer and Katie Rich representing us at the 2021 ELCA Youth Gathering in Minneapolis, Minnesota. We are not sure yet what fundraisers we will be able to do this year, but we are humbly asking for your financial support.

Please consider making a special gift to our Youth Gathering team - to support these amazing young people as they grow in faith, serve communities in need, and stand up as leaders of this church. We've sent our youth to Atlanta, New Orleans, Detroit, Houston, and now we will gather right here in Minnesota. We are thrilled to have a group ready and excited to go this year. Thank you for your support!



Sunday School Announcements

Sunday School continues to meet at 10:00 am this month. But, we'll be making some big changes as we change to one worship service at 9:30 am. Here's what we know right now:

- There is no Sunday School Thanksgiving Weekend (Nov. 28)

- We will practice the Christmas Program on Sunday, December 5th at 10:15 am (really, we'll be practicing every Sunday in November - the music, movements, and readings... but, December 5 will be our big "full run through" practice of where to sit, stand, etc...)

Our Sunday School Christmas Program will be Sunday, December 12th during the 9:30 am Worship service.

Families, please arrive at 9:00 am for costumes, etc... Following the program, we will have the Advent Workshop: Crafts and Gift Making in the Fellowship Hall. (Families can also request a "to go bag" - contact Katie for more information.)

- We'll take a little "Christmas Break" - no Sunday School December 19, 26, or January 2. When we start again on January 9th, we are going to try Sunday School at 9:00 am Sunday morning. Stay tuned for more information!

Congratulations to our 2021 Confirmation Class!! Ella Abenth, Dylan Cole, Ella Falteisek, Ellen Guerndt, Garin Hackbarth, Greta Hendrickson, Haakon Julsrud, Thea Kramer, Cora Kreager, William Packer, Matthew Ring, Bode Swanson, Benjamin Westholm, Kendall Wittmers-Graves were confirmed on Reformation Sunday! Blessings to all of our Confirmands as they continue on their faith journey!

All Saints Sunday is Sunday, November 7th we will focus our worship on our Baptism and the Great Cloud of Witnesses that have gone before us. We hope that you can join us as we remember those whom we have lost this year and those we miss.



Looking for Those Wanting to Move/Dance to the Christmas Classic, "O, Holy Night!"

Christmas Eve is a magical, mystical evening! One opportunity to go deeper into the meaning of Christmas is to move to Christmas music, especially to the song "O, Holy Night" which tells of the miracle of Christmas through its soaring lyrics and music!

You are invited to come and learn these simple, graceful and meaningful movements. I have a dance background and have taught this piece to hundreds of people, from confirmation age to adults! You don't have to have ANY dance experience to be a part of this dance/movement piece, just a willingness to learn and practice!

We'll have at least 2 rehearsals (you'll probably learn the whole piece in one rehearsal and get more comfortable with it in the second rehearsal).

Oh, did I mention that we'll dress in all black, carry candles in glass globes with the sanctuary lights all turned off? It truly is a magical experience!

We'll be a part of either the service on Dec. 12 or 19th, along with the Christmas Eve worship (the 4:30 service). You don't have to be at both services.

No experience necessary! Questions? Call me (605-366-9405) Pastor Nancy Hong or email me to sign up:

hongnancy284@gmail.com

Stewardship Committee Information on Contributions

2022 Estimate of Giving

Thank you to the many households who have already completed and submitted their Estimate of Giving for 2022 during our recent *Connection and Call* Annual Financial Response. If you have not had a chance, we invite you to complete one. Cards are available in the office and at the Welcome Center. If you participate in an automated eGiving automated giving program, please complete an Estimate of Giving card also. If you have any questions, please call Christine in the office, 218-525-1922.

2021 Contributions

Thank you for your generous contributions this year to the life-changing ministry at Lutheran Church of the Good Shepherd. Note: Contributions intended for the 2021 tax year must be postmarked on or before December 31, 2021. No exceptions can be made due to IRS Regulations. Year-end giving statements will be mailed out in early January.

Ruth Circle will be Tuesday, November 9 6:30 at Paula Tsufis home.

**Christmas Cookies for Outreach
Lutheran Church of the Good Shepherd**

You can help brighten someone's holiday season! Good Shepherd's Visitation Team is collecting cookies for our home-bound members as well as for the CHUM Drop-In Center, and the Twin Ports Ministry to Seafarers. Due to COVID, this year St.Louis County jail will be purchasing cookies for the inmates and staff.

Please put your homemade cookies on the counter in the church office by 9:00am, Monday Morning, December 13th. To assure proper delivery, mark them "Visitation." Because of food allergies, if nuts, peanut butter or coconut are an ingredient please label your cookies accordingly. Prefer a batch to be 4 dozen or more.

Questions, contact Lois Opseth 218-340-3605.

<https://www.signupgenius.com/go/10CoD45A8A72FAAFCC61-cookies>





Stewardship
at LCGS

Pumpkin Pie and the Psalms

Thanksgiving Day is a busy one for me. I get up early and the first thing I do is put the pumpkin pies in the oven to bake so I have oven space later in the day. I get right into “production mode” and usually skip my morning Scripture read and devotion, to be honest. This year I think I’ll put a little more effort into starting my day differently along with infusing the family feast with an intentional devotion versus a quick “Bless Us O Lord” grace from my Catholic childhood.

During this pandemic year, I’ve been doing a Zoom Psalms Bible study with Pastor Dave. The Psalms speak to our highs and lows with God and in life. I’m now hooked on their use for daily prayer and reflection. Psalm 51 from morning prayer, used across many denominations, will be a great one to ponder over coffee. “Create in me a clean heart, O God and put a new and right spirit within me” is a perfect reflection before any family feast where past difficulties sometimes bubble up, usually after the champagne has been flowing freely. I find doing a devotion before the meal problematic as then all the food starts to get cold, so my plan is to wait until the end, and serve up Psalm 34 along with my mother’s delicious pumpkin pie.

Psalm 34, entitled *Praise for Deliverance from Trouble*, seems “spot on” as we continue to endure the pandemic.

“When the righteous cry for help, the Lord hears and rescues them from all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit.”-Psalm 34:17-18

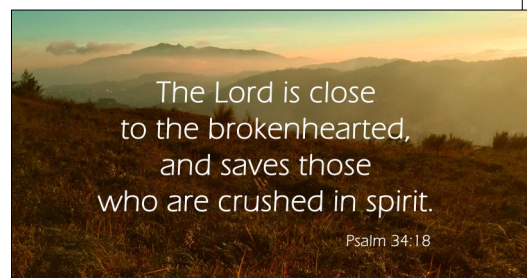
This year my husband Marc and I will be sharing Thanksgiving with our two daughters in their 30’s and their spouses. Like many in their generation, none of them regularly attend church though they attended church programming as children. I do think they will be receptive to the moving language in this Psalm along with the idea of the redemptive power of a grateful heart. Giving thanks and praise to God continuously reaffirms who God is to us, magnifies God’s goodness, fills us up when we are weak, and keeps us humble. We are stewards of God’s love and grace, giving generously of ourselves and our blessings to our family and church.

May this Thanksgiving season be one where you become renewed and excited about giving thanks to God. Despite what difficulties you may be facing, may these Psalms strengthen and encourage you that you are not alone. God is faithful and true.

My mother is almost 90 and is in a skilled nursing facility in Michigan. I will miss being with her again this holiday. Her “killer” pumpkin pie recipe lives on in our family and has even persuaded those who ardently dislike this dessert. Enjoy!



Paula Tsufis
Stewardship Committee Lay Leader



Mutti’s Yummy Pumpkin Pie

Growing up, my mother fixed this pie every Thanksgiving for our large family. My friends now love this pie and regularly invite themselves over for a piece with coffee the next morning. This rich, custardy pie recipe makes 3 regular pies or 2 deep-dish. Serve with some real whipped cream.

Ingredients

- 1 large can (29 oz) of pumpkin (plain without spices)
- 6 large eggs, slightly beaten
- 2 cups granulated sugar
- 1 teaspoon salt
- 2 teaspoons cinnamon
- ½ teaspoon cloves
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- 2 cans evaporated milk
- 2-3 pie shells, prebaked if possible
- Whipped Cream

Preheat oven to 450 F. Combine eggs, sugar, salt and spices and beat well. Blend in pumpkin and then milk and mix well. Fill pie shells and bake for about 10 minutes at 450 F, then in a 350 F oven for about 45 minutes. You might have to put some foil around the crusts if they are browning too much. Pies are done when a knife inserted in the center comes out clean. Note: This makes a lot of filling. If you have any left over, bake in a small custard dish, for sampling of course.

Lutheran Church of the Good Shepherd

Office Hours

Mon-Th : 9-4:00pm

Fri: 8-12pm

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MEET THE STAFF

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Music Team:

Linda Turpening, Organist email:
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Debbie Sanders, Good Shepherd Choir Director
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Worship at 8:45am and 11:00 Sundays!

Sunday School at 10:00am

Lutheran Church of the Good Shepherd (ELCA)

1325 North 45th Avenue East, Duluth MN 55804-1507



2021

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