



THE MONTHLY NEWSLETTER OF GOOD SHEPHERD LUTHERAN CHURCH, ELCA

The Shepherd's Scroll

P r e a c h i n g , T e a c h i n g , a n d R e a c h i n g i n J e s u s ' N a m e

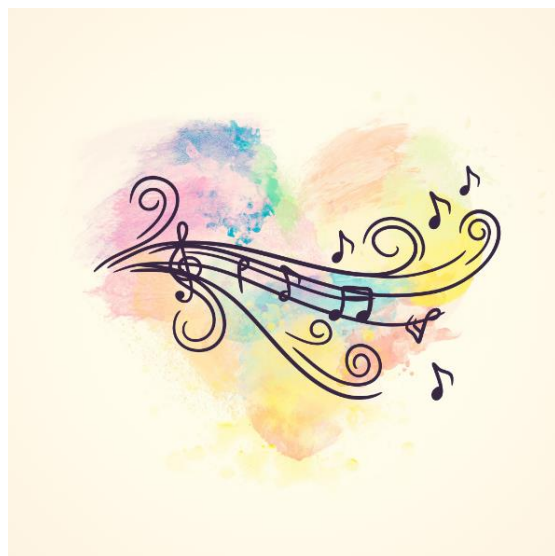
FROM THE PASTOR'S DESK:

Your Song in My Heart

It seems these days that there is always a song in my head – a soundtrack of different pieces that plays constantly. I wake up and fall asleep with songs flowing in my brain. I break out into song in the middle of dinner or as I'm riding my bike or driving around. Some are songs from my childhood in church; some are songs from Sunday School; others are remembered from the cassettes my mother listened to in the car; some are pieces we sing in choir; some are current songs from our hymnals or contemporary Christian sources.

They're not "ear-worms". It's not like I'm trying to remember lyrics and I'm not trying to get the songs out of my head. They're not annoying. In fact, in many ways, they're comforting or encouraging: An old VBS song sings of Mark 10:27 – how everything is possible with God, and God's presence with us through trouble. The childhood songs are often pieces of scripture set to music – so it's the Word of God dancing through my head. The songs from my mother's tapes are songs of hope and trust*. Sunday School songs are just fun and joyful, as are many of the ones from the radio or my playlist. I even find myself singing "God the Sculptor of the Mountains" – an ELW hymn we've sung a few times – as I enjoy creation. Or, as I bike to church, I end up singing our current offertory song, "Let us Go Now, to the Banquet" (even belting out the chorus in my high school Spanish!) I have the feeling that all this music is God's way of lifting me up and reminding me of the Spirit's presence and purpose, both on days that are going well and on days that are rotten.

The Bible is full of singing. Psalm 98 tells us to "Sing to the Lord a new song, for he has done marvelous things"; Jesus and the disciples sang a hymn as they left the Last Supper and went out to the Mount of Olives (Mt. 26:30). Miriam sang victory when the Israelites were safely through the Red Sea and Pharaoh's army lay destroyed behind them and the Promised Land lay



before them (Ex. 15:21). Later the Israelites would sing lamentations of sorrow and grief during long years of exile away from that same Promised Land (Ps. 137). David danced and sang before the ark of the covenant (I Chr. 15), and one of the most beautiful statements of faith in the Bible are actually words of a hymn (Phil. 2:6-11).

In the opening chapters of Luke, the story of Jesus' coming into the world is set almost as a musical, with Zechariah and Mary, the angels, and Simeon all adding their voices to the lyrics. Our worship service is very much like a musical, too. With the songs and refrains of our liturgy helping unify and direct our worship as it retells week after week the great story of Jesus' love for us and for the whole world.

In many ways, inside and outside of worship, music serves as a window into the Word, a pathway to peace, or a trail to trust. How many of us learned Bible stories by singing them in Sunday School? And since most are straight out of the Bible, how many of us sing scripture without knowing it every time a contemporary Christian song goes through our head? How many times have we been in a tough spot, searching our brains for a piece of scripture, and instead come up with a familiar hymn? Even if we don't remember all the words to all the verses, there's comfort, hope, and peace, encouragement, and connection offered in that music.

People in the deepest places of dementia and Alzheimer's, who've forgotten most of their lives, will sometimes remember music. Sing "Jesus Loves Me" or an old familiar hymn to an Alzheimer's patient who grew up in church and they might start singing with you. Music occupies such a deep part of our brain that even disease has a hard time erasing it.

Music connects us, too, to Christians throughout the world and to Christians who worship in different languages. It's always amazing to me when we sing a song in English that sometimes that song was first written in German or Spanish or Swahili. And it makes my heart sing that sometimes folks in the Malagasy Synod (a partner synod in Madagascar) are singing our English language hymns – but in their own dialects!

This summer, listen to the Spotify playlist of your heart. Tune into the radio of the Scripture. Let God sing hope into your ears and joy into your life. And may you find yourself singing of God's love in many different languages and all sorts of circumstances.

In Christ's love,
Pastor Lynette Chapman



*"They that wait upon the Lord shall renew their strength; they shall mount up on wings as eagles. They shall run and not grow weary; they shall walk and not faint. Teach me, Lord; teach me, Lord, to wait." *Song based on Isaiah 40:31 – one of my mother's songs going through my head these days....*

WORSHIP NEWS

SUNDAY HIGHLIGHTS FOR SUMMER

July 14 – Recognition of Linda Pein during worship; sending of National Youth Gathering participants

July 28 – Outdoor Worship – Sing-along style worship on the front lawn. Enjoy lemonade, cookies, and pastries after the outdoor service

We're also looking forward to having some small singing and instrumental groups enhancing our worship over the summer, thanks to Julia Hartman and choir members and musicians from our congregation.

CELEBRATION FOR LINDA PEIN

A Celebration for Linda Pein will be held on **Sunday, July 14** to thank her and to show our appreciation for her years of service.

Linda Pein, our wonderful organist, will be retiring this summer. Linda has been a

dedicated musician in our congregation for many years. In addition to faithfully playing the organ, piano and keyboard for our services and special events, Linda has been an active member of the Worship and Music Committee, helping plan Good Shepherd's musical worship. Her vast knowledge of Christian music and liturgy was a great asset to the committee.

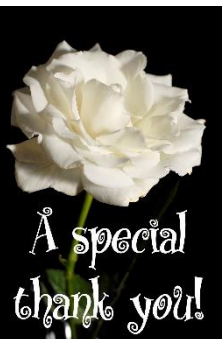
Linda also has been instrumental in finding additional musicians to play for our regular Sunday services as well as our special services such as Easter and Christmas. Linda

would graciously play at other church events, such as the Women of the ELCA Christmas Brunch, to accompany us in our hymn singing.

Several years ago, Linda had the vision to create a Bell Choir here at Good Shepherd. It was decided to begin with a Chime Choir. Linda recruited players, purchased music and equipment, and directed this group for several years. She continued to lead the growing musical group as they evolved into the Bell Choir that we have today.

Linda was the musical organizer for our Nativity Walk, which was a large event for many years prior to the COVID pandemic. She set up schedules for musicians to perform in the fellowship hall as well as in the sanctuary for this event. Not only did we have our own choir (and later our chime choir and bell choir) involved in the musical performances, but Linda organized both members and non-members, individuals and groups from our community, to offer their musical talents for the enjoyment of our many guests that would attend the Nativity Walk. Post-pandemic, she continued to enhance our modified event, the drive-thru Live Nativity, by accompanying small groups of singers on a keyboard that was broadcast via the radio.

Our Good Shepherd family is so grateful for Linda for her dedicated service, her friendship, and her many contributions over the years that have enhanced our worship to God and the worship experience for all of us. We invite you all to help us celebrate Linda and enjoy refreshments and fellowship with Linda in the Narthex after the service.





NURSERY NEEDS

The Nursery could use some new toys, and you can help! We need puzzles, Legos and/or other new or gently used toys for ages 0-6. Floor puzzles or puzzles up to 100 pieces preferred. Large Legos or Duplos would be great. Drop off items in the Nursery, or donate money for purchases, just indicate it's for the Nursery.



GSLC PIECE MAKERS

**Tuesdays
12-3PM**

Sewing experience is NOT needed in order to participate. Most

of our meeting time is spent sorting, cutting, and ironing fabric. There are jobs for every skill level! All are welcome!

Contact Lois McConomy or Jodi Davis for more info.

FELLOWSHIP EVENTS



TRIVIA AFTERNOON IN AUGUST

Sunday, August 18, 3-5PM

GSLC Fellowship Hall

Put on your thinking caps and come enjoy playing trivia. Those attending are asked to bring a snack to share. Lemonade, soda, and iced tea will be provided.

We are also inviting members of St. Matt's, Grace, and St. Andrew's to join us. You can get together with friends/ family to form a team or join a team that afternoon. Hope to see you Aug. 18!

SMALL GROUPS @ GSLC

Good Shepherd Lutheran Church 

Cancer Prayer & Support Group

Are you or a loved one experiencing cancer? Have you recently gone through treatment or are you facing treatment soon? Come together for support, prayer, and mutual care.

All are welcome.

**Fourth Thursdays
6-7 PM
Small Group Room**

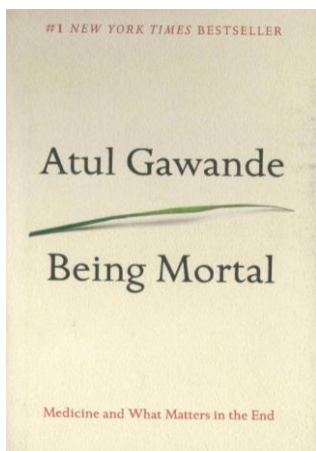


CANCER PRAYER & SUPPORT GROUP

Thursday, July 25, 6PM

Small Group Gathering Room

All are welcome! Feel free to invite anyone who may be battling, recovering from, or has family or friends living with a cancer diagnosis.



GSLC Book Group
Sunday, September 15, 6PM
@ SunSinger Restaurant
Champaign
We'll discuss the Book
"Being Mortal"

Add this book to your Summer Reading List: "Being Mortal" by Atul Gawande.

Dr. Gawande addresses end of life conversations, dying with dignity, and other challenging topics in a thoughtful, personal, and moving way. How do we live a life filled with meaning even in our 'declining' years? How do we live to the last with autonomy, dignity, and joy?

Other books planned for the coming year include: "The Sun Does Shine" by Anthony Hinton, "Ask Me for a Blessing (You Know You Need One)" by Adrian Dannhauser, and "Everything Happens for a Reason (and other Lies I've Loved)" by Kate Bowler.

If you have suggestions, please talk to Pastor Chapman.

This book group gathers around books that challenge our understanding of the world, inform our discipleship, and help us grow as people of faith in the world.



VOLUNTEER AT SOLA GRATIA FARM

SOLA GRATIA FARM IS A COMMUNITY-BASED FARM WITH A FOCUS ON ADDRESSING LOCAL FOOD INSECURITY. COME HELP US GROW FOOD FOR OUR COMMUNITY AND LEARN ABOUT VEGETABLE FARMING!



UPCOMING WORKDAYS

ALL-HANDS-ON-DECK DAYS ON THE FARM.
 EVERYONE AGE 10+ WELCOME!

MARCH 23, 1-3PM

APRIL 27, 1-3PM

MAY 25, 1-3PM

JUNE 22, 9-11AM

JULY 27, 9-11AM

AUGUST 24, 9-11AM

SEPTEMBER 28, 1-3PM

OCTOBER 26, 1-3PM

LEARN MORE & SIGN UP ONLINE

[SOLAGRATIACSA.COM/VOLUNTEER](https://solagratiacsa.com/volunteer)

*Come Help Us Feed
 Our Community!*



GOOD SHEPHERD & EMPTY TOMB

Good Shepherd Lutheran partners with Empty tomb in a variety of ways and shares in the ministry of helping our neighbors with food furniture and other support throughout the year. June 10th through 14th the Catholic Heart Work Camp again came to Champaign Urbana. Over 100 volunteers were in town and spent the week assisting

various not for profits complete their charitable works. Five of the group came to empty tomb and were led by Bob Clark in completing various tasks throughout the week. Samantha and Zechariah Fisher helped Bob purchase flowers for the campers to beautify the not for profits grounds, Patty Hart supervised the planting and Thrivent assisted our church with the purchase.



During the week we led the campers in getting 3000 plus bimonthly newsletters in the mail, pulled weeds and worked on flower bed rehabilitation, spread mulch, and generally spruced up the grounds. The student campers assisted in making a dozen furniture deliveries to families in the community and delivered a weeks' worth of groceries from Good Shepherds pantry to four families (nine people). The food delivered like the flowers previously mentioned was purchased with assistance of a Thrivent action grant. Carol Manley supervised the campers' work in the clothing room. By weeks end much was accomplished to help and share resources with others, and we were able to interact with a group of students from Mississippi, make new friends, and together Show the Love of Jesus through the community. A big thank you to the outreach committee of Good Shepherd for supporting this annual event.

*Catholic Heart Workcamp Team: Vince, Patrick, Joey, Rosemary, Kadance,
June 10-13, 2024 With (from left) Bob Clark, Debbie Smith, Patty Hart, John Doll*



*Thank you!
from your friends at empty tomb, inc, Champaign, IL*

ONE SUMMER'S DAY

TRUNK SALE

8-12

Saturday, August 10

Benefits C-U at Home

CASH ONLY



C-U at HOME
www.cuathome.us



at Good Shepherd Lutheran Church
2101 S. Prospect Ave., Champaign
Register for a spot:

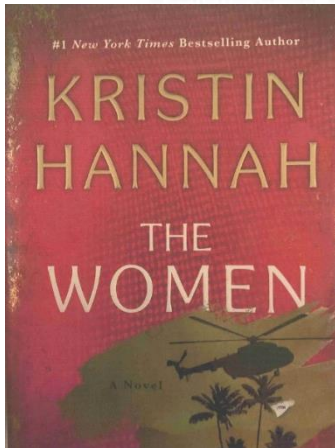


GSLC members and their friends are invited to bring their stuff and set up shop in the front parking lot. GSLC and CU at Home will handle the advertising, although you're welcome to promote it through your social media.

We have just two requirements:

- At least half of your sales will be donated to CU at Home.
- Cash only.

If you have any questions, contact Dan Corkery



WELCA BOOK CLUB

**Thursday
July 11, 9:30AM
GSLC Choir Room**

***The Women*
By Kristin Hannah**

This is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way, and whose sacrifice and commitment to their country has too often been forgotten. The war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protestors, and to a country that wants to forget Vietnam. It is a novel about deep friendships and bold patriotism.

Contact Jan Nuss if you have any questions.

Book for August is *Familia*
by Lauren E. Rico



WOMEN'S BIBLE STUDIES

**All groups meet in the
Choir Room**

**Ruth Bible Study:
Tuesday, July 16, 9:30AM**

**All women are welcome to
attend this study for the
summer.**

**We use the
WELCA
magazine
Gather. Copies
available near
the WELCA
bulletin board.**



WELCA will be collecting school supplies for Lutheran World Relief school kits from July 1 to August 18. Please place donations in the large box in the narthex, or monetary donations can be made on the church website, designating the donation for WELCA. If you would like to help sew school bags, please contact Rebecca Nef-Heffernan.

**School supplies needed for
each kit:**



- * 4 - spiral notebooks - wide-lined or college-lined (approx. 8 x 10.5 inch), 70-page count (no loose-leaf paper)**
- * 5 - black or blue ballpoint ink pens (no gel pens)**
- * 1 box of 16 or 24 regular crayons**
- * 1 pair of child-safe blunt scissors**
- * 1 - 2.5 in. eraser**
- * 1 pencil sharpener**
- * 1 plastic or wooden 12 in. long ruler marked in inches and centimeters**
- * 5 - unsharpened #2 plain wooden pencils with erasers**

Please contact Nancy Holm if you have any questions about the supplies.

INTRODUCING CAFÉ

Café is an online magazine and podcast for and with young adult women.

Café shares stories written by bold young women who write about faith, relationships, advocacy and more.

Readers and writers of Café include pastors, seminary and college students, and other young adult women who use Café as a Bible study resource.

Of special interest this summer is an at-home retreat. See details at the link below or pick up a paper copy in the Narthex.

Retreat where you are

Reprinted from

<https://www.boldcafe.org/retreat/>

By Kimberly Knowle-Zeller

Are you looking to carve out some time for yourself? Are you looking to connect with your faith? Are you looking to deepen your sense of the sacred in our midst? Come and retreat. This one-day retreat is designed for you. And the gift of this retreat is that you can take part right where you are.

It's divided into three sections meant to fill one day, but if you can't take a whole day away, divide the retreat into three days. Each section has a scriptural reflection to center yourself. You'll need a Bible, candle, a cup, something to take pictures, and a pen and paper.



SAVE THE DATE

WELCA SALAD SUPPER

Monday, August 26, 5:15PM

Join women of Good Shepherd in the Fellowship Hall as we enjoy a potluck salad supper and discuss upcoming activities. All are welcome.

YOUTH EVENTS

NEW ORLEANS YOUTH GATHERING

July 15 – 21



We're excited for this upcoming youth gathering!

Please be in prayer for our leaders and young adults as they attend this event. Adult Leaders, Pastor Lynette Chapman, Jenelle Keene and Greg Fisher, will be accompanying our youth congregational members including Donovan, Zechariah, Silas, Dylan, and Jeremiah.

FAMILY MINIATURE GOLF OUTING



Sunday, July 28

10:30AM

Old Orchard

Lanes & Links

907 N. Dunlap Ave.

Savoy

Join GSLC members, friends and families for fun, fellowship, and maybe a bit of friendly competition.

Old Orchard, located just north of the bowling alley behind the car wash on South Neil / Dunlap / US 45, has a nice 18-hole miniature golf course. We will meet at the clubhouse, break into groups, and golf! There are snacks and beverages available in the air-conditioned clubhouse.

The Discipleship Committee will cover the cost of one round of golf for any church members. Otherwise, the cost is \$8. Children 3 and under are free with a paying adult.

RSVP to Tim O'Connell

JULY SERVING SCHEDULE

	07/07/2024	07/14/2024	07/21/2024	07/28/2024 - OUTDOOR SERVICE
Acolyte	Reid Bruggman	Pasha Jacobs	Declan O'Connell	N/A
Communion Assistants	Samantha Fisher Dan Corkery Mary Szyzka	Rebecca Nef-Heffernan Marla Todd Aaron Jacobs	Carol Steinman Joe Chamley Dean Olson	Donovan Dewing Jake Brucker Nancy Holm Tori Corkery Nancy Olson
Reader	Betsy Kakoma	Lois McConomy	Tim O'Connell	Cinda Brucker
Chancel Care	Beth Followell	Beth Followell	Sue Plisch & Alex Dewing	Sue Plisch & Alex Dewing
Food Delivery	Ruth Meyer	Rebecca Nef-Heffernan & Laurie Johnson	Jenelle Keene	Gerald & Rosalyn Roosevelt
Flower Delivery	Dean Olson	Patty Hart	Carol Steinman	Deb Swanson
Nursery	Sadie Bruggman	Laurie Johnson	Amy Chamley	Carol Manley
Fellowship	N/A	Patty Hart	N/A	Nancy Holm
Usher	Susan Hinrichs	Jim Manley	Nancy Olson	Eric Brucker

If you are interested in serving as a volunteer on Sunday mornings, please contact Traci in the church office at staff@gscl-cu.org to be added to our volunteer list.

FACTS ON OSTEOPOROSIS

Osteoporosis is common, especially as we age. But all of us have the power to keep our bones strong and healthy.

Definition: Osteoporosis is a disease that makes bones weak and more likely to fracture or break and is often called the “silent disease” because it has no warning signs or symptoms until you break a bone.

Fractures happen most often in the wrist, pelvis, hip, spine and upper arm. Broken bones are serious. Not only are they painful, but they can also lead to long-term difficulties. For example, some people lose the ability to walk after breaking a hip.

Preventing: That’s why preventing breaks is so important. Knowing is key. Luckily, there’s a test your doctor can do. It’s called a DEXA scan, and it’s a special type of X-ray that measures your bone strength and thickness – telling you if you have osteoporosis or are likely to develop it. Experts recommend that women over 65 get a DEXA scan, as well as others (both women and men) at risk for osteoporosis.



Actions (1) Get your calcium. Think low-fat milk, yogurt, cheese and other dairy, as well as green leafy veggies. (2) Have foods and drinks high in vitamin (3) Eat fish, like salmon, tuna, halibut, mackerel, sardines and herring. (4) Don’t smoke. (5) Limit your alcohol. If you drink, don’t have more than two (men) or one (women) drink per day. (5) Get your exercise. Be physically active at least 30 minutes, most days of the week. (6) Make your home “fall proof” by adding better lighting, installing rails and grab bars, removing loose rugs, and tucking away electrical cords.

Remember even simple things can help prevent broken bones. No bones about it – even small steps like this can make a big difference for your health, safety and well-being.

~Sandy Reifsteck RN, Faith Community Nurse – GSLC



Pastor	Lynette Chapman
Parish Admin. Asst.	Traci Shepherd
Treasurer	Bob Clark
Organist	Linda Pein
Choir Director	Julia Hartman
Custodian	Dennis Lage
Parish Nurses	Sandy Reifsteck
	Elizabeth Kakoma
	Celeste Coverdill

Summer Office Hours
Monday – Thursday
8:00AM – 4:00PM
Closed Fridays

Deadline for Scroll is the 15th of every month.

Bulletin / Announcement / Shout Out Deadline is Wednesday at noon each week.

If you would like to receive a printed copy of the Scroll, please contact Traci at staff@gslc-cu.org. Paper copies are also available at the church.