



THE MONTHLY NEWSLETTER OF GOOD SHEPHERD LUTHERAN CHURCH, ELCA

# The Shepherd's Scroll

Preaching, Teaching, and Reaching in Jesus' Name

## FROM THE PASTOR'S DESK:

### A Small Starting Point



We celebrate Reformation Day on the last Sunday in October. Technically, Reformation Day is October 31<sup>st</sup>, but we move the celebration to the Sunday before. Reformation is a chance to remember our heritage as Lutherans, proclaim our core theology of Grace Alone, and lean into our identity as constantly reforming, beloved and baptized children of God, indwelt by the Holy Spirit.

One of the disciplines I like to take on during the month of October is to revisit one of Luther's writings. Last year, I reread "The Freedom of the Christian." The year before that, it was (I think) parts of Table Talk. This year, I'm rereading the Small Catechism.

Remember the Small Catechism? Maybe you had to study it in confirmation classes. Maybe you got a copy when you joined the Lutheran church for the first time. Do you remember anything in it? About it?

Luther wrote his Small Catechism\* as a tool for parents to use in the household to teach the faith to children. It follows a basic pattern of statement, question and answer. For example, he'll give the First Commandment of the Ten Commandments and then ask: "What is this? Or what does this mean?" The answer to that question is an explanation or paraphrase of the commandment. So, it ends up being: "You shall have no other gods." In other words, Luther writes, we are to fear, love and trust God above all things.

This way of teaching – making a statement, then asking a basic question and having a memorized, explanatory response – is older than Lutheranism, older even than Christianity, and is found in other religions and in non-religious learning, too. However, just because the responses were memorized, doesn't mean that they weren't inviting students to think or to think critically. It was meant as a starting point, a place to begin.

Take, for example, the Eighth Commandment: You shall not bear false witness against your neighbor. Luther writes, "What is this? or What does this mean? We are to fear and love God,

so that we do not tell lies about our neighbors, betray or slander them, or destroy their reputations. Instead, we are to come to their defense, speak well of them, and interpret everything they do in the best possible light.” Once you’ve learned the commandment and the response, you can start asking deeper questions, such as: Who is my neighbor? What is the line between information sharing and gossip? How do we defend them and where? How do we respond when someone lies about us or slanders us? What does it look like to interpret everything in the best possible light? Is that even possible? What is the role of repentance and forgiveness and grace when we get this wrong? In this way, the catechism becomes a starting point, inviting us more deeply into both theological and behavioral responses.

One part of Luther’s Small Catechism that’s not written as question and response is the section on Daily Prayer. In that section, Luther instead gives examples of what the daily practice of prayer in the Christian household could look like. For example, he gives this instruction for Morning Prayer:

*In the morning when you get up, make the sign of the holy cross and say:*

In the name of the Father and of the + Son and of the Holy Spirit. Amen.

*Then, kneeling or standing, repeat the Creed and the Lord’s Prayer. If you choose, you may also say this little prayer:*

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

*Then go joyfully to your work, singing a hymn, like that of the Ten Commandments, or whatever your devotion may suggest.*

I love the line, “then go joyfully to your work, singing a hymn”! But it’s hard, even for me as a pastor, to begin every day with extended prayer and recitation. It’s good to remember as we read this, that Luther came from a monastic tradition. He was a monk who prayed multiple times a day, whose life was marked and divided by daily prayer and study, work and worship. Our lives may not be quite so regimented. However, again, this prayer wasn’t meant to be THE prayer, but rather A prayer or an example of what you might pray, how you might begin your day.

Rich Melheim, in his Faith Five™ pattern, invites families to Share, Read, Discuss, Pray and Bless as a way of learning together. Share about your day, read scripture or catechism, discuss what you learn by asking deeper questions, pray together for common concerns or things that arise from the sharing or discussion, and then bless one another, remembering your baptism.

Barbara Brown Taylor, in her book, *An Altar in the World*, talks about “waking up to God.” For her, daily devotion, morning prayer, etc. is about remembering that God is alive and at work in the world, including in her life. She describes making a little altar in her heart – the pause to remember God’s presence, the pause to acknowledge or observe God’s movement, the pause to thank or praise or just be connected with the holy.

Luther’s prayer wasn’t that disconnected from Melheim or Taylor’s practices. All involve acknowledging God’s presence. All involve thinking and thanking and looking for God to be at work in your life and in the world. All are a way to reconnect each morning with the holy beyond ourselves, as a family or as an individual.

In other writings, Luther suggested that another way to begin each day was to remember our baptisms, to remember that “I am baptized!” every time we wash our face. In other words, to remember that we are beloved, claimed, forgiven, called, sent, saved, children of God.

This October, I encourage you to dig out your Small Catechism, to begin your day by making an altar in your heart, to practice the Faith Five™ with your loved ones, or to remember your baptized identity every time you wash your face. Learn the basics, and then go deeper. And, if you can’t find your Small Catechism, ask me – I’ll give you one, or you can download the app right on your phone or tablet. If you want to read Barbara Brown Taylor’s book, I recommend it. If you want to practice the Faith Five™ look at the description on page 11 in this newsletter. And if you want to remember your baptized identity as a child of God beyond your daily ablutions, come to worship: we’ll remind you every week.

Peace in Christ,  
Pastor Lynette Chapman

\*Luther also wrote a Large Catechism. If you’re interested, look it up. It’s a more challenging read, but worth the time.

# WORSHIP NEWS

**Sunday, October 6 - International Sunday,** featuring hymns from around the world. Worship will include the Blessing of Quilts and Health Care Kits; **During Cross+Gen, we'll assemble School Kits for LWR.**

**Sunday, October 27 – Reformation Sunday** Wear red or your favorite justice/political action t-shirt as we remember our call to follow God and change the world.

**Sunday, November 3 – All Saints' Sunday** We'll celebrate some unexpected saints and remember all who have died in the faith.

**Also in November – Stewardship Sunday, Thankoffering Sunday, Thanksgiving Eve Service, and Christ the King. Advent begins in December this year.**



## CROSS+GEN GATHERING

Join us in sampling a variety of international foods during **Cross+Gen on October 6** to go along with packing the school kits for Lutheran World Relief (LWR).



## ADULT FORUM TOPICS

### October 13 - Scriptural Images of God

Retired ELCA Pastor Janet Lepp discusses the hymnal supplement *All Creation Sings*, which includes 100 images from the Bible which help describe our triune God.

**October 20 - Estate Planning and Your Church.** Tim Urness, from Central/Southern Illinois ELCA Foundation Synod office, presents estate considerations that include your family, church, and charities.

**October 27 - Constant Conflict: Why Is It So Hard for Us to Understand the Futility of War?** Al Mytty leads a discussion on the consequences of the many continuing wars in the world, and our attempts to understand and stop them.



## YOUTH AND FAMILY MINISTER SEARCH UPDATE

We are still accepting applications and interviewing candidates.

Along the way, we ask for your prayers. In fact, here's a prayer that you could add into your daily prayer life as we're seeking God's guidance for this process.

**HOLY GOD, HEAR OUR PRAYER FOR OUR CONGREGATION AS WE CONTINUE TO SEEK A NEW YOUTH AND FAMILY MINISTRIES LEADER. MAY THE HOLY SPIRIT BRING US THE RIGHT CANDIDATE AND GUIDE US IN OUR INTERVIEWS, CONVERSATION, AND DISCERNMENT. AMEN.**



# SMALL GROUPS @ GSLC



## DWELLING TOGETHER

Sit down for a chat, conversation about a Bible passage, mutual support and prayer. Meets Sundays at 10:15 AM in the Small Group Room near the library. Led by Sue Plisch and Amber Bruggman.



**GSLC  
PIECE MAKERS**  
**Tuesdays  
12-3PM**  
**GSLC Quilt Room**

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.



## CANCER PRAYER & SUPPORT GROUP

**Thursday, October 24, 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.

# FELLOWSHIP EVENTS

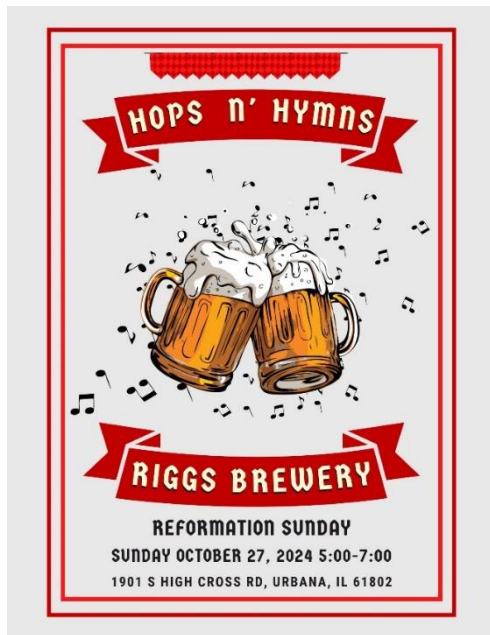


## OCTOBER FELLOWSHIP MEET-UP

**October 11, 11:45AM**  
**Panera, Champaign**

Join other GSLC members for a lunch meet-up at Panera (corner of Kirby and Mattis in Champaign). Grab your lunch and look for Gail Block who will be there to host.



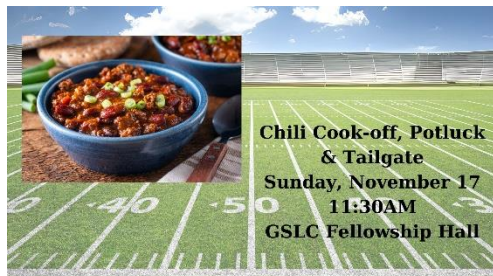


### HOPS N' HYMNS

Sunday, October 27, 5-7PM  
Riggs Brewery, Urbana

**GSLC BOOK GROUP**  
Join us in November!

**\*SAVE THE DATE\***  
**CHILI COOK-OFF, POTLUCK, NFL FOOTBALL**



Sunday, November 17, 11:30AM  
GSLC Fellowship Hall

Get ready to cook up a batch of your favorite chili and share it at our chili cook-off event. Sign-up sheet will be in the Narthex. Don't feel like competing? No problem, but please come join us anyway. We will also have another sign-up for other potluck items you can bring to share. Save the date to try some delicious chilis and other foods and watch the Bear-Packer game. Wear your favorite sports team gear!

## COMMUNITY OUTREACH

**CROSSROADS COFFEEHOUSE RETURNS**  
Sunday, October 6, 6-8PM  
GSLC Fellowship Hall

## 12 BASKET CHALLENGE SUCCESS!!

THANK YOU ALL for your generous donations that helped fill the shelves in the Donna Clark Food Pantry. Your support is greatly appreciated, and your donations have already helped several families this past month.

Donna Clark was a person passionate about helping those who were hungry, and your support allows us to continue her good works. **Thank you to Carol Manley for the following article shared in the November 2023 Scroll.**

GSLC archives information on our food pantry indicates its earliest beginning in December 1976, when Church Council minutes make mention of a report by Jeretta Hecht of a new organization in the community with the name, empty tomb. Later, Administrators, John and Sylvia Ronsvale visited Good Shepherd and encouraged our partnering with empty tomb, inc. by delivering food to residents in need.



We started a modest program in early 1981 calling it "Loaves & Fishes."

Donna Clark was one of the earliest food delivery volunteers. It appears we did not have a pantry but collected small baskets of food and then purchased groceries prior to making deliveries. Little mention of this program was made in archived records for several years other than a line in the annual report.

During 1987, a substantial renewal of the effort and growth of the pantry was shown.

Steve Nesbitt was chair of the Service Committee and makes mention of Donna's work. In the 1990 annual report, Donna Clark is identified as coordinating the food program, finding volunteers, receiving calls from empty tomb, and scheduling volunteers to deliver weekly food. Similar reports of Donna's leadership are listed in Service Committee reports in subsequent years by later Service Chairs, Sue Eagan and Cheryl Austin.

It appears starting in 1987, when the food pantry was being more established, the delivery program was ramped up. Donna did the coordinating that Parish Admin. Asst. Traci now does with empty tomb, and she recruited volunteers as Patty Hart & Bob Clark do. She made up the food delivery schedule that Traci handles, cleaned the pantry, checked food expiration dates, went shopping and made food deliveries.

During this time the pantry was enlarged, expanded, and a refrigerator/freezer space was added. Our 100 plus families-a-year delivery program of today had its beginnings in the work done back in the early nineties by Donna Clark. Donna stayed very active with the Service Committee - especially the food pantry - until her health failed.



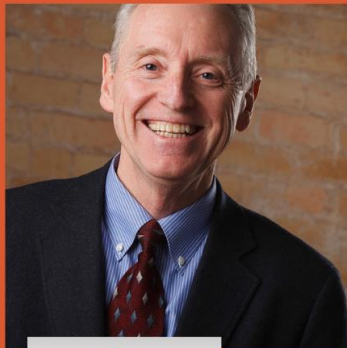
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Surviving Parental Estrangement:  
How to cope when adult kids  
disappear from your life

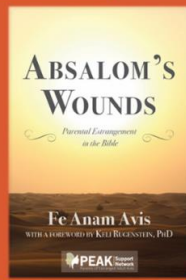
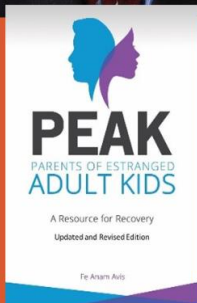


**Saturday, October 26  
8-11 AM**

**\$20 includes materials and breakfast**



Featuring Fe "Faith" Anam Avis,  
author of *PEAK: Parents of  
Estranged Adult Kids* and  
*Absalom's Wounds: Personal  
Estrangement in the Bible* and  
founder of PEAK Support Networks  
throughout the country.



**Register  
Here**



Presented by Good Shepherd Lutheran Church  
2101 S. Prospect Ave., Champaign, IL



## Did you know?

- **Estranged parents and grandparents exhibit trauma symptoms akin to those returning from combat zones.**
- **Estranged parents are often isolated and stigmatized.**
- **1 in 4 persons over 18 is estranged from a family member - that's over 50 million people in the US alone.**

## Program Description

**Family estrangement in general and parental estrangement in particular is being recognized as an emerging public health problem in our society. Roughly 70 million persons over the age of 18 indicate they are estranged from a family member, and one in eight parent-adult child relationships is estranged. In this seminar, participants will learn both practical skills for making a life-changing difference for estranged parents and coping skills if they themselves are estranged from adult children.**

## About the Presenter

**Fe Anam Avis describes himself as an entrepreneurial humanitarian. Over the last twenty-five years he has created sustainable initiatives helping people deal with some of the most devastating problems in life including hurricane relief, HIV AIDS among orphans in Central America, victims of domestic violence, and suicidal desperation. In 2018, he founded the PEAK Support Network to help Parents of Estranged Adult Kids recover from the complex trauma of extrangement. PEAK was birthed in the Hendersonville-Asheville region of western North Carolina. Since then, he has connected with hundreds of estranged parents, led multiple recovery groups, and conducted SPEAK training for therapists, clergy, life care professionals, and financial planners. He is the author of twenty books, including daily devotionals for estranged parents and those recovering from suicidal thinking.**

## Objectives

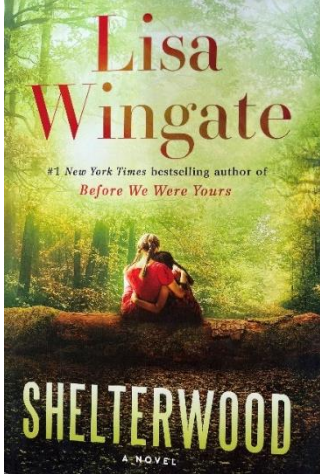
**Our hope is that participants will be able to:**

- 1) Define what we mean by parental estrangement.**
- 2) Make a faith connection to an example of estrangement.**
- 3) Articulate the characteristics of parental estrangement.**
- 4) Identify the various aspects of parental trauma.**
- 5) List solutions that do not work.**
- 6) Identify possible indicators of an estranged parent.**
- 7) Engage an estranged parent be able to participate themselves in an affirming, healing conversation using the REACH model.**
- 8) Assemble an estranged parent resource kit.**



Sponsorships are available for those in financial need.

We encourage you to register online using the QR Code on the previous page, however if you have any problems doing this, you are welcome to call Traci in the church office and she can register you. Credit card payment is preferred.



### WELCA BOOK CLUB

**Thursday**  
**October 10, 9:30AM**  
**GSLC Choir Room**

***Shelterwood***  
**By Lisa Wingate**

This novel is based on a true story of Oklahoma pioneer women who fought to defend children from land barons seeking oil wealth in 1909. It changes to a modern-day park ranger who rediscovers their story. This emotional novel traces the story of children abandoned by the law and the battle to see justice done. Questions, contact Jan Nuss. Book for November is *Someone Else's Shoes* by Jojo Moyes.



### WOMEN'S BIBLE STUDIES

**Groups meet in**  
**Choir Room**

**All women are welcome!**

**Ruth Bible Study:**  
**Tuesday, October 15, 9:30AM**

**Rachel Bible Study:**  
**Monday, October 28, 2:30PM**



**\*SAVE THE DATE\***  
**WELCA CHRISTMAS BRUNCH**  
**December 14 @ GSLC**



### PACKING LWR SCHOOL KITS

**Sunday, October 6**  
**10:15AM**

Join us to pack school kits for Lutheran World Relief during Cross+Gen time in the Fellowship Hall including special snacks and a short talk about where all the LWR kits and quilts are sent. Many hands are needed to get these school kits on their way around the world! Questions, contact Nancy Holm.



### WELCA BAKE SALE

**Sunday, October 20, 10AM-1PM**

It's time once again for the WELCA annual fall bake sale! Grab some home-baked goods, from cookies and brownies to sweet breads and cakes, and a pumpkin from the pumpkin sale and get into the feel of the fall season.

There will be suggested prices but any free-will offering will be gratefully accepted! Proceeds from the bake sale fund WELCA's donations to local charities.

Sign-up sheet can be found on the table in the narthex. Please be sure to follow CU Public Health guidelines found at: [C-U PHD Bake Sale Guidelines](#), listing the ingredients and your name or initials. Items can be dropped off on Saturday the 19<sup>th</sup> from 10-1

To volunteer at the bake sale contact Nancy Olson at or Doris Snyder.

# YOUTH NEWS

Have you ever looked up at the banners in our Fellowship Hall? Ever wondered why those five words – Share, Read, Discuss, Pray, and Bless – are up there? They come from Rich Melheim, a Lutheran teacher and innovator, who introduced and promoted what became known as his Faith Five™ pattern for families or groups to use together. It’s not a new idea; it’s been around for a while – we’ve even used it here at GSLC in the past. But it’s a good idea, and it’s well worth reviewing.

This fall, we’re using this basic pattern in our older two Sunday School classes, with the Read and Discuss portions being the curriculum. We’re also going to use it as the foundation for our Cross+Gen event on the first Sunday in November. But you can use this pattern at home, too. Here’s a quick intro as to how:

**Faith 5**  
Every night in every home

- SHARE** highs and lows
- READ** a Bible verse or story
- TALK** about how the Bible reading might relate to your highs and lows
- PRAY** for one another's highs and lows
- BLESS** one another

[www.faith5.org](http://www.faith5.org)

**Share.** Share both highs and lows. What good things happened today? What didn’t go well?

**Read.** Read a bible verse (from a devotional, app, or other resource); read a bible story with younger kids; read part of the Small Catechism. Whatever you read, read together, then:

**Discuss.** Talk about what you read. Connect it to the sharing of your days. Pay attention to how God has been at work in your days.

**Pray.** Thank God for the ‘highs’. Ask for God’s help or comfort with the ‘lows’. Keep it simple.

**Bless.** Offer each other a simple blessing: “Remember that I love you and so does God.” “May you sleep in peace tonight.” “God go with you today and tomorrow.” Make the sign of the cross on each other’s foreheads or hands to remind everyone that they are baptized and beloved children of God.

That’s it! It can be done as part of a dinner or bedtime routine. It can be done daily or a few times a week. You can do it with a family or just with a spouse or partner. Try it out! Lean into the holy in our world. Take a few minutes to connect with each other, with your God, and with your faith.



## TEEN YOUTH GROUP!

**Saturday, October 19**  
**6-8 PM**  
**7<sup>th</sup>-12<sup>th</sup> Grades**

Devotions, games, fire-pit, conversation, food (hotdogs and smores over the fire), Sardines, and more. Bring a lawn chair!



## YOUNGER YOUTH GROUP!

**Saturday, October 26**  
**4-6 PM**  
**4<sup>th</sup>-6<sup>th</sup> Grades**

Youth are welcome to wear their Halloween costumes, if desired. Age-appropriate devotions will be for All Hallow’s Eve (a Christian holy day before All Saints). Games, Sardines, and more!





## PUMPKINS, PUMPKINS, PUMPKINS

Fall is in the air, the calendar has flipped and the weather and trees are starting to show signs of fall. You might have wondered if Good Shepherd is doing pumpkins this year. Look at the marquee out front, check out the piles of pallets accumulating in the back parking lot. Pumpkins are on the way. Delivery is scheduled for 9AM Saturday October 5<sup>th</sup> and we'll need help unloading around 1500 pumpkins.

The annual pumpkin arrival has become a Good Shepherd tradition. All year long as our members are out and about Champaign Urbana we're periodically asked where we go to church and when we say, "Good Shepherd Lutheran" a common response is "Oh yes that's the pumpkin church isn't it?" or "Sure I know that church, my family always enjoys the Live Nativity." Funny how others see us.

Pumpkin sales and how we expand our mission work with the sales commissions our youth earn is terrific. We sent youth and sponsors to the National Youth Convention in New Orleans this summer for a week of time growing in their faith, meeting other Lutherans from around the country, doing service projects, and maybe just possibly giving our kids an opportunity to have a life changing experience.

Families that stop by sometimes will say "We've been buying here for years, and our kids really love your pumpkins and wagons", "I really like how your church beautifies the neighborhood with all those pumpkins", and occasionally, "Tell me a little about your church". It's a feel-good moment when you can end a conversation with "Thank you for stopping by and getting your pumpkin here and remember you're always welcome at Good Shepherd".

Think how you can be a part of this fall event. From the pumpkin unloading until we're sold out, we need sales volunteers from 10am-6pm seven days a week. **A signup sheet will be in the narthex or you can sign-up using this link: [Pumpkin Sales Sign Up 2024](#)**

Stop and buy a pumpkin and spread the word. This is a good fundraiser for our youth, the funds earned help send our kids places and expand their vision in ways that may help grow their faith, and finally the ability to interact with the public is just one more way we can all be about our mission of Preaching, Teaching, and Reaching in Jesus's name.





## Round Table Dinners

Help us bring back this great fellowship opportunity by signing up to participate in Round Table Dinners.

We're looking for a few folks to serve as hosts - but don't worry, it doesn't mean you have to clean and cook! As a host you're just responsible for contacting and planning an event with the group you're assigned. It could be dessert, a potluck, a pizza party, or just meeting at a restaurant for dinner or lunch - it's up to you and your group.

If you're interested in participating, send an email to [amy.chamley@gmail.com](mailto:amy.chamley@gmail.com) with your cell phone number, and let us know if you're willing to host.

More information will be coming soon!





## Bell Choir Practices



## Outdoor Worship Service



## Dedication of our Gaga Pit



**OCTOBER SERVING SCHEDULE**

	10/06/2024	10/13/2024	10/20/2024	10/27/2024
Acolyte	Donovan Dewing	Levi Todd	Jake Brucker	Declan O'Connell
Communion Assistants	Nancy Holm Susan Hinrichs Rebecca Nef-Heffernan	Nancy Olson Lois McConomy Lucas Barreto	Dylan Keene Carol Steinman Mary Szyzka	Samantha Fisher Tim O'Connell Tori Corkery
Reader	Sue Plisch	Marla Todd	Agatha Barnes	Joe Chamley
Chancel Care	Gail Block	Gail Block	Agatha Barnes	Agatha Barnes
Food Delivery	Gerald & Rosalyn Roosevelt	Don & Gail Block	Gloria Arizaga	Nancy McCowen & Carol Manley
Flower Delivery	Jenelle Keene	Gail Block	Patty Hart	Agatha Barnes
Nursery	Dylan Keene	Jeremiah Todd	Jenelle Keene	Lisa Young
Coffee/Donuts	Nancy Holm & Patty Hart	Don Block & Kim McFarland	Don Block & Nancy Olson	Don Block & Becky Fisher
Usher	Dan Corkery	Dean Olson	Patty Hart	Becky Fisher
Livestream	Darrell Hoemann	Darrell Hoemann	Jeff & Logan Young	Darrell Hoemann

If you are interested in serving as a volunteer on Sunday mornings, please contact Traci in the church office at [staff@gslc-cu.org](mailto:staff@gslc-cu.org) to be added to our volunteer list.



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

**OFFICE HOURS:**  
**Monday – Thursday**  
**8:00AM – 3:00PM**  
**&**  
**Friday 8:00AM-Noon**

***Deadline for Scroll is the 15<sup>th</sup> 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](mailto:staff@gslc-cu.org).  
Paper copies are also available at the church.***