



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:

"Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God- what is good and acceptable and perfect."

- Romans 12:2



Over the past year, we've been praying for the Holy Spirit to come and move among us, to breathe new life into Good Shepherd and to weave us into the future God imagines for us. This prayer has been posted in our building and prayed before and after meetings and choir rehearsals and retreats. We've used it in our personal devotions and prayed it together in Sunday worship. And along the way, we've also had occasion to ask, "Really, Holy Spirit? Is this what you're doing in our midst? I think we would have chosen something else, if we'd been given the chance." Because in the last year, we've also had to find a new nursery attendant, we've said goodbye to our Parish Worker, Marilyn Dudley as she retired for health reasons (and then later passed away); we've seen our Youth and Family Minister, Deacon Jason be called onto the Bishop's staff; and our longtime organist, Linda Pein, also retired for health reasons.

These staff turnovers have all been for good reasons and have taken Deacon Jason to a new place in his career and allowed Marilyn and Linda well-deserved retirements. We've been able to celebrate and thank all of them in different ways. But it has forced us to discern together what is the will of God for Good Shepherd, for our staffing, for our immediate future.

The Holy Spirit IS at work, helping us discover and discern, guiding us into the next iteration of our life together. With these retirements and Jason's new synodical position, we've been asked to reconsider our priorities, to hold up our values of faith, authenticity, community, service, creativity, and flexibility in new ways. Along the way, we've been asked – as leaders, as a pastor,

as a congregation – to make decisions that will impact our ministry for years to come. I know we won't always get it perfect – I know I won't always make perfect decisions - but Paul, in Romans, reminds us that in discerning the will of God, sometimes 'good' and 'acceptable' are also the outcome.

That said, there have been lots of good and pleasing things happening through the work of the Holy Spirit this past year – lots of new life brought by the Spirit moving in and through us: In no particular order, we welcomed 11 new people, redid a room into a small group room, kept Youth and Family ministry going during Jason's sabbatical and after his leaving; raised up new leaders, started a quilting group; and welcomed several new groups to use our space, including Sunrise Rotary and Cornerstone Homeschool Group and the C-U Drama Makers. We also managed Marilyn's retirement, redistributing the work she had been doing between other staff and some volunteers; celebrated Linda at her retirement and hired a new keyboardist/Bell Choir director (Leon Harrell – who started August 1). We took a group of 11 to New Orleans for the National Youth Gathering; expanded our work with Storybook Project; our Crossroads Coffeehouse gained momentum; we rebuilt a new, more welcoming website; had an amazing stewardship response and growth, including the creation of our first narrative budget. We participated in a Christmas Cantata with combined ELCA choirs; welcomed a huge attendance at Christmas Eve services; hosted the new Bishop, Greg Busboom on April 21; and you all supported me through a major eye surgery. I'm sure this is not a comprehensive list. Take a look at the reports from our various committees and teams and you'll see a lot more ministry, a lot more discipleship, a lot more worshipping and serving and growing and experimenting, a lot more of the work of the Holy Spirit in our midst.

We've been praying, too, for the Holy Spirit to weave us into the future God imagines for us. With a new musician, worship will change and grow in new ways. Once we do hire a new Youth and Family worker – and see who that hiring process brings us – we'll have new ideas and opportunities emerge in that part of our life together, too. In the meantime, even in the absence of a Youth and Family worker, we are still planning to restart youth group, and we are rethinking confirmation ministry. We have leaders looking at starting women's retreats, growing an advocacy group, continuing the RIC process, and more. I am currently talking with some of our young adults about the possibility of young adult ministry or pub gatherings.

In short, we want to be creative and innovative, not doing everything or trying to be everything for everyone, but still encouraging leaders to try new things, to build community around shared causes or interests, to strengthen and broaden our worship life, to have opportunities to not just reach out to others but also connect with God in prayer and guided retreat. It's an exciting time to be renewed, to be in discernment, and to seek the will of God – be it perfect or just very good.

In his post about his visit to Good Shepherd on April 21, 2024, Bishop Greg Busboom said, “This congregation is overflowing with life, energy, and joy!” That life, as we well know, is the life of the Spirit. Energy comes from our purpose and mission to serve others and make a difference. And joy is a gift we receive when we gather, worship, and serve God together in this community. As we think about some of the challenges we face in the months ahead, primarily around staffing and visioning, I hope that we can continue to overflow with life, energy, and joy – and that the new people who come to be part of this congregation and staff feel it too.

Thank you all, for another year of serving God together in this place. Special thanks to Linda Pein and Marilyn Dudley and Deacon Jason Fisher for their partnership in the gospel ministry we shared. Thanks, too, to Julia Hartman and Ray Chapman, Dennis Lage, Leon Harrell, and Traci Shepherd for their continued work and leadership as part of an amazing staff. Each one of them has been diligent and creative, hard-working and faithful in their work here, and I am blessed to be able to lead them.

And, whether I’m thinking about our staff or our entire congregation, I continue to be grateful for the Holy Spirit’s bringing us together and allowing us to be transformed and renewed as a community of disciples.*

In the love and joy of Christ,

The Rev. Lynette R. Chapman, M. Div.
Pastor

*This is a reprint of Pastor’s annual report.

WORSHIP NEWS

Sunday, September 1 – stay after worship for a watch party as we cheer on Paralympian Susannah Scaroni!

Sunday, September 8 – Outdoor worship on the front lawn followed by a social time with refreshments including ice cream provided by the Fellowship Committee, the dedication of our new gaga ball pit, and the kick-off of Sunday School (including a service project for God’s Work – Our Hands) Choir returns this Sunday!

Sunday, September 15 – Sunday School, Adult Forum, and Dwelling Together start meeting at 10:15.



YOUTH AND FAMILY MINISTRY COORDINATOR

We’re still looking for someone to lead our Youth and Family ministries. Do you know of someone who would be a good fit? Perhaps a recently retired teacher or a parent who’d like part-time work? Please have them reach out to Pastor Lynette.



TEACHERS/HELPERS NEEDED

We always need extra hands in Sunday School, especially in our youngest classrooms. If you are available, please sign up on the bulletin board in the hallway (near the library). Without you, Sunday School won’t be possible!



SUNDAY SCHOOL RETURNS

Sunday School returns for the year on **Sunday, September 8** beginning with a fun intergenerational event and dedication (and painting!) of the gaga ball pit.

Sunday School continues after that at 10:15 every Sunday (excluding holidays). **Our popular Cross+Gen gatherings will happen on the first Sunday of October, November, and December.** And classes for K-3, 4-6, and 7-12 will be held the other Sundays of the month. Parents are asked to volunteer to help in the classrooms at least once a month.



ADULT FORUM RETURNS

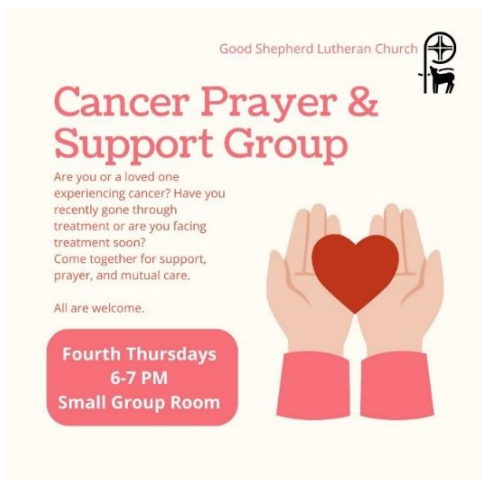
Adult Forum topics vary from week to week, but include speakers, presentations, Bible Study, and more. Led by Dean Olson and Pr. Cinda Brucker. **Starts Sunday, September 15.**



DWELLING TOGETHER

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

SMALL GROUPS @ GSLC



CANCER PRAYER & SUPPORT GROUP **Thursday, September 26, 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.

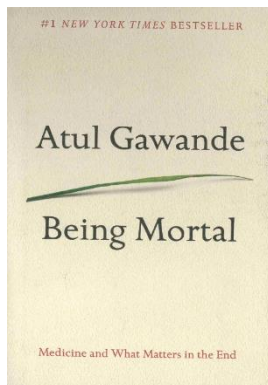


GSLC **PIECE MAKERS** **Tuesdays** **12-3PM**

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.

FELLOWSHIP EVENTS



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

"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?



DONUTS AND **COFFEE** **RETURN**

Donuts and coffee return this month following Sunday church services **beginning on September 15.**

Thanks very much to our volunteers who will be serving the donuts and coffee each Sunday.

INTERNATIONAL FOODS FOR CROSS+GEN

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). The school kits will be sent all over the world to those in need.

THANK YOU FOR OUR TRIVIA AFTERNOON EVENT ON AUGUST 18

A big thank you to Joe Chamley for being the emcee, to Dan Corkery and Steve McConomy for being the judges, and to Kim McFarland and Michelle Rome for coordinating the refreshments for the Trivia event. Watch for another opportunity to participate in trivia at Good Shepherd in February or March.

SAVE THE DATE

CHILI COOK-OFF, POTLUCK, NFL FOOTBALL Sunday, November 17, 11:30AM GSLC Fellowship Hall

Plan to attend this fellowship event! It will be a great opportunity to chat with fellow GSLC members while trying different chilis along with other delicious food and watching an NFL Football Game!

Watch for more details in the October Scroll about signing up to enter your chili in the contest, contributing other food for the potluck, and watching the Bear-Packer game that day.



STORYBOOK ACTIVITIES

The Storybook volunteers had a successful visit to the Danville Correctional Center on July 24. Thirty-three participating inmates read books which were mailed to forty-four children waiting at home.

Our team is currently 12 volunteers strong with 3 from St. Matthews Lutheran Church, Urbana; Jill Quisenberry, Anne

Anderson, & Carolyn Adams and 9 from Good Shepherd, Champaign; Bob Clark, Tori & Dan Corkery, Jodi Davis, Betsy Kakoma, Doris Snyder, Lois McConomy, and Robby Cekander.

The Storybook Project is an LSSI-facilitated program that encourages incarcerated parents, grandparents, (We had a great grandparent read on the 24th) and others to record themselves reading an age-appropriate children's book they have selected with the help of volunteers from the books the Storybook team have displayed in the prison chapel. After the recording a volunteer burns a CD and prepares the book and CD for mailing. Finally, within a couple of hours team members have the package mailed and on its way to the child. You should see the smiles on the inmate's face when told the book and his recording will be delivered to their child's doorstep in a day or two.

Our Storybook volunteers, usually five or six in number, make monthly visits to the Danville facility. We are planning to meet with the Chaplain of the Decatur women's prison to start a similar program there.

You can be a part of the Storybook project. Please pray for our volunteers, the prisoners who read, and their children separated from their dads who love them. Costs of this program are small, but donations to help purchase books and pay postage are always welcome. Checks should be made payable to St. Matthews and have Storybook project noted in the memo line.

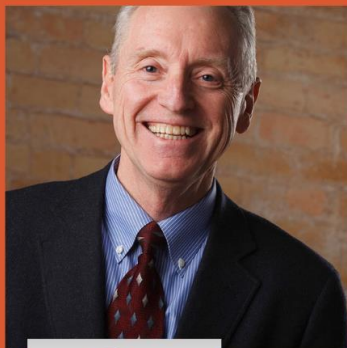
Ghosted

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

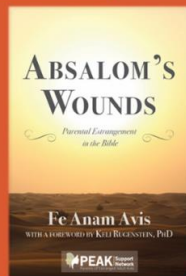
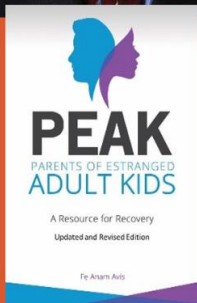


**Saturday, October 26
8-11 AM**

\$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:

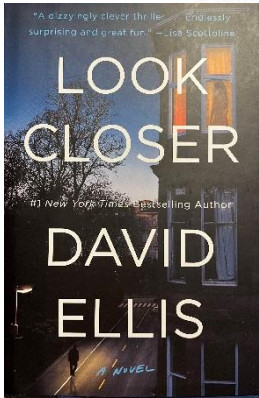
- 1) Define what we mean by parental estrangement.**
- 2) Make a faith connection to an example of estrangement.**
- 3) Articulate the characteristics of parental estrangement.**
- 4) Identify the various aspects of parental trauma.**
- 5) List solutions that do not work.**
- 6) Identify possible indicators 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.

Women of the ELCA



WELCA BOOK CLUB

Thursday
September 12, 9:30AM
GSLC Choir Room

Look Closer
By David Ellis

The twists and turns in this intricately laid out plot are dazzling. Simon and Vicki seem very normal. They are a wealthy Chicago couple with a stable, if not an unexciting marriage. However, with these two absolutely nothing is what it seems to be. While both Vicki and Simon are liars just who exactly is conning who? Be prepared to question everything you think you know in this wickedly clever novel of greed, revenge, obsession, and quite possibly the perfect murder.

Contact Jan Nuss if you have any questions.

Book for October is *Shelterwood*
 by Lisa Wingate.



WOMEN'S BIBLE STUDIES
Groups meet in Choir Room

Ruth Bible Study:
Tuesday, September 17, 9:30AM

Rachel Bible Study:
Monday, September 23, 2:30PM
All women are welcome!

SEPTEMBER – OCTOBER – NOVEMBER 2024 WELCA BIBLE STUDIES by Rev. Heidi Haverkamp

“Receiving grace: A study of Ephesians” (in three sessions.)

1. Is grace real?
2. Grace-filled living
3. Living as children of Light

Study with guidelines and scriptures' reference is featured in the GATHER magazine Sept.-Oct. issue along with the writer's background and other inspirational related articles. Copies available at Good Shepherd in a rack in the center hallway near the bathrooms.

YOU would be warmly welcomed to take part in this time together for seeing how God's Word can enlighten those who look to it for today's guidance.

THANK YOU

A big thank you to Rebecca Neff-Heffernan for coordinating the sewing of 100 school bags for LWR this year and to all the women who sewed the bags. Also thank you to our church members who generously donated school supplies or made monetary donations for this project. **We are planning to pack the school kits during Cross+Gen on October 6, so please join us for that.** Many hands make the process go faster!

WELCA NEEDS BOXES FOR LWR

Medium to Large boxes needed for packing and shipping of school bags and quilts for Lutheran World Relief this fall. If you have any extras, please leave them in the nurse's office. Thank you.

YOUTH NEWS

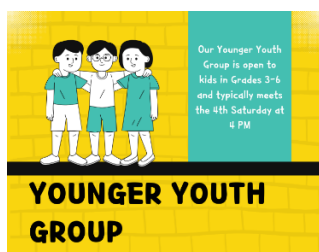


TEEN YOUTH GROUP!

Our first gathering will be Saturday, September 14, 6-8 PM.

Meet at the church for supper, Sardines, devotions, and more. We might even choose a name for our group!

Youth Group is for teens Grades 7-12 and typically will meet Second Saturdays at 6pm.



YOUNGER YOUTH GROUP!

Our First gathering will be Saturday, September 28, 4-6 PM

Meet at the church for Gaga ball, games, devotions, and more. We will talk about some names for this group, too!

This younger youth group is for kids Grades 3-6 and typically will meet Fourth Saturdays at 4pm.

CONFIRMATION REIMAGINED

This year, we are offering families the opportunity to combine Sunday morning Sunday School with Confirmation instruction.

The curriculum Pastor is planning to use for the oldest Sunday School class this year (and next) can double as the backbone of confirmation learning. So, here's what is

being proposed for those who'd like to be confirmed:

- Attend Sunday morning Sunday School classes regularly - at least 3 weeks/month.
- Participate in Youth Group (Second Saturdays starting in September).
- Attend 4 mini retreats with me over the 2 years. (I'll schedule at least 6 with parental input - but they would most likely be Saturday mornings. You attend 4 of those 6. Make-ups will be available if necessary.)
- Do a service project (of your choosing, but with certain parameters).
- Participate in worship leadership in some way (reading lessons, assisting with communion, ushering, etc.).
- Attend either Confirmation Camp OR Leadership Lab (summer of 2025; church will help pay; if there's an issue with going away overnight we can find an alternative).

Confirmation would be (most likely) May 24 of 2026 if you start this fall.

Of course, if you want to continue with or start the independent study format, that's fine. Pastor would want to meet with you on a fairly regular basis to help you progress through the material.

Also, even if you don't want to pursue confirmation, we encourage you to have your kids participate on Sunday mornings and in Youth Group. Both of those things will be for ALL of the teens in our congregation, not just those looking to be confirmed.





MIND YOUR MEDS: SIMPLE STEPS TO KEEP YOU SAFE

HOW TO BE DRUG SAVVY:

1. If admitted to the hospital, take your drug list along for easier and more accurate history taking as you may be too sick or stressed. It could be in your record best to do a cross check with what you are taking.
2. When filling prescriptions choose the least busy time of day at the drugstore.
3. Prepare a detailed list of your drugs, the amount you take, when you take, and what it is for.
4. Keep your medication list in the glove compartment of your car including prescription and over counter.
5. Be assertive when your provider gives you a new drug and know why you will be taking it.
6. If offered medication counseling at the pharmacy, say yes, ask questions! Especially if it is a new drug.
7. The pharmacy should tell you when they have substituted a different generic drug as it may look different – Question this if it looks different to you.

8. Buy drugs from a single Pharmacy. Most have computer programs to catch drug interactions. People over 65 take an average of 4-6 medications. Once you get to 4 medications the risk for an adverse event increases.
9. Medication containers are available at all pharmacies. If you are taking 4 or 5 meds (prescription and over the counter) this is a good investment. Avoid just dumping them out of containers.

A FEW FACTS: Health Report: by Beth Howard – AARP Magazine

1. Medication errors can be a serious health risk as reported several years ago in the landmark report “*To Err is Human*” by the Institute of Medicine.
2. Medication errors result in at least 1.5 M preventable injuries per year in hospitals and \$3.5 billion in extra medical costs.
3. Older people are most likely to be hospitalized for medication-related injuries and side effects, and the Food and Drug Administration report that almost half of errors that end in death occur in those over age 60.
4. Be your own Advocate for your Healthcare!

Sandy Reifsteck RN, Faith Community Nurse
GSLC

SEPTEMBER SERVING SCHEDULE

	09/01/2024	09/08/2024 OUTDOOR SERVICE	09/15/2024	09/22/2024	09/29/2024
Acolyte	Andrew Todd	N/A	Donovan Dewing	Zechariah Fisher	Dylan Keene
Communion Assistants	Marla Todd Jeremiah Todd Dean Olson	Dan Corkery Nancy McCowen Becky Cook	Lois McConomy Jim Manley Joe Chamley	Becky Fisher Carol Steinman Gail Block	Jenelle Keene Cinda Brucker Nancy Holm
Reader	Nancy Olson	Tori Corkery	Amy Chamley	Greg Fisher	Susan Hinrichs
Chancel Care	Mary Szyszka	Mary Szyszka	Doris Snyder	Carol Steinman	Carol Steinman
Food Delivery	Doris Snyder & Carol Manley	Agatha Barnes	Ash & June Waller	Susan Hinrichs	Shelly Cekander
Flower Delivery	Dean Olson	Laurie Johnson	Lois McConomy	Gail Block	Patty Hart
Nursery	Samantha Fisher	Sadie Bruggman	Carol Manley	Lisa Young	Marla Todd
Coffee/Donuts	N/A	Nancy Holm & Jim Manley	Don Block & Laurie Johnson	Don Block & Samantha Fisher	Don Block & Lisa Young
Usher	Rebecca Nef- Heffernan	Tim O'Connell	Sue Plisch	Ash Waller	Patty Hart

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.



Harold & Carol Moe's 70th Anniversary Party



Welcome to New Member Becky Cook





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 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@qslc-cu.org.
Paper copies are also available at the church.***

