

February 2012



Lutheran Church of the Good Shepherd (ELCA)
1325 North 45th Avenue East, Duluth MN 55804-1507
(218) 525-1922 " FAX (218) 525-1318
Website: www.lcgsduluth.com

LUTHERAN CHURCH OF THE GOOD SHEPHERD

MISSION STATEMENT:

*A Community of Christ
Experiencing God + Reaching Out + Nurturing Faith*

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**Change of Address
Reminder...**

If you have moved or are planning to move, please call the church office or send us your change of address. It takes only a minute and saves us both time and money.

Thank you!



Would you like to receive this **newsletter via email**? Check it out in full color! Call or email the church office or go to www.lcgsduluth.com, to sign up.

Receiving this newsletter in error? If you are no longer attending, or now are a member of a different church and wish to be taken off the mailing list, please let us know at 218-525-1922 or office@lcgsduluth.org.

We're on the web at
www.lcgsduluth.com
Check it out!!



March Newsletter Deadline:

Tuesday, February 21

As a reminder, bulletin announcements and newsletter articles can be submitted electronically. Articles in any other format should be brought to the office. Thank you!

I arrive at St. Mary's Medical Center, head to the second floor, and enter the Grief Support Services (GSS) office. I check in with GSS secretary Jennifer Nelson, then prepare for my next appointment.

Since August, I have been learning from Ben Wolfe, the founder and director of the services, along with GSS counselors Pat Sigford (of our congregation) and Gina Dixon. I am deeply honored that I get to have my graduate studies field placement (internship) with these outstanding people.

With each new person who comes to see me, I never know what the particular grief will be about – so far I have met with parents of murder victims, with family members of people who have committed suicide, with parents who have had a child die, with young children who have had a parent die, and with people (of a range of ages) whose spouse has died.

In addition to the individual counseling, I have been involved in the Senior Citizen's Grief and Loss Support Group, the Young Person's Grief Support Programs, and the Suicide Family Members Support Group.

My field placement gives me intensive practice in the learning I am receiving in my graduate classes at UMD. I am working toward a Masters of Social Work (MSW) degree, a course of study which focuses both on a clinical track of how to work with individuals and families, and also a track which looks at how to be engaged in helpful community-wide services. I will be finishing this advanced degree work in May.

Last year, my field placement was with the Lutheran Social Services (LSS) Renaissance House, a transitional living program for homeless youth ages 16 to 21, designed to help these young people move into independent living. Our congregation is one of six member churches supporting Renaissance House. I have such high respect for LSS – with both their quality of care and their range of services in our community. My time of learning from the staff and youth at Renaissance was excellent.

My schedule over these two years has been intense. My position here at church is currently a three-quarter time position, which means I average between 30 to 40 hours a week doing the ministry work you have called me to do. Field placement adds another 16 hours a week, and then I have my class-work, and, as you know, I am a husband and father. Some have asked me how I have kept up with the intensity of all I am involved with. My answer is: I love everything I am doing. I just love it.
(Though I could use more sleep.)

There have been some surprises for me over these two years. I had en-

tered the MSW program primarily because of my interest in becoming better at counseling. I am receiving wonderful learning in that, but I am also learning about the outreach organizations of our community, learning what can be helpful when looking at how to address challenges within our community – challenges such as poverty, hunger, homelessness, joblessness. Our church’s Vision Statement includes:

“We reach out with compassion and share the love of Christ. We actively care for our neighbors, locally and globally. We accept all people and open our hearts to the needs of others.”

I am delighted that my graduate studies have included this focus.

Another surprise over these past two years is how many wonderful connections I am making with people of our Duluth community. I have been honored to meet many area leaders working to make a positive difference through their organizations. It has also been fun for me to come across many of you in your work experiences and community volunteer efforts, including through Lutheran Social Services and Essentia Health.

For the rest of this semester, I will continue to head over to St. Mary’s Grief Support Services for 16 hours each week. There I will continue to learn, from some of the very best grief counselors around, how to be helpful to those experiencing deep, and sometimes very complicated, grief. It is a gift of learning I believe will help me better serve you as your pastor.

Pastor Tim



IN APPRECIATION

Thank you to those who baked and arranged the beautiful plate of Christmas cookies that were delivered to my home at Christmas. Thank you to Grace Monson, member of the Visitation Team, for delivering the plate of cookies. Your delicious cookies were enjoyed by four generations of members of our family.

*~ Anita Saline, Rod Saline,
Sara S. and Phil Vallie along with their children,
Wyatt, Zachary and Alexis*

Notes: Psalms for Daily Prayer

"Psalms for Daily Prayer" is taken from *Benedictine Daily Prayer* and is based upon *The Rule of Saint Benedict*. Choose one or all of the Psalms listed in each category. These Psalms are accompanied by a reading from the Daily Lectionary and may be used with the liturgies of Morning Prayer, Evening Prayer and Night Prayer in *Evangelical Lutheran Worship*.

Don't worry about "finishing" the assigned Psalms in a given time period. The purpose of this list is to be transformed by an immersion in the Psalms over an extended time.

Morning Prayer

- The Psalms are listed in a two week cycle.
- For each week, the Psalms on the 1st line are designated for Vigils (just prior to sunrise), and the 2nd line for Lauds (after sunrise). You may use all of them in a single time of Morning Prayer, or as many as you would like.
- The Gospel Cantic for Morning Prayer is the Benedictus (Luke 1:68-79).

Daytime Prayer

- Traditional times for Daytime Prayer are 9 am, 12 pm, and 3 pm.
- Depending on your schedule and your preference, you may pray the designated Psalms at each of these hours or at one time of Daytime Prayer.
- Note that Daytime Prayer for Sunday and Monday focuses on Psalm 119, while Tuesday through Saturday feature the Psalms of Ascent.

Evening Prayer

- Evening Prayer (Vespers) repeats the same Psalms for each day of the week on a one week cycle.
- The Gospel Cantic for Evening Prayer is the Magnificat (Luke 1:46-55).

Night Prayer

- The same Psalms (4,91,134) are prayed each night at Night Prayer.
- The Gospel Cantic for Night Prayer is the Nunc Dimittis (Luke 2:29-32).

PSALMS FOR DAILY PRAYER

"... their delight is in the law of the Lord, and on his law they meditate day and night." ~ Psalm 1:2

	SUNDAY Morning	Daytime	Evening	Night
Wk 1	95,23,24,27 67,118,148-150	9 am 119:1-32 2pm 119:33-64	110,111,112,113	4,91,134
Wk 2	95,28,29,32 67,63,148-150	3pm 119:65-96		
MONDAY				
Wk 1	95,33,34,40 67,5,148-150	9 am 119:97-128 12pm 119:129-152	114,115,116,117,129	4,91,134
Wk 2	95,42,43,45 67,36,148-150	3pm 119:153-176		
TUESDAY				
Wk 1	95,46,47,48 67,43,148-150	9am 120,121,122 12pm 123,124,125	130,131,132,133	4,91,134
Wk 2	95,54,55,56 67,57,148-150	3pm 126,127,128		
WEDNESDAY				
Wk 1	95,61,62,66 67,64,148-150	9 am 120,121,122 12pm 123,124,125	135,136,137,138	4,91,134
Wk 2	95,70,71,72 67,65,148-150	3 pm 126,127,128		
THURSDAY				
Wk 1	95,77,80,81 67, 90,148-150	9 am 120,121,122 12pm 123,124,125	139,140,141	4,91,134
Wk 2	95,82,84,85 67,88,148-150	3pm 126,127,128		
FRIDAY				
Wk 1	95,93,96,97 67,51,148-150	9 am 120,121,122 12pm 123,124,125	42,144,145	4,91,134
Wk 2	95,98,99,100 67,76,148-150	3pm 126,127,128		
SATURDAY				
Wk 1	95,103,104 67,143,148-150	9 am 120,121,122 12pm 123,124,125	145,146,147	4,91,134
Wk 2	95,107,108 67,92,148-150	3pm 126,127,128		

February 5, 2012 ~ Fifth Sunday after the Epiphany

Sunday Mark 1:29-34
Monday Mark 1:35-39
Tuesday 1 Corinthians 7:17-24
Wednesday 1 Corinthians 7:25-31
Thursday 1 Corinthians 7:32-40
Friday 1 Corinthians 8:1-6
Saturday 1 Corinthians 8:7-13

February 12, 2012 ~ Sixth Sunday after the Epiphany

Sunday Mark 1:40-45
Monday 1 Corinthians 9:1-14
Tuesday 1 Corinthians 9:15-27
Wednesday 2 Corinthians 1:1-7
Thursday 2 Corinthians 1:8-14
Friday 2 Corinthians 1:15-22
Saturday 2 Corinthians 1:23-2:4

February 19, 2012 ~ The Transfiguration of Our Lord

Sunday Mark 8:34-9:1
Monday Mark 9:2-8
Tuesday Mark 9:9-13

Lent**February 22, 2012 ~ Ash Wednesday**

Wednesday Matthew 6:1-4
Thursday Matthew 6:5-8
Friday Matthew 6:9-15
Saturday Matthew 6:16-18

February 26, 2012 ~ First Sunday in Lent

Sunday Mark 1:9-11
Monday Mark 1:12-13
Tuesday Mark 1:14-15
Wednesday Mark 14:1-11
Thursday Mark 14:12-21
Friday Mark 14:22-25
Saturday Mark 14:26-31

Use this daily lectionary with the "Psalms for Daily Prayer"
on the previous pages.

Lent & Easter Worship Calendar

Ash Wednesday ~ February 22

5:30 PM Dinner

6:15 PM Worship & Communion

Saint John's Bible Worship ~ February 29

(see page 8 for full details)

7:15 PM Worship & Communion

Midweek Lenten Worship ~ March 7-28

5:30 PM Dinner

6:15 PM Worship & Communion

Palm Sunday ~ April 1

8:45 AM Worship & Communion

10:00 AM Brunch Fundraiser for Youth

11:00 AM Worship & Communion

Maundy Thursday ~ April 5

7:00 PM Worship & Communion

Good Friday ~ April 6

7:00 PM Worship

Easter Sunday ~ April 8

6:33 AM Sunrise Worship & Communion

8:45 AM Worship & Communion



During Lent we provide simple suppers so families can come to

worship and eat here at church beforehand. If you would like to help serve one of the Wednesdays during Lent, there are sign up sheets in our Gathering Space. Questions ~ please contact Debbie Sanders, 724-9065; debsanders

Mazziryn Kristine Hillila

Baptized on
January 22, 2012





“A New Heaven and A New Earth”

Experiencing the Saint John’s Bible

To commemorate the Centennial of the College of St. Scholastica, the Sisters of St. Scholastica Monastery and Lutheran Church of the Good Shepherd invite you to join with them in a three day spiritual journey of faith, featuring text and illuminations of *The Saint John’s Bible*. The seven-volume *Saint John’s Bible*, the first handwritten, illuminated Bible in more than 500 years, was completed in May 2011.

February 28 5:50 PM Exhibit: *The Saint John’s Bible*

Our Lady Queen of Peace Chapel
St. Scholastica Monastery

7:15 PM Irene Nowell, OSB: *Opening Our Eyes to God’s Light*
Our Lady Queen of Peace Chapel

February 29 2:00 PM Tim Ternes: Visio Divina:

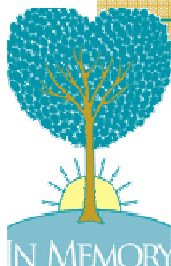
“Sacred Scripture with The Saint John’s Bible”
St. Scholastica Monastery

7:15 PM Irene Nowell, OSB: Visio Divina
“The Baptism of Jesus”

Lutheran Church of the Good Shepherd

March 1 7:15 PM Ecumenical Worship Service:

A New Heaven and A New Earth
Our Lady Queen of Peace Chapel



IN MEMORIAM

November 11, 2011 Anna Stark

December 20, 2011 Doris Gustafson

January 16, 2012 John Hed

NEW MEMBERS

**NEW MEMBER SUNDAY**

We are blessed to have new families becoming members at Good Shepherd. Please be sure to attend worship on Sunday, **February 12**, as we welcome these new members into our church family.

**MARDI GRAS CELEBRATION:
"FAT SUNDAY,"**

FEBRUARY 12, 3-5:30PM

Ever want to crawl under the pews in the church sanctuary with other kids at heart? Throw a paper airplane from the sanctuary balcony? This year's Fat Sunday Celebration will feature the highly anticipated rematch of Pastors Dave and Tim in the CRAWL TO THE CROSS, the airplane toss for distance and accuracy, and new this year: Lefse making in the fellowship hall! Many other activities to entertain all interests: snow sculptures, snow games, sledding, smores over open fires, fresh cookies, shuffle board, origami (with local expert instruction), and good old conversation with the friendly faces of LCGS. Take a leap and let loose, please join us for another exciting Fat Sunday celebration! (Bring an appetizer to share if you can.)

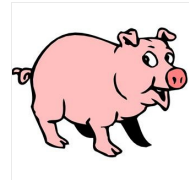
**UNION GOSPEL MISSION
NEEDS FOOD DONATIONS**

They are running really low on food for the food shelf. They have had

many new families coming and the food is running out. Some examples of needed foods are: soup, prepackaged meals, meats in can, tomato sauces, noodles, rice. Food can be brought directly to 219 E. 1st Street anytime between 7:30 am and 7 pm, M-F. Your food donations can also be brought here to church and dropped in the shopping cart in the Gathering Space. Thank you for helping this vital mission in Duluth.

GO HOG WILD FOR HUNGER

This year we are going "Whole Hog for World Hunger". During the sea-



son of Lent, our Hunger Team will be selling pigs for the ELCA's Global Barnyard. Hunger continues to be a huge problem, not only globally, but also within our country and city. Locally we support the hungry through our local food shelf and other aid facilities. Globally we support through the World Hunger programs of the ELCA. There are approximately 1.2 billion people in the world living in hunger. Over one half of these are children. In the United States there are approximately 50 million children living in hunger. Our goal this year is to sell 30 pigs. A whole pig cost \$30. We will be selling paper pigs in the gathering space for: \$1.00, \$5.00, \$10.00, \$20.00, or \$30.00. These pa-

Cont. from pg 9

per pigs will be placed within the pig sty to help keep track of how we are doing. We will begin selling pigs between services on the 26th of February and every Sunday after that during Lent.

Yours in Christ,
L.C.G.S. Hunger team

PARISH NURSE HEALTH MINISTRY



FINDING OPTIONS IN THE FACE OF NEED

I am a person who rarely balances my checkbook but sort of knows where my money rests. As a member of a Leadership team here at Good Shepherd, I have had to learn more than I want about finances.

In recent years, I have had to absorb information about our economics, stories of need and too many challenges for our community and nation. I am among those who cringe each time I am part of another special appeal or fund raiser. In spite of those cringes, I am firmly on the side of speaking out about need.

I find I cringe less and less when I realize that "not speaking out" is a greater problem. Now I talk more of how we, as a community called to

reach out to those in need, continue to step up when we are called.

Today I continue to say thank you for each can of soup, purchased "chick" for Hunger, or check written for CHUM support. I also, along with members of our Hunger Team, will keep asking.

Options for 2012: food support for Food shelves in the area, servicing teams for meals at Damiano Center and Union Gospel Mission; this spring we will support going "Whole Hog for Hunger" by purchasing piglets for World Hunger; and are asking for monetary support for Second Harvest Food Bank (matching funds from Feinstein Foundation in March).

Be open to options, cringe as needed, give as able. Thanks and appeals,

Linda Susens,
Parish Nurse,
Hunger Team and
Leadership team member

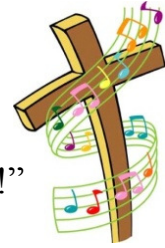
SUNDAY SCHOOL ANNOUNCEMENTS



Our Sunday School children have been hard at work – learning their age-appropriate Faith Step! Don't miss worship on **February 5th** when our Sunday School Children will share their Faith Steps!

Joyful Noise Sunday! Sunday, February 5th

During Worship, all the Sunday School Children will be singing "We are Marching in the Light of God!"



February 5th is also a Family Sunday School Day!!! Everyone in our Church Family is invited to attend Sunday School in the Fellowship Hall!



Kindergarten Prayer Pillow Milestone ~ Sunday, February 12

Calling all Kindergarteners! We have a special gift for you! It's a prayer pillow! Don't miss Sunday, **February 12!** You will receive your prayer pillows during the 8:45 worship service. Then, you will learn about Prayer during the Sunday School Hour.

Mark your calendars!
Camp Sunday will be **March 11!!!**
You won't want to miss it!



CONFIRMATION ANNOUNCEMENTS



Confirmation will continue with our normal Wednesday Night Schedule February 1st – February 15th.

(7th and 8th Graders meeting at 5:30;
9th Graders meeting at 6:30)

Then, our schedule will change to include the Wednesday Night Lenten Worship Services.

There will be NO CONFIRMATION on Ash Wednesday (Wednesday, February 22)

But, Confirmation students who attend Ash Wednesday Worship will receive double sermon note credit! Hope to see you there!



Lent Schedule

5:30 PM Soup Supper
Small Group Check-In
6:15 PM Attend or Lead worship
with your Small Group

NATIONAL YOUTH GATHERING NEW ORLEANS JULY 13-23, 2012



2012 ELCA Youth Gathering
citizens with the saints
Ephesians 2:14-20

Questions? Contact Katie Rich!
kkrich@lcsduluth.org
525 1922 (office)

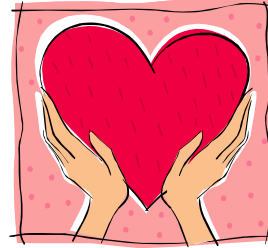
The National Youth Gathering only happens once every three years...

YOU DON'T WANT TO MISS IT!!!

All of these fundraisers will benefit our National Youth Gathering Team! Thank you for your support!

**Valentine's Day Bake Sale
Sunday, February 12th**

*Buy something sweet for your
sweetie...
or for your own sweet tooth!*



EAT MORE PASTIES!!! FEBRUARY 16-18

LUMINARIES FOR LENT

Honor a friend... Remember a loved one...
Support our youth...
with Luminaries for Lent

Beginning February 19, for every \$5 donation, we will place a luminary in the sanctuary for the season of Lent. Every donation will support our National Youth Gathering Team.

Donations may be anonymous or shared
with the congregation.

- Thank you -



***Palm Sunday
Brunch
10:00 AM, April 1st***



If you would like us to pray for a specific concern, please call the office at 525-1922 and your request will be shared with others who care about your needs and believe God will hear and answer. If you have a prayer request emergency and it is after church office hours, you are invited to call Karin Lemenager at 721-4332.

Hospitalized? One of the hospitals is no longer sharing this information with churches. Earlier this year, a change took place whereby the church is no longer informed of general hospital admissions; and the church has never received word of hospitalizations of individuals who enter via emergency. If you would like a pastoral visit or the prayer chain to pray for you, please share your hospitalizations with the church office (525-1922). We take confidentiality seriously and will only share what you wish.

Good Shepherd randomly prays for all it's members. During these weeks we are keeping the following in our prayers:

Feb 5	Jeanette Hall; Jill Larsen; Barb & Derek Olson; Ashley Johnson; Corrine Jensen
Feb 12	Sue, Rich, Isaac, Emily & Benjamin Hall; Michelle & Jon Larson, Brandon Kunst; Arlene & Glenn Olson; Cammie, Robb, Sophie & Luke Jezierski
Feb 19	Kimber & Travis Hamernick, Austin, Mitchell & Brooke Linder; Jody, Scott, Amanda & Dustin Larson; Karen Olson, Kyle, Annika & Jordyn Olson-Merrick: Eleanor Johansen
Feb 26	Lisa, Jon, Erik & Samantha Hammond; Jill Laughlin, Kenneth & Matthew Mellin; Melissa & Terry Olson; Amy Johnson
	<p><i>Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.</i></p> <p style="text-align: right;">1 John 4:10</p>

Lutheran Church of the Good Shepherd
 Worship services at 8:45 AM and 11 AM
 Office Hours: M-Th • 9AM-4PM; Friday • 9AM-Noon
 Phone: 525-1922 • Fax: 525-1318
 Website: www.lcgsduluth.com

MEET the STAFF

- Lead Pastor:** Pastor Dave Mesner (home #) 529-9715
 e-mail: dmesner@lcgsduluth.org
- Pastor:** Pastor Tim Berdahl (home #) 728-4382
 e-mail: tberdahl@lcgsduluth.org
- Volunteer Visitation Pastor:** Pastor Dick Hane (home #) 729-9114
 e-mail: rj_hane@hotmail.com
- Director of Youth & Family Ministry:** Katie Rich525-1922
 e-mail: kkrich@lcgsduluth.org
- Good Shepherd Choir Director** Debbie Sanders
 email: debsanders@charter.net
- Children's Sing-N-Ring Leaders** Jess Kramer/Jackie Ring
 e-mail: kramjess@yahoo.com
- Organist**..... Linda Turpening
 e-mail: linda@archdirect.com
- Volunteer Parish Nurses** Linda Susens, Sue Boman
- Office Manager** Kathy Skoog
 e-mail: office@lcgsduluth.org
- Communications Coordinator/Financial Secretary** Sue Casey
 e-mail: scasey@lcgsduluth.org
- Custodians**..... Nick Guttormsson
 Part-time Custodian: Greg Susens
- Treasurer** Beth Lee

ATTENDANCE

Attendance for DEC 2011			Attendance for Jan 2012		
	<u>8:45</u>	<u>11:00</u>		<u>8:45</u>	<u>11:00</u>
Dec 4	182	79	Jan 1.....	76	
Dec 11	209	67	Jan 8.....	139	65
Dec 18	321	209	Jan 15.....	160	88
Dec 24	587	162	Jan 22.....	130	49
Dec 25	40		Jan 29.....		