



The Shepherd's Voice



JANUARY 2021

SERVING ROCKLAND COUNTY, NY & NORTHERN BERGEN COUNTY, NJ

"Do not be anxious about anything, but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God." - Philippians 4:6

A couple of years ago, the youth group (formerly known as "upper room") made jars of thanks for the year. What the jars were for was to collect moments throughout the year of thanks. So at the end of the year, families who had written daily (or more) little moments that they were thankful or glad for, could pull them out and read them all.

I have a friend who every single day posts on his Facebook page the question: "Where did you find joy today?" And then he shares moments of joy, even if the day was hard.

It's kind of like the Ignatian practice of the Daily Examen. This is a daily practice where at the end of the day, you pause, you take time to become aware of God's presence. Then, you review your whole day with gratitude – even where things went wrong, to take time to be grateful for what you learned from it. Throughout the process, you pay attention to your emotions and thoughts that arise. After that, you choose one feature of the day and use that feature to start your prayer. Then, you look toward tomorrow with intention, gratitude, and hope.

Each of these exercises are ways to focus ourselves not on the random, roiling chaos of the day, but rather on gratitude, our walk with God, and our hope as Christians. Because we have hope. Hope and belief that this world was made very good by a good and loving God. Hope and belief that horrible things that happen in our lives or the world are not part of the good order of things and that God is about setting the world right. Hope and belief that our purpose is also a good one and that we get to participate in the love of God for the world.

Practices that remind ourselves of that hope and belief, that ground ourselves in gratitude and joy, can serve as anchors to hold us from washing away in the pain and grief and rage that surround us. And when we are anchored, then it's a little easier for us to offer a hand to another, a word of healing, an act of grace, a voice for a better world.

I pray 2021 will be a much better year than 2020, yet I know it will not be immediate. COVID cases are rising mercilessly as new strains of the virus are spreading around the world. Vaccines are slower to roll out than hoped. Our country is going through some strikingly discordant times.

Might I suggest a practice that grounds you in gratitude and hope? It might be hard to find some days, but a roof over your head, clean water to drink, a community that cares about you, family, a pet, the fact you can take a breath - these are all things to be grateful for. And I believe if we all take the time to ground ourselves (even if it's just a minute before we fall asleep after our heads hit the pillow), I think we may find our way out of all of this, with God's guiding hand.

Blessings to you always,



Pastor Lena

Book Group Wednesday Evenings

Beginning on February 10th, we'll be reading The World is About the Turn: Mending a Nation's Broken Faith by by Rick Rouse and Paul Ingram.

Here's a brief description of the book: *In these increasingly divisive times, how does God intend for us to live well together in the common life? Drawing from scripture as well as writings from a variety of other faith traditions and contemporary theologians, The World is About to Turn offers a practical guide for dialogue and mutual understanding for leaders of faith organizations, schools, and member of faith communities; everyone who hopes to make a positive difference in our corporate life together.*

If you're interested in reading with us, please let Pastor Lena know (pastorlena@gspr.org). She will be ordering books on **January 28th**.



Online Bible Study Thursdays at 6:30pm



We will begin an adult Bible Study on Thursday, January 28th, at 6:30pm on Zoom. Feel free to invite a friend! No experience necessary. The information to join will be the same every week! **Meeting ID: 839 8897 7895**
Passcode: 204403

Pastor Lena will be leading us through a look at the Book of Proverbs. Proverbs is collection of sayings that are meant to guide a person in living a faithful, fulfilling "good" life and will give us lots of opportunity to reflect on how we are called to live with proper relations to self, others, society, and God. There are also quite a few funny quips that will help us laugh along the way.



THE EVANGELICAL LUTHERAN CHURCH OF THE GOOD SHEPHERD

112 N. Main Street Pearl River, NY 10965

OUR MISSION

"To reach out in inclusive love and generosity so that all may know the love of Jesus"

LIFE STATIONS

OBITUARY

Kenneth H. Merring November 30, 2020

GOOD SHEPHERD FUND

In memory of Marguerite Vatter, given by Robert H. Vatter
In memory of Marguerite Vatter, given by Robert W. Vatter

GENERAL MEMORIAL FUND

In memory of Helen Cooper, given by Beulah Vetro
In memory of Ellener Cockburn, given by Beulah Vetro
In memory of Helen Cooper, given by Barbara & Rick Robertson

MEN'S GROUP FUND

In memory of Ken Merring, from Dick Curtin

ELEVATOR FUND

In memory of Annette Elfers, given by Geraldine Goumas
In memory of Sandra Pfingst, given by Geraldine Goumas
In memory of Annette Elfers, given by Dorothy Urquhart

AT YOUR SERVICE

The Reverend J. Lena Warren, Pastor
Jake Daniels, President
Michael McCambridge, Treasurer
Brian Burns, Director of Music
Elaina Burns, Organist
Renee Bucci, Creative Play Director
Dale Damon, Church Secretary
Lisa Filatov, Bookkeeper
Timothy J Chew, Coordinator of Faith Formation
Katy Wong, Communications Coordinator
Gina Danialinia, Volunteer Coordinator
Gisele Saldana, Sexton

2021 CHURCH COUNCIL

Rev. J. Lena Warren, Pastor
Jake Daniels, President
George Boothby, Vice President
Michael McCambridge, Treasurer*
Werner Boecker, Financial Secretary*
Wendy Gates, Assistant Financial Secretary*
Kim Arcidiacono, Secretary
Anthony Armenio
Anne Baumann
Sue Baumeister
Jeff Bergman
James Cleary
Kristin Hannifin
Linda Hecker
Mark Olson
Lucy Pinedo
Christopher Ryan
Debra Thaler
Tom Vislocky
Don Widmayer


*Non-voting

CONTACT US

PLEASE NOTE THE CHANGE IN OUR OFFICE HOURS (effective as of 1/14/21):
Monday 10:30am - 4:30pm, Tuesday 10am-4:30pm, Wednesday 12pm-4pm
Thursday & Friday 10am-4pm

While the Church Office remains open, we are operating with only one staff member in the office, at a time. This is for everyone's safety, as COVID cases are still on the rise. Call us before your arrival so we know to expect you. Masks are required and hand sanitizer will be available at all entry ways. There will be mandatory temperature checks along with a sign-in sheet. Thank you for your cooperation!

CHURCH OFFICE

845-735-2243 | (FAX) 845-735-0819
office@gspr.org
www.gspr.org
@GoodShepherdPR 

CREATIVE PLAY

845-735-2737
renee@gspr.org
www.goodshepherdcreativeplay.com
@GoodShepherdCreativePlay 

STAY CONNECTED

During this time of social distancing, we have made it easier to stay connected online! Subscribe to our weekly e-newsletter, "By The Way," sent on Thursday evenings. Email [**communications@gspr.org**](mailto:communications@gspr.org) with your name to be added to our list.

Find us on Facebook and Instagram.



[**www.facebook.com/GoodShepherdPR**](https://www.facebook.com/GoodShepherdPR)
[**www.instagram.com/GoodShepherdPR**](https://www.instagram.com/GoodShepherdPR)



Both apps can be downloaded on Android and iPhone operating systems. As always, you can visit our website at [**www.gspr.org**](http://www.gspr.org).



We are on YouTube! Check out our livestream schedule below. Once the video is uploaded, it will be available to watch anytime after! Pastor Lena also uploads regular reflections throughout the week. Subscribe to receive alerts when new videos are posted: [**www.youtube.com/c/GoodShepherdPearlRiver**](https://www.youtube.com/c/GoodShepherdPearlRiver)

Sundays at 10:30am So you can follow along, the bulletin for the service is available via a link below the YouTube video. A digital copy of Cross Connections will be sent in our weekly email, "By The Way."

Mondays at 9:30am Start your week with morning prayer. Pray wherever you are!

Thursdays at 9pm We will be streaming Compline - an evening prayer with beautiful, ancient roots, and a wonderful way to calm your soul before bed.

WORSHIP



Due to the rising cases of COVID-19, we will no longer be meeting in person, in the Sanctuary for worship, for the time being. Think of this as a pause to keep us all safe! We will continue livestreaming Sunday services on our YouTube channel at 10:30am.

Drive-up church will still meet on the second Sunday of the month and the Sanctuary will remain open for private prayer. The Church Office will continue operating at half-staffing.

Thank you for your patience and understanding as we work to keep everyone safe. Feel free to contact the Church Office if you have any questions or concerns.

Drive-Up CHURCH



Sunday, February 14th
10:30am

Join us for a drive-in service on the second Sunday of every month. Just drive up and stay in your car as we broadcast worship right to you over the radio. No sign-up necessary; all are welcome! If you can't make it, this service will also be livestreamed on our YouTube channel and available to watch anytime after. If you're interested in helping with set-up, or would like to lead worship, please sign up online at volunteersignup.org/C3TF7. Contact Gina@gspr.org if you have any questions.

**THE SANCTUARY IS OPEN
FOR PRIVATE PRAYER!**



**Tuesday 4pm-7pm
Thursday 10am-2pm**

Come and pray as you like during these hours. Masks are required to enter the building - hand sanitizer will be available at all entry ways. Please sign in upon your arrival!
Any questions, contact the Church Office at 845-735-2243

What's going on..

Centering Prayer & Meditation

On **Tuesday mornings, at 8:30am, via Zoom**, Tim Chew will be leading a Centering Prayer. We will begin with prayer requests, followed by a 20-minute silent meditation, and guided, centering prayer until 9am. For the Zoom login info, please email Tim at timj.leman@gmail.com.

John 10:16 Project

“I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.”



Want to join a bible study in Texas? How about Iowa? Want to welcome a Lutheran from Louisiana to an online event?

This pandemic has provided us with the means to come together virtually as a church, crossing borders and boundaries - real and imagined. Distances are meaningless in the virtual world and we now have the opportunity to expand our knowledge and love of one another. My hope is to give everyone the opportunity to come together. In December, our church sent a letter to all 183 Good Shepherd congregations in the ELCA asking if they would like to join together as one flock, sharing online events with all. So far, we have had responses from Texas, Iowa, Louisiana, Virginia and Michigan! I have created a calendar with all events that will be updated as new events come. If you are interested, please email me at gina@gspr.org or ginad.gspr@gmail.com and I will send you the calendar.

Peace and Joy,

Gina

Virtual

COFFEE HOUR IS BACK!



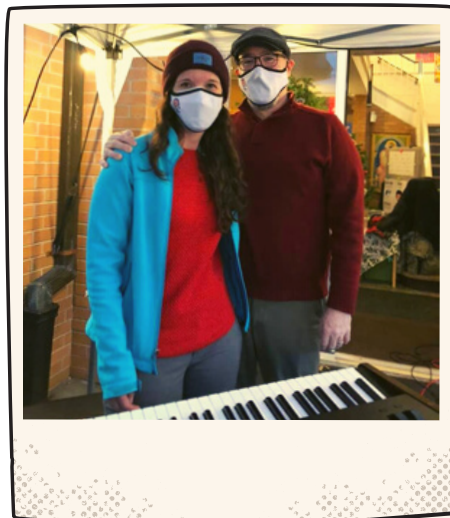
Join us after **Sunday worship, around 11:30am**, for a virtual coffee hour (bring your own coffee). It'll be a nice chance to see one another, and catch up. Log on **to <https://zoom.us>** and type in the information below. The information to join will be the same every week!

MEETING ID: 848 6653 2800
PASSCODE: 972240



CHRISTMAS 2020

To see more photos, go to our Facebook page (www.facebook.com/GoodShepherdPR). We have uploaded a "Christmas 2020" album and slideshow for you to enjoy! Our online services are still available for you to watch on YouTube.



SOUPERBOWL SUNDAY



Let's fill the shelves of *People to People* with cans of soup, and bring warmth and smiles to homes of Rockland County! **We are collecting cans of soup for *People to People* until February 7th! Drop off your soup donations any time during church office hours. There will be a box in front of the Education Building.** Please call us before your arrival. As we snack and feast while watching the Super Bowl, let's remember those who are hungry for the very basics, especially this year. If you have any questions, please contact the Church Office.

Annual Pearl River Interfaith Blood Drive Sunday, January 17, 9am-3pm in Fellowship Hall *Pre-register online!

 **New York** Blood Center

Our world has changed, but the need for blood has not. The COVID-19 Pandemic has destroyed the traditional blood drive model, threatening 75% of New York Blood Center's incoming supply. NYBC needs your help now more than ever. Good Shepherd will be hosting Pearl River's Interfaith Blood Drive in Fellowship Hall. Please pre-register online: donate.nybc.org/donor/schedules/drive_schedule/277217 or call 1-800-933-2566.

GOOD SHEPHERD YOUTH: GRADES 6 - 12

We will be Snow Tubing at Campgaw, in New Jersey, on **Friday, February 5, from 6pm - 8pm.** We have a limit of 30 tickets. The cost is \$21 per person. Please email Cindy Sealander if you are interested in attending (Csealander@optonline.net). Policies, procedures and transportation information will be emailed out shortly.



Project Joy

A great big thank you to our very generous Good Shepherd congregation for the donation of \$1,390 in gift cards to Target, Kohl's, and ShopRite. Due to COVID, *People to People* struggled to come up with a plan to proceed with their Project Joy program. As always, *People to People* found a solution.

Donating gift cards does not provide the 'warm and fuzzy' feeling of the congregation adopting families to buy gifts for, but it does provide struggling local families that utilize the *People to People* Food Pantry a \$25 gift card for each child. Thank you again for your generosity. Have a Happy New Year! ~Social Ministry

• STEWARDSHIP DRIVE FOR 2021 •

Thank you to all who responded with their financial and service commitments for 2021, during our recent stewardship drive. The year 2020 was a very difficult one, not only for every person in the U.S. (and, of course, around the world), but also for your Good Shepherd Church.

I must say that many, although not all, of our service and volunteer efforts continued, with yeoman work being performed by many volunteers. The names of those people are too many to be individually listed, and I would surely forget some, but let it be said that broad thanks, starting with Pastor Lena, must be extended to those service-minded members, with perhaps the most significant activity being our ability, with their help, to continue varying kinds of worship services throughout those day, weeks and months.

Now, as we look for COVID-deliverance with vaccines becoming available, and as we look with hope to reaching whatever the new normal will be, I would invite those members who did not have the opportunity to make their financial and service commitments for 2021, to do so. After this length of time, I would guess most need a new commitment card and Time & Talent form.

Please call the church office (845-735-2243) and request those items be mailed to you. Upon receipt, pray about the role you can play in putting Good Shepherd back on its feet. Kindly return your commitments as soon as you are able, as we strive to be God's people in these times, and in all times. Thank you.

• 2020 BUDGET RESULTS •

It is a great pleasure to report that our preliminary results for the 2020 budget ended slightly on the positive side, thanks to your generosity. This has been a challenging year, like no other, but we closed with a small surplus that can be used next year to deal with the continuing effects of COVID. Heartfelt thanks to all who have kept Good Shepherd in their prayers and priorities during this very difficult time. In closing, it has been a great honor to be entrusted with the financial management of this wonderful place we call Good Shepherd.

-Bob Bergman, Treasurer

Ways to Give



This time of uncertainty has been, and continues to be very hard not just for our community life, but also for the financial health of the congregation. If you are able, please consider signing up for online giving. Even a one-time special gift would be helpful. Thank you for your generosity in giving to Good Shepherd!

ONLINE: Go to our webpage, www.gspr.org/give and click the "give" button. Then, follow the instructions on how to give.

GIVE+ TEXT: Text **877-771-4850**, then follow the instructions. You can even text "repeat" to make it a recurring donation.

MAIL: Send your offerings to our mailbox at **112 N. Main St. Pearl River, NY 10965**, or stop in during our office hours.

Creative Play News



Here we go... a new year brings new hope!

Creative Play has returned from the holiday break for in-person learning! The teachers of our 4-year-old students had parent-teacher conferences via telephone. We decided it was best to have a little more distancing between home and school, as the holidays come to an end, for everyone's safety.

Our calendar remains light in January, as we had to cancel a couple of scheduled programs. We do hope to enjoy Pancake Day, a day the children come to school in their pajamas and enjoy breakfast with their classmates.

We have delayed our registration process, as we are navigating new and different concerns for the upcoming school year. Alumni registration for the 2021-2022 school year will begin February 1, 2021.

Challenges continue to confront our program. We are committed to our families and to do the good work we always strive to do as an outreach of Good Shepherd. With hope in our hearts, we wish you all a blessed, happy and healthy 2021.

Be well, be safe and be happy,

Renee Bucci, Director of Creative Play

Renee@gspr.org

PRAYER CHAIN If you, a loved one, or friend experience difficulty and desire prayer support, the Good Shepherd Prayer Chain is helpful. To activate the prayer chain, contact **Ione Mensing, 201-664-1235** or **Carol Westphal, 845-624-5732**.

AMAZON SMILE Use AmazonSmile to buy your personal gifts, while also giving to Good Shepherd! Agree to support us at <https://smile.amazon.com> and 0.05% of the profits will automatically be donated to us. Remember to use Amazon Smile instead of Amazon in order for Good Shepherd to receive the donation. For more information, contact Cindy Sealander at csealander@optonline.net. Thank you for your generosity!

SHOPRITE GIFT CARDS Buy a ShopRite gift card and Good Shepherd receives 5% from each gift card purchase, in support of our Youth. Cards can be purchased in the church office and used at any ShopRite location. \$25, \$50, \$100 card amounts available - cash & checks accepted. Any questions, contact Cindy Sealander (csealander@optonline.net).



The Church Office will be closed on Monday, January 18, in observance of Martin Luther King Jr. Day.



A Research Study: Are Holy Communion & Fitness Compatible?

By Tim Cheux

As part of his Seminary Research, Tim Cheux recently investigated the difference between Holy Communion (Eucharist) and Fitness (or Sport).

Holy Communion and Fitness are not traditional or immediately compatible partners. The tradition of sharing Holy Communion is focused on Jesus, an exclusive personal relationship and intimate practice of Praise and Worship. Sports and Fitness can be idol worship, elevating the self or activity above Jesus, thus removing the possibility of worship. However, if practiced by making a conscious decision, with accountability, community and prayer sports and fitness can be practiced reverently without conflict to the practice of Worship. It can become the practice of spiritual adoration and holy reflections upon Jesus Christ, entwining the physical body and blood with the physical body and practice of honoring God to use the body God has given us to worship God. That, in union with Christ, any form of participation in sports and fitness can be a practice of spiritual adoration, Praise and Worship and Prayer, if practiced securely and in community with other like-minded Christians.

Recommendations for Further Research: In response to the article's question, are Communion and Fitness compatible, Doctor Greg Linville described some excellent suggestions for how Holy Communion and Fitness could be practiced. Linville (2020) made the following four suggestions which the author of this paper approves for further research.

1. Don't be bound by tradition...dream, create, lead...create new models.
2. Don't be bound by "the way it's always been done."
3. Go in confidence that the traditional, formal eucharist (partaking of bread & wine/juice) is good and should be partaken in, but the spirit of the eucharist can open many new ways of engagement...such as expanding the bread & wine/juice to a full meal and extended time of fellowship, teaching, prayer.
4. Also, perhaps an evening/afternoon begins with a sporting/exercise activity and then proceeds with a "Lord's supper" communion (Linville, 2020).

It is in these areas that further research and study should be completed to gain further insight into how a religious service could be practiced alongside a **sport--or fitness--**based activity.

Full research article: <https://www.freenfit.org/single-post/free-fit-holy-communion-fitness-by-tim-cheux>

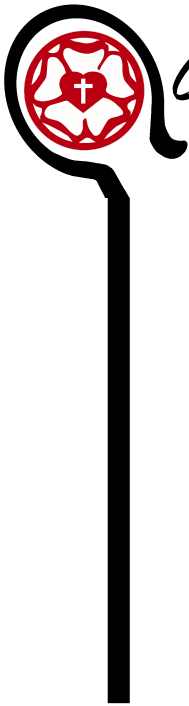


Priests at Cirencester Church, Gloucester UK, on a bike ride in the Parish Church, before a bike ride around the Cotswolds.

Congratulations!

Congratulations to Richard Voorhees!

Richard Voorhees, namesake of the Voorhees Outstanding Community Service Award, was that award's inaugural recipient at the December 8th meeting of the Montvale Council. The award was established "to celebrate those who distinguish themselves by giving back to the community and dedicating themselves to volunteering." Dick was also a driving force behind the creation of Montvale's Historic Preservation Commission, established over 25 years ago.



*Good Shepherd
Lutheran Church*

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WORD SEARCH

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|-------------|------------|
| HOPE | RESOLUTION |
| STEWARDSHIP | SUNDAY |
| BAPTISM | WORSHIP |
| REJOICE | CHURCH |
| BEGINNING | PRAY |
| SNOW | COMMUNION |
| WINTER | EPIPHANY |
| JANUARY | FAMILY |
| NEW YEAR | |