

**THE SHEPHERD'S STAFF**  
**The Memorial Church of the Good Shepherd**  
**May 29, 2024**

**MISSION STATEMENT:** Good Shepherd is growing in: Faith and knowledge of God, ministry in our neighborhood, love for one another and support for those seeking Christ.

*Please check out the **church calendar** available on our website.*

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

**Reflections by the Rev. Lou Hays: Spiritual, But Not Religious?**

You have probably heard someone say, "I am spiritual but not religious." It has become an increasingly popular refrain and raises several questions. What does it mean to be spiritual? What does it mean to be religious? And why do so many people claim to be spiritual but not religious?

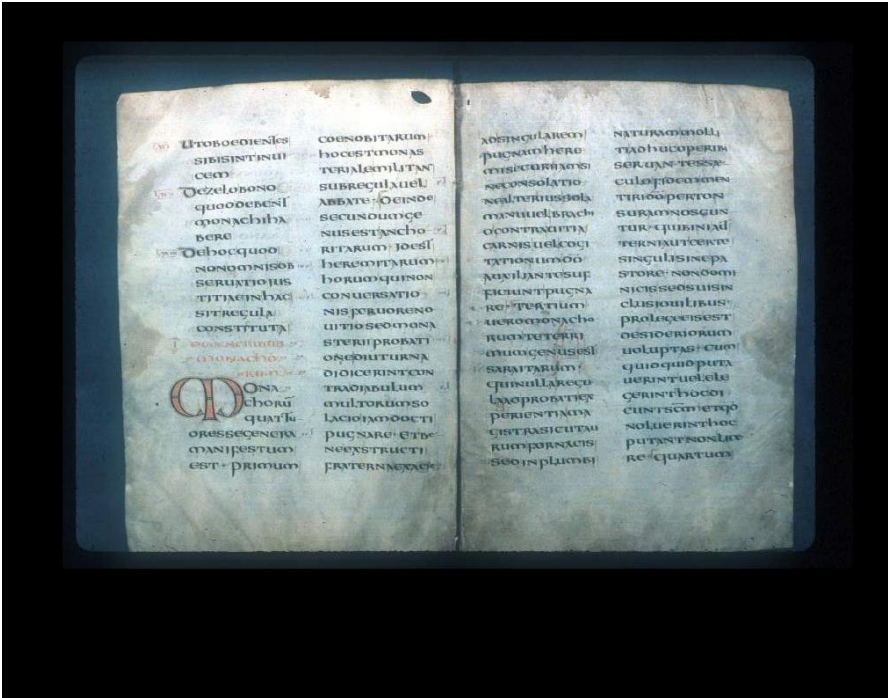
My favorite way of considering spirituality is through the Benedictine lens. Benedictine spirituality focuses on work, study, prayer, recreation and hospitality. All of these factors are interconnected. Work, study, and recreation all are viewed as forms of prayer. Brother Lawrence, a French monk who lived in the 1600s, famously declared that he found God among the pots and pans of the kitchen where he spent much of his time in the monastery. Reading, whether the Bible or books by people such as Henri Nouwen, Richard Rohr, Greg Boyle or Joan Chittester can bring us closer to God and be a form of prayer. Recreation, taking time to smell the roses, can give us a break from the busy-ness of life and allow us to hear the small, still voice of God. And finally, hospitality in the Benedictine tradition means treating every person we encounter as Jesus, since any person we meet could be Jesus.

All of this boils down to my bottom line concept of spirituality: living in the presence of God. Whether we like it or not, God is always with us, hears us and knows us better than we know ourselves. Do we live lives of love, kindness, forgiveness, thankfulness and generosity, reflecting the nature and presence of God in our lives? I pray that we can and do.

Defining "religious" is more difficult. If we have had a bad experience in church, or have lost our faith, "religious" can certainly have a negative connotation. For those who grew up in a tradition that emphasizes sin, guilt and a vindictive, punishing God, the term can have a very negative connotation. If we are people of faith and experience a loving community that emphasizes a loving God, I hope that "religious" has a much more positive meaning for us.

I won't pretend to know exactly why so many people claim to be spiritual but not religious, but I do have a few theories. For some, it might be a more comfortable way of explaining why they don't go to church instead of saying something like "I'm an atheist." Or for a few, an excuse for why they don't take the time and effort to go to church. But my primary theory is that it reflects a colossal failure on the part of many churches and faith traditions to welcome everyone and offer joyful and Spirit-filled worship. There shouldn't be any inconsistency or contradiction between being religious and being spiritual. I pray that at Good Shepherd we can rejoice in being both spiritual and religious!

## Want to learn more about Benedictine Spirituality? A summary by Tracy Rittmueller



This manuscript is a copy of St. Benedict's rule. MS. Hatton 48 fol. 6v-7r of the Bodleian library in Oxford.

### 23 Spiritual Practices Taught by The Rule of Benedict

What do spiritual practices do?

Practice is how people develop the skills to become adept at anything. Music students practice their instruments. Gymnasts practice routines, yoga students practice poses, swimmers practice strokes, and tennis players practice their serves. Successful organizational leaders practice self-mastery and teamwork. Just as all these people practice to become more proficient, spiritual seekers practice in order to become better at living a spiritual life.

What is the *Rule of Benedict*?

Do you yearn for a good life, and do you desire to see good days? Near the end of his life in 547 AD, Benedict of Nursia wrote a guide to living, in the company of other humans, the kind of good days that add up to a good life. The Rule of Benedict has resonated through more than 1400 years and today is followed around the world by thousands of monastics and oblates (people associated with monasteries who live and work outside the monastery). This “little rule for beginners” serves to develop a spirituality made up of practices, which Benedictines incorporate into their relationship with God and their interactions with the people with whom they live and work.

What is Benedictine Spirituality? What are Benedictine Practices?

Because I couldn't find relevant, simple answers online to the questions, “What is Benedictine Spirituality?” and “What are Benedictine practices?” I decided to publish this summary of 23 habits Benedictines seek, through lifelong practice, to cultivate into a lifestyle.

23 Benedictine Practices

I've drawn this list of 22 (+ 1 = 23) Benedictine practices (arranged alphabetically) from *Stepping into the Oblate way of life*, published by St. Benedict's Monastery in 2017, when Lauren Virnig OSB served as Director of Oblates.

Here is the complete list:

<https://tracyrittmueller.com/2020/09/27/23-spiritual-practices-taught-by-the-rule-of-benedict/>

## Adult Forum with Lou

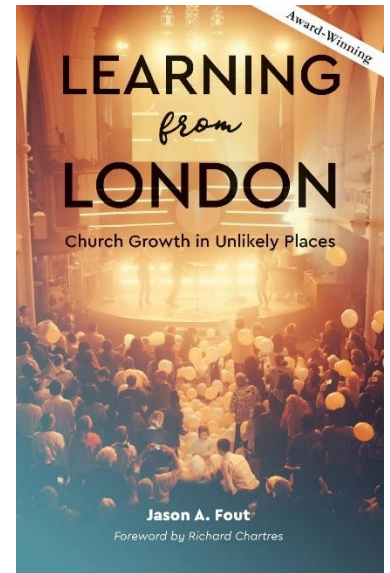
We have been meeting between services, starting at 9 and ending at 9:45, in the Junior High room. This Sunday will be the last session and Lou's topic is "The Joys of Being an Episcopalian".

## Diocesan Summer Read

All West Virginia Episcopalians are invited to join our Diocesan Summer Read! Over the course of the summer, we'll be reading *Learning from London* by the Rev. Dr. Jason Fout.

About *Learning from London*:

"As most mainline Christian denominations struggle with declining numbers, the Church of England in the Diocese of London is bucking the trend. In one of the most diverse, multi-faith, urban, and pluralistic cities in the world, London churches are growing and thriving against the odds, proclaiming the gospel afresh, and meeting the needs of their communities in creative, innovative, and life-changing ways. Based on more than six years of study, Jason A. Fout offers lessons from London, a road map to growth and revitalization for American churches-big and small, historic and newly started, evangelical and Anglo-Catholic. This remarkable guide offers practical tools as well as insight and inspiration for all who care about the future of the church."



The Diocesan Read is part of our initiative to double the number of baptized Episcopalians in the Diocese of West Virginia by the end of 2033. During the months of July and August, we will be sharing content related to the book on social media to help guide you as you read. The Diocesan Read will culminate with online book discussions with the author during the month of September.

Anyone who signs up by June 11th will receive a free copy of the book. If you miss the June 11th deadline, you can still join in on the Diocesan Summer Read but may have to purchase your own copy of the book so sign up now to get a free one. Just click on the link below or copy and paste it into your browser.

<https://docs.google.com/forms/d/e/1FAIpQLSequRY9z5YZpIYZ5fkjnz1RWQTOVPk0iCato2zmYNgIB2P4nQ/viewform>

## Shepherd's Closet Rummage



The June sale will be June 7<sup>th</sup> and 8<sup>th</sup>. We always want household items, everything from pots and pans to linens to wall art and knick knacks. You name it, we sell it, except for large furniture. Please bring any donations for this sale no later than Monday June 3<sup>rd</sup>.

## Sally Davis's Funeral

The life of longtime member Sally Davis will be celebrated on Saturday June 15 at 11 AM at Good Shepherd. Her visitation will be at Leavitt Funeral Home in Parkersburg on Friday June 14 from 2-4 PM and from 6-8 PM.

## Altar Flowers:

Open dates are June 30 (1 vase) and most of July and August. Please contact the office to choose your date and to indicate if the flowers are in memory of someone or to honor a special person or event.

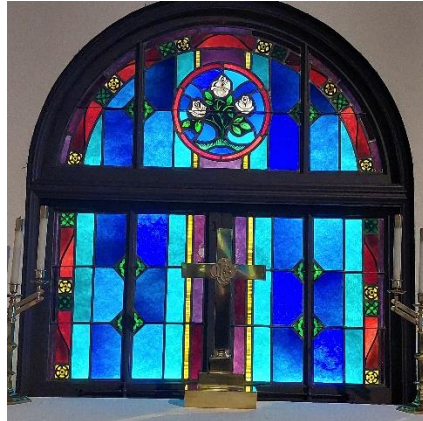


## Reading Camp?

We have many (but not all) of the volunteers we need. Call me **today** if you want to help make sure we can have this opportunity to directly impact some of the children in our area. It is a great way to help them develop a love of reading and skills for success in reading and in school in general. Reading Camp will be held during the day the week of Aug. 5-9. You can help all day or just in the mornings or afternoons or even for just a few hours. I need to make a decision by the middle of next week so there is time to prepare. Linda Crocker (304) 210-5591

## Trinity Images at GS

Did you enjoy the various images of the trinity on the back of Sunday's service bulletin? Here are some candidates from our own stained-glass windows.



## Open Sky is Coming!

OPEN SKY  
ARTS COLLECTIVE

**OPEN SKY**  
**CLUBHOUSE**

▷ Art ▷ Soccer ▷ Bible study ▷ More!

**GOOD SHEPHERD CHURCH** | **JUNE 17-21** | **FREE**  
10:30-2:30

AGES 6-12 @openskyarts

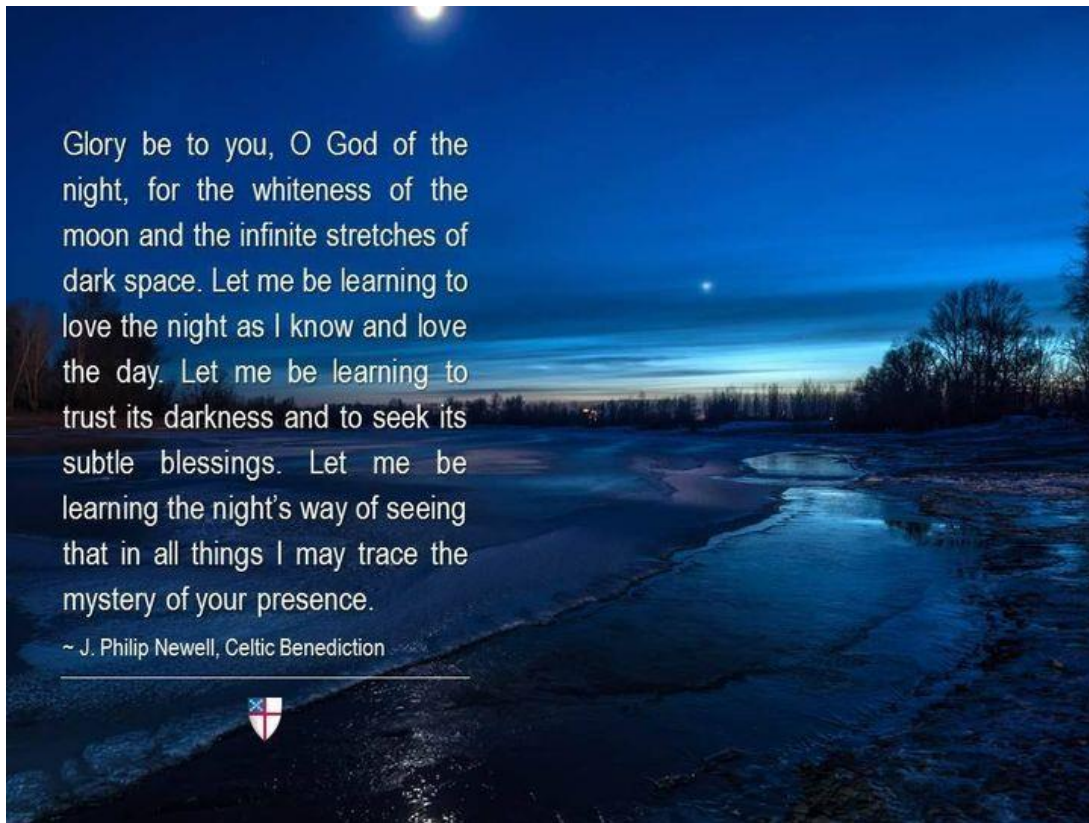
## Summer Office Hours

The office will be open from 9 A.M. to 3:30 P.M. beginning June 3 and continuing until Labor Day when we will resume our usual closing time of 4:30. Please remember that we are closed on Fridays year-round. Enjoy this beautiful weather and all these extra hours of daylight – we will!



## Welcome Dennis Deem

We are pleased to announce that Dennis Deem will begin his service as our Director of Music effective June 1. We look forward to enjoying Dennis's musical gifts in the months and years ahead.



## Staying Connected, Continuing to Serve

### Intercessory Prayers

During your prayer time please use the lists below to remember those who have asked for our prayers:



#### *Parish Prayer List*

The People of Israel and Gaza  
The People of Ukraine  
Tornado and Flood victims  
Vicki Fielder - healing  
Jone Johnson – healing/strength  
Deb Hepburn-McKinney – healing  
Colleen Parsons – strength/healing  
Heyward Roberts – healing

Marcia Doyle – healing  
Peggy Roberts - healing  
Larry Hand—healing  
Becky Winans –healing  
Diane Cottrill – healing  
David Cottrill - healing  
Chris Heckman – healing

Eric Dailey – healing  
Peter Gevas – healing  
Mary Gevas – healing  
Dee Milhoan – healing  
Ann Stevens– healing  
Amy Geoffroy – healing/foot  
Vickie Dilley –healing/strength



*Safety for all those serving in the Armed Forces*  
Sterling Slusher, Joe Slusher, Lauren Fielder, Peter Keiser

*Death*  
Sally Davis

#### *Those needing healing from cancer*

Glen Kirk  
Judy McCoy  
Alana Dailey




Steve Wilson  
Paul Rutledge  
Doris Lowe

Sherry Shepler  
Tabitha Arceneaux

John Stevens  
David White



## Outreach Programs


- ♥ **Donuts** - We make day-old donuts available to our neighbors and the homeless. Thank you to McHappy's and to those who make sure the donuts are picked up each week. 
- ♥ **Little Free Library** – Filling the church neighborhood with books to read. We have plenty of books right now but with room for more books for kids. Your donations are always welcome or help yourself to a book if you spot a good one – they are there for us too. 
- ♥ **Last Sunday Supper** – The next meal will be June 30. Come help set-up and cook beginning at 1 PM or come help serve and clean-up at 5:15 PM. We begin serving at 5:30 and continue until 6/6:15 or earlier if we run out of food. We are usually out of the building by 7 or 7:15.
- ♥ **Food Pantry** – If you would like to help handing out the bags, the current 'holes' are Monday afternoon and Tuesday morning. We also occasionally need help when our regular volunteers are not available. Contact Linda if you can serve a few hours weekly or bi-weekly or just as needed. 


## Inreach Opportunities

We show our care for other members as we listen to each other, spend time together, support each other in our church ministries, share a hug during the peace, help in times of need and celebrate special moments. Those who can't be here in person are also valued members of our congregation.

If you or a loved one would like a card, a visit, a meal, or a home communion, please call the office and we will connect you with someone who would love to be asked to help.



- ♥ **Pastoral Care**  
Someone is in the office Monday through Thursday, 9:00 a.m. to 4:30 p.m. If you need pastoral care outside office hours, contact The Rev. Lou Hays, Larry James, or Linda Crocker (see the end of the Staff for our contact information). Lou will be available on most Sundays, some Wednesdays and Thursdays and at other times for emergency needs. Additionally, the Eucharistic Visitors can offer a visit and/or home communion to those who can't come to church – just ask! 

- ♥ **Prayer Chain**  
We have a group of people who pray for those having emergency situations – surgery, accidents, or other crises. Linda Crocker makes the calls using the One Call system when she is notified by a church member of an immediate need. If you want to be added to the prayer chain let Linda know (304-210-5591). **God hears all our prayers** – you don't need a special gift to pray for healing and comfort for those in distress. All prayer chain calls remain confidential. 

## Contact Information:

The Rev. Lou Hays	304-428-1525, ext. 11	<a href="mailto:louisbhays@gmail.com">louisbhays@gmail.com</a>
Ginger Smith, Parish Administrator	304-428-1525, ext. 10	<a href="mailto:gingersmith.goodshepherdwva@gmail.com">gingersmith.goodshepherdwva@gmail.com</a>
Linda Crocker, Parish Ministries	304-210-5591	<a href="mailto:LLBC100@msn.com">LLBC100@msn.com</a>
Larry James, Senior Warden	304-482-9661	<a href="mailto:blesense@suddenlink.net">blesense@suddenlink.net</a>