



**THE SHEPHERD'S STAFF**  
**The Memorial Church of the Good Shepherd**  
**August 28, 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: The gift and ministry of grandparents**

September 8 is Grandparents Day. We will be giving thanks that Sunday for grandparents - our grandparents, those of us who are grandparents, and all grandparents everywhere. West Virginia was ahead of the curve on recognizing this special day. Arch Moore declared the first Grandparents Day in our State in 1973, five years before Congress declared the first Sunday after Labor Day to be National Grandparents Day.



To celebrate, we will have a single service at 10:15 with special prayers and recognition for grandparents followed by a festive potluck meal. It will be a great way to kick off the program year!

Sadly, I am not yet (and may never be) a grandparent. Obviously, I am old enough to be one, or even a great-grandparent if I had had children when I was younger. But neither of my sons has children. My father's parents died many years before I was born so I never knew my paternal grandparents. My mother's mother died soon after giving birth, so I never knew her. My mother's father died when I was about ten years old, and I wasn't close to him. So, as you can see, I have very little personal experience with grandparenting or having grandparents.



This I do know. Many people have experienced a special love and relationship with their grandparents. Grandparents love their grandchildren in a unique way. Grandparents may joke that they can have great fun with their grandchildren, spoil them a bit, and then hand them back to their parents at the end of the day or end of the week without continuing responsibility. But we also know many grandparents who step into the breach and raise their grandchildren as their own when, for whatever reason, the parent is unable or unwilling to do so. Whatever the situation, I give thanks to God for the gift and ministry of grandparents: for the special love, joy and nurturing that grandparents provide to their grandchildren and often receive in return.

September 8 is also the Sunday we will remember the tragedies of 9/11. Most of you know how Good Shepherd bore a special burden with the loss of Mary Lou Hague, who served as an acolyte here while growing up in Parkersburg. She was a bright and beautiful young woman who was following her dream of working in finance in New York City. Sadly, she was at her desk that terrible morning on the 89th floor of the World Trade Center Tower 2. May God bless her and keep her, and grant peace and comfort to her family, friends and loved ones.



## Grandparent's Day – September 8

Invite your grandparents, your grandchildren, family, and your friends to join us for **one service on Sunday September 8 at 10:15 AM** as we celebrate Grandparent's Day. The service honoring grandparents will be followed by a Potluck Lunch.

In line with our Grandparents theme, we hope you will bring 'Grandma's favorite recipe' or something your grandkids always ask you to make. A sign-up sheet will be available on Sunday or just call the office to be added to the list. Beverages will be provided.



## Read Aloud WV



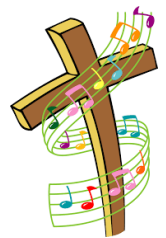
Change the lives of children in our community by motivating them to read for fun. How? By becoming a Volunteer Classroom Reader! It is easy and rewarding. After a 1-hour training session available on ZOOM, you choose an elementary school and are connected with a classroom. You can choose when and how often to read: once a month, once a week, before holidays, etc. Reading sessions are usually about 20 minutes long. In consultation with the classroom teacher, you read an age-appropriate book that you like – maybe even a beloved book from your childhood. Learn more at [readaloudwv.org](http://readaloudwv.org) or sign up for the next Zoom session (Weds. Sept 4 at 12:30 pm) at [readaloudwv.org/calendar](http://readaloudwv.org/calendar). For more information contact Read Aloud WV 304-345-5212

## Choir!

Choir rehearsals will begin next Weds., Sept. 4 in the choir room at 5:30 PM. Everyone who loves to sing is welcome – men and women – all ages and abilities. Did you know that singing has a lot of health benefits? Check it out yourself:

- [https://www.health.harvard.edu/newsletter\\_article/In\\_Brief\\_Sing\\_along\\_for\\_health](https://www.health.harvard.edu/newsletter_article/In_Brief_Sing_along_for_health)
- <https://www.interkultur.com/newsroom/world-of-voices/details/news/13-health-physical-mental-and-social-benefits-of-choir-singing/>

Sing to the Lord, enjoy the fellowship with other Good Shepherd singers, and reap the health benefits too!



## Bible Study



Wednesday Night Bible Study led by David Cooper will reconvene after a summer break on Sept. 4. There will be two sessions. The group meeting from 5-6 PM will be studying the Book of Judges. The group meeting from 7-8 PM will resume a study of Hebrews, starting with chapter 11. Both groups welcome new attendees. Let David know you will be there so he can let you into the building (304-494-8790).

## Shepherd's Closet Rummage

The September sale is coming up September 6 and 7. Deb and her team are busy preparing. They would love to have back-to-school items, small pieces of furniture, and linens, especially towels for this sale, but please get them to the church no later than Tuesday, Sept. 2. Save your cold weather clothing for the October sale please.



## Head Start

The children began classes today after a one week delay due to staffing issues. We are happy to welcome the kids and staff back and pray that they will have a great year here at Good Shepherd. You are welcome to stop by and peek in the classroom or enjoy the sound of happy children's voices.

## Office Hours

The office will be closed Monday for Labor Day. Normal hours resume Tuesday: 9 AM – 4 PM Monday through Thursday. Please remember that the office is closed on Friday and Saturday. You may leave messages over the weekend, but they will not be heard or answered until Monday.

## Sandscrest Silent Retreat Opportunity

# *Listening to the God Within ~ a silent retreat*

## Sandscrest Conference Center • Wheeling

Thursday evening, September 26, to Saturday afternoon, September 28

Sponsored by the Commission on Spirituality of the Episcopal Diocese of West Virginia

In the space of silence, people come to know more closely the God that dwells within them. This is an opportunity to intentionally draw closer to our God, by spending time in God's presence and in God's creation without the distractions of day to day life.

If you're new to silent retreats, don't worry, we won't leave you wandering around with nothing to do. There's plenty to meditate on.

### Silence

Sandscrest Conference Center is often called a 'thin spot' – a place where the air is thin, making it easier to find God. The main building is a lovely 1852 mansion and it is surrounded by 285 acres of fields and woods. There are an abundance of trails, rocking chairs, a sun room and cozy niches in the main house, and a chapel. We will also offer a labyrinth, mandalas for coloring and some short prayers and quotes for meditation.

### Worship

We invite you to worship in varied ways, morning, noon and night. Experience a candlelight Taize service, a Celtic morning worship, a worship hike. A drumming circle around the fire pit on Friday evening, led by Fritzann Isenhardt, can also be a form a worship.

### Spiritual Direction

The Very Rev. Nancy Woodworth-Hill, PhD is the Rector of Lawrencefield Parish Church in Wheeling. She is also a certified spiritual director/ companion in private practice. While engaged in silent retreats it is not unusual for "junk" (often in the form of memories, awareness of life-denying patterns, or a feeling) to arise. Nancy will be available to sit with individuals who wish to be accompanied through exploring these and similar issues on Friday of the retreat.

### Together

Even though you are silent, you will experience the unity of oneness with the spirit and with others. We will enter into silence after activities on the first evening and break the silence for a meal together Saturday before leaving.

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**Registration Form Due by September 13, 2024. Registration is Limited.**

Name \_\_\_\_\_

Address \_\_\_\_\_

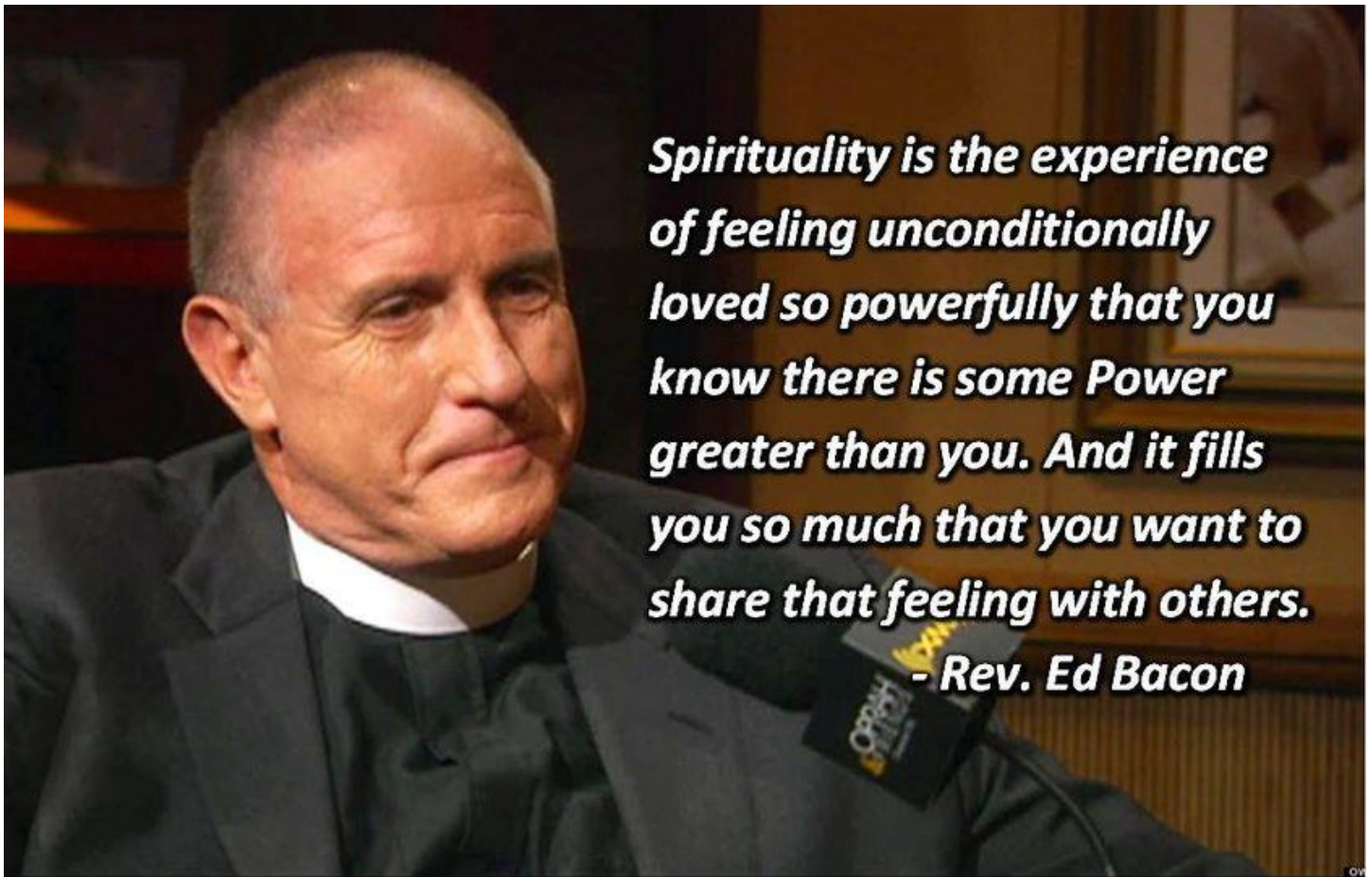
Email: \_\_\_\_\_ Cell: \_\_\_\_\_

Dietary restrictions: \_\_\_\_\_

Physical limitations: \_\_\_\_\_

Cost is \$180, which covers all meals and accommodations. Make checks payable to the Episcopal Diocese of WV, and mail to PO Box 5400, Charleston, WV 25361.

You can also sign up on the Diocesan website or Facebook page. For questions or if the registration fee is burdensome to you, text or call Sister Nancy Martin, 304.860.9446.



### 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                                | Marcia Doyle – healing   | Eric Dailey – healing           |
| The People of Ukraine  | Peggy Roberts - healing  | Peter Gevas – healing           |
| Larry Hand—healing   | Mary Gevas – healing     | Heyward Roberts – healing       |
| Becky Winans –healing  | Dee Milhoan – healing    | Shauna Hyde - healing           |
| Jone Johnson – healing/strength                              | Diane Cottrill – healing | Ann Stevens– healing            |
| Deb Hepburn-McKinney – healing                               | David Cottrill - healing | Mike Werry - healing            |
| Colleen Parsons – strength/healing                           | Chris Heckman – healing  | Vickie Dilley –healing/strength |
| Jason and Heather Smith difficulties from Muscular Dystrophy |                          | Patsy Mace - pneumonia          |



#### *Safety for all those serving in the Armed Forces*

Sterling Slusher, Joe Slusher, Lauren Fielder, Peter Keiser

#### *Those needing healing from cancer*




- |            |              |              |               |
|------------|--------------|--------------|---------------|
| Glen Kirk  | John Stevens | David Nevins | Julia Lee     |
| Judy McCoy | David White  | Alana Dailey | Chris Angotti |
| Doris Lowe | Ellis Corra  | Gary Greer   |               |



#### *Death*

Janet Villers

## 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. 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 September 29. 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 and Thursday 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 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. 

## Altar Flowers:

September 1 and 29 are available. 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.



## Contact Information:

The Rev. Lou Hays	304-428-1525, ext. 4	<a href="mailto:louisbhays@gmail.com">louisbhays@gmail.com</a>
Ginger Smith, Parish Administrator	304-428-1525, ext. 1	<a href="mailto:gingersmith.goodshepherdwva@gmail.com">gingersmith.goodshepherdwva@gmail.com</a>
Linda Crocker, Parish Ministries	304-428-1525, ext. 5	<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>

## September is Hunger Action Month

Make every day count!

Ready to make a difference? The Hunger Action Month calendar is packed with easy and impactful ways to bring us closer to an America where no one is hungry. Check back daily for new ideas and inspiration. Share your actions using #HungerActionMonth. For the interactive version go to

<https://www.feedingamerica.org/take-action/hunger-action-month>



## September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Day 1 of Hunger Action Month! Join the movement to end hunger.	2 Watch: Benton's advocacy journey	3 Get to know your local food bank!	4 Recruit! Start a Team Feed Fundraiser.	5 Act: Sign on to pass a strong Farm Bill	6 National Food Bank Day: Thank a food bank worker!	7 Pets are family: Learn about our partnership to feed pets
8 Learn: Building partnerships with Black communities	9 Can I donate this to a food bank? Answers here!	10 Hunger Action Day: Donate and your gift is matched!	11 Hear from neighbors - Elevating Voices: Insights Report	12 Watch: Grace's volunteer story	13 Learn: Innovations in food rescue	14 Wear orange and share on Instagram #EndHunger #HungerActionMonth
15 Learn: Latino voices in the movement to end hunger	16 Learn: Partnerships with farmers and food systems	17 Take the pledge to end hunger	18 Elevating Voices: Khalil's story	19 Back to School! Find a Backpack program near you	20 Double your impact: Match your gift	21 Watch: Franny's story
22 Sunday meal prep: Cook a recipe from our Latino neighbors	23 Join us in the Food Rescue Challenge	24 Watch: Connor's story	25 Learn: What is food sovereignty?	26 Map the meal gap in your community	27 Get social: Share an action you took to #EndHunger #HungerActionMonth	28 Elevating Voices: Odessa's story
29 Learn how SNAP changes lives	30 Commit to the movement year-round with a monthly gift today!	1	2	3	4	5

**Just want to make a donation?**

You can donate to Mountaineer Food Bank online at [www.mountaineerfoodbank.org](http://www.mountaineerfoodbank.org) or by check directly to Good Shepherd with Food Pantry in the memo line.