

Pentecost



May 19th

THE SHEPHERD'S STAFF
The Memorial Church of the Good Shepherd
May 8, 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

Reflections by the Rev. Lou Hays: Mother's Day

As you know, this Sunday is Mother's Day. For those of you who are fortunate enough to have mothers still with you, you may be able to celebrate with the person who probably loves you more unconditionally than anyone else. For those of us whose moms are no longer with us, we will remember our mother and thank God for all that she has done for us and meant to us. On Sunday morning I will offer a special prayer for all mothers everywhere, whether in this world or the next.

I believe that a mother's love for her child is the closest we can get to God's unconditional love for us. Most of us have or had mothers who pretty much gave it all for us. Suffering through the pain of childbirth. Feeding and nurturing us. Raising us with love and wanting nothing but the best for us. And of course worrying about us no matter our age. While many of us have or had fathers who also loved us greatly, let's face it guys, there's nothing quite like a mother's love. Yes, we will be celebrating Father's Day in another month, but it's just not as big a deal as Mother's Day.

Here's something I discovered when I googled Mother's Day. You probably already know this, but I did not. Mother's Day in the United States started right here in West Virginia! Anna Reeves Jarvis is credited for starting Mother's Day to honor her mother, Ann. Perhaps the first official celebration was held at St. Andrew's Methodist Church in Grafton, West Virginia on the second Sunday of May, 1907 (or 1908?). In 1914, President Wilson signed a proclamation officially establishing Mother's Day.

I invite you to reflect on your mother this week, and her love for you. As with God, it's all about love.



Adult Forum with Lou

We are meeting between services, starting at 9 and ending at 9:45, in the Junior High room. Last Sunday Lou talked about “end-of-life” issues – legal/financial such as having a will, medical power of attorney, plans to remember the church with a financial donation, etc. – as well as planning your funeral ahead of time to ease the burden on your family and have the kind of service you want. He had a couple of handouts - one to fill out and have filed here at church about your funeral and another with possible Bible readings and hymn suggestions to include with your plans. If you would like a copy of the handouts, contact the office. This Sunday the discussion will be about the process of ordination and also the process of receiving a priest from another denomination into the Episcopal Church. These forums will continue through the end of May.



Choir Stalls Moved (Again)

You may have noticed that the Choir pews have been relocated over by the Streaming Console. When the Choir was over by the organ pipes, their voices were drowned out by the organ. We tried placing a mic over there but, again, the organ dominated. By locating the Choir over to the other side, they can better lead the congregation and those on-line can actually hear them! The Thursday Morning Work Crew plans to provide improved lighting in that area and a mirror in the Crow's Nest so the Choir can see the Organist's directions from the console. Another advantage is that there is more space by the piano in case instrumentalists accompanying the piano are present. As my father often told me, "The only constant in the universe is change!". But fear not, if this experiment does not work out the pews can be moved back.



Bob Crocker, Junior Warden

Shepherd's Closet Rummage



The May sale raised over \$500 for our Adopted Families Christmas program. The June sale will be June 7th and 8th. If you didn't have a chance to get your unwanted summer clothing in, now is the time and 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.

Office Help Please

Ginger will be out of the office May 13 through May 27. We would really appreciate your help by volunteering for a half day or a whole day on one of the days the office is open: May 13, 14, 15, 16 and May 20, 21, 22, 23.

May 14th is by far the most critical. We will have people coming in to vote plus the usual people needing food and our regular Tuesday helpers won't be here because they are working at polling locations, so it is just Linda and Dennis that day. Call Linda to offer your help: 304-428-1525, ext. 12 or text her at 304-210-5591.



Letter Carriers Food Collection



Hopefully you received a postcard in the mail about the annual Letter Carriers Food Drive which is **this Saturday, May 11**. Good Shepherd always receives a generous portion of the food collected here in Wood County.

By putting out a bag of food for your letter carrier to collect, you let your postal person know that the community appreciates the willingness to work a longer day to finish their entire route with all the extra pick-ups to make this food drive a success. Soup, peanut butter, jelly, canned pasta, tuna, juice, canned fruit or vegetables, cereal and dessert mixes are all great donation choices.

Altar Flowers:

Open dates are May 19 (one vase) and June 30 (2 vases). 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.



Found on Facebook – <https://cac.org/daily-meditations/spirituality-as-radical-resilience>

Tending The Fire Within - Spirituality as Radical Resilience



Episcopal priest and educator Alice Updike Scannell (1938–2019) considered spirituality to be an essential element of radical resilience.

Attending to our spirituality is an essential skill for radical resilience. The kinds of challenges and adversities in life that demand radical resilience usually cause pain and suffering. We cannot handle pain and suffering without spiritual support. Much of that spiritual support will come from people—some from those we know and some from strangers who offer a kind word or come forward to help when we need it. We might also find spiritual support through our religious tradition, twelve-step program, or a meditative practice such as tai chi, mindfulness meditation, or yoga.

However, not all religions or spiritual belief systems are helpful for radical resilience. Any religion or spiritual belief system that is judgmental, punitive, rigid, or exclusive is a potential obstacle to resilience. The kind of spirituality that serves as a radical resilience skill respects the dignity of every human being; understands that all beings, the environment, and the universe are interconnected; views the Higher Power as loving; and holds honesty, self-awareness, compassion, forgiveness, reconciliation, openness, acceptance, and healing as core values.

Whenever we seek to understand how we can best live our lives with meaning and purpose, through prayer, meditation, or another practice of spiritual discernment, and we pay attention with an open mind to what comes to us in response to that practice, we’re engaging with our spirituality as a radical resilience skill. Over time, engagement with spirituality in this way is transformative. It changes the way we understand ourselves. It opens our hearts to an awareness of gratitude and leads us into greater compassion and a sense of connection with others.

Scannell names that our spirituality and faith have to mature in order to be supportive in difficult times:

If we haven’t paid much attention to deepening our spiritual life as we’ve become adults, we’re likely to lack the spiritual resources we’ll need to be radically resilient. Our childhood understanding of spirituality is usually not adequate when we experience the kind of adversity that changes our life forever. When we search for the meaning in what has happened to us, and we search for an understanding of who we are when we can’t do what we used to do, or be who we used to be, then we need spiritual resources that go deeper....

Yet even when we have a strong sense of spirituality and relationship with the sacred, we can experience anguish, doubt, despair, misery, and darkness. James Hollis calls these experiences “swampland visitations” and describes how they enrich our lives and help us to grow into a mature spirituality. [1] Encounters with these [painful] experiences in the spiritual framework of resilience ultimately lead to enlargement, not diminishment. “If truth be told, we wish we didn’t have to grow,” writes Hollis, “but life is asking more of us than that.”

References:

James Hollis, *Finding Meaning in the Second Half of Life* (NY, Gotham Books, 2005) pages 209, 211, 234
Alice Updike Scannell, *Building Resilience: When There’s No Going Back to the Way Things Were* (NY, Church Publishing, 2017, 2020) pages 112-113, 120-121

- June 9-15: Counselor Training
- June 16-22: Senior Camp (entering 10th grade-graduated high school seniors)
- June 23-29: Junior Camp (entering 4th-6th grades)
- June 30-July 3: Alpha Camp (young children and their grownups)
- July 7-13: Intermediate Camp (entering 7th-9th grades)
- July 14-20: Music, Art, Drama Camp (entering 4th-12th grades)
- July 21-27 Family Camp (families of all ages and sizes)



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
Tornado and Flood victims	Larry Hand—healing	Mary Gevas – healing
Carolyn Beach – broken elbow healing	Sally Davis – healing	Vicki Fielder - healing
Jone Johnson – healing/strength	Diane Cottrill – healing	Ann Stevens– healing
Deb Hepburn-McKinney – healing	David Cottrill - healing	Dee Milhoan – healing
Vickie Dilley – healing/strength	Chris Heckman – healing	Becky Winans –healing
Colleen Parsons – strength/healing	Amy Geoffroy – healing/foot	

Safety for all those serving in the Armed Forces

Sterling Slusher, Joe Slusher, Lauren Fielder, Peter Keiser






Those needing healing from cancer

Glen Kirk	Steve Wilson	Sherry Shepler	John Stevens
Judy McCoy	Paul Rutledge	Tabitha Arceneaux	David White
Alana Dailey	Doris Lowe		



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 May 26 (Memorial Day weekend). 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** –We continue to hope for more 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. 

- ♥ **Reading Camp?** We have many of the volunteers we need. Call Linda 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 the skills for success in reading and in school in general. Reading Camp will be held during the day the week of Aug. 6-10. You can help all day or just in the mornings or afternoons or even for just a few hours.

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.



Important Upcoming Calendar Dates:



May 19 – Pentecost – one service at 10:15 followed by lunch and Sing-a-long with Dennis

May 26 – Youth Sunday and Last Sunday Supper

June 17-21 – Open Sky

Contact Information:

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

Sunday May 19

One service at 10:15 AM

Wear Red for Pentecost!

