

AUGUST 2017



Shepherd's Voice

The monthly parish newsletter of

Good Shepherd
United Church of Christ

WHAT WE BELIEVE...

We believe in God, the Eternal Spirit, Father of our Lord Jesus Christ and our Father, and to his deeds we testify:

He calls the worlds into being, creates man in his own image and sets before him the ways of life and death.

He seeks in holy love to save all people from aimlessness and sin.

He judges men and nations by his righteous will declared through prophets and apostles.

In Jesus Christ, the man of Nazareth, our crucified and risen Lord, he has come to us and shared our common lot, conquering sin and death and reconciling the world to himself.

He bestows upon us his Holy Spirit, creating and renewing the church of Jesus Christ, binding in covenant faithful people of all ages, tongues, and races.

He calls us into his church to accept the cost and joy of discipleship, to be his servants in the service of men, to proclaim the gospel to all the world and resist the powers of evil, to share in Christ's baptism and eat at his table, to join him in his passion and victory.

He promises to all who trust him forgiveness of sins and fullness of grace, courage in the struggle for justice and peace, his presence in trial and rejoicing, and eternal life in his kingdom which has no end.

Blessing and honor, glory and power be unto him. Amen.

FROM THE PASTOR'S STUDY

As I write this, we are coming off of an incredible week of Adult VBS at Good Shepherd. We had nearly two dozen adults sign up for our weeklong evening meetings where we learned about tools for deepening our prayer lives and even participated in crafts that resulted in each student taking home a set of Anglican (Protestant) Prayer Beads. In Scripture (John 10:10), Jesus tells us that He has come so that we may have a more abundant life. Learning how to use more tools to enhance our personal devotional time is certainly a way of experiencing the life of abundance our Lord promises us.

As we look to August, Good Shepherd has more to offer in terms of a life of abundance. But unlike our July Adult VBS which focused on our spiritual life of abundance, in August, we turn our eyes to our physical lives and how we can continue to keep them healthy.

Over the course of three Saturdays in August, Good Shepherd will partner with SelfCare Health Initiatives, a 501(c)(3) non-profit organization to offer a three session workshop entitled "Beneath the Weight" aimed at helping people understand the relationship between stress and emotional eating habits. The sessions will be held from 10:00 AM until 1:30 PM on Saturdays, August 12, 19, and 26.

The seminar is absolutely free of charge but advance registration is required. Please see the article related to this on page 4 of this month's newsletter for more information on registration or go online to <https://www.beneaththeweight.org/sessions>.

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The month of August also puts us in Back To School mode. On Sunday, August 6, we'll hold our annual Youth Sunday service at 10:00 AM. Almost all elements of the service will be led by our youngest members. They truly are a gift from God and they are the future of our church, so come on out and show your support for them. We'll also offer our "Blessing of the Book Bags" at the Youth Sunday service, so kids, bring your book bags to church on Sunday, August 6!

Finally, August also means that football is once again upon us. If you're like me, you're looking forward to your favorite teams taking the field. And if you're like me, you're also looking forward to Good Shepherd's annual Black and Gold Sunday. Stay tuned for more information on that event as the date will likely be picked at the August 13 Church Council Meeting.

There's so much happening at Good Shepherd, but it's truly NOT CH RCH if "you" are missing, so come on out be a part! You won't regret it!

Until next month, let your light shine!

Pastor Randy

The Reverend Dr. Randall M. Graf, Pastor

SERVICES SCHEDULE FOR AUGUST 2017

Thursday, August 3 @ 6:35 PM—Midweek Service of Holy Eucharist

Sunday, August 6 @ 8:30 AM & 10:00 AM—Sunday worship with Youth Sunday at 10:00 AM

Thursday, August 10 @ 6:35 PM—Midweek Service of Holy Eucharist

Saturday, August 12—Intercessory Prayer will not be held due to a scheduling conflict

Sunday, August 13 @ 10:00 AM—Sunday worship

Thursday, August 17 @ 6:35 PM—Midweek Service of Holy Eucharist

Sunday, August 20 @ 8:30 AM & 10:00 AM—Sunday Worship

Thursday, August 24—Midweek Service of Holy Eucharist

Sunday, August 27 @ 10:00 AM—Sunday Worship

Thursday, August 31 @ 10:00 AM—Midweek Service of Holy Eucharist

STAY UP TO DATE

To make sure you're keeping up-to-date with everything that is happening at church, sign-up for our Thursday morning e-newsletter by going to our website at www.gsucc.com. While you're on the website, go to "Calendar" and take advantage of syncing your Google calendar app with ours! You can also follow us on Facebook, Twitter, and YouTube!



SHEEP IN THE NEWS

I can't believe it's now **August** and the **summer** is almost over, 2017 is almost over and Christmas will be here before we know it. Enjoy every day because they are zipping by really fast. There's not much to say in August as far as our children's accomplishments are concerned. I hope everyone is just enjoying themselves and getting well rested so they will do well in school. It will be starting very soon now and another year will be under way.

I also want to publicize Youth Sunday. It will be **August 6th** and we will hear **Brennen Higginbotham** preach the sermon that day. Immediately after the service, Brennen will be off to college so please mark your calendars now for that very special Sunday. It will be remarkable. The entire service will be conducted by our youth and that is always something wonderful to witness.

Please let Debbie Volk or the church office know of any accomplishments by our young people. We are so proud of them and want to acknowledge their successes.

Thanks,

Debbie Volk



ANCHORAGE AWEIGH!

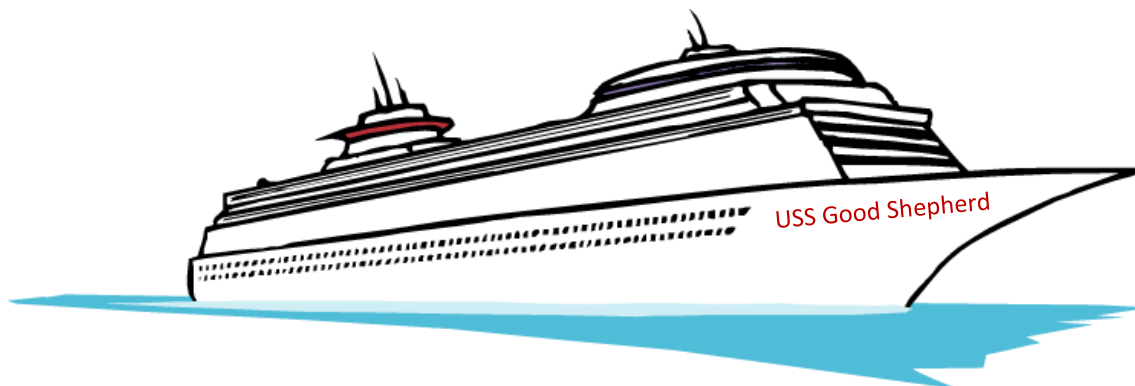
Have you considered sailing on the Pearl of the Norwegian Cruise Line with the members and friends of Good Shepherd church who have already reserved a cabin for the Good Shepherd cruise?

The dates are February 11-18, 2018.

Call Liz Finlay (the travel agent for us) at 504-468-1295 to secure a reservation.

Wouldn't you rather be the one waving to those people on shore instead of the one on shore waving "bon voyage" to us on the Pearl?!

Come join the adventure at sea. For more information, please see Dottie Frilot.



GOOD SHEPHERD HOSTING HEALTH ED WORKSHOP IN AUGUST



Beneath_{the}Weight

Change Your Mind, Change Your Weight

Have you ever said that you overeat because you're stressed, under pressure, nervous, mad, sad, bored, or focused on your responsibilities? Do you reach for comfort foods when you have a "bad day?" Those are the same reasons for gaining weight and why so many weight-reducing efforts result in re-gaining weight that has been lost.

A psychologist and a nutritionist have developed a new approach to discarding excess weight.

They believe that overeating begins in the mind, and the mind is the place to end overeating.

Their program, "Beneath the Weight" puts you in touch with what is happening in your mind when you overeat and helps you to develop your own mindset and your own skills to end stress eating so that you can create and maintain a New-Weight Lifestyle that is not controlled by stress, and by uncomfortable moods and emotions.

Starting Saturday, August 12th, from 10:30 am to 1:00 pm, the Good Shepherd United Church of Christ will hold the first of a Free 3-part series of "Beneath the Weight" workshops that explore topics for participants to end stress eating. The Good Shepherd United Church of Christ is located at 5122 W. Esplanade Ave. in Metairie. The second and third workshops in the series will be held on Saturdays, August 19th and 26th from 10:30 am to 1:00 pm. The topics are different at each workshop.



The workshops have no lectures, diets, exercises, or products. In the first two workshops, participants do self-discovery activities and then help each other, in small groups, to create new eating lifestyles. The participants agree to be positive, encouraging, and supportive when helping each other, and that everything said is confidential.

In the third of the three workshops, a nutrition specialist, an exercise coach, and support group members, do interactive demonstrations with the participants.

The workshops are sponsored by the Good Shepherd United Church of Christ and SelfCare Health Initiatives, a 501 (c)(3) non-profit organization whose purpose is to help individuals lead healthier lives.

To register, visit <https://www.beneaththeweight.org/sessions> or for more information contact Paul Waldman at manager@BeneathTheWeight.org or (504) 220-2576.

REMEMBERING MRS. JUNE LeGULUCHE

(SEPTEMBER 13, 1931 —JULY 28, 2017)

A Christian Service of Remembrance was held on Friday, August 4 at Garden of Memories Funeral Home in Metairie for Mrs. June LeGuluche. June went home to the Lord on July 28, 2017, after a brief stay in Murphy Hospice in Hammond, LA. Let us continue to hold the LeGuluche family in prayer and let us also offer prayers of thanksgiving for the many lives our sister June lovingly touched in her earthly years.

Requiescat in pace, June LeGulueche.

In Christ,
Rev. Graf



June LeGuluche

GOOD SHEPHERD
CHURCH

YOUTH
Sunday

& Blessing of the
Book Bags

Sunday **AUGUST 6**
@ 10:00 AM

JASPER

the



CHURCHMOUSE says...

Some of my Jewish Churchmouse friends use a calendar that adds 3,761 years to our calendar. My Islamic friends take 622 years off our date. And, there are many other ones like the Chinese and the Aztec, etc.

You, of course, have notices that they all have the year divided into days, weeks, and months. Some place the whole year on a single page. Some put a whole month on one page, some use a page for each week and others use a page for each day!

The one I like the best is the one that used to appear in the Good Shepherd newsletter each month. Remember it? I would put a copy of it on the bulletin board where I could keep track of all the events taking place at Good Shepherd Church. I always knew what was going on and I never missed a Churchmouse deadline.

If you would like to see the monthly calendar used again, let the office know and they may just off you the job of helping put it together. They will love you for it, I will love you for it and you will love yourself for it.

....With Love of the Best Kind, I am,

Jasper



Good Shepherd UCC

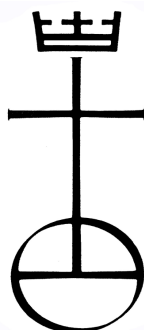
5122 West Esplanade Ave

Metairie, LA 70006

504.454.0764

www.GSUCC.com

The Rev. Dr. Randall M. Graf, Pastor



Sunday Services

10:00 AM every Sunday

8:30 AM 1st & 3rd Sundays

Midweek Services

6:35 PM Thursdays

Intercessory Prayer

11:00 AM

2nd Saturday of the month