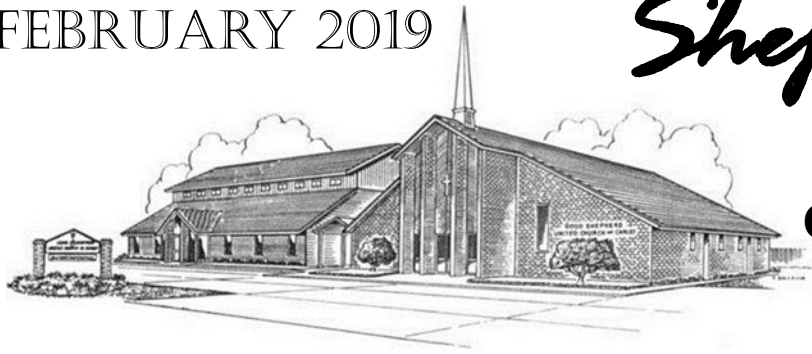


FEBRUARY 2019

Shepherd's Voice



The monthly parish newsletter of
GOOD SHEPHERD CHURCH

WHAT WE BELIEVE...

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.

For us and for our salvation he came down
from heaven,
was incarnate from the Holy Spirit and the
Virgin Mary,
and was made man.

For our sake he was crucified under Pontius
Pilate;
he suffered death and was buried.

On the third day he rose again in accordance
with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory to judge the living
and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver
of life,
who proceeds from the Father and the Son
who with the Father and the Son is wor-
shipped and glorified,
who has spoken through the prophets.

We believe in one holy catholic and apostolic
Church.

We acknowledge one baptism for the for-
giveness of sins.

We look for the resurrection of the dead,
and the life of the world to come. Amen.

FROM THE PASTOR'S STUDY

THE HEALTH OF GOOD SHEPHERD CHURCH

There's an old joke made by gym rats that they can't wait for the month of February to come along so all those folks who made New Year's resolutions will no longer be in the way at the gym. The fact is, most New Year's resolutions revolve around being healthier, whether in physical health, relationships, nutrition, or whatever. We inherently know that our health is invaluable.

I would say the same is true for the health of the church—it is invaluable. This month, I wanted to spend a bit of time talking about some areas of health that we at Good Shepherd Church should really be giving some keen attention to.

Working Out

We really need to look at our work out regime. If you've ever been involved in a **workout program**, you can probably attest to how beneficial it is and how good you feel when you are regular and consistent with your exercises. You'll probably also realize that if you slip up and miss a work out, it becomes easier to miss another one and you are quickly on the dangerous skid of becoming a couch potato.

As Christians, our church "**work out**" is our worship. In fact, the word "liturgy" (as in the order of our worship and the prayers that we pray) comes from the Greek word *leitourgia*, and literally translates to mean "the work of the people". A look around church on Sundays lately seems to suggest that far too many of our members may be falling into Sunday morning couch potato mode. Attendance has been lackluster and if we're going to be a healthy church, this is something that clearly has to change.

Questions: *What can you do differently to make your worship attendance better? What can you do to help someone else with their worship attendance?*

Continued on page 2

Body Building

Good Shepherd Church needs to be concerned about “**body building**” in order to be healthy. Unlike the typical gym rat, I'm not talking about larger biceps or a flatter stomach. I'm talking about **body building** within the church. In other words, focusing on growing the Body of Christ for the Kingdom of God.

Good Shepherd Church is blessed to have a number of members who have essentially grown up in our church or in some cases, they even go back as far as one of our predecessor churches (St. John or Bethany). However, with that blessing comes the reality that as our church enters her 43rd year, our congregation is aging. It seems as if each year we lose more members to funerals than we gain with baptisms or new members. While this trend is in no way unique to our church parish, it is one that should certainly be worthy of our attention. We have to focus on growing our local church if we want it to continue to be around for the next generations of worshipers.

Question: *Who can you invite to church this week? What about next week? What about next month?*

Good Nutrition

It's not uncommon for folks to resolve to eat better and healthier and of course, the preponderance of scientific and medical evidence suggests that good “**nutrition**” results in stronger, longer, more active lives. Are you getting your recommended daily allowance of God's Word?

I can tell you, if the only time you are ingesting His Word is on Sunday morning when it's read aloud during worship, then your soul is or is at extreme risk of being malnourished. You are lacking vital nutrients and key building blocks required for you to have the “life of abundance” our Lord wishes to provide (see John 10:10).

There are some very easy ways to increase your daily intake of Scripture. Purchase a daily devotional book or pick up a free copy of The Upper Room from the narthex of our church and commit to reading from it daily. If you're really moved, consider joining or even starting a weekly small group Bible study. You just never know... someone else you know may be waiting for someone like you to start a small group Bible study.

Question: *What “junk food” (e.g., TV shows, outings, hobbies, etc.) can you cut back on and replace it with time in God's Word?*

No Pain, No Gain

It's not uncommon for gym rats to say things like “**no pain, no gain**” but being a healthy church member in a healthy church doesn't necessarily require pain in order to achieve gain. It does, however, require a monetary investment.

In the Old Testament, we read of the “tithe” or the giving of the first ten percent, right off the top, of the fruit of one's labor. Is the tithe mandatory? Perhaps not... but it IS Biblical and if you are not generously giving of your finances to support your church, then you are actually creating more pain than need be. Here's what I mean. If you are not giving, then you are not being obedient. If you are not giving the amount that you know God has called you to give, then not only are you being disobedient, but you are literally robbing God—the very Source of all that you already have. In Malachi 3:8 (NLT) we can read God in His own words when He says:

"Should people cheat God? Yet you have cheated me! "But you ask, "What do you mean? When did we ever cheat you?" "You have cheated me of the tithes and offerings due to me."

Far too many Christians view writing checks as a painful experience, but the reality is, giving to God and the ministry of His Church is not only NOT painful, but failing to do so could actually be CAUSING pain in your life and standing in the way of you receiving greater blessings that He has in store for you. This is why God continues in Malachi 3:10 (NLT) to say:

"Bring all the tithes into the storehouse so there will be enough food in my Temple. If you do," says the LORD of Heaven's Armies, "I will open the windows of heaven for you. I will pour out a blessing so great you won't have enough room to take it in! Try it! Put me to the test!"

This is THE ONLY PLACE IN SCRIPTURE where God actually tells the reader "PUT ME TO THE TEST". Think about that... God actually says, if you give generously to my Temple, I am going to open the WINDOWS OF HEAVEN FOR YOU and POUR DOWN BLESSINGS ON YOU that are SO GREAT, you won't even have room for them all.

Question: Who did you give more money to last month.... your church or your favorite restaurant? your church or the movie theater? your church or your cell phone provider?

Folks... at the end of the day, the health of any church is totally dependent on how healthy the membership of that church chooses to be. God has entrusted you with the gift of Good Shepherd Church. Are you going to do your part to keep her healthy? The work out, the body building, the good nutrition, the giving... it's your responsibility.

Until next month, let your light shine!

The Reverend Randall M. Graf, Pastor

CHURCH PICNIC

By D. J. Estopinal

If you have not heard, this year's 2nd Annual Church Picnic will be held at **Wally Pontiff Playground, Shelter # 3 on Sunday, April 14, 2019, (Palm Sunday)**. The exact same place as last year.

If you have ever wanted to become involved on a church committee, this is the one you want to be on. We will only have two (2) committee meetings before the church picnic. Most of the committees' work, like last year, will be done at the church picnic.

I need volunteers for the below sub-committees:

- Set Up & Take Down Committee
- BBQ Cooking Committee
- Games Committee
- Children
- Adults

If you are interested in being on any of the above Church Picnic Sub-Committees, please inform D. J. Estopinal.



GOOD SHEPHERD CHURCH MEN'S CLUB NEWS

Just a reminder, Men's Club members, your 2019 annual dues are now due. Our club dues are \$25.00 annually. Please make your check out to "GSC Men's Club". Because our brother and Treasurer, Clif, is in poor health at this time, I will be collecting the dues for him and making the Men's Club deposits until he feels better.

Also, our next monthly meeting is scheduled to be held on **Monday, February 4, 2019** at the "**2 Amigo's Mexican Buffet**", located at 3826 Williams Blvd., Kenner, La. We will meet at our usual time, 6:00 P. M. We will be eating and conducting our meeting in their private meeting room.

In case you have not eaten at "2 Amigo's" before, it is an all you can eat, Tex/Mex buffet restaurant. I encourage **ALL** men of Good Shepherd Church to attend this meeting.

If you are not a member of the Men's Club, I encourage you to become one. All you need to do is just show up at our next scheduled meeting, (see above) and pay your 2019 annual dues.

If you have any questions about the above, talk to me any Sunday and I will attempt to answer your question.

D.J. Estopinal
GSC Men's Club President

GOOD SHEPHERD CHURCH WOMEN'S GUILD NEWS

The Women's Guild meets on the second Tuesday of each month at 10:00 a m. Any ladies interested in good fellowship plus service projects for our church...we would love for you to join us.

Upcoming this month, we'll have our first Bake Sale of the year. February 10th in the Kitchen beginning at 9:30 a m until 9:55 a m, and again after the 10:00 a m Service.

Our Business Meeting will be Tuesday, February 12th at 10:00 a m. Thais has devotions and Susan has Refreshments!! Hope to see you there!

Barbara Mehtens
GSC Women's Guild President

SERVICES SCHEDULE FOR FEBRUARY 2019

Sunday, February 3 @ 8:30 AM & 10:00 AM—Sunday Morning Holy Eucharist

Thursday, February 7 @ 6:35PM—Midweek Service of Holy Eucharist

Saturday, February 9 @ 11:00 AM—Monthly Service of Intercessory Prayer

Sunday, February 10 @ 10:00 AM—Sunday morning worship service

Thursday, February 14 @ 6:35 PM—Midweek Service of Holy Eucharist; St. Valentine's Day

Sunday, February 17 @ 8:30AM & 10:00 AM—Sunday Morning Holy Eucharist

Thursday, February 21 @ 6:30 PM—Midweek Service of Holy Eucharist

Sunday, February 24 @ 10:00 AM—Sunday morning worship service

Thursday, February 28—Midweek Service of Holy Eucharist

PRAYER REQUESTS



Prayer Requests

A reminder that you may submit a name or cause to be entered on to the Good Shepherd Church prayer list by completing a prayer card found in the pews and placing the card in the offering plate.

Please note that the computer program used to track our prayer listings places a time limit on entries. If a name or cause that was included on the list is no longer listed in the bulletin prayer list but you would like it to be, simply complete another prayer card. Likewise, if you would like to update a prayer request and have it removed from the list before it automatically cycles off by reaching its time limit, this too can be done using the pew prayer cards.

SONGS OF CELEBRATION AND SANCTUARY

NEXT HYMN SING ON TUES. FEB. 5 @ 2PM

On Tuesday, January 15, over two dozen faithful gathered to enjoy a good old fashion hymn sing at Good Shepherd Church. Following the 45 minute program, led by Patsy Engles, everyone enjoyed king cake and coffee.

The next hymn sing program is scheduled for **Tuesday, February 5 at 2:00 PM**. Patsy will be leading us with "love songs" as the theme as we approach Valentine's Day.

Come on out and join us, and bring a friend!



IPHONE BASICS FOR BOOMERS

Does the iPhone drive you crazy? Would you like to know more about how to use its many features?

The East Jefferson YMCA in partnership with the Jefferson Community Foundation want to help you learn to use your iPhone to it's full capacity!

On Tuesdays, January 29, February 5, 12, and 19, the East Jefferson YMCA will be presenting a course entitled iPhone Basics for Boomers.

January 29th: Using the iPhone as a phone, setting up contacts, 3 way calls, speaker setting

February 5th: Using the iPhone as a phone, setting up contacts, 3 way calls, speaker setting

February 12th: Texting, including group texts and adding a picture

February 19th: Texting, including group texts and adding a picture

There is no charge to attend this class, but pre-registration is required due to limited capacity! For more information, contact the East Jefferson YMCA 6691 Riverside Dr. Metairie, LA 70003, or by telephone at (504) 888-9622.



MISSIONS

A reminder that for our February mission Good Shepherd Church is working to support homeless veterans and are collecting for Camp Nora (No One Rides Alone). Camp Nora, which is administered by Ride of the Brotherhood, is a "one-stop housing, outreach, and supportive system" for our local veterans. It is located in Covington, Louisiana.

If you would like to read more about this organization, feel free to visit online at www.rideofthebrotherhood.org/camp-n-o-r-a/.

If you would like to give to this mission, please place your contribution in one of the white envelopes and write MISSIONS on the front of the envelope.

Our ongoing support for Second Harvest Foodbank takes on a bit of a fun twist this month as the Youth of GSC have challenged the adults to a Souper Bowl! Boxes labeled "Youth" and "Elders" are set up in the nartex to receive cans of soup and other canned goods to support the food bank. The Souper Bowl Champions will be decided by which group can bring in the most canned goods. Make sure you use the proper box!

For more information, please see our Missions Coordinators Mrs. Heidi LaGarde or Mrs. Trisha Mondello.

FOR RENT

LOOKING TO RENT A LOCATION FOR YOUR NEXT EVENT?

Good Shepherd Church, 5122 West Esplanade Ave., Metairie, La. is located **two blocks west of Transcontinental Drive on West Esplanade Ave.** Good Shepherd Church will **RENT**, for **VERY** reasonable rates, their Fellowship Hall, Inside Basketball Court/Volleyball Court, meeting Rooms, fully equipped Kitchen, etc.



Varied Meetings & Gatherings



Basketball or Volleyball



Fully Equipped Kitchen



Fellowship Hall

Our Fellowship Hall is perfect for parties, dances, wedding receptions, small and large meetings, luncheons, Banquets, Class Reunions, Seminars, Training Sessions, Sales Presentations, Club Meetings, Fund Raising Events, Movie and Commercial Filming, etc.

For further information, rental rates and a tour of our Fellowship Hall facility, please call the **Good Shepherd Church Office at (504) 454-0764**. If no one is available to answer your call, please leave a message and someone will get back in touch with you. You may also visit us online at www.GSCMet.com.

A THANK YOU NOTE

By Rebecca Estopinal

I recently received a letter from Ms. Sonya Hebert of the Southeast Louisiana Veterans Home. This is the Veterans Home that we, at Good Shepherd Church, sent a church mission to visit in December of 2018. We delivered Christmas presents and sang Christmas Carols to the Veterans there.

Ms. Hebert states in her letter to us:

"We would just like to take this opportunity to thank you for the display of love and joy you bestowed upon our Veteran's home in Reserve. We are so blessed to have this wonderful relationship with you. We look forward too many more projects together."

I just thought that the Good Shepherd Church parishioners who participated in this mission would like to know about this correspondence that I received.

May our Lord be with you.

STAY UP TO DATE

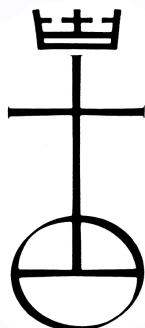
To make sure you're keeping up-to-date with everything that is happening at church, sign-up for our Thursday morning e-newsletter by going to our website at www.GSCMet.com. While you're on the website, go to "Calendar" and take advantage of syncing your Google calendar app with ours! You can also follow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



Good Shepherd Church

5122 West Esplanade Ave
Metairie, LA 70006
504.454.0764
www.GSCMet.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