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 be came of

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 worshiped and glorified,

who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

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

FROM THE RECTOR'S STUDY

As June comes upon us, the season of Eastertide begins to come to its conclusion with the celebration of the Feast of the Ascension (Thursday, May 26) and Pentecost Sunday (June 5).

Each year, we celebrate Pentecost on the 50th day after Easter and we commemorate the coming of the Holy Spirit descending upon the Apostles and other Christ followers while they were in Jerusalem celebrating the Jewish Feast of Weeks fifty days after Passover.

That first Christian Pentecost is well documented by St. Luke in his book Acts of the Apostles.

And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance. (Acts 2:2-4, ESV)

Pentecost is often referred to as the *Birthday of the Church* because on that day, 2,000 years ago, the Paschal Mystery was completed as Christ's Passover was fulfilled in the outpouring of the Holy Spirit and the fullness of the Blessed Trinity was completely revealed to the world.

I want to personally invited you to experience the outpouring of the Holy Spirit upon you as together we commemorate Pentecost and celebrate the birthday of the Church at our two Holy Eucharist services on Sunday, June 5.

Until next month, let your light shine!

Fr. Randall Graf
Priest and Rector

SERVICES SCHEDULE FOR JUNE 2022

Sunday, June 5 @ 8:30AM & 10:00 AM—Sunday morning Holy Eucharist (Pentecost Sunday)

Sunday, June 12 @ 8:30 AM & 10:00 AM—Sunday morning Holy Eucharist

Tuesday, June 14 @ 10:00 AM—Women's Guild Holy Eucharist (but EVERYBODY is invited!)

Sunday, June 19 @ 8:30 AM & 10:00 AM—Sunday morning Holy Eucharist

Sunday, June 26 @ 8:30 AM &10:00 AM—Sunday morning Holy Eucharist

<u>PLEASE NOTE</u>: Our YouTube channel is located at www.YouTube.com/GoodShepherdMet. Each Sunday morning, we livestream our 10:00 AM Holy Eucharist on our channel.

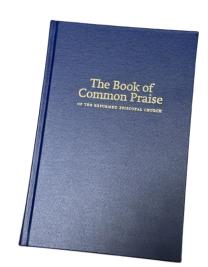


NOTES FROM RINDA

If there was any doubt, the temperatures outside would tell us that summer is here; maybe not officially, but definitely in southeast Louisiana. After Pentecost Sunday, the choir will be

taking their summer break, and we will be blessed with solos, duets, and perhaps other ensembles. I have said it before, and III say it again-I've never worked with a more dedicated group of singers. Everything the choir does is for the glory of God; never for themselves.

Summer also tells us that 2022 is half over. Each day brings new challenges as well as blessings. Sometimes those challenges are blessings in disguise! Every day I thank God for the gift of working with Good Shepherd Anglican Church in music ministry. One of the additions to our hymnal is "Give Thanks", by Henry Smith. It emphasizes a new appreciation for God's gift of Christ to the people of earth, supporting God's interest in the economic condition, as well as mental and spiritual strength.



We are told in Joel 3:10 that the weak are esteemed and become strong. Those who lack physical assets will become rich and inherit the spiritual kingdom that Christ has come to proclaim. The spirit of the text and tune of this song reflects many biblical passages emphasizing stewardship. Gratitude is the primary focus.

"The Lord has done great things for us, and we rejoiced." Psalm 126:3

Rinda Coleman
GSC Music Director

ALL ABOARD FOR VACATION BIBLE CRUISE

In the almost four years that I have been serving at Good Shepherd, we have not had a Vacation Bible School. I am excited that this summer we will have Vacation Bible Cruise from July 11-15.

Each of the lessons will explore some part of our Christian faith that relates to water; including baptism, the parting of the Red Sea, Peter's walking on water and other events. Please see the sign up sheet in the narthex if you are interested in volunteering with crafts, refreshments, games, teaching or anything else you can think of. If you're unable to be with us in person, perhaps you would like to make a donation. Just identify it on your check or envelope as a designated offering for VBS.

There will be no charge for kids to participate. We will meet from 6:30 until 8:00pm each evening. Please take some flyers and distribute to friends and neighbors. We will have a great time exploring!

Rinda Coleman **GSC Music Director**



Invites you to climb aboard for.... Vacation Bible Embark upon a one-week Vacation Bible Cruise as we journey together toward a closer relationship with God.

When: July 11 -15 6:30 PM until 8:00 PM Who: Children ages third grade and younger Where: Good Shepherd Anglican Church 5122 W. Esplanade Ave in Metairie

Cost: The price has already been paid, just climb aboard!

FREE CONCERT—FRIDAY, JUNE 3 AT 7:00 PM

Good Shepherd Anglican Church is once again blessed to be able to host the Luminari Boys Choir, from The Woodlands, TX, for a concert in our sanctuary on Friday, June 3, 2022 at 7:00 PM. This marks the second summer in a row that we will be blessed by the beautiful sounds of this incredibly gifted boys choir.

The Luminari Boys Choir is composed of young men ages 6-14. The choir was founded in 2015 as a means of transforming young men into well-rounded, productive individuals who appreciate arts, faith, humanity, music, and life. Join us Friday, June 3 at 7:00 PM for their concert!



LIONS CLUB TO HOST CRAFT FAIR AT GOOD SHEPHERD



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 and 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.





SUNDAY CELEBRATIONS & REMEMBRANCES AND

ETERNAL FLAME SANCTUARY LAMP

A reminder that each Sunday affords an opportunity to honor, remember, and celebrate people and events. Want us to offer prayers of gratitude for a wedding anniversary or prayers of re-

membrance for a loved one who has returned home to the Lord or prayers of thanksgiving for a special person's birthday? Let us know by filing out the blue "**Sunday Celebrations**, **Honors**, **and Remembrances**" form.

The "Sunday Celebrations, Honors, and Remembrances" form is available in the narthex of the church. By completing the **brief form** with the necessary information (e.g., John and Jane are celebrating 20 years of marriage on June 15 or Mike and Sue wish to honor the memory of Sue's mother, Pauline on what would have been her 100th birthday) and turning it in along with **a**



small \$5 honorarium, you can be assured that the Sunday of your choosing includes the publication of your honor in our Sunday bulletin and prayerful remembrance during our Sunday service.

Additionally, the **2022** book still has a few dates open for sponsoring the **Eternal Flame Sanctuary Lamp**. If you would like to dedicate the Eternal Flame in memory of a departed loved one, please see the open dates in the red folder in the narthex. The suggested minimum **honorarium** for the Eternal Flame Sanctuary Lamp is \$15.

HURRICANE SEASON IS HERE AGAIN!

The best time to prepare for a hurricane is before hurricane season begins on June 1. It is vital to understand your home's vulnerability to storm surge, flooding, and wind. Here is your checklist of things to do BEFORE hurricane seasons begins.

- Know your zone: Do you live near the Gulf or Atlantic Coasts? Find out if you live in a
 hurricane evacuation area by contacting your local government/emergency management office or by checking the evacuation site website.
- Put Together an Emergency Kit: Put together a basic emergency kit. Check emergency equipment, such as flashlights, generators and storm shutters.
- Write or review your Family Emergency Plan: Before an emergency happens, sit down
 with your family or close friends and decide how you will get in contact with each other, where you will go, and what you will do in an emergency. Keep a copy of this plan
 in your emergency supplies kit or another safe place where you can access it in the
 event of a disaster. Start at the Ready. Gov emergency plan webpage.
- Review Your Insurance Policies: Review your insurance policies to ensure that you have adequate coverage for your home and personal property.
- Understand NWS forecast products, especially the meaning of NWS watches and warnings.

For more information, visit www.weather.gov/safety.

			Additional Items to Consider Adding to an Emergency Supply Kit:
	Recommended Items to Include in	u	Prescription medications and glasses
	a Basic Emergency Supply Kit:		Infant formula and diapers
			Pet food, water and supplies for your pet
	Water and non-perishable food for several days		Important family documents such as copies of insurance policies, Identification and bank account records in a portable waterproof container
Ч	Extra cell phone battery or charger		Cash and change
	Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries		Emergency reference material such as a first aid book or information from www.ready.gov
	Flashlight and extra batteries		Sleeping bag or warm blanket for each person. Consider additional bedding
	First aid kit		it you live in a cold-weather climate.
	Whistle to signal for help	ш	Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
	Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place		Fire Extinguisher
	Moist towelettes, garbage bags and plastic ties for personal sanitation		Matches in a waterproof container
			Feminine supplies, personal hygiene Items and hand sanitizer
	Non-sparking wrench or pliers to turn off utilities		Mess kits, Paper cups, plates and disposable utensils, paper towels
	Can opener (if kit contains canned food)	ш	Paper and pencil
	Local maps		Books, games, puzzles or other activities for children

KEEP UP WITH GOOD SHEPHERD CHURCH ONLINE



www.FaceBook.com/GSCMet



www.YouTube.com/GoodShepherdMet



www.Twitter.com/GoodShepherdMet



www.GSCMet.com

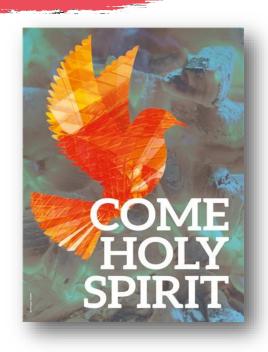


PLEASE got to our website and subscribe to our e-newsletter!



Almighty God, on this day, through the outpouring of the Holy Spirit, you revealed the way of eternal life to every race and nation: Pour out this gift anew, that by the preaching of the Gospel your salvation may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

(From The Book of Common Prayer, ACNA 2019, pg. 614)



PRAYING AN ACT OF SPIRITUAL COMMUNION

Since the COVID-19 pandemic lockdown began, Good Shepherd Church has been streaming our 10:00 AM Sunday morning Service of Holy Eucharist each week. During the distribution of Holy Communion, the lector reads a prayer entitled **An Act of Spiritual Communion** for those who are watching at home and are unable to partake in the reception of Holy Communion sacramentally. That beautiful prayer comes from the Book of Common Prayer (pg. 677, ACNA 2019) and can be prayed by a Christian any time they are longing for the grace of Holy Communion but are unable to receive the tangible elements of the sacrament. These are the words to that prayer:

Dear Jesus, I believe that you are truly present in the Holy Sacrament.

I love you above all things, and I desire to possess you within my soul.

And since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart.

I unite myself to you, together with all your faithful people gathered around every altar of your Church, and I embrace you with all the affections of my soul.

Never permit me to be separated from you. Amen.



ANGLICAN CHURCH IN NORTH AMERICA
5122 West Esplanade Ave
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www.GSCMet.com
Father Randall M. Graf, Priest & Rector



REGULAR WORSHIP SERVICES

Holy Eucharist

8:30 AM & 10:00 AM every Sunday

Service of Midday Prayer

12:15 PM Wednesday (online only)

Service of Compline

9:00 PM Friday (online only)