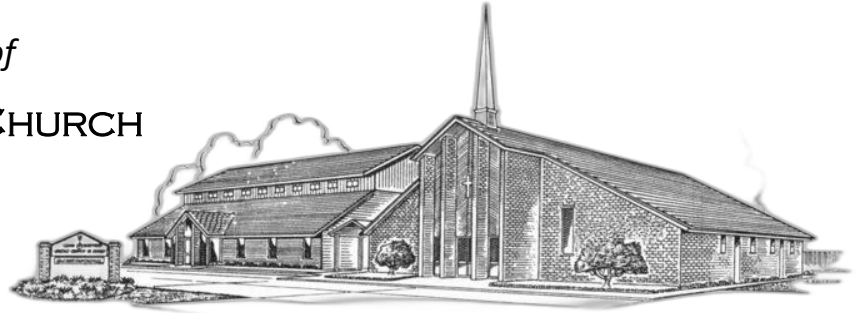


Shepherd's Voice

AUGUST 2023

The monthly parish newsletter of

GOOD SHEPHERD ANGLICAN 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.

WORSHIP SCHEDULE FOR AUGUST 2023

Sunday, August 6 @ 8:30 AM & 10:00 AM

Sunday morning Holy Eucharist—Feast of the Transfiguration

Sunday, August 13 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Trinitytide Proper 14

Sunday, August 20 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Trinitytide Proper 15

Sunday, August 27 @ 8:30 AM or 10:00 AM

Sunday morning Holy Eucharist—Trinitytide Proper 16

PLEASE NOTE: Our YouTube channel is located at
www.YouTube.com/GoodShepherdMet.

Each Sunday morning, we livestream our 10:00 AM Holy Eu-
charist on our channel.



FROM THE RECTOR'S STUDY

AN ATTITUDE OF GRATITUDE

WOW! Can you believe how quickly the summer is passing? I remember as a kid, summer off from school seemed like an eternity (albeit one with an end date—as distant as it always seemed up until the very last moment).

As I've gotten older, I am finding myself purposely having to make certain that I am doing a better job at recognizing the various seasons of life that are in the very moment, lest I end up speaking about them as I observe them in the rearview mirror. In other words, in my prayer life, I am allowing God to show me how to be less concerned about the next season (or project, or trip, or book, or month) and more concerned with the very present gift of now.

And this is my thesis for you, dear reader: *now* is literally a gift from God. The preciousness of this very moment is beyond the tangible and beyond value. Yet if you're like me, and you're honest with yourself, you are spending virtually none of your life in the present moment. Instead, you're worried about something or many things that are down the road. And the thing is, most of what you are worrying about is either so far beyond your control that your worry is folly OR you are worrying about something that will not even come to pass. Jesus in fact warns of this snare of daily life in Matthew's gospel account when he says "do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:34).

Something tells me that I'll be meandering through the theme of "now" in my own prayer life and perhaps in my preaching. But suffice it to say, I believe God's gift of *NOW* is truly only able to be fully received and enjoyed through an attitude of gratitude—that is, through thanksgiving.

Each week, during the liturgy of the Eucharist (sidenote: *Eucharist* is from the Greek word meaning *thanksgiving*), just after we have all prayed *the Memorial Acclamation* (i.e., Christ has died. Christ is risen. Christ will come again.), I, as the priest, pray aloud a prayer known as *the Epiclesis*. In this prayer, the priest addresses God the Father, on behalf of the people, and through the Name of Jesus, petitioning Him to send down the Holy Spirit upon the ordinary gifts of bread and wine. You'll probably recognize the words of the prayer:

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving (emphasis added) and we offer you these gifts. Sanctify them by your Word and Holy Spirit to be for your people the Body and Blood of your Son Jesus Christ.

In that very moment of NOW, by faith, we accept that God has acted upon the common elements upon His Altar—His Table of Sacrifice—and having received the only true spiritual offering we can make—that of *praise and thanksgiving*—God the Father, in the power of the Holy Spirit, has caused the fullness of His presence to be available through His Son Jesus Christ in the elements of bread and wine. How does this happen? As the prayer concludes, we receive the answer of how all this happens as the celebrant, on behalf of the people, praises God for this miraculous act. It happens through God the Son who instituted the sacrament. It happens *through Jesus*, who is eternally in union with God the Father and God the Holy Spirit, as the prayer says...

**By him (Jesus), and with him (Jesus), and in him (Jesus),
in the unity of the Holy Spirit
all honor and glory is yours,
Almighty Father, now and forever. Amen.**

I'll go ahead and conclude my column for the month at this point but would also encourage the reader to explore my pastoral letter of thanksgiving to all who contributed to the success of our Vacation Bible School.

Until next month, let your light shine!



Fr. Randall M. Graf, Rector

DIOCESAN MEN'S RETREAT

The Diocese of the Western Gulf Coast will be offering Men's Retreat this fall and it's open to all men who are looking for a retreat experience with other Christian men.

The Diocesan Men's Retreat is scheduled for **September 8 through September 10** at the Trinity Pines Conference Center in Trinity, Texas. Online registration for this retreat can be found at: <https://dwgc.churchcenter.com/registrations/events/1649336>



Spiritual
Renewal

THANKSGIVING FOR VBS—A PASTORAL LETTER OF GRATITUDE

The week of July 17, Good Shepherd hosted our annual vacation bible school. Our theme this year was **Christmas In July** which was not only a very fun theme for the students and adults alike, but it gave us a chance to dig a little deeper with the students about the real meaning of Christmas.

Vacation Bible School is a tremendous undertaking but an important one. I cannot express a more heartfelt thanks to all of our adult workers who made this week at church truly Spirit-filled. When you see them around church, make sure you thank them for their commitment to our church's future!

Those volunteers include:

- VBS Director—Rinda Coleman
- Teachers—Renee Graf and Heidi Lagarde
- Nursery—Izzy Landry
- Music—Margaret Aucoin and Mel Aucoin
- Crafts—Sarah Aucoin
- Decorations—Sandy Graci
- Snacks—Danae Siguri, Karen Strom, Dottie Frilot

It takes a small army to pull off a VBS and we are blessed to have the infantry. If you are reading this and were not an active participant or contributor this past year to VBS, I would ask you to pray about how you may be able to serve next year, to help us bring the Gospel message of God's love for His children through His Son Christ Jesus our Lord to the youngest in our community. The Scripture tells us the harvest is plentiful and that we are to pray to the Lord to send out laborers into the harvest (Matthew 9:37-38). So please pray for that cause and that Good Shepherd will remain poised to receive this new sheep into the Good Shepherd's fold!



Fr. Randall M. Graf, Rector



NOTES FROM RINDA

My how time flies when you're having fun! Summer time is filled with vacations, family time and all sorts of activities. But now, schools are about to start up again, children and parents are being bombarded with back-to-school lists and high expectations for the new school year.



We at Good Shepherd Anglican Church have had a great summer! Our **Vacation Bible School** was a learning experience in an environment full of fun. Lessons, crafts, music—each night brought something new. The theme of Christmas in July gave us the opportunity to develop the story of Christmas from long ago prophecy to the Annunciation, birth and visit from the Wise Men without the hype and commercialism that we are accustomed to in November and December. I am personally grateful to all the leaders and volunteers who were a part of presenting each night's program.

Lessons: Renee Graf, Heidi LaGarde

Crafts: Sarah Aucoin

Music: Margaret Aucoin, Mel Aucoin

Snacks: Karen Strom, Danae Segari, with assistance from Dottie Frilot

Nursery: Izzy Landry



Choir rehearsals will begin on Wednesday, September 6, at

7:00pm in the sanctuary. This would be a great time for those who may have been considering using their gift of music to aid in the worship experience each Sunday. We are planning a choir "Boot Camp" on Saturday, September 9th and Saturday, September 16th. None of our choir members are trained musicians, so this will be an opportunity to learn a little more about reading music and making sense of the symbols and notations found in our choral music. Even if you're not yet a choir member, you're welcome to attend.

Enjoy August! September is coming!!

Rinda Coleman
Music Director

GOOD SHEPHERD LOVES THE SAINTS!

FOOTBALL POOL SQUARES NOW AVAILABLE!

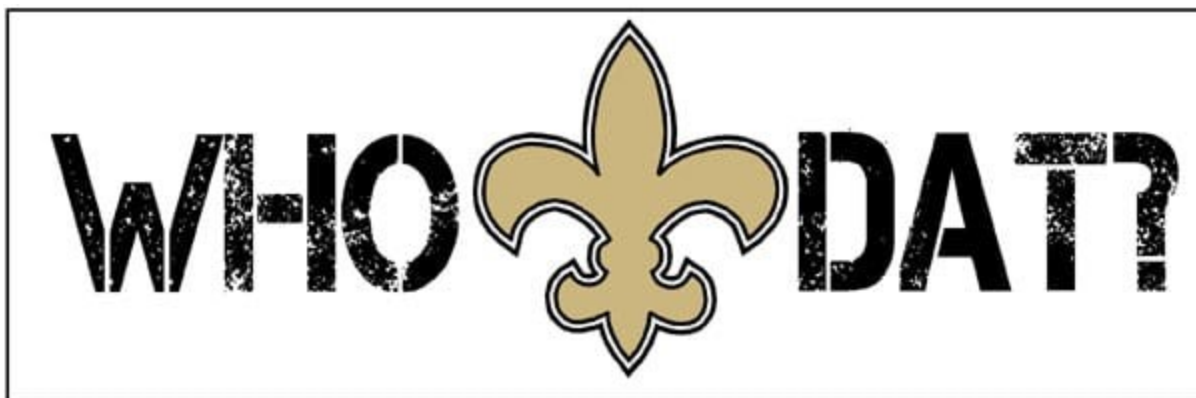
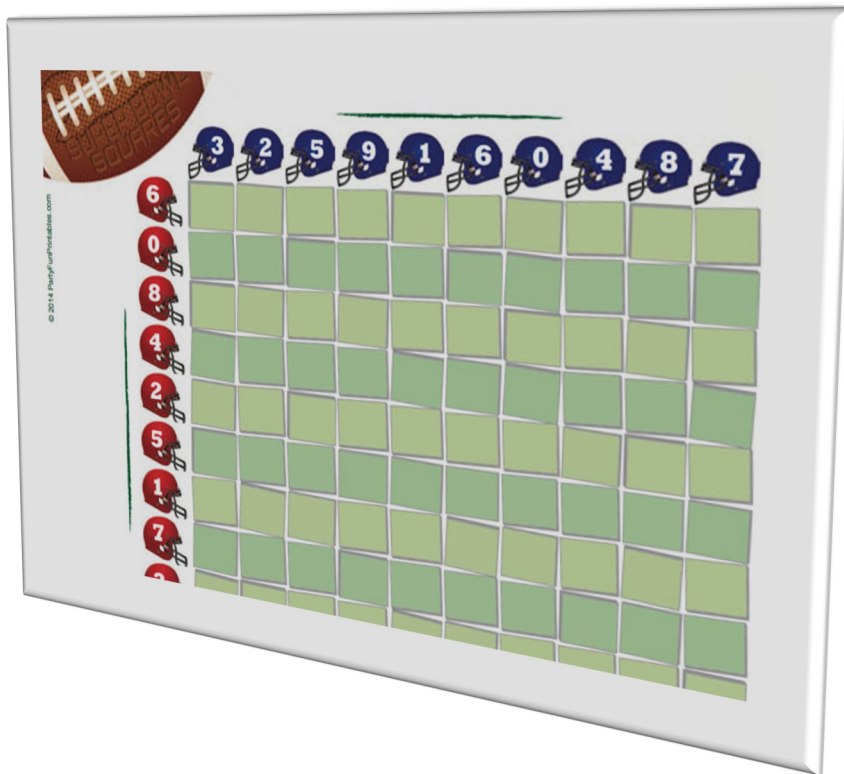
As in past football seasons, Good Shepherd Church will once again host a New Orleans Saints Season 100 square football pool. This pool is designed to be fun, even when you team isn't winning, and it's designed to be fundraiser for the church.

For only \$30, you can have a square on the 100 square pool for all 17 regular seasons Saints games. One lucky player will be declared a winner for each quarter of each game (no overtime) based on the score at the end of each quarter of the game.

Squares are filling quickly, so if you want in on the action, see Mel Aucion, Margaret Aucoin, or Carla Scallan.

Specifics:

- Each square is \$30
- Your square(s) remain(s) in the same location each week, but the numbers will change.
- Numbers will be randomly picked for each game before the start of the season
- Each quarter will pay out \$25 to one lucky winner based on the score of the game at the end of each quarter.
- This fundraiser will net \$1300 for the church.



KEEP UP WITH GOOD SHEPHERD CHURCH ONLINE



www.FaceBook.com/GSCMet



www.YouTube.com/GoodShepherdMet



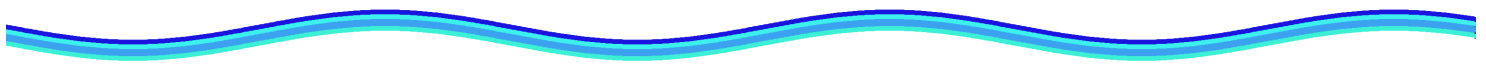
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A COLLECT FOR SCHOOLS, COLLEGES, AND UNIVERSITIES

*Almighty God, by your gift alone we come to wisdom and true understanding: Look with favor, we pray, on our universities, colleges, and schools, that knowledge may be increased among us, and wholesome learning flourish and abound. Bless those who teach and those who learn; and grand that in humility of heart, they may ever look to you, the fountain of all wisdom; through Jesus Christ our Lord. **Amen.***



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.***



GOOD SHEPHERD CHURCH

ANGLICAN CHURCH IN NORTH AMERICA

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Metairie, LA 70006

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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

Red Letter Holy Days

12:15 PM or 6:30 PM

