



# *The Good Shepherd News*

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## A Word from the Pastor

Brothers and Sisters in Christ,

2018 is going to be a great year! I have this sense that 2018 is the year in which God leads us to build a solid foundation for very expansive growth in ministry. "Foundation" is the key word. Foundations are one, if not the most important parts of a building. The funny thing about them is that they generally remain unseen.

A lot of the building we will be doing this year will be very important, and yet you probably won't see most of it.

We're building up our campus. You might notice a few lights working differently, perhaps a slight change to the landscape. A door or two might be replaced. If funds are available, perhaps a small fence here or there. Not much to look at. Yet, very important in the grand scheme of things as we seek to direct people to the right spots on our campus to experience the right kinds of ministry.

We're building up our paperwork. You will likely see an increase in membership related forms and applications. You might have to fill out a bit more paperwork to volunteer for various ministries. All of this is behind the scenes stuff that will be driven in large part by insurance company recommendations and requirements.

Speaking of "insurance company requirements", some of these may seem a little strange to you. They certainly do to me! In the information age we find a great push to know as much about people as we can before entrusting them with responsibility. On the one hand, as the book of Proverbs says, "The prudent see danger and take refuge." On the other hand, as Christians do we really care about someone's past? At what point does such information become hurtful to the proclamation of the Gospel, as opposed to helpful?

Personally, I'll draw the line when lawyers, insurance companies, or other powers that be start suggesting what we should preach! The time may come, however, when we need to draw that line more clearly before that point.

Where do you think we should draw the line? How much is too much? How much privacy does a Christian need in church? Please let me know what you think!

God's blessings!

**PASTOR BRUCE**





## FROM YOUR HISTORIAN

So we'll start by going back to November. In leaving after the voters' meeting and approaching the narthex door, there, on the other side, was a familiar face that hadn't been around for a while because he doesn't live here anymore. It was Earl Lalley, one of our best known visitors who arrived on his bicycle and (it was rumored) lived in the woods somewhere in the area. He did arrive on a new bike, chained to a tree out front, and was just visiting. He was dressed well, and his leg injury of a year or so ago seemed to be better. He is living somewhere in Volusia County (maybe Deland), his mother also living somewhere in that area. One gets only the minimum information from Earl!

Then a New Year's surprise arrived in the mail with a letter from California, sent by Lori Harrington. Remember the Harringtons from earlier days? Ken passed away sometime ago, Carol died rather suddenly a few years back and Kelly has lived in Orlando for a number of years although he was here after his mother passed away and was also present at Myrna Baumbach's funeral, he being a lifelong friend of Steven Baumbach. When the boys were in my Sunday School class, they were so restless and "naughty" during the S.S. opening held in the church (we didn't have the education building yet) I would drag him upon my lap. Several years later, he rode with me when we had our midweek "Spiritual Training for Life" at church for our children. Steven was there, too, and the boys were then in a sixth-grade pre-catechism class.

Back to Lori, she is involved in a 9-month program for alcoholics—she can't do it on her own, and she must be around 60 years of age now. She realizes how serious this step is for the continuation of her life and asks for prayers from members. She would also like to receive encouraging notes or cards from any members who would care to do so, and still thinks of Good Shepherd as her home church. Her address through September is: Lori Harrington, c/o Green Oaks Ranch, 1237 Green Oaks Road, Vista, CA 92081. During a probationary period, she cannot use email nor communicate directly. Lori loves the San Diego area; and although she has left California for several intervals in the past, she always goes back. I last saw her in our memorial garden at her mom's final service. Thank you in advance for thinking of her!

Blessings from Your Historian.



### February Birthdays



1 <sup>st</sup>	Diana Good	16 <sup>th</sup>	Al Werden
7 <sup>th</sup>	Joy Vandyke	20 <sup>th</sup>	Callie Hoffman
11 <sup>th</sup>	Rick Hall	22 <sup>nd</sup>	James Good
11 <sup>th</sup>	Orville H. Husk	25 <sup>th</sup>	Bud Van Fossan
14 <sup>th</sup>	Alice Stoltenberg	25 <sup>th</sup>	Debbie Nix
15 <sup>th</sup>	Richard Good	29 <sup>th</sup>	Reginald Persh

### February Anniversaries

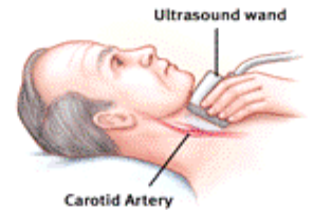


1 <sup>st</sup>	Tom & Glenna Lau
27 <sup>th</sup>	Larry & JoAnne Rhodes

We join in thanking God for His blessings in the past. We ask Him to keep you in His Grace and love in the future. If your birthday or anniversary was not listed correctly, please contact the office.



## HELPFUL HEALTH HINTS BY THE CONGREGATION NURSE



For February, heart month, I would like to give you some facts about Carotid Artery Disease, "CAD".

CAD occurs when the major (Carotid) arteries in your neck become narrowed or blocked. These arteries supply blood to your brain and are usually smooth on the inside, allowing the blood to flow easily. As we age a sticky substance known as plaque starts to build up in these arteries and they become stiff and narrow. Plaque is made up of cholesterol, calcium and fibrous materials and the more it builds up the more it will reduce the blood flow. This is a very serious health problem because it can cause a stroke.

A large clot can form in the artery and block it enough to slow or stop the blood and oxygen flow to the brain causing a stroke, or a piece of the plaque can break off and travel through the bloodstream and block a smaller artery in the brain causing a stroke.

You may be able to slow or even prevent CAD by changing your lifestyle. The most important change you can make is to quit smoking. Regular exercise, a healthy diet, and maintaining a healthy weight also helps. Factors that increase your chances of developing CAD are diabetes, high blood pressure, or high cholesterol; so keeping these risk factors under control will help with prevention.

Carotid Artery Disease usually does not cause any symptoms early on. Sometimes your physician will hear a sound when listening to your carotid arteries during your exam and will get follow-up tests, or the first symptom may be a TIA or a stroke.

A TIA is sometimes referred to as a warning symptom of a stroke. These symptoms usually last for a few minutes or up to an hour.

- Weakness, numbness or a tingling sensation on one side of your body, like an arm or a leg
- Unable to control movement of an arm or leg
- Losing vision in one eye
- Unable to speak clearly

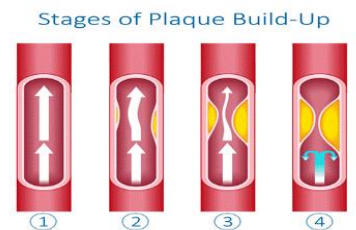
Although these symptoms go away they should not be ignored. Symptoms of a TIA mean you are at serious risk of having a stroke in the near future.

Treatment depends on the severity of your disease. Your physician may recommend medications and lifestyle changes along with controlling other medical conditions such as diabetes or high blood pressure.

If your disease is severe there are surgical procedures to help. A Carotid Endarterectomy is a procedure done with an incision into the carotid to remove the plaque. A newer, non-invasive procedure, angioplasty, flattens the plaque against the wall of the artery and a stent holds it in place.

Regular visits to your doctor can help to ensure you find the problem before it causes a stroke and changes your life.

Barbara



*March Newsletter articles will be due no later than Friday February 16, 2018. Please email your article to [office@titusvillelutherans.org](mailto:office@titusvillelutherans.org) or leave it in the church office. Thank you to all who contribute every month.*

## From the Elders' Corner

February 2018

I am pleased to announce that the Board of Elders enters 2018 with a fully staffed Board. This allows our President, Tom Lau, to retire from the Board effective March 1, 2018. We thank Tom for his many years of dedicated service on the Board of Elders.



This month we continue with our study of the Lutheran Order of Service:

### Word of God and Sermon

Frequently we conclude the reading of Holy Scripture with the phrase, "This is the Word of the Lord!" More than just a "word" from God, this is his revelation in which he makes known to us his will, most specifically, his merciful will that desires our salvation.

Ultimately, this word points us to the Word, the incarnate Son of God. He is God's final and full revelation to us, the mirror of the Father's heart.

That is the point that the writer to the Hebrews makes in the opening verses of his epistle: "In many and various ways God spoke to his people of old by the prophets, but now in these last days, he has spoken to us by his Son" (Heb. 1:1-2a).

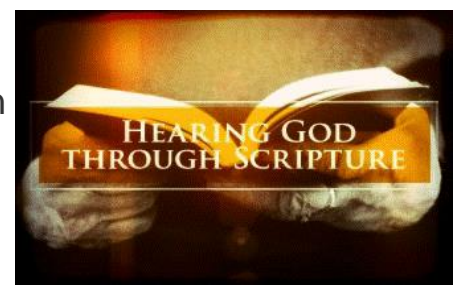
Only through him — God's only Son — are we able to know the Father's favor and grace.

In the sermon, the Word of God is brought to bear on the lives of the hearers. This is the equivalent of sitting at the feet of Jesus. But it's more than mere instruction.

Through the sermon, God speaks to us with his two-edged sword of condemnation and promise, Law and Gospel. The subject of the sermon is both God and us.

Through the sermon we come to a better understanding of ourselves, especially our need for God's forgiveness. But we also come face to face with God's mercy and love.

Week after week, God's faithful hear the voice of their Good Shepherd, preparing them, in a sense, for that final day when Jesus calls them to their eternal reward.



God's blessings to you until next month.  
Dick Steller





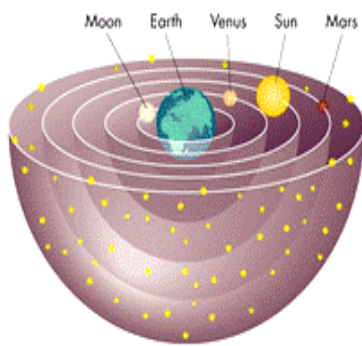
## Midweek Lenten Services

Ash Wednesday marks the beginning of Lent on Wednesday, February 14<sup>th</sup>. Morning service starts at 11:00am in the Sanctuary. Mid-week Lent services continue on Wednesday's at 11:00, through March 21st. We will continue our traditional "Lenten Lunches" following the services, homemade soups, breads and desserts. Everyone is invited and we hope that you will join us for lunch and fellowship during this special time of our church year. Look for the sign-up sheet in the narthex. Evening services will be held at 7:00pm in the Sanctuary. We look forward to seeing you there!



## Corrected Meeting Place Lunch Bunch

February's Lunch Bunch Will Be Meeting on Thursday February 22nd, 11:30 am, at Dixie Crossroads. Come And Join Us For Good Food And Fellowship. Any questions, call Gary or Barbara Gullikson at 267-0777. Please see the signup sheet, when available, on the board in the Narthex or on the table in the back of Shepherd's Hall to sign up.

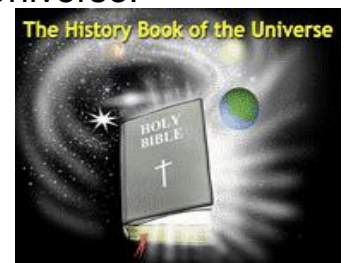


## **Creation/Evolution**

A report recently came out about the cosmos so incredible it has astrophysicists' mouths wide open. It defies logic and explanation EXCEPT when paired with the Bible. The Bible claims WE humans are the center of the Universe! That went well until it was discovered we revolve around the Sun after which many scholars relegated the Bible to a book of fiction. Right up until 2014. What changed?

When the Big Bang explanation was revealed scientists predicated noticeable background radiation from it should be detectable. It was and they found it. What they also found were gaps in its conformity. In 2004 a satellite was sent up to find out why! The data caused them to scratch their heads so in 2009 they sent up another one, thinking the first in error. Nope! Determined both were wrong they sent up another one in 2011. After 3 years of analyzing the data, plotting the X, Y and Z's of all the data, and to the chagrin of many, they concluded the Earth IS at the center of the Universe! HOW could a Book written over hundreds of years, thousands of years ago, by dozens of writers, know the makeup of the Universe unless God Himself was whispering in the ears of the writers, what to write!? Amazing stuff!!

Joseph Laberge



**STEWARDSHIP CORNER**



**ATTENDANCE INFORMATION**

December 2016

December 2017

WORSHIP SERVICE TOTALS (AVERAGE)

141

149



**Bake Sale For The Youth Gatherings**

We will be having a bake sale on Sunday February 11! The money raised from this sale will help fund the account that lets the "Jr. High kids" go on trips like the one they took in early November to the "Junior High Youth Gathering" for the Florida Georgia district, in Leesburg. Thank you in advance for your support!

