



May 2016

# *The Good Shepherd News*

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## **A Word from the Pastor**

Brothers and Sisters in Christ,

Have you ever heard about the worry tree? It's a concept that goes at least as far back as a story related by Dale Carnegie about how a man dealt with the stresses of the day. When asked how he was able to "leave his worries at work" he replied that when he came home at the end of the day, he mentally took all of the problems he was dealing with and visualized hanging them on the branches of a tree in his front yard. This he did before stepping foot into his home. The problems would hang there until he was ready to go to work the next day.



We too, as Christians, have a worry tree. Our worry tree does not stand in our front yards, however. It stood, almost two thousand years ago, on Calvary. On the tree of the cross Jesus died to take away the sins of the world and to restore humanity to God. For almost two millennia the cross has stood as a symbol of God's love and unconditional forgiveness. It reminds us of the lengths God will go to in order to rescue us from ourselves. It demonstrates his eternal care for His creatures. Sounds like one great big worry tree to me!

The worry tree puts 1 Peter 5:7 into perspective: "Cast all your anxiety on him because he cares for you." Take your worries, fears, sorrows, and anything else that's weighing you down and cast them on the cross. Then you will see the truth of Jesus' words, "My yoke is easy and my burden is light." (Matthew 11:30)

God's blessings!

**BRUCE ALBERTS**

*Pastor*



*This is the last newsletter until September. Serving Schedules will continue to be available each month and the June, July and August birthdays and anniversaries are enclosed in this newsletter. Thank you to all who contribute every month and enjoy your summer!*

## STEWARDSHIP CORNER



### FINANCES FOR MARCH 2016(\$)

FOR FY 2016	<u>MONTHLY ACTUAL</u>	<u>YEAR-TO-DATE ACTUAL</u>
GENERAL FUND INCOME	31,327	211,570
OTHER INCOME (SAVINGS)	0	10,725
GENERAL FUND EXPENSES	37,280	231,224
<b>GENERAL FUND NET INCOME (LOSS)</b>	<b>(5,953)</b>	<b>(8,929)</b>
<b>GENERAL FUND TOTAL BALANCE (including all liabilities and building fund savings):</b>		<b>7,051</b>

### ATTENDANCE INFORMATION

	<u>MARCH 2015</u>	<u>MARCH 2016</u>
WORSHIP SERVICE TOTALS (AVERAGE)	147	147



### FROM YOUR HISTORIAN

Your historian enjoys being a member of the North Brevard Historical Society and Museum, and on the first Friday morning of each month serves as a docent. She tries to work in a personal tour of the museum and its artifacts and was recently surprised to see Charlie Barfield's well used Remington typewriter on display. Charlie headed up Brevard County Probation and Parole Department for years, also being in charge of an Army reserve unit at the Cocoa Armory and feeling much concern for "his boys" when their unit was deployed overseas during the Iraq confrontation. In addition he was a long-time member of Good Shepherd and served several terms as vice president on the Board of Directors. The tall guy with the white hair, dark framed glasses and striped seersucker suit in hot weather shook hands with worshipers at the outside entrance doors after the second service on Sundays. The pastor usually stood at the inner doors from the narthex. Cancer struck Charlie swiftly, and very soon he was in the hospital during the final days of that illness. Someone from his family requested members' help in watching at his bedside during his last hours as his wife (Marie) was ill herself and unable to do so.

Holy Week and Easter always bring memories of Agnes Blauvelt to mind as she was at the Good Shepherd communion service on a Maundy Thursday and quickly went to be with the Lord sometime before Easter morning. She received surgeries for carotid-artery problems, always returning to church immediately after brief recoveries. Her daughter, Agnes, is married to the senior Ron Norris (whose name you will recognize from the several auto dealerships scattered around town). The late Ray and I attended an open house at their home for Agnes' 80th birthday celebration. Agnes was also a good friend of the senior Tejan sisters (Ruth and Hilda), riding to Church Women United meetings with Ruth and myself. (Hilda continued working at the Court House past retirement age). Today we have the younger Tejan sisters in our membership (Janet Fleming and Joan Threlkeld), being the daughters of the late Pastor Claude Tejan, who was also Hilda's twin. More about them and the Trinity connection later.



Blessings from your historian.



## Helpful Health Hints By The Congregation Nurse



May is designated as "National High Blood Pressure Month" and there are now some new studies concerning how high the upper number (systolic) should be. This study called the SPRINT study, indicates that patients with hypertension, (high blood pressure), who are over 50, and have one or more other risk factors for heart disease, should have a systolic number of "120-125" instead of the "140" that has been the target number in the past.

By reducing the systolic number to 120 the study found the rates of heart attack, heart failure and stroke were lowered by 30%. Death from these conditions dropped nearly 25%.

Hypertension is known as the "silent killer" because it usually has no symptoms. Hypertension affects more and more people yearly and when you add high cholesterol, diabetes, and obesity to the diagnosis you increase your chances of a heart attack or stroke significantly.

Treatment for hypertension consists of medication, exercise, weight loss, if needed, and diet adjustments. Decreasing salt and fat, increasing fruits, vegetables and fiber can help your blood pressure numbers.

Hypertension is usually controlled very well with treatment, but if left untreated it can cause serious problems:

- Heart disease or heart attacks
- Stroke
- Brain damage
- Kidney failure
- Arteriosclerosis



If you know your blood pressure is elevated, or if it has been in the past, even if you are on medication, have it checked regularly. There are several nurses in our congregation that will be happy to check your blood pressure any Sunday morning. A list of their names is on the bulletin board in the narthex.

Have a great summer! Travel safely.

Barbara

### **Garden Street's - Rebecca's Garden of Hope**

May 5 is the last meeting of the year. Many thanks to all who continue to support GS-RGOH through their time, talents, donations, and prayers! We hope to see you all back next year!

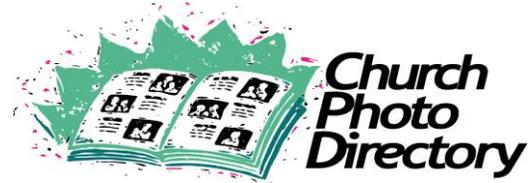


## The Directory

Just want all to know the Directories are being processed and might be available when this newsletter comes out. I apologize for the delay but it really is a lengthy process, at least for me. I have to decide on the format. Collect all the pictures (over 500). Carefully review them and whittle them down to a useable number. Collect names and all the pertinent information. Assemble the directory. Check for spacing, accuracy, placement. After many, many hours submit a "proof" to the publisher. Do a final review of that proof. Correct any mistakes and finally submit for the final printing. The individual pictures are controlled by the publisher but I still have to review everyone of the pictures for accuracy.

I apologize for any mistakes. I used as many pictures as I could. In the end I can only hope the majority is happy. I thank everyone for their patience.

Joseph Laberge



## Creation/Evolution

DNA is the absolute bridge that evolutionist's have no chance in crossing. Consider this. For evolution to be true, somehow the DNA code for any life would have to go from 0 to billions of molecules long. First 100 then 1000 then and so on until billions. Each step of the way wrought with bad mutations thrown in. You cannot create a human if 1/2 the DNA is missing! If 1% were not there you would die. Major birth defects happen when just a very small section of DNA is corrupted. To somehow believe mindless evolution could produce enough viable DNA to spawn life is more than a leap of faith.

It is an absolute rejection of God. DNA by THE Designer Jesus Christ is not just the most logical way. It is the only way!



Joseph Laberge



### May Birthdays

2 <sup>nd</sup>	Nancy Hamlin	17 <sup>th</sup>	Sherry Kilburn
5 <sup>th</sup>	Robert Kilburn	23 <sup>rd</sup>	Adelle Paltin
6 <sup>th</sup>	Ray Thomas	27 <sup>th</sup>	Avery Morales
6 <sup>th</sup>	Keith Werden	27 <sup>th</sup>	Hunter Bray
7 <sup>th</sup>	James Rector	28 <sup>th</sup>	Charles Tuck
9 <sup>th</sup>	Sue Dillingham	30 <sup>th</sup>	James Kemp
17 <sup>th</sup>	Sam Torbert	30 <sup>th</sup>	James Bross
		31 <sup>st</sup>	Terry Terhune

### May Anniversaries

4 <sup>th</sup>	John & Merrilu Poole
8 <sup>th</sup>	Ray & Donna Thomas
14 <sup>th</sup>	Ray & Muriel Schwartz
23 <sup>rd</sup>	Al & Elaine Eichin



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.

## LWML NEWS

**WONDERING WHAT TO DO** with empty inkjet printer cartridges, empty laser printer cartridges, used cell phones, laptops (include power cords) digital cameras, e-readers, tablets, GPS systems, and Scientific Calculators? Here's a suggestion-donate them to the LWML. We will collect them and redeem them for cash to help fund the LWML's 2019 National Convention in Birmingham. Ask your family, friends, neighbors-even the place where you work- if they would like help disposing of their empty ink jet and laser cartridges or other recyclable items. Then, bring them to the church and drop them in our collection box in (meeting room in church or the gathering room in Shepherd's Hall. We'll appreciate your help....and so will the environment! **Remember to purge any personal information on your donation. (Please no monitors, computer towers, keyboards fax or copy machines)**

Thank you very much LWML.



### **Early Learning Center News:**



#### **Mom's Tea - May 4 - 8:30 - 9:30 am**

We will be celebrating our moms, grandmothers, and adopted grandmothers with a special tea on May 4th, from 8:30-9:30 am. Dads, uncles, and/or grandfathers are welcome if there is no female available for this event. The more the merrier!



#### **End-of-Year Program/VPK Graduation - May 23rd - 6:00 pm**

Please join us in Shepherd's Hall for the end of year program on Monday May 23rd at 6:00 pm as we launch another group of VPK children into the wonderful world of Kindergarten.



### **Lunch Bunch**

The next lunch bunch luncheon will be held on Thursday, May 26th at 11:30am at Cracker Jacks. Please sign up if you plan to come. Signup sheet will be on the bulletin board in the narthex and in the gathering room in Shepherd's Hall. Come join in the good fellowship... good food...good fun. Everyone welcome. Any questions call Gary or Barb Gullikson.

## LWML Mother's Day Luncheon



The LWML Mother's Day Luncheon will be held the Saturday before Mother's Day May 7, 2016 at the Blue Heron at the Great Outdoors Restaurant. All ladies are welcome! Please sign up on the sign up sheet in the Narthex and in the Gathering Room in Shepherd's Hall By May 1<sup>st</sup>. Lunch will be at 11:30. Please call Betty Kogok at 321-567-4101 for more information. See you there!



Do you know how to recognize the warning signs of a stroke? If you or someone you know is experiencing any of the below symptoms, call 911 right away. It is important to seek medical treatment immediately.

- Sudden Numbness
- Difficulty Speaking
- Severe Dizziness
- Loss of Coordination
- Sudden Loss of Vision
- Sudden Intense Headache
- Brief Loss of Consciousness

Protect your health by participating in the Life Line Screening health screenings that will be at Good Shepherd Lutheran Church on Wednesday, May 11, 2016. Through ultrasound we evaluate the carotid arteries for the buildup of fatty plaque, which is the leading cause of stroke.

Register today for the Stroke, Vascular & Heart Rhythm package, which includes four screenings: carotid artery, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).**