



The Good Shepherd News

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A Word from the Pastor

Brothers and Sisters in Christ,

I'm not doing Karate anymore. I'm not condemning people who do. I've spent the better part of the past 25 years studying Traditional Martial Arts (TMA) and their related practices.

I love kata. Kata (or forms, or patterns, or poomsae) are the pre-arranged "dance routines" designed to teach the deep secrets of TMA. I can't do them anymore, at least not in good conscious.

My TMA journey parallels my devotional journey. A few years before I started TMA I got into so-called Christian meditative disciplines. (Contemplative prayer, etc.) In college I quickly became skilled at meditation. As finances and time permitted I slowly began studying TMA. I realized that TMA, sports oriented or otherwise, are moving meditation.

In Western culture, mainly through the influence of Hollywood, we've come to believe that TMA are all about fighting skills, self-defense, and physical health. Any "spiritual" things are considered secondary benefits at best. In reality TMA developed as a form of meditation for Buddhist monks. Physical fitness, self-defense, and fighting skills are all secondary!

Time and space do not permit me to share the details of my journey. I will say that over the past several years while watching others perform katas I've had the feeling that something wasn't right. After reading several accounts respected Christian martial artists who completely abandoned their martial arts "ministries" after similar experiences, I decided it's time for me to do likewise. With God's help I am abandoning TMA, yoga, tai chi, and even so-called Christian meditation!

I know some of you have children or grandchildren who are participating in TMA. Some of you have advanced ranks. Many of you do yoga.

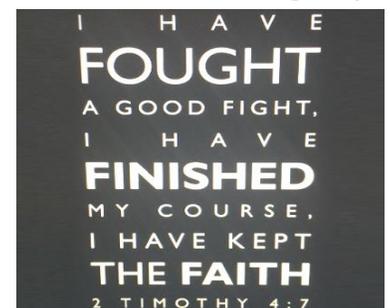
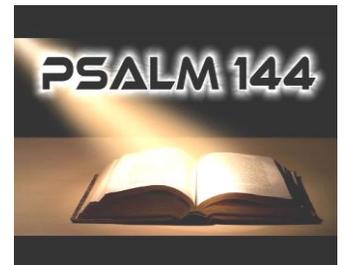
I'm not judging anyone! I've been there. If you would have told me six months ago that I would be writing this newsletter article, I'd have thought you were crazy.

We live in interesting times. Our "one nation under God" is spiritually besieged. New Age deception is all over the place, even in the Church. Please prayerfully consider my testimony and, if necessary, joining me in repenting of anything having to do with these practices. Please consider leaving any vocation, advocacy, hobby, group, or club that may in any way call into question your commitment to Christ.

None of us need any of these things in our lives. We have Jesus. He forgives us. Let's live in such a way that there is no ambiguity about who he is or what he's done.

God's blessings!

BRUCE ALBERTS





FROM YOUR HISTORIAN



It was a meaningful service, and reminded me of one I attended back in 1959 in Royal Oak, Michigan. We actually belonged to an ALC (now part of the ELCA) church in Southfield, northwest of Detroit and about three miles from our house. However, it was having only an evening worship service that day, so I decided I would visit the LCMS church about a mile north of us.

For several years, I didn't know that this church existed, and it even had a parochial school. It also shared a parking lot with the Roman Catholic Church next door. I arrived around 1 p.m. at the much more traditional building, saw the crucifix over the altar draped in black, joined in the singing of "Jesus, I Will Ponder Now" (totally new to me), looked around and thought "I could really go for this," not dreaming that within two months, we would be on our way to life in Florida with Chrysler Missile.

On a preview visit, we saw and bought a home in Titusville (building just started) for our supposed 2-year stay. Eventually, Ray extended the house by 15 feet across the back, and I am still living in it! The late Ray was already working at the Cape, living temporarily in Cocoa Beach for a few weeks, and had been up to Titusville several times to inspect the building's progress and look for a Lutheran church. He soon found Titusville Lutheran Church (LCMS), met the vicar (who was serving under the supervision of Pastor Stohs in Rockledge) and mailed me the latest Sunday bulletin. I read that William "Bud" Ennis was the Sunday School Superintendent, and the class I would be teaching (junior high group) was standing by.

(Eventually the Ennises left us and joined an Assembly of God church on South Street.) The Gettings Family (Bob, Polly and their three girls plus Polly's mom) were our next door neighbors and also members of Titusville Lutheran Church. Ray Schwartz might recall some of these folks. There's a very old, well-worn scrap book (*dark red cover) on the long table out in Shepherd's Hall Gathering Room that refers to many of the original members and activities at what was then "Titusville Lutheran Church." The Werden family (Al, Jeannette, Keith and Paul) also moved to Florida with Al's boat about two years later. We lived in the same general location in Royal Oak (each family being located on opposite sides of Woodward Avenue--U.S. 10), Al and Ray both working for Chrysler Missile and Detroit Edison previous to that.

So that's the story. As I'm typing this, I realize that it is Good Friday history and maybe could be used in the May Newsletter. Have a great summer!



Blessings from your historian.



May Birthdays

		21 st	Lynn Edlund
2 nd	Nancy Hamlin	22 nd	Jack Bray
5 th	Robert Kilburn	23 rd	Adelle Paltin
6 th	Ray Thomas	27 th	Avery Morales
6 th	Keith Werden	28 th	Charles Tuck
7 th	James Rector	30 th	James Kemp
9 th	Sue Dillingham	30 th	James Bross
17 th	Sam Torbert	31 st	Terry Terhune
17 th	Sherry Kilburn		

May Anniversaries

8 th	Ray & Donna Thomas
14 th	Ray & Muriel Schwartz
23 rd	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.



Helpful Health Hints By The Congregation Nurse



May is here and summer is right around the corner. Swimming, boating, fishing and playing at the beach; they all have one thing in common, THE SUN.

Years ago there was no such thing as Sunscreens. We would mix baby oil and iodine together and lay in the sun soaking up those good "rays". We now realize that the sun can cause premature aging and skin cancer, and we protect ourselves with sunscreen. There are numerous brands of sunscreen on the market so you have to look for one that is effective in protecting against both UVA and UVB radiation. It is also important to choose a sunscreen with a SPF (Sun Protection Factor) of 15 or more routinely when outside, and 30 or more for those days in the boat or on the beach.

The sun is highest between 10AM and 4PM, strongest in late Spring and Summer and on cloudless days, so the UV exposure is greatest then. If your shadow is shorter than you, your exposure is high, if it's taller than you your exposure is low. Also remember that the sun reflects off water and white sand increasing its effect. Indoor tanning has become very popular and contrary to what you may hear it is as dangerous as the sun, even more so due to the concentrated UV rays in the tanning device. Studies have shown an increase in skin cancer, including Melanoma. Tanning devices have been associated with malignant melanoma of the eye, premature skin aging and the development of cataracts.

Sunscreens should be used by everyone over the age of 6 months on a daily basis. You should apply the sunscreen 20-30 minutes before going out so that it is absorbed properly. The sunscreen should be "slathered" on using about 1oz-about a shot glass full. During a long day at the beach you should reapply the sunscreen every 2 hours-or immediately after swimming or sweating a great deal. Don't forget to apply to ears, back of knees, and feet, have someone help with your back.

There are medications that increase your sensitivity to the effects of the sun. Be sure to check the information accompanying your prescription to see if your medication is one of them. Some antibiotics, NSAIDS, Diabetes medication, blood pressure medications and several others are on the list. If you still have questions talk to your pharmacist.

There is a line of clothing that helps shield you from the UV rays of the sun, (most long sleeve shirts will,) and big hats that cover your face are quite popular. Do not forget sunglasses as the sun's rays can also affect your eyes.

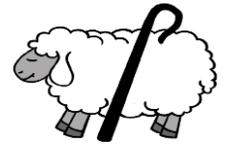
Have a safe, fun summer.

Barbara
(adapted from AIM at Melanoma)





Early Learning Center News:



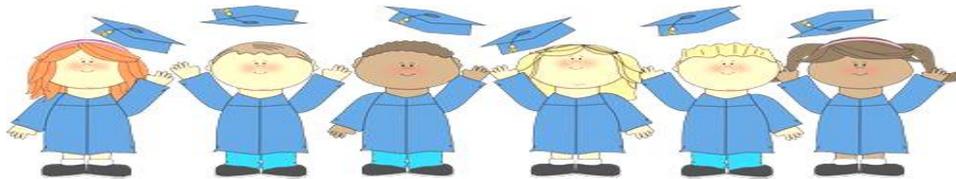
Mom's Tea - May 3 - 8:30 - 9:30 am

We will be celebrating our moms, grandmothers, and adopted grandmothers with a special tea on May 3rd, 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 24th - 6:00 pm

Please join us in Shepherd's Hall for the end of year program on Monday May 24th at 6:00 pm as we launch another group of VPK children into the wonderful world of Kindergarten.



Shepherd's Hall

The news about Shepherd's Hall is both amazing and inspirational and most of the credit is owed to Jackie Elmore. For 10 years now the Hall has been a financial burden for the Church but now because of incredible dedication and perseverance by Jackie, that seems about to change. She has scheduled a full plate of events starting soon. May 13, June 2, June 10 and June 20. Those sound great but the big event planned is the use of the Hall for a special needs school with as many as 50 area children, starting probably in August and off into the foreseeable future using a major portion of Shepherd's Hall on an ongoing basis.



Please plan to attend the Annual Meeting, date to be confirmed, to hear the details of this wonderful news. Jackie is working hard at the details and we expect an agreement any day now. Please pray for Jesus to guide Jackie as this is great news for the Church. Good Shepherd Lutheran Church. The powerful little Church that can!!



Joseph Laberge

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!

Mission:Haiti,

Holy Week and Spring Break coincided this year, and it was during this time that I had the opportunity to be part of a mission group to Haiti. Partnering with Mission:Haiti, the LCMS Florida-Georgia district organized an educator's conference attended by fifty Haitian teachers and administrators from schools around the country.

God granted us a wonderful opportunity to work directly with Haitian teachers. I was selected to teach a course on developing fine motor skills for preschoolers. During my presentation, among other things, we made small beaded crosses and we talked about how simply conversing with preschoolers regarding colors, shapes, numbers, etc., increases literacy and the desire to learn. While the original intent of the conference was to give the teachers additional tools and activities to use in their classrooms in order to assist them with the education of their students, we quickly realized we were teaching the teachers new information that they themselves did not know. While we knew ahead of time that most of these teachers only completed about the 6th grade, we quickly came to the realization that this meant they had the equivalent of a second or third grade American education. For example, upon receiving beach ball globes, the Haitian teachers were eager to learn where Haiti was on the map and they discovered for the first time that Haiti was on an island.

It is an understatement to say that Haiti has a lot of problems. Haiti is the poorest country in the Western Hemisphere and one of the poorest on the entire planet. Life expectancy hovers around 50 years and 50% of all Haitian children die before the age of 5. There are 8 doctors for every 100,000 people. There are 70,000 people per square mile in the capitol city of Port-Au-Prince, and statistically 46% (but I think more) of these people having no access to garbage pickup or water and sewage treatment. The water used for drinking, bathing, washing dishes, cleaning house, and using the toilet, is one in the same for almost all people. Haiti's government routinely makes the top 20 list of the most corrupt governments in the world. Most of the teachers we worked with during the conference had one meal, typically a lunch consisting of rice and beans, every other day. I have to be honest and say I wrestled with anger and sadness as I observed the overwhelming and devastating poverty. Nobody should live that way.

Just as I was angered and saddened by the desperation there, I was equally inspired by many people who exhibit a tremendous faith in God. We were so blessed when one of the school directors, Madam Vivianne, of Ecole Mamou (the Mamou School), gave us a tour of her school. She told us that 300 children attend the 1500 square foot school every day. The roof (which had collapsed in the 2010 earthquake) was now a vinyl Medicaid billboard from Miami. There were some desks and makeshift chalkboards, 3 tires, and some roosters in a coup on the dirt covered play yard. It was nothing like any school I had ever been to and in all honesty, it was the most beautiful school I had ever seen in my life and I told her so. I wasn't lying. There were murals of Jesus and Mickey and Minnie Mouse on the walls that were obviously painted with the utmost of love and care. Madam Vivianne clearly loved her school and all of the students during her 27 years there. It wouldn't surprise me if she was the type of lady that remembered every single one of those student's names. She knew that what she did mattered. I imagine that God has used this fantastic lady to change lives in very positive ways.

(Continued on pg 6)

Upon returning home, our group received word that Madam Vivianne had started teaching sessions for her own teachers highlighting the things that she learned while attending our conference. She is but one example of many brothers and sisters that we have in Christ in Haiti. The light of Christ is shining through the darkness in Haiti just as it does in all corners of the world; God has not forgotten Haiti. Christian missionaries abound, the people in Haiti are eager to learn the Word, and there is a real sense of hope and joy. God is at work everywhere. Please keep the Haitian people in your prayers as they are keeping you in theirs. We all need the saving grace of Jesus. We are all in this together.



Our group at the conclusion of the conference.



An elementary age classroom at Mamou School, Port-Au-Prince, Haiti.



My session.

For more information on Mission:Haiti, please read below:

Mission: Haiti is a faith based 501c3 non-profit, tax exempt corporation that grew out of the Florida-Georgia District of the Lutheran Church. It is registered with the Florida Department of Agriculture and Consumer Affairs and files an annual report with the State of Florida, which can be viewed on that website. Mission: Haiti promotes self-sufficiency projects, medical care, nutritional and educational programs, and health education for children and families.

Mission: Haiti is dedicated to the long term success of the Haitian people, and has various projects underway throughout the year. To get involved, make a contribution or donation, sponsor a project or inquire, please email missionhaiti99.com



Easter

That was a lot of fun! What a beautiful day it was. Bright and a cloudless sky. The temp was delightful. The sunrise service was spectacular. Every seat filled and people standing. Rev gave a powerful speech and timed it perfectly. After the service people streamed into Shepherd's Hall for a hearty breakfast. Scrambled eggs, bacon, ham, sausages, tater tots and bread, drinks and desserts. Full plates with seconds available. Overflowing crowd. More people than chairs. More chairs than tables. Then off with the kids with a hunt for 1400+ hidden eggs.

These events only happened because so many people stepped forward to help. Chairs got put out and put back. All the equipment to conduct the service outside, put up and taken down. Dishes got washed, food got served. Eggs hidden. All things done with a smile.

I am so proud of the way this church conducts itself and look forward to many more Easter celebrations. This one will be tough to match. Thank you to all!!



Joseph Laberge

From the Elder's Corner:

This month we will start a series on the LCMS liturgy. Many of us can recite the Lutheran service liturgy by heart. But do we know the meaning and significance of the individual parts of the liturgy?



The following is taken from the Lutheran Church Missouri Synod website:

INVOCATION

"In the name of the Father and of the Son and of the Holy Spirit." How many times have we heard those words? And yet, they testify with renewed freshness to our identity as children of God who've been baptized into the death and resurrection of Jesus.

Wouldn't it be something if God's faithful would remember that every time they heard the words of the Invocation, perhaps tracing the sign of the cross as a visible reminder?

St. Paul beautifully captures the eternal significance of our baptism into Christ when he writes to the Galatians that "as many of you as were baptized into Christ have put on Christ" (Gal. 3:27).

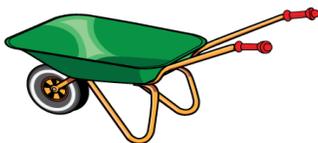
We are clothed with his righteousness. Unlike the man in the parable of the wedding feast who had no wedding garment, when we stand before our Judge on the Last Day, we will be clothed and covered, robed in the purity of Christ.

"In the name of the Father and of the Son and of the Holy Spirit." Already now, in this heaven on earth we call worship, we stand with boldness before the Triune God who has claimed us and named us.



Til next time, God's Blessings,

Dick Steller



Never Assume "Update"

Well the pile of dirt got moved. The refurbished wheel barrow works fantastic. Shiny new paint, new hardware and a repaired flat tire. After taking it for a good test drive. Making sure it was in good working shape. I told everyone "wish me luck" as I brought the wheel barrow back to the rightful owner. Chrome Electric on Park Ave.

I walked into the office where I told the gate keeper about finding this run down wheel barrow in the Church shed. Flat tire, rusty hardware and general disrepair. Brought back to "like new" when I noticed the name Chrome Electric imprinted in big letters on the side. I then realized I was working on a lost or stolen wheel barrow and was now returning it. She laughed and exclaimed "Is this a true story"!? I assured her it was and she went out back to tell the story to the owner. She came back out and with a chuckle told me to roll it out back. Which I did. I repeated the story to the owner, to which he said "so that's where it went"? He had loaned it to the Boy Scouts who built the prayer walk at GSLC and he had just forgotten about it. We talked for a few minutes and I left knowing the right thing was done. We were paying him back for allowing us to borrow it by fixing it and returning it. 10+ years later!!! :)

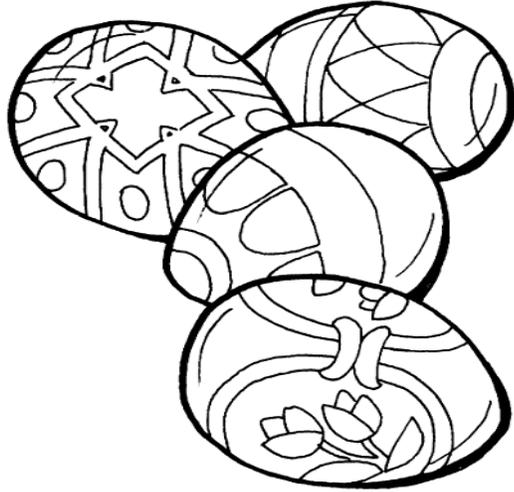


Joseph Laberge



Lunch Bunch

The next lunch bunch luncheon will be held on Thursday, May 25th at 11:30am at the newly opened Victorios. 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.



*Thank you for filling eggs and
providing special prizes!*

*Thank you, Fddie, Nick,
Summer, Cassidy and everyone
who scattered the eggs for me!*

Much fun was had by all.

Thank You!

In View of Pastor's Recent Sermons on Marriage, I thought this little poem might be welcome.

Jean Theobald

There's nothing so bad that it couldn't be worse;
there's little that may not mend,
and troubles, no matter how thickly they come;
most surly will come to an end.

You've stumbled...well, so have we all in our time,
Don't dwell overmuch on regret, for you're sorry,

God knows...well, leave it at that
let past things be past, and forget.

Don't despond, don't give up, but just be yourself-

The self that is highest and best,
just live every day in a sensible way,

And leave **GOD** all the rest.

****Anonymous****