

Lutheran Church of the Good Shepherd
107 South 17th Avenue
Coatesville, Pennsylvania 19320
(610) 384-2035 www.LuthGoodShep.org

Non-Profit
Organization
U.S. Postage
PAID
Permit No.
242
Coatesville,

April 2016

Dated Material: Mailed March 31, 2016

Our Mission: "To Know, Live and Share God's Word"

The Shepherd's Voice

April 2016





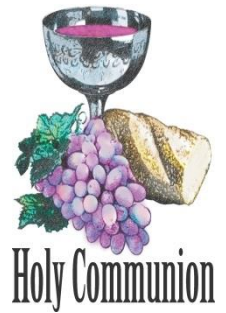
4/01	Brody Rubincam	4/21	Alexander Gill
4/03	Ethan Charest		Ivette Castro-Hetzel
4/04	Heidi Marcelli	4/22	Sally Breuninger
	Heather Geary		Ricky Ritter, II
4/05	Lisa Verdich		Joshua Panning
	Katie Eagles		Charlotte Mitchell
	Dominiquetak Odida	4/23	Jeannette Martz
	Pearse McGeehan	4/24	John DiOttavio
4/08	Donald Althouse		Emmett Williams
4/09	Roberta McLaughlin	4/25	Carol Ann Grow
4/11	Hayley Bertoni		Brent Douty
4/12	Hank Panning	4/26	Pam Taylor
	Jeannie Dunn	4/27	Beth McAdoo
4/14	Shane Zaplitny		Agnes Dorley
4/15	Kimberly Wilgis		Chase Eisenhauer
	Kristin Douty	4/28	Lois Beadle
4/16	Bill McAdoo		Dylan Kuhn
	Thea Searles	4/29	Joan McCulley
	Jennifer Florschutz	4/30	Ruth Snell
	Rebecca Young		Donna Watters
4/17	Carol Bisignaro		Michael Raytik, Jr.
4/19	Mike Mentzer		

Happy Anniversary!

Betty Lou & Robert Flinn	4/1	49 years
Ron & Debbie Sweigart	4/5	41 years
Ronald & Deborah Green	4/9	28 years
Carole & Dwain Thomas	4/20	14 years
Stephen & Ginny Lozinski	4/22	38 years
Lorraine & Richard Skelton	4/25	57 years
Donna & Ed Watters	4/25	24 years

This Month on April 19th

Spoken Communion services at 11:00 a.m. on the 3rd Tuesday of each month (through May), Pastor Lynch gathers with a small group of members for a service of Holy Communion in the Café. If you are not able to make it on Sundays, please consider attending this service. After the service participants are welcome to stay for lunch and fellowship in the Fellowship Hall. While many of the people who attend this service are senior citizens, there is no age requirement. All are welcome. And on the same day, Pastor Lynch goes to Freedom Village at 2:00 p.m. to lead the same service in the Great Room in the Assisted Living facility. All Freedom Village residents are welcome to attend.



Pancake Breakfast! And Church Work Day

Saturday April 16th 8 -10a.m. This event is open to the public. Tell your friends and neighbors. Join us for pancakes, french toast, bacon, sausage, omelets made to order, hash browns, fruit, coffee. This is also a Church Work Day, so fill your belly and then work it off!

Last breakfast until September!!

Upcoming JAM Youth Events Mark your calendars

April 23 – JAM and Youth Sunday Rehearsal

- a. Meeting time: 2:00 – 4:30
- b. Dinner (Pizza) from 4:30 – 5:00
(those not attending the JAM meeting are welcome to have dinner with us)
- c. Rehearsal from 5:00 – 6:00 (Parents are asked to attend)

April 24 – Youth Sunday

May 20 – Family Movie Night – final JAM event of the school year,

The Good Dinosaur from 7 pm to 9 pm here at Lutheran Church of the Good Shepherd. Wear your pajamas, bring your pillow and a blanket! Drinks and popcorn will be provided. This is the final JAM event of the school year!

RSVP to Allison Radwick aeradwick@gmail.com or 610-888-2114

Pastor's page

This winter I finally did it. I bought a FitBit. If you are unfamiliar with this device, it is something you wear on your wrist that tracks your activity level – specifically, the number of steps you take each day. Most of my friends have been using one of these types of trackers for at least a year. I finally caved.

This thing actually tracks a number of things: The steps you take, your heart rate throughout the day, number of flights of stairs you climb.... And your sleep patterns at night: the total time you are actually asleep; how much you toss and turn while asleep; and how often and how long you are awake in the middle of the night. . All of these things can be downloaded into a handy little App on your phone or computer, to be automatically analyzed at the end of each day and each week.

So what have I learned? First, unless I sit on my couch ALL DAY, I will probably walk at least 10,000 steps (about 5 miles for most folks). Second, if my car pulls out of my driveway slowly enough heading up 17th Ave, it will be counted as me trekking up a flight of stairs (slow moving elevators also get logged as stairs)!

But the biggest thing? My sleep patterns. After a few months, one very BIG thing is apparent. I need at least 7 hours of sleep each night. And I am NOT a good sleeper. I am restless. I wake up often. And there is a HUGE difference in how I feel the next day based on whether I got at least 7 hours of sleep time, or 6 hours or less.

What makes the difference? Being actually IN bed by 10 p.m. This doesn't mean I get off the couch at 10 p.m. It means IN THE BED. It means that my teeth have to be brushed and my face washed BEFORE 10 p.m. 10:30 p.m. is too late. 11 p.m. is WAY too late. It doesn't matter what time I set the alarm. 11 p.m. to 7 a.m. is eight hours for potential sleep, right? Nope. Going to bed after 10 p.m. means less (usually significantly less) than 7 hours of sleep.

The weird thing is that going to bed earlier doesn't just affect the amount of time I sleep, but it also affects the QUALITY of my sleep. If I hit that 10 p.m. mark, I sleep for LONGER stretches of time during the night AND sleep more restFULLY. Nothing else seems to have so great a result. Not when I eat. Not whether I have exercised that day. Not whether I am less stressed or more stressed that day.

What does it mean? HABITS MATTER.

Habits matter. Yes, we have all heard that. Yes, we have all read the studies. Good habits matter. But we don't always pay attention.

Continued

Here is something that our spiritual Fathers and Mothers of the faith had said for centuries: Faith habits – regular daily faith patterns – matter. If you do the disciplines daily, they pay off. If you want a deeper faith, pray and read scripture daily. Worship privately daily, and in community weekly. Practice generosity daily and share what you have. Serve others every day, using the specific gifts God gave you. Do these things and you will find yourself walking more and more closely with God.

Yes, but... Life is complicated. Life is sooo busy. There just are not enough hours in the day... What have the spiritual mamas and papas said about this over the centuries? Prioritize. You make time for what is important to you. If God is truly important to you, you will MAKE time for God. You will choose time with God over time spent doing other things. You will examine your life and make choices. Note: They don't say the choices will always be easy. They only say that this is the time tested path to a closer walk with God.

So it's about priorities. It's about choices. Blech. But really are we surprised? Now that I have had my sleep so thoroughly analyzed, I know what I have to do to get those 7 hours in and I know I need to get them if I want to feel good each day. So I am doing my best to be tucked in by 10 p.m. And I mentally kick myself the next day when I fail to do this.

Spiritually, it's the same kind of work. If you do track yourself and what you are or are not doing, over time you will notice patterns. This is why a lot of folks recommend keeping a faith journal – so you can go back and see the patterns. (If only the FitBit could automatically track spiritual practice!) How you feel each day regarding faith, emotions, others whom you encounter – these are all affected by our faith and faith practices.

So, as spring brings new life into our world, and as we celebrate the new life that Jesus brings to us through his resurrection, may we also look towards our daily walk with God and evaluate. Are we doing okay? Do we need to make changes to breathe new life into our daily faith practices. May we all take time this month to reflect and consider our paths and the faith steps we take each day.

Pastor Susan

MOTIVATION
IS WHAT GETS YOU STARTED,

HABIT
IS WHAT KEEPS YOU GOING

Congregational Meeting, May 1, 2016

Please mark your calendars for the Congregational Meeting on Sunday, May 1, 2016, at 11:45 a.m. The meeting will begin after the conclusion of the 10:30 a.m. worship service. All members of the Lutheran Church of the Good Shepherd are encouraged to attend.

Sign Up Now – Help Sponsor 2016 Grass Cutting!

Eric Sacco's landscaping company will again be cutting our grass this year.

Our congregation's help is needed to defer the cost by donating weekly "grass cutting" in the same manner as the church flowers are currently managed. The cost to have the grass cut will be \$80 per week. You may donate the full amount, or make partial donations in \$20 increments.

You may use a pew envelope and mark it "Grass Cutting".

A sign-up sheet is now posted on the bulletin board outside Pastor's office.

Thank you for your support of this ongoing need!



repairing homes and restoring hope

Update: Good Works March 5 Work Day

On Saturday, March 5, three members of Good Shepherd served our community at Good Works' Coatesville area work day. On this work day, we spent time at 2 different homes! Our first stop was in Parkesburg, where we improved drainage around a home's foundation, and participated in a home dedication ceremony. At our second stop, in Caln Township, we prepped a kitchen ceiling for painting and began reconstruction of a bathroom ceiling.

As always, lunch and fellowship with homeowners and work crew were highlights.

Our next Good Works Coatesville work day will be scheduled for November 2016.

Watch for signup information in the fall – adults and Senior High youth will be needed!

Become a Visiting Shepherd

If you love people and have time to visit 1-2 people per month, please consider being trained to be a Visiting Shepherd for our congregation. The Visiting Shepherds are trained lay people who visit homebound members and help those who are homebound stay connected to our community of faith. To learn more about this ministry or sign up for training, please contact Pastor Lynch by calling the church office (610-384-2035).

Thank You!! I would like to thank this wonderful congregation for your warm thoughts, cards and prayers following my mother's death. You have no idea what a comfort it has been. A big "thank you" also to Council members for their lovely and generous donation to Music & Memory given in my mother's name. As she was a singer, I know this would have been as touching and meaningful to her as it is to me.

Kim Duke

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 8:00a Worship 9:15a Sunday School 10:30a Worship	4 7:00p Handbell Rehearsal	5 1:00p Prayer Shawl	6 10:30a Bible Study	7 6:15p Stephen Ministry Meeting	8	9
10 First Communion Sunday 8:00a Worship 9:15a Sunday School 10:30a Worship	11 7:00p Handbell Rehearsal 7:00p Confirmation Class	12	13 10:30a Bible Study 6:00p Choir Rehearsal	14 1:00p Mission Quilting 7:15p Property Mtg	15	16 8:00a Pancake Breakfast Church Work Day
17 8:00a Worship 9:15a Sunday School 10:30a Worship 12:00n Handbell Rehearsal	18	19 11:00a Spoken Communion 1:00p Prayer Shawl 2:00p Freedom Village Worship 7:00p Council Meeting	20 10:30a Bible Study 6:00p Choir Rehearsal	21	22	23 11:00a Bill Davis funeral 2:00p JAM 4:30p Youth Pizza dinner 5:00p Youth Sunday Rehearsal
24 Youth Sunday 8:00a Worship 9:15a Sunday School 10:30a Worship	25 7:00p Handbell Rehearsal 7:00p Confirmation Class	26	27 10:30a Bible Study 6:00p Choir Rehearsal	28 1:00p Mission Quilting	29	30