

## *February 2012 Good News*

### ***From the Pastor***

*When Jesus saw him lying there and knew that he had been there a long time, he said to him, 'Do you want to be healed?'* - John 5:6

Forgiveness. Again. It has come up in a number of conversations recently, so I want to address this matter once more. The difficulties present themselves mostly in two scenarios:

1). Someone has hurt you, and this person is sorry and has asked for your forgiveness, but your hurt is so great, and you feel that cannot bring yourself to say: I forgive you, and mean it.

Or 2). Someone has hurt you, but this person never says that s/he is sorry, either because this person is not aware of the amount of hurt s/he has caused; or not willing to engage in the subject matter; or cannot be present (as is the case when the person responsible for your hurt has moved out of reach or died).

In either case you are left with having to do the work of forgiving by yourself, and sometimes this can be a lot of hard work, and the question I hear most frequently in counseling is this: But I am the injured party! Why should I have to do all the work?

The answer is simple, really. First, carrying the burden of not forgiving is very constricting. Walking around wounded can slow us down in so many ways! It can rob us of energy and joy and feeling alive. Either that or we are constantly irritated and blow up at the slightest provocation. Second: Jesus commanded us to forgive. Period. It doesn't matter what happened or how it happened or whose fault it was. To be a follower of Jesus means to forgive.

And yes it is hard work. And it does not mean that the hurt was not real or that the hurt was not great or that the hurt did not happen. It does not mean that we have to forget or that we have to condone what has been done. Wrong is wrong and hurt is hurt. But to hold on to that hurt is self-defeating. Why walk around wounded? Why refuse to take the steps necessary for healing? Would you walk around with a bleeding, gashing wound in your arm, because the perpetrator does not repent for his or her actions?

Once you have reached the willingness to do the work of forgiving, then there are a lot of resources. Our faith and the scriptures have a lot to offer. There are counselors and spiritual directors who can help. I am certainly always willing to help. In most cases a hurt that has been done cannot be undone. But healing can happen nevertheless. The decision is up to you. If you have been hurt or injured in any way, I pray that you will find the desire and courage to heal.

### ***From Pr. Jim***

Happy New Year (belated)

I hear from reliable sources that the Christmas Pageant was well received. Sadly, I could not attend due to my daughter's pageant being held at the same time. Thanks to all the parents and volunteers for making the pageant possible.

Our Sunday School classes are still going strong. So strong, that there is discussion of splitting the class after a gathering time, into two study groups. Of course, we can always use volunteers to assist our able teachers. By the time you read this we should have our new Sunday School Director in place and taking the lead of this exciting ministry. I know that this will shepherd a new and dynamic dimension in the Sunday School ministry of Christ the Good Shepherd.

Another ministry that is soon to start is VBS, Vacation Bible School. VBS is, usually, a week long summer program focused on bringing young people into a closer relationship with Christ. There are many styles of, and ways to do, VBS. VBS is usually a mix of study, crafts, games, activities, community building and plan old fun, all centered on the Gospel. Most churches staff their VBS with volunteers. Since this is new to CGS, it was decided to have Mt Cross staff ours so that we could see how a VBS is done. I have used Mt Cross in the past with great success

The Education Committee has submitted a budget. The bulk of the budget is around the Sunday School Ministry which is drawn from a dedicated fund. This means that the impact of the Education Committee budget on the general fund of CGS will be minimal. It is exciting to work with a church that is so dedicated and supportive of ministry to young people.

And lastly, this may well be my last article! And yes, it is good. It means that CGS has a Sunday School Director and I have finally reached the goal of my tenure at CGS. I am honored to be part of what the Holy Spirit is doing at Christ the Good Shepherd.

Blessings and best regards,

Pr. Jim

### ***Social Action Update***

One of our ongoing outreach programs is Shelter Cooking. We have three teams who rotate cooking for Julian Street Inn the third Saturday of each month. This is a program that has gone on for many years and all who have taken part have enjoyed it. We get together and make a menu, shop and cook at the church, then take the meal to Julian Street Inn and serve it. Those on the receiving end are always very appreciative. The food is paid for by designated giving. The past few years we have had four teams but now we are down to three and would like to recruit some more cooks. If you think you may be interested come and join us on one of these Saturdays. We usually start about 4pm. Contact Steve Weirauch, Jean Hope or Shirley Woods if you are interested in this program.

Our other ongoing programs are FISH and collecting ready to serve healthy soups for The Health Connection's Food Basket Program for low income persons with AIDS in our county. You will find a basket to collect the soups near our bulletin board in the narthex. There is a list of foods needed for FISH on the kiosk door. We also use designated funds to purchase items for FISH and we provide two bags of groceries for ten families a month. After the bags are assembled they are taken to Transfiguration Catholic Church by the German women who meet at our church on Wednesday mornings, where they are distributed. We are thankful for their help in this program since the retirement of the OFs. Food for FISH can be left in the kiosk. Thank you for your support and donations to these programs.

### ***2<sup>nd</sup> Mile Giving—Lutheran Social Services—Norcal***

A brief overview *Lutheran Social Services*:

Permanent Supportive Housing: Previously homeless families and individuals with disabilities receive ongoing services to maintain life stability.

Money Management for Housing Stability: LSS works to prevent chronic homelessness among low-income residents of San Francisco with mental and physical disabilities.

Transitional and Supported Housing for former foster and transition age youth: Former foster youth have no place to go when they turn 18. LSS provides the support and love they need to become self-sufficient adults.

Transitional Housing and Support for Homeless Women and Children Serving formerly homeless women in recovery from substance abuse, survivors of domestic violence, and women and children in recovery from abuse

Community Services: Supportive services for vulnerable communities when needs are identified.

Disaster Response and Relief: Assist those whose lives have been disrupted by disasters (Northern California Affiliate for Lutheran Disaster Response; Disaster Preparedness Planning Services; Hurricane Katrina Recovery Mission; South Lake Tahoe/Angora Fire Relief; Fernley Flooding Relief; Santa Cruz/Summit Fire Relief)

*How you can help*: You can support Lutheran Social Services through your contribution to February's 2<sup>nd</sup> Mile Giving Plan.

## ***Looking towards Lent***

Ash Wednesday Services

### **Wednesday, February 22, 2012**

12:00 Noon - a plain service with imposition of Ashes

7:00 p.m. – traditional service with imposition of Ashes

### **Midweek Lenten Services: “You shall Love the Lord your God”**

We begin with simple soup supper followed by

singing, Bible Study and communion service

from 6:30 p.m. to 7:30 p.m. on the following Wednesdays:

Feb 29; Mar 7; Mar 14; Mar 21; Mar 28

## ***Gardening day—February 4th***

Saturday, February 4th from 9:00 to noon (weather permitting) will be a CGS garden day. We want to be good neighbors, so a top priority for this winter cleanup day will be the Alta Glen side of the grounds.

We have jobs for gardeners and non-gardeners of all skill levels, including some extra-special ones for budding gardeners with small hands and short legs. We also plan to have some craft activities for the kids when they need a break from work.

Wear comfortable clothes suited to the weather. If you can, bring your gardening gloves, pruning shears, and your favorite weed knife. The church does have some gloves and gardening tools on hand for those who don't have any of their own.

For more information, contact Janet or Randy

## ***Thank you from Dave Hargens***

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Thank you to Pastor Chun, David Simi, Chris Collins and the Memorial Shepherds for their contributions to Ruth's Celebration of Life service. It was a beautiful service befitting Ruth. Thank you also to all who gave donations to charities such as the American Heart Association, ones to care for pets, and other funds to CGS to be used here for special items that Ruth would have supported. Thank you to all who cared for her and our family.

## ***Birthdays and Anniversaries***

Feb 1—Sylvia Z

Feb 3—Doug P

Feb 4—Sarah V

Feb 5—Martin J

Feb 5—Steve W

Feb 6—Laurie G

Feb 6—Jean M

Feb 7—Kim K.S.

Feb 10—Lois H

Feb 10—Hal H

Feb 12—Karen S

Feb 12/14—Barney H

Feb 17—Joshua M

Feb 21—Marge S

*Anniversaries*

Jim and Margaret V—Feb 14—9 years

Dave Z and John B—Feb 16—18 years