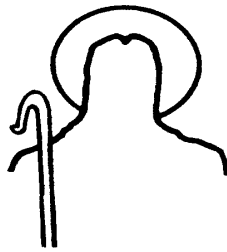


April
2010



The Shepherd's Staff

The Good Shepherd Lutheran Church
4503 Old William Penn Highway
Monroeville, PA 15146

Office: 412-372-2934 • Fax: 412-372-2437
Visit our website: www.goodshepherdlife.org

Worship Services

Sunday Worship 8:00/10:30 AM
Pew Communion 2:00 PM
Sunday, April 11, 2010

Our Mission

The Good Shepherd Lutheran Church proclaims the Good News of Jesus Christ through Word and Worship, Fellowship and Service to all people.

Staff

The Rev. Dr. Eric D. Ash, Sr.,
Pastor
Heather Runser,
Lay Parish Worker
Mary K. Walley
Director of Choral Ministries
Judy Stewart
Director of Handbell Ministries
Bernadine Zvolensky
Parish Secretary
Mary Marci, Nursery Caregiver
Mike & Linda Sargo, Custodians

Council

Roxanne Lindgren, President
Bob Rossetti, VP/Worship
Rose Shirer, Secretary, Education
*David Pogue, Treasurer**
*Steve Smith, Financial Secretary**
Margie Short, Education
Dusty Rhodes, Finance
Dave Lanzer, Property
Besty Allen, Service
Jeanne Lewis, Service
Mary Duggan, Stewardship
N/A, Witness
Donna Barr, Witness
Kit Kratzenberg, Worship
*Cathy Holm, Mutual Ministry**

**Non-Council Members*

Holy Week / Easter Schedule

Sunday, March 28, 2010

Palm Sunday

Worship Services
8:00 a.m. / 10:30 a.m.

Thursday, April 1, 2010

Maunday Thursday

Worship Service
7:30 p.m.

Friday, April 2, 2010

Good Friday

Tenebrae
Worship Service
7:30 p.m.

Sunday, April 4, 2010

Easter Sunday

Worship Services
8:00 a.m. / 10:30 a.m.

Easter Sunday Breakfast

7:00 a.m. - 10:15 a.m.



EASTER EGG HUNT - Saturday, March 27th

Anyone who would like to volunteer their time to help that day would be greatly appreciated. It is only a four to five hour commitment. We need cooks, helpers for activities & crafts, clean up crew, donations and others. Please sign-up on the sign-up sheets on the Education Bulletin board outside the Luther Room. Please also indicate how many people will be coming. The boxes for candy donations are located in the Narthex and Library. If you have any questions please contact the church office at 412-372-2934. See you there!



SHUT-IN EASTER BASKETS

The Service Committee is collecting donations for the Easter baskets for our shut-ins. We are in need of Easter candy, trinkets, baskets, and grass. Monetary donations are also being accepted. A donation basket labeled Shut-ins will be in the narthex. Donations will be accepted for the baskets until Sunday, March 28th. If you have any questions please contact the church office at 412-372-2934.

EASTER EGG BREAKFAST - 7:00 a.m. - 10:15 a.m.

Celebrate Easter morning with your family and friends at The Good Shepherd Lutheran Church. Fellowship Hall will be open for breakfast at **7:15 am** through **10:15 am**. The regular feast of ham, eggs, hash browns, pancakes, coffee, juices and an assortment of breakfast cakes await you and your family. Come early and break bread with us.

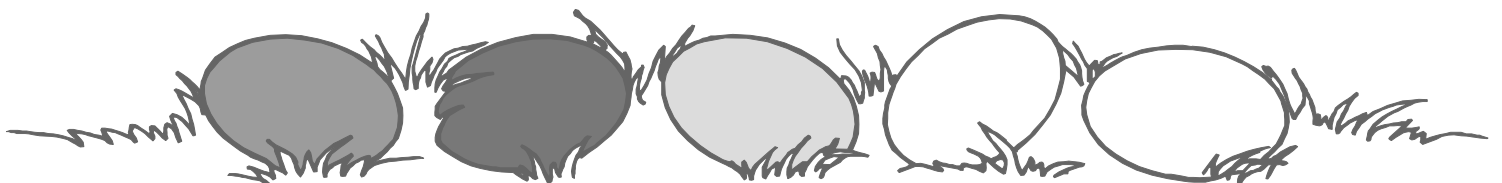


COLLEGE STUDENT PROJECT

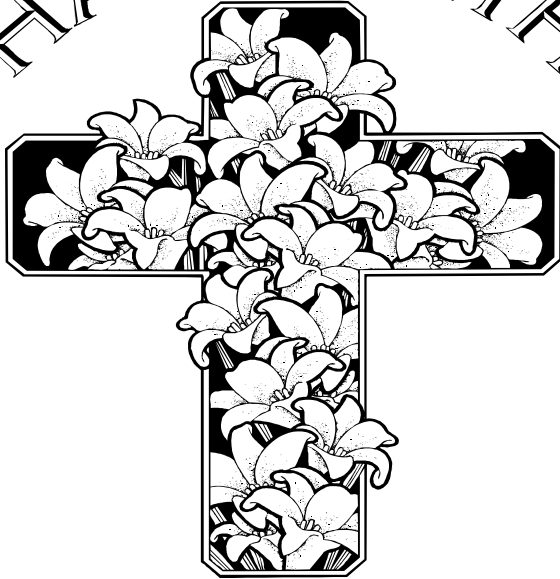
The Witness Committee is winding down the college student project for this school year. Twenty-one families with 29 students participated. We had mentioned four sets of twins, but only three of those families participated. The twins are Brian and Chris Rishel, Amanda and Daniel Lindgren and John and Julie Edwards. Eleven of the students will be graduating this spring. Many thanks to all who contributed snacks, candy, and school supplies for the project. We'll be back for the 2010-2011 school year.

BROOKE KUEHN is attending Seton Hill University in Greensburg. She is majoring in English and Education. Brooke will graduate from Seton Hill University in 2012. Brooke has been an honor student every semester. She is a member of the English Club and holds a black belt in karate. Brooke is a new Avon representative.

CHRISTOPHER MOLNAR is attending Robert Morris University at the Moon Township campus. He will graduate this year. Christopher's favorite activities include snow boarding, dek hockey and football. He also adds Xbox 360 and Facebook to his hobbies. Christopher is a hard-working young man and loves helping others. His jobs have included working at Dick's Sporting Goods and Pizza Hut. Christopher plans on entering the Marine Corps this spring.



HAVE FAITH



Peace Prayer

Lord, make us instruments of your peace.
Where there is hatred, let us sow love;
where there is injury, pardon;
where there is discord, union;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

Grant that we may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that we are pardoned,
and it is in dying that we are born
to eternal life.

St. Francis of Assisi



THANK YOU

To TGSLC Family,



There are not enough kind words to express my sincere thanks and appreciation to all of you for your kind thoughts and prayers, telephone calls and beautiful uplifting cards I received while convalescing from a fall in September. I will always remember and treasure them. Thank you, Pastor Ash for your visits and communion.

In Christian Love,
Irene Jones

WELCOME MARY K. WALLEY



Mary K. Walley has been active in music ministry for many years serving churches in West Virginia, Maryland and Pennsylvania. She is a graduate of West Virginia University with a Bachelor of Music Degree in Voice and a Minor in Organ. She began piano lessons at the age of five and began study of the organ in her teens. For many years she performed with the Mendelssohn Choir of Pittsburgh. While with the Choir, she was fortunate to sing under the baton of many of the world's finest conductors and was afforded opportunities to perform at New York's Carnegie Hall and Lincoln Center. Mary K. resides in New Kensington. She is a widow with two sons, one living in Gladstone, New Jersey and one on Hilton Head Island, South Carolina, and two grandsons.

ADULT CHOIR

The choir is preparing for Holy Week and Easter. We would welcome additional singers. If you like to sing, this is a wonderful opportunity to serve the Lord through music. Please consider adding your voice to our music ministry. Rehearsals are on Thursday evenings from 7:30 to 9:00 p.m.



FOOD PANTRY

Nancy Smith delivered 18 bags of food to the Cross Roads Food Pantry on March 2nd.

Thank you for your continued support of this ministry.



Easter Flower Order

Name: _____

Total Dollar Amount Enclosed: _____

Envelope #: _____

- | | | |
|-------|------------------------------|---------|
| _____ | Lily Blooms for Easter Cross | \$ 3.00 |
| _____ | Lilies (3-4 flowers) | \$ 7.00 |
| _____ | Hyacinths (3 flowers) | \$ 7.00 |
| _____ | Hydrangeas (3 flowers) | \$10.00 |
| _____ | Mums (6" pot) | \$ 7.00 |
| _____ | Spring Combo (12" pot) | \$13.50 |
| _____ | Tulips (6 flowers) | \$ 6.00 |

In Memory Of / In Honor Of :

Given By :

Indicate if flowers will be taken home or given to a shut-in:

_____ Taken _____ Shut-in

Deadline for Orders: Sunday, March 21, 2010





HE IS RISEN, ALLELUIA!



**Homebound
Members Birthdays**

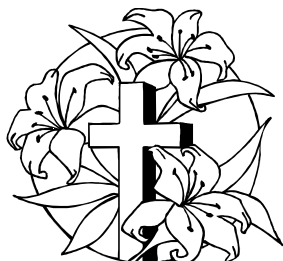
Joanna Fest
c/o Paul Fest
934 Harvard Road
Monroeville, PA 15146
Birthday: 05/01

Lois Fleming
317 Wellness Way
Strabane Trail Village
Washington, PA 15301
Phone: 724-229-8121
Birthday: 10/18

Edna Lee
The Cedars Room 233
4363 Northern Pike
Monroeville, PA 15146
Phone: 412-373-3900
Birthday: 07/30

James Litzinger
118 Kelvington Drive
Monroeville, PA 15146
Phone: 412-372-2280
Birthday: 07/16

Edna Nield
Beatty Point Room 232
700 Beatty Road
Monroeville, PA 15146
Phone: 412-373-3702
Birthday: 11/26



Serving the Month of April

Acolytes (8:00 am)

04/04 Alexandria Elizeus
Ashley Elizeus
04/11 Alex Pogue
04/18 Collin Berdis
04/25 Mason Settino

Acolytes (10:30 am)

04/04 Melissa Pugliano
Ashley Pipes
04/11 Abbey Wilkinson
Ryan Satira
04/18 Jordan Zdinak
Luke Hall
04/25 Mackenzie Gerhart
Katie Greggerson

Altar Guild

8:00 am Barbara Hoverman
10:30 am Irene Anderson, Gwen Miller

Greeters (8:00 am)

04/04 Mandy Ash, Britney Shirer
04/11 Jack and Donna Whitlam
04/18 Arleen Hesselgesser, Ann Bowser
04/25 Jan Roth

Greeters (10:30 am)

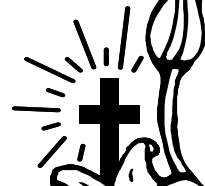
04/04 TBA
04/11 TBA
04/18 TBA
04/25 TBA

Ushers

8:00 am David, Daniel and Anna Marie Kun
10:30 am Dan, Paul Casebeer, Linda Marino

Counters

Steve Smith, Nancy Smith, Linda Hainley





EARTH'S EASIEST EXERCISE

Walking can add years to your life and life to your years. And it couldn't be easier. You don't need to join a health club, wear special equipment or go into training to reap the rewards:

THE CONDITIONER: Walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently. **Fact:** In one study, women who walked briskly (3-4 mph) at least three hours a week cut their risk of heart attack and stroke by more than half.

THE PROTECTOR: Walking helps beat other health problems too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, reducing body fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

THE JOINT-SAVER: Walking can burn about as many calories per mile as jogging does. But it delivers less of the jolt, so it's much easier on your joints and muscles.

THE DE-STRESSER: Walking is easy on your mind too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel and sleep better, and that their mental outlook improves.

THE WINNER: Best of all, walking has the lowest dropout rate of any form of exercise. So you're more likely to stick with it and get these benefits and more, like better digestion, improved regularity and lower blood pressure.

There's nothing to it: Just put on a sturdy, comfortable pair of shoes and go. **Smart moves:** Walk to the store for the Sunday paper; park a few blocks from work or get off the bus or train one stop early and walk from there; use the stairs instead of elevators or escalators; on bad weather days walk in a mall or on a gym treadmill.

EARTH DAY QUIZ

How knowledgeable are you about Earth Day and the environment? Take the quiz below to find out! Answers to questions can be found below.

When was Earth Day founded?

1. 1950
2. 1960
3. 1970
4. 1980

Who founded Earth Day?

1. Will Rogers
2. Nelson Reilly
3. Mitch Gaylord
4. Gaylord Nelson

How much of our air pollution comes from motor vehicles, such as cars and trucks?

1. 30%
2. 50%
3. 75%
4. 90%

What are VOCs?

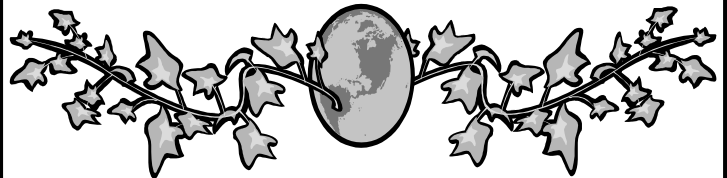
1. Volatile Organic Compounds
2. Very Odorous Compounds
3. Vegetable Oil Compounds
4. Volatile Oxygen Compounds

Which of the Following will reduce air pollution?

1. Using fluorescent lights
2. Using cruise control
3. Using water-based products
4. All of the above

The average U.S. citizen produces how much waste each day?

1. 3.5 pounds
2. 4.4 pounds
3. 6.1 pounds
4. 10.0 pounds



ANSWERS:

1. 1970
2. Gaylord Nelson
3. 50%
4. Volatile Organic Compounds
5. All of the above
6. 4.4 pounds

WHY GO TO CHURCH?

A Church goer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday. "I've gone for 30 years now," he wrote, "and it that time I have heard something like 3,000 sermons. But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the pastors are wasting theirs by giving sermons at all."

This started a real controversy in the "Letters to the Editor" column, much to the delight of the editor. It went on for weeks until someone wrote this clincher:

"I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals but I do know this. They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today.

Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!" When you are DOWN to nothing... God is UP to something! Faith sees the invisible, believes the incredible and receives the impossible!

Thank God for our physical AND our spiritual nourishment!

Submitted by Pastor Ash...Found in other church newsletters

WHY LUTHERANS DO WHAT WE DO

Sit in the back of the church and / or protect our pew like it's reserved seating at a rock concert. Stacking out the back rows facilitates a quick escape for those wanting to avoid the Sunday restaurant rush. As to pews, we get into ruts that are unrelated to holy ritual.

Reprint the entire worship service in a bulletin when we have hymnals. Count this as an evangelism tool. The hymnal is a Lutheran legacy, but these days we understand that it can be intimidating to guests.

Consider our main form of socialization the potluck with mandatory Jell-O. The potluck, a long standing tradition among many Lutherans, is an opportunity for the same kind of table fellowship Jesus practiced throughout his ministry. Recipes make good conversation like nobody's business and that sharing is community building.

Consider it a badge of honor to show as little emotion as possible. Our Lutheran ancestors were from Northern Europe, where the cold climate made stoicism a survival tool. Though it began with physically enduring difficult environmental conditions, fortitude became an emotional state of mind as well. "When things get bad, Lutherans say "Well it could get worse." And when things go really well, we don't say anything, because we're afraid to jinx it."

Approach the church's spending with a careful eye, but often give anonymously to those in need. We take pride in our thriftiness, which extends to getting full use out of every penny for God's church, too. "There's not a penny to be wasted, and if we as a faith community can get by with an unheated building and secondhand hymnals, then we get by. It's almost a point of pride." "We're certainly frugal but when Lutherans see someone in need, they're incredibly generous.

Live our faith all day and all week, even in our work. Luckily for those of us who aren't church workers, Lutherans believe in the doctrine of vocation - that is, every job performed by a Christian is a call to serve others, not just that of a pastor.

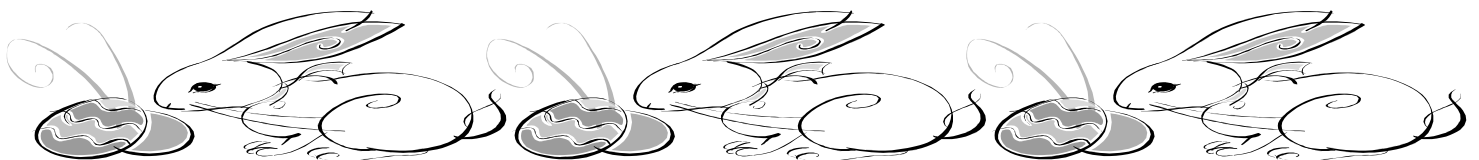
Avoid saying hello to new people in church. Again our wallflower tendencies surface here. We're secretly afraid of this conversation: "Hi welcome to our church," Umm I've been here for 30 years.

Volunteer endlessly though we believe that we're saved by grace alone. One of the main tenets is found in the fourth article of the Augsburg Confession, which says we are saved by grace - through faith in Christ - not by works. "When we feed on God's word, the natural result is service to our neighbor."

Pass the peace when secretly we feel that shaking hands and / or hugging our neighbor in church is too intimate. Passing the peace is an ancient Christian tradition that has survived in the Lutheran Church, even if it's "the most uncomfortable 25 seconds of Sunday morning." "Sunday morning worship isn't a spectator sport. We are there and bound together in unity by the word and the sacrament, a bond closer than any handshake or hug can communicate. Yet it's part of the glue that holds the community together.

Baptize babies. While many Lutherans are baptized as babies, it's actually a nondiscriminatory practice, "We baptize sinners." Luther taught that if grace is available, everyone ought to get it...including babies.

A partial reprint of article by Gretchen Roberts, Thrivent Magazine Fall 2009



Good Shepherd Prayer Concerns

Service Men & Women:

Joey Gross, Keith Humes, DJ Price, Eric Bently, Howie Laur

Births: Alexa Paige Williams, Liam David Stravers

Recently Married:**Known to be hospitalized this week:**

Nancy Gardner (Forbes)

For Healing:

Lillian Guth, Jim Duggan, Madelyn Short, Bishop Don McCoid,
Frank Miller, Ray, Jean Hellested, Sally Meyers, Betsy Allen,
Lorri Nixon, Shirley Ging, Bonnie Worrall, Josh Oberdick,
Cheryl Casebeer, Kit Kratzenberg

Recently Deceased:

Billy Laurito, Betty Russenberger, David Zabkar, Boyd Knepschild,
Elaine Clark, Lillian Anderson, Leroy Swartzmiller, Rebecca Dzuriak,
Ruth Mager

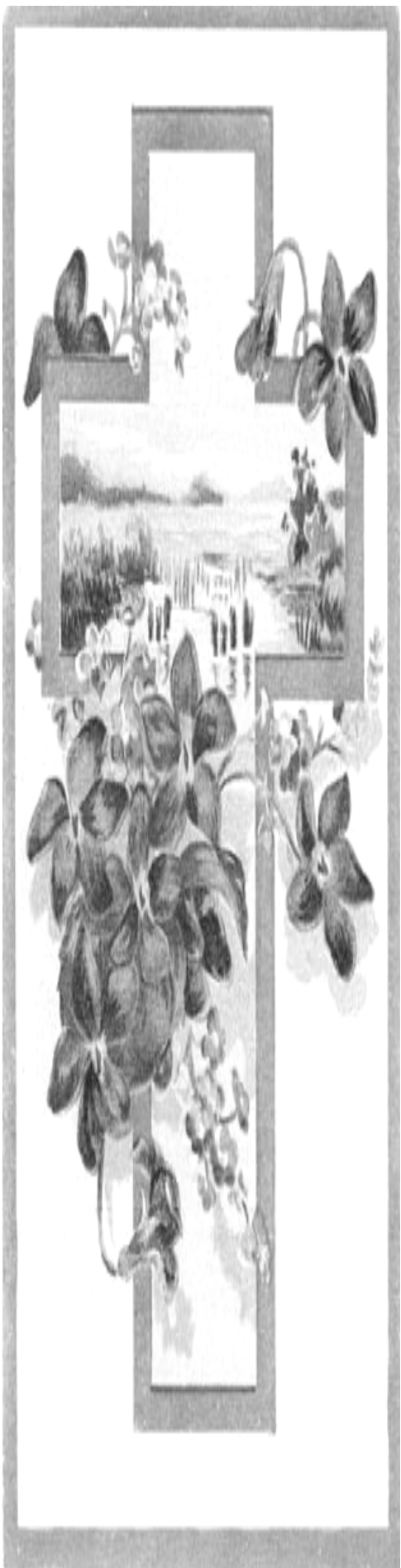
Continuing Concerns:

Jayne Kuhn, Tom Napfel, Joan Bradshaw, Robert Coddington, Sr,
Robert Coddington, Jr., Katie Sechrist, Joye Hickman, Jaina Sapp,
Christina Frank, Michael Lucas, Kristy Garcia, Cathy Etzel, Amanda Conte,
Lois Huffman, Pastor Steve Myers, Fred Gerardine,

We Also Remember Our Homebound Members:

Joanna Fest, Edna Lee, Edna Neild, Nancy Gardner, George Jae,
James Litzinger, Walter Jacob, Lois Fleming, Wayne Scheutz, Merle Baron,
Clyde Hillwig, Ruth Scott, Laura Sommer, Evelyn Edwards

If you would like a name placed on the prayer list,
please use the card in the pew rack or contact the church office.



April Birthdays

04/01 Paul Fest

04/02 Danny Thompson
Amy Imblum

04/03 Donna Barr

04/04 Sue Johnson
David Miller
Kristin Hillwig
Eric Geiselhart

04/05 Aleah Atkinson

04/06 Robert Cessna
Andrew Hillwig
Andrew Larson

04/07 Joyce Colosmo

04/08 Linda Marino

04/09 Merrick Shumaker
David Goetz
Judith LaSpada
Dariusz
Poniatowski

04/10 Geraldine Malmberg

04/12 Bruce Murphy
Noel Grimm
Dominic Munsie

04/13 Roy Pelkey

04/14 Russell Beener
Olga McFarland
James
Rattlesdorfer
Anna Helgerman

04/15 Paul Malmberg
Mary Hredzak
Allen Berkheimer
Macy Clark

04/17 Christopher Beatty
David Burkhart

04/18 Mary Duggan
Mark Shirer
Ryan Satira

04/19 Diane Geisler
Nicole Rencewicz

04/20 Mary McCulloch
Benjamin Colosmo
Adam Satira

04/21 Jeffrey Elizeus
Gretchen Wiesner

04/22 John Ivanco

04/23 Lynda Johnston

04/24 Ava Mantia
Caroline Madden
Coulter Robb

04/25 Steven Festa
Sarah Johnson
Matthew
Molnar-Strejcek
Kenneth Hoolahan

04/26 Constance McClain
Mary Hainley

04/27 Holly Williams

04/28 Stephanie
Satterfield
Lori Pokusa
Linda Pipes

04/29 Alexandria
Elizeus
Alexander Pogue

04/30 Alan Hess
Rachel Hellested
Amber Hellested



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U.S. POSTAGE
PAID
PITTSBURGH, PA
PERMIT NO. 4139

The Shepherd's Staff is published monthly to serve as a means of communication among members and friends of **The Good Shepherd Lutheran Church**. *News items, comments or letters may be submitted to the Editor.*

Desktop Publisher: Bernadine Zvolensky

Editor: Jan Roth

Volunteers: The Mailing Ladies

DATED MATERIAL — DO NOT DELAY



Easter