But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: “Do not fear, for I have redeemed you; I have called you by name, you are mine.”

Isaiah 43:1

Dear Faithful People of Good Shepherd Lutheran Church: and School,

I don’t know about you, but I love how I feel on January 1: it’s a mixture of sadness, relief, pride, gratitude, resilience, and hope. I’m usually relieved the year is over because every year tragedy befalls us, mistakes are made, and it’s nice to know we can leave things behind and move on into a new year, a fresh start. I’m also usually filled with pride and a sense of accomplishment because of the steps forward that were made—the challenges I met, the goals I reached, the ways in which I grew. And that sense of accomplishment leads nicely into a deep sense of gratitude for all that God has done for me and hope for the New Year—hope that I can continue to grow into the person that God calls me to be.

I think most of us can relate to a mixture of feelings at the New Year, most obviously because as humans we live in the gray—not the black and white—and we can sustain a whole range of emotions at any given time. But I think all of us, at one point or another as a New Year begins, wonder how to be happier, how to live a more fulfilling, meaningful life. And this wondering is widely shared among all people. As we all know and as studies have shown, being rich and famous is what most people believe brings true happiness.

But one of the longest studies ever done on human happiness begs to differ. Researchers at Harvard Medical School started the Harvard Study of Adult Development in 1938 to study human happiness over the course of a lifetime. The study, which continues today 75 years later, followed 724 people—some undergraduates from Harvard College and some from the projects in Boston’s poorest neighborhoods. Every two years the subjects are put through medical tests, psychological tests, and in-home interviews tracking their satisfaction with their jobs, their relationships, their health, and their lives in general.

What researchers are starting to see is that three conclusions have emerged over time: 1) social connections are good for us whereas loneliness is not good for us; 2) the quality of a relationship is what matters, not the quantity or whom the relationship is with; and 3) good relationships don’t just benefit our bodies, they benefit our brains too. Basically researchers have discovered that leading longer, happier lives has everything to do with our connection to other people—we thrive as human beings in relationship to others.

I think, and I know you do as well, that we actually thrive most, not only when we are in relationships with others but when we are in a relationship with God. Working in a hospital, I know well and have read several research articles that indicate that people recover from illness much more successfully when they have a support system of relationships around them, and have a faith tradition to stand upon.

We just celebrated Christmas—a time when we remember that we have a God who loves us so much that God would become flesh and live among us in Jesus Christ. And Jesus Christ lives among us through each other, through relationships, through our sister, our brother, our neighbor, and even our enemy. We have a relational God who made us to be in relationship to Godself and to others. Consider this beautiful passage from Isaiah 43:1, “But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine.”

Each time we gather as a community, as the people of Good Shepherd, we are reminded that God has created us, redeemed us, has claimed us, and wants to be in relationship with us. When you enter the sanctuary, you are greeted by a font where we are reminded that God has claimed us in baptism. And every time we go to the table, we are united to Jesus Christ through his very body and blood.

I know many of you saw friends and family over the holidays. And like me, many of you struggle to relate to friends and family who for one reason or another may be a challenge. I would like to suggest, that as we begin this New Year, and as we think about how to go forward living happier, healthier, more connected lives, we consider our New Year resolutions to be centered around rela-
relationship: relationship with God and with others.

It is important that we all try to eat better, to get to the gym more, to save more money, to try that new hobby, etc. But what I think is more important and will benefit us more than any of that, is working on our relationships. It is hard work to be in relationship with God and with others—we all know that—but we can be encouraged that it is God’s will that we be in relationship. God wants us to be in the midst of this beautiful, terrifying, complicated, rewarding, messy, exciting, unpredictable, holy thing that is relationship.

So let us start this New Year working together to build each other up, to encourage each other, to love each other, to forgive each other, to really live with each other and to live well. May God bless us all as we begin 2016! May it be a year of closer and better relationships for all of us!

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

2 Corinthians 5:17

Dear Friends & Family of our Good Shepherd Little Lambs:

As the New Year is upon us, I ponder and dream about the future. I wonder what is next. We all have the best of intentions in our heart and want to take the right steps forward into 2016. Our list of resolutions can be endless.

I have been reflecting about our program here at Good Shepherd and dreaming about what could make this wonderful place even better. School should be a place of comfort, peace, and learning—just like home. Children should love to come to school. They should be eager to see and play with their many friends. They should be hungry to learn new information and hone their skills.

How our children learn? I always go back to basics—read to your child. One-to-one learning is essential. Every night read at least one book before bed. Have your child pick the book. Another suggestion is to try to find the time to play a game with your child. This parent/child together time is a great way to form relational bonds, learn to share, and teach patience. Just simple teaching at home is significant to a child’s growth.

Sometimes, I feel that children just want to be heard. They want someone to listen to them. They can tell you a story whether it is made up or true. Many times we talk at our children throughout the day: we command, “don’t touch this,” “do this,” “come here,” “put glue there,” and “you cannot do that.” This does not expand their minds. We over control our children while we need to just let them be children. We need to pause for a moment and take the time to listen to them.

Studies have shown that the best student is someone who is well rested and well nourished. Make sure your child gets 10 to 13 hours of sleep daily. The most important meal of the day is breakfast. Protein is brain food, so make sure breakfast is high in protein.

Let’s resolve to slow down and listen to our children in this New Year. Our children deserve our time and attention. Invite them to open their minds, encourage them to listen; and allow their voices be heard. Try to resist getting caught up in the hustle and bustle of these times, and celebrate every precious moment with your children. In the end it will be worth it. The reward for both of you will surpass anything else.

Happy New Year!

God Bless you and your families,

Stephanie Brienza
COLD WEATHER ADVISORIES!
As the weather is turning colder, please know that we do continue to conduct recess outside as much as possible. Please be sure to send your children in with warm outdoor clothing, including a winter coat, gloves, and hat. Don't forget to label all items.

Also, in the colder weather, you should remain in your cars until we open the doors. Our doors will continue to be locked till only a minute or two before dismissal. We do this in order to keep the school safe and quiet for an optimal, distraction-free learning environment.

WE’CHECK IDs
Photo IDs will be checked for any event during school hours. Please always remember to bring your photo ID and remind family or friends visiting our school to do the same.

We appreciate your support in the implementing these protocols.

IMPORTANT JANUARY DATES

PTC MEETING
January 14th at 7 pm
We will be holding a PTC meeting in room 3 to discuss our school’s upcoming events and activities. Please join us!

FAMILY MOVIE NIGHT
Friday, January 15th at 6 pm in the gym, we will have Movie Night, more information to come.....

PARENT TEACHER CONFERENCES
Friday, January 29th 8:30am to 3:00 pm.
Schedules are posted near classrooms. If you have a conflict with the date and times, please contact your teacher. Childcare will be available in room 8 during your meetings. We will have two staff members there to watch your child while you are meeting with the teacher.

SCHOLASTIC BOOK FAIR
Wednesday, 1/27—Wednesday, 2/3
Fair will be open for parents to shop throughout the week and on Parent Teacher conference day. Come out to support your school!
(More information to follow)

The Ridgewood Savings Bank will visit Good Shepherd’s Pre-K Classes on Monday, January 11th. This is a special to learn about caring and saving money.

SAVE THE DATE
Friday, February 5th
Valentine’s Dance
DJ, pizza & fun.
More information to come.
Shopping at Little Elves Shop on the Week of November 30th - December 4th. We raised $702.70. The children had fun shopping for loved ones. And learned the best gift of all, the gift of giving.

Santa Claus visited Good Shepherd on December 16th & 17th and taught our children the real meaning Christmas, that baby Jesus was born. He handed out gifts and candy canes to all the children.

Our Children’s Advent Liturgy was a huge success. The children told the story of baby Jesus through music and song. An offering was collected for ELCA World Hunger. Thank you for your generosity.

Our Good Shepherd Parent Teacher Club hosted our first annual Cookie Exchange. There were so many cookies to choose from! Our Most Festive Cookie winner was Mr. Paul Wenger, Most Delicious Cookie Mrs. Margo Giannuzzi, and Prettiest cookie Mrs. Anna Miriello! Thank you to all who made this night possible. We raised $278 for our playground shade canopy.

Our Lighting of the Christmas tree was enjoyed by all. If you missed the photos in our last newsletter, you may check them out on our Facebook page. We collected $117 from our free-will offering for our playground shade canopy! We keep climbing to our goal! Thank you for your support!

Our Children’s Advent Liturgy was a huge success. The children told the story of baby Jesus through music and song. An offering was collected for ELCA World Hunger. Thank you for your generosity.

Our Children’s Advent Liturgy was a huge success. The children told the story of baby Jesus through music and song. An offering was collected for ELCA World Hunger. Thank you for your generosity.
While sleeping late can be nice, have you considered the benefits of Sunday School attendance for your child? Here are 10 reasons to make it a priority in your family.

1. **Age Targeted Teaching**: Where else can your kids get Biblical instruction that’s focused toward their developmental abilities?
2. **Friends**: In Sunday School, your child will build positive friendships with their peers by discovering God’s Word together.
3. **It’s Fun**: Sunday School is not Disney Land, but our teachers do work hard to teach the Bible in ways that are relevant and fun for kids.
4. **Spiritual Mentors**: A dedicated teacher can be a Christian role model who supports you and helps inspire the faith of your child.
5. **Systematic Bible Learning**: Our curriculum is designed to give a broad foundation, so children will understand how all the parts of Scripture point to Christ.
6. **Praying Teachers**: Our teachers consistently pray for your child’s faith to grow. Coming to Sunday School gives another occasion for God to answer those requests.
7. **Big Reward For a Small Investment**: If you’re already coming to church, just come a little earlier. That one change will equal over 800 hours of additional Christian teaching before your child graduates.
8. **Send the Right Message**: Making Sunday School a priority shows your kids that God’s Word really does matter more than pillow-time.
9. **Adult Bible Fellowship**: While the children enjoy their class, you can fellowship with other adults in your own Bible study group.
10. **You’ll Be On Time**: Families who come to Sunday School always get to worship on time. It’s the easiest way to avoid being late.

Will we see you this Sunday?

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**The Lives of Great Christians**

Please join us every Sunday in the west cottage for our course on “The Lives of Great Christians.” Each Sunday we have been viewing a 30 minute video and focusing on great practitioners of the Christian Life. We are travelling across the centuries from Paul and the First Christian Missionaries to Dietrich Bonhoeffer and Dr. Martin Luther King, Jr.

On Sunday, January 3rd, our series resumes with **St. Benedict and His Rule**. Please join us in the West Cottage at 9 a.m. for this 30 minute video followed by conversation. On January 10th we will be discovering **Leo IX, Gregory VII, and Church Reform** and **Bernard of Clairvaux and Monastic Reform** on January 17. (We will not be meeting on January 24 or 31.) Please join us for one or all of these interesting gatherings—all are welcome.

See you on Sundays—9:00 a.m. in the west cottage.

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Brought to you by the Adult Education Committee

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**TEN REASONS TO BRING YOUR CHILD TO SUNDAY SCHOOL**

Source: Ministry-to-Children
- Submitted by Lisa Cacchioli
Sunday Night Alive!

Additional Opportunity for Worship

Contemporary Service followed by Refreshments

Please Join Us!

When: Sunday January 10, 2016
Where: Good Shepherd Lutheran Church

Time: Worship: 5:00-5:45 – Refreshments follow

Music by I-Faith Band
On Sunday, January 10, at our 10:15 a.m. worship service, our adult men's softball team, both women's basketball teams, and our men's basketball team will be serving as acolytes, ushers, and lectors.

Following this service, they will be hosting a pancake breakfast in the gym. You won't want to miss this scrumptious gathering! All are welcome. A free will offering is requested.

Please come out and support these faithful athletes of Good Shepherd!

Below is our partial schedule of January basketball games. Please be sure to check our church website and weekly fridge notes for additional games and/or changes as they become scheduled.

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Time</th>
<th>Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 3</td>
<td>Good Shepherd</td>
<td>6:00 p.m.</td>
<td>Women GS Blue v St Peter's</td>
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<td></td>
<td></td>
<td>7:15 p.m.</td>
<td>Women GS Green v Trinity</td>
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<td></td>
<td>8:30 p.m.</td>
<td>Men GS v Trinity</td>
</tr>
<tr>
<td>January 10</td>
<td>Good Shepherd</td>
<td>6:00 p.m.</td>
<td>Women GS Green v St Peter's</td>
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<td></td>
<td>7:15 p.m.</td>
<td>Women GS Blue v Trinity</td>
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<td></td>
<td></td>
<td>8:30 p.m.</td>
<td>Men v St Paul's</td>
</tr>
<tr>
<td>January 17</td>
<td>Good Shepherd</td>
<td>4:45 p.m.</td>
<td>Women GS Green v GS Blue</td>
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<td></td>
<td></td>
<td>6:00 p.m.</td>
<td>Men v Calvary White</td>
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<td></td>
<td>7:15 p.m.</td>
<td>Trinity Women v. St. Peter's</td>
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<td></td>
<td>8:30 p.m.</td>
<td>Women GS Blue v GS Green</td>
</tr>
<tr>
<td>January 30</td>
<td>Good Shepherd</td>
<td>4:15 p.m.</td>
<td>GS Men v. Trinity Red</td>
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<tr>
<td>January 31</td>
<td>Good Shepherd</td>
<td>7:15 p.m.</td>
<td>Calvary Green v. GS Men</td>
</tr>
</tbody>
</table>

Thank you to all who participated in our Christmas Angels program. On December 16, Pastor Olsen, Patty Larson, and Loretta Ruff delivered your angel’s gifts to the New Life Center. You surely made many families’ Christmas merry and bright!
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Holy Eucharist (spoken)</td>
<td>9:00 a.m.</td>
<td>10:00 a.m.</td>
<td>6:00 p.m.</td>
<td>7:00 p.m.</td>
<td>9:00 a.m.</td>
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<tr>
<td>• Sunday School</td>
<td>• Sharing the Faith &amp; More</td>
<td>• Eucharist</td>
<td>• Magicians’ Guild</td>
<td>• Confirmation Class</td>
<td>• Holy Eucharist</td>
<td>• Third “Sunday” after the Epiphany</td>
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<tr>
<td>10:15 a.m.</td>
<td>• Christian Parenting</td>
<td>Noon</td>
<td>6:30 p.m.</td>
<td>7:00 p.m.</td>
<td>5:30 p.m.</td>
<td>5:30 p.m.</td>
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<tr>
<td>Holy Eucharist</td>
<td>9:30 a.m.</td>
<td>Funeral Group</td>
<td>7:30 p.m.</td>
<td>Man’s Prayer Breakfast</td>
<td>Preacher’s Pub</td>
<td>Good Shepherd Men’s Basketball at Trinity Red</td>
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<tr>
<td>6:00 p.m.</td>
<td>Basketball (please see schedule for specifics)</td>
<td>8:45 p.m.</td>
<td>Choir Practice</td>
<td>5:30 p.m.</td>
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<td>5:30 p.m.</td>
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<td>• Sharing the Faith &amp; More</td>
<td>• Children’s Chapel</td>
<td>• Confirmation Class</td>
<td>• Confirmation Class</td>
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<td>• Fourth “Sunday” after the Epiphany</td>
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<tr>
<td>Noon</td>
<td>Prayer &amp; Meditation</td>
<td>Pastors’ Pericope</td>
<td>Senior Shepherds</td>
<td>Church Support Group</td>
<td>5:30 p.m.</td>
<td>5:30 p.m.</td>
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<tr>
<td>2:00 p.m.</td>
<td>Lectio Divina Bible Study</td>
<td>6:30 p.m.</td>
<td>7:30 p.m.</td>
<td>7:30 p.m.</td>
<td>5:30 p.m.</td>
<td>5:30 p.m.</td>
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<td>• Basketball (please see schedule for specifics)</td>
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**JANUARY**

**SCHOOL CLOSED**

**PARENT- TEACHER CONFERENCES**

**TAKE A DAY TO YOURSELF**

**THIS CALENDAR WAS COMPILED ON 12/30/15 AND IS SUBJECT TO CHANGE. PLEASE REFER TO OUR WEEKLY “FRIDGE NOTES” AND OUR WEBSITES FOR THE MOST UP-TO-DATE INFORMATION. SCHOOL ACTIVITIES ARE INDICATED IN RED.**
FEAST OF THE EPIPHANY LESSONS & CAROLS

Please join us along with Mother Jennifer & the congregants of St. Margaret’s, here at Good Shepherd on Wednesday evening, 1/6 at 7:00 p.m.

to continue the discussion about our opportunity to purchase 93 Central Park Road next Monday, January 11 at 7:00 p.m. Ministry teams are asked to meet sometime during the month and to please notify the office of your meeting’s date & time so that Pastor Olsen or Pastor Sollom can attend if available.

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**SERVICE SCHEDULE**

ALTAR CARE: ANNE RICKMEYER

<table>
<thead>
<tr>
<th>DATE</th>
<th>SERVICE</th>
<th>ASSISTING MINISTERS</th>
<th>LECTOR</th>
<th>USHERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 3</td>
<td>8:00 a.m.</td>
<td>Bonnie McGowan</td>
<td>Ellen Sangesland</td>
<td>Richard &amp; Ellen Benson</td>
</tr>
<tr>
<td>Second Sunday of Christmas</td>
<td>10:15 a.m.</td>
<td>Anne Rickmeyer</td>
<td>George &amp; Inara Hirn</td>
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<td></td>
<td>8:00 a.m.</td>
<td>Terry Miccio</td>
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<td>Sue Devine</td>
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<td></td>
<td>10:15 a.m.</td>
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<td>Jim &amp; Wendy Jansky</td>
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<td></td>
<td>Bonnie &amp; John McGowan</td>
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<tr>
<td>January 10</td>
<td>8:00 a.m.</td>
<td>Ronn Hall</td>
<td>Sports Ministry Team</td>
<td></td>
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<tr>
<td>Baptism of our Lord</td>
<td>10:15 a.m.</td>
<td>John Schwaninger</td>
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<td>Kathy Aldrich</td>
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<td>Dean &amp; Annmarie Brown</td>
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<td></td>
<td>Karen Faucera</td>
</tr>
<tr>
<td>January 17</td>
<td>8:00 a.m.</td>
<td>Marge Wenger</td>
<td>Anne Rickmeyer</td>
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</tr>
<tr>
<td>Second Sunday after Epiphany</td>
<td>10:15 a.m.</td>
<td>Lori Mason</td>
<td></td>
<td>Kathy Ocker</td>
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<td>Marge Wenger</td>
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<tr>
<td>January 24</td>
<td>8:00 a.m.</td>
<td>Tom Benson</td>
<td>Ellen Sangesland</td>
<td>The Saueracker Family</td>
</tr>
<tr>
<td>Third Sunday after Epiphany</td>
<td>10:15 a.m.</td>
<td>Kathy Ocker</td>
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<td>Cathy Vollono</td>
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<td></td>
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<td>Marge Wenger</td>
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<tr>
<td>January 31</td>
<td>8:00 a.m.</td>
<td>Dell-Ann Benson</td>
<td>Marge Wenger</td>
<td>The Tollefsen Family &amp;</td>
</tr>
<tr>
<td>Fourth Sunday after Epiphany</td>
<td>10:15 a.m.</td>
<td>Anne Rickmeyer</td>
<td></td>
<td>The Uzzo Family</td>
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<td></td>
<td></td>
<td>John Schwaninger</td>
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</tr>
</tbody>
</table>
Happy Anniversary
William & Mary Wieger
35 years on 1/3

Happy Anniversary
William & Helga Mize
67 years on 1/30

Christmas Gifts from God

Lincoln & Connor Gove
12/28/15
CONGRATULATIONS
ANDY & TRACY

Shea Pischel
12/2/15
CONGRATULATIONS
PAULA & KRIS
Happy New Year!

It’s that time when we look ahead with the hope of a ‘fresh start’. It’s a chance to reflect on self-improvement and growth and to take the opportunity to make a plan to implement positive changes, to ‘make things right’ in our lives. Self-improvement could be in areas of health, self-care, relationship, family-life, work, and our faith.

Here in the “Stewardship Corner” we are reflecting on a ‘fresh start’ in our Stewardship. What areas can we improve or grow in our Stewardship? Change and self improvement don’t have to be complete 180 degree changes. In fact when changes are more subtle and manageable, they are actually more likely to become lasting changes or improvements.

Stewardship includes the giving of our time, talent, and treasures with others. There are many creative ways members have shared of themselves here at Good Shepherd Lutheran Church & School. Take a moment to consider an area of stewardship where you may want to become more regular and consistent. One example would be to consider transitioning your offering to ‘electronic giving’. When you authorize electronic giving at Good Shepherd, the church benefits by receiving your ‘regular and consistent’ offering, even if you happen to miss a particular Sunday, and you benefit by having one less thing to remember or check to write. Many of us already use the convenience of online banking to pay our bills, authorizing payments of a designated amount on a designated date. We authorize payment of our mortgage or rent, our telephone bills, or various memberships. It’s the same with an online offering. You designate the date and amount on an authorization form, which are located in the church narthex. While this form can be changed at any time, it is also good for one year, before it needs to be re-authorized.

Some members may like the physical act of placing their offering in the offering plate during the church service. For those who choose to give their offerings electronically, “Online Offering” cards are provided in the church pews, which you can place in the offering plate, as a symbol of your electronic giving.

At this New Year and ‘fresh start’ time, please consider electronic giving. It is a small yet manageable change you can make this New Year which will have a positive and far-reaching impact on your church and its many local and world-wide beneficiaries, who depend on your stewardship.

Submitted by Kathy Prinz

Of course you do!

Over the weekend of February 26 – 28 we will be going to Camp Herrlich for a fun inter-generational Good Shepherd family retreat and would love to have you with us! On Saturday we will have an option to go skiing at nearby Thunder Ridge. If you’re not a skier, you may come to Thunder Ridge anyway, stay warm, and enjoy the breathtaking views of the slopes from their scenic bar & lounge or you may remain at Camp Herrlich and participate in other activities.

This retreat would be $85 per person which includes two nights (Friday & Saturday) with breakfast, lunch, and dinner on Saturday and breakfast and lunch on Sunday. We will hold a special worship service on Sunday morning and conclude our program with lunch before departing.

Camp Herrlich is very conveniently located in Paterson, NY—only 90 minutes from Plainview, which is about ½ the time to Koinonia. You may check out their website at campherrlich.org. You’ll need to bring your own bedding, pillow & towels. The cost of skiing at Thunder Ridge would be $30 for lift ticket, $25 for rental, and $25 for lessons. Check out their website at thunderridgeski.com. These prices are based on a minimum of 25 people.

Please send your payment (payable to Good Shepherd) to the church office by January 10. No checks will be deposited until we know we have enough people to guarantee this rate.

Don’t forget—the Plainview School District does not have a winter break in 2016. Make this your getaway! All are welcome. Please feel free to invite a friend or two.
Keith & Kyle Calderone (Army), Sgt. Sean Hassett (Lori Mason’s cousin), CPT. Paul Rickmeyer, Captain Robert Sauvageau, LTC. Phillip Sounia, USMC, Corporal Nicholas Ventrelli-O’Connell (Patty Larson’s family friend).

O’Connell (Patty Larson’s family friend), Giacomo Confitti, Stephen Contos, Baby Maya Contreras & family (Alice Vorstadt’s relatives), Chris Cucci, Claudia DeMauro, Ken Dixon (Pastor Olsen’s friend), Rich Doughty (Krista Con- tos’s friend); Susan Dowd (Maisch family friend), Anna Duda (Denise Bartkow’s mother), baby Scarlett Duffy (Hickey/ McGowan family friend), Steven Dux (Irma Carlson’s friend), Becky Ernst (Paul Wenger’s cousin), Mary Faccio (Helmers family friend), Suzanne Falkowitz (Annmarie Brown’s friend), Pat Fiedler, Irene & James Fiedler (Vince Cronin’s sister & nephew), Agatha Filagrossi, Norma Gattulli (Kathy Prinz’s friend), Jackie Gentner, Anne Georgi (Karen Faucera’s friend), Lilah & Jim Gillett (Kathy Prinz’s friends), Tim Goodell, Jamie Goldberg (Deb Steinholder’s granddaughter), Jessica Gruenfelder (Lori Mason’s colleague), Tom Guceiardo (Olsen family friend), Liz Haley, Kenneth Hall (Ron’s brother), Naomi Haarhaus, Diane Helmers, Renee Iannone (Irma Carlson’s niece), Gary Jacobs (Anne Rickmeyer’s relative), Bill Johnson (Hitty Hall’s relative), Evan Rappatos (GSL Teacher Stacey Milios’s godson), Chris Kim (Juna Jin’s friend), Amanda Kuek, Audrey Lasaus, Lois Lengenfelder, Dr. Lorna Lewis, Kenneth Lane, Martha Langier, Isabella Grace Larne (Brown family friend), Jean Lombardo (Rickmeyer family friend), Angel & Christopher Loreh, Lorraine (R. Benson family friend), Kim Mea (Kathy Prinz’s friend), Tim Marion (Alice Vorstadt’s friend), Vanessa Masi (Lisa Cechini’s student’s sister), Virginia Marshall (Sue Devine’s friend), Jim Mason, Diane Matalza (Lilli Schubel’s friend), Kathy Matullo, Jamie & Haarhaus (Maisch family friend), baby Maya Contreras & family (Alice Vorstadt’s family), William Roach (Pat Fiedler’s brother), Justin Rogers (Karin Kienle’s nephew), Glenn Schabel, Lisa Shaffer (Kathy Prinz’s friend), Ken Sharvin (Pastor Olsen’s friend), Diane Sieca (Debbie Garcia’s sister), Ed Sierring (Marge Wenger), Lois Sommermyer (Paul Wenger’s sister), Ian Spadaro, Judy Stal (Christine Adolphus’s daughter), Don Stevens (Patty Larson’s friend), Ruth & Charlie Strakke, Carter Succozzi, (Kevin Ocker’s colleague’s grandson), Baby Raymond Tamok (Pat Fiedler’s nephew), Joyce Tare, Debbie Tassi (Denise Donitz’s sister), Dorothy Turauskas, Joan Testa (John Hubler’s relative), Brittany & Sue Thomas, Tracey (Angel Loreh’s cousin), Sheryl Tubiolo (Karen Faucera’s friend), Barbara Tung (Karen Faucera’s friend), Dorothy Turauskas, Sarah Waters (Lisa Olsen’s colleague), Clifton Weed (Fiedler family friend), Fritz Weinrich (Sue Devine’s friend), Marilyn Weyant (Maisch family friend), Joan Wittwer, Valerie Wykes (Mason relative) and Brother George Zenke (Wenger family friend).

To GSL teacher Diane Kideris and the family and friends of her aunt, Rosemarie Alonge and father-in-law George Kideris; to Jean Lorbert (Marge Wenger’s sister) and the family and friends of Kingsley Wright, to former member Joyce Tappen and the family and friends of her sister Virginia Fasanello, to Kathy Prinz and the family and friends of her friend Lorraine DeBellis, and to the family and friends of Kenneth Cline, Estaire, Antonio Guzman, and Hermann.

Lord, Hear Our Prayer

GSL teacher Diane Kideris and the family and friends of her aunt, Rosemarie Alonge and father-in-law George Kideris; to Jean Lorbert (Marge Wenger’s sister) and the family and friends of Kingsley Wright, to former member Joyce Tappen and the family and friends of her sister Virginia Fasanello, to Kathy Prinz and the family and friends of her friend Lorraine DeBellis, and to the family and friends of Kenneth Cline, Estaire, Antonio Guzman, and Hermann.

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With Heartfelt Sympathy

Keith & Kyle Calderone (Army), Sgt. Sean Hassett (Lori Mason’s cousin), CPT. Paul Rickmeyer, Captain Robert Sauvageau, LTC. Phillip Sounia, USMC, Corporal Nicholas Ventrelli-O’Connell (Patty Larson’s family friend).
EVENT’S GOAL: Pack 300,000 food packets in order to feed 500 children every day for one year. The food packets consist of rice, soy, dried vegetables and seasoning mix. These meals are nutritionally balanced to prevent malnutrition. You, along with hundreds of other volunteers, will pack the meals that will benefit people both locally and abroad.

THE EVENT: This is the sixth year Long Island Lutheran High School is organizing/hosting this event on their Brookville, NY campus. It is open to all churches, religious denominations, youth groups, community organizations, schools, and businesses, scouting or other groups, family or persons who want to participate. All ages are welcome, however, children under the age of 10 need to be accompanied by a parent.

The packing event will take place on Sunday, April 10 through Tuesday, April 12 in the Visscher Gymnasium at Long Island Lutheran High School. There will be day and evening packing sessions available each of the three scheduled days.

PARTICIPATION: The funds to purchase the food will come from donations like yours. Every $60 donated entitles one person to take part in a 2-hour packing session. However, donations in any amount are gratefully accepted. Please note that a large percentage of the packaged food will be used to feed children locally and 100% of all donations are used to purchase meal supplies.

A few notes about donations:
- Making a donation does not obligate you to take part in the meal packing.
- Donations of all sizes are encouraged and appreciated.
- Donors can choose to have contributions of $60 or more sponsor other persons who want to pack the food.
- Donations to Good Shepherd Lutheran Church must be received by January 31, 2016 to ensure delivery of dried food in time for the packing event.

All participants and groups must pre-register. Please contact the church office at 516-349-1699 or church@ourshepherdlives.org by Sunday, January 31, 2016 if you would like to participate. As always, Good Shepherd will be submitting a blanket registration on behalf of our group. Your donations should be payable to Good Shepherd Lutheran Church, and we will forward only one check to Lutheran High School. Even if you may not personally be able to commit the time and energy to this very important project, you can still support it by sponsoring or contributing to help offset the donations of some who would like to participate, such as our confirmation students (who are required to attend as part of their studies), some full families, and some fiscally challenged congregation members. The $60 registration is for one person only, so if a family of four is willing and able to participate, they would have to donate $240 on their own! Your gift of $60 would help offset their expense as it will register one person for a two-hour session and would greatly help everyone’s ability to participate. Others may have the time, the heart, desire, and ability but need the cash to participate! Your gift in any amount will be greatly appreciated.

PLEASE RESERVE YOUR PACKING SESSION THROUGH GOOD SHEPHERD LUTHERAN CHURCH AS SOON AS POSSIBLE

This is going to be a HUGE EVENT but it can’t happen without PEOPLE LIKE YOU.

GOOD SHEPHERD IS PROUD TO HAVE PARTICIPATED IN THIS EVENT SINCE ITS INCEPTION!

LAST YEAR, LUHI PACKED 320,328 MEALS FOR LOCAL FOOD PANTRIES AND THE ANDREW GRENE SCHOOL IN HAITI!

WITH YOUR HELP ONCE AGAIN IN 2016 WE CAN ALL MAKE A DIFFERENCE!
As you know, the book of Proverbs in the Bible contains a lot of wisdom to live by. For example:  "Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out." (17:14); "A man’s wisdom gives him patience; it is to his glory to overlook an offense." (19:11)

In my work as a marriage counselor, I’ve been collecting some modern proverbs about couple relationships. They contain a lot of wisdom also. I frequently share them with my clients. Some are very powerful and I’m thinking that sharing them here might be helpful to some of you. So here are a few wise proverbs I’ve found – none original with me. Enjoy!

♥ For a marriage to have any chance, every day at least six things should go unsaid.
♥ When it comes to marriage, the more you focus on the bad stuff, the more you focus on the bad stuff.
♥ Falling in love requires a pulse. Staying in love requires a plan.
♥ Marriage tip: Reread together the cards sent to you on your wedding day.
♥ Motto for the bride and groom: We are a work in progress with a lifetime contract.
♥ Disagreement is inevitable; hostility is optional.
♥ Remove persuasion from the agenda until both parties can express clearly the other’s position.
♥ Truce is better than friction.
♥ Anger is the only thing to put off till tomorrow.
♥ Those compelled against their will are of the same opinion still.
♥ You can’t change another person; you can only change yourself.
♥ You can’t change the past, but you can change the future, by the choices you make.
♥ Holding resentment is like drinking poison and hoping it will kill your enemy.
♥ Three little words that can save a marriage: Maybe you’re right.
♥ The grass isn’t always greener on the other side of the fence. The grass is greenest where it is watered.
♥ You can be right, or you can be married.
♥ Flexible people never get bent out of shape.
♥ Minds are like parachutes – they only function when open.
♥ It’s never too late to put things right.
♥ Do not pray to marry the one you love, but to love the one you marry.
♥ There are spaces between our fingers so that another person’s fingers can fill them in.
♥ I am person in whom Christ is living, and everyone I meet is a person for whom Christ died.

Call us at 1-800-317-1173 for more information or to set an appointment.