



May Bible Verse: "Rejoice in the Lord always. J will say it again: REJOJCE!" Phillipines 4:4



# A ME\$\$AGE FROM OUR \$CHOOL DIRECTOR

Our mission is to provide a Christ-centered environment in which we guide our children socially, spiritually, intellectually, and physically.

Dear Friends & Family of our Good Shepherd Little Lambs:

Every day, I open the front doors to let our Good Shepherd children, parents, and staff into school. I smile; say a quick hello; and maybe even get a high-five from a student. This warms my heart. I am learning all the children's names as well as all the parents. My smile and hello is making an impact on these children and family's lives. I think to myself how lucky I am to be here. How blessed I am to be in this Christ-centered environment. How thankful I am to be a part of this ever-growing ministry.

After the children walk to their classrooms I then walk to my office, and I begin to work. I work for these children and their families; I think what else I can do to impact their lives. It only drives me to do more, help more, and do the best I can.

During this time, I am learning what is needed for the school to run efficiently on a daily basis, how to balance time, return calls back to parents or speak with a teacher about something happening in their classrooms, order materials and more. How to be the best I can be, for you, "*The Good Shepherd Family*."

This past month is full of transition, trial, and learning. I am blessed to grow with all of you. I am so incredibly grateful to have this opportunity and strive for excellence. I cannot reiterate enough; please come to me; talk to me; I am here for you and for your child.

God's blessing to all of you,

Atephan Brienza

Stephanie M. Brienza School Director

#### IMPORTANT INFORMATION FOR OUR PARENTS

- Tuition, one payment plan or first payment plan is due May 1<sup>st</sup> for 2015-2016 school year. Please let us know if you did not receive your coupons.
- Everyone should be up to date on all payments including late fees. Children will not get certificates at the recognition ceremonies, if you have not done so.
- Sign up for Splash Summer Program. We will have weekly pizza, weekly ice cream, fun arts and crafts, water play, and sports. Come for the fun!
- Registration has started for the 2015/2016 school year. Classes are filling up!



#### **MAY 2015**



For J, the Lord your God, hold your right hand; it is J who say to you, 'Do not fear, J will help you." **Jsaiak** 41:13





Dear Faithful People of Good Shepherd Lutheran Church:

Hands are amazing things. Some animals like the koala bear, raccoon, and our cousin primates have hands; but humans hands function on a physical, social, spiritual and even metaphorical plane. Each of our hands contains 27 bones, 69 muscles 29 joints, and 123 ligaments. About a quarter of the motor cortex in the human brain (the part of the brain which controls all movement in the body) is devoted to the muscles of the hands. So we should give our hands a hand! (laugh here!)

As a child we remember holding the hand of a parent or grandparent and how secure we felt with that hand wrapped around ours. As we got older we also noticed that holding someone else's hand could make us nervous! I will never forget how nervous I was in first grade when my teacher made all the boys and girls hold hands for a May Day dance! I remember Helen, my assigned partner, actually complained to the teacher that my hand was too sweaty!

As we grow up we learn quickly that hands can be used to hurt or to heal, to hit or to help. So much of the news that we are inundated with each day has to do with some truly unfortunate and hurtful handiwork. And despite this, we also know that the touch of a hand in love can raise us to new life.

Here at Good Shepherd we practice using our hands in loving ways that honor our Lord's wounded hands and further Jesus' mission. We practice holding hands, especially when we pray. Our confirmation students pray holding hands each week, as do our bereavement group members and our church council. In holding another brother or sister in Christ's hand in prayer we are reminded physically that we are not alone and that God has given us to each other.

In Proverbs we hear, "Do not withhold good from those to whom it is due, when it is in the power of your hand to do so." As a faith community we find our hands carrying food and clothing donations to church, packing meals for the hungry, sharing the peace, giving offerings, greeting new members, setting up and breaking down tables and chairs, handing out bulletins and hymnals, and bringing altar flowers and communion to the sick and homebound.

With all the good we are invited to do with our hands, the greatest privilege we have is to open our empty hands each week to receive the body and blood of Christ. Our hands were created for this and it is this action that should inform all of the other activities that involve our hands. The hands that carry Christ to our lips are designed to carry Christ to others. God makes our hands and hearts worthy of divine work and play which brings others and ourselves the gift of abundant life.

As you continue to marvel at God's handiwork, remember that God not only has the whole world, but also Good Shepherd and specifically you- in his awesome hands! I leave you with the words of a traditional Irish blessing: "May the road rise to meet you. May the wind always be at your back. May the sun shine warm upon your face, the rains fall soft upon your fields and, until we meet again, may God hold you in the palm of his hand."

God's work, our hands.

Eric+

### SSAGE FROM OUR PRESIDEN



Our Congregation Council meeting in April was once again filled with numerous new business items confirming our congregation's energy and growth. Our finance team and all ministry team leaders have worked hard on developing a budget that is a "fiscal plan" for the 2015/2016 fiscal year and projects a positive balance. We can also celebrate the fact that we anticipate a surplus at the end of our current year of around \$75,000. Our work continues in many important areas. The parsonage renovation is in the design phase and soon to be entering the bid phase followed by the complete construction and renovation phase. Other leaders are working on the close out of the For Future Generations Campaign and developing new opportunities for estate planning designed to directly benefit our church long term.

Our congregation meeting on May 3<sup>rd</sup> will include the acceptance of yet an additional 30 new members and the reporting of the good work of the Good Shepherd Disbursements Board who have recom-

mended the awarding of various grants totaling \$17,500. Other information to be shared at the Congregation Meeting will be our updated Vision for Mission report that details all of the good work and accomplishments of our ministry teams as well as important goals for the future.

We also celebrate the work of the Part Time Assistant Pastor Call Committee who has recommended to council the call of Chaplain (former Vicar) Nick Sollom who will be formally called on Call Sunday on May 3<sup>rd</sup> with his anticipated service beginning in September 2015.

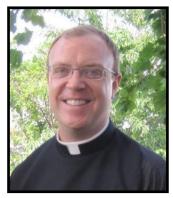
Thank you to all continue to do God's work and make these things possible.

In my Temple Talk last fall I said, "Stewardship is about the "M" word;" and the congregation immediately thought, "Money;" and I said, "no, Stewardship is about "Ministry." Well, I've come up with another "M" word—"Motion."

Ministries will not happen if we are not in motion doing them. We would like to establish a Men's Breakfast Ministry. Only two of our female congregants are involved in WELCA, a Women's Ministry. Our choir needs new voices to replace those who have either died or moved away. Our youth numbers are rising to a critical mass where a viable Youth Ministry can be restarted. The Worship and Music Team would like to expand our "Worship to Go" ministry to more nursing homes in our area where we can help those who are immobile and unable to be with us on Sundays to "Walk with Jesus" (remember our stewardship theme?) in their lives.

However, new or expanding ministry cannot happen unless more of us are in motion. Please think about your Time and Talents and making your "Walk with Jesus" more meaningful and helping others to continue their walks.

- Submitted by Bob Rickmeyer



We look forward to the September return of Chaplain Nicholas Sollom as our Part Time Assistant Pastor! You are invited to attend his ordination on Saturday, May 23rd (Memorial Day Weekend) at 10:30 a.m. at St. Peter's Lutheran Church, 619 Lexington Avenue (at 54th Street), in Manhattan.

There are only a few seats remaining on the charter bus if you would like to join us for the ride. We plan to meet at Good Shepherd at 9:00 a.m. to be at St. Peter's for Chaplain Nick's 10:30 a.m. ordination service. We will leave St. Peter's at 2:00 p.m. following the reception and should be back at Good Shepherd no later than 3:30 p.m. If you would like a seat on the bus, please contact Ellen Sangesland to confirm availability.

The cost is \$28, which is a better price than if you were to drive as you won't incur toll or parking charges or burn gasoline in potential traffic or while searching for a parking spot!



In Christ,

Kevin Ocker,

# What's Been Happening at Good Shepherd School



- CAN'T CATCH A BUTTERFLY author, Michelle Zimmerman visited our children on April 22<sup>nd</sup>, and the children had a blast! Check out our website, gsplainview.org and our Facebook page for more pictures of this terrific program.
- Jelly came to visit us at chapel. He taught a lesson with Mrs. Prevete about how Jesus rose from the dead.  $\Rightarrow$ Christ has Risen, He has Risen Indeed, Alleluia!
- Soccer Shots is still going strong. The profits from this program are added to the "Our Kids" Scholarship Fund. The  $\Rightarrow$ boys and girls are having fun and raising money simultaneously.
- Birthday Book Club: Books have been added to our library in honor of:



Jacob Grams Sean Lee Ami Funamoto

Thank you for the generous donation to the GSS library.



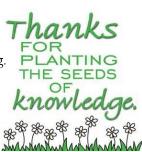
 $\Rightarrow$  Staff Appreciation Luncheon is on Wednesday, May 6 at 11:30 a.m. -12:30 p.m.!

- We need volunteers for setup, cleanup, food, and class supervision.
- Please sign up in the hallway!
- Let's show our staff how much we love and care for them!!!
- The Mothers Day Teas for the Toddler Bunnies, Good News Bears, and Busy Bees are coming.  $\rightarrow$ 
  - Wednesday, May 6 @ 11:00am for the Toddler M/W class ٠
  - Thursday, May 7 @ 11:00am for the Toddler T/TH class
  - Thursday, May 7 @ 11:00am for the Good News Bears 2AM class ٠
  - Friday, May 8 @ 11:00 p.m. for the Good News Bears 3AM class
  - Friday, May 8 @ 12:30 p.m. for the Busy Bees



 $\Rightarrow$  Theater/Museum Day is on May 29<sup>th</sup> at The Long Island Children's Museum. We will be seeing the classic Good Night Moon by Margaret Wise Brown and then we will be able to explore the museum!! More information to follow.

 $\Rightarrow$  School Children Sing In Church Sunday, May 31st at 10:15 am worship service. Our School Board will host Ethel's Coffee Hour. Please support "Our Kids" Scholarship Fund!



\*Please remember to dress your child according to the weather.

Although Spring is here, the days have been chilly.

Make sure they have jackets to play outside!!



**Our Chapel Offering** for the month of May is designated for the <u>Operation Starfish Fund</u>. Food for the Poor, named by *The Chronicle of Philanthropy* as the largest international relief and development organization in the nation, feeds millions of hungry people throughout the countries we serve. These Christian relief programs and projects are helping children and the poorest of the poor by providing food, housing, health care, education, water projects, emergency relief and micro-enterprise assistance in the Caribbean and Latin America.



Good Shepherd Lutheran's S.P.L.A.S.H. offers a flexible, faith-based themed program for children 3 through 6.

\*Campers remain on-site for all activities \*Certified Teachers and Experienced Staff \*Five acre campus includes a large fenced in playground \*Air conditioned rooms and Gym \*Water Play \*Weekly ice cream treat for all \*I pad center \*Summer T-Shirts \*Weekly Pizza Lunch for Full Day



On May 13, our Staff and School Board will be attending the Lutheran Schools' Association Dinner at Concordia College in Bronxville, NY to support and congratulate these Good Shepherd teachers for their years of service:

> Susan Curran (5 years) Kathy Ocker (35 years) Joni Prevete (10 years)

PLEASE VISIT OUR WEBSITE: GSPLAINVIEW.ORG FOR ONGOING UPDATES!



COD SHEPHERD LUTHERAN CHURCH AND SCHOOL

## POB Memorial Day Parade Monday, May 25@9:30am

Good Shepherd will be marching in the parade and are inviting all our families to join us in our march.

The parade will begin at the Plainview Library. We will gather there at 9:30 and line-up to join the parade which starts at 9:45. It will end at Plainview Park on Washington Ave. If you wish to participate, please sign up in the hallway! Thank you!

# Splash in God's Love

#### Good Shepherd Lutheran Church and School's Summer Program 2015



Please contact Paula Pischel, Program Director 516-349-1966 or email GSLsplash@gmail.com 99 Central Park Rd. Plainview, NY 11803



Miranda Benson - 5/5 Grace Berry - 5/30 Joseph Brienza - 5/8 Mia Brienza - 5/8 Addison Coupe - 5/16 Ethan Eoanidis - 5/29 Izzy Garcia - 5/15 Gianna Genovese - 5/18 Emmet Hall - 5/22 Evan Haupt - 5/29 Victoria Herbst - 5/31 Karin Kienle - 5/31 Joanne Krisztin - 5/28 Louise Lamont - 5/19 Alex Lessman - 5/4 Travis Maffei - 5/17 Victoria Martinez - 5/15 Judith Miranda - 5/21 Melissa Monten - 5/11 Gretchen Ocker - 5/10 Ellen Sangesland - 5/2 Angela Santos - 5/31 Gretel Saul - 5/16 **Eleanor Ulich - 5/7 Danielle Vollono - 5/23** 







Wonderful years together Melissa & George Saueracker May 20 Happy Anniversary Natasha & Joseph Pecora 8 years on 5/7

First Birthda

ulian Scelza-May 31st

Bob & Anne Rickmeyer 46 years on 5/10

Happy 1st Anniversary

Heather & Etienne Bouch

Kimberly & Hugh Whitenack 6 years on 5/15

Peter & Angela LaBarbera 57 years on 5/24

Tom & Dell-Ann Benson 28 years on 5/24



#### WE PRAY FOR...

#### THOSE IN NEED OF HEALING



Doreen Alexander (Karen Faucera's friend), Maureen Kelly Araujo, Charlie Aviano (Garcia family friend), Alex & Derek Bartkow, Judy Baumeister, Annette Benson (Richard's mother), Martha Berardino, Eleanor Bierlmaier Dugan, John Binsfeld (Benner family friend), Edwina Bishop, Troy Braaten, Janet Brazel (Terry Miccio's relative), Carla Butler (Meridith Moran's grandmother), Jacie Capuano (Beatrice Haas's friend), Brad Car-

bone & family (R. Benson family friend), Lynn Carlson (Irma's daughter-in-law), Ava Cataldo (GSL student), Gisela Conforti, Dorothy Cronin, Chris Cucci, Baby Annie Cutrone, Jim Davis, Claudia DeMauro, Ryan DeVerna, Susan Dowd (Maisch family friend), Brooke Ducey, Anna Duda (Denise Bartkow's mother), baby Scarlett Duffy (Hickey/McGowan family friend), Becky Ernst (Paul Wenger's cousin), Mary Faccio (Helmers family friend), Ryan Faret & family, Margaret Fiedler, Irene & James Fields (Vincent Cronin's sister & nephew), Agatha Filagrossi, Pat Froehlich (Peggy Lang's friend), Mary Gessing (Vincent

Cronin's cousin), Bob Giddings Jim Gillett (Kathy Prinz's friends), friend), Tom Gucciardo (Olsen family leran (Eleanor Pearson's friend), za's mother), Diane Helmers, Hillary,



(Vorstadt family friend), Lilah & Eileen Greenfieldt (Griffin family friend), Liz Haley, Margaret Hol-Hedy (GLS Teacher Barbara Valen-Barbara Horak (Maisch family

friend), Renee Iannone (Irma Carlson's niece), Gary Jacobs (Anne Rickmeyer's relative), Alexis Jacobsen, Herbert Jahn (Florence Ruth's relative), Anna Jerome, Thomas (TJ) Johnson (Sue Devine's friend), Robert Kamps (Lee family friend), Chris Kim (Yuna Jin's friend), Angie Kuch, Lisa Lamey (Lisa Olsen's friend); Anita Lamhut (Karen Faucera's friend), Lois Lengenfelder, Christian Lakis, Kenneth Lane, Martha Langjahr, Claire Larrie (Mary Wiegert's sister), Jean Lombardo (Rickmeyer family friend), Angel Lorch, Jason Lorch, Sven Lossman (Argot Meyer's cousin), Lucille Luebke (Wenger family friend), Kim Maca (Kathy Prinz's friend), Tim Marion (Alice Vorstadt's friend), Patty McAtasney (Maureen Cooke's cousin), Dottie Melillo (Kathy Prinz's friend), Angela Melvin (Deb Steinhilber's niece), Claire Mehrhoff (Alice Vorstadt's friend), Argot Meyer, Teddy Moore (Miccio family friend); Henry Nacewicz, Bill Oleschuk (GS Teacher Barbara Valenza's father), Rose Oliver (Ellen Benson's friend), Don O'Neil (Olsen family friend), Meghan

Ortega (Lisa Olsen's niece), Santhos Paulus (Wenger family friend), Robert Picciano, Bob Podewils (Boy Scout leader), Nick Portugal (Liam Broggy's friend), Dr. Mark Prowatzke (Danny Wenger's father in law), Melissa Rickmeyer, Nicole Richards (Karen Faucera's friend), Jack Ritter (Alice Vorstadt's friend), William Roach (Pat Fiedler's brother), Justin Rogers (Karin Kienle's nephew), Bob Rosado, Randy Savarese (Sue Devine's friend), Glenn Schabel, Lisa Shaffer (Kathy Prinz's friend), Diane Sicca (Debbie Garcia's sister), Kelly Soel (Martha Peterson's friend), Ian Spadaro, Don Stevens



(Patty Larson's friend), Nancy Stingelin, Ruth Strakele, Joyce Tare, Debbie Tassi (Denise Donitz's sister), Susan Tonnesson (Terry Miccio's friend), Tracy (Angel Lorch's cousin), Kay & Bob Van Stry (Dorothy Cronin's cousin), Jeff Zenko (Karen Faucera's friend), and Brother George Zenle (Wenger family friend).

#### THOSE PREPARING FOR ORDAINED MINISTRY

Roger Griffith & Nick Sollom

#### THOSE SERVING IN THE MILITARY

Keith & Kyle Calderone (Army), Sgt. Sean Hassett (Lori Mason's cousin), CPT. Paul Rickmeyer, Captain Robert Saueracker, LTC. Phillip Sounia, USMC, Corporal Nicholas Ventrelli-O'Connell (Patty Larson's family friend). MICHIPAN

OUR FAMILY AND FRIENDS MAKING PALM CROSSES, DYING EGGS ON PALM SUNDAY AND SHARING BREAKFAST TOGETHER ON EASTER MORNING. MANY THANKS TO LORI & JIM MASON FOR COORDINATING OUR ANNUAL BREAKFAST, ALL WHO BROUGHT SOMETHING, AND ALL WHO CAME!

# FACTS OF FAITH

The last twenty years of Martin Luther's (1526-1546) life remained productive. Though in failing health in the early 1530s, Martin reportedly gave hundreds of sermons, wrote a multitude of letters, lectured on Galatians, and continued his work on the translation of the Bible. With the support of numerous princes, Luther's message spread.

The Roman Catholic Church continued to want the Protestant princes and their cities to recart their Lutheran teachings. At the Diet of Augsburg (June 1530) Emperor Charles V attempted to resolve the differences between the Church and the Protestants. Luther and Melanchthon authored a statement describing the views of the Reformation. They supported these views with Scripture and insisted it be read in German so all could understand. This statement became known as the Augsburg Confession, and made a positive impression on all who heard it. Martin could not be



...to be continued -Submitted by Jim Blewett

Lectors

at the Diet of Augsburg in person because he was still declared a heretic and an outlaw. He reportedly responded, though, stating, "I am overjoyed that I have lived until this hour in which Christ has been publicly exalted by such illustrious confessors and in so glorious an assembly. It is fulfilled what the Scriptures sayeth, "I will declare Thy testimony in the presence of kings".

The Diet did not want to accept this document since it continued to speak against the Roman Catholic Church. They gave the Protestants until April 1531 to recant. They did not, but united, becoming known as the League of Schmalkald. Through this League they protected each other. There continued to be tension; yet there was no outright war until after Luther's death.





Eleanor Bierlmaier-Dugan & Alice Vorstadt

DATE	SERVICE	ASSISTING MINISTER	LECTOR	GUEST USHER	ETHEL'S COFFEE HOUR
May 3 Fifth Sunday of Easter	10:15 a.m.	Anne Rickmeyer Bonnie McGowan	Marilyn Benner	The Broggy Family	
May 10 Sixth Sunday of Easter	10:15 a.m.	John Schwaninger Lori Mason	Helen Kwong- LaBarbera	Robert & Helen LaBarbera Sue Devine	Worship & Music
May 17 Seventh Sunday of Easter	10:15 a.m.	Marge Wenger Kathy Ocker	<b>Richard Benson</b>	The Tollefsen Family & The Uzzo Family	Operation Starfish Pizza Party
May 24 Day of Pentecost	10:15 a.m.	John Schwaninger Christin Walsh	Anne Rickmeyer	Gisela Conforti Beatrice Haas Pat Fiedler	Please Volunteer
May 31 The Holy Trinity	10:15 a.m.	Lori Mason Anne Rickmeyer	Helen Kwong- LaBarbera	Rich & Ellen Benson George & Inara Hirn	School Board to benefit Our Kids Scholarship Fund



### Genevieve's Helping Hands, Inc.

resources for young women with breast cancer

Genevieve's Helping Hands is a non-profit charity dedicated to helping young women with breast cancer live their lives to the fullest by providing information about breast cancer and related topics through articles, links to resources, and connections to other cancer patients and support groups.

Financial Grants are the heart of our mission and are awarded to young mothers to extend and/or enhance their recovery from any breast cancer related treatment. Information about the Recuperation Grant and it's criteria, the application process, and downloadable application forms, can be found on our website. If you have questions, please feel free to contact us by telephone or e-mail.

Your support is greatly appreciated and will help us grow and help care for more young women with breast cancer. Your ideas and participation in our activities are as important as financial support. We are a 501(c)(3) tax-exempt organization and all donations are tax deductible. You can donate using the website or send donations to the addresses below.

Follow Us On Facebook at Genevieve's Helping Hands Charity. Give us a Like and check out all the activities and people who support our goals. Help us spread our message by inviting your friends to join also.

Find Us at www.genshelpinghands.org The website focuses on resources based on the areas that Genevieve Sounia felt strengthened her during her cancer journey: Faith, Family, Friends, Food and Fitness.

Send mail to: Genevieve's Helping Hands, Inc. c/o Anne Rickmeyer 263 Division Ave, Hicksville, N.Y. 11801 516-500-3702 Email: mail@genshelpinghands.org

Send donations to: Genevieve's Helping Hands, Inc. 107 Flying Hills Circle, Carv, N.C. 27513



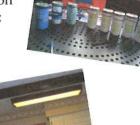


















STAY WARM & SUPPORT YOUR CHURCH!!!

We are pleased to announce the Good Shepherd Lutheran Church/Lewis Energy National Accounts Program. The National Accounts Program leverages your purchasing power resulting in lower fuel oil pricing and a free service agreement for all Customers.

National Accounts Program Benefits

- + No Annual Membership Fee
- + Free Service Contract for 1<sup>st</sup> year (valued at \$229.99 per year)

ALL NEW!!!!!! THREE PRICING OPTIONS NOW AVAILABLE TO ACCOM-MODATE THE DIFFERENT PREFERENCES OF OUR CUSTOMERS (Ceiling, Fixed, Variable)

- + Average Savings of .20 to .35 Cents Per Gallon
- + 105 Year Old Full-Service Company

National Acounts Program Benefit to Good Shepherd Lutheran Church

- Generates revenue with a \$25.00 finder's fee donated by Lewis Energy, for every new automatic customer we sign as result of the Program.
- This relationship continues for as long as Good Shepherd promotes the National Accounts Program and will continue to generate revenue each year for the Church.

The National Accounts program is being offered as a perk. It is an optional program that customers voluntarily enter into with Lewis Energy, so if you are unhappy with your current provider or would like to take advantage of their discounted rates, please visit them at <u>www.teamlewisoil.com</u>. Please use the code (GSHEP) to view their daily pricing, or contact them @ 1-877-844-6868 and an agent will gladly answer any questions

The code for Good Shepherd Lutheran Church, GSHEP, is needed in order to complete your on-line application. Lewis Energy will take applications on line, through the mail or over the phone.



**UPDATE FOR MAY 2015** 

WITH COUNSELING SITES LOCATED IN: NASSAU SUFFOLK MANHATTAN QUEENS WESTCHESTER Prepared especially for LCC Association Congregations & Schools

#### **CARING FOR A CHRONICALLY ILL CHILD**

Caring for a child who has been diagnosed with a chronic illness is one of the most difficult tasks a parent can face. It affects each member of the family differently. Caregiver burnout and stresses on family relationships can be overwhelming. Using active coping strategies can decrease stress and improve the psychological health of every member of the household. Families that seem to handle this successfully are those who work together as a team and face the responsibilities of managing the illness together. The following are

some suggestions that may be of assistance to families in coping with a child's chronic illness.

**Educate yourself about your child's disease.** Do not be afraid to learn as much as possible about your child's illness. Research the illness and ask questions of your child's doctor until you fully understand all aspects of the disease. As a

parent, you need to have a good understanding of the disease, not only to make important treatment decisions, but also to enable you to help your child cope with the illness.

Help your child deal with his or her feelings about the illness. It can be difficult to predict how a child will react to the knowledge that he or she has a chronic illness. Parents should make an effort to help their chronically ill child deal with any emotional reactions he or she might have. Providing support, listening to the child, and discussing your own emotions can increase the child's ability to voice feelings openly and to better cope with the illness.

**Don't be afraid to discipline.** Many parents are reluctant to set limits with their chronically

By Mary Rzeszut, LCSW, LCC Psychotherapist

ill child. However, just like any other child, the chronically ill child needs discipline. Discipline provides children with structure and security, which is very reassuring to a child. Adequate discipline helps children learn to control their own behavior, too.

**Remember your other children.** Just as you and your child who has a chronic illness are experiencing different emotions, so are your other children. Your children may experience jealousy, anger and depression. Provide time and energy to other children in the family.

#### Understand your own emotions.

A child's chronic illness changes future plans. Some parents feel overwhelmed, sad, disappointed, and frustrated. It is normal to want to grieve the loss of the life that you wished for your child.

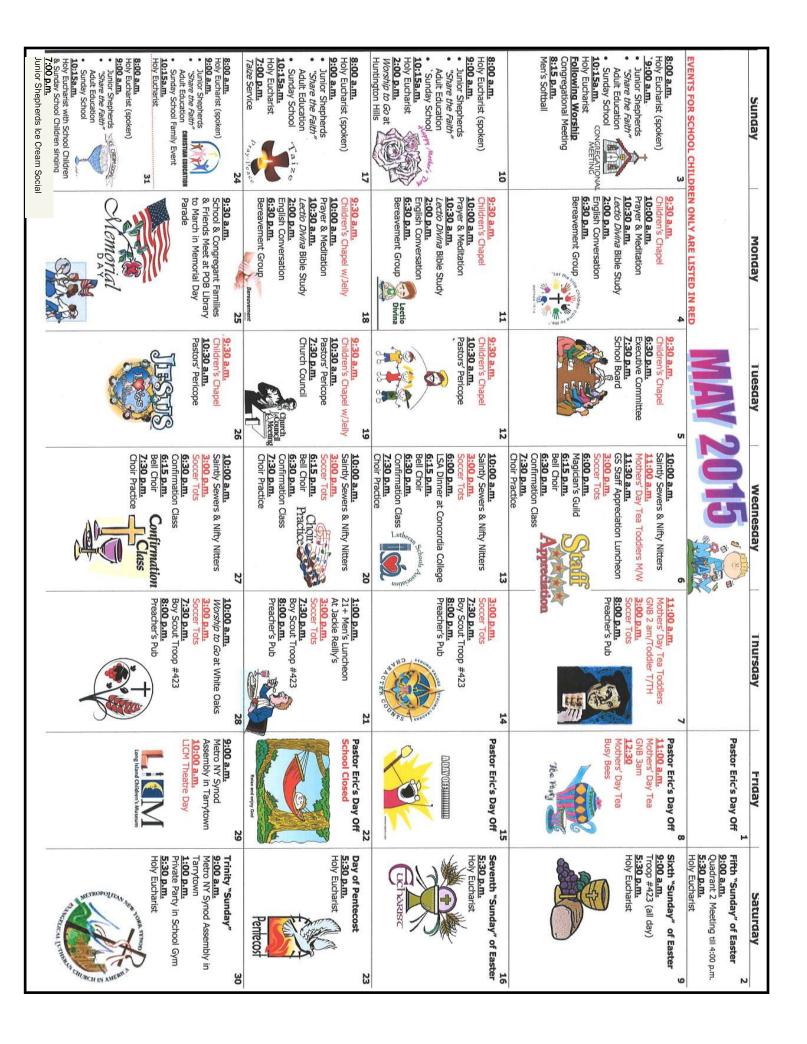
Parents must take care of themselves in order to be an effective caregiver and parent.

The support we find and the tools we use are essential in order for the entire family to live a full life. We need to take the time to recharge so that we are able to care for our family in an effective way.

Mrs. Mary Rzeszut, LCSW, is a nephrology social worker working in the department of kidney diseases at North Shore/LIJ where she provides support and counseling to those diagnosed with advanced stage kidney disease. Ms. Rzeszut began her social work career in 2006 at Winthrop University Hospital providing services to the chronically ill and facilitating various support groups. Ms. Rzeszut is a trained bereavement counselor and a social work faculty field liaison for Adelphi University. Her work has been published in the Journal of Nephrology Social Work and she frequently presents to various medical disciplines on the psychosocial impact of renal disease. She sees children, teens and adults at LCC's Mineola counseling site.

Contact Lutheran Counseling Center at 1-800-317-1173 or e-mail us at <u>Center@lccny.org</u> for more information or to set an appointment. Visit our website at <u>www.lccny.org</u>.







PERATION STARFISH, as you recall, was launched at the beginning of Lent. We invited each family to take a bank and challenged you to make a Lenten sacrifice by putting aside a dollar a day during Lent to make a substantial difference in one child's life; a total \$43.80 per family would feed that child for an entire year. The concept, based on the Starfish Story below, is to be the one to make that difference.

On May 17<sup>th</sup> we will be officially closing this program, turning in our banks, and celebrating with a pizza party in lieu of coffee hour following the 10:15 a.m. worship service. If you did not do this during Lent, please consider picking up a bank in the narthex and work to make this happen.

HE STARFISH STORY: As a young boy and girl walked along a beach at dawn, they noticed an old man ahead of them picking up starfish and tossing them into the sea. Catching up with the man, the girl asked why he was doing this. The old man explained that the stranded starfish would die if left in the morning sun. "But the beach goes on for miles, and there are thousands of starfish," exclaimed the girl. "How can you alone make any difference?" The old man looked at the starfish in his hand and then tossed it safely into the waves. He turned to them, smiled, and said, *"I made a difference to that one."* 

