

MAY/JUNE 2021



Dear Faithful People of Good Shepherd,

*"I lift up my
eyes to the hills,
from where is my
help to come?
My help comes
from the Lord, the
maker of heaven
and earth."*

Psalm 121:1



We hope and pray that you and your family remain healthy and safe during these trying times. We are all experiencing stress and strain related to the pandemic and want to remind you that your church is here to help and support you. Please feel free to call Pastor Olsen on his cell phone any time to discuss any concerns or needs that you may have confidentially.

During this past month we witnessed justice as former Minneapolis police officer Derek Chauvin was convicted of murdering George Floyd. It is clear, however, that as a society we need to continue to push ourselves to do better so that all people of every skin tone and in every neighborhood enjoy the same benefits, protections, and assurances. As Christians, we believe that all people are created in the image of God and that all people are God's children. Jesus' life, death, and resurrection confronted injustice and inequality, and as his followers we are to do the same.

Unfortunately, some live with the belief that you cannot be supportive of law enforcement personnel, the brave men and women that serve and protect, and also call for reform and change. This is a false dichotomy. You can be pro police and also pro black and brown lives. In Jesus' day many set up false dichotomies also and tried to make people choose between some version of us and them, but Jesus wouldn't have it. He continued to boldly reach out to people on the fringes of society to dignify them. While he was critical of those who tried to trash talk him for his efforts, he also made no secret of befriending persons with power and privilege who were sincerely hungry and thirsting for righteousness.

Many of us are tired and anxious after more than a year of pandemic. We are perhaps not our best selves as a result. Many of us feel as though time, opportunity, and even loved ones have been robbed from us due to Covid 19, and we are angry. All of this is understandable. As we come together as a congregation we need to remember to practice the kind of radical kindness that our Lord Jesus embodied. As we start to open up as a country we need to extend that same kindness to our neighbors and to all members of society, especially those who differ most from us. This is not easy. To practice this kind of kindness and to push against the easy road of hate we need help.

In the 121st Psalm, we hear, *"I lift up my eyes to the hills, from where is my help to come? My help comes from the Lord, the maker of heaven and earth."* And on Pentecost Sunday we are reminded that Jesus promised to send a helper, an advocate to his followers. That helper is the Holy Spirit. In our baptism when we were marked with the cross of Christ we were also sealed by the Holy Spirit. There was an invocation for the Holy Spirit of Almighty God to come and dwell within us. Saint Paul even reminds us in 1 Corinthians 6:19-20, *"or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own for you were bought with a price."*

So dear friends, let us be of good cheer, remembering that we have all the help we need to confront the injustices of our day, dignify all people and practice radical kindness. Let us hunger and thirst for righteousness and let us give thanks with every ounce of our being for the privileged position that we occupy as God's beloved children.

United in Christ,


Pastor Eric Olaf Olsen+

INDOOR WORSHIP WILL RETURN to our church at 10:15 a.m. on Pentecost Sunday, May 23, with confirmation and first Holy Communion being celebrated at that service. Due to safe Covid practices, seating will be limited. Confirmants, first communicants and their family members will further reduce our seating capacity for that first day. However, if you wish to attend in person in the church, please email church@ourshepherdlives.org with your name and the number of people attending with you. Please put only the word "Attendance" in the subject line. (If you do not have a computer and would like to attend, please call the church office.) Please be aware that we may not be able to accommodate all requests for this first service. This service will be live streamed on our Facebook page as well as our YouTube channel. Our 8:00 a.m. and 5:00 p.m. services will continue to be held outdoors.



A MESSAGE FROM OUR SCHOOL DIRECTOR

Dear Good Shepherd Friends and Families,

April showers bring May flowers. Spring is here, everyone! When we think of spring, we think of flowers, the green grass, and warmer weather. It's hard to believe that this school year has flown by. Our Good Shepherd children love to be outside and especially love learning about planting seeds. In honor of Earth Day, which is celebrated on April 22nd, our teachers are busy teaching our children about the life cycle of a flower. Your children are engaged in fun spring activities that foster imagination, creativity, and meaningful learning experiences.

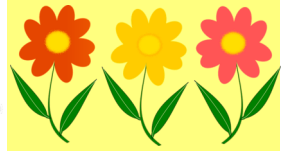
Our children are very excited to go outside and play on the play grounds. On April 10th we had some amazing help from Good Shepherd volunteers with spreading wood fiber throughout our two playgrounds (see pictures on next page). Thank you to those who participated as the ground cover ensures the safety of all our children.

There are many wonderful events coming-up at Good Shepherd. We have spring and graduation pictures scheduled for April 27th and 28th. In early May we are looking forward to our Plant Sale fundraiser and Teacher Appreciation as well as our first annual golf outing later in the month. Wishing you all sunshine, happiness and growth.

God bless,
Vanessa Bigam
Vanessa Bigam

"Little Seed"
(Tune "I'm a Little Tea Pot")

Here's a little seed
in the dark,
dark ground
Out comes the
warm sun,
yellow and round
Down comes the
rain wet and slow
Up comes the
Little Seed
Grow, grow, grow.



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

A MESSAGE FROM OUR PRESIDENT

Hello Everyone!

Alleluia! He is risen indeed! Alleluia!

Spring is definitely here with the sounds of landscapers' lawn mowers and leaf blowers being used throughout the day all over the neighborhood. Along with those annoying noises we also hear the beautiful sounds of children playing outside, dogs barking, ice cream trucks' jingles...all because we can now open our windows and doors. Now we can let the beautiful breeze blow fresh air throughout our homes.

We welcome this spring with much anticipation of putting this pandemic behind us. Hopefully, by now most of us have either had one part or both of our vaccines and are looking forward to getting together in our worship space. We have set a date for Sunday, May 23 at 10:15 a.m. to be our first indoor worship service. We will still be adhering to the guidelines from New York State on permissible capacity for this service.

If you are interested in attending this 10:15 a.m. worship, you **must** contact the church office at church@ourshepherdlives.org (or call only if you do not have email). Please put the word "attendance" in the subject line. We will have further announcements and instructions regarding this service within the coming weeks. Please be sure to check upcoming weekly worship bulletins or your email for this information.

This has been a long time coming, and I am looking so forward to this because I miss you all. Please stay safe in the coming weeks and may God bless you all.

Philip Lorch
Philip Lorch



A SPRING REFRESHING FOR OUR PLAYGROUND!



Many thanks to those who showed up to help lay new wood chips in our playground on April 17 to ensure our children's continued safety: Vanessa, Shawn, William, Sophia & Alessandra Bigam; Giselle & Mitchel Djurik; Natasha, Joe & Luca Pecora; Jaime & Matthew Pagan; Pastor Eric & Lars Olsen; Boy Scouts Daniel Casal & Blake Friedman and Troop #423 Leaders Rich DeJesu & Jason Rosenberg.



WE NEVER WALK ALONE!

Regardless of your age, I am sure anyone reading this knows the song "You'll Never Walk Alone" which was written by the acclaimed pair Rodgers and Hammerstein for the 1945 musical "Carousel," which was a huge hit. The song went on to be recorded or performed by Elvis Presley, Patti LaBelle, The Lettermen, Trisha Yearwood, The Three Tenors, Frank Sinatra, Roy Orbison, Judy Garland, Johnny Cash, Andy Williams, Glen Campbell, Doris Day, Josh Groban, Olivia Newton-John; and Barbra Streisand performed it after the September 11th attacks. From 1964 through 2010 Jerry Lewis concluded the annual Jerry Lewis Labor Day MDA Telethon by singing the song, and Gerry and the Pacemakers' version is probably the best known around the world. I am sure there are at least a dozen other people who have performed the song, but why not? The lyrics are not too complex:



*When you walk through a storm
Hold your head up high
And don't be afraid of the dark
At the end of the storm
Is a golden sky
And the sweet silver song of a lark
Walk on through the wind
Walk on through the rain
Though your dreams be tossed and blown
Walk on walk on with hope in your heart
And you'll never walk alone
You'll never walk alone
Walk on walk on with hope in your heart
And you'll never walk alone*



Nelson Mandela said it was the most uplifting song he'd ever heard.

When walking through storms in your life, to whom do you go to for help? Christ, of course. Faith is a weapon and a parachute when falling. With Christ in our hearts we can hold our heads high and have no fear of the dark. Deuteronomy 6:13 says, "You shall fear only the Lord your God." For me this is a song about faith. We never walk alone because we take in the Holy Spirit and through baptism God claims us. In the end we all look for a golden sky with a sweet song. Faith is now; hope is for the future.

This year our annual Shepherd's Walk set out with just about everyone who had walked before. The Good Shepherd faithful gained a few more and lost a few due to injuries and Covid vaccinations. What caught my attention again this year was that we had three "strangers" show up—not one or two or even ten—just three...a number I found interesting. These three strangers did not stay strangers for long, though. They were all members of the New York City chapter of "Pilgrims on the Camino," a group which helps people who wish to walk the El Camino or, in English, the way of St. James. If you have not read about the Camino or seen the movie "The Way" I urge you to do so.

Why do people walk the Camino? Why do people walk on the Shepherd's Walk? I am sure there is not one set answer so why not ask one of our members who "do the walk." I, for one, never walk alone as I gain energy and support from those who walk with me. As the miles turn to double digits, my will is challenged and whether a heavy foot or nagging back wants to overtake me, I picture Christ on His fateful day staggering to Golgotha, beaten, betrayed, and carrying the cross for me and for you. Jesus was hurting so I must muster the strength to finish in respect for His sacrifice. While it is an arduous walk, there is an end. I walk for the memory of lost loved ones. I walk to honor those who are really struggling. But most of all I walk to honor Christ.

I am grateful for those who walked with me: Ann, Andrea, Bonnie, Christina, Dawn, GeGe, Josie, Kyle, Lars, Nancy, Pastor Olsen, Quinn, Wendy and the three friends George, Kenny & Raymond (and I know I am forgetting one or two). Life is a journey for each and every one of us, Christ sacrifice comes with His promise that through His mercy my journey may end in a golden sky called heaven. As I WALK through life I must do my best to be an instrument of the Shepherd's Good News and share it every day. Christ died for me, He died for you, Christ is risen.

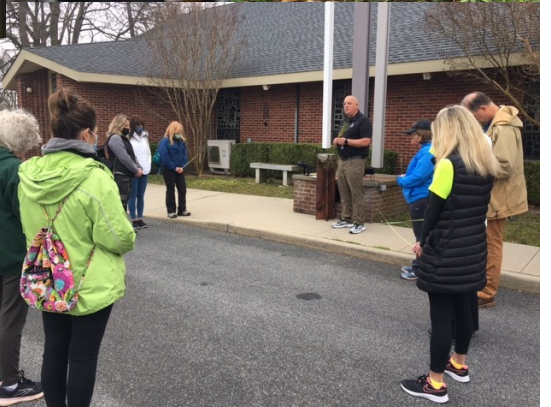
Hope to see you next year.

- Submitted by Doug Petersen,
Evangelism Team Chair

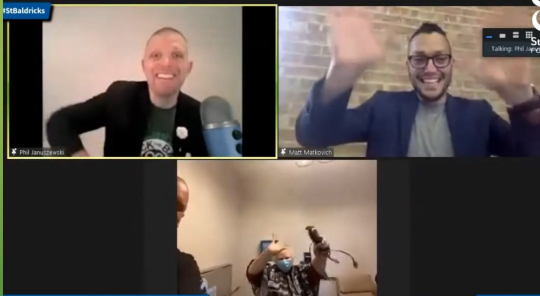
OUR HOLY WEEK PILGRIMAGE



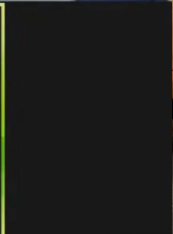
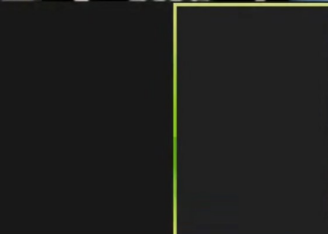
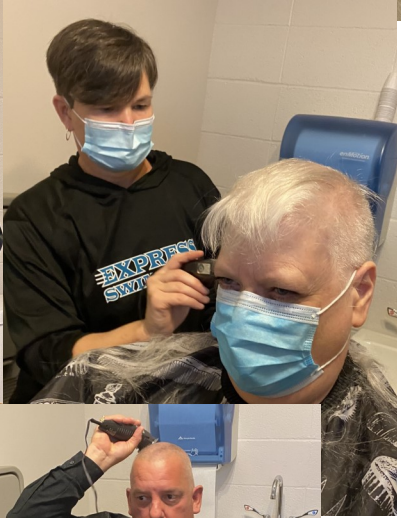
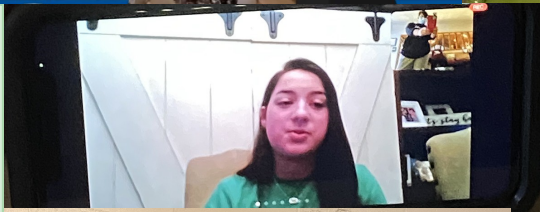
May Peace Prevail On Earth



TEAM GOOD SHEPHERD VIRTUALLY ROCKS IT!



Thank you to Team Good Shepherd virtual St. Baldrick's Head Shaving event participants John Bird, Lois Fassino, Alex Lessman, Lars & Pastor Eric Olsen, and Roy Steinhilber. As of this writing, our team of six raised \$4,967 to combat childhood cancer. You can still donate to our team and this cause by visiting their website at: <https://www.stbaldricks.org> and searching Team Good Shepherd.



**PLEASE JOIN US FOR OUR
1ST ANNUAL GOOD SHEPHERD LUTHERAN GOLF OUTING**

Honoring the Memory of

JOHN LISCO

John was an avid golfer, a lifelong supporter of Good Shepherd Lutheran Church & School and beloved father of our School Director, Vanessa Bigam



Please join us for a day of golf and support our fundraising efforts on

SATURDAY, MAY 22ND, 2021

at

NORTHPORT GOLF COURSE

Located at the VA Medical Center

79 MIDDLEVILLE ROAD, NORTHPORT, NY

GOLFING from 3:00PM – 5:00PM

- Players will golf on a 9 hole course in a best ball format in teams of four ~ you can join as a foursome or a team can be created for you and your guest(s).
- Tee time starts at 3pm and every 10 minutes thereafter.
- Golfers are permitted to bring their own cooler (with both alcoholic and non-alcoholic beverages) onto the course.

*Alcoholic beverages may only be enjoyed while golfing but will not be served at the reception.

FOOD & DRINKS from 4:30PM – 7:30PM

- Please join us for a delicious, mouthwatering BBQ and refreshing, non-alcoholic drinks.
- We welcome you to our BBQ whether you chose to golf with us for the day or just dine with us at night.

PRIZES, RAFFLES AND MORE FUN from 6:45PM – 7:30PM

- Try to win a prize at our fun, putting contest !
- Enter our 50/50 raffle for a chance to win a cash prize !
- Additional fun and prizes for longest drive, closest to pin, best foursomes and most honest golfer games !

____ I would love to attend the 1st Annual Good Shepherd Lutheran Golf Outing.
I need ____ tickets please (at \$100 each).

____ I choose not to golf but would love to attend the BBQ.
I need ____ tickets please (at \$30 each).

____ Unfortunately, I cannot join you that day but would like to contribute to your fundraising efforts. Please accept my donation of \$____ .



Kindly RSVP by Friday, May 7, 2021

*Fundraiser proceeds will benefit Good Shepherd Lutheran School.

**By participating in our Golf Outing event, you give permission that any photos taken during the event may be used by for marketing and publicity purposes.

JOIN US VIA ZOOM FOR SOME CALIFORNIA WINE TASTING

ON FRIDAY, JUNE 4th @ 7:00 p.m.

We will be guided through the wines interactively with a professional sommelier through *In Good Taste*. Two weeks prior to this event you will receive a box containing eight different varieties of California wines and subsequent e-mails with storage information, charcuterie board suggestions, information on how to maximize your experience, and most importantly... June 4th log in information! Each bottle contains enough wine for two full glasses. This experience is a spring get-together/fundraiser for \$100 per case. Please join us by completing the form below and returning it to the church or school office along with your check payable to Good Shepherd on or before Monday, May 10.



A bottle of white, a bottle of red



Name _____

Address _____

City, State, Zip _____

Phone _____ Email (required) _____

Quantity _____ @ \$100/Case _____ Total Enclosed _____

Perhaps a bottle of rose instead

GERANIUMS FOR PENTECOST

We would like to have red geraniums decorating our chancel for the reopening of our church on Pentecost.

If you would like to purchase some, the price per geranium (in 4" pots) is \$5. Please put your checks payable to Good Shepherd Lutheran Church (with the word "*Geraniums*" written on the memo line) along with this form in the offering plate or drop it off or mail it to the church office no later than Sunday, May 9th.

If you'd like to dedicate your plant(s) in celebration or in honor or remembrance of a person or event, fill in the appropriate lines below.

Donated by: _____

In Loving Memory of:

or

In Honor Of:

or

In Celebration of/Thanksgiving for

Number of plants: _____ x \$5 each = total enclosed: \$ _____

_____ I will take my plant home after May 23, 2021.

_____ I will leave my plant to be planted on church grounds or used for visitations.

Please note that because of the high demand for Geraniums this time of year, late requests cannot be honored.



Good Shepherd Lutheran School Plant Sale

Friday, May 7th

9:00am-10:00am & 3:00pm-4:00pm

8" Hanging Baskets \$12
10" Hanging Baskets \$15
4 1/2" Pots \$6
4 1/2" Herbs \$6
6" Pots \$8
12" Terra Pots \$18
Half Flat (24) \$10
Full Flat (48) \$15
Special Hanging Bags \$20

Impatiens, Fuscia, Petunia, Geraniums,
Begonia, Gerber Daisy, Marigold, Portulaca,
Tomato, Basil, Parsley, Pepper, and more
from Gabrielsen Florist!

Good Shepherd Lutheran School

OPEN HOUSE

Saturday, May 15th 2021

10:00am - 2:00pm

99 Central Park Road, Plainview



Good Shepherd Lutheran School is one of the only schools in the area to be licensed and accredited by the NYS Department of Education and The Office of Children and Family Services. We provides developmentally appropriate programs for 6 weeks of age through 5 years old. Our program prepares students for Kindergarten and supports the NYS Common Core Curriculum and NYS learning standards. Good Shepherd Lutheran School provides and healthy and nurturing environment and provides stimulating cooperative play with peers.

Please join us at our Open House to learn about our program, tour our school, visit our large, beautiful classrooms and playground, and hear about our curriculum from of our certified and accredited teachers.



GOOD SHEPHERD CHURCH
and school
Summer Program
registration is now open!

Science activities
Playtime, recreation, sports
Learning games and skills
Arts and crafts projects
Stories, music, songs
HAPPY CAMPERS!

Good Shepherd Lutheran's SPLASH offers a flexible, faith-based summer day camp program in Plainview for children ages six weeks to twelve years old. Summer campers experience a fun and playful environment designed to build self-esteem, confidence, and joy as they participate in a unique blend of age-appropriate weekly theme-based activities including music, art, physical recreation games, creative movement (lots of tummy-time for infants), science, art, trips for older campers, and chapels. Registration is now open for our 2021 Summer Splash Program! Refer a friend and upon their enrollment receive \$75.00 off your summer tuition. You may find our application on our website at www.gsplainview.org. If you have any questions, please contact the office at 516 349-1966.

OUR EASTER FLOWERS ARE

GIVEN TO THE GLORY OF GOD BY

The Berardino Family
Barbara Nelsen, Marilyn Hourigan & Our Families
The Walsh Family

GIVEN IN THANKSGIVING FOR

Good Shepherd Lutheran Church
Our Family

GIVEN MEMORY OF

Christopher Banzer
Alan & Eleanor Pearson
Our Deceased Parents,
Family Members & Siblings
All Those Who Perished in 2020
Michael Carlson
Robert Fiedler
Those Lost to Covid 19
Those Lost to Covid 19
My Parents, Bertha & Alfred Schwarz
Johnny Junior
Allan & Mary Bedsole;
John & Dorothy McGowan
Harry & Josephine Bishop,
Edith & Edward Grosh, Al & Jerry Hansen,
John "Star" Nykiel, Lars & Olga Olsen,
Leon "Tom" Thompson, and
Leon "Bud" & Genevieve Thompson
William Johnston Bennett
Mitchell Maziejka
Sally & Bernard Ducey
Ollie Moyse

DEDICATED BY

Glen & Lisa Cacchioli
Carol & Richard Koenig

DEDICATED BY

Janet, Kathryn & Lauren Banzer
The Banzer & Walsh Family

The Berardino Family

Glen & Lisa Cacchioli

Irma Carlson

Pat, Brian & Nicole Fiedler

Margareta & Lars Flink

Ronn & Kitty Hall

Linda Kaufman

John & Elaine Mark

The McGowan Family

Pastor Eric, Lisa, Luke & Lars Olsen

Mary Petersen

Raymond & Jennifer Sturz

Susan Thomas

The Vollono Family



HAPPY anniversary



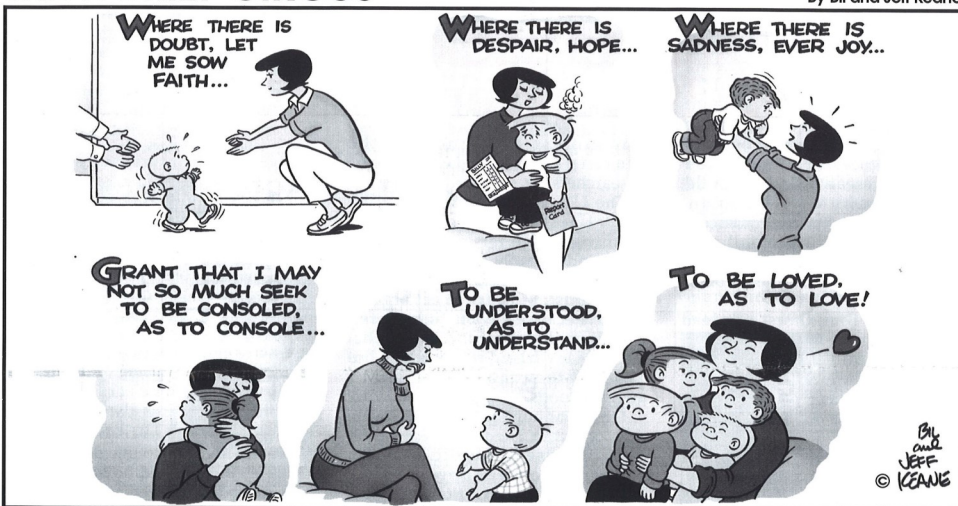
- Carol & Richard Koenig ~ 61 years on 5/7
- Natasha & Joe Pecora ~ 14 years on 5/7
- Anne & Bob Rickmeyer ~ 52 years on 5/10
- Erin & Eric O'Connor ~ 3 years on 5/11
- Kim & Hugh Whitenack ~ 12 years on 5/15
- Heather & Etienne Bouchard ~ 7 years on 5/17
- Melissa & George Saueracker ~ 21 years on 5/20
- Dell-Ann & Tom Benson ~ 34 years on 5/24
- Angela & Peter LaBarbera ~ 63 years on 5/24
- Diane & Ron Maisch ~ 66 years on 6/5
- Marieline & Edward Strauhs ~ 6 years on 6/5
- Jadwiga & Robert Cutrone ~ 7 years on 6/7
- Nicole & Michael Steinert ~ 8 years on 6/21
- Nancy & Gerry Bergold ~ 27 years on 6/25
- Christie & Andrew Haupt ~ 5 years on 6/25
- Lauren & Stephen Palazzolo ~ 2 years on 6/29

A Mother is a blessing from God



THE FAMILY CIRCUS

By Bil and Jeff Keane



GOOD SHEPHERD LUTHERAN CHURCH & SCHOOL

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Phone: 516-349-1966

E-mail:

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Vanessa.Bigam@gsplainview.org
Giselle.Djurik@gsplainview.org
Natasha.Pecora@gsplainview.org

Websites:

our shepherdlives.org (Church)
gsplainview.org (School & Camp)

Facebook:

Good Shepherd Plainview (Church)
Good Shepherd Lutheran Church and School (School)

Instagram:

@Good_Shepherd_Lutheran_School (School)
@Summer.Splash.gs (Summer Camp)

Twitter:

@GoodShep99 (Church)

YouTube:

Our Shepherd Lives

Ministers: The Members of Good Shepherd
Reverend Eric O. Olsen, Pastor
Maureen Cooke, Church Secretary/Newsletter Editor
Vanessa Bigam, School Director
Giselle Djurik, School Administrative Assistant
Natasha Pecora, School Administrative Assistant
Ed Indellicati, Accountant/Bookkeeper
Jaime Pagan, Sexton



OUR SEMI-ANNUAL CONGREGATION MEETING will be held via Zoom and conference call on Sunday, May 16, at 11:30 p.m. A postcard with phone numbers and log-in information was mailed to active members on April 6. If you did not receive one, please call the church office. Materials for this meeting will be available for pick up in the narthex at the beginning of May.

happy
birthday
i thank God
for you.



Ryan DeGennaro ~ 5/1
Giselle Djurik ~ 5/1
Ellen Sangesland ~ 5/2
Kitty Hall ~ 5/3
Riley Cress ~ 5/3
Alex Lessman ~ 5/4
Miranda Benson ~ 5/5
William Bigam ~ 5/6
Dylan Carr ~ 5/6
Sebastian Carr ~ 5/6
Eleanor Ulich ~ 5/7
Joseph Brienza ~ 5/8
Mia Brienza ~ 5/8
Rich Savarese ~ 5/8
Krysta Fazio ~ 5/9
Landon Isernia* ~ 5/9
Sophia Pucci ~ 5/9

Gretchen Ocker ~ 5/10
Melissa Monten ~ 5/11
Luciana Russo ~ 5/12
Marc Ferraro ~ 5/13
Julian Scelza ~ 5/13
Annalise Findlay ~ 5/15
Izzy Garcia ~ 5/15
Victoria Martinez ~ 5/15
Addison Coupe ~ 5/16
Janice Curry ~ 5/18
Gianna Genovese ~ 5/18
Louise Lamont ~ 5/19
Samuel Lee ~ 5/19
Kaylee Reilly ~ 5/19
Judi Miranda ~ 5/21
Peter Pollatos ~ 5/21
Emmet Hall ~ 5/22

Erin O'Connor ~ 5/22
Matthew Goodman ~ 5/23
Ashnoor Kaur ~ 5/23
Danielle Vollono ~ 5/23
Stephanie Boyd ~ 5/24
Breanna Mulligan ~ 5/24
Connor Kieran ~ 5/26
Joanne Krisztin ~ 5/28
Ethan Eoanidis ~ 5/29
Evan Haupt ~ 5/29
Grace Berry ~ 5/30
Ken McBride ~ 5/30
Kiersten Kessler ~ 5/31
Karin Kienle ~ 5/31
Angela Santos ~ 5/31



Callum Bristol ~ 6/1
Ann Steffens ~ 6/2
Roy Steinhilber ~ 6/2
Lucas Martin ~ 6/4
Matthew Fox ~ 6/5
Patricia Fiedler ~ 6/6
Giavanna Montelbano ~ 6/6
Paul Wenger ~ 6/7
Daniel Collins ~ 6/8
Lynn Carlson ~ 6/9
Jennifer Masone ~ 6/10
Vickie Muller ~ 6/10
Christopher Vargas ~ 6/10
Hugh Whitenack, Jr/ ~ 6/11
Dina DiGiorgio ~ 6/12

Kaitlyn Whitenack ~ 6/12
Stella Russo ~ 6/13
Luca Pecora ~ 6/14
Stephen Contos ~ 6/15
Matthew Beers ~ 6/16
Gregory Balos ~ 6/18
Logan Moran ~ 6/20
Christopher Murphy ~ 6/20
George Saueracker ~ 6/20
Maximillian Ludewig ~ 6/21
Emily Miccio ~ 6/21
Kristie Aug ~ 6/22
Fiona Clark ~ 6/24
AJ Jin ~ 6/24
Brittany Thomas ~ 6/24

Ava Marino ~ 6/24
Teagan Bristol ~ 6/25
Samantha Strack ~ 6/25
Audrey Bodeker ~ 6/26
Melissa Milhim ~ 6/26
Bill Wiegert ~ 6/26
Etienne Bouchard ~ 6/29
Annmarie Brown ~ 6/29
Jennifer Sabin ~ 6/29
Elizabeth Cammarata ~ 6/30
Bonnie Gai ~ 6/30
Jack Saueracker ~ 6/30
Lola Staiano ~ 6/30





FOR THOSE IN NEED OF HEALING John Aarnio (Elisa Carr's father), Mel Able & family (Catherine Olsen's friend), Linda Allan (Koenig family friend), Ariana (Susan Ferraro's friend), Norma Arandez (Lisa Olsen's friend), Pat Ballard (Reverend Dale Carr), John Baierlein (Deb Steinhilber's brother), Chris Balos, Alex, Derek & Stanley Bartkow, Carolyn Bayerkohler, Marilyn Benner, Mary Bennett Petersen, Elaine Benvenuto (Pastor Olsen's friend), Joe & Carol Berardino, Joseph R. Berardino, Martha & Tom Berardino, Grace Berry, John Binsfeld (Benner family friend), Alison E. Bird, Ellen Bird, Kathy Blewett, Emily Brandi (Wakefield family friend), Laura Brandt (Thomas family friend), Janet Brazel (Terry Miccio's relative), John Brooks, Glen Cacchioli, Gayl Jones Calvin (Marge Wenger's friend), Mary Beth Cammarata & family, Erik Buck (Paul

Wenger's Godson), Johanna Campion (Emmy Quartraro's friend), Patricia Cannata, Matthew Cardall (John Bird's relative), Alison Carey, Bill Carroll (Rose Minnick's friend), Marie Cavaliere (Olsen relative), Olga Colandro (Olsen family friend), Terrance Connelly (Wakefield family neighbor), the Comisso family (Nancy Long's friends), Maya Contreras & family (Alice Vorstadt's relatives), Frank Costeira (Martha Peterson's friend), Ellen Cote, Lorraine Crosby, Kevin Cummins (Doug Petersen's friend), Awilda Delgado (Guillermina Santos's niece), Claudia DeMauro, Georgeann Diblasi (Sue Wakefield's relative), Gregory Diehl (Dorothy Turaukas's son), Antonio DeFiore (Lisa Olsen's colleague), Ken Dixon (Pastor Olsen's friend), Lorraine Duffy, Chris Dukat & family (Lisa Olsen's friend), Steven Dux (Irma Carlson's nephew), Theresa Eby (Mary Oliveto's relative), Dilliana Edwards, Emile, Francine & Leo Fakler (Ed Indellicati's in-laws), Ricky Fedyk (Sue Wakefield's friend), Susan, Alice & Anthony Ferraro, Margaret Fiedler, Pat Fiedler, Marcelle Figlo, Danny Fink, Kalman Jacob Fliegelman (Pastor Olsen's friend), Arlene Fraraccio (George Hirn's sister), Maria Garrett & the Hall family, Jackie Gentner, Carol Giuliani (Claudia DeMauro's mom), Gloria & Bob, Jessica Gomes (Lisa Olsen's friend), Ray Gorka, Helen Gscheidle, Ray Guzman (Lisa Olsen's friend), Kenneth Hall (Ronn's brother), Sean Harrison (Lorch family friend), Ellen Harvey (Terry Miccio's friend), Nicky Hassett (Donna Hickey's friend), Diane Helters, Katherine Hill, Judy Hinsch, George Hirn, Jessica, Jim & Cheryl Hendricks (Chrissi Canino's relative), Yuna Jin, Joanna (Meridith Moran's friend), Ginger Johnson (Sue Devine's friend), Mari Jordan (Denise & Patrice's friend), Lisa Katz (Marge Wenger), Arlene Keller (Cacchioli family friend), Susie Klemm (Bruno family), Evelyn & Niko Kontonis & their family, Chief Robert Kloepfer, Kurt Langjahr, Angie LaBarbera, Heather Rose Landry, Carol Larson (Bob Rickmeyer's sister), Lauren & Baby Emerson, Barbara LaValle (Sue Devine's friend), Charles & Michael Leva (Angel Lorch's uncle & father), Lila (Lorraine Duffy's friend), Lara & Barbara Lindworm & Noah Brophy, Lindsay (Marc Ferraro's friend), Madeline LoCuercio (Patrice Sessa's friend), Angel, Phil, Christopher & Marie Lorch, Lucia (Bonnie McGowan's friend), Ronda Luna (Guillermina Santos's brother), Viena Ludewig, Roger Luedtke (Sue Devine's brother in law), Ron Lupi (Meyer family friend), Ava Machuka & family (Domenick Tuozzo's great granddaughter), James Madden, Ron Maisch, Jean Maiolica (Vickie Milhim's sister), Virginia Marshall (Sue Devine's friend), Jean Mason, Bob Matullo, Gail McCoy (Susan Wakefield's friend), Joseph McKie (Jame Lowe's Brother in Law), Madison Milo (Ann Roerdan & Terry Miccio's friend), Mindy & her family (DeMauro family friend), Christine Moeller (Brittany Thomas-Wanko's friend), Richard Murphy (Mary Ann's son), Nicholas (Sue Ferraro's nephew), Richard Noll, Ursula Nouza (Huntington Hills), Vito Oliva (Park Brothers), Dr. Mary O'Meary, Meghan, Lori & Felix Ortega, Jaime & Kathy Pagan, Thomas D. Peterson (Gisela Conforti's cousin), Teresa Ratkowski, Bob Rickmeyer, Robert Ritger (Pastor Olsen's friend), Eugene Roche (Pastor Olsen's friend), Justin Rogers (Karin Kienle's nephew), Stephanie Rogers (Ferrara family friend), Selma Rosen (Lorraine Duffy's friend), Barbara Russo (Susan Ferraro's friend), George Saueracker, Nicole & Elena Savage (Jeff & Susan Wakefield's daughter & granddaughter), Betty Ann Scarola (Doug Petersen's friend), Bill Schulz (JoAnn's son), JoAnn Schulz-Dellacona, Craig Schumacker (Elaine Mark's relative), Patrice Sessa, Danna Sgambati, Kenny Skrypek (McGowan family friend), Diane Sicca (Debbie Garcia's sister), Arlene Simonson (John Bird's sister), Scott Stedman (Yvonne Maddiona's brother in law), Ed Strauhs, Raymond Tarnok (Pat Fiedler's nephew), Dr. John Stroup (Doug Petersen's friend), Debbie Tassi (Denise Donitz's sister), Dorothy Turaukas, Jerry Tivolott (Terry Miccio's relative), Richie Taylor (Ann Rickmeyer's friend), Lauren Teresa (Lisa Olsen's friend), Melanie Thicks (Marilyn Benner's niece), Brittany Thomas, the Thomas family, Paul & Tim Thompson (Lisa Olsen's relative), Tori & family (Karen Faucera's friend), Nancy Tucker, Barbara Tung, Dorothy Turaukas, Kathy Van Driessche, Mary Vassallo (Chandra Jorree's friend), Alice Vorstadt, Ralph Wahl (Alice Vorstadt's relative), Jeff Wakefield, Ed Waldron, Samantha Wegner (Patricia Cannata's relative), David Wenger, Derek Zacchino, Alan Zeller (James Lowe's colleague), Julia, Pat, Jennifer & Nicole (Genevieve's Helping Hands),

FOR THOSE WHO ARE GRIEVING: The family and friends of Christina Cora, Robert Friedman, Bill Heckler, Ronald Mattson, Patricia Mistretta, Danny Sapanara, Adam Sheldon, and Dominick Tuozzo.

FOR THOSE IN SERVICE: Matthew Beers (Army), Keith & Kyle Calderone (Army), Lt. Col. Thomas Ludwig (Army), MAJ Paul Rickmeyer, Captain Robert Saueracker & COL Philip Sounia.



UPDATE FOR MAY 2021

NOW WITH SECURE, VIRTUAL COUNSELING SESSIONS
AVAILABLE FOR ANY NEW YORK RESIDENT

By Bettina Bove, LCSW-R, LCC Counselor

We are living during very trying times. It can be challenging to maintain self-care and overwhelming to provide additional care for our children and families. Do your best to create more balance during this time at home.

Communication is a key to help maintain good relationships. Don't avoid talking. Kids need to know they aren't to blame for the tension that might be present in our lives. We all get frustrated and are coping as well as possible, sometimes in very close quarters. Let this be a time of bonding and giving grace. Be comforting by speaking words of reassurance to relay the message that "this will pass and we will get through this together." When we verbalize reassurance to others, we also reassure ourselves. Remember to validate accomplishments, even the small ones. Take time every day to express how we are loved by God and each other, how we can always be secure in that love and in His presence. Physical touch and hugs are very important right now, even from our furry friends!



Take this opportunity to teach kids how to build their skills and contribute more to their home, family, and communities. Assist them in learning how to make a budget, prepare a shopping list, clip coupons, clean and do laundry. Perhaps even teach them how to care for that new pet they have been asking for. Reach out to others safely, on the phone, through facetime or have a group chat on Zoom. Go "old-school" by writing letters and sending cards via snail mail. Seek more fun in addition to work and school schedules. We need something to look forward to!

Create a fun and entertainment calendar. Place it where everyone can see it and contribute ideas. Plan a game night; watch a sunrise or sunset; go for a walk or a hike; have a picnic in the park or even in the living room. Have a "travel night:" pick a place you would like to visit then have a meal or food from that region, dress like the natives would and utilize words from their language. Have everyone draw a picture of something famous from the chosen location, then together watch a show or video filmed there. Let this be practice until you can take a real trip there. It can be as simple as eating french fries, wearing a beret, and having everyone draw a picture of their rendition of the Eiffel Tower while speaking with a French accent! Silly, but fun!

Create crafts. Leave a jigsaw puzzle out for everyone to take a turn with. It's meditative! Print out pictures and color together! Read a book or Bible stories to each other. Sit down to meals together and ask each family member to share a challenge and a joy from their day! Play music and have a dance party in the kitchen. Pray and sing songs together. Have ice cream sundaes on Sundays! Share something you are grateful for at bedtime and make every day a thanksgiving!

Teach kids to care for their community. Collect rocks and write an inspiring word or message on them, like "Hope, Love or Faith." Leave them around your town or on someone's doorstep to encourage them. Get together, cook or bake a treat, plant seeds and grow flowers then deliver them to a friend or neighbor and make their day! Do a drive-by visit for someone who needs to feel cared for and less alone. Get creative. Be silly. Have fun and thank God!

Bettina Bove, LCSW-R, has a specialty in meditation, relaxation and guided imagery. She counsels children, teens, adults, couples and families. For an appointment with a counselor or for more information, call LCC at 1-800-317-1173. All sessions are virtual.