

JUNE 2021



*"For I know the plans
I have for you."
Declares the Lord.
"Plans to prosper you
and not to harm you,
plans to give you hope
and a future."
(Jeremiah 29:11)*



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.

Dear Faithful People of Good Shepherd,

With Memorial Day comes the unofficial beginning of the summer season, and while things are not yet back to normal, there are many reasons to be hopeful and to thank God. True, we will continue to grieve and lament the loss and pain that COVID brought to our community and continues to bring to places like India and Brazil today, but there is also a sense of hope taking hold as more and more of us are vaccinated and able to literally breathe a deep sigh of relief.

On Memorial Day I read a story that I was unfamiliar with that lifted my spirits, and I think sharing it might help strengthen our hope for the future. According to his short book, REFLECTIONS ON PEARL HARBOR, Admiral Chester Nimitz was able to see reasons to be hopeful and thankful in the wake of tragedy.

While attending a concert in Washington, DC, on the evening of December 7th, 1941, Admiral Nimitz was paged. When he answered the phone, President Franklin Delano Roosevelt told Admiral Nimitz that he would now be the Commander of the Pacific Fleet. Admiral Nimitz flew to Hawaii to assume command landing at Pearl Harbor on Christmas Eve, 1941. He noted that there was such a spirit of despair, dejection, and defeat that you would have thought the Japanese had already won the war.

On Christmas Day, Admiral Nimitz was given a boat tour of the destruction wrought on Pearl Harbor by the Japanese attack. Big sunken battleships and navy vessels cluttered the waters everywhere you looked. As the tour boat returned to dock, the young helmsman of the boat asked, "Well Admiral, what do you think after seeing all this destruction?"

Admiral Nimitz's reply shocked everyone. He remarked that the Japanese military made three of the biggest mistakes an attack force could ever make, and these mistakes can be seen as blessings.

The first mistake was that they attacked on Sunday morning. Nine out of every ten crewmen on those ships were ashore on leave. If those same ships had been lured to sea and been sunk--we would have lost 38,000 men instead of 3,800.

The second mistake was that when they saw all those battleships lined in a row, they got carried away sinking those ships and never once bombed the dry docks opposite those ships. If they had destroyed the dry docks, every one of those ships would have to be towed to America to be repaired. Now, however, the ships could be moved to the dry docks easily and repaired.

The third mistake was that not one plane attacked the fuel supply located about five miles away from the harbor. If they did, they would have easily caused all operations to cease.

It is easy to see that Admiral Nimitz could view these mistakes as blessings and feel optimism and hope because of them. In the wake of this pandemic we can also see that the virus was unable to successfully destroy our communal vitality and ability to minister. The pandemic may have stopped us from worshiping indoors, but

our tent and parking lot services proved that our community was much more than a building. We may have had to practice physical distancing, but for the first time Good Shepherd's worship services greeted people in their living rooms, at their kitchen tables, and even in their bedrooms all hours of the day and night. Our online presence enabled more people than ever to gather around the word of God and even do so in their pajamas!

Our school's teaching ministers utilized remote learning technology to nurture students educationally, spiritually, and socially. The pastor and deacons were not the only ones making communion deliveries during the pandemic either. Many worshippers became Eucharistic Ministers, bringing bulletins and the sacrament to neighbors and loved ones.

God did not bring the pandemic to us, but God stood by us through it all and blessed us with the imagination, creativity, determination, and hope to prevail. Our understanding of God's commitment to us has deepened, and our appreciation for this special faith community that is Good Shepherd has grown. We have every reason to be hopeful and excited about the future, and I would like to encourage you to become more actively involved in the life of the church. If you would like to talk and pray about how your unique gifts can be used in ministry please let me know. I would delight in the opportunity to meet with you!

Now is also a great time to share Good Shepherd with a friend, neighbor, or colleague! Tell them how your church community fed you and sustained you through those dark days. Tell them of your excitement to worship and fellowship together in the days ahead.

This summer we will gather for Bible study by the beach and by the bay, share in barbecues, outdoor concerts, restart our bread baking ministry, begin new support groups, and gather for worship that both heals and inspires! We are truly blessed, and we have hope to spare and hope to share! So let's embrace this opportunity to be church together!

Celebrating the hope we have in Christ!

Pastor Eric+



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.



A MESSAGE FROM OUR SCHOOL DIRECTOR

Dear Friends and Families of Good Shepherd,

It's hard to imagine that the school year is almost over. I want to thank each and every one of you for your continued support and commitment to your child's education and development here at Good Shepherd. These last several months have been filled with many calendar events and activities, and now it is time to celebrate our children at their Moving-Up and Pre-K graduation ceremonies.

Monday, June 28th kicks off our wonderful Summer SPLASH Program, where our kids will be enjoying arts and crafts, water fun, music and cooking and lots of themed-based activities through August 20th. If you have not yet registered your child for our summer adventures, please contact the school office for more information.

This delightful program is packed with exciting weekly themes and activities for children ages 6 weeks to 12 years old. Come splash into the fun at our summer SPLASH program.

You're off to Great Places!

Today is your day!

Your mountain is waiting,

So...get on your way!

– Dr. Seuss

Warmest Wishes,

Vanessa Bigam

School Director

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

Good Morning Everyone!

As many of you know my name is Phil Lorch, and I am honored and blessed to be the president of this beautiful, loving, and vibrant congregation. Each and every month I get the honor of leading an executive committee and a council who are both made up of the most intelligent, loving, kind and faithful people that I have ever met. All of us bring our many talents to the table with one common goal—to make Good Shepherd Lutheran Church and School a much better place for each and every one of us to come and hear the word of God.

Over the past trying fourteen months, we have met via Zoom at least twice each month and sometimes more that to stay on top of all the church business with one common goal—to represent all the members of Good Shepherd in hearts and minds. We've discussed many different topics from general operations to very pressing important issues; and when we've discussed these items, everyone has expressed their heartfelt concerns. At the conclusion of these meetings, I am so confident that once this pandemic ends and we are allowed to gather again in person that we will all be in a better and stronger community of faith.

So God bless you all and thank you for allowing me to be your president and to call you all my extended family.

Philip Lorch





On Saturday, May 22, we held our first annual John Lisco Memorial Golf Outing in remembrance of Vanessa Bigam's father. It could not have been a more perfect day at the Northport Golf Course with beautiful weather and delicious burgers, hotdogs, and sides prepared by chef Chris Lanza as well as a raw bar of clams & oysters. Each attendee received a Good Shepherd swag bag containing a teshirt, water bottle, golf balls, and cigars. Prizes included golf wedges donated by AJ Jin, autographed, gold inspired photos donated by Nancy Tucker, Visa gift cards, and a 50/50. Winners included Travis Williams & Nancy Tucker (Longest Drive), Phil & Angel Lorch (Most Honest Golfers); and, of course, the trophy was won by the Lisco's Boys' team. Their team's name will be engraved on our trophy which will be displayed in our school. Over 65 people attended and others simply made a donation, raising \$4,356 for our school's playground equipment.



Thank you to all who made this day such a success...and remember, this is an annually event so next year **YOUR** team's name could be the one on that trophy!





Logan Moran with mom Melissa, dad Patrick & sister Isabelle



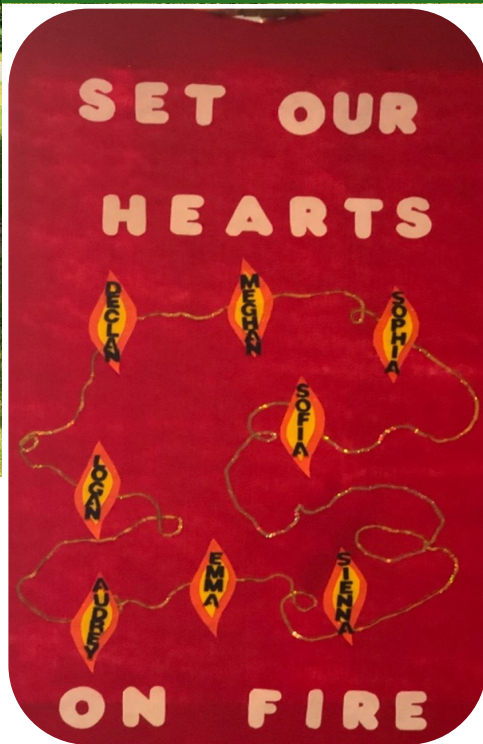
Declan Broggy with brothers Quinn & Liam



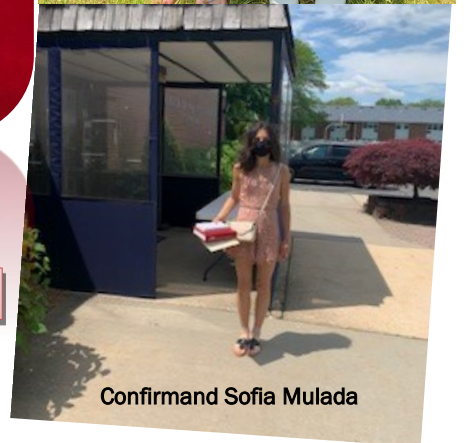
Meghan Ortega with Uncle Eric
Confirmands Emma Lablond & Audrey Bodeker



Sienna Gresser with mom Melissa, sister Madison, Uncle Jeff & Aunt Nicole



Confirmand Sophia Kowalski with mom Vanessa, brother William, Baby sister Alessandra, and noni Rona



Confirmand Sofia Mulada

ON FIRE
ON LIVE
CONFIRMATION
MAY 23, 2021

Special thank you to Kitty Hall for helping our confirmands make their banner.



God Bless



Meghan Grace O'Brien!

Baptized May 16, 2021



First Holy Communion



God bless Connor Kiernan and Madelyn Luedemann who received their First Holy Communion on Pentecost Sunday, May 23.





Celebrating 100 Years of GRACE!!!

Congratulations Grace! Please tell us your secret. God Bless and many more. George and Vickie.

Dear Mrs. Berry, Congratulations on achieving such a birthday milestone! God has truly blessed you with a wonderful 100 years of life! May God continue to be with you in the years to come and from both of us "have a wonderful birthday celebration!"

Happy birthday Grace!
- from Lisa and Eric Faret

Wishing you every happiness on your 100th birthday.
- Carol and Karl

Welcome to the Centennial Club Grace...you're amazing!
- Doug Petersen

You are a blessing and inspiration to all! Best wishes for your Birthday!

What a blessing Grace!!
Jesus Loves you!! 🙏🎂👪
- Lois Fassino

Wishing you a wonderful Birthday celebration.
Love from Dean and Annmarie

Happy birthday Grace. One century! Wow! And this is just your first century. ☺ You and dear husband Bob were such an inspiration of solid faith filled church life when Marge & I first attended Good Shepherd. Your faithfulness is an inspiration even today. May God continue bless and keep you. -Paul

Love, Steve and Ellen Hornacek (nee Trapp)

Dear Grace, Congratulations on your 100th birthday! For the short time that I was pastor at Good Shepherd, Erika and I remember that you were so faithful in your worship and so positive in your support of the ministry of the congregation. Would that all congregations have a dozen Grace Berrys!!! May God continue to bless you and your family as you give thanks for a full and rich life.
Pastor John And Erika Jurik

Dear Grace, Happy 100th birthday! We hope it's a very special day. You are an inspiration to all of us. Love and Best Wishes, Ellen & Rich

Dear Grace, Best wishes for your century Birthday. There isn't a more aptly named lady. Much love, Judi Miranda

May God bless you and watch over you always. Congratulations and much love to you on your 100th birthday celebration!
Love, Ron & Diane

Happy day of your birth! We all need to know your secret and hear your stories! ☺ May kindness, gratitude and peace follow you always.
The Canino Family

Hi Mrs. Berry Congratulations on your 100th birthday. We have know you for as long as we have been members at Good Shepherd. You have always been so kind to all of us and we just want you to know we are thinking of you and hope you enjoy your day. God bless you!
- Phil, Angel, Jason, and Christopher Lorch

God's blessing, Dear Grace, on your 100th Birthday.
Sincerely,
Joyce Tappen

Happy & Blessed Birthday, Grace!
- Yvonne Maddiona

Happy 100th Birthday, Grace!!! Warmest wishes for a beautiful & blessed day!
- Claudia & Bob De Mauro
"This is the day that the Lord has made; let us rejoice and be glad in it." ~ Psalm 118:24

Sending beloved birthday wishes, May God continue to bless you.
Love Kevin and Kathy
God bless you, Grace. Happy Birthday 🎂 - Debbie Garcia

Dear Grace! God bless you on this very special day. It was always such a pleasure working with you. You are certainly an inspiration! Thank you for always being so thoughtful of me.
Love & Prayers, Maureen

Hi Grace, Happy, happy birthday! I am so excited to send love and best wishes on behalf of the entire Moyses-vollono family on your 100th birthday! I have always been touched and inspired by your kind heart and loving personality. I so appreciate your interest in my children over the years, as well as your concern for my dad, always asking how he is doing! Your heart is as big as the universe! You deserve nothing but the best on this extra-special birthday and always! Wishing you a beautiful day and many more to come.
With much love,
Cathy Vollono

Dear Grace, Happy Birthday & God Bless!
- Ed Indelicati

God bless you Grace on your centennial birthday and always.
With love,
Betty Ann Jacovino



Dear Grace, Happy Birthday and congratulations on the milestone event!! You are an inspiration to all of us.

Happy Centennial Birthday to a truly lovely person! Have a wonderful day, Grace.
Fondly, Joan Vanecek

God bless,
Kitty and Ronn Hall

God's blessings on your birthday. It's been a pleasure to know you.
Helen Gscheidle

Dear Grace, Happy Birthday on your 100th year. It could not have happened to a nicer and more beautiful person. You are a model for grace and elegance.

Best wishes and with great respect,
Lilli Schulz

Congratulations on your 100th birthday. I hope you have a marvelous day. God bless you. Fondly, Karen Faucera



Oh Baby! What a Week!



The Hall sisters, Lindsay & Emily, each gave birth to baby girls in the final week of May.

Ava Dylan Fishman (above) was born on May 24th, weighing 5 lbs., 7 oz. to Lindsay and Joe Fishman, and ...



cousin Amelia Eline Swanson was born two days later on May 26th, weighing 6 lbs., 6.5 oz. to Emily & Devon & big sister Adelyn Swanson.

Mommies and babies are doing just fine, and grandparent Ronn & Kitty are over the moon in joy!



CONGRATULATIONS!

Many Thanks!

I would like to thank Pastor Olsen and the Church Council for the basket of beautifully arranged flowers given to me on my 100th birthday. I also appreciated the good wishes and birthday greetings from the members of the Congregation. It was a WONDERFUL surprise! I am truly

blessed to be a member of Good Shepherd Church!

Love,
Grace Berry



I would like to thank everyone for their love and support, cards, and calls she received during my recent times of difficulty.

Love,
Karen Faucera



"Our Kids" Needs YOU!

This time of COVID 19 has been difficult for many of us, including some parents who are hoping to send their children to our school but now find themselves in need of financial assistance in order to do so. Please consider donating to Our Kids' Scholarship Program so we may assist these families in pursuing their dream in sending their child to Good Shepherd. We have never had to turn anyone away in the past and hope to never have to in the future. Thank you for your consideration.



GOOD SHEPHERD LUTHERAN CHURCH & SCHOOL

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Websites:

ourshepherdlives.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 Indelicati, Accountant/Bookkeeper
Jaime Pagan, Sexton

Congratulations to our Good Shepherd Graduates!

Hasan Alam	Brook Luo
Jake Baron	Salvatore Macri
Angelo Beeth	Lily Mansour
Tristan Carpenter	Jude Mir
Dylan Carr	Tomoki Maruyama
Sebastian Carr	Madelyn Murphy
Sophia Chacko	Aria Muscolino
Riley Cress	Saki Ojima
Emily DeGennaro	Enzo Olachea
Yuma Fujita	Sophia Pucci
Hope Godek	Michael Rega
Adan Hou	Zoe Scopelitis
Landon Isernia	Riley Shickler
Ashnoor Kaur	Mikaela Tam
Demetri Kombogiannis	Abigail Veroxie
Taki Kombogiannis	Scarlett Volo
Samuel Lee	

Our staff and congregation wish you lots of happiness and success in kindergarten and in life!



Congratulations, Graduate!

- 🎓 Luke Olsen is graduating from POB JFK HS and will be attending Susquehanna University in the fall.
- 🎓 Loretta & Fred Ruff are proud grandparents of graduates Kristen Klose, who completed her Masters at Elizabethtown College (PA) and passed her NYS Boards as an Occupational Therapist, and Justine Sweeney, who completed her Bachelors Cum Laude in three years at Sacred Heart University (CT) and will now pursue her Doctorate in Physical Therapy there as well.
- 🎓 Zach Vollono graduated from Susquehanna University with a BS in Computer Science.
- 🎓 Hanna Margaret Wenger is graduating Loveland (OH) High School and will be attending Central Michigan University on a lacrosse scholarship and studying business.

THE FAMILY CIRCUS By Bil and Jeff Keane



Bil
and
JEFF
KEANE

"You're better than just a father. You're a DADDY!"
from JoyfulNoiseletter.com
©Bil & Jeff Keane
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THE FAMILY CIRCUS By Bil and Jeff Keane



Bil
and
JEFF
KEANE

"Wouldn't it be better to retire from your work NOW, Daddy, while you can still play with us?"

from JoyfulNoiseletter.com
©Bil & Jeff Keane
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Dear Good Shepherd Lutheran Families,

From the bottom of our hearts, the Good Shepherd staff and administration would like to extend the biggest THANK YOU to you for showering us with overwhelming love, generosity and thoughtfulness during our Staff Appreciation Week.

The pizza luncheon and the staff breakfast were absolutely delicious and we thoroughly enjoyed every bite! Your special certificates, lottery cards, chocolates and Target gift cards were so generous and unlike anything we have ever received before!

You made this a very, very special Staff Appreciation Week for us and we cannot thank you enough.

Deval Mody ;)

Sue Linnar

Dina Dibozzi

Justine Scortino (Mimi)

Judy Misulic

Maria Abbascato

Rashi Kapoor

Jacqueline Rossi

Dawn Culler

Miss Natasha

Giselle Sprink

Mrs. Kuchynskas

Mrs. Sawercker

Mrs. Bigam

Jeanne Rodriguez

Nipar Parekh

Jennifer Selin

Maureen Cook

Eileen Shapiro

Handwritten signature: Pastor Craig

Handwritten signature: Ed. Publications

OUR PENTECOST GERANIUMS ARE . . .

DEDICATED BY...

*The Berardino Family
Margareta & Lars Flink
Kitty & Ron Hall
Richard & Carol Koenig
Diane & Ron Maisch
Bonnie & John McGowan
Mary Petersen*

DEDICATED BY...

*Kathy Griswold, James & Gianna Caporuscio
Diane & Ron Maisch
Meghan Ortega & Family*

DEDICATED BY...

*Irma Carlson
Dick & Liz Carr*

*Linda Kaufman
Dianne & Bob Kurse
Ron & Diane Maisch
Jim & Lori Mason
Bonnie & John McGowan
Barbara Nelsen, Marilyn Hourigan & Families*

Meghan Ortega & Family

*Martha Peterson
Ulla & Christine Radau
Corrado & Pamela Vasquez*

IN CELEBRATION OF

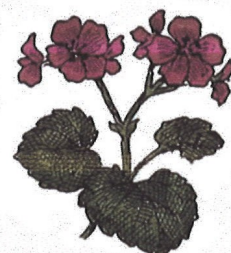
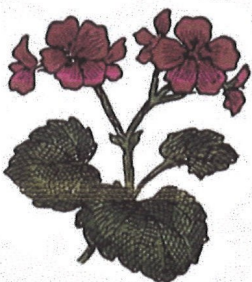
*Our Loved Ones
Reopening of the Church
Our Family
Our Family
The Glory of God
Ryan, Keegan, Katie Rae & Gillian
Emerson & Lauren*

IN HONOR OF . . .

*Robert and Mary Griswold
Our Children & Grandchildren
Barbara & Ken Hansen, Myrka Ortega, Yolanda
Hansen, Lisa & Eric Olsen, and Katherine Fishkin*

IN LOVING MEMORY OF . . .

*Michael Carlson
Willy & Caroline Ray and
Clarence & Marcia Carr
My Parents, Alfred & Bertha Schwarz
Ivan & Anne Dexter
Our Loved Ones
Our Brothers
Kevin Meehan & Christina Cora
Mom & Dad Meyer, Peter Hourigan &
the Vauken, Schwab & Kinsey Families
Edith & Ed Grosh, Al Hansen, Felix Ortega
Gen & Leon Thompson, Leon "Tom" Thompson
My Parents, Herbert & Barbara Weimar
Christine's Godmother, Bernice Radau
Walfried Poit & Cynthia Bernstein*



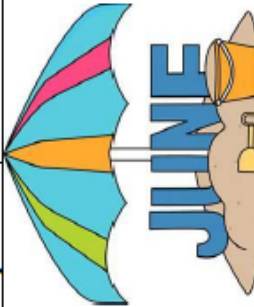


















FOR THOSE IN NEED OF HEALING John Aarnio (Elisa Carr's father), Mel Able & family (Catherine Olsen's friend), Linda Allan (Koenig family friend), Frank Alecis (Mary Petersen's friend), Ariana (Susan Ferraro's friend), Norma Arandez (Lisa Olsen's friend), Pat Ballard (Reverend Dale Carr), John Baierlein (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 Indelicati'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), Andrew Gai (Bonnie's son), 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 Helmers, 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), Dorothy Morris (Lorraine Duffy'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), Arliene 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 Tavolott (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), Warren Weigert, 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 Kathy Beers.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p>  <p>10:00 a.m. Piano Dolly Installation in Church</p> <p>1:00 p.m. Galen Jansky & Mackenzie Gallagher's Wedding</p>	<p>1</p> <p>8:00 p.m. Magicians' Meeting in Gym</p> 	<p>2</p> <p>7:30 p.m. Boy Scouts Troop #423</p>	<p>3</p> <p>PASTOR OLSEN'S DAY OFF</p> <p>7:00 p.m. Virtual Wine Tasting</p> 	<p>4</p> <p>PASTOR OLSEN'S DAY OFF</p> <p>10:00 a.m. Setting Apart Ceremony at St. Peter's in Huntington Station</p>	<p>5</p> <p>PASTOR OLSEN'S DAY OFF</p> <p>10:00 a.m. School Closing Worship Service</p> <p>10:30 a.m. Staff Breakfast/End of year Meeting</p> <p>12:00 p.m. Camp Orientation</p> 	
<p>6</p> <p>8:00 a.m. Outdoor Holy Eucharist</p> <p>10:15 a.m. Holy Eucharist</p> <p>5:00 p.m. Outdoor Worship</p> 	<p>7</p> <p>9:30 a.m. Children's Chapel</p> <p>11:00 a.m. Lectio Divina Bible Study Conference Call</p> 	<p>8</p> <p>10:30 a.m. Pastors Pericope</p>	<p>9</p> <p>11:30 a.m. POB Interfaith Council Meeting</p>	<p>10</p> <p>6:00 p.m. Graduation Ceremony Love Bugs</p> 	<p>11</p> <p>PASTOR OLSEN'S DAY OFF</p>	<p>12</p>
<p>13</p> <p>8:00 a.m. Outdoor Holy Eucharist</p> <p>10:15 a.m. Holy Eucharist</p> <p>5:00 p.m. Outdoor Worship</p> 	<p>14</p> <p>9:30 a.m. Children's Chapel</p> <p>11:00 a.m. Lectio Divina Bible Study Conference Call</p> <p>6:00 p.m. Executive Committee</p> <p>6:15 p.m. Band of Brothers Men's Support Group Conference Call</p>	<p>15</p> <p>6:00 p.m. Moving Up Ceremony Ducks & Tigers</p> <p>10:30 a.m. Pastors' Pericope</p> 	<p>16</p> <p>6:00 p.m. Graduation Ceremony Busy Bees</p> 	<p>17</p> <p>6:00 p.m. Graduation Ceremony Love Bugs</p>	<p>18</p> <p>6:00 p.m. Graduation Ceremony Butterflies</p> <p>PASTOR OLSEN'S DAY OFF</p> 	<p>19</p>
<p>20</p> <p>FATHER'S DAY</p> <p>8:00 a.m. Outdoor Holy Eucharist</p> <p>10:15 a.m. Holy Eucharist</p> <p>4:00 p.m. Jason Lorch & Jessica Daigle's Wedding in CT</p> <p>5:00 p.m. Outdoor Worship</p> 	<p>21</p> <p>9:30 a.m. Children's Chapel</p> <p>Noon Deadline for Newsletter Article Submission</p> <p>7:30 p.m. Council Meeting</p> 	<p>22</p> <p>10:00 a.m. Shoreside Bible Study</p> <p>8:00 p.m. Magicians' Meeting in Gym</p> 	<p>23</p> <p>8:00 p.m. Preacher's Pub</p>	<p>24</p>	<p>25</p> <p>PASTOR OLSEN'S DAY OFF</p> <p>10:00 a.m. School Closing Worship Service</p> <p>10:30 a.m. Staff Breakfast/End of year Meeting</p> <p>12:00 p.m. Camp Orientation</p>	<p>26</p>
<p>27</p> <p>8:00 a.m. Outdoor Holy Eucharist</p> <p>10:15 a.m. Holy Eucharist</p> <p>5:00 p.m. Outdoor Worship</p> 	<p>28</p> <p>9:00 a.m. Splash in God's Love</p> <p>Summer Camp Begins</p> <p>6:15 p.m. Band of Brothers Men's Support Group Conference Call</p> 	<p>29</p> <p>Class Color Day at Splash</p> <p>10:00 a.m. Shoreside Bible Study</p> 	<p>30</p> <p>Opposite Day at Splash</p>			



UPDATE FOR JUNE 2021

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

Prepared especially for
LCC Congregations & Schools

By Danielle Eisenberg, LCSW

During these trying times, when the world seems so out of control, it can be helpful to focus on things that are in your control to make your days better. Here are some helpful tips:

- ◆ Start your day an hour earlier. This way your circadian rhythm is in sync (as you should try to wake up with the sun if you can, which will help you sleep better at night). An extra hour will help you set aside time for self-care. Tip: If needed, put your alarm clock/phone further away so that you have to get up to turn it off.
- ◆ Drink a glass of water (or two). The benefits of water are endless. Water helps you lose weight by kick starting your metabolism, reduces inflammation in your body, boosts brain function, helps immunity, eliminates toxins, and nourishes your skin. Water also reduces fatigue and gives our bodies the natural energy that it needs. Hot water is also known to relieve stress and improve circulation.
- ◆ Write down three things you are grateful for and thank God for them. Gratitude is a great way to boost your mood, focus on the good in your life, and make you aware of a different, better perspective. There is no better way to start your day than in prayer, asking Jesus for help, guidance, and strength.
- ◆ Write down one goal that you would like to accomplish today. We often try to accomplish more than is realistic. Keep your goal short and manageable, so that when you complete it you feel a sense of accomplishment and pride. It can be something as small as getting your laundry done or making a phone call to a friend to catch up.
- ◆ Meditating for 10 -30 minutes will help your automatic nervous system feel centered and calm, slowing you down so you can stay in the moment and set intention. You can find morning meditations on You-Tube, or use the app *Headspace*, or *Calm*.
- ◆ Stretching exercises, light yoga or pilates practiced for just 10-20 minutes is a great way to help stiff joints and inflammation, making you feel lighter and in less pain. "Calm body=Calm mind". The mind-body connection must be balanced for you to feel your best.
- ◆ Exercise-- even a short 10 minute walk will do. This gets your body and mind ready to start the day, and also gives you a boost of energy and serotonin (the 'feel-good' neurotransmitters our body needs for pleasure).
- ◆ Eat a healthy breakfast. What we put into our body greatly impacts how we feel. Don't skip breakfast as this can cause blood sugar levels to drop which can cause spurts of anxiety throughout the day.
- ◆ Read the Bible, devotions, prayers, or spend time reading a chapter in a book or magazine you enjoy. If there's no time, audible books are always a great option.
- ◆ Plan your day. It will help you feel in control, focused and on top of things.
- ◆ Take a shower, get dressed, and start your day!