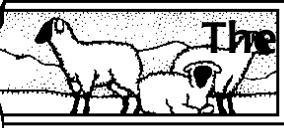


The Staff



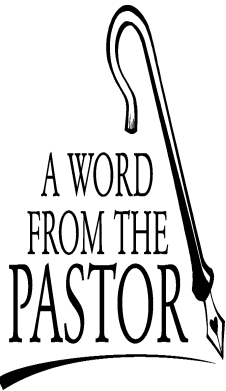
The Newsletter of the Lutheran Church
of the Good Shepherd

Our Mission:

To equip God's people for ministry with a vision to share God's Word!

May 2010

“THE SACRED REST THAT BUILDS THE SOUL”



A recent government study announced that Americans are working 8 more hours per week than they did 30 years ago. Our society, it seems, has mastered the skill of work and lost the art of rest. Work has become the “drug of choice” for many in our cultures. It is a substitute for real relationships. It endangers one's health and actually inhibits productivity. Maybe it's time to rediscover God prescription for rest – The Sabbath Day.

How unfortunate that so many have lost that discipline and the grace of Sabbath rest. How often I have heard someone explain to me that the reason they don't make it to church every often is because “it's the only day I have to rest” or “it's the only day our whole family can be together.” Typically, I am stunned by the sheer contradiction of those two statements.

The Sabbath Day was God's idea. He made it a day of worship and rest for our benefit. It comes to us as a gift from the very heart of God. Our Creator God gives good and perfect gifts to his creatures. We are certainly free to accept this gift and experience its renewing powers for the soul or we can reject it.

Consider the human body. Physical exercise is most productive when it's balance with proper rest. Muscles are stressed through exercise. Muscle cells are lost in the process, yet the body relies on periods of rest to replace those lost cells and add the new ones for more strength. It is during periods of rest that the muscles grow.

Soul building also demands periods of rest. As it is with the body, so it is with the soul: stress tears down and rest builds up. God have us the sacred gift of the Sabbath to enable our souls to have time needed to grow and be strengthened.

Now Jesus understood the importance of the Sabbath as well, but he did not frame it into a legalistic code. In Mark 2:27, Jesus said, “The Sabbath was made for people, not people for the Sabbath.” The Sabbath rest is not to be practiced with drudgery but with gratitude.

Pastor Bill Qualman

Good Shepherd Children's Center



WHAT ' S NEW AT SCHOOL

As I write this month's article, I can't believe we are one month away from the wedding of Q and U, and two months from graduation. The kids will begin practicing very soon, and obviously with the change of the weather they can play outside more and realize summer is right around the corner so they are very excited with all the upcoming events and obviously the end of school. As a kid it was all I was able to think about...summer vacation. Before they are able to leave us though, we still have a lot going on. On April 26th, we have the librarian from Old Bridge library coming to read to the children at 10am, this is a service they offer to the schools for free, and the kids really seem to enjoy it, not only does it promote reading, but hopefully it gets them to go to the library with their family and maybe sign up for a library card. Also on that date, Mark Romanoski, one of the artists that painted the mural, has offered to donate a couple of hours of his time to the mural and touch it up a bit, I always

want the mural to look as beautiful as it did when it was finished, and it has a few chips here and there, so he has graciously offered to come and fix it. The wedding of Q and U is on May 13th, for those of you who don't know, the Kindergarten children put on a mock wedding for their parents, there is a bride and groom, and bridesmaids and groomsmen and invitations and cake, it is a true highlight of the school year, it is an educational wedding proving that Q is always followed by U when you spell most words. Graduations will take place on June 23rd for our Pre-K and Kindergarten classes. There are no regular classes on graduation day.

Remember if you know of anyone that needs a preschool, there are still some spaces available in our Preschool and Pre-K classes so have them contact me at the office.

*Lorraine Campo, Director
GSCC*



"Crutches for Haiti" a Big Success



Thanks to everyone who helped out with the recent drive to provide crutches, canes, walkers and similar items for the earthquake victims in Haiti. Everything we've gathered together will be shipped out shortly where it will be put to good use.

YOUR HELP IS MUCH APPRECIATED!
The Men's Ministry

Join us for this Book Club Discussion

May Book Club

Tuesday, May 25, 2010

7:30 p.m. – 9:00 p.m. in the Church Library

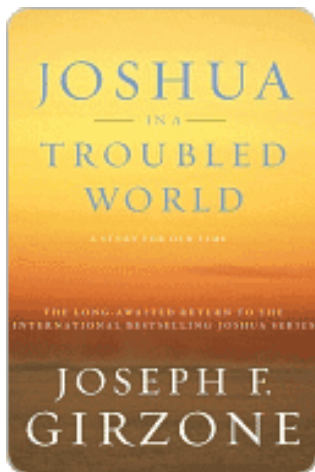
Mark your calendars!

Future Book Club dates:

September 21, 2010

November 9, 2010

Joshua in a Troubled World: A Story for Our Time by Joseph Girzone



The bestselling Joshua series takes an invigorating, timely new turn as Girzone's beloved hero spreads his message of love and compassion from the streets of our nation's capital to the blood-soaked lands of the Middle East.

Joseph Girzone possesses a unique ability to make Jesus' words and actions come to life for contemporary audiences. His fictional depictions of Jesus' return to the present-day world—the Joshua series—have inspired millions of readers. Joshua in a Troubled World is at once a magnificent continuation of his perennially popular series and an enlightening perspective on the political paranoia and destructive acts of vengeance that fill the front pages of our daily newspapers. Arriving in Washington, D.C., Joshua walks along Pennsylvania Avenue with a cool detachment and determination that sets him apart from the bustling crowds. Under ordinary circumstances, he would no doubt be seen simply as a man wrapped in his own thoughts. But in these security-obsessed times, his Middle Eastern appearance and his spontaneous stops at various churches, temples, and mosques inevitably arouse suspicions. Taken into custody by two government agents, Joshua challenges the legal and moral justness of their actions and they reluctantly release him to continue his mission. It is the most difficult and controversial mission he has ever undertaken—a plan to unite Arab- and Jewish-Americans and to work with them to resolve the bitter wars and religious animosities in the Middle East.

Peopled with prominent figures such as Ariel Sharon, and moving from Washington to Beirut and then to Oslo while the peace accords are being hammered out, Joshua in a Troubled World explores the most explosive issues of our day and offers a realistic, compassionate assessment of the things that divide us and the beliefs that can serve as a foundation for a new, more peaceful world.

Source: www.barnesandnoble.com

Is there a Christian book you have read and want to recommend? Each Book Club meeting is led by someone else...recommend a book, and lead a session!

Questions? Contact: Jamie Toth jamie.marie.toth@gmail.com or

Marie Bergfeldt marie@lc-goodshepherd.org

From the Alleys

Submitted by Laurie Burke



Its coming down to the wire! Who will be the 2nd half champs? Right now 3 teams are close, within 1 point of each other. Inframeous, Lane Rovers and Keep on Rollin are the contenders. Who will be the one to bowl the 1st half champs (Lane Rovers) for bragging rights for the 2009/10 bowling season. You'll have to wait till next month to find out.

See Ya at the alleys.



My Dear Friends,

I am humbled and honored by everything that happened at my graduation, and just plain overwhelmed by the flood of good wishes and shared hugs. Thank you to every one of you!

Pastor Qualman's worship service was perfect: Worshipping together in God's Word, my favorite hymns, and a sermon that was pure dynamite! The graduation was so profound and personal, everything you said is what I can only pray to come close to someday.

The Senior Choir and Joshua's Trumpet all performed beautifully, with more of my favorite hymns and songs. You never sounded better! It was a special treat to sit and listen.

What a lovely luncheon was given by the Women's Ministry! It was so pretty and everything tasted wonderful— and had so many of my favorite foods. My gifts from the congregation and from the Women's Ministry are absolutely ideal! Thank you again, every one, for such a unique and memorable day!

God bless you all!
Sonya Hansen



Those Recovering

Michael Junco

Those in Nursing Homes

Tom Qualman

Emmy Moore –sister of Katrina Clapsis

Leela Mallepalle

Those who are Shut-in

Marion Morgan

Joan Brenner

Josie Schubert –mother of Mary Artache

Those with Other Needs

Zak Brown – son of Amber & Steve

Amber Brown

Nicole Stacy

Margaret Yager – Mother of Barbara Yager

Olivia Rae Vargas – niece of Sue Hawley

Gloria Carias

Ruth Gunderson –mother of Lynn Hughes

Ray Monel –father of Barbara Di Maggio

Jake Johnson –grandson of Pastor &

Georgeann

Gregory Pryor –brother of Patrick Pryor

Vincent Siclari, Jr. –brother of Ed Siclari

Terry Hayes –mother of Laurie Burke

Eric Brown –son of Amber and Steve

Dylan Brown –grandson of Hatcliffes

Margaret Wrigley –suffering with arthritis

Michael Troutman – son of Child Care

Teacher

Those Struggling with Cancer

Vinny Campo – husband of Care Center Director

Elaine Bosco, sister of RoseMarie Staudinger

Laurie Troutman – daughter of Child Care

Teacher

Marie Giacomini – mother of Bill Burke

Peggy DeMarco – friend of the Kotora

Family

Joseph Spinelli – friend of Toni & Pat Pryor

Debbie Pryor – cousin to Toni & Pat Pryor

Kathy Hill – friend of Pryors

Karen Ollivierre, daughter of Barbara Wittig

Those in the Military

Jason Lefkowitz – friend of the Bergfeldt's

Nelson Junco – nephew of Millie Junco (in

Afghanistan)

Patrick Grimes – grandson of Joan Brenner

Jeff Borkowski

Dustin Brown

Jeff Kotora

Guy Kotora

Brian Borkowski –nephew of the Borkowski's

Fabian Lopez –friend of Russell Domis

Darrin Brown –co-worker of Beth Meyer

David Haczyk –friend of Siclari's

Elizabeth Roslak –friend of Siclari's

Jon Griswold –brother-in-law of Heidi Griswold

Marc Artache –nephew of Julio & Mary Artache

Robert Bracero –nephew of Julio & Mary Artache

Please review the list, and let Marie know if there are any changes. Thank You

For Your Information



Happy Birthday to...

Shaun Humiston 5/01
Joey LoDrago 5/01
Joanne Jocus 5/02
Bethanne Meyer 5/02
Janet Schuster 5/02
Mackenzie Stemming 5/02
Timothy Schuster 5/03
Michael Junco 5/03
Sandy Wolven 5/04
James van Riemsdyk 5/04
Marion Morgans 5/04
Jessica Verello 5/05
Barbara DiMaggio 5/07
Alexandra Tucci 5/09
Alyssa Sardone 5/09
Kathy Cole 5/09
Tim Skrok 5/10
Mary Ann Turk 5/11
Caleb Rutan 5/13
Christian Campbell 5/15
Enrique Junco 5/16
Matthew DiMaggio 5/17
Sarah Mallepalle 5/17
Juan Nieves 5/17
Lois Raba 5/18
Thomas Rutan 5/18
Timothy O'Connor 5/19
Jake Campbell 5/21
Christiana Jordan 5/21

Patricia Breitweiser 5/21
Kate Larkin 5/21
Margaret O'Connor 5/23
Barry Larkin 5/23
Alex Cox 5/23
Paul Jordan 5/24
John McGrade 5/24
Rebecca Rutan 5/24
Stephanie McGrane 5/26
Michael Donaghue 5/27
Caity Palomba 5/27
Stephen Schuster 5/27
Lauren Puricelli 5/30

Happy Anniversary to.....

Anthony & Maureen Puricelli 5/04
Steven & Amber Brown 5/10
Annette & Wayne Olsen 5/11
Robert & Nora Schmitz 5/16
Eugene & Katrina Clapsis 5/20
Jamie & Richard Toth 5/29

The Staff is published monthly for members and friends of The Lutheran Church of the Good Shepherd.

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Mr. Greg Ricca

Bell & Youth Choir Director

Mrs. Amber Brown

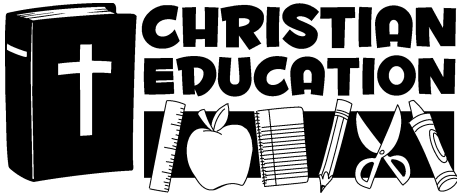
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Sexton

Frank Lylo

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Rev. Dr. Norman L. Johnson
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Mountain Climbing

by Amber Brown, Coordinator of Christian Education

I am an out-doorsy-kind of girl. I love camping, hiking, biking, beaching... In fact, for our honeymoon, we went rock climbing on Block Island for a week instead of the more traditional resort style retreat. It was wonderful being out in the fresh air in May, scaling the bluffs on the island with the ocean surf crashing below.

Although I don't see myself ever climbing Mt. Everest, I have had figurative mountains in my life that I have had to climb. Looking back, I see how the Lord has been training me for these trials my whole life. Some tribulations have seemed insurmountable and others have seemed never ending, but through it all, the Lord has blessed me. The geological structure of a mountain has peaks and juts toward the heavens but they always descend and wane. So it is with our trials.

It is so easy to get engrossed in one's trials. Believe me, I've had my fair share of pity parties, yet I prefer to remain focused on the One whose trials far out weighed my own. That is why I choose to take the advice of the author of the letter to the Hebrews and *'fix our eyes on Jesus the author and perfecter of our faith, who for the joy set before him endured the cross'* (v 12:2). Fix our eyes on Jesus! How easy it is to get distracted and focused on the things of this world and get off course from the things not of this world. Consider Christ's ultimate sacrifice for all humankind-His torment and torture, His suffering and shame, His agony and anguish. It is not uncommon for one to claim that they would die for one's spouse, sibling, parent or child, yet who among them could honestly claim that they would be willing to suffer and die for the *entire* world and for the redemption of *all* sins.

If we were given a choice in the matter, my guess is that no one would *choose* to suffer. I include myself in that statement. And while none of us would ever choose to suffer, we must never lose

sight of the blessed thing that suffering produces: strength. *'Be strong in the Lord and in His mighty power.'* (Eph 6:10); *'Those who wait upon the Lord shall renew their strength'* (Isaiah 40:31); *'Be strong and courageous'* (Joshua 1:9); *'So do not fear for I am with you...I will strengthen you and help you'* (Isaiah 41:10); *'After you have suffered a little while [the God of all grace] will restore you and make you strong.'* (1 Peter 5:10). Scripture references strength over and over again. It also reminds us that our *'light & momentary troubles are achieving for us an eternal glory that far outweighs them all'* (2 Cor 4:17) Seen in the perspective of eternity, the Christian's difficulties, whatever they may be, diminish in importance. By comparison, the eternal glory of heaven is far greater than all of the suffering one may face. Paul speaks of this in Romans 8:18 when he says *'I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.'* Our struggles are but a brief moment in time, and regardless of what happens this side of heaven, the joy and glory we will experience eternally will far outweigh the pain we are enduring now.

Paul shares his struggles regarding the 'thorn in his flesh' (2 Cor 12:7). The exact nature of his affliction remains unknown as we are not told whether it is a literal thorn (some type of illness or physical suffering) or a figurative thorn (a battle with sin). All we know is that he suffered and was tormented as he asked the Lord to remove it from him. The Lord did not. The Lord did, however, say to him *'My grace is sufficient for you, for my power is made perfect in weakness.'* (v9) Paul goes on to say *'that is why, for Christ's sake, I delight in weakness, in insults, in hardships, in persecutions, in difficulties. For when I am weak, I am strong.'* (v 10) This does not mean that we have to approach life with rose colored glasses (although things are so much prettier in pink). Just because we are Christians does not mean we are **Continued on next page –**

Continued from previous page – Mt Climbing

free from pain or trials. And just because we are Christians does not mean our lives will be easy. Being a Christian just makes our trials possible because we have hope.

We will suffer and we do not need to enjoy it...or understand it...or agree with it. We do, however, need to leave it to the One who endured the ultimate suffering as He sacrificed Himself for the salvation of the *entire* world. The Lord climbed the mountain to Calvary so He knows and understands and hurts with us in our pain. (*'I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I pour out my complaint before him; before I tell my trouble. When my spirit grows faint within me it is You who know my way' Ps 142:1-2*)

There is an Anne Murray song called 'The Other Side' that speaks so true to the figurative mountains we climb in our lives...

*There are mountains we need to climb
But the mountains standing in our way are only in our mind
And the risk of going nowhere is the greatest risk of all
So just listen to the voice that says 'I'll catch you if you fall'*

*On the other side of doubt is faith
On the other side of pain lies strength*

*The journey may seem endless when you know the road is tough
But on the other side of fear is love*

I'm not sure if the songwriter had just finished a Bible study on Paul's affliction but this song seems to have come right off the pages of Scripture. There are mountains that we need to climb-some steeper than others and some that are only built up in our minds, but on the other side of those mountains, when we doubt our strength or success, there is faith, and even more so, on the other side of pain there is strength. Isn't that what Paul is speaking of? Our afflictions may seem to last forever, but they are only a brief moment in our lives compared to our eternity in heaven, and in that pain, there is strength...there has to be, because the Lord promises that 'my power is made perfect in your weakness.'

Have you been mountain climbing lately? What gear did you take with you? Hiking shoes? Backpack? Water bottle? Scripture? May I encourage you to apply the *American Express* motto and 'don't leave home without it!' Scripture, when applied during the highs and lows of life will sustain you on any mountain climb.





ACOLYTE APPRECIATION

Submitted by Marilyn Olson

Jesus said: *“I am the Light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”* John 8:12

On **Saturday, May 22nd** at 5:00 PM, and **Sunday May 23rd** at both the 8:00 AM and 10:30 AM services, the Acolytes will be honored. I would like to give a BIG **“THANK YOU”** to a very special group of tweens and teens who have given their time to serve our church as acolytes. They have all been cheerful and dedicated to assist in our church services.

	Grade		
Billy Bleistein	11 th	Angelica Nieves	8 th
Jessica Shipley	10 th	Jenna Geyer	8 th
Paige Ferreira	10 th	Kayla Breitweister	8 th
Carly Ferreira	10 th	Sarah Mallepalle	7 th
Andrew Junco	9 th	Matthew Schulmeister	7 th
Maggie O’Connor	9 th	Sydney Gouamba	7 th
Stephanie Olson	9 th	Eamonn Brace	7 th
Robin Schmitz	9 th	Alyxa Olsen	6 th
Christian Campbell	9 th	Stephanie Garofalo	6 th
Paige Larkin	9 th		
Matthew Ealem	9 th		

It is always exciting serving our Lord! I have (and still do) certainly enjoyed working with all of you! It has been a GREAT year!

Any 6th grader that would like to serve as an acolyte, please let the church office or Marilyn Olson know.

FUTURE EVENTS

**Saturday Evening Services at 5:00 PM – May 1, 8, 15, 22, 29
may 2010**



May 2	LYF Meeting
May 8	Spring Work Day from 8:00 am – 2:00 pm
May 9	Mother’s Day
May 16	Festival Of Praise
May 16	Congregational Meeting 3:30 – 5:30 PM (Elections & Budget)
May 23	Acolyte Appreciation Day
May 25	Book Club
May 31	Church Office Closed

Good Shepherd Celebrates 50 Years of Service

The Good Shepherd Anniversary Planning Committee is busy with upcoming events for the 2010-2011 Celebration. We are scheduling one event per month beginning with our Church picnic in October, 2010. We still have several activities/events that need a lead coordinator identified, so if you see something that you would like to lead, please contact someone from the Committee.

We'll be calling on **everyone from the congregation** to help contribute **memorabilia and pictures**, so if you have some available, keep that in mind. The Committee is Marianne Krawiec, Jamie Toth, Gail Ferrara, Debbie Onarato, Faith Caban, and Toni Pryor.

Month	Event	Event Coordinator
Overall Activity	Good Shepherd souvenir Cookbook.	Jamie Toth
October 2010	Kick-off event with Church Picnic	Toni Pryor
November 2010	All Saints Day, Nov. 1, Remembering deceased Good Shepherd members	Coordinator needed
December 2010	Past Christmas pageants, Christmas Caroling GS Cookbook Sales	Coordinator needed
January 2011	History of church (in pictures), History of board of Lay ministry and past and present ministers	Coordinator needed
February 2011	History of LYF and LYF plays 10 year vision of GS developed by Youth Group	Coordinator needed
March 2011	First communion Classes and First Confirmation Classes (past pictures, interviews with past confirmees) Collect previous Confirmation banners (ask congregation to donate) and hang in the fellowship hall	Coordinator needed
April 2011	Easter Breakfast, Past Easter pictures from congregation, Easter egg hunt	Coordinator needed
May 2011	History of the Shepherd Players, Reprise of the first GS Play, <i>God's Favorite</i> (Neil Simon)	Marianne Krawiec, Director
June 2011	Music Ministry (past organists, JT, Bell choirs, Music Sundays)	Coordinator needed
July 2011	Children's Center history Who's that in the pew?	Debbie Oranato
August 2011	No event scheduled	
September 2011	Rally Day - History of Sunday School and VBS (past superintendents)	Coordinator needed
October 2011	Celebration Service and dinner	Faith Caban

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The Rev. Ben Mallepalle, Assistant Pastor

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Mrs. Lorraine Campo, Director
gsc@lc-goodshepherd.org

Worship Services

Sunday at 8:00 & 10:30 AM
Sunday School at 9:15 AM
Bible Classes at 9:30 AM

Saturday Evening Service @ 5:00 PM

Youth Fellowship Meetings 1st Sunday of
each month at 6:00 PM

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God's love at work here!