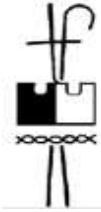


## GOOD SHEPHERD LUTHERAN CHURCH

118 E. Mason, Lena, IL 61048 Phone # (815) 369-5552



### “We need to listen to people who are hurt”

By Sherry Bryant

*When Sherry Bryant’s 22-year-old son Todd died by suicide in 1993, she felt her congregation at the time wasn’t a safe place to talk about her loss and grief, largely because of old belief systems—especially within the church—about the “sin” and stigma of suicide.*

*Bryant and her husband, both mental health professionals, found help in a community support group that accompanied them through the days, weeks and years after their son’s death.*

*A member of Our Saviour Lutheran Church in Naperville, Ill., Bryant said that when her son died, she met another woman in her community who was a pioneer in suicide prevention and mental health.*

Bryant wants communities of faith to learn about how to talk about suicide and mental health. She believes that, for too long, those communities have viewed such discussions as “scary and dangerous.” She said research has changed what she was taught in graduate school in the 1980s.

“What research tells us in the last 30 years [is that] when people at risk can talk, they feel listened to,” she said. “Ordinary people need to be trained to talk about suicide or mental health, to reach out to each other. Those kinds of ideas about how to ask someone if they’re depressed and to use the right words—depression, anxiety—to ask people openly how they’re feeling. And if they don’t want to answer, that’s OK, but be open to reaching out and saying those kinds of words.”

She said the ELCA’s social messages about suicide and mental health should guide churches in talking about these issues.

The ELCA social message on suicide prevention, adopted by the Church Council in 1999 and updated in 2021 with new statistics and resource information, includes both a theological understanding of suicide and practical resources for congregations, rostered ministers and other leaders.

The message emphasizes that life is a precious gift from God and the churchwide organization explains suicide as the “tragic brokenness of living that some experience as a torment without hope.” It reminds church members to share life’s burdens, especially when it might be easier to not engage with someone who lives in despair.

“We have to not be freaked out about tough things,” Bryant said. “If the churches don’t talk about it, we appear to be scared about these issues. We need to listen to people who are hurting.”

Bryant said that when her son died, the person who walked with her family most faithfully was a lay congregation member—a Stephen Ministries volunteer. Other congregation members had trouble talking about the suicide, but “our Stephen minister, she followed us through the years. There were no magic words, just ordinary people being with ordinary people.”

The local and regional organizations constituting the 988 Suicide & Crisis Lifeline are staffed by such ordinary people, and they’re having an impact, Bryant said, adding, “The volunteers have a stake. They’ve lost someone or have had their own mental health issues. There is so much need for people to be listened to. It’s the thing that’s made a difference.”

Today a three-digit national suicide crisis line, 988, connects people experiencing suicidal crisis or mental-health-related distress with the care and support they need. The National Suicide Hotline Designation Act was signed into law in 2020, and as of 2022, all phone companies and text-messaging providers were required to route all calls and text messages to 988 to the 988 Suicide & Crisis Lifeline.

#### **To get help or learn more:**

Find Suicide Prevention Ministry resources and training for faith communities at [suicidepreventionministry.org](https://suicidepreventionministry.org).

Read the ELCA social messages on suicide prevention and mental illness.

Source: Living Lutheran Sept. 2023

## October Birthday's

10-03 Chase Huneke	10-18 Sherry Freitag
10-04 Doug Wybourn	10-18 Jennifer Gile
10-05 Vivian Hesselbacher	10-22 Dennis Bergman
10-05 Jim Doyle	10-24 Greg Andrews
10-06 Beth Fahr	10-25 Taryon Cornwell
10-06 Cindy Fahr	10-26 Fern Harnish
10-07 Rene' Johnson	10-26 Joanne Martin
10-08 Brice Swift	10-26 Duane Torkelson
10-08 Lisa Schlichting	10-26 Kyle Albrecht
10-09 Krista Keene	10-27 Jonathan Hudik
10-13 Stacy (Lones) Johnson	10-27 Danielle Koning
10-15 Steve Wybourn	10-28 Kurt Schlichting
10-15 Troy Keene	10-29 Mike Meyers
10-16 Jeff Raders	10-30 Jason Huneke
10-17 Dustin Drye	10-30 Lance Mueller
10-17 Leesa Gerke	10-31 Sean Cory

If we missed your birthday (or someone in your family) please call the office so that we may update our records!

Thank  
you

*A Special Thank You  
to God's messengers.*

*The Piece Corps are so thankful to Duane and Genise Tessendorf, Donna Gullickson, Shirley Fox, Vivian Hesselbacher, Sharon Schlachter, Allie Martin and Beth Martin, for your kindness with delivering our quilts to Grace Lutheran Church in Monroe for delivery to Lutheran World Relief. And to Wayne Kurth for helping load the quilts.*

### Devotion Books

October-December issue of Christ in Our Homes and The Word in Season are available now. These devotion books are helpful way to keep growing our faith. Take one home today.



### Where did our quilts go??

*This year the Piece Corps made 600+ quilts. Most quilts go to Lutheran World Relief, some quilts are donated or purchased locally; 14 Lap Robes to Monroe Clinic Hospital, Barb Dahl received 23 quilts and 7 blankets, Holy Cross Catholic Church of Stockton took 27 quilts and 26 bath towels to Pine Ridge Indian Reservation in South Dakota, Veterans Pantry received fitted sheets and bath towels. Donna Phillips received bath towels for her son whose home burned and 6 people purchased quilts.*

# A Quilt Ministry

## Piece Corps—Good Shepherd Quilt Ministry -Thank You

Each and every Wednesday morning for 49 years, the members of Piece Corps meet at Good Shepherd Lutheran Church in Fellowship Hall from 8:00am to 11:30am to assemble quilts. There are so many people who help make this ministry possible: the sewers, fabric cutters, ironers, quilt tiers, quilt binders, those who supply us with donations of fabric, batting, thread, and money, and finally— a special thank you to Beth, Shirley, Donna, Cindy, Genise and Jerry Martin those who helped pack-up and transport the quilts to Monroe, Wisconsin and load them on a semi truck so they get to the people who need them.

Each year, on Quilt Sunday, the church is draped with quilts. We thank God that He has given us work to do that impacts so many others. We will never know all the people who benefit from our quilts; but we know God's Love and Work is never done; and so each year we strive to do our best.

Our Quilt Ministry and Piece Corps had another very successful year. **600+ quilts were made this year.** Since 1974 (49 years) a total of 19,510 quilts have been made and sent. We do keep score! Thank you to everyone for your help and support. None of this would be possible without the help of many, many hands, lots of donations, and God's Love and Prayers.

### *A Quilter's Prayer*

Guide my hands to work as Your hands work, to know the power of Your love in every stitch I make, in every thread I knot. May my hands be guided by the same love and care with every quilt I make, knowing that this love and care was and is and will continue to be a gift of blessing to the one it is intended for.

Good Shepherd and the Piece Corps would like to express our appreciation to Shirley Fox for her blessings and message on our Quilt Sunday, September 10<sup>th</sup>. Thank you Shirley

Thank you

### Quilt Sunday 2023

The Sanctuary was beautifully decorated with quilts made by the Piece Corps in 2023. Thanks for all your hard work!



Thank You

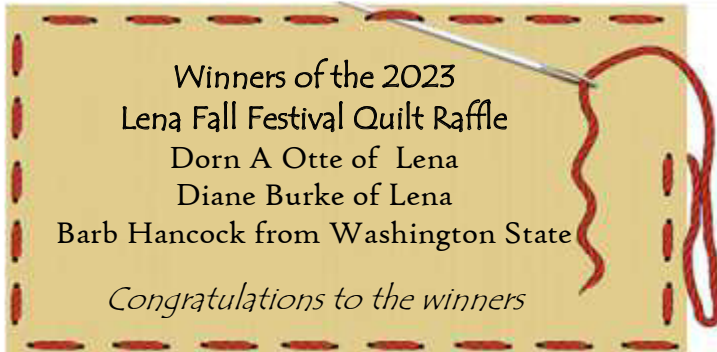
### Piece Corps

The Piece Corps Quilters we would like to thank all of our angels who have donated material, yarn, or thread for our cause.

# Fall Festival THANK YOU!

*Big Thank You to Vicar Thomas, Coral, Sheila, Donna, Dale, Wayne, Troy, for their help with the hospitality tent. It was a great success.*

*Thank you all for successful 2022 Fall Festival!*



## Make-A-Smile cards for Lena Living Center

Each month we will send cards to the Lena Living Center, to share the love of Christ to the residents in the nursing home. **We are responsible for 10 cards each month.** If you would like to help with this ministry, just bring cards to church **by the 10th of each month.** Please sign and include short encouraging words. Our hope is to make them smile! Questions? Contact the church office, 815-369-5552.

*Thank you to all who helped make cards.*



*"Within the covers of the Bible are the answers for all the problems men face."*

— Ronald Reagan

<https://www.goodreads.com>



## Worship Volunteers needed

*We are updating our list of those who are available to help with Sunday worship. We currently are seeking assistance with, greeters, lectors, communion assistance, and elevator operators.*

*If you are available to help, contact the church office with the your name, phone number and the area you are willing to volunteer. There is also a sign up sheet on the bulletin board by Fellowship Hall.*

***Thank you very much. We appreciate all your help!***

## Prayer Chain

If you have a request for the Prayer Chain, please call the church office to submit your request at 815-369-5552. We are also looking for anyone who would like to join the Prayer Chain. We send prayer through phone chain and e-mail. You pray individually and pass it on the next person in the Prayer Chain. God hears our prayers. If you are interested or have any questions, please feel free to contact the church office.



## Missing Something??

Keep calm, while your checking your pantry for that missing bowl or platter you serve your best meal in, we may be able to help! There are several unclaimed dishes in Fellowship Hall, and one or more may be yours! Please check in Fellowship Hall after worship service to see if any of the dishes are your, I'm certain they want to come home too.



## Highlights from August 24<sup>th</sup> Church Council Meeting

Those in attendance were: Virgil Gordon, Dale Gullickson, Donna Gullickson, Coralyn Hudik, Janis Kurth, Darci Meier Vicar Thomas Mosbo and treasurer Jay Anderws.

Absent were Nakoah Cornwell, Jonathon Kurth and Anna Patterson.

Having Vice President Virgil Gordon arrive to the meeting, Secretary Janis Kurth turned the over seeing of the meeting to Vice President Virgil Gordon.

**Secretary's Report:** The Secretary's Report was presented. There were a couple of typing errors noted, these will be corrected. Secretary's report was approved.

**Treasurer's Report:** Jay Andrews presented the Treasurer's Report. The currant account is still running behind. Overall, the balance sheet is looking bad too. Treasurer Jay Andrews noted that it was getting time to look over Vicar's Insurance plan and other possible upcoming changes.

Gas bill was \$165.10, Electric bill was \$142.87.

Treasurer's Report was approved.

**Vicar's Report:** Vicar Thomas Mosbo reported that in addition to his regular monthly duties; visiting shut-ins, presiding at worship, preaching, attending meetings, and other church functions; he was also working on Adult Vacation Bible School. Vicar Thomas noted that the attendance at "AVBS" ranged 10 to 16 participants each evening. A significant portion of the regular Sunday morning worshippers.

Just as with children's VBS, there was singing, refreshments, crafts and Bible study. The Bible study was on different prominent Old Testament stories.

Vicar Thomas also noted that his internship will officially be over at the end of September. He is talking to the Synod as to what comes next. The Synod did advise that they will extend his license through December 2023. Vicar's report was approved.

### Committee Reports:

- **Worship and Music Committee:** The Committee will be having a meeting on August 28, 2023.
- **Stewardship Committee:** There will be a Pot-luck dinner and hymn sing starting at 12:00 noon on Sunday, September 10, 2023.
- **Property Committee:** The Property Committee had a meeting on August 14, 2023 and sent a proposal to the Church Council. The Property Committee would like to up date how the sump pump in the elevator pit is discharged. They talked to Molitor Plumbing and got a quote of \$3,000. for the project. During Council discussion on the proposal, the Council was wondering if the Village of Lena was contacted to be sure that this project would be within Village ordinances. The vote on the project was tabled until the Property Committee could get the answer from the Village of Lena. Motion was made to sent the proposal back to the Property Committee to check if this would be in compliance with the Village ordinances. Motion was approved.
- **Memorial Committee:** The Choir is in need of new music. The music will be paid for from some small memorials in the Memorial Fund.

All Committee Reports were approved.

*Continued on next page.*

Continued from previous page.

## Highlights from August 24<sup>th</sup> Church Council Meeting

### Old Business

- **Constitution:** After some discussion no the progress of the New Constitution, it was decided to have it sent to the Synod for their approval. Motion was made to send it to the Synod. Motion approved.

### New Business:

- **Fall Festival:** It was recommended to continue with the Hospitality Tent at the Fall Festival. A suggestion of having a bake sale with the Hospitality Tent might be nice. After discussion, it was decided not to have bake sale items with the tent due to Health Department regulations about selling baked goods. A float was discussed also. It was decided that it would be nice just to use a pick up truck and decorate that instead. Tim Gordon volunteered his truck.
- **Lena Area Church Cooperative:** The Council was informed that the LACC might be disbanding at the end of the year. There is no need to include them on the Councils year end disbursement of Endowment Interest funds.
- **Clavinova:** , A church family has approached a Council member about the possibility of purchasing the Clavinova. After much discussion, a motion was made to let the family know that they may purchase the Clavinova in “As Is Condition” and to make a monetary donation to the church for what they thought it is worth. The donation is to go into the Memorial Fund to be sued for music for the church. Motion approved.

Having no other business before the Council, the meeting was closed with the Lord's Prayer. Next meeting will be on September 21, 2023 at 6:30pm.

Respectfully submitted,  
Janis Kurth  
Church Council Secretary

### Treasurer's Report

Jay Andrews

Income August 2023	\$4,957.84
Expenses August 2023	<u>\$6,478.08</u>
Net Income (Loss)	\$(1,520.24)
Income, Year to Date 2023	\$82,345.27
Expenses, Year to Date 2023	<u>\$72,769.45</u>
Net Income (Loss)	\$9,575.85



### Le-Win Food Pantry

Good Shepherd will be at Lena- Winslow Food Pantry on October 28<sup>th</sup>. Volunteers are still needed.

*Thank you for supporting the feeding ministry.*

### *All Saint's Sunday, 5, 2023*

*We will remember each "Saint" or loved one who has died since November 2022. We will remember them with a carnation on the altar and also by lifting their names during prayer of the people. If you would like your loved ones who died 2022-2023 to be included this year's All Saints Sunday, please contact the church office by **October 24th.***

## *We lift our prayers for*

*Lynn Lyvers, Jerry, Sheridan Brinker, Fern Harnish, Taylor B., Denny Bergmann, Willie Kayser, Rene', Sue Kraft, Paul Fahr, Gary Hudik, Sue Rush, Leona Block, Connor Stadermann, Brooke, Jon Forsythe, Diane, Randy, Brian, Paul Heller, Janet, Ryse Stone, Nicole, Meghan and her baby, John, Chuck, Joyce, Terri, Tina, Julie, Jamie, Crystal, Katie, Christian, Anna, Abby, Karla, Jacob and his family, Richard Gordon, Kay, Shanna, Kathy, Charlie, Brad, Jack, Gretchen, Tina, Joe, Dan Kempel, Justin Yeager, Sue, Emma, Cindy, Lamar Hail, Connie, Rachel Collins, Jim Clay, Sharon Janicke, Ethan Hanna, Mr. & Mrs. Ron Heckman, Dena Rae, Vera Kempel Larry Nelson, Jeri, Allie, Richard and Al..*



### **PURPOSE STATEMENT**

*“As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world.”*

*Thankofferings are a long-standing custom among Lutheran women. We give in thanksgiving for blessings received—and we do receive so many blessings, don't we? And we are so grateful. That's why we give Thankofferings.*

### **What do our Thankofferings support?**

The founders of Women of the ELCA decided back in 1988 that Thankofferings are to support the ongoing ministries of the churchwide women's organization. Our founders would be amazed to see what that covers these days!

Our ongoing ministries include our many online and printed communications channels (including this website), our justice and advocacy work, training and development for elected leaders throughout the women's organization, our constant work in support of congregational and synodical women's organizations, the administration of our grants and scholarship programs, all that goes into our triennial convention (the business meeting, that is), and so much more.

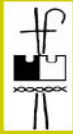
### **How Thankofferings work**

Many women set aside small amounts at home throughout the year and then bring together their gifts with those of the other women in their circles or local groups at the end of the year. Others organize a Thankoffering service with the whole congregation, celebrating the ministries of women in a bold, exciting way. It's all up to you.

Just as we're grateful more than once a year, we can make Thankofferings any time the spirit moves us. It's been shown time and again that gratitude is good for us – spiritually, mentally, and even physically. Making a Thankoffering is gratitude in action. And Women of the ELCA is grateful to you for taking that action. Thank you.



Source: [www.womenoftheelca.org/thankofferings](http://www.womenoftheelca.org/thankofferings)

*Thankofferings can be given to Sheila anytime but will specifically be collected during the month of November. As we give thanks for our many blessings we are thankful to be a blessing to others.*



# October 2023 Good Shepherd Lutheran Church Lena, IL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>9:30am Worship Service (Communion Sunday)</b> 10:30am Fellowship 10:45am-11:15am Chime Practice 11:15am -11:45am Choir Practice	2	3	4 8:00-11:30am Piece Corps Quilters	5	6	7
8 <b>9:30am Worship Service</b> 10:30am Fellowship 10:45am-11:15am Chime Practice 11:15am -11:45am Choir Practice	9	10 World Mental Health Day	11 8:00-11:30am Piece Corps Quilters	12 12:30pm Friendship Club Entertainment by "No Worries Band" with Mary, Mary and Terry	13  Happy Birthday to the U.S. Navy	14
15 <b>9:30am Worship Service (Communion Sunday)</b> 10:30am Fellowship 10:45am-11:15am Chime Practice 11:15am -11:45am Choir Practice	16 Newsletter Deadline	17	18 8:00-11:30am Piece Corps Quilters	19 6:30 pm Council Meeting	20	21
22 <b>9:30am Worship Service</b> 10:30am Fellowship 10:45am-11:15am Chime Practice 11:15am -11:45am Choir Practice	23	24	25 8:00-11:30am Piece Corps Quilters	26	27	28 Good Shepherd at Lena Food Pantry 4:30pm Men's Group
29 <b>Reformation Sunday</b> <b>9:30am Worship Service (Communion Sunday)</b> 10:30am Fellowship 10:45am-11:15am Chime Practice 11:15am -11:45am Choir Practice	30 <i><b>LAST DAY to order Carnations for All Saints Sunday, November 3<sup>rd</sup></b></i>	31 				



# October Volunteer Schedule



## Greeter

October 1 <sup>st</sup>	Wayne Kurth and Virgil Gordon
October 8 <sup>th</sup>	Tim Gordon and Darci Meier
October 15 <sup>th</sup>	Sue Diddens and Virgil Gordon
October 22 <sup>nd</sup>	Tim Gordon and Darci Meier
October 29 <sup>th</sup>	Wayne Kurth and Michelle Andrews

## Upcoming events

October 12 <sup>th</sup>	12:30pm Friendship Club potluck and entertainment
October 18 <sup>th</sup>	6:30pm Good Shepherd Council Meeting
October 28 <sup>th</sup>	Good Shepherd at Le-Win Food Pantry 8:20am-11:30am
October 25 <sup>th</sup>	Men's Group
October 29 <sup>th</sup>	Reformation Sunday Worship Service
	<i>Piece Corp Quilters meets every Wednesday from 8:00-11:30am</i>

## Lector

October 1 <sup>st</sup>	Tena Rackow
October 8 <sup>th</sup>	Cora Hudik
October 15 <sup>th</sup>	Karen Niemeier
October 22 <sup>nd</sup>	Sue Diddens
October 29 <sup>th</sup>	Karen Niemeier

## Communion Assistant

October 1 <sup>st</sup>	Beth Martin
October 15 <sup>th</sup>	Sue Diddens



Please mark your calendars for the dates that you have been assigned, if you cannot serve on the day that you have been assigned please switch with someone and /or call the church office by Tuesday of the week that you are to volunteer so that arrangements can be made.

Thank You.



Good Shepherd Lutheran Church  
118 E. Mason Street  
Lena, Illinois 61048

Email: [goodshepherdlena@outlook.com](mailto:goodshepherdlena@outlook.com)  
Facebook: "GSLCLenaIL"  
Website: [www.GoodShepherdLena.org](http://www.GoodShepherdLena.org)

**Henry Melchior Muhlenberg, pastor in North America, died October 7, 1787**

*Divided Lutherans in America asked leaders in Europe to send someone who could take charge and unite their work. Henry Melchior Muhlenberg (MYOO-len-berg) was sent, and was effective in organizing the American Lutherans. . He helped Lutheran churches make the transition from the state churches of Europe to a new identity on American soil. Among other things, he established the first Lutheran synod in America and developed an American Lutheran liturgy. His liturgical principles became the basis for the Common Service of 1888, used in many North American service books for a majority of the past century. That Muhlenberg and his work are remembered today was anticipated at his death. The inscription on his grave reads, in Latin, "Who and what he was, future ages will know without a stone."*

Source: Sunday's and Season; ELW Lesser Festivals and Commemorations.