



---

*Our Mission: To share the Good News of God's grace through worshiping, teaching and reaching out to all in need of God's love.*

---

## Pastor's Message

**Summer slumps are for sissies!** Even though our choir is taking a well-deserved break from leading worship, remember they are still among us lifting their voices in praise of the living God! We are not taking the summer off; **we are reaching out!**

Sunday, June 11, we gather for an outdoor worship service and picnic at the Lange Estate, 3505 Calumet Rd. I will lead us with guitar as we worship. Bring a side dish to share; meat, drinks and utensils are provided.

Saturday, June 17, a computer class will be held in the Community Room for anyone wanting to know more about computers, social media, and the technology that affects our daily lives. This seminar begins at 10 am.

Sunday, June 18, the first Council Listening Post will be held at 9:15 am in the Community Room. Coffee and donuts are provided. The topic is Goal # 4, the call of a youth specialist on staff. That same Sunday we are receiving new members and honoring fathers!

Sunday, June 25- July 9, I host a 3-week course for adults titled, "*Lutheranism 101; everything you thought you knew (but probably forgot) about being Lutheran!*" It will start at 9:15 in the Community Room.

Sunday, July 16, a second Council Listening Post, discussing goal # 5, the addition of a new multi-purpose building, will be held at 9:15 in the Community Room.

Sunday, July 23, the Abiding Christ Praise Team will lead us in worship.

Saturday, August 5 and Sunday, August 6 we celebrate "Homecoming Weekend". On Saturday we host a Car Show on our back lot. Food trucks and activities will be available throughout the late morning and early afternoon. Sunday we are inviting old (and current) members to come home to worship! All are treated to a special Homecoming Service, a provided meal, and displays throughout the building showing past and future mission. There will be games, treats and live music on the lawn with more surprises. So mark your calendars for this full and busy summer at GSLC, invite friend and neighbors, and remember our mission is "*to share the Good News of God's grace through worshiping, teaching, and reaching out to all in need of God.*"

***We are reaching out!***

PC

*PS a big thanks to Betty Lou Johansen for her donation of a beautiful painting of Pentecost, which will be hung in the Welcome Area! There is an explanation beneath it. We will be dedicating it on a Sunday TBD.*

JUNE  
2023

THE MESSENGER



An AED/CPR training class was held on May 13, 2023, and was led by Beth Ewing, RN.



Congratulations to Emma Hammermeister on receiving her First Holy Communion on Sunday, May 15, 2023.



Michael Wayne Smith Concert held on April 22, 2023.



**June 11, 2023, Sunday Service at 10:30 a.m.**



will be held at the Lange Estate at  
3505 Calumet Road, Ludlow Falls,  
a picnic lunch and games will follow.



Hamburgers, buns, condiments, lemonade and water  
along with table settings will be provided.  
Bring a covered dish to share.

---

June 18, 2023, join us for our first monthly

Council Listening Post at 9:15 a.m. in the Community room.

Coffee and donuts are provided.

The topic is Goal # 4, the call of a youth specialist on staff.

**Save the Date!**

On Saturday,  
June 17, 2023,  
at 10 a.m. we will  
offer a computer  
class by Nathan  
Fields, who owns  
his own computer  
repair business  
and has worked on  
the church's  
computers for  
years.

Learn some  
internet tips and  
tricks!  
Sign up today!



This beautiful tapestry from Taiwan was donated and bought by Bob Menker, while he was in the Army around 1963.

# Good Shepherd Lutheran Preschool News:

A quick look at May...

WOW! What a year. We are officially done. We had a great last month. Thank you for all your prayers throughout this year.

In class this month, we talked about our summer plans, camping, oceans and ate some ice cream. We also had our Mother's Day event outside with some beautiful weather. Our last day together we practiced for graduation and had a field day.

On May 24, we had our preschool graduation. We had 20 students graduate and over 100 people in attendance. A huge thank you to those who donated cookies for the reception.





# Good Shepherd Lutheran Church

## Council Meeting Minutes

April 18, 2023

Present: Les Barker, President; Pastor Craig Fourman; Molly Franks; Diana Frye; Amy Grile, Vice President; Dave Stein; Toby Theis; Ric Warner; Rob Williams

Meeting was called to order by Les Barker.

Opening prayer was offered by Pastor Craig Fourman.

**Secretary's Report:** Minutes were approved as written. Motion: Diana Frye, Second: Toby Theis. All were in favor.

**Financial Secretary's Report:** Motion to approve as written: Ric Warner, Second: Amy Grile. All were in favor.

**Treasurer's Report:** Motion to approve: Pastor Craig, Second: Dave Stein. All were in favor.

**Pastor's Report:** Motion to approve: Toby Theis, Second: Molly Franks. All were in favor.

### **OLD BUSINESS:**

5- Year Plan review- attendance is improving.

Website- Ric Warner will set up a meeting with JT to get us back up and running.

ELCA Delegates- ?

Homecoming- looking at maybe pushing it into August to give us time. Les Barker will make some calls about setting up a car show. Possibly doing car show, food trucks, DJ on Saturday with Homecoming service and lunch on Sunday.

**NEW BUSINESS:** Request by Pastor Craig for a software program for JoAnn to allow her to convert PDF files. Motion by Dave Stein, Second Ric Warner. All were in favor. Request by Pastor Craig for a new office chair for Pastor's office. Motion by Amy Grile, Second Rob Williams. All were in favor.

### **Committee Reports:**

Worship: no report.

Mission/Outreach/LSIM/MUCC: Looking for ideas for classes to offer to the public, suggestions of cooking classes, budgeting, investing. Other outreach – movie night.

Property: Bathroom faucet is fixed! Downspout reattached.

Youth/Christian Education/Preschool: Becky Garrett has requested that the halls and classroom areas be painted, professional carpet cleaning. She will be getting rid of the current cubbies and is purchasing new ones. A question was raised about the use of the preschool playground by non-preschool children. The council agreed that that the playground can be used by people using the church, but that it is limited to preschool-aged children (with responsible adult supervision). Older children will not be permitted to play on the equipment. The Rental Use Agreement and Insurance policy will be updated to reflect this. Sunday School classes are being held during the sermon.

Fellowship: Michael Wayne Smith will be performing Saturday, April 22nd. Cookies needed. GSLC picnic is June 11th .

Next Meeting May 16. Motion to adjourn Council Meeting: Toby Theis, Second: Ric Warner. All were in favor.

Meeting adjourned with The Lord's Prayer.

Respectfully Submitted, Suzie Vagedes



## #MoreThanEnough

This year, The National Alliance on Mental Illness (NAMI) is celebrating Mental Health Awareness Month with the ***More Than Enough* campaign!**

It's an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability. We want every person out there to know that if all you did was wake up today, that's *more than enough*. No matter what, you are inherently worthy of *more than enough* life, love and healing. Showing up, just as you are, for yourself and the people around you is *more than enough*.

### What Can We Do To Help The Parts Of Us That Feel “Not Enough?”

- We can remind ourselves again and again that our feelings of “not enough” were learned. It's not objective fact, even when it feels so instinctually true.
- We can connect to the part of us that feels bad and offer it compassion, like we would for our child, partner, colleague, friend or pet.
- We can practice deeply belly breathing, five or six times in a row, to calm our nervous system.
- We can exercise to get adrenaline flowing and create a sense of empowerment.
- We can remember this very helpful phrase: “Compare and Despair!” When you catch yourself making comparisons to others, STOP! It only hurts, by fueling feelings and thoughts of “not enough.”

In the long run, we heal the parts of us that feel inadequate by first becoming aware of them. Once aware, we can listen to them and try to fully understand the story of how they came to believe they were “not enough.” Over time, by naming, validating and processing the associated emotions both from the past and present, “not enough” can become **enough**.

Prayer: Heavenly Father, we frequently feel “not enough” in our everyday lives. We pray that you would help us to live with the confidence that comes from knowing that you love us and you chose us. Help us to accept who we are and learn to see ourselves as you see us - forgiven and forever loved through your son, Jesus Christ our Lord. Amen.

Beth Ewing, RN, MSN, CNM, WHNP-BC  
LSIM Faith Community Nurse

Source: [www.nami.org](http://www.nami.org)

Go to [nami.org](http://nami.org) for more information on events and activities to get involved with Mental Health Awareness month.





## *Beauty Abounds at GSLC*



• ALWAYS •  
BELIEVE THAT  
SOMETHING  
*Wonderful*  
IS ABOUT  
TO HAPPEN

- anonymous -

### **SUMMER MUSIC**

If you, or you know of someone who would like to provide music for our worship services June through August, please sign the sheet on the bulletin board. Please contact Marsha Fischbach, if you have questions or need help selecting music.





# BIRTHDAYS & ANNIVERSARIES

## June 2023



5 Luke & Victoria Hammermeister  
 7 Jason & Niki Tinnerman  
 8 Linda Tinnerman  
 12 Ethan Tinnerman  
 14 Russ & Ann Siler  
 19 Raymond & Susan Landis  
 19 Chuck & Linda Tinnerman

21 Judi Franks  
 21 Judy Moncrief  
 23 Clyde Doughty  
 25 Les & Paula Barker  
 28 Clyde & Martha Doughty  
 30 Steve Louis

# SERVING

# J

### ASSISTING MINISTER

Barbara Cecil

### COMMUNION ASSISTANT

Susan Langley

### ALTAR GUILD

Amy Grile

# U

### LECTOR

4 Debbie Bredeson  
 11 Debbie Bredeson  
 18 Jeff Barth  
 25 Jeff Barth

### USHER CAPTAIN

4 Barbara Cecil  
 11 Jarrett Grile  
 18 Dave Vagedes  
 25 Molly Franks

### SOUND

Rusty Baker

# N

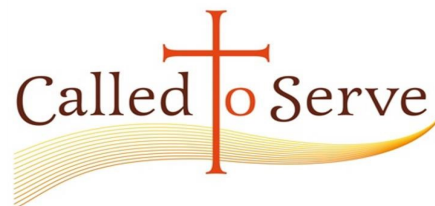
### FLOWERS

4 provided by Annette Stein  
 11 provided by Russ & Ann Siler  
 18 provided by Ric & Arlene Warner  
 25 provided by Ray & Joyce Louis

### COUNTERS

Susan Langley  
& Ralph Blakley

# E



## Pledge Giving Reports

through the end of:	<u>April 30, 2023</u>	<u>May 31, 2023</u>
Pledges over	11	12
Pledges under	8	8
Pledges even	19	18
Year to date pledge giving over :	\$ 9,585	\$7,473



# June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
<b>4</b> 10:30 Holy Communion	<b>5</b> 7:30 pm AA Mtg.	<b>6</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>10</b>
<b>11</b> 10:30 Worship at the Lange Estate	<b>12</b> 7:30 pm AA Mtg.	<b>13</b>	<b>14</b> 3pm Planning	<b>15</b>	<b>16</b>	<b>17</b> 10 Computer Class
<b>18</b> 9:15 Council Listening Post 10:30 Holy Communion	<b>19</b> 7:30 pm AA Mtg.	<b>20</b> 7 pm Council Meeting	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> 10:30 Holy Communion	<b>26</b> 7:30 pm AA Mtg.	<b>27</b>	<b>28</b> 3pm Planning	<b>29</b>	<b>30</b>	



### Our Church Staff

Craig Fourman  
Interim Pastor

Marsha Fischbach  
Music Director

Darrell Fryman  
Pianist

JoAnn Antonides  
Administrative Asst.

### Prayers and Concerns

David Stein, Chuck Franks, Julie Jenkins,  
Bill Sims, Barbara Theis, Jeff Theis, Judy Tipton, Patty  
Tipton, and for the next pastor of Good Shepherd Luther-

Good Shepherd Lutheran Church  
1209 South Miami St.  
West Milton, Ohio 45383

Phone (937)698-5826

Email: [gslcwilton@gmail.com](mailto:gslcwilton@gmail.com)

*PASTORAL CARE: Pastor Craig Fourman*

*Email: [craigfourman@yahoo.com](mailto:craigfourman@yahoo.com)*



### BREATHE

FORHER.com



Stress happens when you feel you have to figure out everything all at once.  
**Breathe.** Remember, you are strong. You will do it.  
Just live one day at a time.

#BeatTheStress